

Police Blotter

Driver arrested on DWI charges following chase

Brendon B. Griffin, 27, of Glenmont, was arrested Tuesday, Feb. 12, in Delmar on DWI charges after allegedly trying to evade Bethlehem police.

Griffin was charged with aggravated DWI; DWI, first offense; and operating a motor vehicle with a blood-alcohol content of .08 percent or greater, as well as several uniform traffic tickets for driving violations.

Police say an officer on routine patrol saw Griffin fail to use a turn signal while he was making a left-hand turn from Delaware Avenue onto Elsmere Avenue. According to the arrest report, police unsuccessfully attempted to stop Griffin near a railroad overpass.

"The vehicle failed to comply and turned from Elsmere Avenue onto Herber Avenue without signaling," the report states.

Griffin then continued to drive down Herber Avenue "at an imprudent speed," according to police, and then turned onto Glendale Avenue, again without signaling, before abruptly turning in to a driveway.

Once parked, Griffin and an unidentified female passenger, quickly exited the vehicle and ran toward a garage on the property but were intercepted by police and taken into custody without incident.

Police say they smelled alcohol when interviewing Griffin and that he admitted to drinking "three rum

and cokes," before failing a field-sobriety test. He was then taken to the Bethlehem Police Department for processing.

Upon investigation, it was also discovered that Griffin's driver's license was suspended.

Griffin's passenger was not charged in the incident.

Other arrests

• Bethlehem Police arrested Louis J. Wozniak, 30, of Delmar on Tuesday, Feb. 12, for fifth-degree criminal possession of stolen property.

Wozniak was arrested after police saw him approach a bank on a bicycle on Route 9N in Glenmont after regular business hours. Police say he approached the only car in the bank's parking lot and was "observed to look around, at which time [he] did leave the area without constructing any transaction."

Police approached Wozniak and asked for identification and told him they were investigating the disappearance of a missing ignition key, which Wozniak admitted to police he had concealed in his pocket.

• Kathleen A. Murray, 35, of Albany, was arrested on Tuesday, Feb. 12, after she turned herself in to Bethlehem Police on charges of second-degree criminal possession of a forged instrument and fourth-degree grand larceny, both felonies.

Police were investigating an incident that took place on Jan. 22 at a Slingerlands bank at the time of her arrest.

Bethlehem Town Justice Paul F. Dwyer released Murray to the custody of probation on the recommendation of the assistant district attorney, according to the arrest report.

Murray is set to return to town court on March 4.

• Richard M. Holcomb, 59, of Albany, was arrested on Monday, Feb. 11, at the Albany County Correctional Facility on a warrant signed by Bethlehem Town Justice Paul F. Dwyer.

Holcomb was wanted on felony charges of second-degree forgery and fourth-degree criminal possession of stolen property.

Police say Holcomb was sent back to Albany County jail without bail by Justice Dwyer and given a return

court date of March 3 at Bethlehem Town Court.

• Christopher R. Hill, 25, of Albany, was arrested on a warrant by Bethlehem police on Feb. 20. Hill was charged with fourth-degree grand larceny; fourth-degree criminal possession of property; and second-degree identity theft — all felonies. Bethlehem Town Justice Ryan T. Donovan signed the warrant on Dec. 18. Hill was remanded to the Albany County Correctional Facility in lieu of a \$5,000 cash bail or a \$10,000 bond. Bethlehem police say Hill was also wanted on warrants from the Colonie Police Department and New York State Police.

• David N. Languish, 44, of Delmar, was arrested for DWI on Sunday, Feb. 17. Bethlehem Police say Languish was charged with DWI, driving with an blood-alcohol content of .08 percent or greater, and failure to keep right, after he was seen driving in the wrong lane.

Bethlehem Police say Languish was "observed traveling westbound in the eastbound lane on Hudson Avenue."

Police attempted to stop Languish before he pulled into a driveway on Delaware Ave. without signaling. According to the arrest report, police smelled alcohol and saw signs of intoxication when interviewing Languish. He admitted to consuming "five beers" and was given a field-sobriety test, which he failed.

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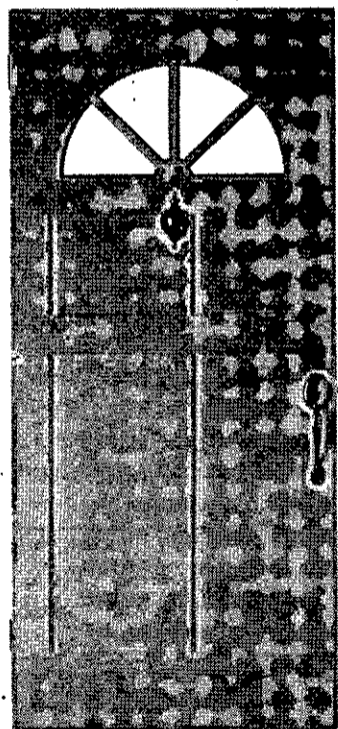
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Correction

In last week's article, titled "Delmar Dash gears up for race day," the race's former directors were misidentified. Joe Richardson and Hank Steadman were the directors before Tom and Marcia Adams. Dave Banas is the current kids' race coordinator.



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Chamber Pot racers face stiff competition

Runners representing businesses vie for bragging rights at Delmar Dash

By JARRETT CARROLL
Spotlight Newspapers
carrollj@spotlightnews.com

Area businesses be warned.

If you plan to enter into the 20th annual Delmar Dash to compete for the Chamber Pot award, be prepared to face the champs — Matchless Stove and Chimney.

Crossing the finish line well under 39 minutes last year, Sara and Jeremiah Madden are the team to beat.

"Mentally, we're in race mode this year," Sara Madden said, adding that they plan to build on last year's momentum. "Even though we're runners, we were still so surprised at our times last year."

Sara finished the race at 38:42, and Jeremiah at 38:40.

Businesses who want to compete in the race have to sign up with the Bethlehem Chamber of Commerce prior to the race on Sunday, April 6. Each company can send a team of two runners.

According to Chamber President Marty DeLaney, the team with the best overall time averaged together wins bragging rights and gets the coveted Chamber Pot plaque.

And, yes, the plaque has an actual little chamber pot attached to it.

"It's a way to encourage more businesses to take advantage of the opportunity of such a great event, now in its 20th year," DeLaney said of creating the Chamber Pot. "Unbeknownst to us, a lot of business owners here are also runners."

That applied to Sara Madden, too.

"Once they found out I was a runner, I couldn't get out of it," she joked.

The event was created and instituted as part of the Delmar Dash in 2006. In its first year, Policy Research Associated Inc. won the Chamber Pot. In 2007, it went to Matchless Stove and Chimney.

This year, more businesses are getting involved and there are more runners chasing after the Chamber Pot. The winner keeps the plaque until a new winner can take it.

"It's just a little friendly competition," said DeLaney, adding that she hopes even more businesses will sign up this year.

The Maddens, a husband-and-wife team, entered the race to compete for the award and represent their family business. Jeremiah's father, Tim Madden, founded Matchless Stove and Chimney in Glenmont, which expanded last year with a new store in Clifton Park.

The Maddens compete in other races and use the Delmar Dash to help them train.

"We live in Albany, but we are about 2 miles from Delmar," Sara Madden said. "This event is right in the middle of our racing season so we're training for other races. It's actually perfect for us."

The Maddens also compete in the Boilermaker, a 15-kilometer race in Utica.

Matchless Stove and Chimney also has a secret weapon for this year's race but wouldn't reveal whether or not they would use it.

"We did have a third runner who competed (last year) with a Matchless T-shirt on, but my husband and I were already signed up as a team," Madden said. "He was so fast, that when we heard he wanted to run again, we may have to take advantage of that."

The runner was fellow Matchless associate Dennis Vanlack, and he finished the race at 38:25 — nearly a full 20 seconds before the Maddens.

Madden said her company hasn't announced its team for the Chamber Pot yet, but that it could be any combination of the three of them. Whatever they choose, she said, they would all be running in the Delmar Dash this year.

"It's really such a great event," Madden said. "We love running in it every year."

Participants, both individuals and businesses, can pre-register for the race this year. It takes place on Sunday, April 6, at 9 a.m. in front of the Bethlehem Middle School on Kenwood Avenue.

Businesses that want to compete for the Chamber Pot should contact Marty DeLaney at the Bethlehem Chamber of Commerce at 439-0512 or marty@bethlehemchamber.com. Businesses that would like to be a sponsor of the Delmar Dash should contact Marcia Adams at 356-2552 or madams01@nycap.rr.com.

Applications for the Delmar Dash can be found online at www.hmrrc.com, or by contacting Maureen McLeod at mcleod@nycap.rr.com. Day-of-race applicants can sign up between 7 and 8:45 a.m. on April 6 at the Bethlehem Central Middle School gymnasium.



Hidden gems

TOP: Sisters Alexandra, left, and Olivia Address, of Slingerlands, check out some merchandise during the 15th annual James Campbell Memorial Gem, Mineral and Fossil Show and Sale Saturday, Feb. 23, at the State Museum in Albany.

RIGHT: Sisters Marlo, left, Rowan, center, and Andrea Bonilla of Voorheesville take part in a "sandbox dig" for small minerals, gems and marbles during the Gem, Mineral and Fossil Show and Sale.

Ellen Brandon/Spotlight

Advisory group mulls open space

Citizen panel to help map out plan for preserving green spaces

By JARRETT CARROLL
Spotlight Newspapers
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Bethlehem wants to keep its open spaces open — or at least have the tools to make it easier for local landowners who do.

On Wednesday, Feb. 13, the town board appointed the Citizen's Advisory Committee on Conservation (CACC) as an advisory committee to the Department of Economic Development to develop a townwide open space plan.

During the town board meeting, a \$25,000 contract was authorized with Behan Planning Associates of Saratoga Springs to assist town staff and CACC members in creating the planning initiative.

Supervisor Jack Cunningham said it is necessary to help people combat the economic pressures of development.

"It's a process for landowners to have the tools in place to help them preserve space," Cunningham said. "It doesn't work in all cases. ... We are simply trying to maintain some aesthetics in town."

Cunningham said that the 11 CACC members consist of a "cross section" of residents, who would help develop the plan with the town's economic development department.

"They're going to use the CACC as a kind of sounding board to help them develop the plan," said Cunningham.

One woman spoke at the town board meeting before the open space initiatives were voted on and said more farmers and landowners should be on the committee and involved in the process.

"We really need to show support for our farmers," she told the board.

Cunningham responded in a later interview saying, "We've got a good cross section there. ... I don't necessarily see it that way."

George Leveille, director of the Department of Economic Development, said CACC members represented "geographic diversity" around town. Its members include residents involved in agriculture as well as large landowners, Leveille said.

Leveille said the purpose of the advisory board would be to help map out an open space plan, which the town is creating itself. The Behan group will be strictly used in an advisory capacity, he said.

"They'll be asking 'What are our priorities?' The idea is to really go out and start with a clean slate," Leveille said of CACC. "We're going to use John Behan himself as a mentor. ... Behan has a really good track record."

Behan Associates has been involved in a long list of community planning projects around the Capital District including: the Hudson River Waterfront Strategy; Guiderland's Comprehensive Plan; Halfmoon

Town Center Plan; Arbor Hill Neighborhood Plan; and Upper New Scotland-Krumkill Road Neighborhood Plan.

Behan's has created open space and farmland implementations used in Ulster and Orange counties, the towns of Marletown and Pittsford, and the cities of Syracuse and Saratoga Springs.

The initiative will kick off in March, according to Leveille, who said he expected it would take around a year and a half before the town board is presented with a plan to vote on.

Leveille estimated that the process involving Behan Associates and CACC should take between three and five months, and public hearings will be held on the findings and recommendations.

The town board will have final say on the plan, according to Cunningham.

Libby Liebschutz, who chairs CACC, said her advisory board is ready for the project and realizes its role in creating a townwide open space planning initiative is important.

"The diverse backgrounds of the CACC members will contribute to ensuring broad community participation in this process," Liebschutz said in release. "The CACC will be working with the town to structure ways to get plenty of additional public input as we move forward."

The members of CACC are Liebschutz; Michael DiPaolo; Jeff Freedman; Nancy Heinzen; John Mead; Valerie Newell; Ted Putney; Paul Sietloff; David Erik VanLuven; Michael Waldenmaier; Caleb Wista.

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Shifting the focus from football to footsie

By BILL GIERING
news@spotlightnews.com

Ask the Travel Guy is a lighthearted look at travel. Send your questions to askthetravelguy@spotlightnews.com

Ask the
Travel
Guy



Bill Giering

Dear Mr. Travel Guy:

I have fallen and I can't get up. This time of the winter always gets me down, but this year I just can't snap out of it. I can't wait for spring, football is over, the local real-estate market is bad, and my wife has taken control of the TV clicker. She is not pleased with me. I need to get out of here and go somewhere warm and vibrant, someplace happy. I have one foot in the quicksand and need some quick vacation ideas.

Dear One Foot in the Quicksand:

Whoa, dude, you do have issues. And I think I'm the wrong guy to fix them. Your judgments are way off, and you are not seeing things very clearly. You have choices: You can be cool, hip and contemporary and go get some professional help, or you can go "old school" and just go have a beer with your buddies or go talk to your favorite uncle who will straighten you out quick.

Your buddies or uncle will probably say, "What's the matter with you, writing newspapers with your problems? What kind of guy does that? Just grow up and look around."

First of all, the winters in the Capital District have been great. Last year, we had only two snowfalls of more than 2 inches. The same with this year, so stop complaining about the weather. Just be grateful you live here.

The real-estate market is bad? Are you crazy? This is the fifth best real-estate market the Capital District has ever known. The market is perfect now. Did you really believe your house was worth what they told you a couple years ago? Come on, you know better than that. We live near a capital city, Albany, so the economy is stable, always has been, always will be. Every couple of years the

old administration moves out and the new government workers move in. And most of the state workers just got 10 percent raises over the next three to four years. You have to start reading the papers and stop writing them and whining.

And in case you didn't hear, our Giants won the Super Bowl! It was the best pro football season in the history of New York. Our Giants suffered through injuries, internal conflict, an impossible schedule and won. They didn't break our hearts at the last minute ... like they usually do. They hung in there and won ugly all season, giving you the best Super Bowl game in history.

You want to go some place happy and vibrant? Well they aren't going to want you if you are dragging this dark cloud over your head.

If you are staying local, here is what you are going to do. You are going to get dressed up and take your wife on a romantic date to 74 State in downtown Albany. It may just be the most spectacular boutique hotel in all of New York. The rooms are sensual and intriguing; the restaurant and bar areas are warm and welcoming, understated in elegance; and the service will make your wife feel like the princess she is.

Before you go in, I want you to stand outside and look up at this historic stately building. I want you to recognize that 74 State is a monument. A monument built with confidence, which honors the pride of entrepreneurship of the men and women of our community. It is like a permanent shrine to the future of prosperity in Upstate New York; a symbol to you and all of us during stormy times that all is well.

It's a place to celebrate our victories and revere the spirit



74 State is a boutique hotel in downtown Albany.

that helps us to overcome our temporary setbacks and self-doubt.

If the idea of travel appeals to you, why not take your wife to Manchester Village in Vermont, where there is wonderful shopping, storybook, tree-lined streets and the wonderful Reluctant Panther Inn and Restaurant, recently named one of the Top 10 Most Romantic Inns in the country by American Historic Inns and iLoveInns.com.

What you need to do is shift from football to footsie. Find a romantic hideaway to tickle your wife's fancy. Executive Chef Daniel Jackson will also be vying for her attention with his award-winning Regional American menu offerings accompanied by a selection from their extensive wine list.

Rooms and suites are spacious and full of luxurious touches, with fireplaces and spa tubs, many with private porches and magical mountain views.

Or you could travel to the Adirondacks to Lake Placid

Village, another idyllic village setting. (I just know you didn't do anything good for Valentine's Day so now is the time to make up for that oversight.)

Drive to Lake Placid after you make reservations at Charlie's Restaurant on Main Street, then book yourself into the Golden Arrow Hotel for the night. The Golden Arrow has a rich European

Five nearby
romantic getaways

- 74 State Hotel, www.74state.com, Albany
- The Reluctant Panther Inn and Restaurant, www.reluctantpanther.com, Manchester, Vt.
- Red Lion Inn, www.redlioninn.com, Stockbridge, Mass.
- Cranwell Resort, www.cranwell.com, Lenox, Mass.
- Golden Arrow Hotel, www.golden-arrow.com, Lake Placid

ambiance and wonderful family stories hidden behind every door and on every floor. It was also headquarters for ABC Sports during the 1980 Olympics.

Charlie's Restaurant is a new surprise in this historic place, and you certainly won't be disappointed by the menu or wine list. Maybe you could even surprise your wife with a romantic moonlight dogsled ride before settling down at the warm and intimate Golden Arrow.

I guess you get my point. It's time for you to stop acting like a hurt puppy and become more of a sled dog. Do something special for your wife, and start appreciating all that our dynamic area has to offer ... every season of the year.

Got views?

Spotlight Newspapers welcomes letters from readers. 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 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 Executive Editor Tim Mulligan at mulligan@spotlightnews.com or call 439-4949.

Capital
NEWS
9

WEEKLY WEATHER

Chief Meteorologist Mike Bono

TIME WARNER
CABLE

Ski Report

Albany Almanac

Record high/low/year

AVERAGE HIGH 39°	AVERAGE LOW 20°	
Day	High/Year	Low/Year
Wednesday, February 27	61°/1997	-13°/1940
Thursday, February 28	63°/1903	-10°/1950
Friday, February 29	54°/1976	0°/1980
Saturday, March 1	61°/1991	-9°/1948
Sunday, March 2	65°/1991	-4°/1940
Monday, March 3	64°/2002	-10°/1950
Tuesday, March 4	59°/1919	-20°/1950

SEASONAL SNOWFALL TO DATE
45.4 inches as of Thursday, February 21st
0.6 inches below average

This week in weather

March 2, 1996 An east coast storm dumped 4.6 inches of snow at Central Park in New York City to bring its seasonal snowfall total to 66.3 inches, breaking the old season snowfall record of 63.2 inches set in 1947-48. Central Park finished with 75.6 inches that season.

Sun & Moon

Day	Sunrise	Sunset
Wednesday	6:35am	5:42pm
Thursday	6:33am	5:43pm
Friday	6:32am	5:44pm
Saturday	6:30am	5:45pm
Sunday	6:28am	5:47pm
Monday	6:27am	5:48pm
Tuesday	6:25am	5:49pm

Moon Phases

February 28th Last

March 7th New

Planets

Planets	When	Where
Mars	Evening	V High S
Saturn	Evening	High SE
Venus	Dawn	V Low SE
Jupiter	Dawn	Low SE

Area Ski Conditions

Resort	Base Depth	Lifts	Trails
Gore Mtn.	30" - 47"	11	57
Whiteface	34" - 53"	9	63
Bromley	22" - 48"	5	39
Mt. Snow	15" - 52"	12	96
Okemo	44" - 52"	17	115
Belleayre	25" - 56"	6	34
Stowe	34" - 74"	11	96
Killington	38" - 46"	20	162

Factoid

A total eclipse of the moon on the night of February 20th was the 3rd of its kind in the last 12 months. Another total lunar eclipse won't occur until December 2010, almost 3 years from now.

Tides at Albany

Day	High	Low
Wednesday	9:19am, 9:25pm	3:30am, 4:11pm
Thursday	10:10am, 10:18pm	4:19am, 5:04pm
Friday	11:04am, 11:16pm	5:11am, 5:59pm
Saturday	12:00pm	6:06am, 6:54pm
Sunday	12:16am, 12:56pm	7:00am, 7:47pm
Monday	1:14am, 1:49pm	7:53am, 8:37pm
Tuesday	2:09am, 2:38pm	8:45am, 9:25pm

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IN BRIEF

CDPHP raises \$23,500 for Regional Food Bank

In partnership with nearly 40 New York state businesses in the Capital Region, Hudson Valley and Central New York areas, CDPHP raised nearly \$23,500 during its 2007 annual holiday appeal to benefit the Regional Food Bank of Northeastern New York's local expansion of the Kids Cafe program.

A national program, Kids Cafes provide free meals and snacks to low-income children through a variety of existing community organizations where children congregate. The Capital Region houses Kids Cafe programs in Lansingburgh and Schenectady.

In addition to helping alleviate childhood hunger in the community, the Kids Cafe program offers a safe place where under the supervision of staff, a child can get involved in educational, recreational, and social activities.

CDPHP launched the campaign with a donation of \$5,000 and a commitment to match up to another \$5,000 in donations from area businesses. Companies and organizations from counties across the state joined the appeal and contributed \$13,380 to the Food Bank.

The organizations that participated in the 2007 CDPHP Annual Holiday Appeal include: Adirondack Cabling, Inc.; Akins Pharmacy; Albany Neuropsychological Associates; Anchor Agency, Inc.; Arthur Sgroi Associates; AWESCO; Beckman Converting, Inc.; Bloom Bloom, P.C.; CapBen Consulting, Inc.; Capital Public Affairs, Inc.; Dr. Kathleen M. Catalano; The Costumer; CS Albany Realty, LLC; ESAC Appraisers Consultants; GENPAK, LLC; IBEW Local Union 236; Krause's Chocolates; JCB Specialties, Inc.; Mackenzie Tallent Law Firm; Dr. Robert O. McCabe; Montgomery County Farm Bureau; Nedco

Pharmacy, Inc.; NYS Office of General Services - Real Estate Planning and Development; Park Outdoor Advertising of NY, Inc.; R.J. Kennedy Sons; Richard Altwerger, DPM; Rip Van Winkle Realty; Rubin Dialysis Center, Inc.; Russin Lumber Corp.; SAF Consulting Print Services; Dr. and Mrs. Ronald A. Scharf; Sterling Insurance Company; Success Secrets; Van Auker Express, Inc.; Viscusi's Aluminum Products, Inc.; Weatherguard Roofing Company; Webster Direct Marketing, Inc.; Wood Seward, LLP.

Albany Med to host career open house

Albany Medical Center will host an open house for all registered nurses, licensed professional nurses, nursing students, and patient care associates from 4 to 7:30 p.m. Thursday, March 6 at the Hilton Garden Inn at Albany Medical Center.

The event will offer attendees the opportunity to explore a nursing career at Albany Med and showcase more than 30 specialties. Attendees also will have the opportunity to meet with nurse managers from a variety of units and take tours of the Medical Center. Parking is free and refreshments will be served.

JCC chorale seeks members

The Sidney Albert Albany Jewish Community Center's Senior Chorale seeks new members.

The group meets at the Albany JCC, 340 Whitehall Road on Thursday afternoons, 1 to 3 p.m. to rehearse. Performances are scheduled throughout the year also on Thursday afternoons.

Contact the senior adult office at 438-6651, ext. 112, or e-mail ClaireS@saajcc.org.

Planning board OKs expanded lot**Owners add landscaping and updates for a more 'professional' look**

By JARRETT CARROLL
Spotlight Newspapers
carrollj@spotlightnews.com

Following several meetings on the topic dating back to last year, the Bethlehem Planning Board has given site-plan approval for Hadi and Havzi Ipek's parking lot expansion along 333 and 335 Delaware Ave.

The plan to move the property line behind 335 Delaware Ave. and expand the lot from 37 parking spaces to 88 was unanimously approved by the board during its Tuesday, Feb. 19, meeting.

The property contains a restaurant and additional commercial space, as well as a three-family dwelling.

Planning Board Chairman Parker Mathusa said the applicants wanted to upgrade the site for their commercial tenants.

"They're looking to make it look a bit more professional than it was before," he said.

According to the proposal, the parking in front of 335 Delaware Ave., a residential structure, will be moved around to the rear of the property, and its lot, along with the existing parking lot, will be repaved and landscaping added.

As a result of a grade change along an existing lot, a retaining wall will be installed and two brick piers with lights will be placed at the entrance of the property. Between the sidewalk and the building will be brick paving and planters.

Following the board's previous recommendations, the Ipeks' proposal included doubling the landscaping within the buffer and

building curbs for the islands.

New sidewalks along Delaware Avenue will be continued to the property line, according to the plans.

Other updates to the Ipeks' proposal accepted by the planning board include additional lights, red sugar maple trees, juniper bushes and a white vinyl fence. The applicants said they would be applying for their required permits from the Albany County Department of Transportation, but they expected no problems.

Mathusa said he appreciated the Ipeks' plan, saying at the meeting, "You're making a contribution by upgrading Delaware Avenue."

During the Feb. 19 meeting, the planning board was also updated on the proposed 84-condominium project known as Hamden Woods, which would be built on a lot between Feura Bush Road and Elm Avenue near Fairlawn Drive.

Louie Palleschi of ABD Engineers told the board he has met with Joe Romano of Clough Harbor and Associates, the town-designated engineering firm. Palleschi said geotechnical and traffic studies were in the

works, but not yet completed, and that a storm water management plan was asked for by Clough Harbor.

A pond system will be implemented in the storm water management plan, Palleschi said.

The planning board unanimously tabled the application after a brief discussion over project holdups.

"This application dates back of a couple of years," said Mathusa, to which Palleschi responded he did not understand why the project's planning could not have been resolved a year ago.

"We hope to do many more projects in Bethlehem, and I hope all the projects aren't going to be like this one," Palleschi said referring to the length of time it has taken for project approval.

Mathusa told Palleschi that because of the size and scope of the proposal, many aspects of the project had to be reviewed or revised before approval.

"This is a fairly large project," Mathusa concluded. "It's a little more complicated than they anticipated."

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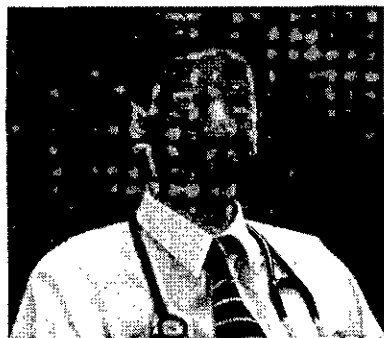
Medical Group

Family Practice Guilderland

William R. Tetreault, MD Francois M. Vachon, DO
Brian S. Navarro, MD Nasrene Yadegari-Lewis, MD

Karen A. McGarry, RPA-C

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Brad DeNovio, RPA-C, a physician assistant. Mr. DeNovio earned his BA at the University of Rochester, and completed the Physician Associate Program at Emory University School of Medicine in Atlanta, Georgia. Mr. DeNovio is a Guilderland resident and is glad to be seeing patients in his home town.

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Matters of Opinion *in the* Spotlight

Support the economy — spend foolishly

This May, tax rebate checks will light upon our doorsteps like little economic babies delivered by the magical storks that are our federal lawmakers.

The one-time tax rebates are part of a bipartisan agreement to stimulate the economy this year with a \$150 billion shot in the arm, and perhaps stave off the first recession since 2001. About two-thirds of the tax relief

Editorial

would go out in rebate checks to 117 million families beginning in May. Businesses would get \$50 billion in incentives to invest in new plants and equipment. Individual taxpayers would get up to \$600 in rebates, working couples \$1,200 and those with children an additional \$300 per child under the agreement.

It should be noted that the term "tax rebate" must be applied liberally, as 35 million families who make at least \$3,000, but don't pay taxes, also would get \$300 rebates.

Economic growth is extremely slow and losing what little momentum it has. This economic downturn we're in was brought on in part by the sub-prime mortgage fiasco. That home loan crisis has hit hard at many lending institutions and has affected credit for almost everyone else.

Blame can be placed on everyone from predatory lenders to those nefarious rising oil prices, but there has yet to be reported a case of someone being forced to sign a sub-prime rate mortgage against their will.

No, poor financial planning — not realizing the consequences of the higher rates, prepayment penalties and balloon payments that differentiate sub-primes from traditional mortgages — is the true culprit.

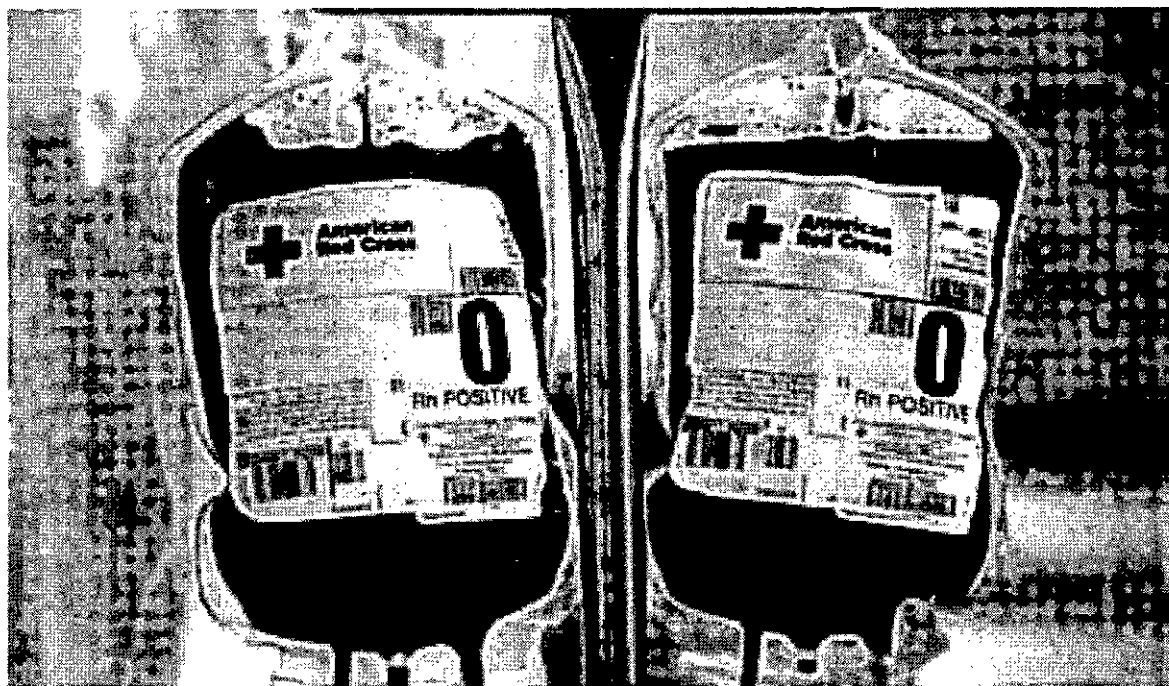
Unfortunately it's also what we need to get us out of this financial slump.

A study by the Congressional Budget Office found this one-time rebate could be highly cost-effective in terms of boosting the economy if it's focused on people most likely to spend it.

That's right, you may want to coddle those bundles of fiscal joy — maybe place them securely in your savings account or use them to pay off some credit-card debt — but that really wouldn't be in the best interest of the economy.

What would be best for the economy is for all of us to rush out and buy one of those 52-inch, high-definition plasma flat-screen televisions. It may cost a few hundred more than the average rebate check, but the act of spending money we hadn't planned on spending will please Uncle Sam all the more.

The consumer is two-thirds the economy, most retailers say, so that money was made for spending, and spending unwisely — the very thing that got us here in the first place.



One unit of blood can help save the lives of up to three people.

American Red Cross

Donating takes only an hour

Editor's note: The following was written for the Spotlight by the American Red Cross, Blood Services New York Penn Region Communications Department.

In today's increasingly hectic world, time rushes by, whether we want it to or not. Hours, minutes and seconds structure our days. With each tick of the clock these precious moments seem to be growing more and more elusive.

With this strain on time, it's pointless to spend precious hours doing meaningless things because then we wonder, where did all the time go? People ask themselves this question night after night as they lie in bed thinking about the things they wanted to accomplish that day but never did. It seems everyone wants a little more time to finish work assignments, meet demanding deadlines or spend time with loved ones. Everywhere you turn you can find tips on how to make the most of your time. But if you

Point of View

could add just one hour onto your day, would you use your time efficiently and meaningfully or let it slip away with all the other hours?

Well, with just one hour, you could save a life. You don't have to be a brain surgeon or even a paramedic to do it. By simply taking one hour out of your day to donate blood you could save a grandmother, a father, a firefighter, a mother with three children or even yourself. By donating blood, you not only provide those in need with a life-saving gift, but you have the ability to change someone's life forever.

In the United States, a blood transfusion is needed almost every two seconds, but only approximately five percent of the eligible population in the United States donates blood. One unit of blood can help save the lives of up to three people.

Just think, in what other ways, in less than an hour's time, could you do that? Not many ideas come to mind.

Blood is a medicine that can only be given from one person to another - no other source is currently available. Volunteer blood donors are needed on a daily basis to give blood for the thousands of patients who need it.

With just an hour's time, you can show your care. You may not know where your blood will be sent or who will end up receiving the gift of life, but by spending some time to donate you are truly helping another human being. Most people say they would like to find more ways to help others and give back, so why not use an hour of your day efficiently and make those 60 minutes of life worthwhile? There is no better way to demonstrate compassion while meeting personal goals of finding ways to better utilize time and help people in need.

Giving blood, doesn't just benefit recipients. Regardless of age, donating blood offers many benefits for donors. It lets you:

- Make a difference in your community by helping others.
- Develop a sense of commitment to and connection with your local community.
- Be assured that adequate supplies of blood are available for you, as well as your family and others.
- Check your blood pressure, temperature, hemoglobin and pulse rate every time you give.
- Join a group of special volunteers.

The demand for blood never lets up. Every day, thousands of people need donations to live.

Your eligibility to give blood depends, among other factors, on your medical condition and past behaviors. Any person in general good health who is at least 17 years old and weighs at least 110 pounds may be eligible to give blood. Whole blood donors can safely donate blood every 56 days. Double red cell donors can safely donate blood every 112 days.

If you're unable to donate, you can help by volunteering your time and services to the American Red Cross. Volunteers are critical to the American Red Cross Blood Services' mission of supplying the safest possible, most reliable, most cost effective blood through voluntary donations. As an American Red Cross volunteer you can help others, gain experience and make friends. Your talents will be used to help the Red Cross to provide blood to people in need.

The American Red Cross is an organization governed, supported and primarily staffed by volunteers. Today, 1.3 million Americans throughout the nation are Red Cross volunteers. The New York-Penn Region depends upon its volunteers to provide services that are essential to its mission. We truly could not save lives without you!

Lives depend on it... perhaps even your own. On behalf of all our patients, we thank you for your continued support of the American Red Cross.

To make an appointment to give blood, or to volunteer for the American Red Cross, call 800-448-3543 or visit www.donatebloodnow.org.

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Your Opinion *in the* Spotlight

20/20 committee members can't shine for everyone

Editor, *The Spotlight*:

I note that the recently organized Bethlehem 20/20 Advisory Committee will involve "key community stakeholders" to assist the Bethlehem Town Board in discussions regarding the Comp Plan visions for the future.

I wonder if we need another committee, but my concern is with its size and makeup.

In a monetary situation, the "stakeholder" has no interest in the outcome (i.e., NYRA), but in the political situation, where differing desires conflict, a "stakeholder" does have an interest.

Can there be greater interest for a "key stakeholder?" If so, for whom, taxpayers in general; landowners in particular?

Representation is the "key," but as constituted this committee can't reflect the views of all "stakeholders."

Fred Richter
Selkirk

Driving the speed limit has rewards

Editor, *The Spotlight*:

Have gas prices slowed drivers down?

My answer is an empathic NO!

When driving, I set my speed control at the top speed limit and 99 percent of drivers pass by exceeding the limit by more than 10 to 20 mph and some at even higher speeds.

Just try it on the Thruway, the Northway, 787 or on local

roads when the path is clear. While traveling through New York, Pennsylvania, Missouri, Indiana, Illinois, Nebraska, Kansas, Colorado recently, the only state we drove through where drivers seemed to obey the highway rules was Ohio. Even truck drivers drove in the right lane at the speed limit assigned to them. It was also the state where we saw many state troopers on the highway. Hmmm - might that be one

of the answers? Slowing down would not only be safer, but would help diminish our huge consumption of oil.

Hopefully some of you will join me in driving the speed limit, and be rewarded with better mileage and the knowledge that you are helping the environment.

George Tilroe
Elsmere

IN BRIEF

Lab school to hold chicken barbecue

The Lab School of Bethlehem Central High School will hold its 10th annual Brooks Chicken Barbecue on Saturday, March 8, from 4:30 to 6:30 p.m. in the BCHS cafeteria, 700 Delaware Ave., Delmar.

All proceeds from the event will support and enhance the school's educational

programs.

Dinners include one-half barbecue chicken or ribs, baked potato, coleslaw, dinner roll, and a beverage. Vegetarian lasagna with a tossed salad also is available. Adult dinners are \$9.50; a one-quarter chicken child dinner is \$7.50. A half chicken only is \$6.50.

Dinner may be eaten at the cafeteria from 4:30 to 6:30 p.m. or picked up for take-out from

4 to 6 p.m.

For information or advanced dinner tickets, call Doug Erickson at 439-0431 or e-mail derickson@nycap.rr.com. Advance ticket purchase is recommended.

A silent auction also will be held during the event. There will be hundreds of items to bid on: gift baskets, vacation getaways and local restaurant certificates.

Let's look outside the school district

Editor, *The Spotlight*:

The Bethlehem Central School District is presently looking for a new superintendent.

I was a substitute teacher in the district for about nine years. When I advocated for my children and other students, the district told me I "made the teachers nervous," and to work elsewhere. This was a good change because I've been in another district for about four years.

I've had the chance to compare what I observed in Bethlehem with this district. The only difference is money. Both districts have great teachers, parents, who care and a good support system. However, Bethlehem's parents spend money on tutors for academics and music,

Princeton Review, and costly athletic training programs. This makes the district look well and shine on tests.

I hope the district looks outside and doesn't hire from within. Many times the "chosen" candidate is told before hand what to do or satisfy in order to look well relative to "the weaker" candidates.

Bethlehem's academic leaders attempt to control parents and think that all ideas should come from the top. Students, parents, teachers and administrators are sources for ideas. It's a cooperative. Bethlehem needs "change" just like the country, not more of the same.

Patricia A. Kane
Delmar

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Mike Giovanone, President of Latham based Concord Pools and Spas, who was additionally being recognized among Pool and Spa News' 2007 "Top 50 Builders" in the USA and a "Master of Design" award recipient, accepted these awards behalf of Concord Pools and Spas, and Latham based Latham Plastics for their entry of a custom pool constructed locally this past year.



"This entire experience has been very humbling and I am truly honored in receiving these awards. I accept them on behalf of my industry peers, who were just as deserving as I," says Michael Giovanone. "And for the privilege of working with the men and women of Concord Pools and Spas, and Pacific Pools, without whom these awards would not be possible."

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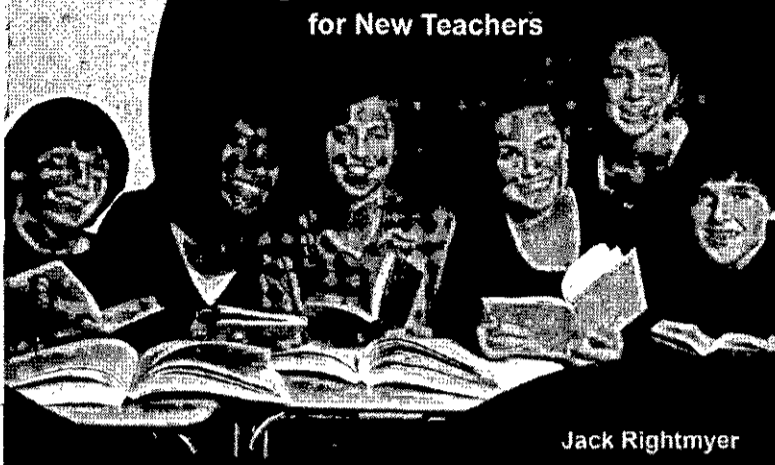
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A Funny Thing about TEACHING

Connecting with Kids Through Laughter...and Other Pointers for New Teachers



Jack Rightmyer

Jack Rightmyer's book, "A Funny Thing About Teaching," can be purchased through www.amazon.com for \$10.96.

Teacher finds class time funny

Local instructor and coach writes book about using humor in lessons

By JACKIE SHER
Spotlight Newspapers
news@spotlightnews.com

Walking into Jack Rightmyer's classroom in the Bethlehem Central Middle School in Delmar, one first notices an iPod docking station, a device that allows a person to attach an MP3 music player to a set of speakers, sitting in front of the blackboard.

It is immediately evident that Rightmyer's seventh-grade English classroom is anything but typical, and judging from Rightmyer's excitement about the lesson he's about to teach, today's class is going to be anything but boring.

"[He's] not just taking out a textbook and reading it — he teaches us and makes us laugh. He has that magic touch; he just gets it going," said Tyler Lemke, one of Rightmyer's students.

In the spring of 2003, Rightmyer spent some time at The Humor Project in Saratoga Springs, a group that focuses on the power of humor in working with individuals, organizations and nations. While there, he started keeping a journal, which eventually morphed into a book, "A Funny Thing About Teaching."

The book, which comes out March 31, is part memoir and part advice. Rightmyer discusses his own experiences as a student, teacher and track coach, while relaying advice to teachers about

discipline, testing, coaching, bullying and building strong relationships with students through the use of humor.

"If humor has such positive benefits in health, in business, in the workforce, then clearly, it would be very positive here in the classroom," said Rightmyer, who has been teaching for 28 years.

As he stands before his class, Rightmyer keeps in mind that today, the day before winter break, is a high-energy day. He knows that his students are probably having a hard time sitting still, with the thought of a school-free week beginning in mere hours.

"It all has to do with your attitude and making a connection — enjoying the kids and having fun with them," said Rightmyer. "It's amazing — if you make that connection, kids are going to work hard."

Earlier on, he had asked his students to bring in the lyrics to a song they liked and had them write about the poetic terms and rhythm they found in the song. Today, he's letting those students bring in the song they wrote about, discuss it a little, and then play it for the class.

"Instead of fighting the energy, I'm going to use it to play music and celebrate it and enjoy it," said Rightmyer.

The students clearly enjoy the lesson, and they play their favorite Broadway show tunes, pop songs, and even heavy metal, quietly singing along or dancing in their chairs.

"I hope that I always like rock 'n' roll music," said Rightmyer. "I hope that when I'm 85 and in the nursing home, we're still jamming away in the activities

room."

His students laugh as they exit the classroom.

Rightmyer also brings his philosophy on humor to the girls he coaches for track. He views it as yet another place where he can use humor to make a connection and express that same excitement and enthusiasm that he does in the classroom.

"He's a really good coach, and he's taught me how to pace myself," said Bridget Murphy, one of his seventh-grade English students and also a member of his track team. "He makes jokes and he runs with us, and when you're nervous before a race, he tells us, 'It's good to be nervous. It makes you want to win.'"

Rightmyer said he hopes that his passion for teaching, and all of the opportunities for creativity that it provides, will prove infectious to readers of his book.

"I really want the philosophy to come out that teaching is a wonderful profession," said Rightmyer. "If you're good at teaching, and you're teaching people to have a lifelong skill, you want them to be excited. You're trying to light that spark."

Rightmyer's book, "A Funny Thing About Teaching," can be purchased through www.amazon.com for \$10.96. He will have two book signings in the coming months. The first is Saturday, April 26, at The Bookhouse in Albany, from 1:30 to 3 p.m., and the second is Saturday, May 3, at The Open Door Bookstore in Schenectady, from 1 to 2:30 p.m.

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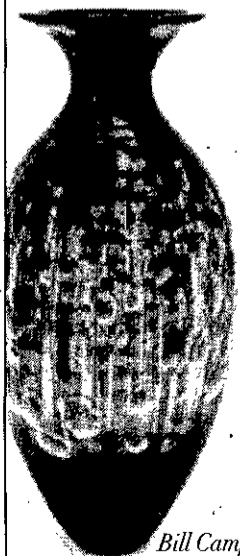
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History at Cedar Hill



Ann van der Woe-t talks Saturday, Feb. 23, at the Cedar Hill School in Cedar Hill, home of the Bethlehem Historical Association, as part of a trolley tour of Bethlehem. The tours give an overview of Bethlehem history, pointing out the town's many historic areas along the way. The tour winds through the hamlets of Delmar, Slingerlands, Elsmere, Glenmont, Cedar Hill and Van Wies Point covering history from 6,000 B.C. to 2008. The tours will continue March 14 and 18 at the public parking lot at the Four Corners in Delmar. For information, call 439-4955.

Submitted photo

Bus trip to benefit scholarship fund

A bus trip to help raise college scholarship funds for Bethlehem art students is scheduled for Saturday, April 26, to The Institute of Contemporary Art (ICA) in Boston.

The trip is sponsored by the Bethlehem Parents as Art Partners (BPAP) and is open to the public. Students must be accompanied by adults.

The bus will leave Bethlehem Central High School at 7 a.m. and will depart Boston at 5 p.m. The cost of the trip is \$50 per person, which includes transportation and admission to the museum. Bus transportation is chartered through Yankee Trails.

Participants will be given time to buy lunch and sightsee, which may include a visit to the museum's Water Cafe, Wolfgang Puck's newest restaurant, or other attractions such as the New England Aquarium, Faneuil Hall Marketplace or Boston Children's Museum. Maps and other restaurant suggestions will be provided.

The deadline to sign up for the trip is March 29. Registration forms are available at <http://besd.k12.ny.us/departments/art/BPAP.htm>.

For more information, contact Melanie Painter, 439-4921 painm1s@besd.neric.org.

For details about the ICA and upcoming exhibitions, visit www.ica-boston.org.

The mission of BPAP is to support and enrich art education activities in the school and community through communication with parents, administration, teachers, the community and business sponsors.

IN BRIEF

Sons and Auxiliary to host supper

The Sons and Auxiliary, Voorheesville American Legion Post No. 1493, is sponsoring a Polish supper on Saturday, March 8, from 4 to 7 p.m. at the American Legion Post, Voorheesville.

The menu will be golumbki, pierogies, kielbasa, kapusta, barszcz (beet soup), and dessert.

The price is \$12 for adults and \$6 for children. Children under 5 eat free.

Saint James Church to hold Irish Fest

Saint James Church will hold its fourth Irish Fest on Sunday, March 9, in the gymnasium of the former Saint James School from 2 to 5 p.m. Music will be provided by the band Comhaltas. Dancers from the Boland School of Irish Dance and local singers will perform.

Raffles will be conducted

and scones, Irish soda bread, tea and other refreshments will be available. A free will offering may be made at the door. Donations will benefit the repair of the church's Casavant organ.

Saint James Church is at 391 Delaware Ave. in Albany. The school is directly behind the church. The school is accessible and there is ample free parking. Call 434-4028 for additional information.

Old songs contra dance to be held

An old songs contra dance will be held on Saturday, March 1, at 8 p.m. at Old Songs, 37 S. Main St., Voorheesville.

Caller will be Gail Griffith with live music by Fennig's All-Stars. No partner needed. Clean, soft-soled shoes required.

Admission is \$10. For information, call 765-2815. This program is made possible, in part, by funds from the New York State Council on the Arts.



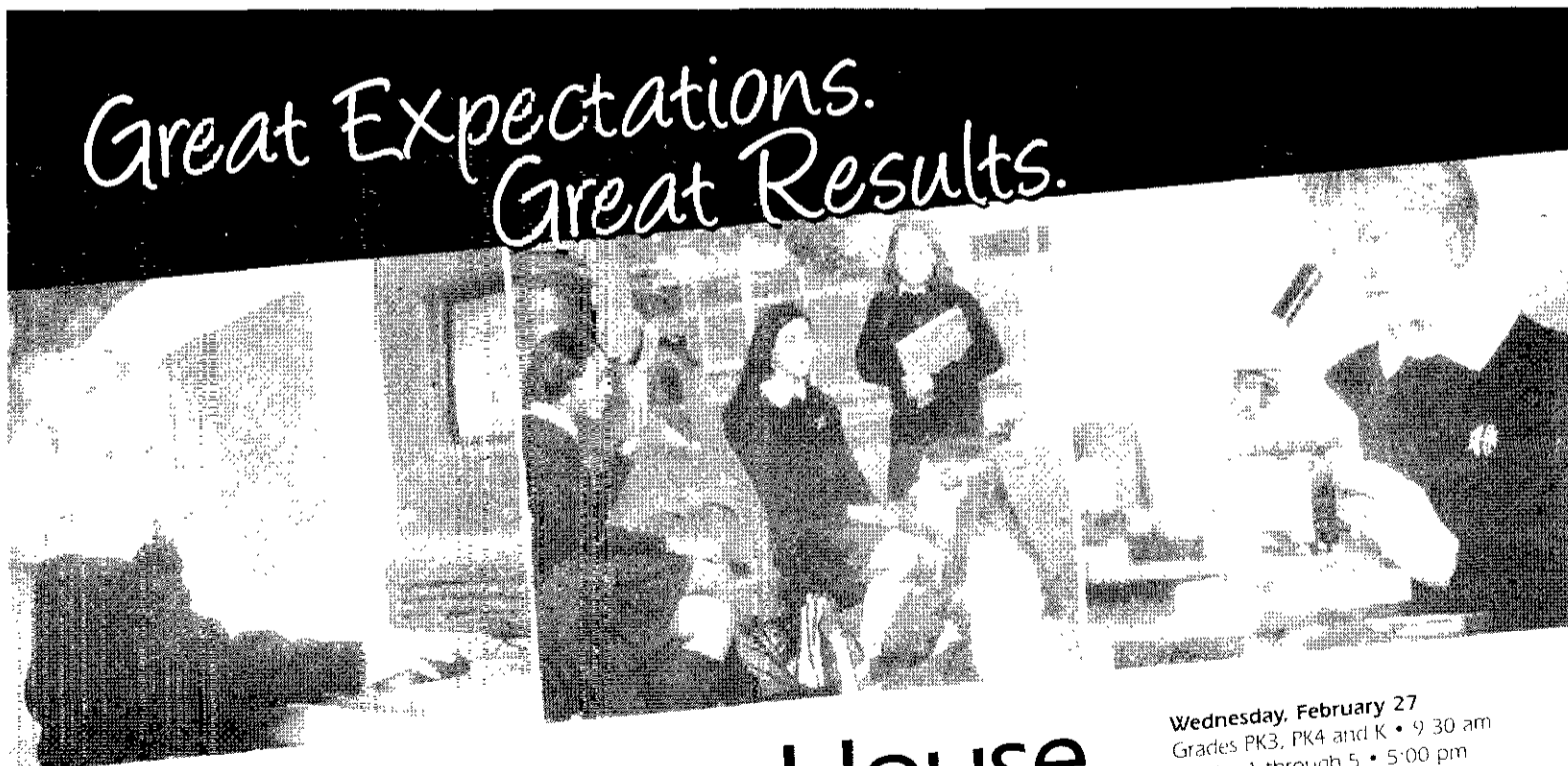
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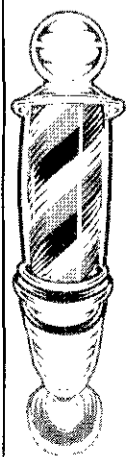
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IN BRIEF

Foundation offers
10 free trees

Every person from New York who joins the Arbor Day Foundation in February will receive 10 free Colorado blue spruce trees. The trees are part of the nonprofit Foundation's Trees for America campaign.

The trees will be shipped postpaid for planting between March 1 and May 31 with planting instructions. The trees are guaranteed to grow, or they will be replaced free of charge.

To become a member of the Foundation and to receive the trees, send a \$10 contribution to Ten Free Colorado Blue Spruce Trees, Arbor Day Foundation, 100 Arbor Ave., Nebraska City, NE 68410, by Feb. 29, or go to www.arborday.org.

Panel to discuss
hormone replacement

A panel of health care professionals will discuss the risks and benefits of hormone

replacement therapies on Wednesday, March 26, at the Guilderland Public Library, 2229 Western Ave., Guilderland from 6 to 8 p.m.

This program will address perimenopause, menopause, bio-identical hormones, holistic alternatives to hormone replacement and implications for breast and other cancer survivors.

Speakers are Cheryl Burack, MD, gynecologist, Jacobs Lee & Burak, MDs; Sabrina Mosseau, RN, OCN, Northeast Health Samaritan Hospital Cancer Center; Beth Netter, MD, holistic physician, Center for Integrative Health and Healing; and Ronald Stram, MD, founder, Center for Integrative Health and Healing.

Pre-registration for the free program is requested. RSVP to To Life!, 439-5975, or e-mail info@tolife.org.

The program is made possible through funding in part by the New York State Department of Health.

Fire department holding fish fries

The New Salem Fire Department is holding its Friday fish fries at the firehouse on Route 85A in New Salem each Friday, now through March 14, from 4:30 to 7 p.m.

The cost is \$7.50 for adults; children under 12 are \$4.50. Dinners include haddock fish fry or clam roll, french fries, baked potato, coleslaw and a beverage. The firemen's New England clam chowder is also available as are desserts by Emma Cleary's at \$2 each. Take-outs can be ordered at the door or ahead by calling 765-2244. The building is handicapped accessible.

Helderview Garden Club
schedules meeting

The Helderview Garden Club will meet on Thursday, March 6, at 6:45 at the Cooperative Extension in Voorheesville. The speaker for the evening will be Master Gardener Marty Teumin of the Cooperative Extension. The topic to be discussed is "Awakening the garden and Garden Design." All are invited

NEWS NOTES

Voorheesville
Betsy Glath
765-4415



to attend.

For information, call Mary Beth Portnova at 765-4544.

Old Songs contra dance
planned

A contra dance is planned for Saturday, March 1, at 8 p.m. at Old Songs, 37 South Main St. in Voorheesville.

There will be live music by "Fenning's All-Stars" and the caller is Gail Griffith. Clean soft soled shoes are required and no partner is needed. Admission is \$10.

For information, call 765-2815.

Voorheesville Elementary
to hold information night

A 2008 Voorheesville Elementary School kindergarten information parent-only meeting will be held on Wednesday, March 12, at 7 p.m.

Topics to be discussed include the kindergarten registration and screening program.

Parents are asked to call Voorheesville Elementary

School at 765-2382, ext. 514, or e-mail Donohue@vcsdk12.org, if they have a child entering kindergarten in September.

Children must be 5 years old on or before Dec. 1, 2008, to register. Parents are encouraged to schedule an appointment to have their child screened on March 31 or April 1.

'Board of ed to meet

The Voorheesville Board of Education will meet on Monday, March 3, for a special budget meeting. It will be held in the high school cafeteria from 7 to 9 p.m. All are invited to attend.

Thacher plans
stained glass workshop

Thacher Nature Center is planning a stained glass mosaic workshop on Sunday, March 9, and Saturday, March 15, from 10 a.m. to 1 p.m.

Learn the technique of using mosaic stained glass on glass to create a framed piece of mosaic artwork. This class is appropriate for ages 16 and up and the cost is \$15 for the class fee plus \$10 material fee for the instructor. Registration is required and participants will need to be prepared to attend both sessions.

For information or to register, call 872-1237.


Seminar to focus on marketing plan

The Small Business Development Center, University at Albany presents a free seminar "Marketing 101 - How to write an Effective Marketing Plan," on Tuesday, March 11, from 8 to 10 a.m.

Learn how to develop a marketing plan that will generate positive results for your business. This seminar includes practical information

on developing customer profiles, effective market research, pricing strategies for your product/service, developing an action plan for your marketing efforts, utilizing guerilla marketing tactics, effective advertising, and tracking your success.

For information and to register for the seminar, contact SBDC at 485-7647.



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Social and recreation programs open

Are you weary of being house-bound because of dreary winter weather? Are you ready for some socializing or just getting out without having to drive yourself? Does lunch and music or even dinner out with other interesting seniors sound like a pleasant change?

How about an early supper and a musical at Bethlehem Central High School? Isn't the thought of a delicious full-course dinner at the Department of Hotel and Culinary Arts of Schenectady County Community College appealing?

If you answered yes to any of these questions, just contact the Bethlehem Senior Services Office to sign up for one or more of

Senior Action

March 1 to 7

these and other Bethlehem Senior Services social/recreation programs scheduled for March and April. Call 439-4955, ext. 1176, for information and reservations.

• Important reminder: Call now to sign up for the free six-week "Savvy Caregiver Training Program" (on Wednesdays, March 5 to April 9, from 10 a.m. to noon). Call Eddy Alzheimer's

Services at 238-4164.

Program highlights

Saturday, March 1

• Dinner out. Bethlehem Grange, 24 Bridge St., Route 396, Selkirk, for country pulled-pork dinner. \$9 at the door. Reservations required. Call 439-4955, ext. 1176.

Sunday, March 2

• Sunday swim at the Bethlehem Middle School pool, 332 Kenwood Ave., from 1 to 3:30 p.m.; \$3 per session. Open to all ages.

Tuesday, March 4

• AARP income tax counseling program from 9 a.m. to 3 p.m., Bethlehem Town Hall, 445 Delaware Ave., Delmar, appointment required.

• Seniors in motion — a low-level aerobic exercise class, 9 to 10 a.m., Town Hall Auditorium, 445 Delaware Ave., Delmar. \$3 fee per class.

Wednesday, March 5

• Senior discussion group, 10:30 a.m. to noon, Room 107, Bethlehem Town Hall, 445 Delaware Ave., Delmar. Led by Jane Sanders, LMSW Senior Services Outreach staff member. Discussion targets life cycle events, human-interest stories and reminiscences of the past.

• Seniors grocery shopping for residents of Elsmere, Delmar, Slingerlands, N. Bethlehem and Marie Rose Manor.

Thursday, March 6

• Seniors grocery shopping for residents of Glenmont, Selkirk and S. Bethlehem.

Friday, March 7

• Lunch out and free health and wellness program. "Express Meals," Presenter: Sandra Varno, MS, RD, CDN. Learn how to prepare a healthy meal quickly, using six ingredients or less.

• Lunch out at the Windowbox Café, 1969 New Scotland Road, Slingerlands, 10:30 a.m. to noon.

• The health and wellness program, 1 to 2 p.m. at Bethlehem Town Hall, 445 Delaware Ave., Delmar. No charge, although donations are appreciated.

• Seniors grocery Shopping for residents of Good Samaritan Senior Housing and Van Allen Senior Apartments.

• Seniors in motion (see Tuesday's activities for details.)

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

IN BRIEF

Host families needed for foreign exchange students

Host families are needed for 38 American Field Service (AFS) foreign exchange students who will be coming to the Capital District for the 2008-2009 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 Happy Scherer at 439-0016 or e-mail happy12054@aol.com, or call 1-800-237-4636.

Holy Names slates open house and entrance exam

The Academy of the Holy Names, 1065-1075 New Scotland Road, Albany, will hold an open house for prospective students on Wednesdays, Feb. 27 and March 5.

The Feb. 27 schedule is as follows:

PK 3, PK 4, and K: 9:30 a.m.

Grades one to five: 5 p.m.

Grades six to eight: 7 p.m.

The March 5 schedule is as follows:

Grades nine to 12: 7 p.m.

There will be tours in the schools, and the opportunity to speak with the faculty and administrators.

The entrance examination for students entering the Academy of the Holy Names will be held on Saturday, March 8, at 8:15 a.m. on the Holy Names Campus. All students in grades two to 12 interested in applying for admission must take the exam. The exam fee is \$10.

To register, call the admissions office at 438-7895.

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Big Read takes on Wharton's 'Age of Innocence'

"The Age of Innocence," Edith Wharton's masterpiece of social mores, desire and repression, has captivated readers since its publication in 1920. This spot-on look at the dark side of New York society in America's Gilded Age won the 1921 Pulitzer Prize and has ranked among the Modern Library's top 100 novels. It is this year's choice for The Big Read, celebrated at the Bethlehem Public Library in March and April.

The National Endowment for the Arts launched The Big Read in 2006 to revitalize the role of literary reading in America. The project has provided communities around the nation with an opportunity to read and discuss a single work.

Last spring, our community shared in discussions and programs centered on Zora Neale Hurston's "Their Eyes Were Watching God." This year, the library's first Big Read event is a discussion of The Age of Innocence at the next meeting of AfterDinner Books on Wednesday March 12, at 7 p.m. Our DayBooks group takes up the discussion on Monday, April 14, at 1:30 p.m. A complete schedule of our Big Read events can be found in your March/April issue of "Footnotes," also available in the library and online at www.bethlehempubliclibrary.org.

We've purchased multiple copies of "The Age of Innocence" for your use. We encourage individuals, high school English classes, book groups, and other community organizations to participate in this project.

The Big Read is an initiative of the National Endowment for the Arts in partnership with the Institute of Museum and Library Services and Arts Midwest. In our area, The Big Read is co-sponsored by the Upper Hudson Library



System and the New York State Writers Institute.

Vocal recital this Sunday

A Little Sunday Music rounds out the 2007-08 season this Sunday, March 2, at 2 p.m. with "Our American Songs," a recital by mezzo-soprano Barbara Eckhaus.

Eckhaus has performed as oratorio soloist with the Boston Masterworks Chorale, the Berkshire Concert Choir, Albany Pro Musica and Union College. She has appeared as soloist in concert with the

Glens Falls, North Carolina and Albany symphonies, Columbia Festival Orchestra and Lake George Opera. Operatic roles include Flora in "La Traviata" and the Third Lady in "The Magic Flute."

A Little Sunday Music is made possible by the generous support of Friends of Bethlehem Public Library. The concert is free and open to the public.

Upcoming events

• **Sneak peak: BCMS staged creations.** Saturday, March 1, 1 p.m. Bethlehem Central Middle School students will perform scenes from their production of "The Lion, The Witch and the Wardrobe." Families.

• **Monday movies.** Monday, March 3, 7 p.m. "Dog Stories." Age 8 and younger.

• **Family time.** Wednesday, March 5, 10 a.m. A half-hour of stories followed by a related activity or short film. Up to 6 years old with family and friends.

• **Family time.** Thursday, March 6, 1:30 p.m. A half-hour of stories followed by a related activity or short film. Up to 6 years old with family and friends.

• **Preschool movies.** Friday, March 7, 10:30 a.m. Movie versions of some of the best books for preschoolers.

• **Writers and friends:** Susan Cheever. Sunday, March 9, 2 p.m.

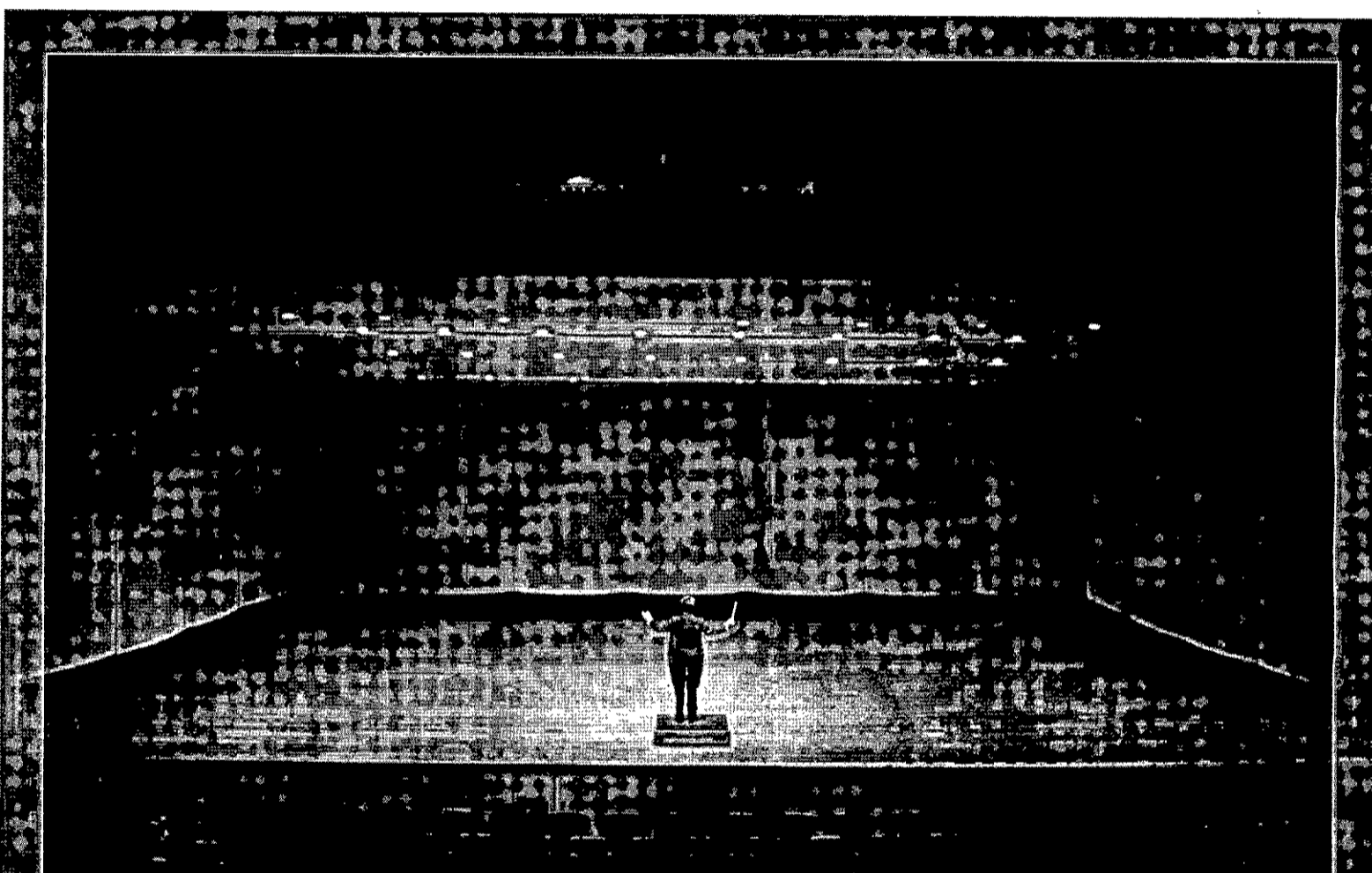
Cheever will read from her book "American Bloomsbury." There will be a reception and book signing after the reading. Free; seating limited; tickets required; call 439-9314 for information. Sponsored by Friends of Bethlehem Public Library.

• **Board meeting.** Monday, March 10, 6:30 p.m. Open to the public.

• **Monday movies.** Monday, March 10, 7 p.m. "Stories About Spring." Age 8 and younger.

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.



IN BRIEF

Dog-training classes to be held

A series of dog training classes will be held at RCS high school as part of its continuing education program.

Conducted by John O'Hanlon and Marge Newkirk, the classes will begin Wednesday, March 5, in the high school cafeteria, and continue for 10 weeks. There are two sessions participants can choose from: 7 to 8 p.m. and 8 to 9 p.m.

All breeds and problem dogs are welcome. All dogs must have their current vaccinations.

Class size is limited to 12 dogs.

All participants must attend the Wednesday, March 5, 7 p.m. class without their dog.

For information, call O'Hanlon at 767-9719.

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IN BRIEF

Free course to offer sign language lessons

Helping Hands, a preschool for children with special needs, will be offering classes in American Sign Language in conjunction with the Saratoga Springs Public Library. The classes will teach basic signing skills. Classes will be held on Wednesdays at the library from 6:30 to 8:30 p.m. Classes begin on March 26 and will run through June 4. Class will not be held on Wednesday, April 16. Class size is limited and registration is on a first come first serve basis. Individuals who have a family member with a disability will receive preferred registration status.

Registration for the class begins on Wednesday, March 5. Call Mary Hess at Helping Hands for information or to register.

Father's Day run seeks sponsors

Community Resource Federal Credit Union, in association with the Hudson Mohawk Road Runners Club (HMRRC), will host the Community Resource Father's Day 5K Run and Kids Fun Run on Sunday, June 15, to benefit Capital District

Community Gardens.

The road race will be held at the Crossings, 580 Albany Shaker Road in Colonie.

The credit union is looking for local businesses, organizations, and individuals who are willing to sponsor this family-oriented event that attracts hundreds of runners and spectators. Sponsorships range from \$100 to \$250. The deadline for sponsorship is April 15.

Community Resource hopes to raise \$7,000 to benefit Capital District Community Gardens. In prior years, sponsorships have accounted for half of the money raised. Community Resource donates and raffles two airline tickets to raise the rest of the money.

Community Resource Federal Credit Union is the 10th largest credit union in the capital district with 5,700 members and \$56 million in assets. Community Resource is a community credit union serving those that live, work, worship, or attend school in Albany County and their families.

For details or a sponsorship application form, call Wendy Meola at 783-2211, extension 225.



Wood Elves from the Spiderwick Chronicles invaded the Voorheesville Library, enjoying games and competitions at a "School's Out, Library's In" vacation program. In disguise are Gavin Bigge, left, and Tom Straut.

Submitted photo

Get kids involved at library

March is a good month to get your kids involved in library activities.

"Afterschool and Around the World" is a new program for grades 1 to 3 beginning on March 10 for four consecutive weeks from 4 to 5 p.m. Each week, kids will visit a country in stories, songs, food and crafts. They will see France, Ireland, Mexico and Kenya and learn to say hello in each language. Sign up for one or all of the programs. Registration is required.

Calling all Jr. Nimblefingers for a series of Saturday "Sew-ins," workshops for grades 3 and up.

"We're taking out the sewing machines and are ready to help you start a small, simple quilt, or a 'bug jar' wallhanging," says Mrs. Laiosa. You must have sewing experience to use the machines.

Instructors will be there. A supply list will be mailed to you when you register for the

Voorheesville Public Library

program. The dates are March 8, 29 and April 5 from 10 a.m. to noon. Registration is required.

Friends news

Bring friends and family on the bus for Boston. The library Friends are planning a trip for Saturday, April 5. The bus is leaving at 7 a.m., dropping off and picking up at the New England Aquarium and returning at approximately 10 p.m. Sign up now with your paid reservation at the library. The cost is \$30 for FOL members, \$40 for non-members.

This is a good time to join FOL.

Quilt raffle

Get your tickets now for the quilt raffle to benefit the library

Friends. The quilt is on display behind the VPL circulation desk and tickets are available for \$1 each or six for \$5.

Lapsit

Lapsit for babies younger than 2 years meets on March 6 at 10:15 a.m. Signup is necessary.

Book discussions

The adult book discussions for March will be "The Beautiful Things that Heaven Bears" by Dinaw Mengestu (fiction) on Wednesday, March 5, and "Over the Edge of the World by Laurence Bergreen" (nonfiction) on Monday, March 10.

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.



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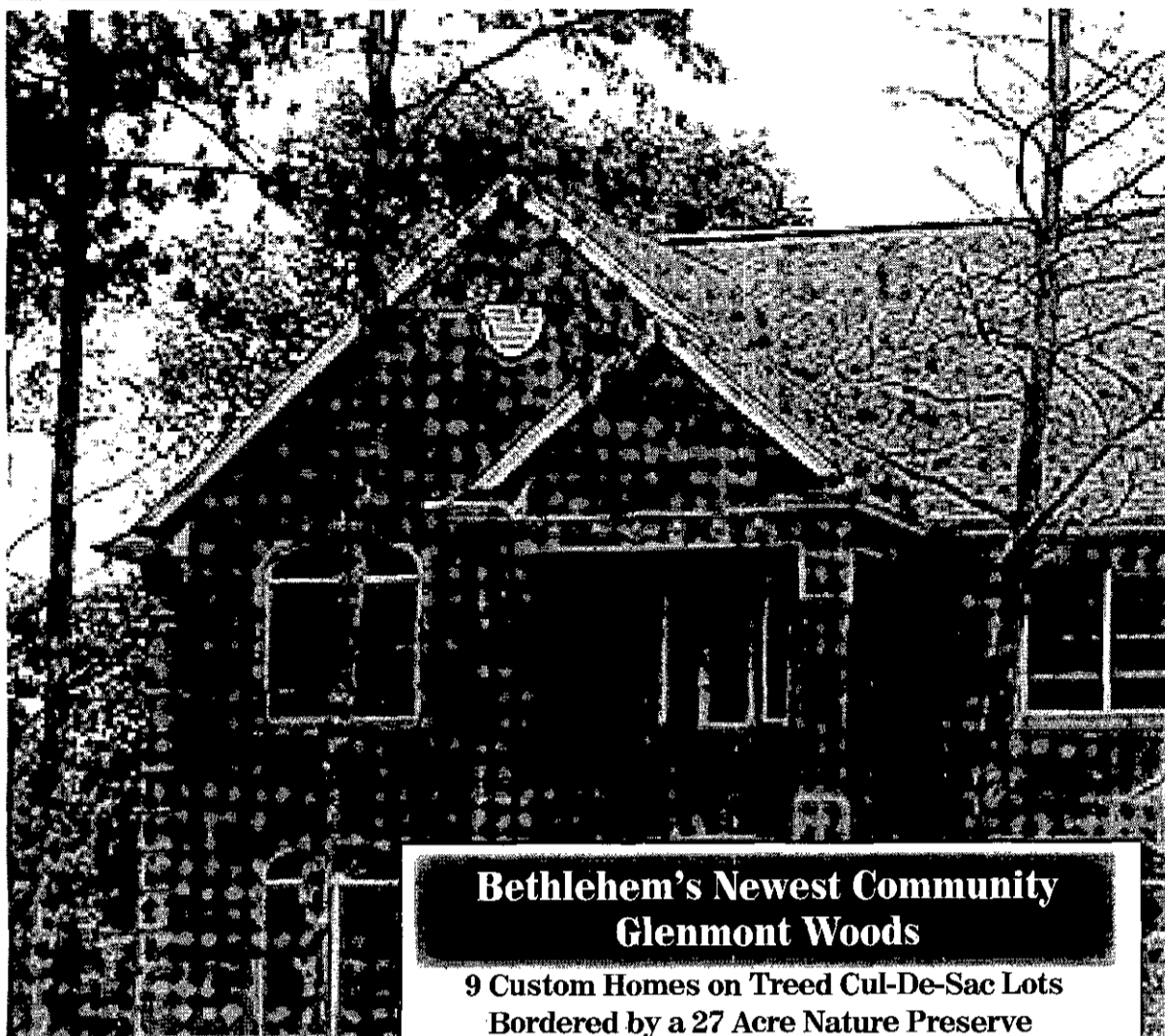
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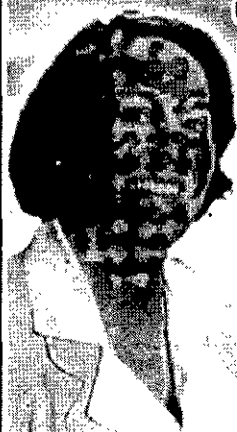
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Business *in the* Spotlight

Alpin Haus and Siena to take Saints fans on road trip

Alpin Haus, one of the Northeast's largest, family-owned, independent recreational vehicle retailers, is partnering with Siena Athletics to take four fans on the road to a Siena men's basketball game next season in one of its most popular RVs.

Fans can enter to win the road trip aboard a 2008 Winnebago Chalet 31C from Alpin Haus at the Saints' final regular season home game on Friday, Feb. 29, against Niagara. Fans can stop by to register at the Alpin Haus RV that will be parked outside the Times Union Center prior to the 7 p.m. tip-off of the Siena-Niagara contest.

The late-season match-up between the Saints and Purple Eagles features two teams that are currently involved in a four-way tie for first place in the Metro Atlantic Athletic Conference, alongside Loyola and Rider. The game is Siena's penultimate regular season contest, and comes just one week before the start of MAAC tournament play at the Times Union Center.

"Alpin Haus is excited to hit

the road next season with four of Siena's most loyal fans aboard one of our outstanding RVs," said Alpin Haus President Andy Heck. "But first we need to take care of business this season. So we're encouraging all fans to turn out in force for Friday's pivotal match-up for first-place against Niagara and while here they can register to join Siena on the road next season in style on board an Alpin Haus RV."

Fans can check out the 2008 Winnebago Chalet 31C model in front of the Times Union Center beginning at 5:30 p.m. on Friday, as well as after the game. The vehicle measures 31 feet and features a three-burner range top with oven, a queen size bed, jack-knife sofa, overhead queen size bunk, convertible dinette and many other popular amenities. Also on Friday, one Siena fan will take a shot at winning \$50,000 in the culmination of the Northeastern Fine Jewelry \$50,000 Shooting Stars competition.

Entering its fourth decade of service in the Capital District,

Alpin Haus has grown into an outdoor recreation powerhouse with four store locations in Amsterdam, Wilton and Clifton Park, featuring a full line of luxury RVs, snowmobiles, skis, boats, pools, spas, and all-terrain vehicles.

Alpin Haus is a proud supporter of Siena Athletics. For more information, visit Alpin Haus online at www.alpinhaus.com or call (888) 431-0687.

Tickets for the Saints final regular season home game on Feb. 29 against Niagara are available by calling the Times Union Center box office at 487-2281, or online at www.timesunion.com.

Fans can also experience their own slice of Saints Heaven (upper level seats) with a ticket that includes an all-you-cat eat menu of hot dogs, hamburgers, fountain soda, peanuts and popcorn for just \$25 for adults, \$18.50 for fans 18 and under. Selected locations in Saints Heaven are \$8 for adults and \$4 for children.

IN BRIEF

Former supervisor to be honored

There will be a celebration for former New Scotland Supervisor Ed Clark Saturday, March 8, at 7 p.m. at the Voorheesville American Legion, 31 Voorheesville Ave.

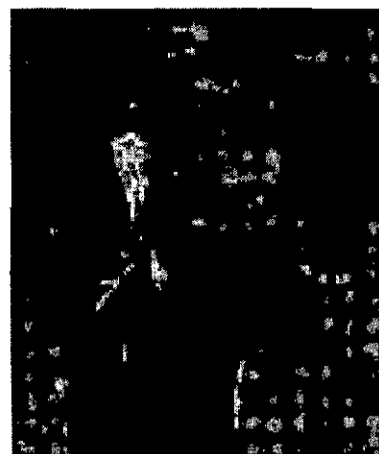
The celebration is in appreciation of the 32 years of municipal service Clark has provided for the communities of New Scotland and Voorheesville. In 2007, Clark chose not to seek re-election as supervisor of New Scotland.

Light fare and a cash bar will be on hand at the event. Casual attire is recommended.

Reservations are required and the cost is \$20 per person.

Make checks payable to Susan Rockmore, P.O. Box 8, Voorheesville 12186.

To help commemorate Clark, send pictures, stories and



Former New Scotland Supervisor Ed Clark. Submitted photo

remembrances to party4ed@nycap.rr.com.

For information, call 765-4598.

YMCAs accepting applications for annual Outstanding Student and Educator Award

The Guilderland and Bethlehem YMCAs are accepting applications for their 11th annual Outstanding Student and Outstanding Educator Award.

All students in grades 10 and 11, residing in the communities of or attending schools in, Berne-Knox-Westerlo, Bethlehem, Guilderland, Ravena-Coeymans-Selkirk, or Voorheesville, are eligible to apply.

Students will be honored based on demonstrated leadership and dedication of

service to their communities or schools, making responsible and positive choices even when negative peer pressure makes those choices difficult, and exhibiting a character trait that embraces the values of all YMCAs nationally: caring, honesty, respect, and responsibility.

Applications are due at the Guilderland or Bethlehem YMCA on Friday, March 14. Stop by either YMCA or contact Kyle Anderson, program director, at 456-3634 ext. 1151 for an application.

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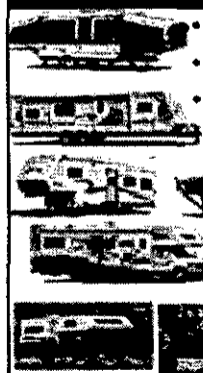
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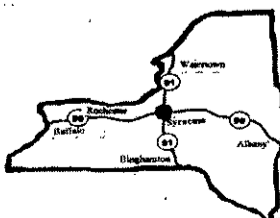
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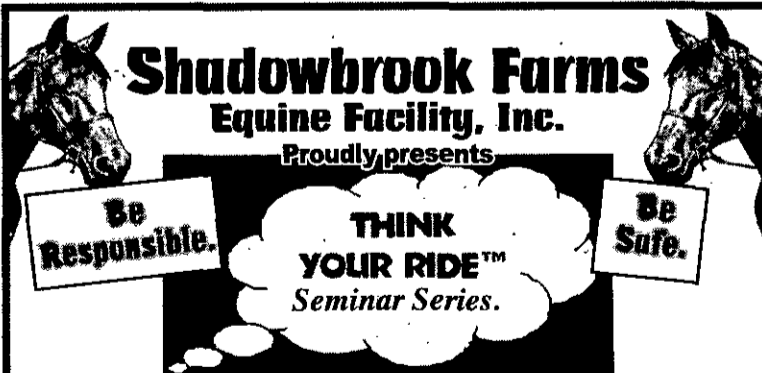
Got News?

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

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

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

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



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Mar. 16 @ 2 P.M.

APRIL

Round Penning: Apr. 5 @ 1 P.M.
Apr. 6 @ 2 P.M.
In-Hand Obstacles: Apr. 12 @ 1 P.M.
Apr. 13 @ 2 P.M.
Under Saddle: Apr. 19 @ 1 P.M.
Apr. 20 @ 2 P.M.

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Care

(From Page 1)

ation for most families, offering mental and physical relief to family members or other caregivers, giving them the freedom to go to work, handle personal business or just relax knowing their relative is being cared for in a safe, dignified environment. The overriding goals of the day care programs are to delay or prevent long-term residence in 24-hour skilled nursing facilities by providing alternative care. Another vital benefit is the emphasis on enhancing the self-esteem of older adults, and to encourage socialization to ward off the sense of isolation that may occur particularly if a person has lost a husband or wife.

Adult day care service sites are divided into two categories: adult social day care provides social activities, meals, recreation and some health-related services. Adult day health care offers more intensive health and therapy services for individuals with severe medical problems and those at risk of requiring nursing home care.

Adult day centers generally operate programs during normal business hours five days a week. Some programs offer services in the evenings and on weekends. In both settings, the staff may monitor medications, serve hot meals and snacks, perform physical or occupational therapy, and arrange social activities. They also may help to arrange transportation to and from the center itself.

Costs vary among adult day centers, ranging from \$25 a day to over \$100 per day, depending on the services offered, type of reimbursement and geographic region. While an adult day care center is not usually covered by insurance or Medicare, some financial assistance may be available through a federal or state program such as Medicaid, Older Americans Act, or the Veterans Administration.

Finding a reputable center

Just as parents of young children fret over finding a safe haven for their preschoolers, grown children face the same gnawing dilemma of selecting the best environment for their aging parents. Not all states license and regulate adult day care centers, and there may be a great deal of difference between individual centers; so it is important to learn more about each of the centers near your home or workplace. Always visit the centers closest to you, take a tour, and to talk to both staff members and other families that use the centers to gauge their experiences. To start, contact your local aging information and assistance provider or area agency on aging. The Eldercare Locator, a public service of the Administration on Aging at (800) 677-1116 or www.eldercare.gov can help connect you to these agencies.

Local choices

Guildcare adult day health care is a program of The Jewish Guild for the Blind, operating out of Albany. Fully funded by Medicaid,

the program has been serving residents in Albany, Schenectady and Rensselaer counties for 15 years, offering everything from dietary counseling to vision and rehabilitative therapy to therapeutic activities. Older adults with a variety of medical conditions are well cared for, including those with diabetes, arthritis, heart conditions, impaired vision, Parkinson's, and adults using walkers, canes or wheelchairs. Six-day-a-week activities begin with transportation from the home and a breakfast social hour, followed by seated exercises, a catered noon meal, and various activities of choice. Up to 60 people can participate per day, and there are openings right now for adults. The age range of people who attend day programs at Guildcare is 48 to 86.

"These folks have had a lot of life experiences and shouldn't be identified by their age or infirmity. We are very aware of dignity and the preservation of everyone as a unique individual with life lessons learned."

Mark Mastroianni

One of the most daunting parts of enrolling a parent in day care may be the image of them sitting by a window, unoccupied. Guildcare offers activities patients can hand-select based on the hobbies or interests, including gardening, bowling, crossword puzzles, woodworking, cooking, painting, sewing, pottery, dance and trivia.

Mark Mastroianni is the program director for Guildcare. He is also a registered nurse who has worked with the elderly for many years and has come to admire their tenacity.

"It's a remarkable, dynamic stage of life," said Mastroianni. "These folks have had a lot of life experiences and shouldn't be identified by their age or infirmity. We are very aware of dignity and the preservation of everyone as a unique individual with life lessons learned."

Since they provide medical services, Mastroianni said Guildcare is a good safety net for adults who would otherwise face more long-term settings.

"We do our part to help folks stay out of the hospitals or skilled care facilities," said Mastroianni. "We're an adjunct to keep people in the community rather than institutionalizing them. Without access to our programs, these adults would be left with no other option than skilled nursing care."

Along with administering daily medications to adults with specific health needs, one of the best antidotes offered may be the fellowship shared at Guildcare.

"I'm a firm believer that laughter is the best medicine," said Mastroianni. "We do health education classes on specific topics, but I do stand-up comedy in between; we all laugh and stimulate thought, and everyone engages themselves. We have lots of open forums to share stories and ideas. Days move very quickly here; we don't let anyone sit here and fall asleep. We have a quiet room if they need to rest, but in general, we're moving all the time."

Mastroianni said the program is also very inclusive, not giving anyone a chance to feel left out.

"We don't allow chairs to be saved, anyone can walk to any

table and feel welcome, because it's a big stressor for elderly folks to not feel part of the club," he said. "We're very conscious to make everyone feel involved, and we'll intervene if anyone is made to feel disrespected or demeaned. We don't tolerate anything outside the box. This is a safe haven for people emotionally. I go out a lot and watch them get off the van to make sure even the experience of them arriving here is positive; you can tell a lot by facial expressions."

Mastroianni and his staff members also refuse to let people fall into the habit of bemoaning the aging process.

"There are always the 'messengers of misery,' the folks in senior centers who draw people in with their woes, and we don't tolerate this," he said. "There are

choices to make; I'm in my 50s and full of aches and pains myself, but I work to feel young mentally and physically. Here, people take personal responsibility rather than falling victim to

stereotypes. They're their own best advocates. If these older adults are on medications, they need to know what they are and what they're for. People should never be illiterate when it comes to their own medications."

Mastroianni said working with older adults is a life lesson in itself.

"I learn from them every day," he said. "We have individuals here with rich, full, diverse backgrounds, educationally, culturally and beyond. We try to draw them out and share their life experiences. If we don't value these people, we'll lose the treasures they are, and we won't get that back."

Socializing in Saratoga

Established in 1983, Wesley Evergreen adult day services are part of the Wesley senior health and housing community in Saratoga Springs. Evergreen programs, which offer some medical care but are primarily a social setting, are offered Monday through Friday from 7:15 a.m. to 6 p.m. for up to 30 participants a day. The average age of enrollees is 83.

"We're a social model, so we provide personal care, but not higher level medical care," said program director Denese Talbot.

Evergreen services include health monitoring, medication supervision, balanced meals and snacks, personal services such as a hair salon and barbershop, community outings, exercise classes, podiatry and lab services.

Talbot said most adult children come to Evergreen worried about the safety of their elderly parents who are not yet suffering from advanced dementia.

"Older adults can have trouble just getting around, and their grown children worry about them getting distracted after turning the stove on, using the microwave, or wandering out the door and getting lost," said Talbot. "It's so much easier to have a solution before any problems start to set in."

The Evergreen setting itself is homelike; one side of the room is a large working kitchen and the

Adult day services

- More than 3,500 adult day centers are currently operating in the United States, providing care for 150,000 older Americans each day.

- Nearly 78 percent of adult day centers are operated on a nonprofit or public basis and the remaining 22 percent are for profit.

- Seventy-four percent of adult day centers are affiliated with larger organizations such as home care, skilled nursing facilities, medical centers, or multi-purpose senior organizations.

- The average age of the adult day consumer is 72, and two-thirds of all participants are women.

- One quarter of the participants live alone and three-quarters live with a spouse, adult children, or other family and friends.

- Fifty percent of the participants using adult day service centers nationwide have some cognitive impairment and one third require nursing services at least weekly.

- Fifty-nine percent of the participants require assistance with two or more activities of daily living: eating, bathing, dressing, toileting or transferring; 41 percent require assistance in three or more areas.

- Daily fees for services are almost always less than a home health visit and about half the cost of a skilled nursing facility. Daily fees for adult day services vary depending upon the services provided.

- Average cost across the country is approximately \$56.

- Funding for adult day services comes from participant fees, third party payers as well as public and philanthropic sources.

- Nearly one out of every four U.S. households, 23 percent, or 22.4 million, provides care to a relative or friend aged 50 or older.

SOURCE: National Adult Day Services Association, Inc., Seattle, WA. For information, call toll free 1-800-558-5301, or log on to www.nadsa.org.

other is a living room area.

"It's impossible to be isolated here," said Talbot. "When you come in, it's like walking into a home where everyone is very active, baking, socializing; there's a flat screen TV and a fireplace."

To keep the older adults feeling young, staff members bring in youngsters to visit.

"We have YMCA preschool children come in regularly to visit," said Talbot. "They were just in this month bringing cookies for Valentine's Day. We also have kids from BOCES and special education programs come in; the inter-generational socializing is a strong component of our program here."

Outside, there are raised garden beds so people don't have to bend down to plant and weed, and after the harvest, fresh veggies like carrots and potatoes become the main ingredients in soup.

Talbot also makes every effort to ensure everyone in the program feels welcome and invited.

"Some people do find senior citizens clubs are cliquey, so we do a free trial day where they can

come in and meet the others to see if they fit in," said Talbot. "In 14 years I've had only one person who didn't want to stay."

Talbot said she has gained an enormous respect and appreciation for adults in their twilight years.

"I love working with the adults; I have such admiration and respect for them here, they're so interesting to talk to about their lives," said Talbot. "We don't sit around quietly here. We talk, we get up and dance. Our favorites here are the YMCA, the Conga line and the Macarena. At no time is anyone sitting around watching life pass by."

After finding a comfortable, reliable setting to leave their parents, Talbot notices most adult children mimic a ritual done as many as 50 years ago, with the roles reversed.

"They linger in the doorway as if they're leaving their child on the first day of kindergarten, and once they feel relieved their parent is doing all right, they feel much better," said Talbot.

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Milestones in the Spotlight

Dean's List

Northeastern University

Molly Moriarity and Matthew McCarty, both of Delmar

Ryan McCarthy, Abigail Hafensteiner, Megan Felter, all of Selkirk

Kathryn Conway, Amy Starkman and Justine Lescarbeau, all of Slingerlands

Daniel Abrams of Glenmont

Monique Bidell and Ali Glaser, both of Voorheesville

Roger Williams University

Joseph Calzone, Sari Lipnick and Elizabeth Sargent, all of Delmar

Kristina Dolan of Glenmont

The College of Saint Rose

Krina Collins of Clarksville

James Carusone, Casey Cleary, Kara Enides, Shaun McCarthy, Shannon McMahon, Meghan Spath, Casey Wiggand, Debra Wray and Amber Zwack, all of Delmar

Zane Bathrick and Matthew Zaloga, both of Feura Bush

Rachel Apunte, Kimberly Finnigan, Stephanie Gericke, Marina Katko, Ryan Quinn and Angela Rappoccio, all of Glenmont

Jeanette Borger, Matthew Haker, Tara Holloway, Julie Masa and Kelly McConnell, all of Selkirk

Anna Bell, Elaine Cape, Grace Gansle and Jennifer Kerr, all of

Slingerlands

Lydia Bingham, Michelle Cillis and Stephanie Scaccia, all of Voorheesville

Stonehill College

Nicholas Nardacci of Glenmont

SUNY Potsdam, President's List

Liam Bunk of Delmar

Martha Moon of Selkirk

Jessica Ransbury of Voorheesville

SUNY Potsdam

Kathryn Sloat of Delmar

Schenectady County Community College

Gayle Aube of Slingerlands

James T. Bercharlie, Connie Dunn, Michael C. Leczinsky, Eric J. Recene, all of Delmar

Iris A. Mulhern and Holly M. Storm, both of Feura Bush



Molly and Justin Bates

Shultes, Bates wed

Molly M. Shultes, daughter of Janet Shultes of Glenmont

and Robert Shultes, and Justin Bates, son of Jake Bates of Knox and Robin Bates, were married Nov. 10.

The ceremony was performed by Frank Mauriello at the Century House in Latham, where a reception followed.

The matron of honor was Amy White, sister of the bride. Maid of honor was Marcy Shultes, also sister of the bride. Bridesmaids were Christa Taylor, sister of the groom, and Nicole Frazer.

The best man was Jake Bates, father of the groom. Groomsmen were Bob Kipper, Orvil Bates, uncle of the groom, Mark Lansbury and Steve Whitbeck.

The bride is a graduate of Bethlehem Central High School, Hudson Valley Community College, and SUNY Albany. She is a senior training technician for the state Division of Criminal Justice in Albany.

The groom is a graduate of Berne-Knox-Westerlo High School and is a member of Local 7 Plumbers and Steamfitters Union. He is employed by FPI Mechanical.

After a wedding trip to Aruba, the couple resides in Knox.

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Milestones *in the* Spotlight



Pattra Wirojratana and Bradley Mattox

Wirojratana, Mattox to marry

Pattra Wirojratana, daughter of Sawarnwong and Chodchoy Wirojratana of Fredonia, and Bradley Mattox, son of Robert Mattox of Delmar and the late Virginia Mattox, are engaged to be married.

The future bride is a graduate of the State University of

New York at Fredonia. She is pursuing a master's degree at Harvard University's School of Health.

The future groom is a graduate of the State University of New York at Geneseo and Northeastern University, where he received a master's degree

in business administration. He is a vice president with the Commercial Business Group at Citibank in Boston.

A March 7 wedding is planned in Vermont.

Send us your announcements

Spotlight Newspapers welcomes your engagement, wedding or anniversary announcements.

There is no charge.

For information or to receive a Spotlight Milestones announcement form, e-mail news@spotlightnews.com or call 439-4949.



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Water

(From Page 1)

She said the DEC cannot comment on the investigations or give a timetable but said that results could be available as soon as next week.

"There is no indication the drinking water was affected by contaminants," Wren said. "We will be working with the town so there is not a threat."

Cunningham said absolutely no mercury made it to the town's water supply.

According to Cunningham, a very small amount leaked out of a pinhole of an old water pressure meter and onto the floor of the New Salem Road facility. The supervisor said that less than a pound of mercury was released, putting the figure at close to one-half pound.

"No mercury was found in the plant or inside of employees' cars after it was cleaned up," said Cunningham. "The water is tested every day."

The meters at the plant are from the 1950s, when the building was constructed, he said. The meters use a small amount of mercury for flow pressure. The 2006 mercury spill was also caused by a faulty water pressure meter.

A hazardous waste team was called, and the spill was contained immediately, Cunningham said. All of the workers at the plant were given new boots to wear.

"It was never in contact with the drinking water," said Cunningham of the mercury. "The immediate issue was mitigated."

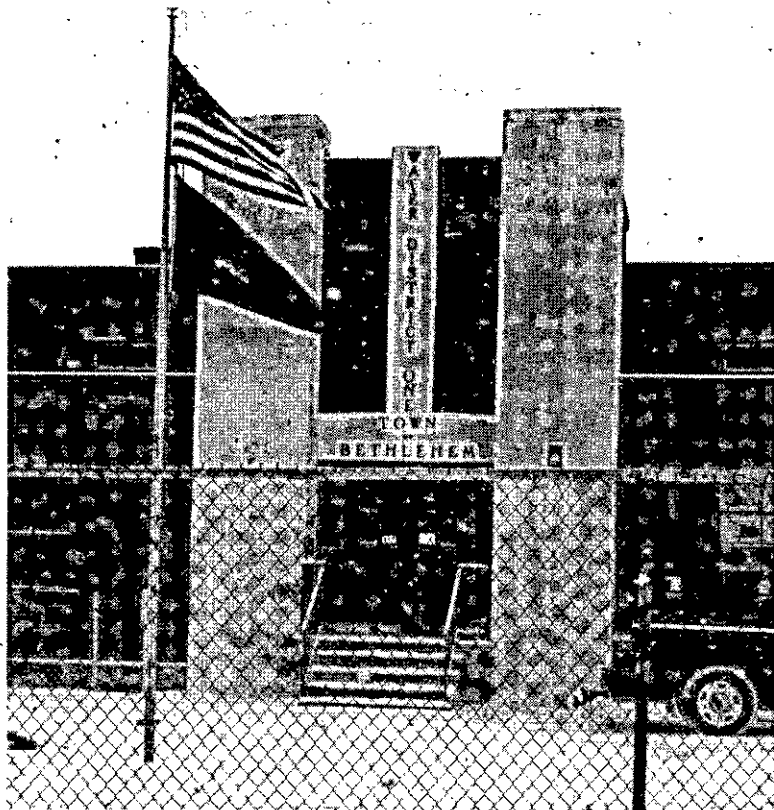
However, the long-term issue is still being discussed.

"We're looking at the remaining meters," Cunningham said. "We're weighing the options of replacement because we're in talks on a new water plant."

In the meantime, said Cunningham, the older meters will be closely monitored.

Wren said that the DEC, too, would be checking on the meters and working with the town to prevent any similar incidents in the future.

The in-ground fuel-oil tank removed from the water plant's property was from a house that



According to Town Supervisor Jack Cunningham, a very small amount of mercury leaked out of a water pressure meter and onto the floor of the New Salem Road water treatment facility in Voorheesville, but that it was never in contact with the water supply. Jarrett Carroll/Spotlight

is currently leased by the water plant's manager.

That tank was removed because the residence has an indoor fuel oil tank.

Cunningham said that some oil spilled onto the ground when the tank was removed and the oil was buried a little more than 300 feet from the reservoir.

All of the dirt and oil have since been removed, he said.

Besides the town conducting continual testing of the water supply, the Albany County Department of Health does its own stringent testing of the water, according to the supervisor. The water is also tested at various locations and from various taps around town every three years, he added.

"There's a lot of testing that goes on with our drinking water," Cunningham concluded. "It's safe water, and it's good water."

As for replacing the generator for the Clapper Road plant, the supervisor said there is money to cover it.

"That generator on Clapper Road is from back in the early 1990s," Cunningham said. "That generator is old, and we

can't get replacement parts for it."

The supervisor said there is money in the town budget's capital reserve fund for two new, smaller generators that would be more efficient and better serve the town in case of an emergency.

The town's water budget, which is funded through water fees and water taxes, will cover the \$330,000 cost for the generators.

The Clapper Road plant supplies water to a local co-generator and 28 residents in the area. The rest of Bethlehem is supplied by water from the New Salem Road plant in Voorheesville or from buying from Albany's municipal water supply.

During the Wednesday, Feb. 13, town board meeting, at least one resident didn't agree with the generator purchase.

"Do we need to spend this money?" one man asked during the public comment period. "How many times has the town had to use emergency generators?"

Cunningham responded, "It's worn out; we have to get a new one."

Steck: Brooks using 'Bush-league politics'

Dems clash over Web site names in congressional race

By JARRETT CARROLL
Spotlight Newspapers

carrollj@spotlightnews.com

Instead of name-calling, Democratic contenders for the 21st Congressional District are fighting over Web site names.

So far only two Democrats have made a bid for Congressman Michael McNulty's seat — Phil Steck and Tracy Brooks — and both of them are from Albany County.

Steck said last week that Tracey Brooks' campaign is using cheap tricks to ward off other potential candidates. He says Brooks is "cyber squatting" names by purchasing various Web addresses linked to his name and others, such as former Assemblyman Paul Tonko, to prevent them from being used.

"She went out and purchased these addresses. The worst thing that she did was to buy www.paultonko.com," Steck said. "When Tonko was purchased, people thought he was entering the race."

Tonko has not announced a run for Congress.

Steck, who announced he was running back in December, already had his Web site, www.philsteck.com, online before he discovered that names and addresses were being purchased.

Steck said he is no longer able to purchase additional addresses such as philsteck.org because a media firm associated with Brooks campaign has been buying up the names.

"I think it was a really ill-conceived idea," Steck said. "We won our races in Colonie by working hard ... we never played any games with Web addresses."

Steck contends Brooks is playing "Bush-league politics."

The Brooks campaign fired back this week saying Steck is trying to make an issue out of nothing in order to avoid talking about the real issues at stake.

"It's disappointing that Phil Steck's first press release since announcing (his candidacy) over eight weeks ago, is a political attack over Web site URL registrations, when Tracey Brooks has spent the last two weeks visiting farmers, seniors, veterans, small business owners, manufacturing companies, technology and families

"I think it was a really ill-conceived idea. We won our races in Colonie by working hard...we never played any games with Web addresses."

Phil Steck

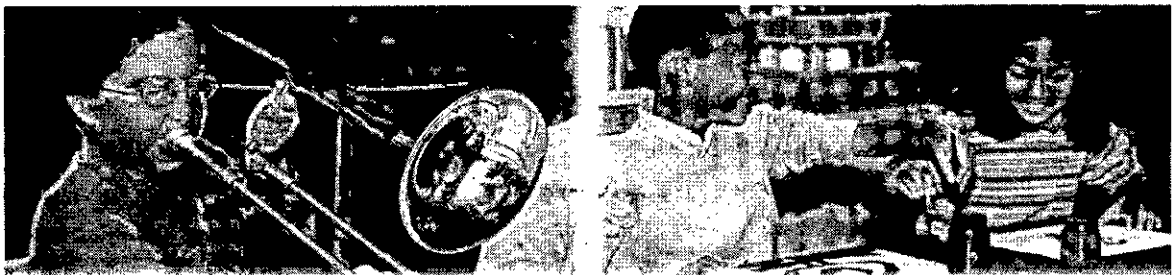
across all seven counties of the 21 Congressional District talking about the issues that really matter to people," the Brooks' campaign said in a release.

Brooks' campaign spokesperson, Kyle Kotary, said the media consulting firm buying web addresses was not officially retained by the campaign at the time of the purchases, but that the addresses would have been given back.

Steck said he has asked for the addresses back, but did not hear back from the Brooks campaign.

"The idea is that you can't go out and buy every Web name," Steck said. "We don't practice politics that way ... it's not effective, it's just embarrassing."

Steck is Colonie's Democratic chairman, and Brooks is a former Hillary Clinton aide who lives in Coeymans.



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Fire

(From Page 1)

fire, they were unable to locate what the material might have been," said Bethlehem Police Lieutenant Thomas Heffernan, adding that a lighter or cigarette may have ignited the fire. "At this time the fire appears to be consistent with an ignition cause by smoking materials."

Investigators have determined that the fire began on the west end of a couch in the living room, near the body of Robert Newberry. Firefighters believe the explosions heard were the result of oxygen tanks being inside the home at the time the blaze broke out.

Robert Newberry died of "extreme thermal burns," and Susan Newberry died of smoke inhalation, according to Heffernan. Police say the first victim was found in the living room area and the second was found in a bathroom near the rear of the house.

The house was a single-story

ranch, and most of the fire damage appeared to be centralized in the middle of the home.

Borger said that Selkirk, Coeymans, and New Baltimore fire departments responded to the fire, and police received numerous telephone calls from nearby residents. Police say the calls came in at approximately 1:52 a.m.

There were about nine fire trucks on the scene, Borger said, and firefighters tapped into a nearby water hydrant about 100 feet up the road.

River Road was closed down while crews contained the fire, but no responders were hurt, according to Borger. After the fire was put out, investigators entered the home to determine its cause and discovered the bodies.

The New York State Office of Fire Prevention and Control, the Albany County District Attorney's Office and the Bureau of Alcohol Tobacco and Firearms assisted Bethlehem Police and Fire Investigators in the case.

Obituaries *in the* Spotlight

Janet Jones

Janet (Flume) Jones, 83, of Delmar, died Tuesday, Feb. 19, at St. Peter's Hospital.

She was born in Ravena on Feb. 15, 1925, the daughter of the late Arthur and Bess Flume.

A longtime Delmar resident, She was a 1942 graduate of Bethlehem Central High School.

She went to Monmouth College in Illinois and, after graduation, married her high school sweetheart, Earl "Bus" Jones in Delmar.

She was a lifelong member of the Albany Country Club and a member of the Bethlehem Art Association.

Mrs. Jones was predeceased by her husband.

Survivors include three daughters, Betsy (John) Huberth of Monroe, Amanda (Ken) Pisani of Los Angeles, and Kitty (Terry Bowman) Jones of Stroudsburg, Pa.; one son, Andy (Beth) Jones of Potomac Falls, Va., and two grandchildren.

Services were held on Thursday, Feb. 21, at the Applebee Funeral Home, 403 Kenwood Ave., Delmar.

Contributions may be made to the Mohawk & Hudson River Humane Society, 3 Oakland Ave., Menands 12204.

Helen M. McLain

Helen M. McLain, of Delmar, died Sunday, Feb. 17, at Our Lady of Mercy Life Center in Gunderland.

Born in Albany, she was the daughter of the late Nickoloi and Albina Humecheuska Dydych.

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

Mrs. McLain previously worked for APW Paper Works and Equitable Life Insurance and more recently was a homemaker.

She is the widow of Leslie G. McLain.

Survivors include a son, Dennis G. (Aleta) McLain of Santa Fe, N.M.; a daughter, Elaine M. McLain of Delmar; a sister, Deloris Dydych of Delmar; three grandchildren; four great-grandchildren;

and several nieces and nephews.

Arrangements were by the Daniel Keenan Funeral Home, 490 Delaware Ave., Albany, and interment was at Graceland Cemetery, Albany.

Contributions may be made to the Center for Childhood Cancer and Blood Disorders, c/o Albany Medical Center Foundations, P.O. Box 8928, Albany 12208.

Robin B. Morris

Robin B. (Bowdish) Morris, 63, of Delmar, died Monday, Feb. 18, after a courageous battle with ALS.

A devoted mother and wife, she was also an avid gardener, and loved to walk and enjoy the outdoors.

She was a fabulous cook and enjoyed sharing her love of cooking with her friends and family.

She was a longtime member of the Junior League of Albany and active in her community for much of her life.

Survivors include her loving husband, Ernest E. Morris of Mt. Vernon, Ind.; a brother, Christopher Bowdish of Delmar; a sister, Katrina Bowdish of Raymond, Maine; daughter, Rebecca Williams of Albany; sons, Pieter (Christiane) Williams of Yarmouth, Maine, and Matthew (Stephanie) Williams of South Portland, Maine; two grandchildren; a niece and a nephew.

There will be no services. Contributions may be made to the ALS Association at www.als.org.

Robert K. Oliver

Robert King Oliver, 82, of Delmar, died Monday, Feb. 18, at the Oddfellows Nursing Home, Worcester, Mass.

Mr. Oliver was born in

Kingston and resided in Delmar most of his life. He was a veteran of the Army during World War II. He was a graduate of Hartwick College, Oneonta, class of 1951.

Mr. Oliver was an instructor of music and choir leader at South Colonie for many years.

He was an assistant camp director at the N.Y.S. Music School in Otter Lake, a member of the University Club of Albany, Bethlehem Memorial Post 3185, VFW and the Bethlehem Lions Club, where he was a past president and a Melvin Jones Fellow of Lions International.

Mr. Oliver was predeceased by his wife, Joanne Baldwin O. Oliver.

An interment service will be held in Bethlehem Cemetery, Delmar, in the spring.

Marion Berry

Marion Kenneth Berry, 79, of Delmar, died peacefully Tuesday, Feb. 19, at Daughters of Sarah Nursing Center after a long illness.

She was born in Albany to the late William A. and Marie Trossbach Kenneth.

Mrs. Berry was a graduate of Roesseville High School, class of 1946 and the Junior College of Albany, obtaining

her degree cum laude at age 56. She had a lifelong love for music, studying voice and piano.

In the late 1940s, one could tune into Albany's WOKO radio station and listen to her singing live with Forrest Willis.

Mrs. Berry was for years a member of the St. Thomas the Apostle Church choir, often a soloist.

When not active in the Delmar community or volunteering her time at the church or school of St. Thomas, Mrs. Berry was often found on the tennis court; an avid player as a youth, playing the game until her early 70s.

Marion, a consummate learner, had a fondness for literature and was a devotee of ballet and operatic performances.

She also enjoyed swimming, skiing, cooking and above all, travel with her husband and

close friends.

Survivors include a son, Edward S. (Jodi Anderson) Berry, Jr. of Slingerlands; a daughter, Eileen M. Berry of Santa Fe, N.M.; a granddaughter; a sister, Jeanne (James J.) Connors of Sarasota, Fla.; and many nieces, nephews and cousins.

She was the widow of Edward S. Berry Sr.

Arrangements were by Applebee Funeral Home, 403 Kenwood Ave., Delmar.

A Mass of Christian Burial was celebrated on Saturday at St. Thomas the Apostle Church, Delmar.

Burial took place in Calvary Cemetery, Glenmont.

Contributions may be made to the National Parkinson Foundation, www.parkinson.org; WMHT public radio and television, www.wmht.org; or St. Thomas the Apostle Church Memorial Fund, 35 Adams Place, Delmar 12054.

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Obituaries *in the* Spotlight

Louis T. Leon

Louis T. Leon, 64, of Voorheesville, died Wednesday, Feb. 20, at the Stratton VA Medical Center in Albany after a long illness.

He was born in Puerto Rico and was a graduate of Newburgh High School.

Mr. Leon was an Army veteran, having served from 1961 through 1965. He was a groundskeeper at Wallkill School District for many years.

He enjoyed boating, fishing and gardening. He was a member of the Voorheesville Fly Fishing Association and a communicant of St. Matthews Church.

He is survived by his wife, Dawna Leon; children Louis (Sue) Leon Jr., Albert Leon, Tina Leon, Brandy Leon, Andrew Leon and stepson Jon Dolen; a brother, Albert (Judy) Leon; sisters Mary (Marc) Fowler, Sonia (James) Rahm and Jolanda Leon; 10 grandchildren; and several nieces and nephews.

A Mass of Christian Burial took place on Saturday, Feb. 23, at St. Matthew's Church, Voorheesville.

Arrangements were provided by New Comer-Cannon Family Funeral

Home, 343 New Karner Road, Colonie.

Interment was at Calvary Cemetery, Newburgh.

Contributions may be made to Make-A-Wish Foundation, 950 New Loudon Road, Latham, 12110.

Marieta Messenheimer

Marieta Messenheimer, 99, of Slingerlands, died Wednesday, Feb. 20, at Albany Medical Center Hospital.

Born in Decatur, Mich., Mrs. Messenheimer was a graduate of Hartford High School in Michigan, attended Michigan State University and graduated from Hartford Business Academy.

She worked in the insurance business for 15 years in Hartford.

She later married Robert Messenheimer and was recruited by the treasurer of the state of Michigan to work with the State Accident Fund in Detroit.

She moved to Albany in 1948 and worked for the state Legislature. In 1950, she became the executive assistant to Sen. John J. Marchi where she remained for 30 years.

Mrs. Messenheimer was a member of the Normanside Country Club, Women's Council AIHA, the Albany County Republican Committee and the Third Reformed Church.

She was the widow of Robert E. Messenheimer.

Funeral services were held Monday at the Daniel Keenan Funeral Home, 490 Delaware Ave., Albany, and interment took place in Bethlehem Cemetery, Delmar.

Joan A. Taylor

Joan A. Taylor, of Voorheesville, died Thursday, Feb. 21, at St. Peter's Hospital.

Born in Albany, Oct. 18, 1929, she worked for the state for 43 years, originally at the education department and then at the department of environmental conservation.

She retired as assistant editor of The Conservationist magazine in 2000.

She was president of the Pine Hills Fortnightly Club. She was an avid gardener, voracious reader, a liberal thinker, and a lifelong student with many interests.

Survivors include her husband of 42 years, Harold W. Taylor; and a daughter, Sharon A. Turner

of Rochester.

Contributions may be made to Whiskers Animal Benevolent League, P.O. Box 11190, Albany 12211.

Ruth Van Woert

Ruth Goeldner Van Woert, 91, died at her home in Glenmont Saturday, Feb. 23, with her husband of 66 years and family by her side.

Mrs. Van Woert was born in Albany and attended Albany Public Schools. She graduated from Russell Sage College in 1937.

During her college years, Mrs. Van Woert became an active member of the Adirondack Mountain Club, enjoying both hiking and skiing.

She married Ralph P. Van Woert on Christmas day, 1941, after which he shipped out to North Africa and Europe.

The two were reunited in 1945 and made a home together in Delmar, Kinderhook, Ticonderoga and Johnstown, before finally settling back in the Delmar/Glenmont area in 1972.

Mrs. Van Woert devoted her time to raising three children and volunteering for numerous community causes.

She was a Brownie Scout leader, did volunteer work

for the Hudson Valley Girl Scout Council, and was a volunteer aide at both the Moses Ludington Hospital in Ticonderoga and at Johnstown Memorial Hospital.

She served on the board of directors of the Gloversville Heart Association and served as president of the board of the Willing Helper's Home in Johnstown for elderly women.

Mrs. Van Woert also spent over 20 years doing volunteer work on Red Cross blood drives, and served on the Albany County Medical Auxiliary Blood Team.

Survivors include her husband, Ralph; two sons, Jim (Suellen) Van Woert of Lake Placid, Ned (Kay) Van Woert of Shelburne, Vt.; four grandchildren; a great-grandson; a niece; and a nephew.

Contributions may be made to The Community Hospice of Albany, 445 New Karner Road, Albany 12205 or the Bethlehem Historical Association, Cedar Hill School House, 1003 River Road, Selkirk 12158.

Arrangements were by Durant Funeral Home, 741 Delaware Avenue, Delmar 12054.

Carol A. O'Donnell

Carol O'Donnell, 83, of Delmar, died Thursday, Feb. 21.

A memorial service was held Sunday, Feb. 24, at the Third Reformed Church in Albany and a graveside service was held at Calvary Cemetery, Glenmont.

Got News?

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

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

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

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

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Entertainment *in the* Spotlight

By JACQUELINE M. DOMIN
Spotlight Newspapers
dominj@spotlightnews.com



When the Dance Plus Festival was launched at Skidmore College 18 years ago, the idea was to bring people of all ages and backgrounds together.

"Anyone can dance," said Mary DiSanto-Rose, Skidmore's dance department chair.

That philosophy still guides the Dance Plus Festival, which will be held this year on Saturday, March 1. The festival features a full day of dance classes open to the community. Classes will be held in athletic building on the Skidmore campus in Saratoga Springs from 10 a.m. to 5:15 p.m.

DiSanto-Rose said the crowd usually numbers about 200, and true to the festival's mission, it includes everyone from children to senior citizens.

"Some years we had kids as young as preschool," DiSanto-Rose said. "Parents and grandparents will come out with the kids."

There are dance classes suited for all ages. Hip-hop and modern dancing is geared to those ages 7 to 12 and promises "popping, locking, rhythm and some funk." Isadora Duncan dances, another class for 7- to 12-year-olds, aims to help youngsters develop grace and creativity. They're encouraged to bring poetry, music and other ideas that the class can dance to.

Meanwhile, anyone 12 and older can try out classes such as salsa, where they can learn basic footwork and positions; jazz, an "upbeat" class; and Zumba, which combines Latin and international music in a "dynamic, exciting, effective workout." There are also intermediate classes for fit, experienced dancers; those offerings include modern/contemporary dance as well as precision dance, which will be taught by former Rockette Deanna Ford.



The Dance Plus Festival at Skidmore College features classes geared to kids as young as 7 years old.

Steppin' out

Skidmore's Dance Plus Festival encourages all ages to engage in fancy footwork

DiSanto-Rose has taught classes in the past, but this year she'll leave the instruction to Ford and a host of other teachers who have long and varied dance backgrounds. Peter Naumann, who will lead a beginner ballet class and a ballet master class, spent 26 years performing with the New York City Ballet and now co-directs the New Paltz School of Ballet and New Paltz Ballet Theater. Carla Domenico-Wasbes, who will teach hip-hop choreography, is the dance team director for the Albany Patroons basketball team's dance squad

and teachers hip-hop dance at Union College. Adam Witt, one of the instructors for the West African dance class, studied the drums in West Africa and the Caribbean.

Witt's class, which he will teach with Anna Witt, is advertised as being suitable for "ages 7 to 97," as is old-time barn dancing, where participants will learn square dances and singing games. DiSanto-Rose said families often sign up for these classes together and have a great time.

And while mixing dancers of all abilities can cause some frustration, with the beginners saying that the classes are too hard and more advanced

dancers wanting a bigger challenge, DiSanto-Rose said the festival "tries to find that balance."

For the most part, she said, dancers help one another out, with the experienced students offering tips and encouragement to the newcomers.

For dance students, seeing dancers of all different abilities trying new classes is a real lift, DiSanto-Rose said.

"They're energized to see the diversity in their studios," she said.

The community members who take part, meanwhile, give the festival high marks

for the variety of classes and the chance to sample different dances in a one-day session.

"It has been very positive," DiSanto-Rose said.

Full day tickets are \$45 at the door. An individual class can be taken for \$15, two classes for \$25. Children's classes are \$8 per class at the door. Members of Dance Alliance, an organization of choreographers, dancers, teachers and advocates of dance that sponsors the event, get a \$5 discount on full day tickets, as do students and seniors.

For a schedule of the day's classes, visit www.dancealliance.org.

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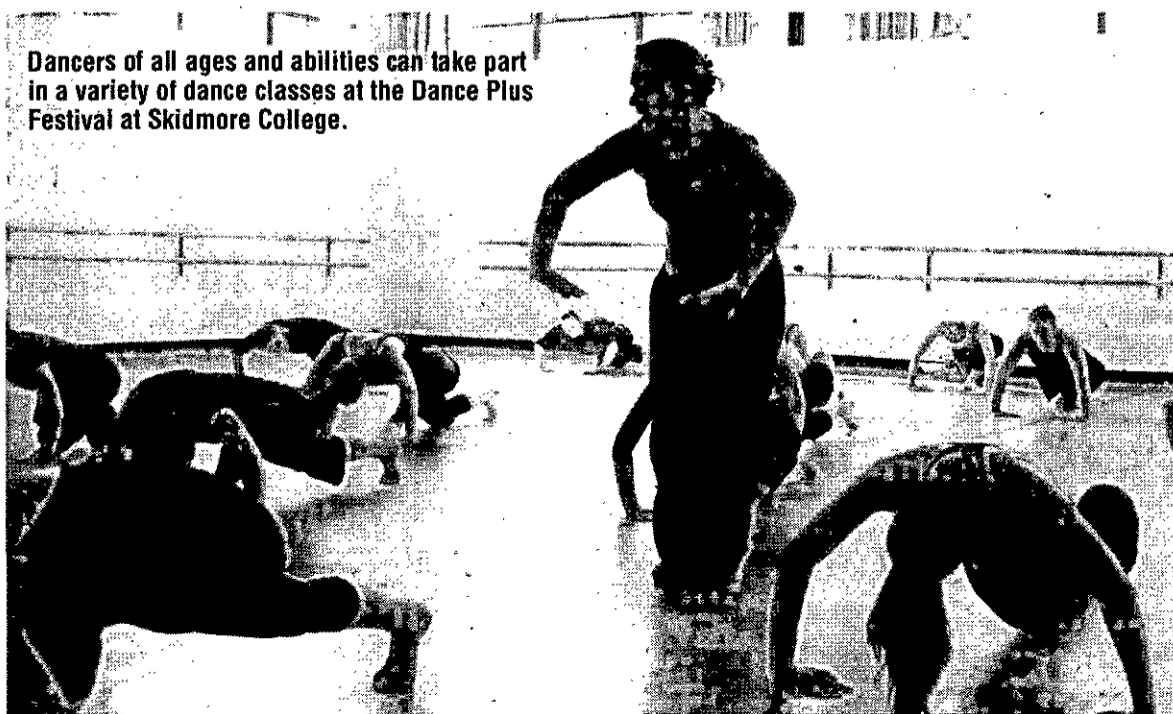
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Arts & Entertainment

Theater

DIRTY ROTTEN SCOUNDRELS

Broadway musical based on Steve Martin movie, presented at Proctors Theatre, State Street, Schenectady, through March 2, \$40-\$65. Information, 346-6204.

THE GOOD WOMAN OF SETZUAN

Bertolt Brecht's examination of the cost of being good, presented by Blackbox Studio, Skidmore College, Saratoga Springs, Feb. 29 through March 5, \$10 adults, \$7 students/seniors, reservations a must. Information, 580-5439.

HAY FEVER

Presented by Albany Civic Theater, 235 Second Ave., Albany, through March 9, 8

p.m. Thursday through Saturday, 3 p.m. Sunday, \$15. Information, 462-1297.

LOOKING FOR NORMAL

Regional premiere of a Jane Anderson play about a 25-year marriage that faces an unexpected challenge, presented by Curtain Call Theatre, 210 Old Loudon Road, Latham, through March 22, \$20. Information, 877-7529.

Music

THE ROCHEs

Singing sisters, Feb. 29, 8 p.m., The Egg, Empire State Plaza, Albany, \$26. Information, 473-1845.

QUARTET SAN FRANCISCO

Chamber music with a twist, Feb. 29, 8

p.m., Troy Savings Bank Music Hall, corner of Second and State streets, Troy, \$25-\$29. Information, 273-0038.

CATIE CURTIS

Singer-songwriter, with folk duo Nervous But Excited, Feb. 29, 7 p.m., Caffe Lena, 47 Phila St., Saratoga Springs, \$22. Information, 583-0022.

DAVE MASON AND AL KOOPER

Two classic rock artists, March 1, 7:30 p.m., The Egg, Empire State Plaza, Albany, \$26. Information, 473-1845.

DEREK WARFIELD

Celtic singer-songwriter and a founding member of the Wolfe Tones, March 1, 9 p.m., The Parting Glass, 40 Lake Ave., Saratoga Springs, \$20. Information, 583-1916.

SOULIVE

Jazz-funk band, March 5, 9 p.m., Revolution Hall, River Street, Troy, \$18 advance, \$20 at door. Information, 274-0553.

IRIS DEMENT

Country singer-songwriter, March 7, 7:30 p.m., The Egg, Empire State Plaza, Albany, \$24. Information, 473-1845.

Comedy

GREG GIRALDO

Comedy Central comedian takes his act on the road, March 14, 7:30 and 10 p.m., GE Theatre at Proctors, State Street, Schenectady, \$30. Information, 346-6204.

Dance

SAVION GLOVER

Tap dance king performs with jazz piano-led McCoy Tyner Trio, March 7, 8 p.m., The Egg, Empire State Plaza, Albany, \$36. Information, 473-1845.

Visual Arts

NEW YORK STATE MUSEUM

"Look-Alikes: The Amazing World of Joan Steiner," through March 2; "Expressions in Blue: A Feeling, A Place, A Color, A Sound," through March 16; 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

"Cast with Style: 19th Century Cast-Iron Stoves," through May 25; "Venetian Scenes by Walter Launt Palmer," a collection of 15 paintings, sketches, diaries and photographs, through June 1; plus "The Folk Spirit of Albany: Folk Art from the Collection of the Albany Institute of History and Art" and exhibits on Hudson River School painting, American sculpture and the history of Albany, 125 Washington Ave. Information, 463-4478.

SCHENECTADY MUSEUM

"Cities @ Night," featuring urban images from General Electric's Photographic Collection, through April 4, plus Spirit of Schenectady, collection highlights and planetarium, Nott Terrace Heights. Information, 382-7890.

ALBANY AIRPORT GALLERY

"Farsighted," featuring photos, projections, sculptures and other items from around the world, through March 30, 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

"Tonal Impressions," featuring works by Colonie Art League members, through April 30, 961 Troy Schenectady Road, Latham. Information, 786-6557.

NATIONAL MUSEUM OF DANCE

"Dawn of Modern Dance: Music, Myth and Movement," exhibit chronicling the careers of Ruth St. Denis and Isadora Duncan, plus ongoing exhibits, 99 South Broadway, Saratoga Springs. Information, 584-2225.

NEW YORK STATE MILITARY MUSEUM

"Worth a Thousand Muskets: Civil War Field Artillery," "Battleground for Freedom: New York during the Revolutionary War," and "World War II: United for Victory," ongoing, 61 Lake Ave., Saratoga Springs.

Information, 581-5100.

SARATOGA AUTOMOBILE MUSEUM

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

THE HYDE COLLECTION

"Elihu Vedder and Italy," through March 16; 161 North Warren St., Glens Falls. Information, 792-1761.

CLARK ART INSTITUTE

"Claude Lorrain — New Acquisitions," a collection of drawings from famous French landscape artist, through April 6, 225 South St., Williamstown, Mass. Information, (413) 458-9545.

TANG TEACHING MUSEUM AND GALLERY

"Molecules that Matter," through April 13, Skidmore College, 815 North Broadway, Saratoga Springs. Information, 580-8080.

Call for Artists

SCHENECTADY CIVIC PLAYERS

Holding open auditions for May production of "The Last Five Years," a two-character musical by Jason Robert Brown, Feb. 28, 7 p.m., Schenectady Civic Playhouse, 12 South Church Street, Schenectady. Information, 469-2269.

TANGO FUSION DANCE COMPANY

Auditioning professional dancers by appointment at Arthur Murray Dance Studio, 75 Woodlawn Ave., Saratoga Springs. Information, 306-4173.

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, Guildford. Information, 861-8000.

FRIENDSHIP SINGERS

Openings in women's singing group, focusing on old favorites and show tunes, rehearsals Tuesday mornings at Delmar Reformed Church, Delaware Avenue, Delmar. Information, 439-2360.

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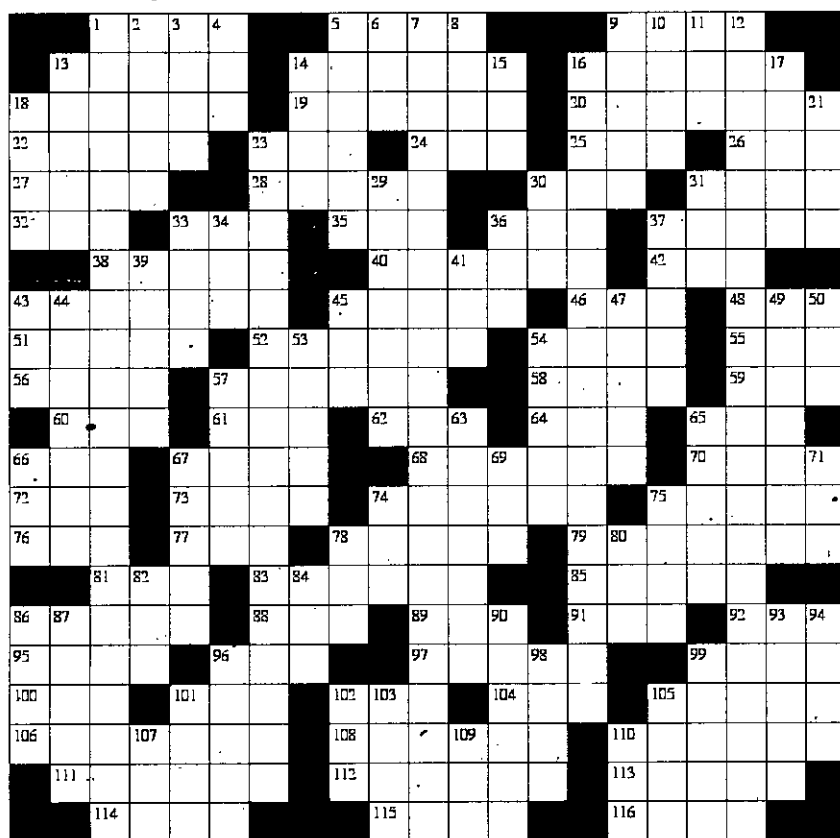
IN OUR GALAXY

ACROSS

- 1 First word, often
- 5 Even keel
- 9 "Kemo" —; the Lone Ranger, to Tonto
- 13 Transparent material
- 14 Anatomical tube
- 16 Distant views
- 18 Address word
- 19 With 7 Down, line from a planetary nursery rhyme?
- 20 Guarantees
- 22 Spanish homes
- 23 Business abbr.
- 24 Food inspecting agcy.
- 25 Sister
- 26 Refrain syllable
- 27 Charity
- 28 Nev.'s neighbor
- 30 Boil contents
- 31 Avoid
- 32 Comforting drink
- 33 First lady
- 35 Traveler's rte.
- 36 Prefix for place or step
- 37 Mel of music
- 38 Poetic
- 40 Initial phase
- 42 Slugger's stat.
- 43 Sicily's capital
- 45 Bleachers
- 46 Baba, for one
- 48 Article
- 51 Greek porches
- 52 Employee's complaint
- 54 Prune
- 55 Ending for part or tutor
- 56 Hauls
- 57 Skillful
- 58 Qualified
- 59 Word ending: abbr.
- 60 Bumped into
- 61 Tours

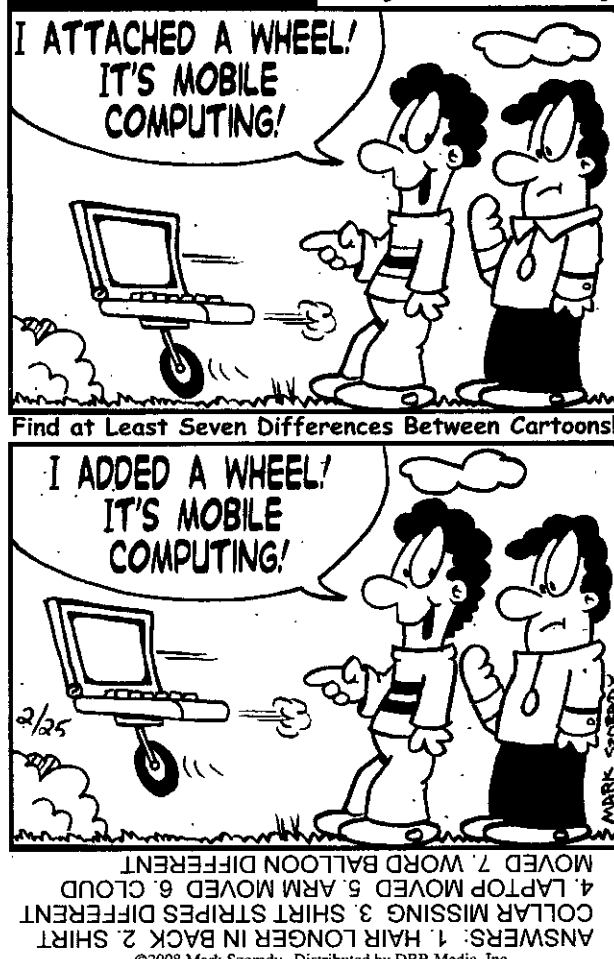
DOWN

- 2 friend
- 62 Morse code
- 64 Suffix for form
- 65 M minus L
- 66 Farrow
- 67 Round snack
- 68 Scandinavian
- 70 Noodle
- 72 Blood units, for short
- 73 Threadbare
- 74 "Take it with" of salt
- 75 Tiny insect
- 76 Suffix for guitar or balloon
- 77 Business letter abbr.
- 78 "woman" who lived in — She had so many
- 79 Lacy napkins
- 81 Long time
- 83 Hidden
- 85 boom
- 86 Songbirds
- 88 Talk informally
- 89 Hwy.
- 91 Film studio area
- 92 Of old
- 95 Goes back
- 96 "So long!"
- 97 Latin American dance
- 99 Hoosegow
- 100 Reason to call in sick
- 101 Talent
- 102 Fraternity letter
- 104 Wee one
- 105 Peak
- 106 African nation
- 108 Threw
- 110 Bobbins
- 111 Commits a capital sin
- 112 Mandates
- 113 Makes
- 114 Part of a date
- 115 Without changes
- 116 Peepers
- 1 Planetary spring candy?
- 2 Regions
- 3 West and others
- 4 Colony member
- 5 Medium
- 6 Court divider
- 7 See 19
- 8 Across
- 8 TV's Urkel, for one
- 9 Facial cavity
- 10 League: abbr.
- 11 Approx. 252 calories
- 12 Planetary ache
- 13 No longer fresh
- 14 Chesapeake
- 15 Gene carrier letters
- 16 Planetary window shade piece?
- 17 Blood component
- 18 "Beat it!"
- 21 Not bananas
- 23 Planetary cocktails?
- 29 Lacking flavor
- 30 Dessert
- 31 Weep
- 33 Is off
- 34 Energy
- 36 Foreign autos, for short
- 37 Nonsensical talk
- 39 Baker's ingredient
- 41 Ending for diet or legend
- 43 Oreg.'s time zone
- 44 Study of nuclear energy
- 45 Digit
- 47 Perfume fragrance
- 49 Cargo charge
- 50 Toy shop worker
- 53 Rigel's constellation
- 54 Riyadh resident
- 57 Burr
- 63 Capital city
- 65 Spicy dish
- 66 Long distance co.
- 67 Buck, for one
- 69 Charlotte
- 71 Moines
- 74 Enzyme ending
- 75 After-dinner item
- 78 Snake
- 80 Tic-Tac Toe win
- 82 Approves
- 84 Ian's denial
- 86 Took off
- 87 Once in moon
- 90 Goes in
- 93 Children for Andrew and Fergie
- 94 Minerals
- 96 Thorny bush
- 98 Deities
- 99 Tiny organism
- 101 Oman's location
- 102
- 103 Invisible emanation
- 105 SPCA's advice
- 107 Contraction
- 109 Neck item
- 110 Spot



DOUBLE TAKE

By Mark Szorady



ANSWERS: 1. HAIR LONGER IN BACK 2. SHIRT COLLAR MISSING 3. SHIRT STRIPES DIFFERENT 4. LAPTOP MOVED 5. ARM MOVED 6. CLOUD MOVED 7. WORD BALLOON DIFFERENT

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Calendar of Events *in the* Spotlight

Wednesday, Feb. 27

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.

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, Feb. 28

SLINGERLANDS

SLINGERLANDS COMMUNITY UNITED METHODIST CHURCH

Slingerlands Community United Method-

ist 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 (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, Feb. 29

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

Slingerlands Community Church, 1499

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.

V'VILLE LIBRARY

Lapsit stories for newborns to age two at 10:15 a.m. Signup required. Call 765-2791.

Saturday, Mar. 1

BETHLEHEM

AA MEETING

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

GLENMONT

Story Hour at Tea and Tattered Pages Used Books, 329 Glenmont Road, Glenmont, 10:30 a.m.

Sunday, Mar. 2

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., Guilderland, 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, Mar. 3

SLINGERLANDS

Adamsville Ancients Fife and Drum Corps offer lessons for beginner fife, snare drum and bass drum at 7 p.m.; rehearsal at 7:30. Call 439-8727 for information.

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.

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. Information, 439-9819.

ROYAL ARCH MASONS

Temple Chapter No. 5; Masonic Temple, 421 Kenwood Ave.

AA MEETING

Bethlehem Lutheran Church, 85 Elm Ave., 8:30 p.m.

NEW SCOTLAND

QUARTET REHEARSAL

United Pentecostal Church, Route 85, New Salem, 7:15 p.m. Information, 765-4410.

Tuesday, Mar. 4

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

FARMERS MARKET (SUMMER ONLY)

Market and Chicken Barbeque, 2:30 p.m. to 6 p.m. rain or shine, First United Methodist Church, 428 Kenwood Ave.

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.

CHURCH LUNCH (JUNE, JULY, AUGUST)

Sponsored by the South Bethlehem United Methodist Church, Willowbrook Avenue, weekly on Tuesdays, 11:30 a.m. to 1 p.m. Information, 767-9953.

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 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, Mar. 5

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.

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 p.m. Information, 439-4

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Kripalu 2-3 Pract. 7:15-8:45pm
Delmar Chiropractic Office, Delmar
Thursdays, Kripalu 2-3 Pract. 5:30-7pm
Gentle Kripalu Yoga 7:15-8:45pm
(518) 439-1612
jenyoga2003@yahoo.com

RECYCLE

Spotlight Classifieds

ADOPTION

ADOPTION: Warm, caring home filled with love, longing to adopt infant. Will provide bright future and lifetime of love and security. Expenses paid. Call Julie 888-239-4809

AUTOMOTIVE FOR SALE

\$500 POLICE IMPOUNDS! Cars from \$500! Tax Reposs, US Marshal and IRS sales! Cars, Trucks, SUV's, Toyota's, Honda's, Chevy's, more! For Listings Call 1-800-706-1759 x6477

\$1,000 SHOPPING SPREE, Donate Car, Max IRS Deduction, Any Condition, Help Foster Kids, Free Quick Pick-Up, No Papers OK, ESPANOL, 24/7, 1-888-429-2202

1997 Jetta GL Black. Manual Transmission, New Breaks, Thull roof rack. \$3,000 or Best Offer. Please call 518-965-8283

2001 Nissan Maxima GLE 3 liter, automatic, loaded, female owned, maintained, new brakes front/rear, needs nothing, runs super, 4 extra snow tires, asking \$9,200. Call 767-3427, leave message.

AUTOS WANTED

Cash For Junk Cars, Vans and trucks. \$125 and up. 24/7 Free Pickup. 365-3368.

DONATE VEHICLE RECEIVE FREE VACATION VOUCHER NOAH'S ARC SUPPORT NO KILL SHELTERS, RESEARCH TO ADVANCE VETERINARY TREATMENTS FREE TOWING, TAX DEDUCTIBLE, NON-RUNNERS ACCEPTED 1-866-912-GIVE

BUSINESS OPPORTUNITIES

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

Jewelry! Fantastic home-based business. Make money and receive FREE jewelry while earning exciting awards, gifts and vacations. Contact Sandi 573-8943.

CHILD CARE SERVICES

NYS Lic. Daycare. Looking to care for your child/children. So. Bethlehem home. Please call 635-4028

CLEANING SERVICES

CLEANING SERVICES, ERRANDS- Weekly/biweekly. Available Days. Houses, Apartments, Small-offices. Free Estimates Ask for Lori 785-6374.

HOUSE CLEANING: Residential, Dependable, Experienced, Reasonable rates. Jackie: 464-1844.

HOUSE PAINTING, HOUSE WINDOW CLEANING & GUTTER CLEANING. Free estimates, Low prices. Call 452-1551.

EQUIPMENT FOR SALE

SAWMILLS FROM ONLY \$2,990.00--Convert your LOGS TO VALUABLE LUMBER with your own Norwood portable band sawmill. Log skidders also available. www.norwoodsawmills.com/300N -FREE information: 1-800-578-1363-Ext:300-N.

FIREWOOD

2 YR. SEASONED HARDWOOD Free Delivery, Cut, Split, Dried. 426-9663 any time.

Seasoned Ash, Oak and Maple. Face cords \$105, free delivery. Call bud 768-2373

MIXED HARDWOODS: Full cords, \$225. face cords, \$95. Jim Haslam, 439-9702.**FOUND**

Black and grey adult tiger cat found about a week ago. Round Lake Road, Balston Lake. Call 399-3592.

Pair of Womens Glasses found in parking lot, In Blue "Cool" Case. Please call 439-3102 or stop by 90 Adams Place, Delmar.

FURNITURE FOR SALE

Upholstered stool mauve \$35. 885-2637.

HANDYMAN

Experienced and affordable Handyman in CAPITOL DISTRICT. Any work inside or out, licensed and insured. References available. 221-4177.

HOME/PERSONAL ASSISTANT

Personal care, Light house cleaning, shopping, errands, Dr.'s appointments. Many Years experience. Call Pam 374-2037

HOUSECLEANING

Cleaning done when you want it and the way you want it. Affordable. Reliable. Experienced. References Available. Call Cathy at 357-2321.

Local housecleaner has Friday openings. Trustworthy, reliable, thorough. Bethlehem area only. (914)564-6228. Leave Message.

LAWN SERVICES

ALWAYS THE BEST CLEAN UP - Landscaping. Capital District Northern Greens. 518-320-0260. Albany/Schenectady County.

LOST

FIND SOMETHING? Advertise it free. Call 439-4940.

Gold Wedding band lost at Hannaford or Price Chopper in the tri-village area. May have been lost in or out of the store. Please call 482-6622 if found.

MASONRY

Look for Best Ever Masonry in our Service Directory for your Masonry needs! 518-355-0632

MEDICAL EQUIPMENT

GET YOUR NEW POWER WHEELCHAIRS, POWER SCOOTERS AND HOSPITAL BEDS AT ABSOLUTELY NO COST TO YOU!! FASTEST DELIVERY AVAILABLE!! CALL TOLL FREE TO QUALIFY. 1-800-470-7562

MISCELLANEOUS FOR SALE

7/6 night, Orlando Theme park area stay, 2 adult Disney tickets. Paid \$750, Asking \$249. Good for 1 year. 518-228-0214

Assorted toys/ videos for toddler- boys to age 6. Call for info 885-2637.

CHERRY BEDROOM SET. Solid Wood; never used, brand new in factory boxes. English Dovetail. Original cost \$4500. Sell for \$795. Can deliver. 917-731-0425

ITALIAN LEATHER LIVING ROOM SET in original plastic, never used. Original price \$3,000, sacrifice \$975. Bill 347-328-0651

CHERRYWOOD DINING SET- 10 PCS. SOLID WOOD, ORIGINAL BOX, CAN DELIVER. ORIGINAL COST \$6,500, SELL FOR \$1599. JOHN 212-380-6247

DISNEY CHARACTER Music Boxes. Best offer. 885-2637.

Firestone Tires - Winterfires: P185/70R14. \$50 for the pair. 269-1818.

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 rweniksen@verizon.net

MUSIC INSTRUCTION

Instrument Classes, Voorheesville. Six weeks, beginning 1st week of March. Fiddle, Banjo, Bodhran, Mountain Dulcimer, Guitar, Mandolin, Accordion, Pennywhistle. Call Old Songs, 518-765-2815

MUSIC LESSONS

GUITAR LESSONS: Guitarist available for private lessons. Your home or mine. 20+ years experience. Call Rob, 810-6378..

PIANO TUNING & REPAIR

Piano Tuning and Repair. Carl A. Treiber. Experienced and insured. 765-4095.

PROFESSIONAL TUNING and REPAIR, Michael T. Lamkin, Registered Piano Technician, Piano Technicians Guild. Over 25 years. 427-1903.

PUPPIES

AKC Lab pups, 4 black males, 1 black female. Papers and first shots. Parents on premises. Asking \$500, available immediately. 756-8869

RUMMAGE SALE

Gigantic Rummage Sale. Over 300 Families. Sunday March 2nd, 10-2pm. Pre Sale, 9-10 w/\$5 entry. Congregation Ohav Shalom, 113 New Krumbkill, Albany NY 12208.

SENIOR ASSISTANCE AVAILABLE

SENIOR CARE Need a little help? Personal care, Light house keeping, Shopping. 475-9576

SITUATION WANTED

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

SPECIAL SERVICES

If you need medication reminders, errands done, marketing, walks, pet care, meal preparation, laundry or just friendly company. Call Vikki @ 439-9928 for interview/apt. \$15/hour - Town of Bethlehem

WANTED

BUYING: All Old Costume and Better Jewelry. Call 439-6129.

WANTED-Pre 1950 Tube Radios, TV's, Microphones, Amps, Tubes Any Condition. Pre 1920 Photographs, Scrapbooks, Post Cards, Books. Any Wild West Show Items, Buffalo Bill, ect. World War 2 Items, Civil War Items. 683-8053

Super Crossword Answers

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

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:**

12 Newspapers;
113,400
Readers

**Phone • Fax**

(518) 439-4940
(518) 439-0609 Fax

E-MAIL: spotclas@nycap.rr.com

Classified Ads Appear In All Twelve 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 • Milton Spotlight

Would You Like To Advertise
Your Business In Our Papers?
Give Us A Call At:
439-4949
To Place Your Ad Today!

The Spotlight • Colonie Spotlight • Loudonville Spotlight
Guilderland Spotlight • Niskayuna Spotlight • Rotterdam Spotlight
Scotia-Glenville Spotlight • Clifton Park/Halfmoon Spotlight
Burnt Hills Spotlight • Malta Spotlight
Saratoga Spotlight • Milton Spotlight

Classified Rates

Private Party Classifieds - Line Ads - Twelve paper combo - \$17.50 for 15 words 50 cents for each additional word.

Commercial Classifieds - Line Ads - Twelve paper combo - \$20.50 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 twelve 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: _____

Real Estate Classifieds

HOUSE FOR RENT

DELMAR, 3BR, 1.5BA, Hardwood floors, fireplace, enclosed breezeway, 1 car garage, finished basement, W/D, Hamagrael school. \$1425+ Available immediately. Sec./Lease. 765-2229.

HOUSE FOR SALE

HOMES FROM \$10,000! 1-3 bedrooms available! Foreclosures, HUD, Repos, REO'S, etc. These homes must sell! For Listings Call 1-800-706-1762 ext. 6478.

LAND FOR SALE

ASHEVILLE, NC LAND BARGAINS Up to 30% below appraisal. www.seeriver-highlandsnc.com

FINGER LAKES FARM! 10 acres - \$89,900 Nice barn, great views, minutes to Cayuga Lk & Ithaca! Owner terms! Call now! 877-892-5263

HILLTOP COTTAGE 2.5 acres - \$79,900 Adorable 2 BR, 1BA cottage, 7 miles from Ithaca! Move in condition! Owner will finance! 877-892-5263

ABANDONED WINE COUNTRY FARM! 5 acres - \$29,900 Gorgeous lake valley views, rolling meadows, mins. to Ithaca & Cayuga Lake! Superb setting! Terms avail! Hurry! 877-815-5263

LAND/LOTS

North Carolina gated Lakefront Community 150 miles of Shoreline and great mountain views call now 1-800-709-5253

REAL ESTATE (SALES)

ARIZONA LAND LIQUIDATION! Near Tucson, Football Field Sized Lots. \$0 Down/ \$0 Interest, \$159/mo (\$18,995 total). FREE INFORMATION. Money Back Guarantee! 1-800-682-6103 Op #10 www.sun-siteslandrush.com

REAL ESTATE FOR RENT

2 Bedroom, 2nd Floor, Unfurnished. Security Deposit. \$450/mo +utilities. Selkirk, 225-2821.

Colonie, 2Bedroom. \$800 + utilities. Off Sand Creek, Young Couple preferred. No pets. 518-526-2520

Delmar, 2BR, 1BA apartment. Garage, Gas heat, central air. Quiet area, no pets. \$910+. 533-2525

DELMAR- Small 1BD, hardwood floors, Porch, \$705. Heat and hotwater included. Available 3/1. 456-6644

Delmar: Spacious 1 BR, 1st flr., storage, W/D, no pets, lease, util. incl. \$925 439-9958

Ravena, 2 Bedroom, upstairs apartment. No pets, security required. \$600 + utilities. 756-2476

Selkirk- \$675+ 2BD, off street parking, yard, laundry, storage, and lease. (917) 683-1281.

Waterford. Spacious 2 bedroom, living room, dining room, historical house, second level. \$850. 877-5024

REAL ESTATE FOR SALE

MUST SELL, Fixer Uppers, Bank Foreclosures, Company Owned Properties, Distress Sales, Free List With Pictures, www.FreeHomeInfo4You.com

VACATION RENTALS

Cape Cod, Truro, 3BR, 2 Bath, Deck, Encl. Porch, TV, Walk to Bay Beach, May \$900/WK, WK of 6/14 and 6/21, \$1250/WK. 439-4224

MADIERA BEACH FLORIDA WATERFRONT HOME. Sleeps Six with Pool and Dock Walk to Gulf Beaches. No Minimum Stay. \$2,800.00 Monthly. \$1,200.00 Weekly. Negotiable. 489-2341. www.floridagulfrental-home.com.

MARTHA'S VINEYARD: Four Bedroom, Two Bath Home. Sleeps 8 To 10. Fully Equipped, 2 Miles

From Beach. Available The weeks of July 5th and July 12th for \$1750, including ferry tickets. Also available the week of June 21st for \$1600/wk. 439-7356 garryp7356@aol.com

OCEAN CITY, MARYLAND. Best selection of affordable rentals. Full/ partial weeks. Call for FREE brochure. Open daily. Holiday Real Estate. 1-800-638-2102. Online reservations: www.holidayoc.com

WANTED TO RENT

Room, for retired non-smoking gentleman, prefer Delmar-Glenmont area. 518-275-9176

Employment Classifieds

HELP WANTED

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 advertised in this newspaper are available on an equal opportunity basis.

Barber School. Training completed in 24 weeks. Classes begin Feb 25 and March 3rd. 356-0368

Bethlehem Central School District Transportation Department is seeking a full-time Mechanic to make skilled cost effective repairs and adjustments to automotive and diesel equipment. Must be able to operate a school bus when necessary. Minimum qualifications of 5 years experience working on school buses or equivalent type equipment (Diesel and Gas); 2 years experience as a diesel mechanic. Must have knowledge of the NYS Department of Transportation Inspection Regulations, own tools to work on buses, and demonstrate ability to make difficult repairs to diesel buses, limited bodywork, and other mechanical equipment. Must pass a drug and alcohol, and background check. Salary is commensurate with experience; competitive benefits package. Application deadline is March 5, 2008. Applications may be downloaded from our web site at www.bcsd.k12.ny.us. Apply with resume or application and 3 references to: Mr. Al Karam, Transportation Director, Bethlehem Central School District, 82 Van Dyke Road, Delmar, New York 12054

Cleaners, P/T Days. Mon-Fri. Latham, Background check required. Above average pay. 271-6579

Coordinator for Exchange Students P/T. Recruit and screen hosts, mentor and support students. Make friends around the world with this fun and rewarding position! Inquire online: www.aspectfoundation.org

Driver: Please your Banker pulling Tanker. Home Daily! \$2,000 Sign On! Excellent Benefits! CDL-A. 800-334-1314 x 178 www.wadhams.com

Drivers CDL-A: Excellent Medical & Dental Benefits! Weekly Mileage Based Pay w/Guarantee! Regional Runs- Home Weekends! Recruiting: 800-456-7885

EARN UP TO \$550 WEEKLY Helping the government PT No Experience. Excellent Opportunity. Call Today!! 1-800-488-2921 Ask for Department D-9

High-Paying Postal Jobs! No Experience Required! DON'T PAY for information about jobs with the Postal Service or Federal Government. Call the Federal Trade Commission toll-free, 1-(877)-FTC-HELP, or visit www.ftc.gov to learn more. A public service message from the SPOTLIGHT Newspapers and the Federal Trade Commission.

Independent Distributors Wanted---Home based business for premeier health/wellness beverage; great earning potential; looking for motivated self-starters, no experience necessary; explanation/overview this Saturday; call 364-7066

Kennel Help- Reliable, responsible person to manage a multiple dog household. References required. Call 461-9504

NAT'L ORGANIZATION NOW HIRING Avg. Pay \$20/hour or \$57K/yr. including Federal Benefits and OT. Offered by USWA 1-866-920-3181

NOW AVAILABLE! 2008 POST OFFICE JOBS. \$18-\$20/ HR. NO EXPERIENCE, PAID TRAINING, FED BENEFITS, VACATIONS. CALL 1-800-910-9941 TODAY! REF #NY08

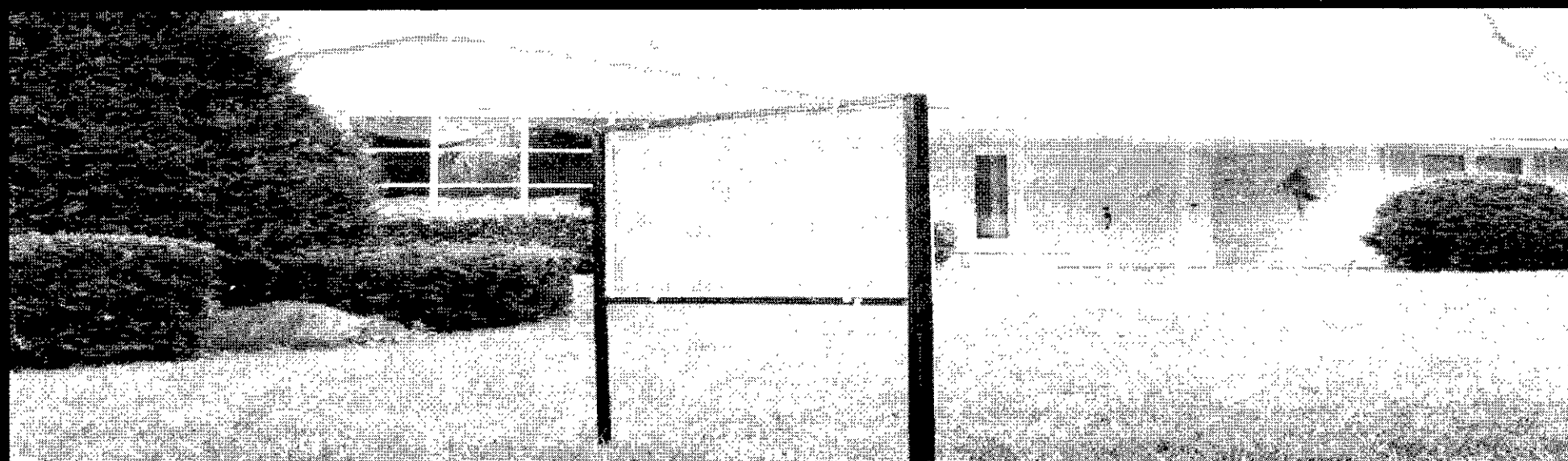
OWN A COMPUTER? Put it to Work! Up to \$1,500-\$7,500/mo PT/FT Free Info! 888-939-4271 or www.ReachForParadise.com

RN: Energentic and cheerful, Latham family practice. M-F, Salary plus benefits. Fax resume 899-0023 and call 899-6657

Teacher Assistant, Full Time, Available Immediately, M-F, in friendly, team oriented preschool program for special needs children. Assoc. or CDA helpful, but training will be provided. Resume to Circle of Friends, Attn: Jan, 2 Bethlehem Court, Delmar, 12054 or fax to 478-0827

TRUSS DESIGNER WANTED Must have experience with complex roof and floor truss design; reading blueprints and posses excellent sales and communications skills. Knowledge of Mitek or Alpine software desired. Benefit Package. Send resume to: dstep@nycap.rr.com. Situated in Riparius, NY in the heart of the Adirondack Mountains.

Are you trying to sell your home?



Have you tried advertising in the *Spotlight Newspapers?*

One ad allows you to advertise in all of these fine Spotlight publications:

**The Spotlight • Colonie Spotlight • Guilderland Spotlight
Niskayuna Spotlight • Rotterdam Spotlight • Scotia-Glenville Spotlight
Clifton Park/Halfmoon Spotlight • Burnt Hills Spotlight • Malta Spotlight
Saratoga Spotlight • Milton Spotlight**

The Capital District's Quality Weeklies
Spotlight
NEWSPAPERS

Contact us at: **439-4949** to advertise!

LEGAL NOTICE

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: KATZ EXCAVATING LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 05/03/02. The name was amended to KATZ EXCAVATING AND CONSTRUCTION, LLC on 06/06/06. Office location: Saratoga 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, 20 South Church Street, Schenectady, New York 12305. Purpose: For any lawful purpose. LD-17783 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of Elizabeth A. Riley NP In Psychiatry, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 9/13/07. Office location: Albany Co. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 1471 Western Ave., Albany, NY 12203. Purpose: any lawful activities. LD-17972 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of Marilyn Von Dollen NP In Psychiatry, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 9/13/07. Office location: Albany Co. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 1471 Western Ave., Albany, NY 12203. Purpose: any lawful activities. LD-17973 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of IM & SC LLC. Arts. of Org. filed with Secy. Of State of N.Y. (SSNY) on 12/28/07. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-17974 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of Good Family LLC. Arts. of Org. filed with Secy. Of State of N.Y. (SSNY) on 01/08/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-17975 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of Lusk LLC. Arts. of Org. filed with Secy. Of State of N.Y. (SSNY) on 01/04/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-17976 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of CONVERT GROUP ENG. LLC. Arts. of Org. was filed with SSNY on 12/21/07. 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

LEGAL NOTICE

same address. Purpose: all lawful activities. LD-17977 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: Meredith Jayne Interior Spaces L.L.C., Articles of Organization were filed with the Secretary of State of New York (SSNY) on August 16, 2007. 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 Towne, Bartkowski & DeFio Kean, P.C., P.O. Box 15072, 450 New Karner Road, Albany, New York 12212. Purpose: For any lawful purpose. LD-17980 (February 27, 2008)

LEGAL NOTICE

DRAKE ASSET MANAGEMENT, LLC. Articles of Organization were filed on the 31st day of October, 2007. the office is located in the County of Albany with a principal place of business of 11 mayfair Drive, Slingerlands, New York 12159. the Secretary of State has been designated as agent for service of process and shall mail such process to 11 Mayfair Drive, Slingerlands, New York 12159. this LLC is formed for every legal purpose. LD-17982 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of TILLMAN LLC. Arts. of Org. was filed with SSNY on 7/26/04. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street-3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-17983 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of SPORT & MORE LLC. Arts. of Org. was filed with SSNY on 1/10/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-17984 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 645 LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 12/03/07. 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, Post Office Box 151, Bronx, New York 10461. Purpose: For any lawful purpose. LD-17985 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: AMERICAN MAINTENANCE SYSTEMS, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 12/14/07. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process

LEGAL NOTICE

against it may be served. SSNY shall mail a copy of process to the LLC, c/o Barrows & Associates PLLC, 330 Madison Avenue, 6th Floor, New York, New York 10017. Purpose: For any lawful purpose. LD-17986 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: UTOPIAN CONSTRUCTS, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 12/21/07, with an existence date of 01/02/08. 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 Robert Schmidt, 45 East 7th Street, #3A, New York, New York 10003. Purpose: For any lawful purpose. LD-17987 (February 27, 2008)

LEGAL NOTICE

Notice of Qualification of RTM Operating Company, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 1/4/2008. Office location: Albany County. Principal business location: 1155 Perimeter Center West, Ste. 1200, Atlanta, GA 30338. LLC formed in Delaware (DE) on 2/12/1997. 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-17988 (February 27, 2008)

LEGAL NOTICE

Notice of Qualification of West Hempstead Development LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 1/3/08. Office location: Albany County. LLC formed in Delaware (DE) on 9/15/06. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company, 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-17989 (February 27, 2008)

LEGAL NOTICE

Notice of Qualification of UMS Services of Albany, LLC. Authority filed with Secy. of State of NY (SSNY) on 1/7/08. Office location: Albany County. LLC formed in Delaware (DE) on 1/2/08. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o National Registered Agents, Inc., 875 Ave of the Americas, Ste 501, NY, NY 10001. Address to be maintained in DE: 160 Greentree Dr., Ste 101, Dover, DE 19904. Arts. of Org. filed with DE Secy. Of State, 401 Federal St., Ste 4, Dover, DE 19901. Purpose: any lawful activities. LD-17990 (February 27, 2008)

LEGAL NOTICE

Notice of Qualification of GREATER ATLANTA FINANCIAL SERVICES, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 12/28/07. Office location: Albany County. Principal business location: One Home Campus, MAC# X2401-049, Des Moines, IA 50328. LLC formed in Delaware (DE) on

LEGAL NOTICE

1/31/06. 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, Federal & Duke of York Sts., Dover, DE 19901. Purpose: provide residential mortgage lending. LD-17994 (February 27, 2008)

LEGAL NOTICE

Notice of Qualification of MedFi International, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 12/11/07. Office location: Albany County. LLC formed in Florida (FL) on 8/16/00. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to FL address of LLC: 15500 New Barn Road, Ste. 205, Miami Lakes, FL 33014. Arts. of Org. filed with FL Secy. of State, 500 South Bronough St., Tallahassee, FL 32399. Purpose: any lawful activity. LD-17995 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of Mera, LLC. Article of Organization filed with the Secretary of State of New York (ssny) on December 17 2007. Office location Albany County. SSNY has been designated Agent for Service of Process. The post office address to which the SSNY shall mail a copy of any process against the LLC served upon it is C/O Elisabeth Ruthman 14 Aspen Heights, Slingerlands N.Y. 12159. Purpose of LLC: to engage in any lawful activity. Address of principal business location: 1 Juniper Drive Delmar N.Y. 12054. LD-17997 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of Mare of Albany, LLC. Article of Organization filed with the Secretary of State of New York (ssny) on December 17 2007. Office location Albany County. SSNY has been designated Agent for Service of Process. The post office address to which the SSNY shall mail a copy of any process against the LLC served upon it is C/O Elisabeth Ruthman 14 Aspen Heights, Slingerlands N.Y. 12159. Purpose of LLC: to engage in any lawful activity. Address of principal business location: 1 Juniper Drive Delmar N.Y. 12054. LD-17998 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY ("LLC") Name is Champagne Demolition, LLC; Articles of Organization were filed with Secretary of State on June 11, 2007; Office location is in Albany County; Secretary of State has been designated agent of LLC upon whom process against it may be served; the street address of principal business location and Post Office address to which Secretary of State shall mail a copy of process against the LLC is Champagne Demolition, 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-18002 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: PEARL STREET FLOWERS LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 10/23/07.

LEGAL NOTICE

The latest date of dissolution is 09/30/2106. 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, 908 Hewlett Drive, North Woodmere, New York 11581. Purpose: For any lawful purpose. LD-18003 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: SHORT SALE CONSULTANTS, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 12/20/07. The name was amended to SHORT SALE CONSULTANTS, LLC on 12/24/07. The latest date of dissolution is 12/31/3333. 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 Joseph G. Canepa, PLLC 37-38 75th Street, Main Floor, Jackson Heights, New York 11372. Purpose: For any lawful purpose. LD-18004 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of The Grand Gourmet Deli & Catering Company, LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 01/15/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18006 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of Altamuro Enterprises, LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 01/11/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18007 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of Rebel Rat, LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 01/11/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18008 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of Park Hudson Temporary Staffing LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 01/11/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18009 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of Free At Last Properties, LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 01/10/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail

LEGAL NOTICE

process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18010 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of Green Team Disposal LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 01/09/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18011 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of The Grand Gourmet Deli & Catering Company, LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 01/15/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18012 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of ELS Star International LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 11/19/07. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18013 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of M Alan LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 01/14/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18014 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of Telworx Communications LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 01/14/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18015 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 163 W 80 LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 11/28/07. 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, 993 Morris Park Avenue, Bronx, New York 10462. Purpose: For any lawful purpose. LD-18017 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 17 MAPLE ROAD, LLC. Articles of Organization were filed with the Secretary of State of New York

LEGAL NOTICE

(SSNY) on 12/20/07. The latest date of dissolution is 12/31/2107. 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, 17 Maple Road, Voorheesville, New York 12186. Purpose: For any lawful purpose. LD-18018 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of Devon Scott LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 01/15/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18019 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LLC The Georges Group, LLC, filed Articles of Organization with the New York Secretary of State on January 10, 2008. Its office is located in Albany County. The Secretary of State has been designated as agent upon whom process may be served and shall mail a copy of any process served on him or her to the LLC, at LLC, 11 Prospect Terrace, Albany, NY 12208. The street address of the principal business location is 11 Prospect Terrace, Albany, NY 12208. Its business is to engage in any lawful activity for which limited liability companies may be organized under Section 203 of the New York Limited Liability Company Act. LD-18023 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 81-10 COMMONWEALTH BLVD LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/08/08. 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, 100-02 101st Avenue, Ozone Park, New York 11416. Purpose: For any lawful purpose. LD-18026 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 81-12 COMMONWEALTH BLVD LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/08/08. 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, 100-12 101st Avenue, Ozone Park, New York 11416. Purpose: For any lawful purpose. LD-18027 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of AB-DERIS LLC. Arts. of Org. was filed with SSNY on 1/07/08. 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-18028 (February 27, 2008)

LEGAL NOTICE

LEGAL NOTICE

NOTICE OF FORMATION OF LLC
NMR Ventures, LLC, filed Articles of Organization with the New York Secretary of State on January 14, 2008. Its office is located in Albany County. The Secretary of State has been designated as agent upon whom process may be served and shall mail a copy of any process served on him or her to the LLC, at LLC, 18 Walker Way, Albany, NY 12205. The street address of the principal business location is 18 Walker Way, Albany, NY 12205. Its business is to engage in any lawful activity for which limited liability companies may be organized under Section 203 of the New York Limited Liability Company Act. LD-18029 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of Riverbend Kennels LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 12/19/07. Office location: Albany Co. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Stacy Snyder, 1406 River Rd., Selkirk, NY 12158, also registered agent. Purpose: any lawful activities. LD-18030 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of 81 Media LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 1/14/08. 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 Trigger Street Independent, 799 Washington St., NY, NY 10014. Purpose: any lawful activities. LD-18031 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of 167 SKILLMAN REALTY LLC. Arts. of Org. was filed with SSNY on 1/22/08. 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, 131 HOOPER STREET, BROOKLYN, NY 11211. Purpose: all lawful activities. LD-18032 (February 27, 2008)

LEGAL NOTICE

Notice of formation of Technically Green LLC Articles of organization filed with the NY Sec of State on 12/28/2007. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 188 Woodledge Ct Voorheesville, NY 12186. Purpose: Any Lawful Activity. LD-18035 (February 27, 2008)

LEGAL NOTICE

Notice of Qualification of DS-Varial Holding, LLC. Authority filed with Secy. of State of NY (SSNY) on 1/16/08. Office location: Albany County. LLC formed in California (CA) on 1/7/08. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o DS Ventures, Attn: James D. Hearn, Esq., 8383 Wilshire Blvd., Ste 1000, Beverly Hills, CA 90211, also address to be maintained in CA. Arts. of Org. filed with CA Secy. Of State, 1500 11th St., 3rd Fl, Sacramento, CA 95814. Purpose: any lawful activities. LD-18037 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of Members Only USA, LLC. Arts. Of Org. filed with Secy. Of

LEGAL NOTICE

State of N.Y. (SSNY) on 01/17/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18038 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of Xemplar Holdings, LLC. Arts. of Org. filed with NY Dept. of State on 1/11/08. Office location: Albany County. Secy. of State designated as agent of LLC upon whom process against it may be served and shall mail process to: 450 New Karner Rd., Suite 200, Albany, NY 12205, principal business address of the LLC. Purpose: any lawful activity. LD-18047 (February 27, 2008)

LEGAL NOTICE

Notice of Qualification of Panorama Ross, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 11/14/07. Office location: Albany County. Principal business location: 11705 Airport Way, Broomfield, CO 80021. LLC formed in Delaware (DE) on 9/25/07. 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. DE address of LLC: 2711 Centerville Road, Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, PO Box 898, Dover, DE 19903. Purpose: any lawful activity. LD-18050 (February 27, 2008)

LEGAL NOTICE

Notice of Qualification of Hudson Valley Crossing, L.L.C. Authority filed with Secy. of State of N.Y. (SSNY) on 1/14/08. Office location: Albany County. Principal business location: 2099 Gaither Road, Ste. 100, Rockville, MD 20850. LLC formed in Delaware (DE) on 1/2/08. 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-18051 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY
Name: Global Consulting Jobs, LLC (LLC). Articles of Organization filed with NY Dept. of State on January 24, 2008. Office location: Albany County. Address of principal business location is 226 Bell Ct., Schenectady, NY. NY Secretary of State (SOS) is designated as agent of LLC for service of process. SOS shall mail copy of process to P.O. Box 676, Guilderland, NY 12084. Purpose: Any lawful act or activity. LD-18052 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: JAMES RESTAURANT GROUP LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/15/08. The latest date of dissolution is 12/31/2075. 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, 605 Carlton Avenue, Brooklyn, New York

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11238. Purpose: For any lawful purpose. LD-18053 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: DAVID M. SHLOSH, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/07/08. 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, 1771 East 34th Street, Brooklyn, New York 11234-4427. Purpose: For any lawful purpose. LD-18054 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: CAFFE IMPORTS OF ITALY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/04/08. The latest date of dissolution is 12/31/2075. 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, 542 Decatur Street, Apartment 1, Brooklyn, New York 11233. Purpose: For any lawful purpose. LD-18055 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: JENK-FAM HOLDINGS LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/04/08. 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 Ludmila Jenkelowitz, 1374 East 18th Street, Brooklyn, New York 11230. Purpose: For any lawful purpose. LD-18056 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 147 JAVA REALTY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/08/08. The name was amended to 151 JAVA REALTY LLC on 01/15/08. 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 Arthur Jochowitz, 77-04 168th Street, Flushing, New York 11366. Purpose: For any lawful purpose. LD-18057 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: SETH HOCHMAN INSURANCE AGENCY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 12/21/07. 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, c/o Seth Hoffman, 111 Meadowview Avenue, Hewlett, New York 11557. Purpose: For any lawful purpose. LD-18058 (February 27, 2008)

LEGAL NOTICE

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: LEGACY FITNESS LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/15/08. 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 Christian Mendoza, 848 Custer Street, Valley Stream, New York 11580. Purpose: For any lawful purpose. LD-18059 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of FOLI-FORM TRADERS LLC. Arts. of Org. was filed with SSNY on 11/06/02. 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-18060 (February 27, 2008)

LEGAL NOTICE

Notice of Qualification of National DCP, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 1/11/08. Office location: Albany County. LLC formed in Delaware (DE) on 11/1/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company (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., Ste. 4, Dover, DE 19901. Purpose: any lawful activity. LD-18063 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of WELLET LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 1/15/08. 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 CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. Purpose: any lawful activity. LD-18064 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 415 HUGUENOT LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/09/07. 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, c/o MVMC, 403 E. Third Street, Mt. Vernon, New York 10553. Purpose: For any lawful purpose. LD-18065 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: VIR-TUOSO VW LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 12/18/07, with an existence date of 01/01/08. 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 Vivian Fok, 139-16 28th Road, Apartment 3E, Flush-

LEGAL NOTICE

ing, New York 11354. Purpose: For any lawful purpose. LD-18066 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF PROFESSIONAL SERVICE LIMITED LIABILITY COMPANY. NAME: DENTAL UNIVERSE, PLLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/17/08. The latest date of dissolution is 12/31/2088. 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, 78-15 147th Street, Kew Garden Hill, New York 11367. Purpose: For the practice of the profession of Dentistry. LD-18067 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: SHYAMA PATEL LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 12/27/07. 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, Shyama Patel, One Lexington Avenue, Apartment 7A, New York, New York 10010. Purpose: For any lawful purpose. LD-18068 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: YOUNG LANDSCAPES LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/04/08. 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, 524A Kenwood Avenue, Delmar, New York 12054. Purpose: For any lawful purpose. LD-18069 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of BVT Garage, LLC. Arts. Of Org. filed with Secy. Of State of N.Y. (SSNY) on 01/22/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18071 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of BVT Management, LLC. Arts. Of Org. filed with Secy. Of State of N.Y. (SSNY) on 01/22/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18072 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of Jplop LLC. Arts. Of Org. filed with Secy. Of State of N.Y. (SSNY) on 01/24/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18073

LEGAL NOTICE

(February 27, 2008)

LEGAL NOTICE

Notice of Formation of Ringalevio Media LLC. Arts. Of Org. filed with Secy. Of State of N.Y. (SSNY) on 01/11/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18074 (February 27, 2008)

LEGAL NOTICE

Notice of Qualification of ARG Resources, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 1/23/08. Fictitious name in NY State: ARG Resources of Georgia, LLC. Office location: Albany County. LLC formed in Georgia (GA) on 12/30/07. 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. GA address/principal business location of LLC: 1155 Perimeter Center West, Ste. 1200, Atlanta, GA 30338. Arts. of Org. filed with GA Secy. of State, 312 West Tower, 2 Martin Luther King Jr. Dr., Atlanta, GA 30334. Purpose: employee payroll entity. LD-18075 (February 27, 2008)

LEGAL NOTICE

Notice of Qualification of Sempra Energy Petrochemicals LLC. Authority filed with Secy. of State of NY (SSNY) on 11/7/07. Office location: Albany County. LLC formed in Delaware (DE) on 9/30/07. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 101 Ash St. HQ 13, San Diego, CA 92101. Address to be maintained in DE: 160 Greentree Dr., Ste 101, Dover, DE 19904. Arts. of Org. filed with DE Secy. Of State, 401 Federal St., Ste 4, Dover, DE 19901. Purpose: any lawful activities. LD-18076 (February 27, 2008)

LEGAL NOTICE

NOTICE IS HERBY GIVEN OF THE FORMATION OF ReEnergy Advisors LLC under the Limited Liability Company Law. FIRST: The name of the limited liability company is ReEnergy Advisors LLC. SECOND: The Articles of Organization were filed with the New York State Secretary of State on December 28, 2007. THIRD: The county within the state in which the office of the limited liability company is to be located is Albany County. FOURTH: The secretary of state is designated as the agent of the limited liability company upon whom process against the limited liability company may be served. The post office address to which the secretary of state shall mail a copy of any process against the limited liability company served upon him or her is ReEnergy Advisors LLC, Attn: William H. Ralston, 176 Phila Street, Saratoga Springs, New York 12866. FIFTH: The purpose of the business of the limited liability company is to engage in any lawful acts or activities for which limited liability companies may be organized. LD-18078 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of Prime NY Real Estate, LLC. Art. of Org. filed Sec'y of State (SSNY) 1/22/08. 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 c/o Coldwell Banker Commercial Prime Properties, 621 Columbia St., Cohoes, NY 12047. Purpose: any lawful

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activities. LD-18079 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of Alpha Certified Property Inspections, LLC, Art. of Org. filed Sec'y of State (SSNY) 10/18/07. 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 56 Osborne Rd., Albany, NY 12205. Purpose: any lawful activities. LD-18080 (February 27, 2008)

LEGAL NOTICE

NOTICE IS HEREBY GIVEN OF THE FORMATION OF OHD-WATERVLIET, LLC under the Limited Liability Company Law. FIRST: The name of the limited liability company is OHD-WATERVLIET LLC. SECOND: The Articles of Organization were filed with the New York State Secretary of State on January 18, 2008. THIRD: The county within this state in which the office of the limited liability company is to be located is Albany. FOURTH: The secretary of state is designated as agent of the limited liability company upon whom process against it may be served. The post office address within or without this state to which the secretary of state shall mail a copy of any process against the limited liability company served upon him or her is 40 Beaver Street, Albany, New York 12207. Attn: Duncan Barrett. FIFTH: The purpose of the business of the limited liability company is to engage in any lawful acts or activities for which limited liability companies may be organized. LD-18083 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LLC. NAME: MACRO ASSOCIATES, LLC were filed with the Secretary of State of New York on December 27, 2007. Office located in Albany County. The Secretary of State has been designated as agent upon whom process may be served and a copy of process shall be mailed by the Secretary of State to the LLC at 77 Columbia Street, Albany, New York 12210. Purpose: for any lawful activity for which limited liability companies may be formed under the law. LD-18084 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)
The name of the LLC is Lake Avenue Plaza, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State, under Section 203 of the Limited Liability Law, on January 30, 2008. 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 621 Columbia Street, Cohoes, New York 12047. LD-18088 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: BAY-SIDE RAM REALTY, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 10/23/07. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process

LEGAL NOTICE

against it may be served. SSNY shall mail a copy of process to the LLC, 42-02 215th Street, Bayside, New York 11361. Purpose: For any lawful purpose. LD-18090 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: RS AND T TOWNHOUSES, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/16/08. 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 Tova Rosen, 4711 12th Avenue, C3, Brooklyn, New York 11219. Purpose: For any lawful purpose. LD-18091 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: ZIA'S PIZZERIA, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/04/08. 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, 98 Wolf Road, Albany, New York 12205. Purpose: For any lawful purpose. LD-18092 (February 27, 2008)

LEGAL NOTICE

Notice of Qualification of CARQUEST TECHNOLOGIES, LLC. Authority filed with NY Dept. of State on 1/22/08. Office location: Albany County. Principal business address: 4729 Hargrove Rd., Raleigh, NC 27616. LLC formed in Delaware (DE) on 11/21/07. NY Secy. of State designated as agent of LLC upon whom process against it may be served and shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. DE address of LLC: 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity. LD-18095 (February 27, 2008)

LEGAL NOTICE

Notice of Qualification of Kokua Hospitality, LLC. Authority filed with NY Dept. of State on 1/17/08. Office location: Albany County. Principal business address: c/o Oxford Lodging Advisory and Investment Group, LLC, 50 California St., Ste. 3300, San Francisco, CA 94111. LLC formed in Delaware (DE) on 12/12/05. NY Secy. of State designated as agent of LLC upon whom process against it may be served and shall mail process to: c/o Corporation Service Co. (CSC), 80 State St., Albany, NY 12207. DE address of LLC: c/o CSC, 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, P.O. Box 898, Dover, DE 19903. Purpose: any lawful activity. LD-18096 (February 27, 2008)

LEGAL NOTICE

Notice of Qualification of Midland Funding LLC. Authority filed with NY Dept. of State on 1/22/08. NYS fictitious name: Midland Funding of Delaware LLC. Office location: Albany County. Principal business address: 8875 Aero Dr., Ste. 200, San Diego, CA 92123. LLC formed in Delaware (DE) on 6/1/05. NY Secy. of State designated as agent of LLC upon whom process

LEGAL NOTICE

against it may be served and shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. DE address of LLC: 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity. LD-18097 (February 27, 2008)

LEGAL NOTICE

Notice of Qualification of Orchard Childcare I LLC. Authority filed with NY Dept. of State on 1/22/08. Office location: Albany County. LLC formed in Delaware (DE) on 12/11/07. NY Secy. of State designated as agent of LLC upon whom process against it may be served and shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. DE address of LLC: 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity. LD-18098 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: ARIANE MEDIA, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/23/08. 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 Seth Redniss, 185 Franklin Street, 5th Floor, New York, New York 10013. Purpose: For any lawful purpose. LD-18100 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: CTMB, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 11/27/07. 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 Chris Totoro, 474 Greenwich Street, Apartment 1S, New York, New York 10013. Purpose: For any lawful purpose. LD-18109 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: ENTERPRISE 35 WEST LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/17/08. 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, 200 East 69th Street, New York, New York 10021. Purpose: For any lawful purpose. LD-18110 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 105 SULLIVAN, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/23/07. 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, 199 Bleecker Street, New York, New York 10012.

LEGAL NOTICE

Purpose: For any lawful purpose. LD-18111 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 199 BLEECKER, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/23/07. 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, 199 Bleecker Street, New York, New York 10012. Purpose: For any lawful purpose. LD-18112 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: WELL CHOSEN LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/09/08. 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, 52 Windsor Place, Brooklyn, New York 11215. Purpose: For any lawful purpose. LD-18113 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of INFRASTRUCTURE MANAGEMENT & CONSULTING LLC. Arts. of Org. were filed with SSNY on 1/30/08. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-18114 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of Supreme Body Fitness LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 01/25/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18115 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 301 POWELL STREET, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/31/08. 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, 5 Sunrise Plaza, Suite 203, Valley Stream, New York 11580. Purpose: For any lawful purpose. LD-18116 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of Lion Star LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 01/29/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity.

LEGAL NOTICE

LD-18117 (February 27, 2008)

LEGAL NOTICE

348 CENTRAL LLC Articles of Org. filed NY Sec. of State (SSNY) 1/30/08. Office in Albany Co. SSNY design. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 28 Clarendon Rd., Albany, NY 12203. Purpose: Any lawful purpose. Principal business location: 348 Central Ave., Albany, NY 12206. LD-18119 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LLC Articles of Organization for CROWN ISLAND CAPITAL, LLC were filed with the Secretary of State of New York on February 1, 2008. The office of the company is located in Albany County. The Secretary of State has been designated as agent upon which process may be served and a copy of process shall be mailed by the Secretary of State to the LLC at Lombardi, Walsh, Wake-man, Harrison, Amodeo & Davenport, P.C., III Winners Circle, Albany, New York 12205. Purpose: for any lawful activity for which limited liability companies may be formed under the law. LD-18121 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF PROFESSIONAL SERVICE LIMITED LIABILITY COMPANY. NAME: SUSAN L. FACKELMAN, RN, CRNA, PLLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/01/08. 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 Susan L. Fackelman, 177 Edward Court, West Hempstead, New York 11552. Purpose: For the practice of the profession of Registered Nursing. LD-18122 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: TRIPLE NINE PROPERTIES LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 11/30/07. 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, 255 74th Street, #7B, New York, New York 10021. Purpose: For any lawful purpose. LD-18123 (February 27, 2008)

LEGAL NOTICE

Notice of formation of a limited liability company (LLC). Name: PETITE SUPPORT SERVICES, LLC. Articles of Organization filed with the Secretary of State of New York (SSNY) on 11/26/07. 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: Petite Support Services, LLC, 28 Woodside Avenue, Albany, NY 12205. Purpose: Any lawful purpose. Latest date upon which LLC is to dissolve: No specific date. LD-18125 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of MAR-

LEGAL NOTICE

TIN WALTER CO., LLC. Arts. of Org. was filed with SSNY on 7/19/01 under the name WALTER MARTIN CO. LLC. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-18127 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of FOUNDATION JIRANI LLC. Arts. of Org. was filed with SSNY on 11/29/05 under the name ASPRILA LLC. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-18128 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of BULL & BEAR ADVISORY LLC. Arts. of Org. was filed with SSNY on 9/12/07 under the name BULL & BEAR ADVISOR LLC. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State Street- 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-18129 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of Alison Kettlewell, LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 02/04/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18131 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of limited liability company (LLC). Name: Atlantic Utilities, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 1/28/08. 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 Atlantic Utilities LLC, c/o Kevin Colwell, Colwell, Ferrentino & Petroccione, LLP, 20 Corporate Woods Blvd., Albany, New York 12211. Purpose: any lawful purpose. LD-18133 (February 27, 2008)

LEGAL NOTICE

Notice of Qualification of HKB PRIVATE EQUITY GROUP LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 1/28/08. Office location: Albany County. Principal business location: 300 Crescent Court, Ste. 700, Dallas, TX 75201. LLC formed in Delaware (DE) on 8/23/07. 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 Street, 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, P.O. Box 898, Dover, DE 19903. Purpose: any lawful activity. LD-18134 (February 27, 2008)

LEGAL NOTICE

LEGAL NOTICE

Notice of Qualification of The Harbour Group of Ohio, L.L.C. Authority filed with Secy. of State of N.Y. (SSNY) on 11/8/07. Office location: Albany County. LLC formed in Ohio (OH) on 5/20/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the OH address/principal business location of LLC: The LLC, 25 East Central Ave., Ste. 4, PO Box 998, Springboro, OH 45066. Arts. of Org. filed with OH Secy. of State, 180 E. Broad St., Columbus, OH 43215. Purpose: any lawful activity. LD-18135 (February 27, 2008)

LEGAL NOTICE

Notice of Qualification of COLLECTIBLES INSURANCE SERVICES, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 9/4/07. Office location: Albany County. LLC formed in Maryland (MD) on 12/30/05. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company, 80 State St., Albany, NY 12207. MD address/principal business location of LLC: 11350 McCormick Road, Ste. 700, Hunt Valley, MD 21031. Arts. of Org. filed with MD Secy. of State, 301 West Preston St., 8th Fl., Baltimore, MD 21201. Purpose: any lawful activity. LD-18136 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: MISTER P REALTY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/23/08. The latest date of dissolution is 12/31/2099. 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, 93 Montrose Avenue, Brooklyn, New York 11206. Purpose: For any lawful purpose. LD-18137 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: SIFA BUILDERS LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/22/08. The latest date of dissolution is 12/31/2099. 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, 3111 Ocean Parkway, #3H, Brooklyn, New York 11235. Purpose: For any lawful purpose. LD-18138 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: ELI BAUMAN LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 12/20/07. 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 Eli Bauman, 505 West 23rd Street, #2, New York, New York 10011. Purpose: For any lawful purpose. LD-18139 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: GREEN

LEGAL NOTICE

OCEAN, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 12/20/07. 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 Steven Sadoff, 330 East 33rd Street, Suite 19L, New York, New York 10016. Purpose: For any lawful purpose. LD-18140 (February 27, 2008)

LEGAL NOTICE

Notice of Qualification of Meridian Knowledge Solutions, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 1/24/08. Office location: Albany County. LLC formed in Virginia (VA) on 10/19/06. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Company, 80 State St., Albany, NY 12207. VA address of LLC: 4465 Brookfield Corporate Drive, Ste. 201, Chantilly, VA 20151. Arts. of Org. filed with VA Secy. of State, 1300 E. Main St., Richmond, VA 23219. Purpose: information technology and management consulting. LD-18147 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: O.J.R. REALTY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/04/08. 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, 62 West 47th Street, Suite 603, New York, New York 10036. Purpose: For any lawful purpose. LD-18148 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: PWKP LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/04/08. 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, 185 West Houston Street, #2F, New York, New York 10014. Purpose: For any lawful purpose. LD-18149 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of Cornerstone Management Services, LLC. Arts. of Org. filed with NY Dept. of State on 5/17/07. Office location: Albany County. Secy. of State designated as agent of LLC upon whom process against it may be served and shall mail process to: 778 Waldens Pond Rd., Albany, NY 12203, principal business address of the LLC. Purpose: any lawful activity. LD-18150 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of Charlton Rose Fine Art, LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 02/05/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18154 (February 27, 2008)

LEGAL NOTICE

LEGAL NOTICE

Notice of Formation of My Happy Hour Hero, LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 01/03/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18155 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of Allison Cheston & Associates, LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 02/05/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18156 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of Harris Hill Farm, LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 02/08/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18157 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of Bone-mente LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 02/08/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18158 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of 860 Union Street LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 02/08/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18159 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of 1454 St. Nicholas LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 02/08/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18160 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name of LLC is EVAN INVESTORS LLC. Articles of Organization filed with NY Secretary of State, February 7, 2008. Purpose is to engage in any lawful act or activity. Office of LLC located in Albany County. Secretary of State is agent for process against LLC. Secretary of State shall mail copy of process to LLC at 41 Hamilton Lane, Glenmont, New York 12077. LD-18161 (February 27, 2008)

LEGAL NOTICE

LEGAL NOTICE

NOTICE OF FORMATION OF A LIMITED PARTNERSHIP (L.P.). Name of L.P. is BEL PARTNERS OF ALBANY, L.P. Certificate of Limited Partnership filed with NY Secretary of State on February 6, 2008. Purpose of L.P. - to engage in any lawful act or activity. Office of L.P. - located in Albany County. Secretary of State designated as agent for service of process against L.P. Secretary of State shall mail copy of process against L.P. to 596 New Loudon Road, Latham, New York 12110. LD-18162 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of CLR FACTOR COMPANY LLC. Arts. of Org. was filed with SSNY on 2/06/08. 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-18163 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of A.O. CONCEPT GENERAL TRADING & CONTRACTING USA LLC. Arts. of Org. was filed with SSNY on 1/14/08. 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-18164 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LLC Glenmont, LLC. filed Articles of Organization with the New York Secretary of State on January 31, 2008. Its office is located in Albany County. The Secretary of State has been designated as agent upon whom process may be served and shall mail a copy of any process served on him or her to the LLC, at LLC, 105 Mosher Road, Glenmont, NY 12077. The street address of the principal business location is 565 Route 9W, Glenmont, NY 12077. Its business is to engage in any lawful activity for which limited liability companies may be organized under Section 203 of the New York Limited Liability Company Act. LD-18165 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: M & R HOME REMODELING, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/24/08. 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 M. Philip, 459 East 49th Street, Brooklyn, New York 11203. Purpose: For any lawful purpose. LD-18168 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 11-15 45th AVENUE REALTY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 12/27/07. Office location: Albany Coun-

LEGAL NOTICE

ty. 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 Page Realty, 35-20 30th Avenue, Astoria, New York 11105. Purpose: For any lawful purpose. LD-18169 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 118-53 METROPOLITAN AVE. LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 12/27/07. 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 Page Realty, 35-20 30th Avenue, Astoria, New York 11105. Purpose: For any lawful purpose. LD-18170 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 43-14 & 31-18 34th ST. REALTY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 12/27/07. 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 Page Realty, 35-20 30th Avenue, Astoria, New York 11105. Purpose: For any lawful purpose. LD-18171 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: AMITA REALTY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/07/08. The latest date of dissolution is 12/31/2060. 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, 2940 Brighton 5th Street, Unit C, Brooklyn, New York 11235. Purpose: For any lawful purpose. LD-18172 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: ENNA ULUL LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/08/08. 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, 25 Washington Street, Suite 604, Brooklyn, New York 11201. Purpose: For any lawful purpose. LD-18173 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: MANHATTAN FALAFEL LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/08/08. The latest date of dissolution is 03/01/2090. 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 Moshe Mizrahi, c/o Moshe Falafel, 442 W. 45th Street, New York.

LEGAL NOTICE

New York 10036. Purpose: For any lawful purpose. LD-18174 (February 27, 2008)

LEGAL NOTICE

Notice of Qualification of Sweden Shopping Center LLC. Authority filed with Secy. of State of NY (SSNY) on 1/28/08. Office location: Albany County. LLC formed in Delaware (DE) on 10/10/07. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o National Registered Agents, Inc., 875 Ave of the Americas, Ste 501, NY, NY 10001. Address to be maintained in DE: 160 Greentree Dr., Ste 101, Dover, DE 19904. Arts. of Org. filed with DE Secy. Of State, 401 Federal St., Ste 4., Dover, DE 19901. Purpose: any lawful activities. LD-18180 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of Cinetic Management LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 1/29/08. 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-18181 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of Cinetic Capital LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 1/29/08. 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-18182 (February 27, 2008)

LEGAL NOTICE

Notice of Qualification of National Home Auction Company LLC. Authority filed with Secy. of State of NY (SSNY) on 1/29/08. Office location: Albany County. LLC formed in California (CA) on 11/21/07. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Registered Agent Solutions Inc., 1773 Western Ave., Albany, NY 12203. Address to be maintained in CA: 18012 Cowan St. Ste 100, Irvine, CA 92614. Arts. of Org. filed with CA Secy. Of State, 1500 11th St., Sacramento, CA 95814. Purpose: any lawful activities. LD-18183 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of Clicktobue, LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 02/07/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18185 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of Fourswanslake LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 02/12/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18186 (February 27, 2008)

LEGAL NOTICE

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: CATES LLC. Application for Authority was filed with the Secretary of State of New York (SSNY) on 01/10/08. The LLC was originally filed with the Secretary of State of Delaware on 01/08/08. 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, 122 East 27th Street, 12th Floor, New York, New York 10001. Purpose: For any lawful purpose. LD-18187 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: CENTRAL AREA EQUITIES ASSOCIATES, LLC. Certificate of Conversion was filed with the Secretary of State of New York (SSNY) on 12/31/07, with an existence date of 01/01/08. 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 Transworld Equities, 500 Fifth Avenue, Suite 2424, New York, New York 10110. Purpose: For any lawful purpose. LD-18188 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: JARIMA ASSOCIATES, LLC. Certificate of Conversion was filed with the Secretary of State of New York (SSNY) on 12/31/07, with an existence date of 01/01/08. 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 Transworld Equities, 500 Fifth Avenue, Suite 2424, New York, New York 10110. Purpose: For any lawful purpose. LD-18189 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: MID CENTER EQUITIES ASSOCIATES, LLC. Certificate of Conversion was filed with the Secretary of State of New York (SSNY) on 01/02/08. 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 Transworld Equities, 500 Fifth Avenue, Suite 2424, New York, New York 10110. Purpose: For any lawful purpose. LD-18190 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: TRANSWORLD EQUITIES ASSOCIATES, LLC. Certificate of Conversion was filed with the Secretary of State of New York (SSNY) on 12/31/07, with an existence date of 01/01/08. 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 Transworld Equities, 500 Fifth Avenue, Suite 2424, New York, New York 10110. Purpose: For any lawful purpose. LD-18191 (February 27, 2008)

LEGAL NOTICE

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 100 EQUITIES ASSOCIATES, LLC. Certificate of Conversion was filed with the Secretary of State of New York (SSNY) on 12/31/07, with an existence date of 01/01/08. 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 Transworld Equities, 500 Fifth Avenue, Suite 2424, New York, New York 10110. Purpose: For any lawful purpose. LD-18192 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 145 82nd STREET ASSOCIATES, LLC. Certificate of Conversion was filed with the Secretary of State of New York (SSNY) on 12/31/07, with an existence date of 01/01/08. 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 Transworld Equities, 500 Fifth Avenue, Suite 2424, New York, New York 10110. Purpose: For any lawful purpose. LD-18193 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 322 EQUITIES ASSOCIATES, LLC. Certificate of Conversion was filed with the Secretary of State of New York (SSNY) on 01/02/08. 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 Transworld Equities, 500 Fifth Avenue, Suite 2424, New York, New York 10110. Purpose: For any lawful purpose. LD-18194 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 872 BROADWAY EQUITIES ASSOCIATES, LLC. Certificate of Conversion was filed with the Secretary of State of New York (SSNY) on 01/02/08. 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 Transworld Equities, 500 Fifth Avenue, Suite 2424, New York, New York 10110. Purpose: For any lawful purpose. LD-18195 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. Name: XTR Business Advisors, LLC (LLC). Articles of Organization filed with NY Dept. of State on February 5, 2008. Office location: Albany County. Address of principal business location is 108 Spy Glass Court, Albany, NY. NY Secretary of State (SOS) is designated as agent of LLC for service of process. SOS shall mail copy of process to 108 Spy Glass Court, Albany, NY 12203. Purpose: Any lawful act or activity. LD-18196 (February 27, 2008)

LEGAL NOTICE

Notice of Qualification of PC Telecom Group & Associates LLC. Authority filed with Secy. of State of N.Y.

LEGAL NOTICE

(SSNY) on 2/1/08. Office location: Albany County, LLC formed in Kentucky (KY) on 4/30/01. 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. KY address of LLC: 1522 Dixie Hwy., Park Hills, KY 41011. Arts. of Org. filed with KY Secy. of State, 700 Capitol Avenue, Ste. 152, Frankfort, KY. Purpose: the sale and marketing of telecommunications, management information and computer equipment. LD-18197 (February 27, 2008)

LEGAL NOTICE

Notice of Qualification of KHM Hudson, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 2/6/08. Office location: Albany County. Principal business location: c/o The Kor Group, 1212 South Flower St., Ste. 500, Los Angeles, CA 90015. LLC formed in Delaware (DE) on 1/15/08. 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-18198 (February 27, 2008)

LEGAL NOTICE

Notice of Conversion of PENWINDY ASSOCIATES, L.P., a partnership, to PENWINDY ASSOCIATES LLC. Certificate filed with Secy. of State of NY (SSNY) on 2/5/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Corporation Service Company, 80 State St., Albany, NY 12207. Purpose: any lawful activity. LD-18199 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of Hinckel Brewery LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 2/5/08. 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 Lemery Greisler LLC, 60 Railroad Place, Ste. 502, Saratoga Springs, NY 12866. Purpose: any lawful activity. LD-18206 (February 27, 2008)

LEGAL NOTICE

Notice of Qualification of KINGSPORT ADVISORS, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 1/18/08. Office location: Albany County. Principal business location: 22 Lawrence Avenue, Ste. 303, Smithtown, NY 11787. LLC formed in Delaware (DE) on 1/4/08. 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-18207 (February 27, 2008)

LEGAL NOTICE

Notice of Conversion of AUSTIN LEASEHOLD INVESTORS LP, a partnership, to AUSTIN LEASEHOLD INVESTORS LLC. Certificate filed with Secy. of State of NY (SSNY) on 2/5/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against

LEGAL NOTICE

it may be served. SSNY shall mail process to: Corporation Service Company, 80 State St., Albany, NY 12207. Purpose: any lawful activity. LD-18208 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: BRANDS MSG LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/30/08. 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, 1745 East 2nd Street, Brooklyn, New York 11223. Purpose: For any lawful purpose. LD-18210 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: HAVILAND DEVELOPMENT LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/09/08. 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 Elizabeth locovello, 259 Reynolds Avenue, Bronx, New York 10465. Purpose: For any lawful purpose. LD-18211 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: GRANT SKY OF NY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/25/08. 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, 6 Pine Road, Syosset, New York 11791. Purpose: For any lawful purpose. LD-18212 (February 27, 2008)

LEGAL NOTICE

Notice of Qualification of Ivize of Rochester, LLC. Authority filed with NY Dept. of State on 2/4/08. Office location: Albany County. Principal business address: 200 S. Tryon St., Ste. 10, Charlotte, NC 28202. LLC formed in Delaware (DE) on 1/22/08. NY Secy. of State designated as agent of LLC upon whom process against it may be served and shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. DE address of LLC: c/o The Corporation Trust Co., 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-18216 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LLC 75 Bittersweet SA LLC, filed Articles of Organization with the New York Secretary of State on February 8, 2008. Its office is located in Albany County. The Secretary of State has been designated as agent upon whom process may be served and shall mail a copy of any process served on him or her to the LLC, at LLC, c/o Dawn Homes Management, LLC, 20 Corporate Woods Boulevard, 5th Floor, Albany, New York 12211. The street address of the principal business location is c/o Dawn Homes Management, LLC,

LEGAL NOTICE

20 Corporate Woods Boulevard, 5th Floor, Albany, New York 12211. Its business is to engage in any lawful activity for which limited liability companies may be organized under Section 203 of the New York Limited Liability Company Act. LD-18218 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LLC Hampton Run LLC, filed Articles of Organization with the New York Secretary of State on February 6, 2008. Its office is located in Albany County. The Secretary of State has been designated as agent upon whom process may be served and shall mail a copy of any process served on him or her to the LLC, at LLC, c/o Dawn Homes Management, LLC, 20 Corporate Woods Boulevard, 5th Floor, Albany, New York 12211. The street address of the principal business location is c/o Dawn Homes Management, LLC, 20 Corporate Woods Boulevard, 5th Floor, Albany, New York 12211. Its business is to engage in any lawful activity for which limited liability companies may be organized under Section 203 of the New York Limited Liability Company Act. LD-18219 (February 27, 2008)

LEGAL NOTICE

New York State, Department of State, Division of Corporations, State Records and UCC, Albany, NY 12231, Under Section 203 of the Limited Liability Company Law, Name: GREEN RIDGE FARMSTEAD, LLC. The county is: Albany. The SOS is designated as agent of the LLC upon whom process against it may be served. The address within or without this state to which the SOS shall mail a copy of any process against the LLC served: SMITH PHILIPP, PLLC, 855 Central Avenue, Suite 380, Albany, NY. For any lawful purpose. LD-18220 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of KOM-TEX UK LLC. Arts. of Org. was filed with SSNY on 12/21/07. 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-18221 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of STEEL ROPE CENTRAL LLC. Arts. of Org. was filed with SSNY on 12/21/07. 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-18222 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of DRAKE INSTRUMENTS & PARTS LLC. Arts. of Org. was filed with SSNY on 12/21/07. 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-18223 (February 27, 2008)

LEGAL NOTICE**LEGAL NOTICE**

NOTICE OF FORMATION OF PROFESSIONAL SERVICE LIMITED LIABILITY COMPANY. NAME: BSD PHYSICAL THERAPY REHABILITATION SERVICES, PLLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/08/08. 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, 836 Hempstead Avenue, West Hempstead, New York 11552. Purpose: For the practice of the profession of Physical Therapy. LD-18225 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: FANCY PRODUCTIONS, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/06/08. 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, 836 Hempstead Avenue, West Hempstead, New York 11552. Purpose: For any lawful purpose. LD-18226 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: BROOKVILLE PARTNERS, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/30/08. The latest date of dissolution is 12/31/2058. 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, 68 Wheatley Road, Brookville, New York 11545. Purpose: For any lawful purpose. LD-18227 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: BEADS ON FOURTH LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/31/08. 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, 5111 4th Avenue, Brooklyn, New York 11220. Purpose: For any lawful purpose. LD-18228 (February 27, 2008)

LEGAL NOTICE

Notice of Qualification of Anacod Real Estate, LLC. Authority filed with Secy. Of State of N.Y. (SSNY) on 12/10/07. LLC Formed in Delaware (DE) on 12/05/07. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. DE address of LLC: C/O Allstate Corp Svcs., 341 Raven Circle, Wyoming, DE 19934. Arts. Of Org. filed with DE Secy. Of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-18229 (February 27, 2008)

LEGAL NOTICE

Notice of Qualification of Wall Street Real Estate, LLC. Fictitious Name: Wall Street Real Estate NY, LLC. Authority filed with Secy. Of State of N.Y. (SSNY) on 12/11/07.

LEGAL NOTICE

LLC Formed in Delaware (DE) on 11/28/07. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. DE address of LLC: C/O Allstate Corp Svcs., 341 Raven Circle, Wyoming, DE 19934. Arts. Of Org. filed with DE Secy. Of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-18230 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of Kiko Cosmetics Retail USA, LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 09/19/07. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18231 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: ALI REAL ESTATE LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/11/08. 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, 424 Third Avenue, Brooklyn, New York 11214. Purpose: For any lawful purpose. LD-18232 (February 27, 2008)

LEGAL NOTICE

Notice of Qualification of American Cellular, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 2/12/2008. Office location: Albany County. LLC formed in Delaware (DE) on 2/21/1990. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o CSC - New York, 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-18233 (February 27, 2008)

LEGAL NOTICE

Notice of Qualification of Endurant Construction Services, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 1/30/08. Office location: Albany County. LLC formed in Delaware (DE) on 1/25/08. 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, Townsend Bldg., Dover, DE 19901. Purpose: any lawful activity. LD-18234 (February 27, 2008)

LEGAL NOTICE

Notice of Qualification of Scannell Properties #58, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 2/8/08. Office location: Albany County. LLC formed in Indiana (IN) on 3/27/06. 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 St., Albany, NY 12207. IN address/principal business location of LLC: 800 E. 96th St., Ste. 175, Indianapolis, IN 46240. Arts. of Org. filed

LEGAL NOTICE

with IN Secy. of State, 302 W. Washington St., Room #E018, Indianapolis, IN 46204. Purpose: any lawful activity. LD-18235 (February 27, 2008)

LEGAL NOTICE

Notice of Qualification of Easy Swing Instruction LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 11/29/07. Office location: Albany County. LLC formed in Illinois (IL) on 7/12/07. 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. IL address of LLC: 431 Lakeview Ct., Ste. B, Mt. Prospect, IL 60056. Arts. of Org. filed with IL Secy. of State, 501 S. 2nd St., Springfield, IL 62756. Purpose: any lawful activity. LD-18236 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of an LLC: Development at Helderberg Meadows, LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on February 12, 2008. 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-18237 (February 27, 2008)

LEGAL NOTICE

Notice of Qualification of Dobbs Imports, LLC. Authority filed with Secy. of State of NY (SSNY) on 2/5/08. Office location: Albany County. LLC formed in Delaware (DE) on 1/4/07. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o National Registered Agents, Inc., 875 Ave of the Americas, Ste 501, NY, NY 10001. Address to be maintained in DE: 160 Greentree Dr., Ste 101, Dover, DE 19904. Arts. of Org. filed with DE Secy. Of State, 401 Federal St., Ste 4., Dover, DE 19901. Purpose: any lawful activities. LD-18239 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of Perkins Properties, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 2/6/08. 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, 309 Osborne Rd., Loudonville, NY 12211. Purpose: any lawful activities. LD-18240 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LLC Signature Custom Pools & Spas LLC, filed Articles of Organization with the New York Secretary of State on February 13, 2008. Its office is located in Albany County. The Secretary of State has been designated as agent upon whom process may be served and shall mail a copy of any process served on him or her to the LLC, at LLC, 38 Shinnecock Hills Drive, Albany, NY 12205. The street address of the principal business location is 38 Shinnecock Hills Drive, Albany, NY 12205. Its business is to engage in any lawful activity for which limited liability companies may be organized under Section 203 of the New York Limited Liability Company Act. LD-18241 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION

LEGAL NOTICE

OF LLC YNABLA, LLC, filed Articles of Organization with the New York Secretary of State on February 7, 2008. Its office is located in Albany County. The Secretary of State has been designated as agent upon whom process may be served and shall mail a copy of any process served on him or her to the LLC, at LLC, c/o Bruce Rosenblatt, 14 E. 60th Street, Suite 702, NY, NY 10022. The street address of the principal business location is 90 North Pearl Street, Albany, NY 12207. Its business is to engage in any lawful activity for which limited liability companies may be organized under Section 203 of the New York Limited Liability Company Act. LD-18242 (February 27, 2008)

LEGAL NOTICE

Legal Notice of Formation of a Limited Liability Company (LLC): Name: WATERHOUSE ENTERPRISES LLC. Articles of Organization filed with the Secretary of State of New York (SSNY) on 2/15/2008. Office location: Albany County. SSNY Has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to: C/O WATERHOUSE ENTERPRISES LLC, 13 FOX RUN, LATHAM, N.Y. 12110. Purpose: Any Lawful Purpose. Latest date upon which LLC is to dissolve: No specific date. LD-18243 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: HUDSON BAY DEBT ACQUISITIONS LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/14/08. 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 Lior Avneri, 260 West 39th Street, 12th Floor, New York, New York 10018. Purpose: For any lawful purpose. LD-18246 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: JM ZON-ING LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/25/08. 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, 1908 Avenue O, Brooklyn, New York 11230. Purpose: For any lawful purpose. LD-18247 (February 27, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: TOWER WEALTH MANAGEMENT, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/15/08. 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, 701 Sackett Street, Brooklyn, New York 11217. Purpose: For any lawful purpose. LD-18248 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of 399 South Pearl Street, LLC. Art. of Org. filed Sec'y of State (SSNY) 1/16/08. Office location: Albany County. SSNY

LEGAL NOTICE

designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to c/o Maxwell & Van Ryn, Esq., Two Normanskill Blvd., Delmar, NY 12054. Purpose: any lawful activities. Latest date 12/31/2099. LD-18249 (February 27, 2008)

LEGAL NOTICE

Notice of Formation of The Negotiators, LLC. Art. of Org. filed Sec'y of State (SSNY) 2/12/08. 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 18 Computer Drive East, Albany, NY 12205. Purpose: any lawful activities. LD-18250 (February 27, 2008)

LEGAL NOTICE

NOTICE OF PUBLIC HEARING Notice is hereby given that the Planning Board of the Town of Bethlehem, Albany County, New York, will hold a public hearing on Tuesday, March 18, 2008 at 7:00 p.m., at the Town Offices, 445 Delaware Ave., Delmar, New York, on the application for a subdivision, Mystic Woods, located off Orchard Street, Delmar, NY, Albany County, N.Y., as shown on map entitled: MYSTIC WOODS, Town of Bethlehem, Albany County, NY, PRELIMINARY PLAT, dated October 10, 2005, last revised December 1, 2007, map prepared by SPECTRA, Engineering, Architecture & Surveying, P.C., 19 British American Blvd., Latham, NY 12110. Parker D. Mathusa Chairman, Planning Board NOTE: Disabled individuals who need assistance in order to participate should contact the Town Clerk's Office at 439-4955 Ext. 1183. Advance notice is requested. LD-18252 (February 27, 2008)

LEGAL NOTICE

NOTICE OF PUBLIC HEARING Notice is hereby given that the Planning Board of the Town of Bethlehem, Albany County, New York, will hold a public hearing on Tuesday, March 18, 2008 at 7:15 p.m., at the Town Offices, 445 Delaware Ave., Delmar, New York, on the application for a Site Plan, Verstandigs Condominiums, located at 454 Delaware Avenue, Delmar, for demolition and removal of an existing residential building and retail store and construction of nine two-story residential buildings with 4 and 5 unit versions, site plan prepared by Saratoga Associates, 443 Broadway, Saratoga Springs, NY. Parker D. Mathusa Chairman, Planning Board NOTE: Disabled individuals who need assistance in order to participate should contact the Town Clerk's Office at 439-4955 Ext. 1183. Advance notice is requested. LD-18253 (February 27, 2008)

LEGAL NOTICE

NOTICE OF PUBLIC HEARING Notice is hereby given that the Planning Board of the Town of Bethlehem, Albany County, New York, will hold a public hearing on Tuesday, March 18, 2008 at 7:15 p.m., at the Town Offices, 445 Delaware Ave., Delmar, New York, on the application for a Site Plan, Verstandigs Condominiums, located at 454 Delaware Avenue, Delmar, for demolition and removal of an existing residential building and retail store and construction of nine two-story residential buildings with 4 and 5 unit versions, site plan prepared by Saratoga Associates, 443 Broadway, Saratoga Springs, NY. Parker D. Mathusa Chairman, Planning Board NOTE: Disabled individuals who need assistance in order to participate should contact the Town Clerk's Office at 439-4955 Ext. 1183. Advance notice is requested. LD-18253 (February 27, 2008)

LEGAL NOTICE

Notice of Qualification of Cisco IronPort Systems LLC. Authority filed with NY Dept. of State on 1/4/08. Office location: Albany County. LLC formed in Delaware (DE) on 12/21/06. NY Secy. of State designated as agent of LLC upon whom process against it may be served and shall mail process to: c/o Corporation Service Co., 80 State St., Albany, NY 12207. DE address of LLC: 2711 Centerville Rd., Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-18254 (February 27, 2008)

Sports *in the* Spotlight

Blackbirds tame Bulldogs Amsterdam fends off late Bethlehem rally

Christner leads Voorheesville into semifinals

By MIKE CIOFFI
sports@spotlightnews.com

The Voorheesville boys basketball team used a multi-pronged attack Friday night to dispatch Berne-Knox-Westerlo 74-55 in the Section II, Class CC quarterfinals at the University at Albany.

The Blackbirds got 21 points from center Evan Christner and 15 points from junior guard Nick Kinisky to put the Bulldogs away and advance to Monday's semifinal against Schenectady.

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Christian at the Glens Falls Civic Center.

"You can't shut us down by stopping one person," said Voorheesville coach Don Catellier. "Evan's been a force, but Nick has been unstoppable the last five or six games, also. The whole group of them has been phenomenal."

The fourth-seeded Blackbirds (15-6) raced out to an early 22-6 lead by shutting down BKW's perimeter shooters and forcing the fifth-seeded Bulldogs (14-6) to rely on Joe Conklin. Though BKW - which made 127 three-pointers during the regular season - made nine threes in the game, it couldn't get anything out of Conklin, who finished with two points.

"They live and die with threes - that's their game," said Catellier. "So, we tried to let Evan or Ethan (Mackey) go man on man with them. It cost us a couple fouls, but we shut down their three-point game."

Once Voorheesville had its 22-6 lead, BKW never got within striking distance. The closest the Bulldogs got was within 10 points in the second quarter, but the Blackbirds quickly went on another run to put the game out of BKW's reach.

"We had the kids ready, and we wanted to come out quickly against them," said Catellier. "We wanted to get a jump on them, come out and make a statement right away, and then keep battling."

Voorheesville took a six-game winning streak into Monday's semifinal game against the top-seeded Schenectady Christian Falcons.

"I'm looking forward to it. It's exciting to face the defending (class C-CC) champs," said Catellier. "This time of year, everyone's good, and anything can happen on any given night."

By JESSE
PULITZER-KENNEDY
sports@spotlightnews.com

The Bethlehem boys basketball team couldn't dig itself out of the deep hole it created against Amsterdam.

The Eagles stormed back from a 51-32 fourth quarter deficit before the Rugged Rams put together a late surge to pull out a 65-54 win in Wednesday's opening round of the Section II, Class AA tournament.

"We left everything on the court. We gave it everything we had," said Bethlehem coach A.G. Irons. "We never gave up. Any other team would have packed it in down by 19 (points) in the

fourth quarter."

Connor Muncil scored eight points, and Kevin Wendth added six points during a 22-7 Bethlehem run that cut Amsterdam's lead to 58-54 with 1:30 left. Then, T.J. Sumigray nailed a three-pointer to kick start a 7-0 Rugged Rams' spurt.

Wendth and Muncil each had 12 points, while John Drazen - who was limited to three points in the first half - bounced back to chip in 10 points. Amsterdam's Ben Miseikis led all scorers with 29 points including five three-pointers. Vinnie Nicosia contributed 14 points despite fouling out with more than five minutes left in the fourth quarter, and Sumigray added 11 points.

Lyman, Legg reach finals

The Ravena-Coeymans-Selkirk wrestling team placed seventh in the Division II (small school) standings at last weekend's Section II Championships in Glens Falls.

Andy Lyman and Cody Legg each made it as far as the finals to help the Indians finish with 76.5 points, 2.5 points behind sixth-place Cohoes. Duaneburg won the Division II team title with 179.5 points.

Lyman defeated Granville's Kyle Entholt 6-0 in the 125-pound semifinals before losing to Johnstown's Mark Gillen 12-0 in the finals. Legg edged Duaneburg's Wes Coppola 5-4 in the 152-pound semifinals, but he suffered a 3-2 loss to Hudson Falls' Aaron Barber in the championship bout.

Wes Hotaling, Joey Persico and Jordan Lane also placed at the Section II Championships, which served as the qualifier for next month's state tournament. Hotaling finished fourth at 135 pounds, while Persico (112 pounds) and Lane (130) each won their fifth-place bouts.

Voorheesville's Taylor Treadgold (fourth, 112 pounds) also placed in the top six of his weight class in Division II. Bethlehem's Tyler Kessler (fifth, 103) and Dan Barth (sixth, 160) had top-six performances in Division I.

The state wrestling tournament takes place March 7 and 8 in Rochester.

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Notice of Qualification of DMC Marine, LLC. Authority filed with NY Dept. of State on 2/13/08. Office location: Albany County. LLC formed in New Jersey (NJ) on 12/31/07. NY Secy. of State designated as agent of LLC upon whom process against it may be served and shall mail process to the NJ address of the LLC: 1250 Liberty Ave., Hillside, NJ 07205. Arts. of Org. filed with NJ State Treasurer, 225 West State St., Trenton, NJ 08608. Purpose: any lawful activity. LD-18255 (February 27, 2008)

LEGAL NOTICE

Notice of Qualification of Metro Storage LLC. Authority filed with NY Dept. of State on 2/11/08. Office location: Albany County. Principal business address: 13528 Boulton Blvd., Lake Forest, IL 60045. LLC formed in

LEGAL NOTICE

Delaware (DE) on 5/9/00. NY Secy. of State designated as agent of LLC upon whom process against it may be served and shall mail process to: c/o Corporation Service Co. (CSC), 80 State St., Albany, NY 12207. DE address of LLC: CSC, 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity. LD-18256 (February 27, 2008)

LEGAL NOTICE

NOTICE TO BIDDERS
NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Pre-cast Concrete Manholes for the use of said Town for the year 2008.

Bids will be received up to 3:00 p.m. on the 6th day of March 2008, at which time

LEGAL NOTICE

such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be submitted on Town of Bethlehem "Bid Sheets" and addressed to Mr. John H. Cunningham, Supervisor of the Town of Bethlehem, 445 Delaware Avenue, Delmar, New York. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each bid shall be submitted. Bid documents may be obtained at the Bethlehem Town Clerk's Office, 445 Delaware Avenue, Delmar, NY 12054. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townof-bethlehem.org Purchasing Division. The Town Board reserves the right to waive any infor-

LEGAL NOTICE

malities in or to reject any or all bids.
BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM
Kathleen A. Newkirk, MMC, RMC Town Clerk
Dated: February 22, 2008
LD-18257 (February 27, 2008)

LEGAL NOTICE

Notice of Qualification of Scannell Properties #111, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 2/15/08. Office location: Albany County. LLC formed in Indiana (IN) on 1/23/08. 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. IN address/principal business location of LLC: 800 E. 96th St., Ste. 175, Indianapolis, IN 46240. Arts. of Org. filed with IN Secy. of State, 302 W.

LEGAL NOTICE

Washington St., Rm E018, Indianapolis, IN 46204. Purpose: any lawful activity. LD-18258 (February 27, 2008)

LEGAL NOTICE

Notice of Qualification of Celebrity Service International LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 2/7/08. Office location: Albany County. LLC formed in Delaware (DE) on 1/16/07. 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. 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-18259 (February 27, 2008)

LEGAL NOTICE

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Notice of Formation of Aristocrat Restaurant Partners, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 2/13/08. 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, Attn: Jonathan Hettinger, 200 West 15th St., Apt. 17B, NY, NY 10011. Purpose: any lawful activities. LD-18260 (February 27, 2008)

LEGAL NOTICE

Notice of Filing Of articles of organization of Serafini Properties LLC
1. The name of the limited liability company is: Serafini Properties LLC
2. The articles of organization of the company were filed with the Secretary of State on October 30, 2006.

LEGAL NOTICE

3. The county within New York State which the office of the company is to be located is Schenectady.
4. The Secretary of State has been designated as agent of the limited liability company upon whom process against the Company may be served and the post office address within this state to which the Secretary of State shall mail a copy of any process against the Company served upon it is: 125 Gullott Drive, Schenectady, New York 12306
5. The registered agent of the limited liability company upon whom process against the liability company can be served is: The LLC, 125 Gullott Drive, Schenectady, New York, 12306.
The character of the business is to conduct any lawful business activity for profit that is not prohibited by the laws of the State of New York.
LJ-18209 (February 27, 2008)

Sports *in the* Spotlight

Lady Eagles survive and advance

Olsen, Maksuti lead BC past Saratoga

By ROB JONAS
jonasr@spotlightnews.com

Survive and advance.

That was the theme of the Bethlehem girls basketball team's 59-46 Section II, Class AA quarterfinal victory over Suburban Council rival Saratoga Springs Saturday in Amsterdam.

Despite three players fouling out in the physical contest, the Lady Eagles pulled out the victory by making their free throws and getting contributions from their bench.

"Both teams played aggressive (defense)," said Bethlehem coach Mark Nealon. "Saratoga played a zone, which we had trouble with in the first half but adjusted to in the second half."

Tied at 24 at halftime, Bethlehem gained a small advantage in the third quarter by switching to a zone defense from the full-court press it tried in the first half. Though it didn't curtail the number of fouls called against the Lady Eagles, it did take the Blue Streaks out of their offensive rhythm.

"That took them by surprise," said Nealon.

Bethlehem finished Saratoga off at the foul line, as Meg Olsen and Kristina Maksuti made clutch free throws. Olsen finished with 18 points, 14 coming from the charity stripe, while Maksuti added 12 off the bench.

"Christine Murphy (one of the three to foul out) got into foul trouble, which was a surprise. That doesn't usually happen," said Nealon. "But we had some players come off the bench and step up."

The Lady Eagles advance to Wednesday's semifinal at Hudson Valley Community College, where they will face undefeated Amsterdam, the state's No. 1 ranked class AA team.

"At this point and time, we're not fearing Amsterdam, but we respect them," said Nealon. "We're going to have to shoot better from the outside, and on the defensive end, we have to play smarter and know who our assignments are."

Bethlehem reached the quarterfinals with a 54-33 opening round victory over Queensbury last Wednesday at Bethlehem Central High School.

The Lady Eagles used their height to build an 18-2 first quarter lead on the Spartans

□ **Eagles Page 35**

'Birds move on

Fourth quarter surge helps Voorheesville reach semifinals

By ROB JONAS
jonasr@spotlightnews.com

Not long ago, it was customary to see the Voorheesville girls basketball team reach the Section II semifinals.

But after several years of early playoff exits, getting to the semifinals is a big deal to the Blackbirds.

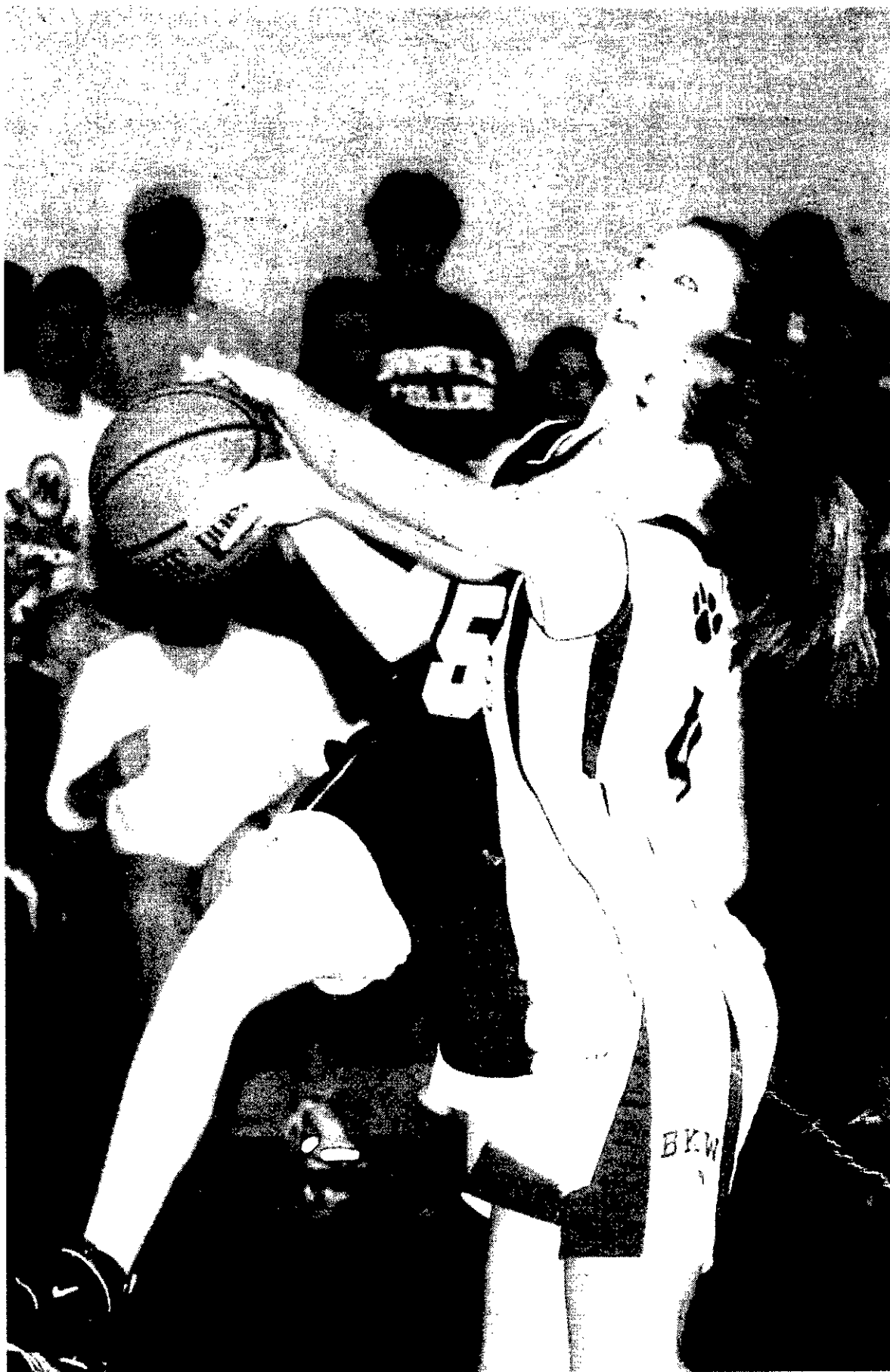
"One of our goals is we wanted to get back to playing good Sectional basketball," said first-year coach Bob Baron. "The learning curve is steep, but they're handling it very well."

The sixth-seeded Blackbirds (10-12) punched their ticket to the class CC semifinals with Saturday's 51-33 quarterfinal victory over No. 3 Berne-Knox-Westerlo at Watervliet High School. Voorheesville will play No. 2 Watervliet Wednesday at Hudson Falls High School, with the winner advancing to Friday's final at Hudson Valley Community College.

"We both play similar styles," Baron said of Watervliet, which edged Voorheesville by three points in each of their two regular season games. "They play a full-court press like Berne, so playing Berne (in the quarterfinals) helped us. We just have to finish our shots, which we didn't do in our two regular season games."

Saturday's quarterfinal game was littered with turnovers and missed shots, as Voorheesville and BKW (15-8) waged a defensive battle. There were

□ **Birds Page 35**



Berne-Knox-Westerlo's Amber Pitcher, right, fouls Voorheesville's Heather Bates as she attempts a breakaway layup during Saturday's Section II, Class CC quarterfinal game at Watervliet High School.

Rob Jonas/Spotlight

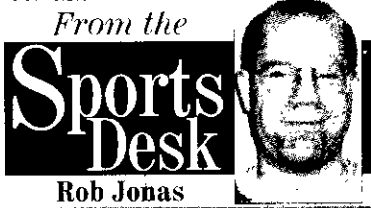
Saying good-bye to a trusted auto

The end of the road has come for another one of my automobiles.

I retired my 1997 Mazda 626 Monday evening after nearly five years of (mostly) faithful service.

Ordinarily I wouldn't make a big deal out of such a move, but this is no ordinary car. The 626 has been in my family since the day it was brought home from the dealership. My parents drove the car for nearly six years before selling it to me in 2003 when I decided I couldn't go another mile with my 1995 Ford Escort wagon (heretofore known as the "White Albatross"). All it cost me was \$2,000, and I had arguably the best car I ever owned.

When I got the 626, it already had 70,000 miles on it, but that



Rob Jonas

was mostly highway miles – as in the highway miles it racked up when my parents drove to and from Florida every winter. It had relatively new brakes, new front tires and a reliability record that was nearly impeccable. Most importantly, it would start every time I turned the key – something that I hadn't been certain of with the White Albatross for nearly two years, despite having the ignition fixed three times.

I put that 626 through its paces early and often. I drove it to Glens

Falls and Kingston countless times for Section II and state regional playoff games. It was with me the day that I put nearly 200 miles on it going from the state high school cross country championships in Queensbury to regional soccer playoff games at Colonie and Broadalbin-Perth high schools. It also went to the Empire State Games in Syracuse and Poughkeepsie. Every time, the car got me to and from my destinations with nary a complaint.

Unfortunately, as with any aging auto, the 626 started running into trouble. One month after I finished paying the loan on it, the 626's hydraulic hose that worked the clutch pedal (I've driven manual cars since 1993) burst at the intersection

of the Northway and Route 20. Fortunately, nobody hit the car as it sat in the right turn lane, but it had to be towed to a garage to get the hose replaced. Not one of its better moments.

More recently, the 626 has been having trouble dealing with cold weather. There will be moments where the engine surges as I apply the brakes, and I have to watch the temperature gauge as I enter any highway to make certain it cools down after veering close to the overheating line. None of this happens in warm weather, but once the temperature dips below 40 degrees, the car starts acting up.

But what ensured retirement was the moment last week when I discovered I needed to pump

□ **Auto Page 35**

Auto

(From Page 36)

\$1,200 into fixing the exhaust system. I knew it was in need of repair, but all I thought was that it needed one section of the pipe to be re-attached to the muffler section. I had no idea that the exhaust pipe was a single unit that had to be replaced in its entirety. In a way, it was kind of like when an athlete suffers what he thinks is a minor back injury, and the doctor tells him that he has to have career-ending surgery to fix the problem.

I briefly thought about actually going through with some repair work to get the 626 through its April inspection, but I realized that even after that work was finished, there would be something else going wrong with it. After all, a car that has close to 160,000 miles on it with many original parts still on it probably will need more of those parts replaced to keep running, and I wouldn't have the

money to spend on all the parts it needed. Not all at once, anyway.

So with a heavy heart, I had to find a replacement. Fortunately, the process didn't take too long. I found a 2004 Nissan Sentra with 58,000 miles at a good price, and it had every feature the 626 had and then some (I now have an alarm system and a CD player to go along with the five-speed manual transmission, cruise control, air conditioning, power windows and power locks that I had with the 626). One test drive later, I was convinced I had found my next proven veteran.

As for the 626, its retirement is permanent. The dealership I traded the car to will sell it to someone who will strip the remaining good parts from it and scrap the rest. It's sad, but it is a machine. When a machine's parts start going bad all at once, it's going to the scrap heap more times than not.

So, I say good-bye to a good car. May it rust ... er, rest in peace.

Lacrosse club schedules final registration session

Bethlehem Lacrosse Club is holding its final registration session for the 2008 season Feb. 28 from 7:30 to 9 p.m. at Bethlehem Town Hall on Delaware Avenue in Delmar.

The club is offering boys and girls lacrosse for children in grades three through six residing in the Bethlehem, Ravena-Coeymans-Selkirk, Albany and Voorheesville school districts. The girls division is new to the club this year.

The registration fee is \$125 per player and includes membership

in US Lacrosse. The fee goes up to \$150 after Feb. 28.

For information, contact Jay Gustafson at 439-7820 or e-mail jgustafson@us.loreal.com.

Eagles

(From Page 36)

and cruise to the 21-point win. Six-foot, one-inch center Alex McCullough scored 21 points to lead Bethlehem over Queensbury, which did not have a player over 5-9.

"We knew going in we had a size advantage over them," said Nealon. "In Sectional basketball, you take the advantages given to you, and you exploit them."

Jesse Pulitzer-Kennedy contributed to this story.

Got sports news?

E-mail: sports@spotlightnews.com

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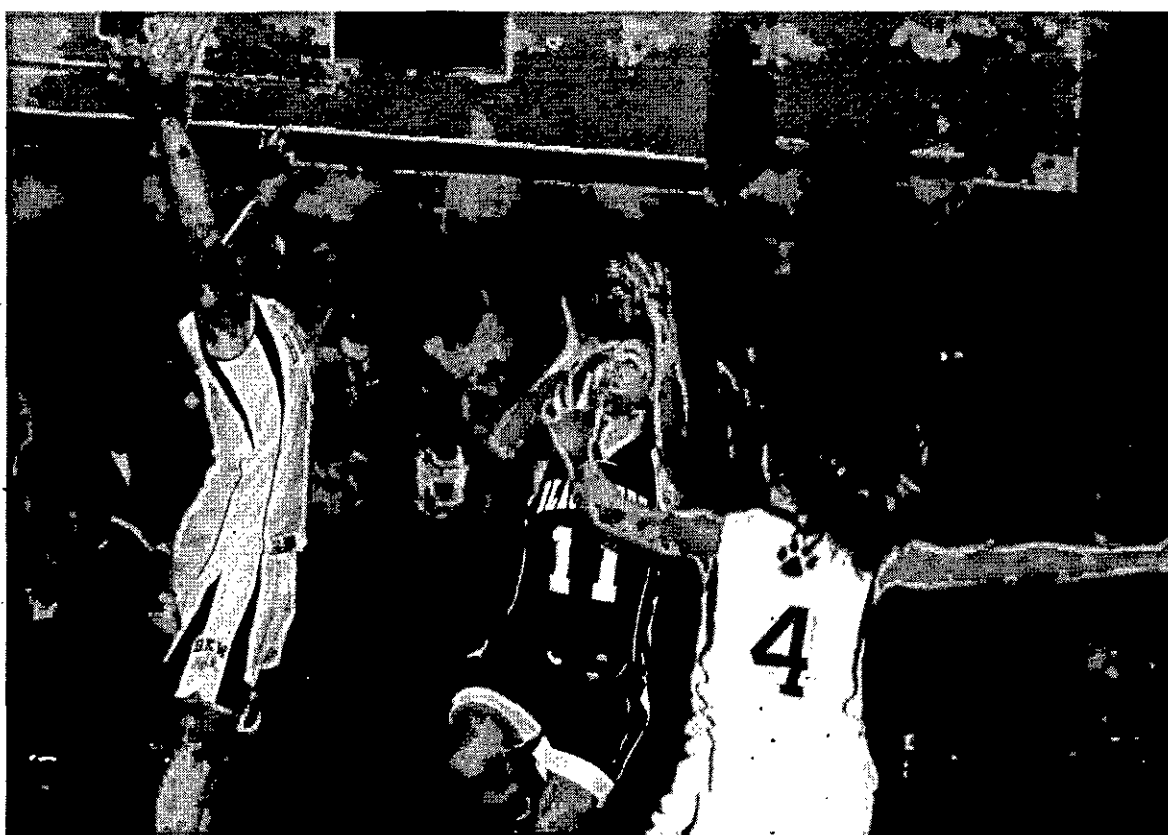
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Voorheesville's Casey Beccera takes a shot between two Berne-Knox-Westerlo defenders during Saturday's Section II, Class CC quarterfinal game at Watervliet High School.

Rob Jonas/Spotlight

Birds

(From Page 36)

several sequences in the first half where the ball was turned over again and again before either team got a shot off.

"I knew they were a pressing team, and I know we're an up-tempo team that also presses. So, I expected that," said Baron.

The Blackbirds got into an offensive rhythm when it counted the most, though. After three tough quarters, they outscored

the Bulldogs 17-7 in the final eight minutes to pull away for the 18-point win.

"We run a lot of kids, which helped us," said Baron. "When we hit the fourth quarter, we still had fresh legs, which helped us a lot."

Brittany Vogel had 12 points, Heather Bates contributed nine points and Sarah Goss and Kate Pendergast each added eight points for Voorheesville. Amber Pitcher, Anna Kulser and Katrina Yakel all scored eight points for BKW.

The Blackbirds opened the

playoffs with a 58-21 victory over Galway last Wednesday. Voorheesville jumped out to a 30-12 halftime lead and never looked back in earning its first-round win.

Casey Beccera netted 14 points, while Bates and Elizabeth Madden each added nine points for the Blackbirds. Kaley Schelling had eight of Galway's 21 points.

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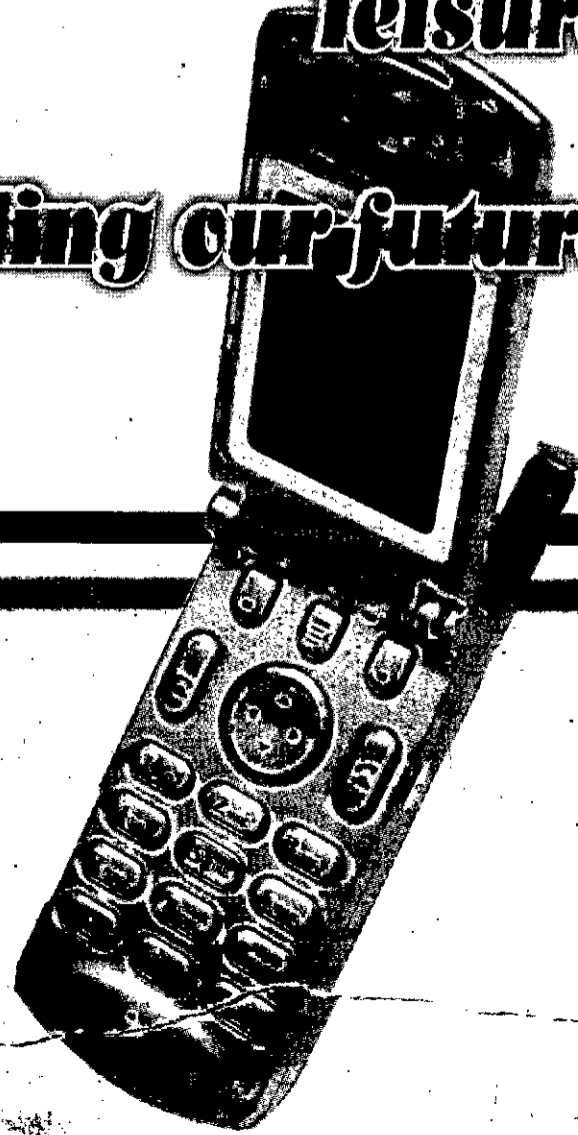
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Spotlight
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Nelson Dental is a true example of a family business

Dr. Gary Nelson has been the primary dentist at Nelson Dental since the early 1970s, and the apples haven't fallen far from the tree. Daughter Christine Testani joined the practice about five years ago to serve as office manager, following the retirement of her mother, Margaret Nelson, and daughter Katie Diamond helps out in the office on a part-time basis. Last July, Gary's son, Robert, took up the drill as the practice's second dentist.

"It's actually great working side-by-side with my dad," said Robert Nelson, who goes by "Dr. Rob" so patients can differentiate between the two generations of Nelsons. "We invigorate one another, and bounce ideas off each other. A lot of adults don't get along with their parents

anymore, but that's certainly not the case here."

A 2006 graduate of the University of Pennsylvania, Rob did his residency at St. Peter's Hospital den-



tal clinic in Albany. During his residency, Rob worked with many of the under-represented population, most without health insurance reliant on federal programs such as Medicaid.

"For the disadvantaged, it's difficult for them to access care, and there

are long waiting lists," said Rob. "As doctors, you get to appreciate what it's like to go through all that just for health care. Working in Bethlehem or Delmar, everyone has health insurance and regular opportunities to take care of their health."

At Nelson Dental, patients are families with members ranging from age 4 to around 95, and yes, even at that advanced age, many patients still retain their original set of choppers.

"The trend is changing away from pulling teeth and fitting people with dentures," said Rob. "That said, there have also been amazing advances with replacement materials. We can use bone implants and other materials to support missing teeth, and the success rate is very high. It's difficult to replace what God gave you, but

these days, there's really nothing we can't accomplish."

The Nelsons are happy to take on new patients, and Rob said his father has no plans of setting down his dental tools anytime in the near future.

"Dad enjoys it, and while he may gradually slow down and take more time off, neither of us believes you just stop working based on a specific date on the calendar," said Rob.

With a 15-month-old daughter, Rob said he'd love to see the family business continue for decades to come.

"That's every father's dream to pass along the profession to their children, but it's too soon to know what's ahead," said Rob.

Wii at Wesley is the ultimate rehab tool

The Nintendo Wii Gaming System has become the most popular therapy tool at The Wesley Community's outpatient therapy department. It is an exciting and fun way to regain endurance, strength and coordination while attending occupational and/or physical therapy.

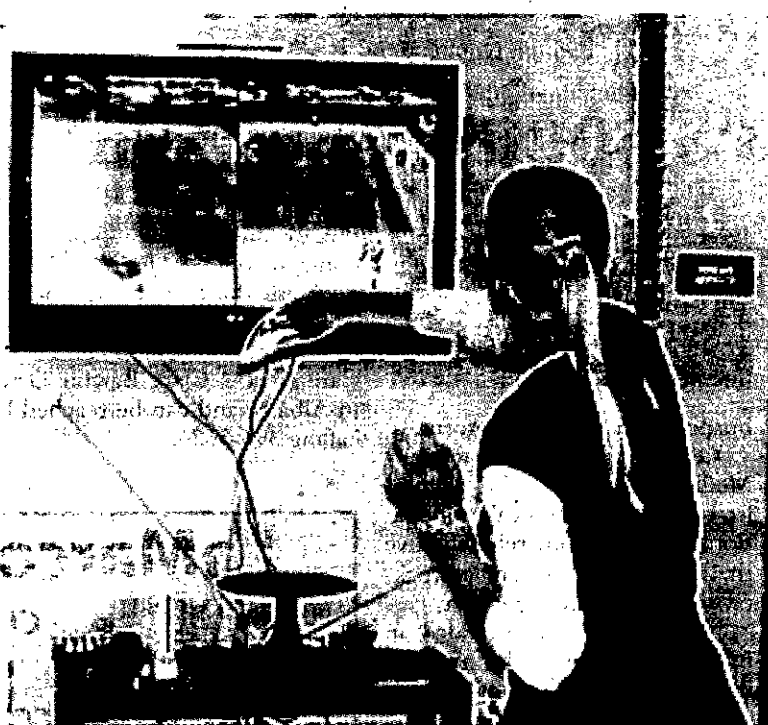
Patients of all ages are using the Wii to recover from injuries, illness or developmental disorders. It is an interactive game that can be played while standing or from a chair. One group of games with the system requires individuals to simulate a chosen sport such as tennis, golf, baseball, bowling or boxing. There are also games that address attention, memory and visual tracking, which are very helpful when working with patients who have had a stroke or children with developmental difficulties.

The Wii system has proven beneficial for a wide range of diagnoses including traumatic brain injury, stroke, orthopedic injuries, post-surgical, arthritis, cerebral palsy, muscular dystrophy and elderly individuals with impaired balance or general

deconditioning. Some of our senior patients are unable to participate in a sport that they loved such as tennis or bowling due to age or disabilities. Now they are competing safely in a simulation of that sport and absolutely enjoying it. The physical and occupational therapists may enhance the treatment by using cuff weights, balance discs and large therapy balls to challenge individuals' endurance and balance even more while playing the Wii.

"The distraction of the game and the challenge to improve one's score each time seem to be helpful with pain tolerance and management," said Tara VanBuren, director.

In the fall, a donor bought the \$350 system and a 42-inch plasma TV for the center, located on Lawrence Street in Saratoga Springs, after Jennifer Runkel, a physical therapist at The Wesley Community, suggested the center consider getting one. The Wii system is just another tool that, although initially not intended for physical therapy, works.



The Wii system has proven beneficial for a wide range of diagnoses, and has become the most popular therapy tool at The Wesley Community's outpatient therapy department. Submitted photo

About this issue

It's time to take another look at what's happening in the communities where we live, work and play.

A wide array of health, retail and leisure information is featured in Spotlight's Update II. Many of our area's businesses focus on what they are doing to help make happier and healthier lives for area residents.

Local expertise is also offered on the topic of communications and in ways to assist our area residents with building their future.

Update II offers advice on how to be an informed consumer when you need to utilize these types of services.

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Crisafulli Brothers: Professional and charitable

By WILLIAM R.
DEVOE

Crisafulli Bros. Plumbing and Heating Contractors, Inc., founded in 1939, now spans three generations and is one of the largest mechanical service firms in the Capital District. The company provides plumbing, heating and air conditioning design, installation, service and scheduled maintenance to residential and commercial clientele. Crisafulli Bros.' commitment to providing customers with the highest quality of service and products available has enabled them to become a leader in the industry.

Crisafulli Bros. employs more than 40 trained and competent technicians to answer almost every customer's needs.

Andrea Russo, president of Crisafulli Bros., has made a commitment to having all of their heating, ventilating, and air conditioning (HVAC) technicians North American Technician Excellence (NATE) certified. The certification means Crisafulli Bros.' 16 HVAC service people and installation technicians are educated in energy efficient practices and able to work on energy-saving equipment.

"NATE certification is the most stringent certification in the industry," said Russo. "Our goal is to be the first company of our size to be 100 percent NATE certified."

Russo said the family atmosphere among Crisafulli Bros.' employees develops better customer service. There is a strong team approach from management on down, Russo said.

"The way we treat our employees — that's the way they are going to treat our customers," she said.

And to Russo, the customer base is the entire community, and

Crisafulli Bros. enjoys giving back to the communities it serves.

To that end, Russo said that Crisafulli Bros. will donate \$5 from every plumbing and heating service performed in February to the St. Jude Children's Research Hospital, a pediatric treatment and research facility.

"I've never done anything like this before," said Russo. "The staff is very excited."

Crisafulli Bros. staffers also will work the St. Jude telethon, which airs March 2 on channel 6, WRGB.

"We're so excited to be part of



that," she said. "We wanted to give back to the community."

Last year, Crisafulli Bros. did heating and plumbing work on a home featured on the television show, Extreme Makeover.

"We did that house and it just felt really good," Russo said. "It was great for the morale of our staff and really built a sense of cohesion in our employees."

Starting this year, Crisafulli Bros. will reach out to the community through its Web site, www.crisbro.com, by offering online specials and tips for conserving energy and maintaining the heating and plumbing systems in their homes.

"I think folks are very cognizant of the cost of energy," said Russo, "and if we can use our Web site as a tool to reach out to the community to offer savings or to help a customer quickly, they are going to come back to us."



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Art in Design offers unique, sophisticated jewelry and gifts

A conversation piece
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can be found at gem
of a store

Art in Design, a Newton Plaza store in Latham, features designer jewelry, home decor and beads from around the world, including Paris; Milan, Italy; Berlin; Tel Aviv; Israel; New York City; Istanbul, Turkey; Zurich, Switzerland; Warsaw, Poland; and Cape Town, South Africa.

The store features international designs that are handcrafted by artisans, potters, silversmiths and glass artists and are all one of a kind.

Yona and Peter Ilani are bringing their knowledge and discoveries from decades of travel throughout the world to Newton Plaza.

"Why travel to New York City, when you have it all here in Latham?" asks Peter. "What we are doing is bringing you the sophistication and the fashion-forward designs that you can find elsewhere, but saving you the trip and expense."

"The reaction from customers and browsers has been great," says Yona. "Everyone says the same thing, that there is no store like this one in Albany, that it's time to have one, and that we have a great one."

Adds Yona, "It looks like we have succeeded in creating the uniqueness and an eclectic collection that we love."

Yona and Peter, who recently moved to the artsy Hudson Valley from New York City and Long Island, looked for a new location for the store of their dreams. They scouted the area for almost two years and were happy to get a space in Newton Plaza right on Route 9 between Latham and Loudonville.

"We are in an area where people appreciate what we have," they say. "We love this area."

Peter started his career in 1975 in fashion jewelry design and manufacturing in New York City. He dealt with designs that sold in major department and specialty stores throughout the country. Yona's background is in arts, painting, interior design and decorating, and jewelry design.

The couple is putting all their experience and know-how into the store, and it shows.

They offer Morano glass, hand-laid glass decorative plates and serving decorates; pottery from six different potters; modern and traditional designers' jewelry; stainless steel functional art and much more.

The store also offers gift packing and wrapping at no additional charge.

A surprise department in the store is the selection of beads. In

the back of the store, there are more than 100,000 strands of beads from around the globe.

Beads of semi-precious materials, stone, glass, ceramic, sterling silver, gold over silver, brass, as well as thousands of findings, vintage and new, are among the selection. The beads are beautifully displayed within easy reach and are sorted by color and type.

Beading classes for different levels are available.

Art in Design is owned and operated by Nice People Co., Inc., with 32 years of experience and is located at Newton Plaza, 595 New Loudon Road, Latham, 12110. They can be reached by calling 218-9800. The store's hours are Monday, noon to 6 p.m.; Tuesday through Friday: 10 a.m. to 6 p.m., and Saturday, 10 a.m. to 5 p.m. Hours may change without notice, so those coming from a distance are advised to call first.



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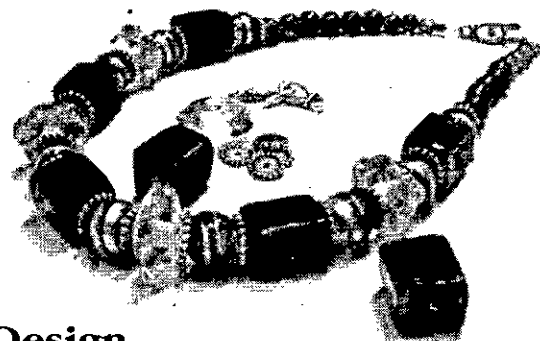
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Delmar Dental Medicine gives patients a reason to smile

Since 1969, Dr. Thomas H. Abele has been making smiles brighter in the Capital District. Today, he continues the work he began almost 40 years ago.

Delmar Dental Medicine is the dental office in the heart of Delmar that started as a small corner office and went on to become the modern dental facility it is today. Dr. Abele is a general dentist who focuses mainly on family dentistry, oral surgery and implants.

Delmar Dental Medicine performs everything from routine cleanings to complicated surgical cases. See the Web site at www.delmardental.com to learn more about the services they offer as well as Dr. Abele's Curriculum Vitae.

Exceptional family dentistry is the top priority at Delmar Dental Medicine.

"You have to listen to patients. They will tell you how they want to be treated and what kind of treatment they are interested in. The key to a good dental practice is knowing how to work with your patients and direct them toward what will work best for them," says Dr. Abele. "We

try to educate our patients so they can make a more informed judgment about what treatment they wish to pursue. We are a family practice and strive to make the entire family feel at home."

Delmar Dental Medicine is a group of close-knit staff members who cater to the patients' needs. The practice has a very comfortable office and reception area with all the latest amenities, in order to achieve a relaxed atmosphere that will make patients want to visit.

The office features the latest in dental technology and sterilization. The on-site dental laboratory allows staffers to work closely with patients to assure that they are completely satisfied with their dental treatment. Dr. Abele also performs sedation dentistry, which is of special interest to those patients who are nervous about having dental treatment performed.

Being certified in dental external conscious sedation in New York State, Dr. Abele allows patients to safely be sedated so they can receive the treatment they need or want in a comfortable and relaxed environ-

ment.

According to the Dental Organization for Conscious Sedation (DOCS), adult Oral Sedation Dentistry provides many advantages to caring dentists: treating a more comfortable patient; performing more dentistry in a single visit instead of requiring the patient to return again and again; bigger restorative cases from patients who were previously reluctant due to anxiety; and patients who feel little to no post-operative discomfort, regardless of the procedure.

Dr. Abele provides a variety of services for his patients, all with the convenience of being a local neighborhood dentist.

Delmar Dental Medicine invites you to come to the office if you are looking for a new dentist or if you have some dental treatment you would like performed. Their goal is to give patients the most exceptional dental visit possible to help them achieve optimal dental health and to educate patients so they can maintain dental health throughout their lifetime.

Welcome home

Delmar Place offers caring assisted-living community

A little over three years ago, Henry Klersy and Klersy Building Corporation undertook the mission of building an assisted-living residence for seniors in Delmar.

For over 50 years, the Klersy Building Corporation had the privilege of building homes and commercial projects throughout the Capital District. They consider it an honor to have built Delmar Place brick by brick, knowing that they were building a caring home for your loved ones.

The 94-unit assisted living community, located in the heart of Delmar, helps those who make up the community remain a part of it. Nothing makes the staff of Delmar Place happier than to be able to say the same two words it has been their honor to say for more than three years: "Welcome Home."

There used to be a time, not so long ago, when quality senior living alternatives were limited. Thankfully, times have changed. Delmar Place provides a non-institutional, home-like setting where personal care services are available on a 24/7 basis, with all the comforts of home and more. Delmar Place is a quiet park-like refuge, situated on 6.7 beautifully landscaped acres, in the center of a vibrant village.

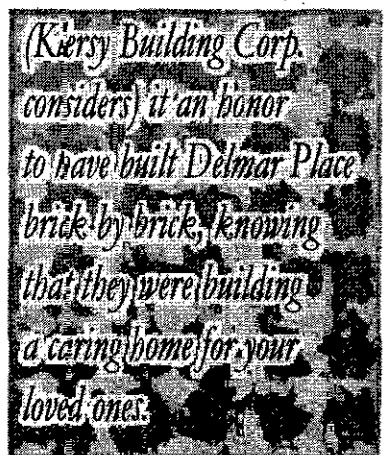
Each of the 94 apartments feels like home because the residents furnish them themselves. Delmar Place believes warm, meaningful, cherished treasures are what make any house a home; that old leather chair or heirloom bed, surrounded with family photos, art, books and mementos from a life richly led.

Common areas also have an inviting feel to them. Corridors and hallways are warm, welcoming and familiar, as they are named after actual streets and landmarks in the Delmar area, with the building's central core called "The Four Corners of Delmar Place."

It is not only the accommodations that make Delmar Place special. They pride themselves on providing excellent services for residents.

Beginning this month, Weston Paxxon Health Care Services, which provides physical and occupational therapy, will join Delmar Place to provide services for those within and without the Delmar Place community.

"They will not only service our



residents here, but they will service area residents as well," said Delmar Place's Donna Cardish. "It's certainly helped with our residents."

Delmar Place also has on hand a licensed podiatrist, psychologist, and a couple of physicians, said Cardish.

Starting in March and extending through May, Delmar Place will host a series of educational events with the LENS Program, an educational program sponsored by the Foundation of New York State Nurses and Capital District 9 of the New York State Nurses Association.

The educational sessions will be held one time monthly. In March, Delmar Place will host "Keeping Your Emotional Balance." In April, the class will be "Fun at Your Age," and in May the class will focus on foot care.

Classes will be held at 1:30 p.m., weekdays. Call 434-4663 for dates.

Kingsway offers complete continuum of care

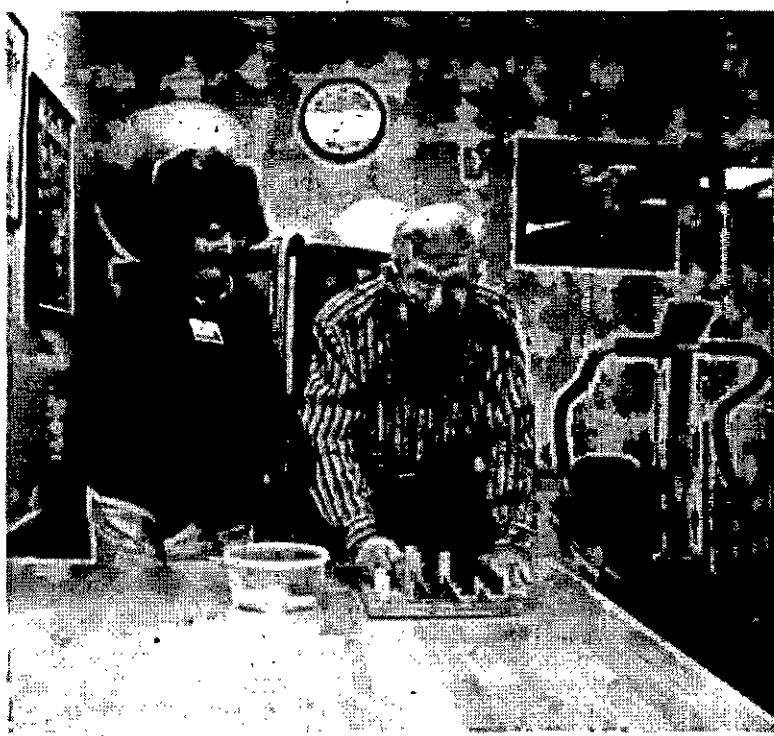
For seniors who aren't fans of retuning to Florida, but no longer want the responsibility of home ownership, Kingsway Community may be the answer.

This senior living community offers a variety of accommodations and services to meet the needs and preferences of the residents who call Kingsway home.

Kingsway Community, a privately owned and family operated senior living center located on Kings Road in Schenectady, began in 1975 with the Kingsway Arms Nursing Center founded by Dr. Peter McPartlon. The nursing center offers 24-hour professional care, meals with entrée-choice, psychological services, recreational activities, transportation to medical appointments and physical and occupational therapy.

Kingsway has an assisted living community accommodating 120 seniors. Kingsway Manor Assisted Living offers 24-hour personal assistance, supervision with medication and personal care needs, meals,

See Care, Page S18



Carolyn Carpenter, COTA, of Sunnyview Rehabilitation Hospital, works on a fine-motor-coordination activity with resident Andrew Walthers as part of the rehabilitation services provided at Kingsway Arms Nursing Center. **Spotlight**

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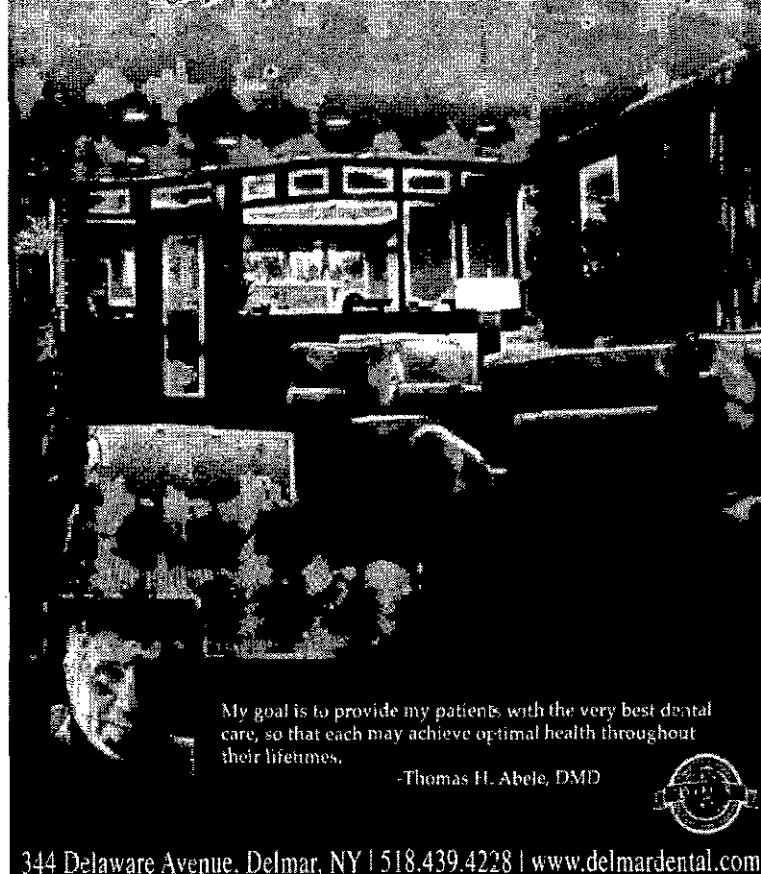
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Delmar Pediatrics is growing with the needs of the community

Delmar Pediatrics, PLLC is a local practice that is committed to the community, from diapers to diploma.

A highly trained staff of four board-certified pediatricians and a family nurse practitioner isn't the only thing that makes it successful: They're parents too.

"All of us know what it's like to be up in the middle of the night with the screaming and crying and the fear that comes over you when your infant child comes down with a fever," said Dr. Michael P. Looney, board-certified pediatrician and owner of Delmar Pediatrics. "It's one thing to run an academic exercise; it's another to actually experience it ... our motto is to treat patients like you want your own children to be treated."

Dr. Looney and his staff see patients from the time they are born until age 23.

Moving to 1220 New Scotland Ave. two years ago, Dr. Looney has been providing pediatric care in Delmar since 1989. Delmar Pediatrics provides medical services for issues ranging from developmental, infectious disease and respiratory problems, to certain psychological and emotional issues.

"I usually tell people, 'You shop around for a house. You shop around for a car. Why wouldn't you shop around for a doctor's office?'"

Michael P. Looney

Dr. Looney runs an open office and invites potential patients and parents to schedule an appointment and take a look around.

"I usually tell people, 'You shop around for a house. You shop around for a car. Why wouldn't you shop around for a doctor's office?'" Dr. Looney said. "They are non-medical meetings and you can see the office for yourself and get a feel for how we work."

The new building on New Scotland Avenue was built with patients in mind, according to Dr. Looney.

"We helped work on the blueprints for the building and came up with a design that was the most beneficial to patients," said Dr. Looney. Those plans include a sick waiting area, two-stroller width hallways and open waiting areas. "It doesn't feel cramped or crowded here."

Because of the four pediatricians and nurse practitioner on staff, Delmar Pediatrics can often be the stop

before, or even instead of, the emergency room.

From splints to sutures, comprehensive care is ensured.

"Our patients typically don't have to be rushed to the emergency room," said Dr. Looney. "And if they do have to go, we can set it up at the hospital before they arrive."

Delmar Pediatrics also has a telephone line with an actual person for prescription refills and referrals.

"We may get busy sometimes ... but we have actual humans on the line," Dr. Looney said. "None of that automated 'Your call is very important to us,' stuff."

The skilled and friendly staff at Delmar Pediatrics includes Dr. Michael Looney, M.D.; Holly Swanson, M.D.; Jennifer K. Larner, M.D.; Alexander Brand, M.D.; and Veronica Armbruster, F.N.P.

For more information or staff bios, visit www.delmarpediatricspllc.com.



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Furniture store doesn't sacrifice quality for cost

Pattersonville Furniture Store has been delivering the finest furniture and quality customer service to Schenectady County residents and beyond for decades.

The family owned-and-operated business has been helping customers with their furniture needs since 1936 when Clyde and Reba Stein opened its doors at 1664 Main St. (Route 5S) in Pattersonville.

Now under its third generation of ownership and just shy of 75 years in business, co-owner Greg Welsh says their sales approach really hasn't changed that much.

"We have discounted our furniture prices since 1936. That's what we do. Our prices are very reasonable for the product we offer and the service that we provide to the customer, and that's what keeps us going."

Pattersonville carries close to

"Our prices are very reasonable for the product we offer and the service that we provide to the customer, and that's what keeps us going."
Greg Welsh

Welsh says once a customer purchases a piece of furniture in his store, his staff is happy to deliver it to the customer's home free of charge. He says they also offer setup, removal and financing, all free of charge.

Within the past year, Welsh says the store has changed a few things around and done some remodeling.

"We just redid our Harden Home Studio section over," says Welsh.

Not only can customers find discounted prices on their store-room floor, but they can also find them on their Web site at www.pattersonvillefurniture.net. Right now, potential buyers can send their name and address to the store via its Web site to receive a coupon for 10 percent off their next purchase at the store.

If you are still undecided about your next or first purchase at the store, Welsh says, just ask, and his staff of four will help you find the right product for you. Whether it's standard or custom sizes, designs or colors, they are there to meet your needs.

The Pattersonville Furniture Store is open from 10 a.m. to 5 p.m. Monday to Wednesday; from 10 a.m. to 9 p.m., Thursday and Friday; 10 a.m. to 5 p.m., Saturdays; and closed Sundays.

For information, call 887-2741.



three dozen lines of furniture including some of the best in the business: Harden and Hallagan, both made in New York; Caperton (Tom Seely); Nicholas and Stone; Leathercraft; Lyndon; and Simmons BeautyRest.

Each line comes in a variety of styles, designs and solid woods, like cherry, walnut, birch, maple, oak and pine.

"We deal mainly in solid woods, American made," said Welsh, who has co-owned the store with his wife, Betsy, after taking over from his aunt and uncle, Patricia and Wallace McKee, in 1994.



Children • Adolescents • Reassurance • Education

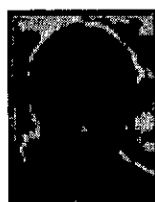
Our hands heal the next generation.



Michael P. Looney
MD, FAAP



Alexander Brand
MD, FAAP



Holly Swanson
MD, FAAP



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Veronica Armbruster
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Community Care streamlines health care

Approach allows doctors to spend more time treating patients

The impact of a fresh approach to healthcare upon patients is nothing short of remarkable.

Community Care Physicians, PC is the largest multi-specialty medical group in the Capital District with more than 35 locations and more than 200 providers in four counties.

Community Care is on the cutting edge in the delivery of health care. As a multi-specialty group, they can offer a variety of health-care services, from pediatrics to geriatrics. You can trust that you are getting Community Care's premier standard of medical care. Moreover, Community Care's strong teaching and research affiliations allow access to high-precision technology, advanced diagnostic/therapeutic modalities and cancer treatments, and quality physicians who partner in your healthcare.

Focus on patient care

Community Care's unique corporate structure means the physicians work for you. Time is of the essence, perhaps nowhere more than in medicine. By creating a corporate office designed to handle paperwork and administrative details, Community Care lessens physicians' administrative burden, allowing them to spend more time with their patients.

As a multi-specialty group, Community Care can offer a variety of health-care services, from pediatrics to geriatrics. You can trust that you are getting Community Care's premier standard of medical care.

The management team works to support the mission and goals defined by the physician leaders of the company. Thanks to a talented administrative team and significant investments in technology, Community Care has centralized the human resources, legal, operations, financial, technology, continuing medical education and other support systems that the medical offices need.

By creating opportunities for doctors to spend more time with their patients, each other, and staying up-to-date with current medical knowledge, Community Care has guaranteed that patients will receive a doctor's undivided attention during their visit. This corporate structure came in



especially useful when implementing the electronic health records throughout the company. The management team could do the leg work (research, pro forma analysis, etc.) in order to provide the physicians with guidance on the new systems.

Electronic Health Record

All Community Care providers utilize an Electronic Health Record to support patient care and operations in the medical offices. Reducing the complexity of paper-based medical charts, the EHR allows Community Care providers to access and share information quickly with the highest level of confidentiality, enabling a more efficient medical organization.

The EHR is more than an electronic version of a paper chart. It assists physicians in collecting, evaluating and documenting information regarding your medical care via a computer. The EHR has many benefits compared to the traditional system of paper charts. It is easier for physicians to access the medical records both from within the office and outside the of-

fice.

EHR accurately retains and retrieves information that might otherwise be lost or forgotten in a paper chart. Physicians can transmit clinical information easily and efficiently to consultants and specialists who collaborate in care. In other words, EHR provides physicians and patients with the information that they need, when and where they need it, so that they can optimize a plan of care.

Open access to care

In keeping with its philosophy to grow according to the needs of its patients, Community Care offers the benefit of open access

hours. Several of the Community Care practices have instituted walk-in and convenience care hours. During these designated times, existing patients can be seen by a doctor without a prior appointment. This enables patients to see a provider during hours

that are before the typical work day or on a Saturday morning. Furthermore, Community Care's Urgent Care Center in Latham sees patients evenings, weekends, and holidays. These open access hours are designed to meet the needs of today's busy population.

Community Care Physicians is currently accepting new patients and accepts most major insurance carriers.

For more information or to schedule an appointment, please call 518-782-3700 or visit www.communitycare.com.

Neurofeedback puts mind over matter

Cindy Perlin, a licensed clinical social worker with an office in Delmar, offers a drug-free treatment called neurofeedback for brain-based disorders. Following are some answers to frequently asked questions about this treatment.

What is neurofeedback?

Neurofeedback is direct training of brain function, by which the brain learns to function more efficiently. We observe the brain in action from moment to moment. We show that information back to the person, and we reward the brain for changing its own activity to more appropriate patterns. This is a gradual learning process. Neurofeedback is also called EEG biofeedback because it is based on electrical brain activity, the electroencephalogram, or EEG.

What is neurofeedback good for?

Neurofeedback addresses problems of brain dysregulation, including the anxiety-depression spectrum, attention deficits behavior disorders, various sleep disorders, headaches and migraines, PMS, and emotional disturbances. It is also useful for organic brain conditions such as seizures, brain injuries, the autism spectrum, and cerebral palsy.

How is this done?

We apply electrodes to the scalp to listen in on brainwave activity. We process the signal by computer, and we extract information about certain key brainwave frequencies. We show the ebb and flow of this activity back to the person, who attempts to change the activity level. Some frequencies we wish to promote. Others we wish to diminish. We present this information to the person in the form of a video game or other audio/visual feedback. The person is effectively controlling the computer with his or her brain.

Eventually the brainwave activity is "shaped toward more desirable, more regulated performance. The frequencies we target and the specific locations on the scalp where we listen in on the brain, are specific to the conditions we are trying to address and specific to the individual.

What happens if neurofeedback clients are taking medications?

With successful neurofeedback training, the medications targeting brain function may very well no longer be needed or they may be needed at lower dosages as the brain takes over more of the role of regulating itself. It is important for clients to communicate with their prescribing physician regarding neurofeedback and medications.

Is neurofeedback a reimbursable treatment?

There are insurance codes for biofeedback under which neurofeedback could be covered. However, locally most insurance companies are very resistant to paying for this treatment.

Is neurofeedback a real breakthrough?

The most significant scientific

frontier in health care at this time is to understand how our brains function. We are beginning to learn the brain's "operating system" and how to make almost any brain function better.

Do the effects of the training last?

If the problem being addressed is one of brain dysregulation, then the answer is "yes." Neurofeedback involves learning by the brain. And if that brings order out of disorder, the brain will continue to use its new capabilities, and thus reinforce them. Matters are different when we are dealing with degenerative conditions like Parkinson's or dementia, or when we are working against continuing insults to the system, as may be the case in the autism spectrum. In such cases, the training needs to be continued at some level over time.

Cindy Perlin, LCSW, can be reached at 439-6431. Her Web site is www.peakmindbody.com.



Rehabilitation Services



Kingsway's comprehensive rehabilitation services, in conjunction with *Sunnyview Rehabilitation Hospital*, have helped people regain their footing and tackle activities of daily living. The interdisciplinary team focuses on rebuilding self-management

of some chronic and post-acute conditions enabling rehab residents to return home. On-site speech and language therapy is also part of the rehab program. Let Kingsway be the intermediate step from hospital to home for you or your loved one. Call for a personal tour of our nursing center and ask for Kathy.

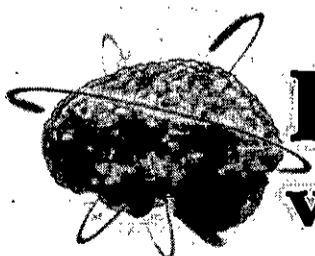
Kingsway Community

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Suffer from Computer Vision Syndrome? Catholic Charities is on the go

Do you use computers daily at work or at home? If so, you may be suffering from computer vision syndrome and not even know it. According to the American Optometric Association (AOA), this syndrome leaves people vulnerable to problems like dry eye, eyestrain, neck and/or backache, light sensitivity and fatigue. These symptoms can result from individual problems, poor work station configuration and improper work habits.

Pre-existing, uncorrected vision problems like farsightedness and astigmatism, inadequate eye focusing or eye coordination abilities, and age-related eye issues also contribute to computer vision syndrome.

According to the AOA, working at a computer requires a great deal of eye movement and eye focusing. The constant re-focusing effort stresses the eye muscle, leading to computer-related vision problems. It can have a great impact on individuals' comfort and productivity, whether they are at work, school or home.

According to a survey conducted by the AOA, Americans are feeling the pain of computer vision syndrome. Forty-one percent said they have experienced eye strain, and 45 percent cited neck or back pain after prolonged computer or handheld device use. Many of these symptoms are temporary and will improve after ceasing computer work. However, some individuals may continue to experience visual problems, such as blurred distance vision, even after computer work has stopped. If the causes of the problem are not addressed, the symptoms will recur, and perhaps worsen, with future computer use.

Special computer glasses and computer screen filters are available to help reduce glare and discomfort, but only 11 percent of Americans currently use these devices.

Computer users can follow these guidelines to prevent or reduce eye and vision problems associated with computer vision syndrome:

- Have your vision checked regularly. Before the age of 60, adults should

have comprehensive eye exams every two years, or as recommended by an eye doctor (yearly at age 61). Vision and eye health can change rapidly and frequently, particularly as one ages. Therefore, having one's vision examined on a regular, timely basis is important to maintaining overall health and for preventive reasons.

- Limit the amount of time you continuously use the computer. Practicing the 20/20 rule (look away from the computer every 20 minutes for 20 seconds) will minimize the development of eye-focusing problems and eye irritation caused by infrequent blinking.

- Check the height and arrangement of the computer. Optometrists suggest more comfortable computer viewing can be achieved when the eyes are looking downward. Optimally, the computer screen should be 15 to 20 degrees below eye level (about 4 or 5 inches) as measured from the center of the screen and 20 to 28 inches from the eyes.

- Check for glare on the computer screen. Windows or other light sources should not be directly visible when sitting in front of the monitor. When this occurs, turn the desk or computer to prevent glare on the screen.

- Reduce the amount of lighting in the room to match the computer screen. A smaller light can be substituted for a bright overhead light or a dimmer switch can be installed to give flexible control of room lighting. Turn three-way bulbs to the lowest setting.

- Keep blinking. To minimize the chances of developing dry eye when using a computer, make an effort to blink frequently. Blinking keeps the front surface of the eye moist.

Viewing a computer screen is different than reading a printed page, reminds the AOA. Often the letters on the computer screen are not as precise or sharply defined, the level of contrast of the letters to the background is reduced, and the presence of glare and reflections on the screen may make viewing difficult.

For information regarding computer vision syndrome, visit www.aoa.org.

Number of programs show group's commitment to community

Need wheels for work or a warm afternoon lunch?

The Catholic Charities of Schenectady County can help. They offer these services, and several others, to county residents in need.

For the past 71 years, the organization has been a mainstay in the community; serving more than 5,000 residents annually.

"We don't turn anyone away," said John Steele, executive director of the Catholic Charities of Schenectady County. "If we don't provide the service, we direct people to where they can get help."

The organization's services are available to residents of all ages.

Programs like Healthy Schenectady Families ensure that pregnant women and their families are provided basic necessities before and after the birth of their children.

The program is aimed at equipping new mothers with the tools and resources they need to provide a healthy environment for their new child through an intensive in-home visiting service. Women must enroll for this assistance within three

months of having the baby.

Talking, Listening, Caring, another service offered by the charity, provides young mothers with case-management services through St. Clare's Family Health Center and Hometown Health Centers, where a case manager is on site to guide new parents to community resources. The case managers also offer support after the child is born. To qualify for the program the new mother must be under 21 years of age.

In an effort to maintain Schenectady's senior population, Catholic Charities helps seniors seek out and apply for programs, benefits and entitlements through their Aging Services Program.

There are also two easy ways for seniors 60-and-older to enjoy nutritious, noontime meals. Congregate Meals gives seniors a chance to enjoy a hot lunch at any of the six dining rooms around the county Monday to Friday.

If mobility is an issue, a hot lunch can be delivered to a home through the Home Delivered Meals Program, or transportation can be provided from the resident's home to the nearest dining center. The charity's transportation service can also be used for a ride to the grocery store or a medical appointment.

Wheels for Work is offered in conjunction with the Catholic Char-

ities of Albany and Rensselaer counties to provide low income families with a car for work. The vehicles are donated and repaired for use by the family.

Catholic Charities of Schenectady County also have several fundraisers throughout the year to supplement their budget.

"Each of the events help to support the services," Steele said.

For the first time this year, the charity will host a community breakfast, which will be held at the Ancient Order of Hibernians Hall in Schenectady, Sunday, April 13, to raise money for the organization's services.

"We try to build a base of support in the community," Steele said.

Other fundraisers include an annual golf tournament, to be held on Monday, June 2; "Crowning of the Senior Rose Queen at Central Park, to be held on Thursday, June 5; and an annual dinner at Glen Sanders Mansion in Scotia, to be held on Monday, Sept. 29.

In addition to the services mentioned, the Catholic Charities of Schenectady County also provides several other services to Schenectady County residents, at little to no cost.

For more information on these and other services, or to provide a donation, check out the Web site at www.ccschdy.org, or call 372-5667.

Capital Region Retina has seen advancements in eye care

Doctors Jeffery Stern and John King are working to spread the word that people should not shut their eyes to possible symptoms of eye disease that, left untreated, could eventually threaten their sight for the rest of their lives.

At Capital Region Retina, PLLC, the doctors are board-certified ophthalmologists now harnessing the most sophisticated medical tools to perform incredible procedures that were unheard of even a few decades ago.

"There is new technology that even allows us to look at the retina in making our assessment," said King. "There's been such a huge leap in imaging technology. During exams, we can look at tiny capillaries behind the eye to get a look at problems before they become severe."

The work at the retinal center differs from that at Lasik eye clinics, where the cornea is reshaped to improve moderate conditions of near-

and far-sightedness. "What we're looking at is the back of the eye, where detachment can occur," said King.

Treatments for vision loss caused by abnormal blood vessels include using a laser to inject a light-activated drug that travels to the abnormal tissues to produce a reaction allowing abnormal blood vessels to close. Another procedure uses a highly focused beam of light that can be aimed precisely through the pupil to the retina. It seals leaking blood vessels and keeps abnormal blood vessel growth from spreading.

Patients range from children to older adults, and King said he is especially concerned about adults with diabetes.

"You have to catch it early on," said King. "I've seen patients who have almost lost their eyesight due to diabetes."

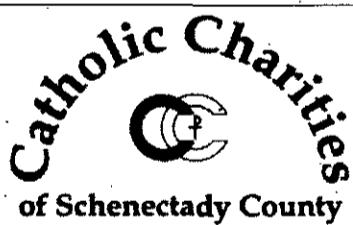
With proper treatment, a full 95 percent of patients seen at the prac-

tice can have their vision stabilized, while about 40 percent will gain improvements in their current vision.

"It's very satisfying to help people with these new advances," said King. "When you see someone's vision improve, that's a great feeling."

King recommends that people, especially those with diabetic conditions, have an annual eye exam that includes dilatation to allow ophthalmologists to see the retina and blood vessels.

Symptoms everyone should be aware of include fuzzy or blurry vision, distorted lines or wavy edges in vision, cobwebs, floaters (dark spots), faded color vision, and vision that varies throughout the course of a day. These symptoms, while not always signaling serious problems, could be caused by conditions including retinal detachment, age-related macular degeneration, or diabetic retinopathy, a condition resulting from uncontrolled diabetes.



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www.capitalregionretina.com



The diverse community at Ávila is made up of artists, former teachers and even some people who still work everyday.

Submitted photo

Ávila offers warm community for retirees

If you're thinking about moving into a retirement community, you don't have to think of it as downsizing your living space.

"Our units range in size from 700 square feet to 2,000 square feet," says Karen Hoogkamp, community liaison director for Ávila, a retirement community in Albany.

All of the one-floor, apartment and cottage-style living spaces come with microwaves, dishwashers, washers and dryers, 5-foot walk-in showers and more.

Ávila also provides a number of services to its residents,

health-conscious population.

The motto at Ávila is: 'A lifestyle of lifelong convenience, fitness and health,' and its message gets put to use by residents in the fitness center.

The fitness center features state-of-the-art equipment and an indoor pool. Staffed with a full-time aquatics director and a full-time fitness director, Ávila offers classes on everything from Thai Chi to swimming.

While Ávila doesn't offer on-site health care, the staff is happy to provide complimentary scheduled transportation to medical appointments. Transportation can also be used for scheduled shopping excursions or for special events.

But those looking for a good meal don't have to leave Ávila's campus.

"Our residents receive a complimentary breakfast at our Bistro daily and they have six options at lunch and dinner in our dining rooms," says Hoogkamp.

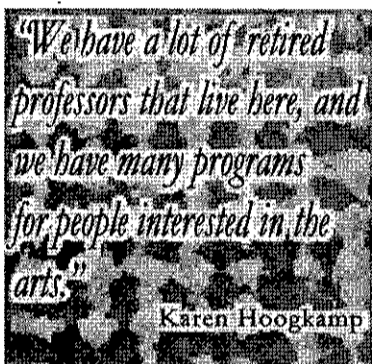
Apartment residents receive 21 meals per month and cottage residents receive 14 meals per month.

And at Town Center, residents can enjoy all the comforts of an Adirondack lodge without having to travel up the Northway.

Town Center features a library with computer stations, a mailroom, an arts and hobby studio, and guest suites. It's also the home of many other amenities like the community dining facilities, an entertainment complex, and an interfaith chapel.

"Come try us out and take a tour," says Hoogkamp.

Ávila is operated by DePaul Housing Management in affiliation with the Roman Catholic Diocese of Albany.



Karen Hoogkamp

Interim provides service with a personal touch

Interim HealthCare, a national provider of home care and staffing services is expanding its role in the Capital District and beyond.

Nationally, the provider has more than 300 offices that since 1966 have been providing quality, cost-effective, customer-focused home care services. Locally, Interim HealthCare of the Capital Region, owned by Lisa Evans and Suzanne Smith, is adding a fourth office in Columbia County to expand upon services that have been in place since 1971.

"We can provide all kinds of services, aides, nurses and companions. We are what in this (service) world is licensed home-care agents by the state of New York," said Evans.

Evans and Smith purchased the franchise in 2002.

A staff of 200, based out of one of three offices in Ballston Lake, Queensbury and Interim's main office on Central Avenue in Albany, provide home services to the elderly and disabled within a 50-mile radius of Albany.

On April 1, the provider will open its fourth office in Columbia County to extend and strengthen those services, said Evans.

To remain in the communities and in their homes, the elderly and disabled need a number of services to help maintain their individuality and health.

In Interim's service areas, health professionals provide services such as personal care, including bathing, grooming and dressing; light house-

keeping and laundry; meal preparation; shopping; companionship; medication management by a registered nurse; other skilled nursing care; respite care; and live-in care.

But the service doesn't stop there and often goes beyond the expectations and conventional duties many expect of home health care providers.

Interim listens to what the client and patient needs, said Evans. The services are not blanket care procedures, they are specifically tailored to the patients, she said.

A while ago, Interim received a call inquiring if an aide at Interim would be available to take the client's father out golfing. The elderly man had been shut in and was getting depressed. Interim soon found an aide in one of its offices that played golf and sent him off with clubs in hand. The golf outing became routine, said Evans.

"That's the kind of need I mean," said Evans. "We care and listen to our clients' needs."

It's a job that requires great dedication from her staff, she said. And it is always there when called upon.

As the demand increases and baby boomers approach retirement age, Interim HealthCare is bracing itself for an influx of clients, said Evans.

The organization is currently hiring qualified caregivers, and will be offering a free one-week personal-care training program.

To learn about Interim Health Care, call 452-3655 or visit www.interimhealthcare.com.



including bi-weekly housekeeping, groundskeeping, cable television services, trash removal and 24-hour staffing.

In many ways, Ávila offers a collegial atmosphere, where people come together to pursue common interests, even though the average resident age is 81.

"We have a lot of retired professors that live here, and we have many programs for people interested in the arts," says Hoogkamp.

The diverse community at Ávila is made up of artists, former teachers and even some people who still work everyday.

Hoogkamp says groups frequently take trips to Proctors in Schenectady and The Palace Theater in Albany. Ávila also has a vibrant bridge club, art classes and a fitness center for its large

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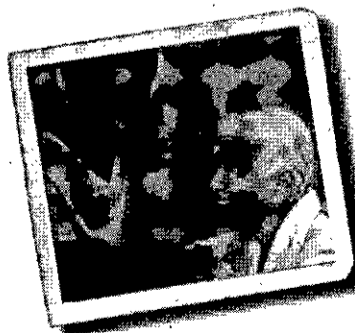
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Northeast Footcare offers solutions to podiatric problems

At Northeast Footcare, Dr. David Lambariski wants his patients to know they don't have live their lives with chronic foot pain any more.

Lambariski said something as simple as wearing the wrong pair of shoes can lead to painful foot problems.

"A lot of people wear poor-fitting shoes," said Dr. Lambariski, who is the founder and resident physician at Northeast Footcare. "You can come to me and I can explain the shoe anatomy. I can do a lot."

And Dr. Lambariski offers much more than consultations.

He also offers Cryosurgery, a cutting-edge, non-invasive technique that helps combat chronic foot pain.

Dr. Lambariski is the first and only certified CryoStar surgeon in the Capital District and is fully qualified to use Cryosurgery to treat painful foot conditions like heel pain, plantar fasciitis, diabetic neuropathy and Achilles tendonitis.

Cryosurgery uses extreme cold technology to freeze the sensory nerves. By freezing these nerves, Dr. Lambariski can eliminate several painful foot conditions. A healthy nerve regenerates in six weeks.

Cryosurgery benefits patients because it's a quick procedure with a speedy recovery. And, the procedure is done in the comfort of Dr. Lambariski's office in the Mohawk Medical Arts Building, in Amsterdam, in as little as 15 minutes. No stitches are required and patients feel no post-operative pain.

Dr. Lambariski said the most common ailment he sees is heel

pain.

"Generally it's an overuse injury," he said. "People are on their feet all day and they're pounding on their heels all day. The tissues and muscles on the bottom of the heel just start to give way and can't take the pressure and stress."

According to Dr. Lambariski, Northeast Footcare offers the most comprehensive foot care in Upstate New York. Dr. Lambariski treats many conditions including fractures, chronic diabetic wounds,

bunions, plantar heel pain, warts, ingrown toenails, sports injuries, ankle sprains, reconstructive foot surgery and much more.

Dr. Lambariski received a B.S. from Rutgers University in 1991. He graduated from The Pennsylvania College of Podiatric Medicine in Philadelphia and completed his residency at Columbia-Presbyterian Hospital in Brooklyn.

Board Certified in Foot Surgery and Wound Care, Dr. Lambariski is a diplomate of the American College of Foot and Ankle Surgeons and is a member of the American Podiatric Medical Association. He specializes in general podiatric care with special interests in diabetic foot care, reconstructive surgery and sports medicine.

An outdoor enthusiast, Dr. Lambariski also enjoys rock climbing, cross-country skiing, hiking, kayaking and running.

He lives in Niskayuna with his wife and two sons.

Stop living with foot pain and contact Northeast Footcare today at 842-2200 or visit them on the Web at www.northeastfootcare.com.



Fusion spa opened its doors to the public with a ribbon-cutting ceremony last year.

File Photo

Fusion Spa: A new world spa

Med spas are the fastest growing sector of the spa industry. The concept first originated in the European countries and soon became popular on the West Coast.

Fusion Spa first opened its doors in the spring of last year. The concept was that of a hybrid of traditional day spa treatments and medical services all available in one location, thus allowing one to have hot stone therapy massage and facial rejuvenation during the same visit.

So, do all these treatments seen advertised in magazines, newspapers, and TV really work? One could look to Hollywood for the answer, since the vast majority of the stars have these treatments several times a month. Better yet, review the medical literature on aesthetics as staffers at Fusion Spa did. The science proves that the vast majority of these treatments do work.

The two main keys to the best outcomes are the qualifications of the person operating the equipment and the type of lasers used. All lasers are not created equal, and one laser cannot treat all conditions. More importantly, it is well proven that a physician or licensed aestheti-

So, do all these treatments seen advertised in magazines, newspapers, and TV really work? One could look to Hollywood for the answer... (or one could) review the medical literature on aesthetics as staffers at Fusion Spa did. The science proves that the vast majority of these treatments do work.

cian trained in the use of lasers is by far superior to a non-medical person or a salon employee. Fusion Spa provides a relaxing spa environment with a beautiful Asian fireplace in the herbal tea lounge. The focus is on distressing and relaxation, allowing clients to achieve the best results with all the treatments. Treatment of sun damage, brown spots and spider veins on the face, chest and hands is one of our most popular packages. This involves use of a laser called an IPL. It targets the pigmentation of the damaged areas in the skin and removes them over a few treatment sessions.

Injectables, such as Botox, Juvederm, Radiesse, and mesotherapy are in great demand. These give the near instant improvement in appearance that many seek. Mesotherapy is the injection of fat-dissolving solution to permanently remove unwanted fatty deposits

on the thighs, abdomen, love handles, bra line and other locations. It has truly amazing results with little discomfort or down time. Only the physicians administer all of these treatments.

Make a point to take time for a personal consultation, learn how Fusion Spa can help improve the look of your skin and boost your self-confidence. Schedule a massage to unwind and de-stress or book an herbal facial to give your skin that instant glow. Any of these choices will leave you looking and feeling better about yourself. Winter and spring are the best times to start your treatments so that when summer arrives, your body is in the shape you've always wanted.

For more information, call Fusion Spa at 439-4700, or stop by their office at 1240 New Scotland Ave., Suite 205B, in Slingerlands.

Do You Suffer from Foot Pain?



Local podiatrist, Dr. David Lambariski, the Capital District's first and only certified CryoStar surgeon, now offers FDA approved Cryosurgery for chronic foot pain. Using extreme cold technology, Cryosurgery freezes the sensory nerves to eliminate your pain.

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- Plantar heel pain
- Warts
- Trauma
- Ankle sprains
- Neuromas
- Ingrown toenails
- Adult and pediatric flatfeet
- Reconstructive foot surgery
- Childrens foot deformities
- Custom orthotics



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Play an essential part of a healthy balance

So when did life become all work and no play?

In the recent study, No Vacation Nation (2007), the U.S. Center for Economic and Policy Research found that among the 21 richest countries in the world, the United States is the only nation where paid vacation time is not guaranteed by law. And when time off is offered, it is still usually less than what other countries such as France, Australia and Japan offer.

Before heading up to Human Resources to complain, however, take a closer look at your own work habits. Similar studies found that the average American only uses a portion of his or her vacation time, and even then, many tend to take their work with them. A shift in American work habits from the 1950s is often cited as the cause, but this change in attitude was not a subtle generational one; rather, it was distinct, and, for most, happened sometime around the sixth grade.

With visions of junior high and high school running through young heads, reality crashed through with three simple words, "no more recess." This rite of passage is meant to signify a transition to adulthood. It is the time when words like "playtime" and "fun" are pushed aside for more mature words, such as "responsibility" and "deadline," and eventually, "time management" and "overtime." And so with little resistance, Americans concede that playtime is over.

But the desire to have fun on the schedule isn't just kid stuff. According to a survey conducted by Nestle Crunch Crisp, 70 percent of Americans wish they could have a recess break sometime during their workday. And doing so might actually be to their employer's benefit. An earlier article in Fortune magazine confirms employee motivation and creativity, sparked by activities such as "play," can increase office productivity up to 127 percent.

Finding ways to put a little play in your day can also increase the levels of satisfaction experienced at work. Yet despite these benefits, the Nestle survey found that at 42 percent — almost half of Americans think their workday contains no play whatsoever — and only 39 percent felt their's was a fun or playful workplace.

It may be time for Americans to take recess back — dodgeball is optional. Here are some tips for giving your-



According to a survey conducted by Nestle Crunch Crisp, 70 percent of Americans wish they could have a recess break sometime during their workday.

self the work-day recess you deserve.

- The only wasted vacation is the one not taken.

Schedule your vacation time well in advance. If you end up taking a trip, that's great. If not, even better — you get to sleep in and catch up on all those things you've been too busy to tackle.

- Propose a new team builder.

Did you know you can learn more about a person from playing a game with them than from 10 interactions? A staff meeting may teach everyone more about the next fiscal year, but a staff game night could teach them more about their teammates working styles.

- Plan for play.

Keep some things in your desk that will help you relax during short breaks. Maybe you like to spend a couple of minutes with a crossword or cell phone solitaire. What about a miniature Zen rock garden to take your mind off things?

- Forecast a reward.

You probably can't grab a massage every afternoon, but you can plan a reward for yourself every day — lunch with a friend, an afternoon snack, or really leaving by 6 p.m.

- Shake up the interview.

Trying to find a new team member? Don't just sit there; take applicants for a walk and see how quick they are on their feet. They'll get to impress you with their best qualities, and you'll get some exercise and fresh air.

- Test your sense memory.

Tastes and aromas can often be tied to memories, like hotdogs and baseball games, or movie popcorn and a really good date. Test this theory with new Nestle Crunch Crisp and see what fun thoughts pop up with your love of chocolate.

Whatever play means to you, understand that it is a necessary part of a healthy work-life

balance. No, you are not being paid to play games, but if taking even ten minutes to surf the Internet helps you come back and focus more on the task at hand, don't you think your boss would give you a permission slip to visit www.PlayInYourDay.com?

Know how to manage your back, neck pain?

Therapist recommends the McKenzie Method™

By Dave Steck

People may think that back or neck pain is just part of life, especially after hitting a certain age, but this is simply not true.

Neck and back pain complaints are so numerous that studies have shown that visits to health care providers for neck and back pain occur as regularly as visits for the common cold.

There are many opinions about how to get rid of neck or back pain. Evidence shows that passive treatments like heat, ice, rest and massage give only temporary relief. Exercise programs which include stretching, strengthening and a cardiovascular component as well as the use of good body mechanics during performance of daily activities are proven to work best. However, for the best possible outcome, the exercise program should be tailored in a way that is specific for each person, taking into account each person's underlying cause of back or neck pain.

The McKenzie Method™ is one option of several options available at St. Peter's Rehabilitation Services for the treatment and prevention of neck or back

pain.

The principles of the McKenzie Method involve understanding that the spine has normal curves. When the curves become flat or accentuated — due to disease, injury or postural habit — a person can experience pain and loss of movement.

One of the goals of the McKenzie Method is to restore the normal curves of the spine. Additionally, the method focuses on patient education. Patients learn what causes their pain and strategies to manage their own care. Patients gain knowledge on how to minimize the risk of recurrence and how to treat it if it becomes necessary. Patients are empowered to help care for themselves.

To schedule an evaluation regarding your neck or back pain, please call 475-7186. A physician's prescription is required.

St. Peter's offers comprehensive physical therapy, occupational therapy, as well as speech and audiology services, conveniently located at 1240 New Scotland Road in Slingerlands.

For information, please call our offices: PT, OT & Fitness at (518) 475-1818 or (518) 475-7186; and Speech Pathology/Audiology at (518) 475-7075.

The author, Dave Steck, PT, MA, Cert. MDT, is a physical therapist with St. Peter's Rehabilitation Services.



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Beltone hearing specialist remembers being paid in milk

The products have changed over the years, but the customer still comes first

Robert G. Bourgeois was born in Washington, D.C., and moved to the Capital District with his mom and dad and brothers in the late 1950s. His father, Roland Bourgeois, started the Beltone business in the Albany area when hearing aids were described in three ways: behind the ear aids, body aids, or hearing aids in the bow of eyeglasses.

Bob began work in that business in the early '60s after a tour of duty with the United States Navy as a medic attached to an airwing of the Marine Corps, and he has continued to devote his life to the care of the hearing impaired.

Forty-two years of experience under his belt renders Bob an expert in the proper fitting of hearing aids. He has seen the technology improve greatly with the advent of the digital instrument, but he also remembers a time when he was paid for hearing aids in gallons of raw milk.

"In the early days, most of my work was done in the home. I remember one of my clients didn't have a lot of money, but she did have a cow, and I would leave her home with milk as partial payment for her hearing aids. I also remember one client who I could only see at the end of the day because she always insisted I have a glass of homemade anisette and Italian cookies with her before I left her home. And then there was Dora, an elderly woman who lived on top of a mountain in Schoharie County. She didn't have any running water in her house, and I remember lugging jugs of water from the stream outside of her house and bringing them in for her so she could wash her dishes. She was a lovely lady," remembers Bob.

For his entire adult life, in addition to fitting hearing aids, Bob has always worked part-time in the medical field. Bob was one of the first of thousands of people in New York to be licensed as an Emergency Medical Technician, and he worked evenings for Mohawk Am-



Robert G. Bourgeois visits with his grandson, James. Robert began work in the hearing aid business in the early '60s and has continued to devote his life to the care of the hearing impaired. Submitted photo

balance Service. In 1996 he returned to school on a part-time basis and achieved National Paramedic Certification and subsequently, graduated from Maria College at the age of 60 and is now a Registered Nurse, working part-time at St. Peter's Hospital in their Hospice Unit providing care for the dying and their families.

"This is some of the most important work I have done in my life," said Bob.

Through the years, the hearing aid business has evolved into an office appointment business, and the main Beltone office is located at 1855 Western Ave., one mile west of Crossgates Mall. However, home care is still a major aspect of this business.

"I put a lot of miles on my vehicle every year," said Bob, "but the number of great friends and acquaintances that I have made through this business far outdistances the number of miles I have put on my car. When you fit hearing aids, it is important to have conversations with your clients so that you can see how they are hearing or if their own voice doesn't sound right when they speak. Conversation is essential to the fitting process, and I have been privileged to have many

spirited conversations with my clients about politics and religion, and so many other subjects. My clients enrich my life well beyond the paycheck."

In the past few years, with the advent of digital hearing aids, prices have escalated for hearing aids.

"It has always been my opinion that hearing aids are overpriced, and we do our best to provide the highest level of care at the lowest possible price and in most cases, apples for apples, our prices are the lowest in the area," said Bob.

The business also offers a complete line of Siemens, Unitron and Oticon hearing instruments, a full 60-day trial period and a full money back guarantee on all instruments.

"I tell my clients that there are no miracles when it comes to hearing aids. They are an aid," said Bob. "They help. They don't correct your hearing loss. They simply help you to hear better."

Nicole Churco, originally from Tupper Lake, has been working for the Beltone business since November of 2006. She said, "Bob is a guy who cares about other people. He goes the extra mile to care for his patients. He truly makes you feel at home in his office. He is a man with a very big heart and he is dependable, honest, loyal, pleasant, down to earth, level-headed, generous, open-minded and kind-spirited."

Bob sees clients in offices in Albany, Amsterdam, Schenectady and Cobleskill. He also will see some people in their homes or coordinate transportation to one of the offices at no extra charge.

New technology is music to the ears

Advanced Hearing Aid Center offers breakthrough in high-frequency hear loss

The Advanced Hearing Aid Center brought the revolutionary product Rhapsody 1200 to the area last year, and now they are following up on that success by offering Rhapsody Lite; a miniature hearing aid designed specifically for high frequency hearing loss.

"I have been practicing in the area for over 20 years and this is really something that I recommend to our customers. It is exciting for us to have this product ... and we are finding that people are satisfied with the results," said Toni Tiberi.

Rhapsody Lite is a product from the Rhapsody family of products made by NU-EAR Electronics, a San Diego-based company. The product allows for clearer understanding of sounds such as "sh" and "th." Those who are suffering from hearing loss often misunderstand those sounds. Rhapsody Lite allows those sounds to be delivered to the ear with better clarity by managing low-level background noise. Best of all, the entire product does it automatically, allowing for more freedom and independence.

"Rhapsody Lite is so small that it provides a discreet and comfortable fit," said Tiberi.

The product is about the height of a quarter and the width of a pencil. It eliminates the feeling that the wearer's ear is plugged with a hearing aid. Making an ear mold is no longer an issue because the product uses a lightweight ear bud that fits gently in the ear. The staff at Advanced Hearing Aid Center is able to digitally program the hearing aid and customize it for each patient's individual needs.

Many people with hearing aids or cochlear implants complain of the delayed response

and difficulty hearing in challenging environments. Rhapsody Lite is a product that eases those discomforts and challenges. It also works in other ways, such as in a quiet environment where sounds like the refrigerator humming may become distracting. The product will adjust so that its users can enjoy true peace and quiet.

The greatest benefit to a product like Rhapsody Lite is that it allows people struggling with hearing loss to stay connected to friends and family more easily, improving their overall quality of life.

Tiberi has a degree in Speech and Hearing Sciences. Advanced Hearing Aid Centers have offices in Albany, Greenville and Ravena.

"We can tailor to any patient with a wide variety of products.

We also repair hearing aids and offer a home-based, self-tutoring aid, which gives a better sense of independence,"

said Tiberi.

The experienced staff at Advanced Hearing Aid Centers can provide more information on hearing aids, digital hearing aids hearing-aid batteries and other information related to hearing loss and the products available. Advanced Hearing Aid Centers, Inc. is located at 1540 Central Ave., Suite 1, Albany. They can be reached by calling 869-1544.

"Rhapsody Lite is so small that it provides a discreet and comfortable fit."
Toni Tiberi



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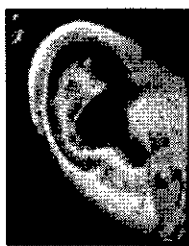
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LaMarco Physical Therapy takes hands-on approach to pain relief



LaMarco Physical Therapy in Ballston Spa has been providing its clients with pain relief for the past 20 years. Submitted photo

Weekend warriors listen up.

If you're feeling a little stiffness in your neck from that latest home improvement project or have thrown out your back while trying to score that extra point in your latest favorite game of the week, let the physical therapists at LaMarco Physical Therapy in Ballston Spa relieve the pain with the same hands-on approach it has been providing its clients for the past 20 years.

They offer traditional physical therapy techniques in conjunction with the most modern modalities and state-of-the-art equipment. Their therapists are highly skilled in manual techniques to mobilize spinal and extremity joints as well as soft tissue.

"Every therapist here has at least nine years of experience," said

new owner James Markwica. "That says a lot about the practice."

Special techniques and training offered by the therapists at the office include the McKenzie Approach for cervical and low back pain, McConnell Taping for shoulders and knees, functional spinal stabilization, muscle energy techniques, temporomandibular joint treatment (TMJ) and pre- and post-natal pain management.

Markwica, who took over the practice in June 2007, says the most common ailment people come to office with is neck and back pain.

"It makes up about 75 percent of what people come in for," said Markwica.

LaMarco also commonly treats clients going through knee and hip replacements, rotator cuff injuries and pre- and post-surgical appointments, all on an outpatient basis.

Every client that comes in gets personal, individualized care from one of the experienced therapists, according to Markwica, who graduated with a master's degree in physical therapy from Sacred Heart University in 1999.

"Each appointment lasts about one hour, and the first 30 minutes is hands-on manual therapy," he said.

LaMarco Physical Therapy offers treatments to a wide range of age groups, from late childhood all the way up to the senior set, but they mostly see the "weekend warriors," according to Markwica.

Their 5,000-square-foot facility at 417 Geyser Road is equipped with state-of-the-art aerobic and strength-training exercise equipment including a computerized system that can monitor a patient's progress, a weight machine and total gym, stair climber, ankle platform, wall pulley unit, Nordic strider, closed chain and plyometric equipment and Swiss ball and foam roller programs.

As new owner, Markwica says he's looking forward to continuing the quality medical care LaMarco has given over the last 20 years. "We have a lot of repeat patients, and a lot of it's (advertising) through word of mouth, and that speaks volumes. Our track record speaks for itself."

For information, call LaMarco Physical Therapy at 587-3256 or visit www.lamarcopt.com

"Every therapist here has at least nine years of experience. That says a lot about the practice."
James Markwica

GuildCare program minimizes social isolation

The Albany GuildCare Adult Day Health Care program recently celebrated its 15th anniversary of enhancing the lives of residents in Albany, Schenectady and Rensselaer counties.

The program is designed for individuals with functional vision problems and other medical needs, providing health care, therapies, a nutritious catered meal, in addition to varied educational and recreational activities.

A major focus in 2008 is providing more comprehensive diabetic care and education.

Recent research has revealed that individuals who suffer from diabetes who are enrolled in programs where specific care and education is provided have reduced rates of visits to urgent care, emergency departments and



hospitalizations by 50 percent.

GuildCare is fully funded by Medicaid and is staffed by registered nurses, physical, occupational and vision rehabilitative therapists, a licensed social worker, and a registered dietitian.

Transportation is provided on fully accessible vehicles and the daily activity schedule affords an opportunity to stimulate the body and mind. Minimizing social isolation among the elderly and infirm has a dramatic and positive effect on the quality of life.

If you or someone you know

has a diagnosed medical condition or functional vision problem, contact Mark Mastroianni, RN program director, to schedule a complimentary visit for the day.

GuildCare Adult Day Health Care is at 2 Clara Barton Drive in Albany, and can be reached by calling 396-3626.

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The Olam Camp is offered through the Albany JCC, and is geared toward first-through-sixth-grade children and held at its off-site lakefront property in Grafton. Submitted photo

It's not too soon to pick a summer camp

Albany JCC offers a variety of programs

With the ground covered in snow and a chill in the air, it's almost hard to imagine that summer camp at the Albany Jewish Community Center is right around the corner.

When you start your search for the perfect summer camp for your children, why not think about enrolling them in a "Super Camp?"

The JCC offers an extensive array of programs for kids of all ages, including an on-site preschool camp for ages 3 to 5, and off-site camps for ages 6 to 15.

"I'm really looking forward to this summer and our programs," says Andrew Katz, director of youth services. "We really try to enhance the experience for kids. We will be featuring specialty camps like our drama program, the camp reporter program and our water sport program."

The Olam Camp is geared toward first-through-sixth-grade children and is held at its off-site lakefront property in Grafton. Miriam Shor heads up the Judaic programming, a feature of which will be a focus on the celebration of Israel at 60.

The drama program will be offered for the entire summer and the camp reporter program will offer kids the chance to hone their skills as real-life reporters by creating and developing a weekly newsletter highlighting the camp events during the week. Additionally, kids will be treated to several very exciting and educational trips to such destinations as The



Bronx Zoo and Howe Caverns. For athletic youngsters, three adventure camps are offered, as well as specialty camps focusing on basketball and soccer.

The teen camp, lead by new Director Josh Blumkin and Assistant Director Bridget Daoust, offers teenagers many great opportunities rarely seen in other area summer camps. Teenagers can build on their personal and social skills with the fun and athletic sports and group activities in the water-sport based camp. The day and overnight trips are scheduled for

such interesting locales as historic Montreal, the beautiful South Jersey Shore and even the "House that Ruth Built" — good old Yankee Stadium. The camp itself is held off-site at Warner's Lake in Berne.

One of the super highlights of the summer for the older teens (ages 13 to 16) is the opportunity to attend the Maccabi Games, the Jewish Olympics and Summer Social Event in Detroit in mid-August, where they will compete in basketball, baseball, swimming, tennis and track. JCC teens from around the United States and even the world will be in attendance at the event.

"It's really more like a 'super camp' than a 'summer Camp,'" says Katz.

When asked what he was most looking forward to this summer, Katz says, "It's going to be my first summer as a dad. I might be missed at home a bit, but I am certainly looking forward to the appreciation I get while at camp. It's going to be a great summer."

So while you're thinking of registering at your usual summer camp, why not check it out for the JCC instead. This could very well be the summer that your kids remember the most — and thank you for it.

Pick up dancing skills and health benefits at Fred Astaire Studio

Boris and Sasha Spitchka want you to dance.

The owners and operators of the franchised Fred Astaire Dance Studio in Latham invite you to come, relax and discover a recreation that is beneficial to the heart, mind and body.

"Dancing helps control weight, helps us condition our hearts and is good for our nerves," says Sasha.

She says all of this occurs without her dance students even knowing it.

"Dancing is exercise with pleasure," says Sasha. "You're exercising, but you don't realize it because you're too busy enjoying the music and the dancing itself."

Visiting the Fred Astaire studio, dance students experience excellence in ballroom instruction. Boris and Sasha owned and operated a dance studio in the Ukraine until 12 years ago, when they came to the United States. For the past nine years, they've operated the Latham studio of the nationally franchised Fred Astaire Dance Studios. Sasha and Boris are instructors at the studio, along with four others. All of the instructors at the studio have been or are competing dance professionals.

You don't have to be a professional dancer to look like one the next time you attend a wedding or social function. Sasha says there's nothing quite like going out with your peers and being the center of attention — and envy — and having the skill to know how to successfully carry it off with grace and confidence.

"In the past, you may have seen professional ballroomers in televised competitions and in movies, swirling around in complex and mind-numbing routines. But keep in mind it doesn't have to be as difficult as that. Ballroom dancing was, at one time, as ordinary

as talking on the phone or using a credit card today," she says.

The studio instructs both singles and couples.

"For couples, they have a great time together. It's like a second honeymoon," says Sasha.

If you are taking lessons on your own, your partner will be one of the instructors. "For singles, it's even better because they are dancing with a professional," says Sasha.

Studio parties give students the opportunity to dance with fellow students and the remarkable staff.

Every year, the staff and students of Fred Astaire put on a production at a local venue. This year, in January, they performed "Century of Dance" at Mario's Hotel in Albany. Preparation for the performance begins in August, but Sasha says students are welcome to join anytime.

The yearly production is only one of many activities the studio does. Last year, members of the studio went to Argentina to learn Argentinian dances.

The studio is located in Latham at 368 Troy-Schenectady Road and features a spacious 2,400-square-foot floor and a state-of-the-art sound system.

Sasha says she encourages first-time dance students to try Fred Astaire's promotional introductory special. For only \$15 dollars per person, or \$30 dollars per couple, students will have one 30-minute private lesson and one 30-minute group lesson. After this trial period, the instructor will create a program that focuses on what you want to accomplish in ballroom dancing.

For information, call the studio at 783-3130 Monday through Friday between the hours of 1 and 10 p.m., or e-mail info@albanyfads.com.

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Despite all the changes Albany's hotel landscape has had since the Holiday Inn Express Albany-SUNY opened in 1995, it has maintained a high-quality product and award-winning service.

Submitted photo

Holiday Inn Express scores high with guests

Since the Holiday Inn Express Albany-SUNY Area opened in 1995, Albany has seen many changes to the hotel landscape. Throughout these changes, the Holiday Inn Express has maintained a high-quality product and award-winning service. Owned and operated by Turf Hotels, Inc., a Latham-based company; the Holiday Inn Express has been recognized by Intercontinental Hotels Group (IHG) eight times as a Quality of Excellence Award Winner, and twice for its Best Breakfast Award.

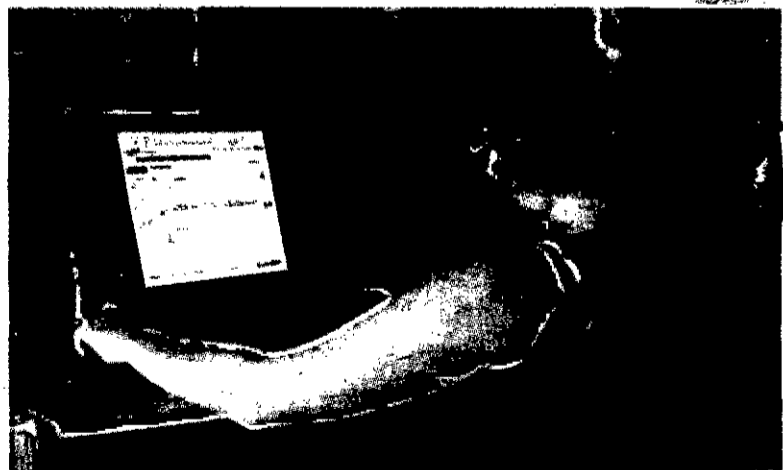
After recently completing a \$3-million renovation, the Holiday Inn Express also won the 2007 Renovation Award. The Holiday Inn Express gave the exterior a modern look to be more aligned with today's architectural design as well as updating all guest rooms with new furniture and fixtures, which include 32-inch flat panel LCD televisions, with crystal clear high definition programming, and stunning granite-topped vanities in all bathrooms.

All awards received by the Holiday Inn Express are based on a guest scoring system that is calculated monthly. The fact that the hotel maintained its top scores during the renovation project is a testament to the dedicated staff of employees. On a daily basis, the staff strives to give each and every guest a level of customer service that can be rated "excellent" by the overwhelming

majority of guests.

The success of the Holiday Inn Express maintaining such high levels of customer satisfaction has enabled it to be selected by IHG to participate in many pilot test programs, such as the Express Start Hot Breakfast Buffet. This enables us to provide a rotating menu, offering scrambled eggs and bacon, omelets and sausage or sausage gravy free to all overnight guests. Kosher options are also available from New Mt. Pleasant Bakery of Schenectady, which delivers fresh baked bagels and muffins daily. Fresh fruit and dairy products are also purchased locally and delivered daily.

The hotel industry is one marked by frequent turnover, yet the Holiday Inn Express has been under the same leadership for the last 13 years. Michael C. Hoffman, the owner and president of Turf Hotels Inc., has remained committed to keeping the hotel competitive and is at the property often. Mr. Hoffman is an active participant in the planning of all hotel goals and knows the importance of capital improvements. That attention and the combined years of experience of its management staff, over 80 years, have made it stand apart from its competition. The Holiday Inn Express is excited to maintain its strong position in the Albany hotel industry and strives to make each and every stay a success.



An agreement forged between the IRS and a consortium of private-sector Web-based tax preparation companies makes it possible for millions of taxpayers to file their federal return online via IRS.gov at no cost.

Taxes - Your link to free online federal e-filing

If you don't want to prepare your taxes by hand and are looking for an affordable online solution, good news. There's a Web-based software option available that will enable you to prepare, print and e-file your 2007 federal tax return, and it won't cost you a penny.

An agreement forged between the IRS and a consortium of private-sector Web-based tax preparation companies (collectively known

as the Free File Alliance, or Alliance), makes it possible for millions of taxpayers to file their federal return online via IRS.gov at no cost.

The agreement contributes to the IRS' goal to convert paper filers to e-filers. However, there are limitations regarding who can utilize one of the free online software offers available through the IRS' Free File Program.

See Taxes, Page S15

A day at the 'Beach' delivers more than a golden glow

Planet Beach offers spa and UV therapy services under one roof

Before Planet Beach came along, those who wanted to add a little glow to their skin visited a tanning salon and a day spa to receive a variety of pampering services. Then Planet Beach had the idea of merging the two sets of services to provide one-stop skincare. Planet Beach Contempo Spa is a new breed of skincare center that combines automated day spa and UV therapy treatments under one roof. All treatments are fully automated, enabling customers to pamper both face and body at the press of a button, in privacy and without an attendant. Relax your body and soul, get a golden glow, and renew your skin — all in one place, at a reasonable price, and without spending a whole day.

This exclusive mix of services is available only at Planet Beach, with locations in Clifton Park, Guiderland, Latham and Niskayuna.

For a whole-body skin treatment, Planet Beach offers Hydro-Derma Fusion; a combination of steam, aromatherapy, light therapy and heat massage that hydrates dry skin, cleans pores, improves collagen and skin elasticity, and helps prolong the life of any tan.

Combined with a healthy lifestyle and workout regimen, Hydro-Derma Fusion treatments have aided in weight loss for Planet Beach clients, with some clients burning up to 300 calories per session.

To relax and rejuvenate the mind and body, clients can experience a soothing Aqua Massage. At the push of a button, customers can experience the benefits of an hourlong massage in just minutes!



From a soothing full-body massage to a deep-tissue targeted massage, the Aqua Massage has been engineered to relieve stress, decrease muscle tension, and leave tired muscles feeling relaxed and rejuvenated.

For the latest in skin rejuvenation, Planet Beach offers the Lumière, a breakthrough unit that combines professional level LED light treatment and specially formulated topical skincare products to immediately begin to effectively counteract the visible signs of aging without pain, discomfort, surgery, or injections.

Lumière helps to clear and soothe problematic skin, even out skin tone and texture, purge and close clogged pores, lighten age spots, sun spots and dark circles, diminish crows feet and tighten thin, sagging skin to remove fine lines and wrinkles.

The Clifton Park and Niskayuna locations also offer a fourth spa service, UMO Spa, which forms a unique mist to diminish fine lines and wrinkles, improve skin elasticity and brighten skin.

As a recognized leader in UV therapy and skin-care services, Planet Beach offers assistance to clients in selecting personalized skin-care regimens. UV equipment is offered at locations for UV therapy, to achieve the moderate recommended amount of sun exposure.

UV-Free, spray tanning (Planet Beach offers Mystic) is also a popular choice for those with fair complexions, those who need a golden glow quickly or would like to supplement their existing color. Mystic tanning remains a popular choice among celebrities as well — it's a great way to get a golden glow in less time, and lasts five to seven days.

For additional information, go to www.planetbeach.com or call one of the following salons: Guiderland, 456-3003; Latham, 782-0009; Niskayuna, 377-2322; or Clifton Park, 371-5700.

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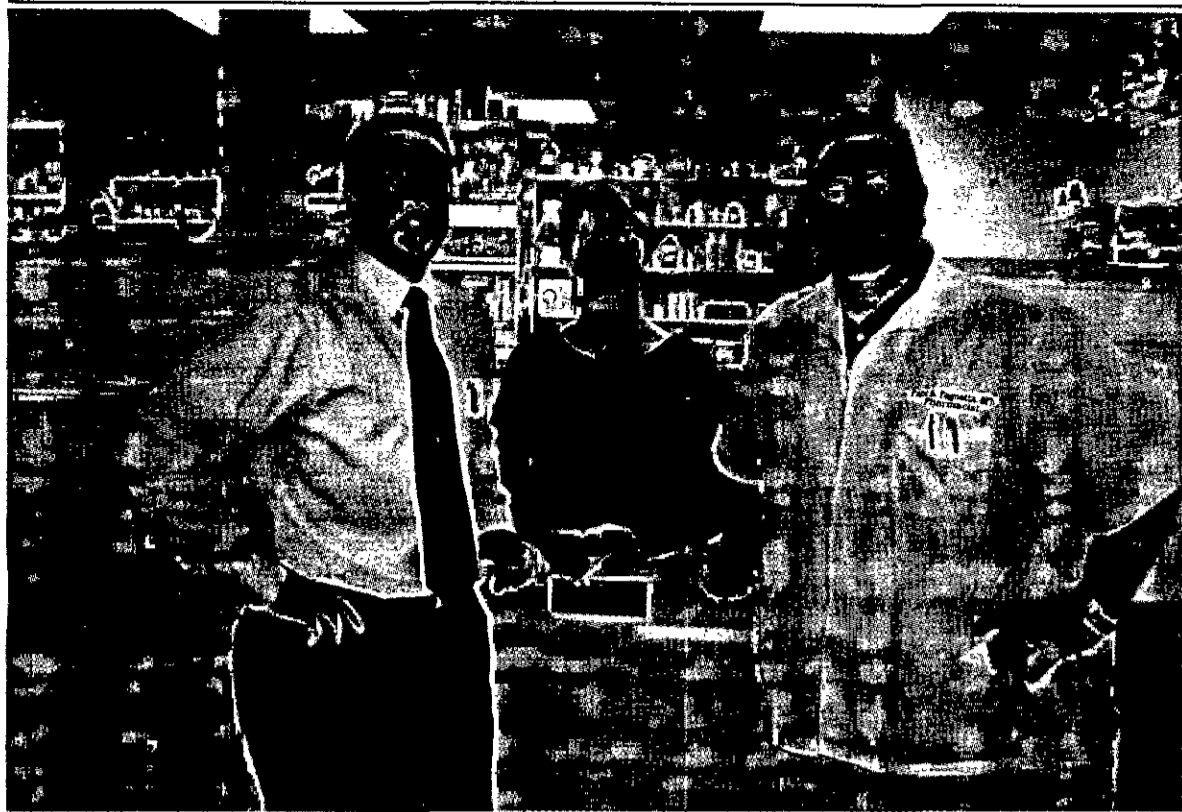
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Four Corners Pharmacy provides prescription medications, over-the-counter medications and durable medical equipment in a personal atmosphere. Pictured from left to right, John L. Croce, Ramona Stubbs and Paul B. Pagnotta. Submitted photo

Four Corners Pharmacy has a prescription for success

Independent company puts customers first

When Four Corners Pharmacy opened in March 2005, many wondered how an independent pharmacy could survive. And yet survive they have by focusing on the company slogan: "It's about People and Prescriptions."

Owners and pharmacists John Croce and Paul Pagnotta provide prescription medications, over-the-counter medications and durable medical equipment in a personal atmosphere. With more than 30 years of combined pharmacy experience, the most important lesson they learned was to focus on the patients first, then concentrate on their prescriptions. They feel that if the pharmacist knows the patient, it is much more likely they will be able to identify medication-related problems. From the beginning, John and Paul set a goal to have every patient know their names and recognize their faces.

You know the name of your physician and your dentist. Shouldn't you know the name of your pharmacist? The results of a national patient survey conducted by the American Pharmacists Association

say YES. The survey indicated that patients who knew their pharmacist's name had better medication use habits. They were more likely to tell their pharmacist other medications they were using, read product labels, know the main ingredients of their prescription medications and use their pharmacist as a source of medication information.

In recent years, pharmacy has become very impersonal, including the expansion of mail-order drugs, leaving few people who actually know or recognize their pharmacist. New York law requires pharmacists to counsel patients on all new prescriptions and changes in therapy. John and Paul think this important component of safe medication use is a double check in the process to ensure patients have medication that fits their needs and ensure they are confident using the medication.

Many wonder if their medication co-pays will be the same at an independent pharmacy versus large chain pharmacies, and it is.

Many employers, including New York state, give employees incentives, such as lower co-pays, to use mail-order pharmacies. These pharmacies are not subject to the counseling law mentioned above. Therefore, patients forgo the required counseling put in place to protect them. If patients feel lowering their

co-pay in exchange for a standard of care is inappropriate, they should contact their employer.

At Four Corners Pharmacy, a personalized consultation from John or Paul is provided to discuss the medication. Other services include durable medical equipment (DME), including walkers, wheelchairs and surgical stockings. Ramona Stubbs, a certified DME fitter, is available for fittings and to answer any question about these products. Additional services include home delivery, medication compounding (including veterinary) and wellness services for high blood pressure, osteoporosis and asthma. Personal consults regarding selections of Medicare Part D plans are also available.

Four Corners Pharmacy is becoming part of the community as the business steadily grows through word of mouth. John and Paul appreciate that their community of patients trusts them enough to recommend them to friends and family, which is a responsibility they take seriously. While Paul was visiting the town pool with his family last summer, he talked briefly with a patient. As Paul walked away, he heard the man's daughter asked who he was. The father's answer was "that's our pharmacist." That is the mission of Four Corners Pharmacy.

The Lighting Place showroom is illuminating

The Lighting Place was born in 1991 when two lighting specialists came together to "do it different." Their dream was to provide customer service to everyone regardless of whether they were buying a light bulb or lighting for a whole house.

The first store was on Chrisler and Altamont in Schenectady. They soon outgrew this location and moved to the 20 Mall in Guelderland in 1995. By 2001, they were looking for their own place, and in 2002 The Lighting Place moved to its new and current home - 2020 Central Ave. in Albany.

The showroom has an ever-changing face; accent furniture, accent pieces, home decor to quality lighting fixtures for every room of the house. Whether you are remodeling, buying lighting for a new home or just refreshing a room,

The Lighting Place is the place to go. They will guide and assist you in your lighting selections.

If you are building a new home, the hardest thing is to know what size will be appropriate for each room. Staff will visit your home, while in the construction stage, so that when you arrive to select your lighting fixtures, the correct size will be chosen.

The Lighting Place is the largest lampshade and lighting design center in the Capital District. It has the largest selection of lampshades and an expert staff that will help you choose the exact lampshade for your lamp. The best way to purchase a lampshade is to bring your lamp.

Visit the lighting place at 2020 Central Ave., Albany. Hours are 10 a.m.-6 p.m., Monday through Friday, 10 a.m.-8 p.m. Thursdays, and 9 a.m.-4 p.m. on Saturday.

Taxes

(From Page S14)

gram.

For 2008, taxpayers filing their 2007 tax return qualify to use Free File providing their Adjusted Gross Income (AGI) does not exceed \$54,000. Approximately 70 percent of the nation's taxpayers, some 95 million people, fall into this category.

Yet, the question remains: Can't taxpayers with an AGI greater than \$54,000 benefit from free online tax preparation and e-filing services too? "There's a significant segment of taxpayers who have average to above average earnings who could reap benefits from Free File. On paper, these households may seemingly have an affluent lifestyle. Yet, more often is the case these households are making ends meet by adhering to a rigid, carefully crafted budget," says 2nd Story Software spokesper-

son, Stephanie Behrends.

Taxpayers who are interested in determining what offers they may qualify for via the Free File Program should visit www.irs.gov. Even so, consumers are encouraged to weigh their options carefully and should be aware that many companies participating in the Alliance place restrictions on the type of income and deductions taxpayers can claim while using the Free File Program.

If you do not qualify for any of the IRS Free File offers (or you want to forego the laborious process of determining which of the 19 offers you may qualify for), all taxpayers filing an individual Federal income tax return can use TaxACT Standard at no cost via www.TaxACT.com.

"The heritage of our company is to make electronic tax preparation as easy and inexpensive as possible - simplifying the tax preparation process for millions of taxpayers while helping our customers to keep more of their hard-earned money," adds Behrends.

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Locally made bags, packs and luggage sold worldwide

With the current consumer goods "import economy" in the United States, Tough Traveler luggage, bags and backpacks are unusual in two important ways: They are made here in the Capital District, and they are made to last.

They offer a huge variety of choices including luggage, backpacks, shoulder bags, purses, briefcases, duffel bags, computer bags, computer backpacks, baby/child carrier packs, diaper bags, tote bags, diaper backpacks, carry-ons, garment bags, rolling luggage, dog packs, waist packs, belt pouches, epinephrine pen pouches, dog slings, medical bags, guitar bags, drum, stick, and cymbal bags, bags for fire departments, ambulances, and other emergency service providers, convertible bags, convertible packs, ergonomic packs, and they are all made to last with USA-made cloth.

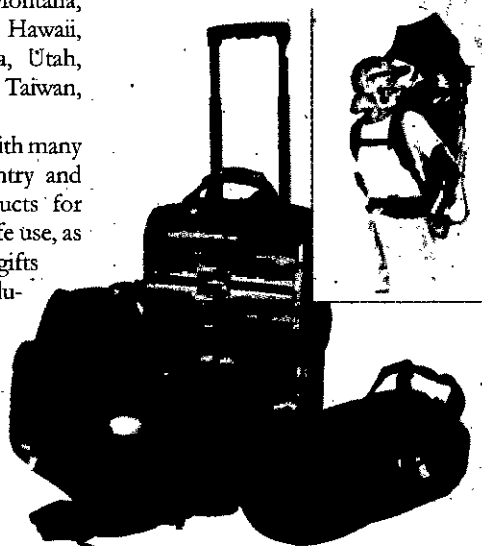
Customers of Tough Traveler include people locally and worldwide, from Loudonville to London. The

company sells its products in Niskayuna, Albany, Schenectady, Troy, Clifton Park, Japan, England, Chile, Israel, Falkland Islands, Italy, Maine, California, Australia, Idaho, Montana, Minnesota, New Zealand, Hawaii, Alaska, Colorado, Louisiana, Utah, Nevada, Virginia, Florida, Taiwan, Korea and Hong Kong.

The list goes on and on, with many people throughout the country and worldwide purchasing products for travel, hiking, work or daily life use, as well as many people sending gifts for babies, birthdays, graduation, weddings and more. Association, business and group customers include important local companies MVP, Brokers Network, and GE, as well as national and international companies and associations.

Quantity purchases are performed and valued for companies and groups needing a

variety of bags, packs, and other textile products for use by the company or group for employees, students, customers, sales, personnel and many



Tough traveler makes luggage, bags and backpacks locally. Submitted photo

other uses, with silk screen and embroidery services available.

Tough Traveler products have been featured on "The Lou Dobbs Show" on CNN; "Mr. Rogers' Neighborhood;" "Consumer Digest;" "Family Travel Forum," in the *Times Union*, the *Gazette*, on "The Today Show;" "The Early Morning Show;" in *Backpacker*, *Outside*, *Parents*, *Parenting*, *Child*, the *Amtrak* magazine; *Kiplinger's Business Magazine*; on several local television networks; and in many other media.

A Tough Traveler backpack series has been selected by Allied Health of Wisconsin, Society of Chiropractors. Tough Traveler products have been selected by Good Housekeeping Institute and Good Housekeeping Magazine; and Tough Traveler Ltd. received the iParenting Media Award for Product Excellence and the Small Business Administration Excellence 2007 award. Tough Traveler Ltd. is a member of the Schenectady Chamber, The Busi-

ness Council, SSA, and Capital District Local First.

Tough Traveler practices sustainable manufacturing. The factory is in a neighborhood and on a bus line, and products are made from cloth made in the U.S. under U.S. environmental and labor laws. From a child's "awesome" to an adult's "wonderful," to "we love it," to "thanks for a great product," Tough Traveler has received numerous wonderful notes and letters from its satisfied customers. Tough Traveler products may be seen and purchased in person at the Tough Traveler retail store in Schenectady, or they may be seen, and purchased online at www.toughtraveler.com. The Tough Traveler retail store telephone number is 393-0168, the Tough Traveler factory telephone is 377-8526 and fax is 377-5434; the toll-free number is 1-800-GO-TOUGH.

Growing Clifton Park Center has something for everyone

The expansion and redevelopment of Clifton Park Center at Exit 9 of the Northway continues with 12 new stores opening since October.

Clifton Park Center now features a number of national mega-retailers including Boscov's, J.C. Penney, Marshalls and HomeGoods, alongside lifestyle merchants like Aeropostale, American Eagle, Bath & Body Works and Kay Jewelers. Owner-operated shops like Karalina's, Silver Parrot and Cinnamon & Spice Bakery are fine examples of Clifton Park Center's Signature Series Merchants.

New merchants include Bella Maternity, offering the hottest maternity fashions in the area. From casual to night-on-the-town, these are fashions you'd like to wear when you're not pregnant. If you are shopping for the new mom, mom-to-be, or newborn, Bella Maternity is the place to go.

Founded in 1859, Clark Music is the largest piano dealership in Central New York. They are authorized dealers for Steinway & Son's, Boston, Essex, Young Chang, Pearl River, Kurzweil and Suzuki digital pianos. With more than a dozen pianos on display, Clark also offers music lessons, along with piano moving, tuning, and repair and refinishing services.

Owned by Laura Goode, Melvin's Magnificent Magic Shop is the only magic shop in the area. Lau-

ra's husband, Joe, aka Melvin the Magnificent, has been performing magic around the world for nearly 20 years, and together they operate this family-friendly, fun-filled, retail and educational operation. Tricks, props, books and games are offered, as well as magic lessons.

Founded in 1997, NexGen Wireless is committed to offering the highest possible level of customer service. As the area's largest locally owned and operated mobile communications dealer, NexGen Wireless & Communications LLC



is committed to bringing the best in customer service and support throughout the Capital District and beyond.

Offering inflatable fun for those under 42 inches tall, FunWorks is the perfect destination for the young and young at heart. Currently operating in a temporary location, the full 10,000-square-foot FunWorks FunZone plans a grand opening in May.

Just before the holiday shopping season, Learning Express opened

their doors at Clifton Park Center. This educational toy store franchise (online at www.franchises.learning-express.com/toystorefranchise.html and www.educational-toys.learningexpress.com/toddlertoy.html) with more than 120 locations across the country is the leader of the educational/developmental toy category, and they provide a fun and friendly shopping environment, a knowledgeable sales staff, and expert advice to parents looking for that perfect toy.

Billed as "not your average battery-operated marshmallow roaster store," departments at ta-da! include toys, humorous office and political products, retro-candy (Charleston Chews, Jujubes, etc.), funky barware, jewelry, luxurious soaps and eclectic household items. Even the cards are unique and hand-picked. With ta-da!'s unusual, sometimes envelope-pushing products, you will surely find something for everyone.

Offering the latest in laser technology, Energie Laser Therapy is excited to help empower patients to quit smoking, quit chewing tobacco, lose weight, and help rid the body of muscle and joint pain. Low level laser therapy has been shown to stimulate endorphins to help people gain control over your addictions and cravings.

Owner Mike Kwok toured the Orient searching for the perfect merchandise to offer in his new store at Clifton Park Center. These

heirloom quality items showcase the handcrafted artistry of the merchants of the Orient. Live, ornamental bamboo is also available at Asian Import Company.

On the horizon at Clifton Park Center is the newest Time Warner customer service location in the Capital District. Upon completion, TW customers can pay their bill, exchange set-top boxes and get information about service plans and billing options. The location will also feature the Clifton Park News Bureau of Capital News 9. This fully functioning news studio will be the hub of reports from the Saratoga County/Upstate area.

Food, food, food

Returning to Clifton Park Center is longtime area favorite Hot Dog Charlie's, famous for serving hot dogs with their original chili meat sauce since 1922. Hot Dog Charlie's is a family-run

business that has been serving hot dogs for three generations. Everyone loves a Charlie's hot dog with all the fixin's, including their original chili sauce with meat.

Serving the Clifton Park's hungry for over 22 years, Villa Pizza has now expanded its operation at Clifton Park Center with the opening of Cafe Villa. Expanded menu options abound, featuring the same high-quality service and style you have come to expect from the big smiling faces of Jim and Nick at Villa!

Open only a few weeks, SalsaRitas Cantina offers Fresh-Mexican food fast, where customers can watch a delicious made-to-order meal prepared right in front of their eyes, and dine in a fun, casual atmosphere. A full bar complements the tasty fare at SalsaRitas.

For information about these, and all of the 60 stores, shops, restaurants and services offered at Clifton Park Center, go to www.shopcpc.com.



CLIFTON PARK CENTER
EXIT 9 CLIFTON PARK, NY

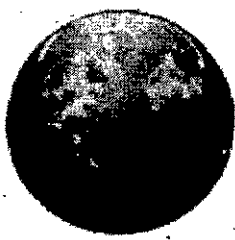
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Closet Crafters, Albany Shower Door make domestic life a breeze

At Closet Crafters & More, Inc. and Albany Shower Door, doing good business means making your life a little easier.

"When you don't have to do as much maintenance, you have time to do other things you enjoy," says Tom Barber, who has owned the business with his wife, Diane, for 21 years.

The Barbers started the business out of a two-car garage and have developed it into the largest multi-faceted closet company in area. According to Tom Barber, it's also the longest continuously operating family-owned company of its kind in Albany.

At Closet Crafters, the Barbers design beautiful and efficient closets and storage areas.

According to Tom Barber, a carefully placed storage area can increase your living space and improve the value of your home.

"When we visit your home, we take account of what exists in the house," says Barber, who is also on the National Closet and Storage Organization board of directors. "We consult with the client about what they want to do with their stuff and then we figure out the proper location, the appropriate place to keep the home organized."

Closet Crafters makes all of their own laminated wood systems which includes closets, entertainment centers, library systems, home office and custom wall units, plus much more.

While the Barbers are experts at all things relating to home organization, in recent years, these closet crafters have taken on a dilemma that plagues many homeowners: How can you organize your garage so that it serves its storage purpose and allows you to get your car out of the

cold?

The Barbers have the solution. Bike racks, brackets, cabinets and Rubbermaid ventilated steel shelving are just some of their suggestions.

Closet Crafters offers free in-home estimates, on-the-spot design work and installation by their own trained professionals. Clients can also visit the company's Kraft Avenue showroom.

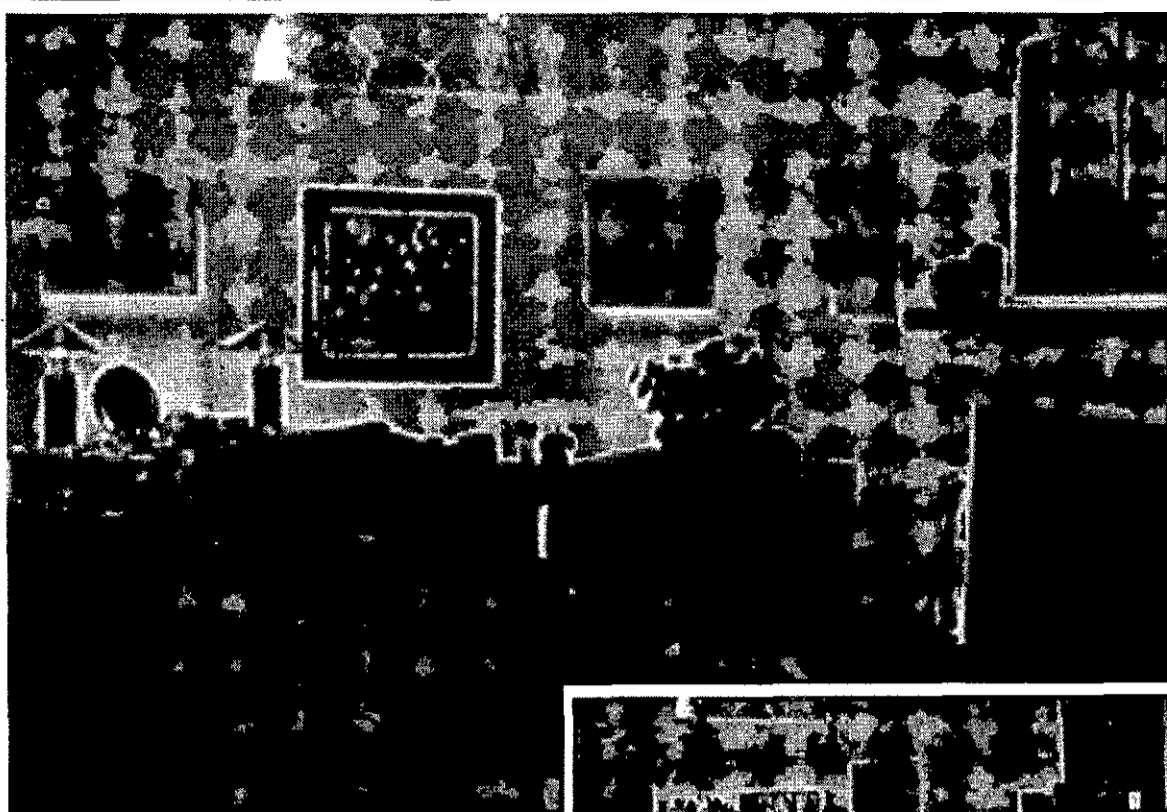
Albany Shower Door has more than a decade of local, national, and international experience, with a team of professionals more than equipped to handle any of your needs.

The company is well-known for its heavy glass frameless door, which Tom Barber says can become a focal point of a bathroom. Their glass doors are also offered in an easy-to-clean shower-guard surface.

Barber says he has five glass manufacturers and they also make their own glass at their Albany location.

"Our more than 20 years in business are a reflection of our service and knowledge of the industry," says Barber. "We really know this industry inside and out."

"Our more than 20 years in business are a reflection of our service and knowledge of the industry. We really know this industry inside and out."
Tom Barber



For years you've been collecting furniture, accessories and maybe even antiques, but you just don't know how it all ties together. Designsense owner and interior refiner Diane Lehmuller-Hardy would like to help. ABOVE: A client's living space after consulting with designsense. RIGHT: The room before the consultation.



Design company refines rooms

Decorator works with existing furnishings to give space a new look

Do you have a room in your house that challenges your decorating abilities?

Maybe the artwork is too big for the living room wall or your color scheme in the master bedroom just isn't meshing the way you thought it would.

For years you've been collecting furniture, accessories and maybe even antiques, but you just don't know how it all ties together.

Well, unpack your frustrations and arrange for designsense to come into your home and refine your room in less than one day using your existing furnishings, artwork and accessories.

Owner and interior refiner Diane Lehmuller-Hardy has been a professional interior decorator for more than 20 years, but found her real passion when she started her interior-refining business three years ago.

Lauri Ward, a Manhattan designer, started the concept back in the

1980s with a philosophy of using a client's own furnishings, artwork and accessories to refine a room.

After taking Ward's weeklong seminar, Lehmuller-Hardy became a certified interior refiner.

She says a typical room refinement takes about three hours and she works hand in hand with her clients.

"I really strive to inform, involve and inspire clients," Lehmuller-Hardy said.

About 80 percent of her refinements involve the main gathering



rooms, typically the living room or the family room, but she has worked bedroom, bathrooms and dining rooms.

She says usually a job requires her to rearrange furniture. Regrouping artwork and accessories and getting rid of clutter make a room more inviting and comfortable.

"If you give a room a good de-

sign basis it will be inviting."

Often, she says she "shops" for items in other areas of the house to refine a room.

"I never tell anyone to get rid of their stuff. It's their home and their home should reflect their tastes."

Once finished, she goes over everything she did with the client and gives them a written design plan, sometimes offering suggestions for future purchases.

Clients see immediate results.

"Very often, it's a teaching process. Sometimes it's hard for people to think outside of the box," she said.

Another big part of her business, she says, is called Resale Ready. She refines houses that are for sale for real estate agents and homeowners to make them more appealing to buyers. Similar to room refinement, Lehmuller-Hardy uses the furnishings, artwork and accessories the homeowner already has, making purchase suggestions only when absolutely necessary.

She says she also helps seniors who are downsizing.

For more information, call 330-3454 or visit www.designsensebydiane.com.

Closet Crafters & More

Diane Barber owner of Closet Crafters and More and Albany Shower Door is featuring one of their new designer colors in their closet shelving. Stop in and see their model pantry as well as varied displays of closets and shower door at their showroom at 25 Kraft Avenue, Colonie just off Central Avenue.

Celebrating Our 21st Year

Showroom hours are 8 a.m. to 4:30 p.m. Monday through Friday, Thursday evenings and Saturday mornings available by appointment.

We also do free in-home estimates at your convenience. Call 518-459-0037 or stop in and see them

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Chamber sees 2008 as year of challenges and opportunity

The Guilderland Chamber of Commerce is celebrating 36 years of service in 2008. The Chamber is a partnership of 600 business people working together to build a healthy economy and to improve the quality of life in the community.

The GCC motto "Large Enough to Serve, Small Enough to Care," genuinely represents the organization. This year represents a year of evaluating challenges and seizing new opportunities.

Katherine Burbank, the new executive director, made a decision to maintain the Chamber's programs and evaluate the challenges to member businesses before implementing any changes.

Burbank says, "The Chamber has to take the challenges facing our members and turn them into opportunities. The more I know about members' needs, the more I can do for them through programs, events, marketing, business assistance and more."

For 2008, with energy costs at



an all-time high and the economy sluggish, GCC will introduce new cost-saving programs for their members, such as group energy buying and discounted auto and home insurance, as well as address the health-insurance needs of businesses with some alternative plans.

For member programming, GCC is working hard to present an exciting calendar of current business-related programs, networking events and community get-togethers.

"We want to provide our members with a variety of opportunities to get involved in the community through business and family events," says Burbank. "My members tell me some of the best networking is done when people are relaxed and having fun."

Other Chamber services include:

- The Guilderland Chamber publishes the Altamont, Guilderland & Voorheesville Business and Community Directory. This free publication will be mailed to thousands of homes in the area in 2008.

"The Chamber has to take the challenges facing our members and turn them into opportunities."

Katherine Burbank

- The Small Business Group meets in a casual monthly forum designed specifically to assist the small businessperson. Meetings are held at Avila Retirement Community off the Washington Avenue Extension the first Friday of every month at 7:30 a.m.

- The Women in Business Group is active in a variety of areas pertaining to women who own or manage businesses. This group meets monthly on the last Thursday of every month for either breakfast or lunch at the NYS Nurses Foundation on Western Avenue.

Upcoming Programs and Events for 2008 include:

- The GCC annual dinner on June '5 at the Italian American Community Center

- The Women in Business Summer Social on July 24, benefiting Community Caregivers at the Colonie Golf and Country Club.

- The GCC Golf Classic on Sept. 21 at Colonie Golf and Country Club.

- The Senior Volunteer and Employment Fair, location and time to be announced.

- Souped Up on Guilderland Soup Cook-Off at Altamont Orchards on Saturday Oct. 11.

For more information about the Guilderland Chamber of Commerce, call us Monday through Friday, 8:30 a.m.-4:30 p.m. or visit the Web site at www.guilderlandchamber.com.

Advice for women business owners

Whether you're starting from scratch, purchasing an existing business or looking to buy a franchise, the starting point is always a significant hardship. In today's business world, women are faced with unique challenges when starting a business, due to ongoing stereotypes that portray women as a higher loan risk.

Karen Lackey, MBA, Business/Technology department program chair at Brown Mackie College - Findlay in Ohio, explains that while challenges do exist, women business owners can achieve success in the modern entrepreneurial world.

"It has been my experience that women face both financial and emotional hardships in opening their own business," says Lackey. "Despite the strides women have made in the workforce, there are still some obstacles for women wanting to open their own business. For instance, obtaining financial backing is still a struggle. Banks are leery about loaning out larger amounts of money to women. In addition, women still have the obstacle of overcoming the typical stereotypes of women not being able to compete in a 'man's world.'"

According to Lackey, since the early 1980s, women have made solid strides in becoming prosperous entrepreneurs. More than 20 years ago, female business owners were few and far between, especially in male-dominated industries, such as automotive and wood working. Now it is not uncommon to find female entrepreneurs owning businesses ranging from auto body shops to nail salons.

What tips or resources would Lackey offer for first-time female business owners as they strive for success? "My suggestion is to do as much research as possible about the industry you're entering and local competition before jumping in," advises Lackey. "Don't be afraid to take risks and always walk with your head held high."

There are also many associations, such as the National Association of Women Business Owners, which can help women at all stages of business to be more connected, more empowered and more successful. Such organizations provide business referral network opportunities,



In today's business world, women entrepreneurs are faced with unique challenges due to stereotypes that portray them as a higher loan risk.

"Despite the strides women have made in the workforce, there are still some obstacles for women wanting to open their own business... (like) overcoming the typical stereotypes of women not being able to compete in a 'man's world.'"

Karen Lackey

with personal interaction at monthly meetings and events, business education, and online connectivity and visibility.

The glass ceiling of stereotypes and discrimination is best surpassed through research, dedication, risk-taking, confidence, knowledge, and proactive planning, Lackey says. "Remember, the key to a successful business

start-up is not narrowed down to a simple formula; it differs for every individual. Assess your situation and finances, do your research, formulate a structured plan of recourse, and don't be afraid to take a chance."

To learn about Brown Mackie College, visit www.brownmackie.edu.

Care (From Page S11)

rooms with private bath, housekeeping and activities.

Kingsway offers a variety of other services including home care for children ages eight weeks to 5 years old, and adult day services, which provide games and activities for seniors 8 a.m. to 4 p.m. Monday through Friday.

Completing its array of services, Kingsway Community offers three independent living apartment buildings with different packages and rental options. Kingsway Court Apartments are for those seniors who wish to live completely independently and without services.

Parkland Garden Apartments, built in 1986 and the newest addition, Kingsway Village Apartments, built in 2001, include services such as meals, housekeeping and group activities and outings.

Director of Independent Living Nancy Adalian-Fedeles said the Village has a café, on-site bank, movie theater, fitness room, space for cards and billiards, and staff who take resident satisfaction very

seriously.

Adalian-Fedeles said the community has recently hired Paul Canale as executive chef for the independent living apartments. Canale was trained at the Culinary Institute of America and has worked at Glen Sanders Mansion and the Stockade Inn.

Adalian-Fedeles said the various levels of care at Kingsway Community enables residents to age in place, with friends and neighbors close by.

"It's quite routine for our independent residents to benefit by accessing the higher levels of campus care after a hospital stay and then once healthy again, return home to their apartments," Adalian-Fedeles said.

For many seniors, living alone can become a hardship, not only physically, but also psychologically and emotionally. Interaction with one's peers is important, and that does not always happen when you are living alone, Adalian-Fedeles said.

"What we have found with this group is to expect the unexpected. This is not a group of individuals who elected to retire and step back from life. They are still meeting life head on," Adalian-Fedeles said.

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enough to care!!**

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Guilderland
Chamber of Commerce
"In Business for Business"

De Marco-Stone understands a family's needs

In 1921, Michael De Marco Sr. opened a funeral home at 30 Jefferson St. in the Stockade area of Schenectady. One year later, he opened another funeral home at the corner of Schenectady and Strong streets and it stayed in operation for more than 40 years.

As people started moving into the outlying areas, Mike Sr. had the

vision to buy an old building formerly used as a school/farmhouse, located at 1605 Helderberg Ave. in Rotterdam. The farmhouse was reconstructed, and in 1950, the Stone Funeral Home was opened. Mike's son-in-law, Francis L. Stone, operated the new facility. When Michael De Marco Jr. moved his family to Rotterdam, it became known as the

De Marco-Stone Funeral Home. Upon the death of Mike Sr. in 1966, Michael Jr. became president of the corporation.

In the 1980s under the direction of Michael De Marco Jr., the Glenville Funeral Home was established at 9 Glenridge Road and is now under the direction of his son, Michael De Marco III. Then in 1993, the

De Marco-Stone Funeral Home Inc. was opened at 5216 Western Turnpike in Guiderland, and is managed by son-in-law Larry Noyes. The funeral home is located off Route 146 (Carmen Road) on Route 20 across from the Guiderland Town Hall and the Hannaford Plaza.

For many years the staff at De Marco-Stone assisted the owners of White-Van Buren Funeral Home in Delanson. Subsequently, in 1994 the De Marco-Stone Funeral Home purchased White-Van Buren, and they joined the family of funeral homes.

They are family-minded professionals, independent and proud to serve families of the Capital District

area. They believe they are able to give quality service at a time a person's need is the greatest. They offer traditional burials and cremation services, serving their community, with no hidden cost, giving affordable and fair prices. They offer pre-need arrangements guaranteed with payment and also pre-need without payment. Call 355-5770 for more information.

Directors are Michael A. De Marco Jr., Larry E. Noyes, C. Michael Hyrny, Thomas A. Verret, David A. Muha and Kim L. Greenwood. Office representatives are Kim Noyes, Laurie Ann Garling and Kim L. Greenwood.

Center offers programs for preschoolers of all stripes

The Spotted Zebra Learning Center in Albany is an innovative preschool for the 21st century.

"Today's preschooler is so much different than yesterday's preschooler," said Sheri Townsend, executive director and co-owner of the learning center.

She said the school is always adjusting to accommodate new groups of students.

Beginning in September, the school will offer a program for 2-year-olds called the Speckled Zebra, which will focus on teaching the children to socialize. The program will be led by a special education teacher with the help of a speech language pathologist according to Townsend.

"It's really important to start children early," she said.

For other preschool aged children, from 3 to 5, the Spotted Zebra has both full- and part-time programs to fit a family's needs. Their preschool programs provide challenging and engaging but age-appropriate content in early learning areas including math, literacy, science, social studies and art. Parents are also able to monitor their children's progress through biannual assessments. The teachers also collect data on the student and anecdotal information pertinent to the child's development, so parents are able to stay connected. The Spotted Zebra Learning Center is the only preschool in the area to offer this type of connection.

The Spotted Zebra also offers special education programs for children 3 to 5 years old, where each child's Individual Education Plan is addressed in the context of the curriculum.

Parents looking for full-day kindergarten program, or small kindergarten class sizes must look no further. The Spotted Zebra offers



For preschool aged children, from 3 to 5, the Spotted Zebra has both full- and part-time programs to fit a family's needs.

Submitted photo

a full-day kindergarten program guaranteed to prepare children for primary education. The program is centered on language and a fine motor skill development, and provides for special activities such as beginner Spanish lessons. Student's work is collected in a portfolio, so parents are able to see their child's progress.

There is a 4-to-1 ratio of teachers to students in each class offered at the Spotted Zebra Learning Center. Each class has a special education teacher, an early childhood teacher, and a teacher's assistant with an associate's or bachelor's degree in education.

Townsend said the school strives to meet or exceed every early childhood education requirement as determined by the National Institute for Early Education Research. She also explained that the school works with a professor at St. Rose College in Albany, to ensure that the school's programs are meeting the early childhood education standards.

In order to meet the changing

needs of families in the 21st century, the Spotted Zebra also offers after-school enrichment programs, which give students a chance to work on a specialization. The enrichment programs run from 3:30 to 4:15 p.m. daily. Parents are allowed to choose from different enrichment programs every six weeks. The school has offered programs in Tai Kwon Do, yoga, and different crafts.

"We really invest in the family," Townsend said. "We're trying to provide quality service to the family."

Another program designed to assist busy families is a partnership with Dinner By Design, which provides pre-cooked dinners that can be picked up at the school when the child is picked up.

For information on the school and its programs, visit the Spotted Zebra Web site at spottedzebra.org/data/ or call the school at 432-4800.

Brain-building strategies for parents

For sheer learning potential, the brain of a child surpasses any man-made super computer. Researchers and child development experts agree there are a number of ways parents can help children make the most of their natural brainpower.

Mental and physical exercises, as well as brain-enhancing nutrition, can aid parents in nurturing their children's natural abilities. Parents should keep some important things in mind when choosing activities and foods to help build children's brainpower.

U.S. Department of Education, children who are read to frequently will be almost twice as likely to show advanced skills associated with emerging literacy than children who are not.

- Help very young children recognize that print is a form of spoken words by pointing to words and sentences as you read them.

- As children learn to talk, increase the interactive aspects of your reading. Talk to them about the story and help relate characters and events to their own lives.

- Continue to read aloud with your children through grade school. As children begin to learn to read, share the reading aloud tasks with them by having them repeat a page after you've read it or alternate reading a page with them.

Mental Exercises

Reading is a powerful, brain-boosting tool for children of all ages. In fact, the nonprofit literacy organization Reading is Fundamental cites reading aloud as "the best way to prepare children for learning to read and to keep them reading as they learn and grow."

To promote reading as mental exercise, parents can:

- Read to children early and often. According to research by the

Physical Exercises

Playing equals learning for children. The connection between physical, emotional and mental health is well documented. With childhood

See Strategies, Page S20

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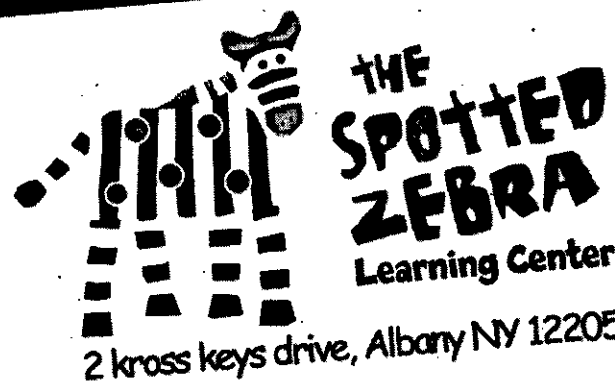
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Conservation is key

Hiscock and Barclay offers tips on saving energy

Carlos Gavilondo wants you to think more about energy. Gavilondo, counsel at Hiscock and Barclay, has spent most of his career thinking about energy efficiency and its effects on the environment. The Tulane University Law School graduate, who also has an engineering degree from the school, spent 11 years with National Grid, most recently as general counsel for Niagara Mohawk. He also spent five years as an electrical engineer before law school, following up his education with a year and a half in private practice in Arizona doing environmental work. Gavilondo is now a full-time student at the State University of New York College of Environmen-

tal Science and Forestry, where he is pursuing a graduate degree in environmental policy.

In other words, he knows what he's talking about.

Gavilondo is contributing his expertise to the ongoing debate about the state of energy today. He said it's not surprising that the energy crisis keeps making headlines.

"Everything is affected by our energy decisions, and you see so much in the press about energy - climate change, cost increases, our international policy," Gavilondo said. "People are feeling the pinch at the pump and in their monthly utility bills. There's a lot of discussion about renewable energy and alternative energy sources, and that's appropriate. But that's only part of the equation."

Instead of concentrating exclusively on renewable or alternative energy



sources, Gavilondo said, we should be focusing more of our efforts on conserving and using less energy on a daily basis.

"For so long, energy has been so cheap and so accessible that we never worried about taking steps to conserve," Gavilondo said. "We thought it would always be there and always be cheap, but we're finding that's not the case."

Gavilondo said that part of the problem is our reliance on relatively inexpensive electrical energy, which he said is the result of a very inefficient

process.

"Only about one-third of the fossil fuel energy used by power plants makes it to your home as electricity," he said. "This is due to losses that occur in burning fossil fuel to make electricity and then transmitting that electricity over long distances - and that's not even counting the energy it takes to extract the coal or natural gas from the ground, or to ship those fuels."

In addition, how we use electricity in our homes once it's there is also very important. High efficiency products and appliances can dramatically reduce electric use. "A standard 60-kilowatt light bulb is very inefficient at using electric energy to produce useful light - most of the energy is wasted as heat. An equivalent compact fluorescent light uses about one quarter of the electricity of a standard bulb."

In addition to saving energy in the home, such efficiency improvements have a multiplier effect. "For every

unit of electric energy you save in your house, you're saving three units of energy at the fuel end," Gavilondo said.

Along with saving consumers money, the payoff carries over into the environment. In New York State, about 50 percent of electric energy use comes from traditional sources - coal, oil and natural gas. On average, this produces about 80 pounds of carbon dioxide per 100 kilowatt hours (kWh) of electricity.

"For every kilowatt hour you save, you keep almost a pound of carbon dioxide out of the atmosphere," Gavilondo said.

It's important to recognize that we do have alternative sources of fuel in New York State, including hydropower and nuclear power, as well as an increasing number of new renewable resources, such as wind and biomass. And the state is undertaking efforts to

See Key, Page 25

New Visions helps students chart a successful career course

Internships are a great way for high school students to advance their college careers, and with BOCES Capital Region Career and Technical School New Visions Program, high school seniors can be on the fast track to success.

The New Visions program gives students a unique opportunity to experience four career options through a series of rotations, and class lectures, which can count for both high school and college credit.

Not only can students receive honors and AP credits, but the experience gained from the program will provide an advantage in the competitive college application process.

In the health careers program, students spend the morning at either St. Peter's in Albany, or Ellis Hospital in Schenectady engaging in lectures, research and rotations, which provide structured observation of professionals and procedures. The rotations take the students through the hospital's operating rooms, radiation oncology, the pharmacy, and even the psychiatric unit.

With the proximity to the state Capitol, New Visions' students have a unique opportunity to immerse themselves in New York state politics through internships in the Legislature. Whether seeking a career in law or politics, this internship will prepare students by integrating lessons in Constitutional law, special interests, and public policy with the student's field experience. If working in the state Capitol every day is not enough, students can also get a taste of national politics during a weeklong trip to Washington, D.C.

Students who are interested in working with children should look into the human services and special/elementary education program, which allows students to shadow professionals at St. Catherine's Center for Children in Albany. Students looking to gain experience with special needs children are able to see first hand the challenges they will face in the real world by shadowing special educators, speech therapists and social workers.

The New Visions program also allows students to experience first

hand the rapidly changing world of journalism and other media. Through instruction, students learn about the impact of digital technology on the newsgathering and dissemination process, but the experience does not end there. In writing and editing their own newspaper, *The Legacy*, at the *Times Union* offices in Albany, they are able to put their lessons to work, especially in maintaining the student's electronic newspaper. Students also leave the program with a portfolio giving them a unique advantage. WMHT FM in Schenectady also provides a full broadcast option to students. Tours of radio stations and recording studios, as well as Hearst Corp's Manhattan offices also give students a look into the journalism and media businesses.

Interested students should check out the New Visions Web site at www.bocescareertech.org/nvhome.

Applications may be downloaded from the Web site and mailed to 1031 Watervliet Shaker Road, Colonie 12205.



Mental and physical exercises, as well as brain-enhancing nutrition, can aid parents in nurturing their children's natural abilities.

Strategies

(From Page S19)

obesity rates on the rise, it is more important than ever for parents to encourage children in all types of play, especially those that emphasize physical activity. To encourage physical exercise in children, you should remember:

- Toddlers benefit from physical play that also teaches them how to

safely and effectively interact with their environment. Simple games like "Red Light/Green Light" not only encourage movement, but also foster basic listening and direction-following skills.

• Elementary school children and teenagers benefit from team play. Participation in organized sports promotes physical health and improves interpersonal skills.

Nutrition

Nutrition is directly linked to physical health and mental performance. Studies have shown that children with poor nutritional habits do not perform as well in school as their better-nourished peers. To promote good nutrition, parents should:

• Lead by example. The best way to teach children good nutritional habits is to follow them yourself in your home.

• Make sure children get the recommended daily allowance of brain-building "good fats" - like Omega 3 and DHA. Both are essential for proper brain development, especially in toddlers and pre-schoolers.

• Follow the U.S. Department of Agriculture's Recommended Dietary Allowance guidelines as much as possible.

• Kids can be picky eaters so vitamin supplements can help parents ensure kids are consuming the nutrients they need. Products like L'il Critters Gummy Vites and L'il Critters Omega-3 Gummy Fish can help children get the brain-building nutrients they need by making nutrition flavorful and fun for even the most finicky eaters.

For information about L'il Critters and for helpful nutritional suggestions, visit www.gummybearvitamins.com.

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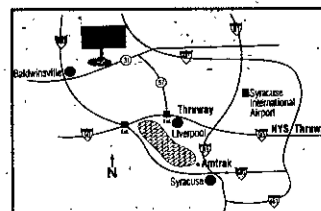
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Catholic Schools provide a beacon of hope

In September 2006, the Roman Catholic Diocese of Albany launched the Beacon of Hope Scholarship Fund, a tuition-assistance program that provides students from financially struggling families with tuition assistance at the 30 Catholic Schools.

The Catholic Schools are committed to ensuring that a quality education is accessible to any person, regardless of their economic status. Tuition only meets two-thirds of the cost to educate the student. This difference, between what it costs to educate a student and what a student pays for that education adds up \$11 million across the 30 Catholic Schools. This gap



in funding is filled in a variety of ways: support from parishes, fundraisers, grants and donations. Inevitably, the cost to run the schools will continue to rise, as will tuition. However, more and more families struggle to meet tuition every day. For many families it is simply out of reach.

Administrators of the Catholic Schools believe that to only accept students whose families

can pay the full tuition would be an injustice to those that desire a Catholic Education but simply do not have the means.

Sister Jane Herb, IHM, Superintendent of the Catholic Schools says, "No child should be left behind, not as a result of federal legislation but because all children, regardless of where they live or their background, deserve the very best. And they can find that within Catholic schools."

Catholic Schools have a reputation for academic excellence. On New York state standardized tests, students that attend Catholic schools consistently surpass the state averages, and nearly 100 percent earn Regents

The Catholic Schools are committed to ensuring that a quality education is accessible to any person, regardless of their economic status. Administrators believe that to only accept students whose families can pay the full tuition would be an injustice to those that desire a Catholic Education but simply do not have the means.

diplomas. Catholic School students also graduate at rates approaching 100 percent and matriculate to the finest institutions of higher education.

However, Catholic education seeks to address the comprehensive needs of the human person that cannot be measured by test scores or statistics. Catholic Schools provide an environment in which students develop character and deepen their sense of respect and responsibility. Studies have shown that graduates of Catholic Schools are not only more likely to go to college and earn a higher income; they are also more likely to become active participants in their communities.

Sister Herb believes that "Through the Beacon of Hope Scholarship Fund, we are not only helping families today, we are helping to shape the families of tomorrow."

The Beacon of Hope Scholarship Fund provides \$1,500 a year, for a three-year period, to students whose families struggle to meet the costs associated with a Catholic education. The program provided the Beacon of Hope Scholarship to the first 30 student recipients beginning in the 2007-2008 school year. It's a great start, but it is simply not enough.

In the first year of this scholarship program, 210 applications for the Beacon of Hope Scholarship Fund could not be funded. It was clear that nearly

all of these families deserved and needed assistance — some are working several jobs and often going into debt to ensure that their children enjoy the benefits of a Catholic education.

Unfortunately, there is simply not enough money to go around yet. Managed by the Catholic School Office at the Diocese of Albany and the Beacon of Hope Advisory Council, a volunteer committee of 20 community members, funds are raised through two primary events: The Beacon of Hope Breakfast in September and the Beacon of Hope Ball in March. In the first year of fund raising, \$170,000 in three-year gifts and pledges was raised. All of that money was allocated to the 30 students chosen to receive the three-year Beacon of Hope Scholarships in 2007. Every dollar raised goes directly to a student in the form of tuition assistance. There are no administrative costs.

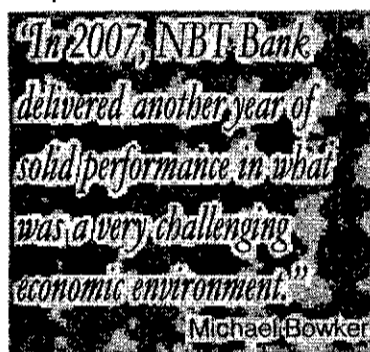
Through continued fund raising efforts and a newly implemented annual fund drive, Sr. Jane hopes to double the number of scholarship recipients in the 2008-2009 school year.

To learn more about the Beacon of Hope Scholarship Fund, contact Nicki Pezzullo, Director of Development for the Catholic Schools, at 453-6676 or visit www.faithinourfuture.net/beaconofhope.

NBT Bank ready to meet changing financial needs

NBT Bank, an independent community bank based in Norwich, has four offices in Albany County. Michael Bowker, senior vice president and regional manager, oversees the bank's branches in this area. These offices are an integral part of the NBT Bank network, which includes 82 full-service locations in 19 Upstate counties. The bank's branch managers in Albany County are: Kathleen Swinegar (Wolf Road in Albany); Rhonda Krutz (State Street in downtown Albany); Jenni Johnson-Bliven (Guilford); and Sarah Downey (Latham).

In June 2007, NBT Bank entered the Glens Falls marketplace. The bank opened a regional office and branch in downtown Glens Falls and plans to open other branches in the area over the next year. Also in June, the bank successfully launched a new line of personal checking products. This line includes the Premium Package, which offers health-related



discounts, insurance protection and savings on travel, shopping and other amenities. In July, the bank rolled out a remote deposit service for its business and governmental customers. NBT Remote Deposit allows customers to scan checks and submit them for deposit through a secure Web site. In November, the bank opened a branch in Latham and plans to open a branch in East Greenbush in March 2008. This will be the bank's first branch in Rensselaer County.

NBT Bank offers a full range

of financial services and products, including checking accounts, savings and retirement plans, residential mortgages, personal and small business loans, commercial banking, asset management and trust and investment services. Retail customers have access to a number of convenient services, including telephone and Internet banking, bill payment and an extensive network of ATMs. Business and municipal customers have access to Internet banking, bill payment, remote deposit and cash management services.

"In 2007, NBT Bank delivered another year of solid performance in what was a very challenging economic environment," said Bowker. "We believe that our focus on providing excellent customer service, our strong commitment to the communities we serve and our local decision making are the distinguishing factors that help us retain and increase our customer base."




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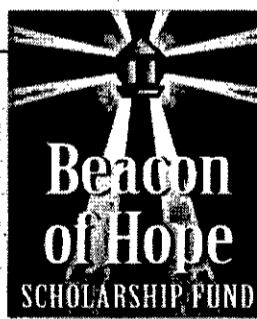


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Catholic School Office
Roman Catholic Diocese of Albany
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New name, long history

The Albany Academies invest in the future

Historically known as the Albany Academy for Girls and its sibling campus, The Albany Academy, the vibrant, 200-year-old independent school is now officially called The Albany Academies.

The Albany Academies includes west and east campuses which continue the tradition of single-gender classes. Following the school's philosophy in single-gender classes in the lower and middle schools, girls and boys show increased self-confidence. Students learn together in the upper school in a setting that prepares them for the vast array of colleges and universities they will later attend. Both campuses retain their own identities, traditions, and programs while moving forward with a shared mission and sense of purpose. Including the preschool education programs, there are now 700 students at the academies, with an equal number of girls and boys.

The merger of the two academies was concluded in December 2006, and became a legally recognized entity in July 2007.

"One of the great blessings is the fact that we operate out of 50 scenic acres behind Sage Colleges and Albany Law," said Headmaster Richard F. Barter. "Our facilities are superb. At the same time, we don't want to be a pristine little manicured campus surrounded by so many opportunities that we missed out on."

Now that the formalities of the merger are done, school leaders are moving briskly ahead with plans to get the new name out into the community.

"We want people to know what's happening here now, and we're looking for outreach opportunities to connect with this community," said Barter. "I've had meetings with the mayor. I'd like to get more Albany city children involved here."

Some of the new initiatives include a dramatic expansion of summer enrichment programs. The Albany Academies host the Empire State Youth Orchestra, which Barter describes as second only to famed New York City student performance groups. School

leaders strive to offer a top-notch, broad academic curriculum, an extensive extracurricular and athletic program, an active arts program, and a commitment to guide each student to be a person of character. Students are groomed to become active members and leaders of the community, with a lifelong love of learning.

One way to foster these traits in young students is to bring in role models.

"We've existed for so many years that, in this town, our alumni are significant individuals," said Barter. "We work hard on keeping connected with our alumni so they will continue to support us, consider sending their children here, and come to campus. We had an alumni graduate from the 1960s come recently to talk about her experiences living and working in Nepal."

Distinguished alumni are also a source of financial support for the academies.

"The only way to keep our tuition affordable is through the generosity of our alumni, who give generously," said Barter. "We tell parents the tuition is paying for the daily costs of education, but their children are inheriting a \$50 million facility built through the gifts of others."

Although officially chartered by New York state as an independent school, learning opportunities at the academies have more flexibility to meet changing needs of students and society at large.

"Independent schools can meet special needs and be creative, and Albany is a great place to do this," said Barter. "We're in the middle of a high-tech area with RPI and the Albany state government, so we have an experiential component to our learning. There are so many opportunities for kids in this town."

One of those opportunities is a required internship for high school seniors to work in a business, nonprofit or government office related to their future field of study. The program meets the dual goals of giving students a taste of what's out there, and spreading the word about the highly competent students graduating from The Albany Academy.

Aiming for a diverse student body,

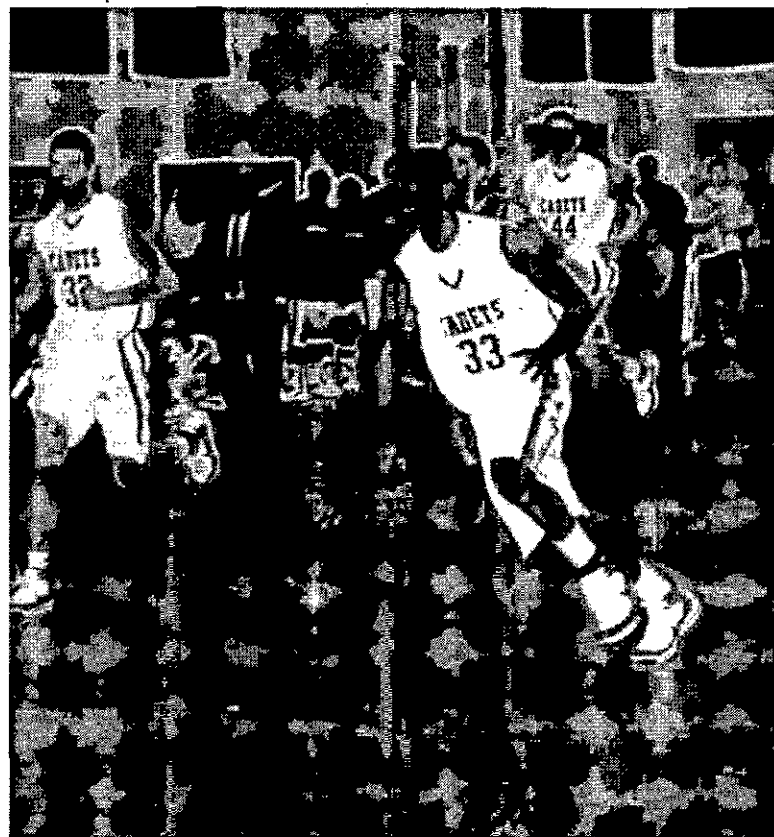
there are no minimum grades required for acceptance into the academies. School leaders do look for students whose families are committed to be involved in their education.

"We really need parents to support and encourage their children," said Barter. "In the changing face of the workforce, it can be difficult for parents to be volunteers on a regular basis, but if you look at after-school activities and inter-mural sports, that's where you'll see the parents as coaches and participants."

Barter said one of his personal missions is to ensure girls are encouraged to pursue math and science, rather than submitting to bygone stereotypes.

"I come from a family of six, and the boys all have advanced degrees, and my two sisters are nurses," said Barter. "This worked well in our time, but now I want the girls here to see they can emulate leaders like Shirley Jackson, president of RPI. We work from a very equitable perspective, from athletics to arts to math and science. That's a promise we make."

Located on Academy Road in Albany, you can reach The Albany Academies at 429-2300 or www.albanyacademies.org.



Students at The Albany Academies are exposed to a broad range of educational and athletic opportunities. Submitted photo

Making connections

Maria College makes a commitment to its students and the community it serves

Students today need to feel a spiritual connection more than ever before. Maria College prepares them academically and intellectually, as well as provides an all-encompassing education for a lifetime, addressing issues of soul and spirit.

In 1958, the Religious Sisters of Mercy founded Maria College. The Main Building was built in 1959 and the West Wing was added in 1966. Finally, in 1975 Maria College purchased the Dominican Monastery Building, which is now known as Marian Hall.

At first, the college educated

only religious sisters, but soon enrollment was open to lay students in 1964. In 1970, Maria College became co-ed and was open to the community at large.

Although the school's roots are in the Catholic faith, it embraces all faiths and is proud to incorporate



spirituality into the college experience. Today, the college is a microcosm of our world, with one of the highest percentages of diversity in the Capital District among its more than 1,000 students. They are men

and women, old and young, people of different races, ethnic groups and nationalities. There are those who embrace different religious expressions alongside those who have no formal religious affiliation. The school's mission has always been to educate students for compassionate service — service to the Capital District and to the communities where its graduates live and work.

Students have many pressures. They may have had to endure a variety of losses and burdens, including death, divorce, life as a single parent, disabilities, illness or relationship issues. The counseling center helps students sort out issues and learn coping skills. Students are taught stress reduction techniques, which can help to change attitudes and be-

See Connections, Page S23

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Mediation offers many benefits to divorcing couples

By STEPHEN C. PRUDENTE

The author is an attorney who concentrates his practice in the areas of family law matters and mediation.

Mediation is a process in which an impartial third-party — a mediator — facilitates the resolution of a dispute by promoting voluntary agreement (or “self-determination”) by the parties to the dispute.

A mediator facilitates communication, promotes understanding, focuses the parties on their interests and seeks creative problem solving to enable the parties to reach their own agreement.

According to “Model Standards of Conduct for Mediators,” simply stated, a mediator’s goal is to help people make decisions together.

Unlike open court proceedings,

mediation is usually conducted behind closed doors. The people in conflict have to accept full responsibility for the decision-making and have to understand the context and consequences of the decisions to be made. They also need to deal directly with each other in this setting. How the settlement is reached is as important as the settlement itself.

New York’s divorce laws and support statutes are but one of several possible bases that may guide the decisions participants will make. A person’s own sense of fairness is usually at least as important as the law and finding the basis of decision-making that honors each person is essential to the process.

It is essential that each of my clients understands the law and its role in their thinking, but the weight a client wants to give the law is completely up to him or her. If done



correctly, the mediation process rewards the disputants.

Gary J. Friedman, J.D., in his “A Guide To Divorce Mediation” has a wonderful quote regarding the benefits of a mediation done correctly: “From the point of view of the disputants, this is not only a decision-making process about who gets the house or how much support will be paid (although it certainly includes that), but also a fundamental reorientation. Our normal tendency is to want to forget about the past, sever ties, and move on. Yet people who are willing to face what has hap-

pened between them and to speak honestly to each other about it, while also addressing what they want for the future, have a chance to reach a settlement that has integrity. This is the challenge and opportunity that this process presents.”

In traditional positional negotiations, parties stake out their positions. There are many ways to resolve those differing positions, but they are usually premised on the precept “I win - you lose.” The belief is that compromising your position means you are giving in. In contrast, the approach in mediation is interest-based. When the approach is interest-based, the focus is on the underlying interests of the parties, not on their stated positions. In other words, look forward, not back, be hard on the problem, and soft on the people.

If done properly, the cost of a mediated divorce should be far lower than a case directly negotiated between two lawyers. In addition to the money savings, the partici-

pants have control over the process, far more privacy than a court proceeding, reach resolution faster and come out of the process with more effective communication and parenting. The reduced conflict that mediation offers allows for a better adjustment for children. One of mediation’s greatest attractions is that it allows clients to use their own values, goals and priorities in fashioning a divorce agreement. Mediation offers couples the opportunity to fashion their own creative solutions that could not be obtained in the court system. An agreement mediated by the spouses themselves is more likely to be followed by the participants than one imposed by a Court or battling lawyers.

Maynard, O’Connor, Smith & Catalinotto, LLP is located at 6 Tower Place Albany, 12203. They can be reached by calling 465-3553; by fax, 465-5845; or online at www.moscllp.com.

Connections

(From Page S22)

havior to create a better atmosphere for learning.

While it is a requirement for all students to take a religious studies course, it is especially important to students in our registered nurse, licensed practical nurse and occupational therapy assistant programs. Increasingly, health-care workers must be familiar with holistic treatment, as well as with the spiritual or religious rituals that patients and their families perform to heal both body and mind. Courses such as “Spirituality and Ritual” and “Prayer and Spirituality” are part of the college’s bereavement studies certificate program, designed as a result of the campus minister’s work with students on issues of loss and grief.

Students are informed about the various places of worship — Catholic and Protestant churches, synagogues and mosques — that are near campus.

Maria College recognizes that for graduates to be ready for their

jobs and for life, lessons on spirituality and self-awareness are vital. The Sisters of Mercy who founded the college nearly a half-century ago would be proud to see that their original vision continues and has been expanded to those of all backgrounds.

Maria has enjoyed more than five decades of growth, due in great part to the success of its graduates. Underlying this success is the delicate balance the college has maintained between its commitment to the liberal arts and career-oriented degrees it offers. This balance breathes life into an educational philosophy that seeks to instill in its graduates respect for the dignity of the individual, as well as the ability to transform learned skills into vehicles of service.

Students can pursue the following degrees: Associate in Applied Science (Accounting, Computer Information Systems, Early Childhood Education, Management, Nursing, Occupational Therapy Assistant and Paralegal Studies); Associate in Arts (Liberal Arts); and Associate in Science (General Studies and Research Technologist). Because a Ma-

ria education has from its founding been grounded in the liberal arts, Maria’s degrees qualify for transfer to four-year institutions, thereby providing a cost-effective gateway to further education as well as to a career. Certificate programs, which are especially attractive to students already in the workforce who wish to advance their careers, are available in the following: Bereavement Studies, Gerontology, Paralegal, Practical Nurse and Teaching Assistant.

Maria’s commitment to the needs of the individual student is nowhere more evident than in its guidance and counseling programs: academic guidance through a faculty advisor assigned each student; personal counseling through the Counseling Center; and career guidance through the college’s

Career Planning and Placement Office, a service that is available to alumni as well. The college, a non-profit, independent coeducational institution, has a 14-to-1 student/faculty ratio, which ensures personal attention and meaningful interaction with staff.



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Lafarge excels in production, outreach

Lafarge is the world leader in the manufacturing of high-quality cement, gypsum and aggregates, with operations in more than 75 countries worldwide.

The North American headquarters for Lafarge North America is located in Herndon, Va., but Lafarge has a presence right here in our community at its Ravena plant. The plant is one of only 23 cement-manufacturing facilities in North America and has been manufacturing cement since 1962. Lafarge acquired the facility from Blue Circle Cement in 2001.

The Ravena plant produces approximately 1.8 million tons of cement annually, making it one of the largest cement plants on the continent. The plant's success is founded on the efforts of its more than 240 dedicated employees and their unwavering focus on excellence.

The Ravena plant is committed to being a good neighbor and serving as an active, positive force in the community. Two significant events for the Ravena Plant in 2007 were the Signatures of Sustainability recognition from the Wildlife Habitat Council (WHC) and the primary sponsorship for the 2007 Ravena Friendship Festival.

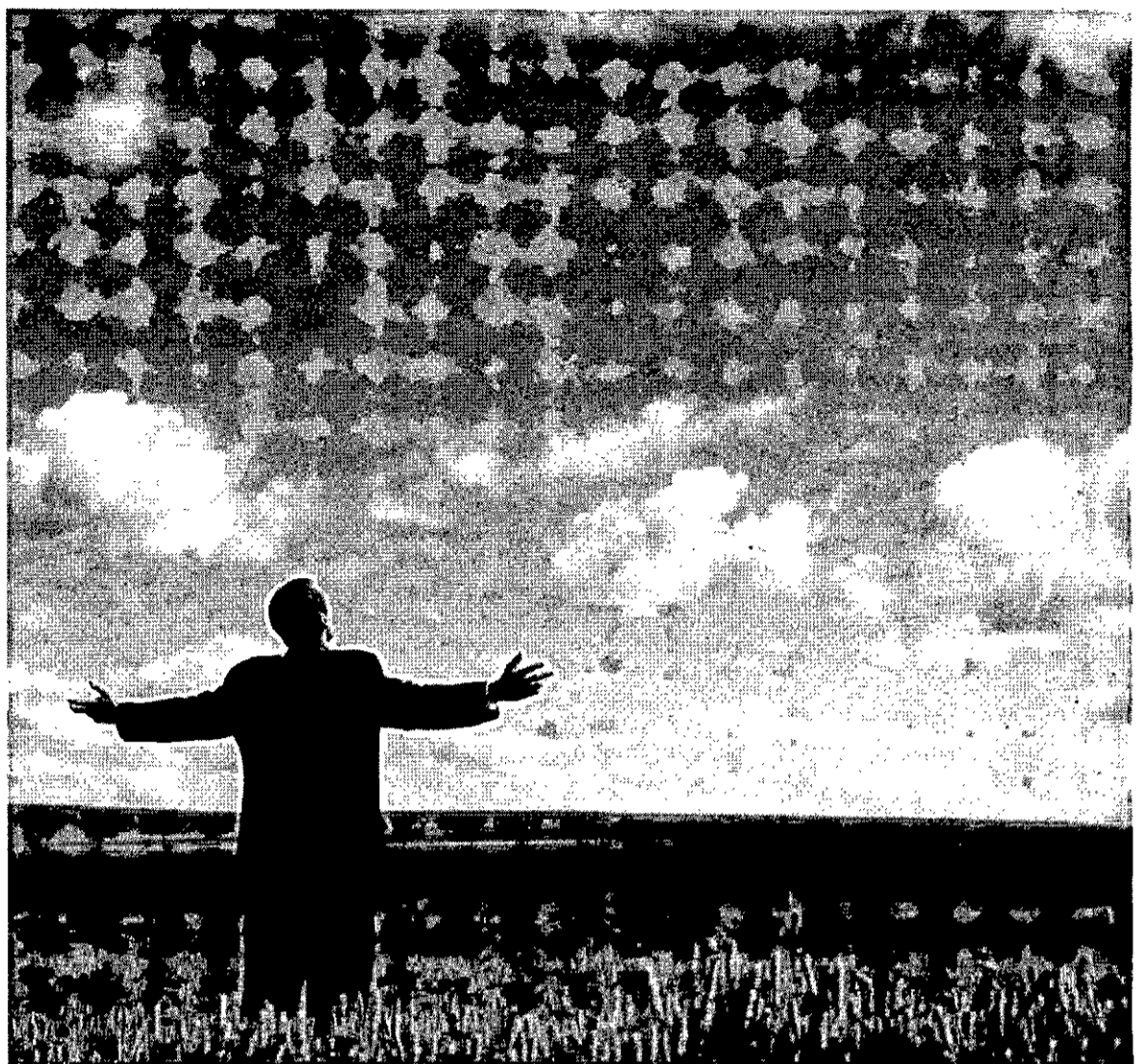
The Deer Mountain Nature Trail received an important Signatures of Sustainability designation from the WHC in 2007. Lafarge has been instrumental in the preservation, construction and monitoring of the nearby Deer Mountain Nature Preserve and Trail System. Deer Mountain has provided learning

opportunities for several schools and organizations throughout the years, and six new species have been identified since 2004. WHC is a nonprofit, non-lobbying group of corporations, conservation organizations, and individuals dedicated to restoring and enhancing wildlife habitat. Created in 1988, WHC helps large landowners, particularly corporations, manage their unused lands in an ecologically sensitive manner for the benefit of wildlife. More than 2 million acres in 48 states, Puerto Rico, and 16 other countries are managed for wildlife through WHC-assisted projects.

Lafarge also was the primary sponsor of the Ravena Friendship festival; a carnival featuring food, entertainment, plant tours and a fireworks display.

The Portland Cement Association (PCA) recognized the Ravena Plant during 2007 for its Outreach program (runner up) and Land Stewardship program (finalist).

The Ravena Plant continued its charitable giving in 2007, supporting the Ravena Coeymans Selkirk School District, The American Cancer Society Making Strides Against Breast Cancer program, the Coeymans Fire Company, the Senior Projects of Ravena, the Athens Street Festival, RCS Youth Soccer, Ravena Lions Halloween Parade, Ravena Pop Warner Cheerleaders, Greene County Pop Warner Football and the Medway Grapeville Fire Company.



People who do adapt and embrace change are more likely to achieve their goals and dreams.

Reach your goals by managing change

Every January, research firms release their predictions on trends for the coming year. From the top 10 retail trends for 2008 to the latest environmental and technology trends, these reports share one central theme: change is

constant and there's no way to avoid it.

Change is inevitable and unfortunately, dealing with this reality isn't easy for everyone. However, those people who do adapt and embrace change are more likely to achieve their goals and dreams.

In order to help others lead a more meaningful life, several award-winning authors and regular contributors to www.yesyoucanonline.info are sharing insights on how to accept and cope with change. According to Jack Jonathan and Sheelagh Manheim Ph.D., authors of "Yes, You Can... Find More Meaning In Your Life," and Jim Stowers, author of the soon-to-be-published "Yes, You Can... Reach Your Goals and Achieve Your Dreams," the desire to maintain the status quo causes some people to fight against change and the uncertainty it brings. Yet, one of the great advantages of the human race is the ability to adapt and prepare for change.

"It's common to resist change," says Jonathan. "Staying with what's comfortable and familiar keeps us connected to our past. But we shouldn't lose sight of the exciting opportunities for growth and new experiences that change brings. Being open to new ideas is one important ingredient for living a meaningful life and achieving our goals."

Making a change is often a leap of faith — a risk. The best method for achieving success with this inevitable change, according to Jonathan and Manheim, is to properly prepare for it. The following seven steps provide suggestions on ways to open your mind to change.

1. Collect facts about what is changing. How will making this change affect you? What is the ultimate outcome that will make you happiest?

2. Evaluate the risks. What can go wrong by making this change? How can you be negatively affected?

What's the worst-case scenario?

3. Decide how you will deal with the risks. Once you've identified the risks, figure out a solution for each one.

4. Make a commitment to persevere. Consider writing down your commitment to change, such as a contract you are making with yourself. Keep it in a location where you will see it regularly to remind yourself.

5. Define the small steps that will help you reach your goal. View the change as a series of small steps instead of one large one. This attitude will help you achieve many milestones and will give you a positive attitude.

6. Reevaluate the progress you have made. Be flexible along the way and make adjustments that you'll need to ensure success, and achieve your dreams.

7. Reward yourself for each accomplishment. Celebrate smaller milestones and keep track of the progress you've made.

While the constant ebb and flow of change may cause some people to feel anxious or uncertain, Stowers believes that those who adapt and prepare for change can use it as one of life's great motivators.

"A person who can adapt will naturally be more successful with the ups and downs life offers. This makes them more likely to achieve their goals and dreams," says Stowers. "Preparing for change is an essential skill that allows us to connect with our family, friends, job and life. It's also what helps us see that change happens as a challenge. Then, rather than seeing it as something stressful, you can look at it as an opportunity to achieve something unique and fantastic."

For ideas on dealing with change and other ways to lead a more meaningful life, visit yesyoucanonline.info.



Lafarge is proud to support the local community

The Lafarge Ravena plant has been a part of the local community since 1961. The plant and its 200 plus employees have actively supported several community and charity programs. In recent years these have included Making Strides Against Breast Cancer, Coeyman's Firehouse, Ravena Friendship Festival, Future Cities Competition, and numerous other local and regional organizations.

About Lafarge in Ravena:

Facility: 3,500+ acres
Established: 1961
Employees: 200+
Supplies: Major urban markets of Boston, Hartford and New York City



Cement

Arxx green build system targets new industry growth

Arxx Building Products recently announced a merger with Apex Construction Systems to lead the way in the development of innovative green building systems in North America. The merger creates an unrivalled offering in the sustainable building market.

"Using the Arxx green build system for walls and foundations is just a smarter way to build," said Jeffrey Martusewicz, president of Seaway Wall Distributing, a supplier to about 40 dealers in the state. "The result is 40-50 percent more energy efficient construction with buildings that feature better indoor air quality, are stronger for enduring storms and are cost effective long term. Our company saw a substantial growth in our sales of Arxx walls and foundations even though we are in a building down-turn. Our customers are recognizing the importance



of sustainable building, and now with Arxx providing the green build system, this just adds to our momentum."

Arxx insulating concrete forms are easy to install. They consist of two expanded polystyrene (EPS) panels connected by a polypropylene web. The forms are stacked on the jobsite, reinforced with rebar, then concrete is poured into the forms, creating an insulated, monolithic, concrete wall. The result is a wall system that has high energy efficiency. Unlike wood construction, there are no cavities or gaps where molds can proliferate. The

airtight construction enhances indoor air quality and reduces sound while the strength of the concrete walls makes them very popular in hazardous weather areas. Arxx ICF meets major building code specifications and has a UL listed 2-4 hour fire rating. These qualities add up to a safer, stronger, more energy-smart building.

Building with Arxx makes it easier to construct Energy Star homes as well as achieve LEED points for commercial and residential construction.

"It's a greener way to build for energy conscious architects and builders," said Martusewicz. "It saves labor hours, requires no special installation skills and for homeowners it's great; they're literally breathing easier with better air quality, reduced energy bills and fire safety."

For information, visit www.arxx.net or call 315-482-5253.

Key (From Page 20)

further reduce our carbon footprint. In April of last year, Gov. Eliot Spitzer unveiled a new initiative to lower the state's electric usage to 15 percent less than what was projected by 2015 — a program the state calls 15 by 15.

"That would bring electric usage in 2015 to less than today's levels," Gavilondo said.

The state is considering several changes to existing energy efficiency programs in order to achieve the 15 by 15 goals, including new building codes and appliance codes and expanding access to more energy-efficient products like compact fluorescent light bulbs, which use only 25 percent of the energy of a traditional light bulb.

The state is also considering if it should modify the way energy efficiency programs are provided, which today are delivered primarily by the New York State Energy Research and Development Agency (NYSERDA).

"NYSERDA has done a good

job with the programs it administers. But, many people aren't familiar with NYSERDA," Gavilondo said. "On the other hand, utility companies have monthly contact with their customers and may be able to reach them more effectively than NYSERDA can."

As a result, the state is considering a proposal to have the utilities administer some of the programs currently run by NYSERDA.

"It's something that might reduce entry barriers and increase participation and conservation among consumers," Gavilondo said.

And increasing participation and conservation is key, Gavilondo said.

"It's important for people to realize that conservation has a cumulative effect," Gavilondo said. "It may seem like a small thing, but the gains increase as you go back in the chain."

That applies outside the home, as well, in everything from driving less to buying locally produced products at the grocery store.

"These seem like such small things, but it's an accumulation of positive actions," he said. "If everyone did a little bit, it could have a huge benefit."

Mildred Elley gives massage therapy grads a hand up

What's better than being a certified massage therapist? A working massage therapist.

Mildred Elley's program in massage therapy job placement has hovered at about 80 percent for program graduates. By the last week in March, that number will be at or near 100 percent with Wellness Connection, a professional therapy clinic operated by the school and staffed by program graduates.

The program was started a little more than two years ago.

It is one of several ways Mildred Elley's Massage Therapy program sets itself apart from other therapy certification courses and schools in the area.

The program gives students two options: They can earn an associate's degree in massage therapy or, take the school's diploma program that helps students meet state requirements and pass certification tests to become practicing massage therapists, said Betsy Caracciolo, massage clinic coordinator.

"When students leave here, they have been given a full toolbox of methods and modality to help clients not only relax but through a medical necessity," said Caracciolo.

The massage therapy program has helped meet the needs of a

growing number of people looking to get into massage therapy as a career, she said.

Mildred Elley offers open enrollment every eight weeks, and classes are available in the daytime, evenings and on weekends. Students can earn their degrees while working at other jobs, said Caracciolo. The schedule fits into their lives.

Mildred Elley's programs in massage therapy offer students the education, practice and skills necessary to satisfy the academic requirements to qualify for the New York State Massage Therapy Examination.

Graduates go on to practice in a variety of operations, such as hospitals and rehabilitation facilities, residential care facilities, medical, chiropractic, and physical therapy practices, gyms, health clubs, resorts, spas and other establishments. Some have gone on to start up their own private practices, said Caracciolo.

The addition of the school's new clinic gives students a more hands-on experience as they are learning the trade.

"Our clinic is set up as a profes-

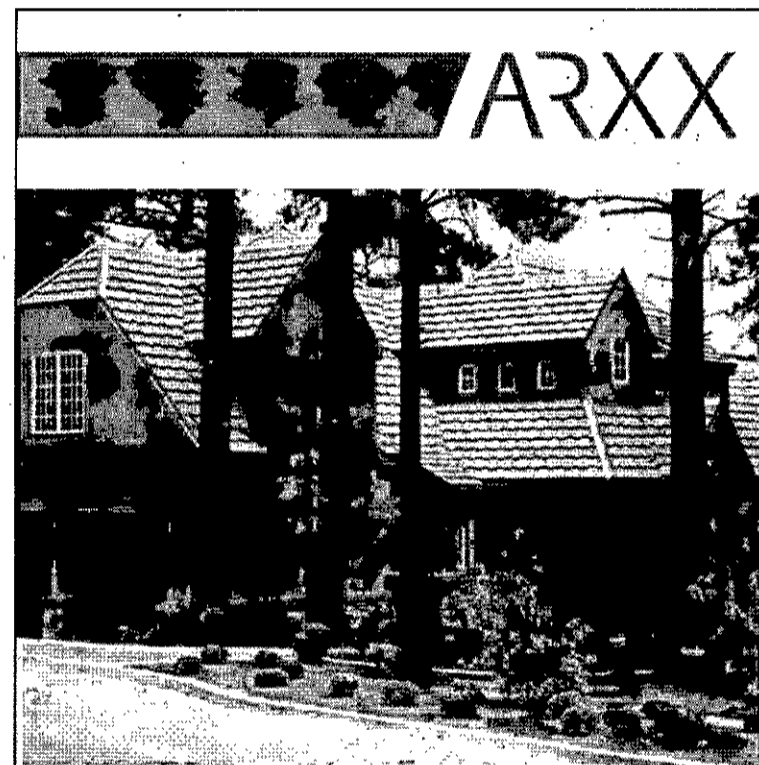
"Mostly our clients stay clients not only because of a reduced rate but because of the quality of body work they are receiving."
Betsy Caracciolo

sional clinic. There are no curtains or anything like that. We have rooms with nurses and soft lighting. People come on a weekly basis. Mostly our clients stay clients not only because of a reduced rate but because of the quality of body work they are receiving," said Caracciolo.

It's a service no other massage therapy program extends to students.

"It's pretty different than most massage programs. Usually when you graduate from massage school, you're out on your own," said Lesley Kavanaugh, department chair of massage therapy at the college. "The school is constantly in contact with alumni. We just had our first couple rounds of graduates, and most of them are working."

To learn more about Mildred Elley's massage therapy programs, call 786-3044 or visit www.mildred-elley.edu.



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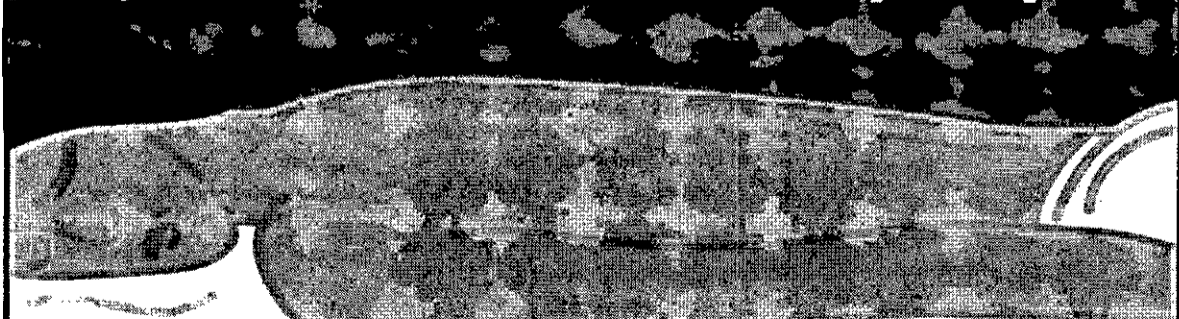
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RPI offers summer programs for students of all ages

Explore and develop your passions at Rensselaer Polytechnic Institute.

Rensselaer offers a full array of programs for students of all ages through its Summer@Rensselaer initiative.

"This summer, we're pleased to announce several unique courses and programs for undergraduate and graduate students as well as elementary, middle and high school students," said Kim Scalzo, director of outreach programs at Rensselaer. "Programs and courses will also be available for adults and working professionals looking for summer programs to enhance their skills."

Undergraduate and graduate students will find a wide range of credit courses from each of Rensselaer's five schools. Whether you're attending college outside the Capital District and are home for the summer, or thinking about applying to Rensselaer as a new student, consider enrolling in one of the three summer sessions to take advantage of the courses and programs available to you on the Rensselaer campus. Visit sis.rpi.edu to see the credit course listings.

For elementary, middle and high school students, summer enrichment programs are available. Several day programs are available this summer, including Nature's Treasure Hunt for elementary school students, Whodunit? The Science of Crime Scenes for middle school students, a VEX Robotics Engineering Academy for

students ages 13-16, The Magical World of Flight for middle and high school students, and Video Production: Through the Eyes of the Lens for high school students. The Lego Robotics Engineering Academy for students ages 11-14, ASM Materials "Day" Camp for rising high school juniors and seniors, Young Actors Guild for students ages 8-18, Creative Writing for students ages 8-17, and Samaritan-Rensselaer Children's Day Camp are all returning programs from last summer. New this year is Build Your Drawing Portfolio for high school students. Residential programs include the Computer Game Development Academy for rising high school seniors and graduating seniors and the Architecture Career Discovery Program for high school students. All of the summer enrichment programs are individually priced and application, registration materials can be found on the summer Web site <http://summer.rpi.edu>.

The Rensselaer Football Camp also returns this summer. With more than 25 years of experience in instructional football camps, Head Coach Joe King and his coaching staff offer two, week-long camps. One week is for children in grades 3 to 8 and the second week is for children in grades 9 to 12. Several other sports camps, including hockey camps, have been added to the schedule.

Academically qualified and talented high school students preparing for college will also find several freshmen level courses for college credit. Courses such as ENGR-1100 Intro to Engineering Analysis, MATH-1010 Calculus I, and CSCI-1100 Computer Science I are available and are listed at summer.rpi.edu.

Looking for a change of pace from your job and want to learn something new and different this summer? Rensselaer offers a myriad of degree and certificate offer-



Rensselaer offers a full array of programs for students of all ages through its Summer@Rensselaer initiative. Submitted photo

Center for Student Leadership Development is available to develop and deliver customized professional staff development for organizations based on up-front consultation ses-

sions with the Archer Center staff.

Contact Mike Gunther, Rensselaer's program manager for recruitment of summer programs and experience Summer@Rensselaer. He

can be reached at 276-8351 or by e-mail at gunthm@rpi.edu. Or visit the Summer@Rensselaer Web site at summer.rpi.edu.

The right lighting can give a business an edge

By MARILYN J. DARE

Better lighting, better business

As everyone knows, energy costs are on the upswing, and this trend is expected to continue. As a small business owner or building manager, you are likely looking for cost-effective ways to save on your energy bills. Upgrading your lighting system with one that is more energy-efficient is one of those ways.

However, the use of energy-efficient lighting technologies by themselves does not guarantee that the highest quality lighting will be provided. The proper design and application of energy-efficient lighting is required in order to be effective. The Right Light, effective, energy-efficient lighting, as defined by the New York Energy Smart Small Commercial Lighting Program (SCLP), will give small businesses all the benefits of reduced energy costs, plus the opportunity for improved productivity, more attractive spaces, and increased sales.

Effective, energy-efficient lighting – The Right Light – can save small businesses 20 to 30 percent a year on their lighting electricity costs. Equipped with The Right Light, many businesses throughout the state, like the Adirondack Dental Implant Center, are already enjoying the results of the proper application of lighting technology.

The Adirondack Dental Im-

tial to the fine-detail dental work of the practice. The new building incorporated a variety of space types, each requiring unique lighting solutions.

In the laboratory and dental exam rooms, where color matching is critical, an SCLP-trained contractor installed high color-rendering lamps. Glare-controlled fixtures were installed in exam rooms to create comfortable working conditions and a pleasant environment for patients. Low-glare fixtures were also installed in staff offices so computer screens could be viewed without annoying glare. A combination of down-lights and accent lighting were used in the patient waiting area in order to provide a "home-like" setting.

The new facility's lighting system uses half the energy of traditional lighting and is well below the maximum allowed by the Energy Conservation Construction Code of New York. With a competitive first cost for the lighting installation, energy cost savings in excess of \$1,400 per year, and a pleasant and comfortable lighting environment, the dentists, staff, and patients could not be happier.



plant Center in Queensbury concentrates on advanced restorative dental treatment. For their new building, the dentists knew that precise lighting would be essen-

"This summer, we're pleased to announce several unique courses and programs for undergraduate and graduate students as well as elementary, middle and high school students."
Kim Scalzo

students ages 13-16, The Magical World of Flight for middle and high school students, and Video Production: Through the Eyes of the Lens for high school students. The Lego Robotics Engineering Academy for students ages 11-14, ASM Materials "Day" Camp for rising high school juniors and seniors, Young Actors Guild for students ages 8-18, Creative Writing for students ages 8-17, and Samaritan-Rensselaer Children's Day Camp are all returning pro-

grams from last summer. New this year is Build Your Drawing Portfolio for high school students. Residential programs include the Computer Game Development Academy for rising high school seniors and graduating seniors and the Architecture Career Discovery Program for high school students. All of the summer enrichment programs are individually priced and application, registration materials can be found on the summer Web site <http://summer.rpi.edu>.



As a small business owner, I have learned to trust my instincts. That's why I chose **The Right LightSM**. A lighting specialist showed me how longer-lasting, energy-efficient lighting could cut my electricity bills and create a more pleasant environment for my employees and customers. And because efficient lighting saves energy, it's better for the environment. **The Right LightSM** is the right investment I can feel good about.

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New York State Energy Research and Development Authority

New York State Energy Research and Development Authority

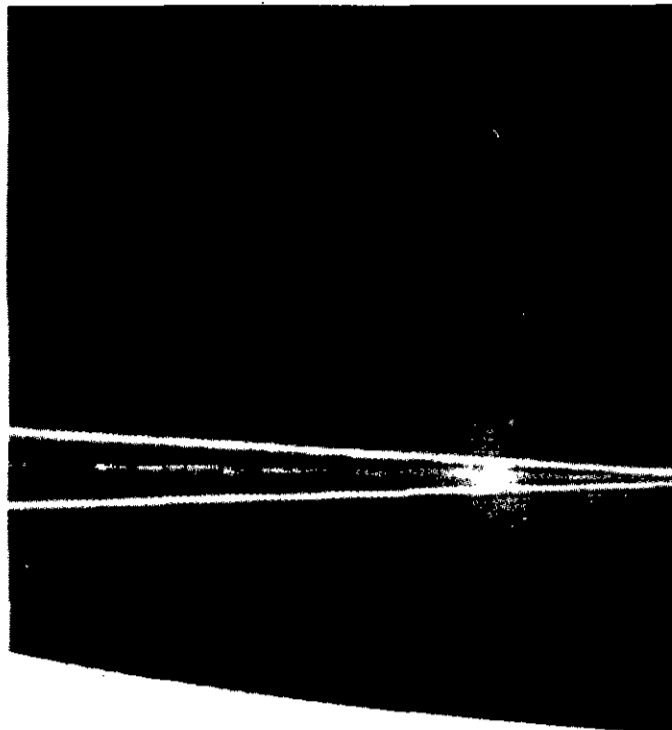
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Choosing the best light for your business

Lighting designers, architects, and electrical contractors and distributors who are trained through the New York Energy Smart Small Commercial Lighting Program help owners and managers of small commercial, industrial, and institutional spaces between 1,000 and 25,000 square feet to improve the effectiveness and efficiency of their lighting. Business owners and managers who want to make sure they are getting effective, energy efficient lighting for their location should look for a lighting professional who is certified under the Small Commercial Lighting Program by consulting the program's Web site at www.therightlight.org.

Find certified lighting professionals and more information on The Right Light by visiting www.therightlight.org, calling (866) 698-8177, or e-mailing scslp@icf.com.

A manikin used for indoor
air quality experiments at Syracuse University.



RESEARCH

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INNOVATION



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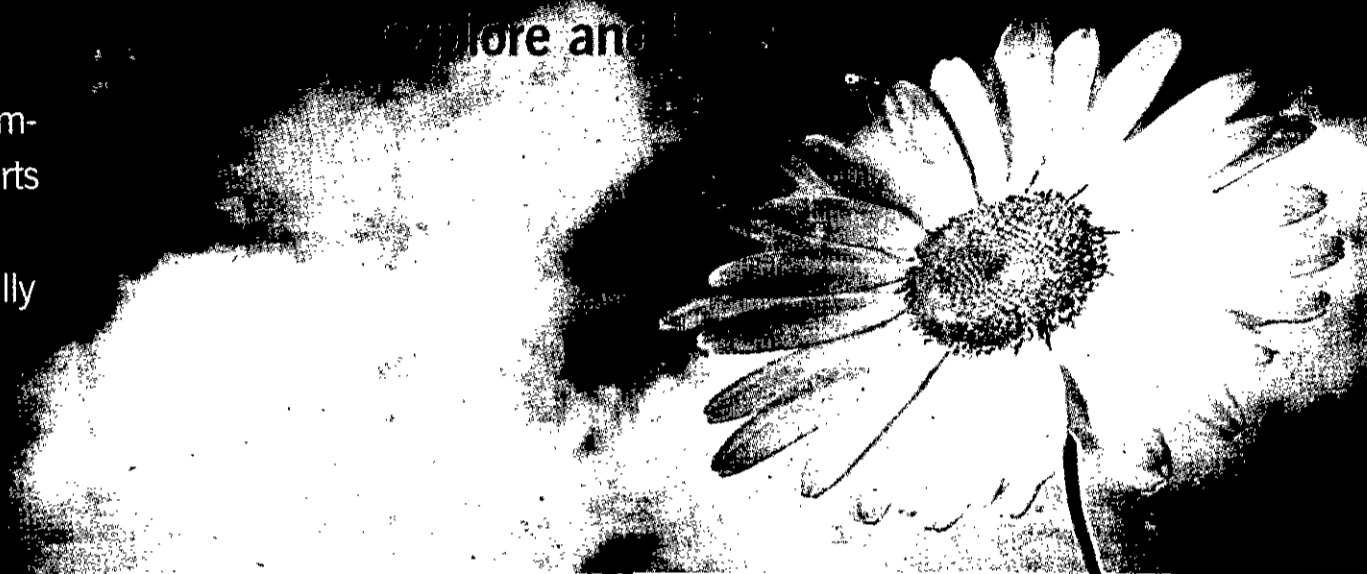
Elementary,
Middle, and
High School
Students
2008

This summer is an exciting time to be at Rensselaer, a place where enthusiasm and innovation are the very hallmarks of our programs and classes. Rensselaer is an outstanding technological university and an exceptional place to Explore and Discover.

We invite elementary, middle, and high school students to enroll in summer enrichment programs and sports camps. In addition, summer credit courses are available to academically qualified and talented high school students.

Summer Rensselaer

Explore and Discover



CREDIT COURSES

Summer courses for college credit are available to academically qualified and talented high school students. College credits earned while in high school provide students an opportunity to pursue more rigorous course work than may be available in the high school.

Visit <http://sis.rpi.edu> for more detailed information and to see our summer course listings. Below is a list of highlighted credit courses for academically qualified and talented high school students.

School of Engineering
ENGR-1100 Intro to Engineering Analysis

School of Science
MATH-1010 Calculus I
CSCI-1100 Computer Science I

All of these courses are offered during Summer Session III: June 30-Aug. 8. Visit the summer Web site at <http://summer.rpi.edu> for academic requirements and other information.

SPORTS CAMPS

Rensselaer invites pre-college age students to attend a Sports Camp this summer and stimulate their minds and exercise their bodies. Rensselaer is a member of the National Collegiate Athletic Association, the ECACHL, NYSW-CAA, and the Liberty League.

Rensselaer Football Camp
Youth Camp (Week One): July 13-17
Evening Session | Grades 3-8

Senior Camp (Week Two): July 20-24
Evening Session | Grades 9-12

ENRICHMENT PROGRAMS

Summer enrichment programs allow elementary, middle, and high school students the chance to participate in noncredit programs that stimulate their minds and exercise their bodies.

DAY PROGRAMS

ASM Materials "Day" Camp^(SM)

July 7-11 | Rising High School Juniors and Seniors

Build Your Drawing Portfolio

June 30-July 3 | High School Students

Creative Writing

Session I: July 7-11 | Ages 8-13
Session II: Aug. 11-15 | Ages 14-17

LEGO® Robotics Engineering Academy

LEGO Session I: July 7-18 | Ages 11-14
LEGO Session II: July 21-Aug. 1 | Ages 11-14

The Magical World of Flight

Session I: July 21-25 | Middle School Students
Ages 12-14
Session II: July 28-Aug. 1 | High School Students

Nature's Treasure Hunt

July 7-11 | Elementary School Students
Ages 8-12

Samaritan-Rensselaer Children's Center RPI Summer Day Camp

June-August
Graduates of Kindergarten through 12 years old

VEX Robotics Engineering Academy

VEX Session I: July 21-25 | Ages 13-16
VEX Session II: July 28-Aug. 1 | Ages 13-16

Video Production: Through the Eyes of the Lens

Aug. 4-15 | High School Students

Whodunit? The Science of Crime Scenes

July 21-25 | Middle School Students

Young Actors Guild

5-Week Camp: July 7-Aug. 8 | Ages 8-18
1-Week Camp: Aug. 11-15 | Ages 8-18
1-Week Camp: Aug. 18-22 | Ages 8-18

RESIDENTIAL PROGRAMS

Architecture Career Discovery Program

Beginners' program: July 7-18
2 weeks | High School Students

Advanced program: July 21-Aug. 1
2 weeks | Prerequisite: Beginners' program

Computer Game Development Academy

June 23-July 5
2 weeks | Rising High School Seniors and
Graduating Seniors

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Rensselaer

Outreach Programs | (518) 276-8351 summer.rpi.edu
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