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Area News



Vista view

In an update on the Vista Technology Park, the developers presented plans for condominiums, as well as plans to reroute road access and decrease the amount of retail space in the park. Two major tenants were also announced.

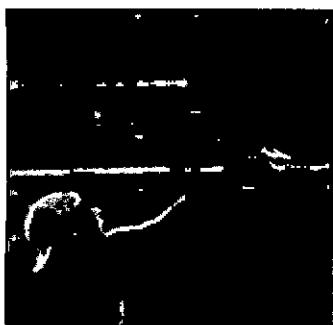
See story on Page 3.



Sweet charity

When the Northeast Family Chocolate Festival kicks off this weekend, it will be bigger and better than ever, organizers say.

See story on Page 23.



Cashing in ...

Coming soon to an arena, football stadium or open field near you ...

See story on Page 40.

THE Spotlight

Serving the Towns of
Bethlehem & New Scotland

WWW.SPOTLIGHTNEWS.COM

VOLUME LI

NUMBER 14

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APRIL 2, 2008

SOUND BITES

Communities throughout the Capital District deal differently with noise complaints

Whether it is a motorcycle revving its engine early on a Saturday morning, a downtown bar blasting "More Than a Feeling," at 2 a.m. or planes flying overhead, noise affects residents of rural, suburban and urban settings alike.

Throughout the Capital District, several noise ordinances have come into effect in the past six years. From downtown Schenectady to Clifton Park, residents have regularly lodged complaints about the noises that keep them up at night, but many people are unaware of what their municipalities' noise ordinances cover, which bears the question of how they are being enforced.

Nationally, noise is regulated by the Environmental Protection Agency, which in 1982 revoked funding for the Office of Noise Abatement and Control, in favor of handling noise pollution on the local and state level.

The Noise Control Act of 1972 and Quiet Communities Act of 1978, are still in effect today, but remain unfunded.

Back in 2002, in Clifton Park, during a public hearing on a proposed noise ordinance, residents complained about a nightclub keeping them up at night and said they would have never

☐ Sound Page 27

Big plans, big dissent, little detail

New Scotland drafts moratorium following development plans

By JARRETT CARROLL
Spotlight Newspaper
carrollj@spotlightnews.com

Over 250 residents came out for the New Scotland Town Board meeting Wednesday, March 26, although many of them didn't know exactly what they were coming out for.

Some of the rumors that have circulated around town for the past few weeks concerning a large development deal for the former Bender melon farm between routes 85 and 85A were laid to rest. However, other questions remained.

What is known is that Sphere Development LLC from Cazenovia outside of Syracuse is looking to develop 179 acres of land in New Scotland that is owned by MLF Enterprises, a group of area professionals who bought it more than 30 years ago. Sphere is in the process of closing on the property this week, which is its first Albany County project.

After the meeting concluded, it was clear that residents in attendance were overwhelming against the project. Many condemned any type of development of the open fields, while others said the town needed to implement more regulations and that smaller development projects would be more suitable.

Town Assessor Julie Nooney said the parcel is assessed at \$734,700, which contains a barn and little else. It is zoned commercial and Platform Realty Group had the property listed at \$4 million.

Supervisor Thomas Dolin said information about plans for the property is vague, and, at the meeting he pushed for a moratorium on large commercial building.

"It was purchased by a group of lawyers and doctors, they bought it as an investment 30 years ago.

☐ Big Page 26

Delmar Dash runs Sunday

Community warms up for the 5-mile dash

By JARRETT CARROLL
Spotlight Newspapers
carrollj@spotlightnews.com

The 20th annual Delmar Dash is running Sunday and organizers say that although the kids' race is down slightly in enrollment, the adult race is bigger than ever.

The Delmar Dash will be held on Sunday, April 6, beginning at 9 a.m. This year was the introduction of the One-Step-At-A-Time

marathon, which is being sponsored by *Spotlight Newspapers*. The marathon was done in conjunction with the children's race, which has been renamed the Delmar Dash Spotlight on Youth, in honor of the sponsorship.

The One-Step-At-A-Time marathon can be coupled with the children's quarter-mile or half-mile races but is not mandatory.

The way it works, according to the race's co-director Marcia Adams, is that participating children were asked to run 25.2 miles prior to the April 6 race. Children were encouraged to run at least

one mile a day but no more than two.

Parents or physical education teachers initialed the children's accomplishments in a daily log.

Adams said the program is designed to help children, "Get off their seat and on their feet."

She said the program has been very successful in its first year, with 81 children signing up. All of the children participating in the One-Step-At-A-Time program will receive special T-shirts signifying their accomplishments.

Her husband, Tom Adams, is

☐ Dash Page 26
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Police Blotter

Parolee charged with swiping tools and fishing gear

Bethlehem Police said they arrested a Delmar man Thursday, March 27, at his home on felony charges of fourth-degree criminal possession of stolen property.

James J. Hunt, 36, was arrested by police after officers executed a search warrant at his Kenwood Avenue home in Delmar, according to a police report. Hunt was home when police arrived to search the premise, and he was taken into custody and charged with criminal possession of stolen property valued over \$1,000, according to police.

Bethlehem Police say that "tools and fishing equipment" were reported stolen in June and that officers found the stolen goods inside of Hunt's home.

Lieutenant Thomas Heffernan of the Bethlehem Police said Hunt was under investigation for stealing various items out of cars around town. He said police received several complaints of area thefts.

Heffernan said Hunt was on parole for previous offenses similar in nature.

Hunt was arraigned in Bethlehem Town Court and sent to Albany County Correctional Facility without bail, according to the police report. Hunt was additionally charged with violating his parole conditions and was scheduled to reappear in court on Tuesday, April 1, for a preliminary hearing.

In other arrests

• Gary D. Ruberti, 25, and Brendan C. Gilroy, 24, both of Voorheesville, were arrested by Bethlehem police on Sunday, March 16.

Ruberti was charged with driving while under the influence of drugs and a vehicle and traffic law violation and Gilroy was charged

with resisting arrest and unlawful possession of marijuana.

Police say Ruberti was stopped after he was seen driving through Slingerlands without a front license plate, and, when interviewed, officers said they smelled a strong odor of burned marijuana.

Police asked if there was marijuana present in Ruberti's vehicle, which contained a female front passenger and Gilroy as a rear passenger, and Ruberti responded that "no one had anything on them," according to the arrest reports.

Police did not find anything while searching the vehicle, the report states, but the female passenger and Gilroy were asked to exit the vehicle and were also searched. Ruberti was also asked to exit the vehicle and perform a field-sobriety test, which he failed, according to the arrest report.

While one officer was searching the vehicle, Gilroy began resisting arrest with the other officer and then both officers assisted in taking Gilroy into custody, according to police.

Police discovered two folding-style knives in Gilroy's waistband, which they removed "for safe keeping." The arrest report said that police also found "a string bag with marijuana, a pipe and cleaner located in his right shoe."

The two women were transported to

the Bethlehem Police Department where Ruberti initially refused to take a chemical blood test three times and asked for his attorney, but he eventually submitted to the test and was transported to Albany Medical Center Hospital, according to police.

• Nicholas J. DeMatteo, 46, of Voorheesville, was arrested on Tuesday, March 18, for seventh-degree criminal possession of a controlled substance and petty larceny.

Police said DeMatteo turned himself in to police custody in the presence of his attorney stemming from an incident on Feb. 8 that occurred on Delaware Avenue in Delmar.

DeMatteo was processed on the charges and arraigned in front of Bethlehem Town Justice Ryan Donovan and is scheduled to reappear in court on April 15, according to the arrest report.


Correction

In the March 26 edition of *The Spotlight*, the story "Stage 700 gears up for play" misidentified the grades of two Bethlehem Central High School students. Sam Smith is a junior and Alex Canovas is a senior.

The Spotlight regrets the error.

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2



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School budget talks continue in V'ville

Board meeting covers a lot of ground as officials prepare final numbers

By NICHOLAS GRAZIADE
Spotlight Newspapers
news@spotlightnews.com

At the Monday, March 24, meeting, the Voorheesville School Board discussed several issues facing the district. The budget discussion focused heavily on the prospect of sending an additional student to Tech Valley High School, as well as hiring an additional elementary school teacher.

The preliminary \$21 million budget shows an increase of 2.8 percent over last year and an actual tax levy of 3.92 percent.

"We're taking a conservative stand," said Superintendent Linda Langevin, "It doesn't look like things [economically] are going to get brighter in the next couple of years."

Major expenditures in the budget include salaries, which come in just under \$11 million, fringe benefits at \$4.7 million, tuition for special education and other programs at \$1 million, debt service of \$2.2 million, and other areas at \$2.7 million. Even though most areas of the budget have been reduced, there is still a nearly \$600,000 increase this year. Major revenues will come from property tax and state aid, which account for nearly 90 percent of the budget.

As the board discussed the budget, the majority supported sending at least one student to Tech Valley High, but no more. Most concerns originated from how the money spent will affect the school district.

"My first allocation of any extra resources would go to where it would affect most students: at home," said board member Kevin Kroenke.

Regarding elementary school hiring, Langevin said an extra teacher would be too much.

"I believe that we're doing an excellent job. My belief is that adding another teacher to the fifth grade would be too much," said Langevin.

However, an informal show of hands suggested that the board would be open to adding an additional teacher.

The next budget meeting will be Monday, April 7. The budget will be adopted on this day and put to vote on May 20. One board seat, currently held by Thomas McKenna, will also be on the May ballot.

Chuck Voss, senior planner with CT Male Associates, presented a Powerpoint slideshow that identified the predicted growth and development issues. According to Voss, growth concerns stem from a variety of areas that are specific to the district, such as zoning, permit activity and catalyst projects.

"One of the key issues we looked at is zoning," he said. "The bulk of the district is rural residential, which allows for limited growth."

However, according to Leif Engstrom of the Capital District Regional Planning Commission, growth is not likely to occur.

"We do have a lot of exciting developments in the district, especially with nanotech," said Engstrom, "[but] we're not talking a huge influx of people to the region."

Though the decline of students to the school district has been minimal, it has lost students in 11 out of the

past 12 years, noted Engstrom, sparking concerns about district growth and its potential to impact factors such as class size and teacher hiring.

"Because of the real-estate market dynamic, the district's growth averages broke even," he said.

Because growth directly impacts the district, Langevin suggested that it would be wise to make regular planned examinations of the growth activity.

Elementary School Principal Kenneth Lein followed the growth presentation with an elementary school class-size presentation. Research suggests that smaller class sizes at the elementary level will bring a cumulative effect toward success in students' futures, but according to Lein, smaller class sizes do not guarantee success. There was some concern by the public regarding elementary class sizes, particularly the decision to increase class sizes to about 24 students in the 2008-2009 school year. Class size increases occurred due to the movement of teachers from one grade to another, though there was still some concern about how the numbers were derived and distributed.

The public was noticeably displeased with the results.

"It seems like it [the issue of class size] has been back-doored each year," said district resident Theresa Gallagher.

"We're doing things very differently in Voorheesville than we have done in the past," said Langevin, replying to public comments. "[Our teachers] have received an enormous amount of professional development."

The superintendent stressed the importance of "learning to learn" rather than following the strict instruction of a teacher.

"We've invested very heavily in the training of staff to make them as effective as they can be," added Board President David Gibson.

The board also heard a presentation about Tech Valley High School from English Department Chairman Brian Stumbaugh. Stumbaugh said the pros of the program included its emphasis on project-based learning, cross-curricular ties, and student-centered learning efforts. However, with little data about the new school's initiatives, board members said it was difficult to assess its value.

"I don't agree with how [Tech Valley High] is being funded," said board member Timothy Blow, noting that the district must pay for students to attend.

However, parent Shari Hoffman-Simsek said that, unlike private schools, the district gets something back from sending a student to the program.

"It's a situation where children can learn based on project-based learning [rather than tests]," she said.

Public comments centered on sixth-grade science teacher John Curran, whom several said is a great asset to the welfare of the children and their education. Fears that budget cuts could put his career in jeopardy inspired many parents to speak on his behalf. The board was unable to comment directly, but heard all comments.

Plan updates for the Vista Technology Park were heard during the Wednesday, March 26, town board meeting. BBL Construction unveiled a new road alignment and has eliminated the hotel from its development plans. The project now calls for condominiums while a medical manufacturer and electrical engineering firm have been named as tenants for the technology campus. Price Chopper Plaza is in lower right of drawing.

Submitted drawing

Town hears Vista update

Condos proposed, roadways rerouted, tenants named

By JARRETT CARROLL
Spotlight Newspapers
carrollj@spotlightnews.com

In an update on the Vista Technology Park, the developers presented plans for condominiums, as well as plans to reroute road access and decrease the amount of retail space in the park. Two major tenants were also announced.

A BBL Development Group representative brought the updated proposal before the Bethlehem Town Board during the Wednesday, March 25, meeting. The \$200 million, 400-acre technology park proposal calls for 1.4 million square feet of office space, and developers say it could lure up to 5,000 employees to the area.

Developers want to build more of a tech park than a mixed-use community, according to town Supervisor Jack Cunningham.

"They reaffirmed their commitment to building a tech park," he said of the new plans.

William Herbert of BBL told town board members that a large medical manufacturing company and an electrical union would be two of the occupants of the park.

The town's economic development director, George Leveille, said the plans are still preliminary, and the actual companies have yet to be named because of contract reasons.

"They are basically in the site project review stage," Leveille said of when construction would begin. "It's premature at this time ... but they are starting to get specific tenants for specific buildings."

The new plans also included moving some roads around due to wetlands. Herbert told residents and the town board that developers have also opted to build condominiums instead of a hotel that was in an earlier proposal.

Leveille praised the new plans saying that it avoids disturbing wetlands and moves the process forward.

Once BBL submits its site plan application, it would take between 60 and 180 days before they could break ground.

"Generally speaking, you're looking at about two to four months for approval," Leveille said. "I think it's important to start construction this year."

Cunningham said he also approves of the new changes.

"Vista came in, and they basically realigned the road," Cunningham said of the presentation. "They also reduced the amount of retail and condo space from 20 percent to 18 percent. ... We look at it as a real positive, and so do they."

Cunningham said BBL has worked very well with the town, agents and the project itself. He described the company as "a really good contractor."

The new road alignment means that the town will be responsible for fewer roadways, which will take some of the financial burden off of the town, according to Leveille.

The project is looking to combine commercial business in the technology sector with some retail and residential space incorporated into the campus.

The supervisor said the board would now look at the implications that condominiums will have on infrastructure and water and wastewater capabilities as opposed to the hotel. The tech park will connect

to an extension to Route 85, essentially linking it with Interstate 90 and the Northway.

Leveille said the hotel was not totally eliminated from the plans, but was excluded from the first phase of construction because it would not be economically feasible until the park and surrounding area was built up.

"We like the idea of condos he substituted ... which helps feed the hamlet concept," Leveille said, adding that in a later construction phase, a Glen Sanders type hotel may be added down the road on the "old Dr. Jones site."

The hotel could then have conference rooms to accommodate the technology sector's interest.

Assemblyman Tim Gordon, I-Bethlehem, said that fellow lawmakers in the state Assembly have included \$3 million for the Vista Tech Park in their preliminary budget, which he called "the first step."

The Assembly and the Senate vote on their own budgets in addition to the governor's proposed budget each year before a finalized state budget is proposed by April 1.

"Our Assembly budget that we voted on included \$3 million for infrastructure for the Vista Technology Park to move forward," Gordon said. "Coming from the Bethlehem Town Board when it was first proposed, I certainly recognize the importance of the Vista project to this area."

Gordon said Vista would greatly increase the town's commercial tax base and added that things were looking favorable for an on-time budget.

"It's wonderful to see some concrete steps to having the plans continue," he said of BBL's presentation at Town Hall. "It seems to be consistent with the town's comprehensive plan that we initiated."

Phase-one construction will include "seven or eight buildings," according to Leveille, which would include smaller "bank-sized buildings," to larger constructions of 50,000-to-80,000-square-foot office buildings.

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Springtime is a good time to go green

By ROBIN SHRAGER SUITOR
news@spotlightnews.com

Commentary:

From
Robin's Nest



I'm trying to be greener. Not frog-green or nauseated-green. I'm talking green as in "environmentally conscious." If that term sounds scary, substitute the phrase "less wasteful" and it may be easier to relate.

My goal is to get my whole family to be greener.

There are different approaches to getting loved ones to jump on the green bandwagon. One way is to involve them in the decision-making.

"Should we get some of those energy-efficient light bulbs?" I once asked my husband. He said, "We're already using them." This is evidence that green minds think alike.

Bringing kids into the mix may require a less subtle approach. I recommend yelling, "Stop wasting water!" when they leave the faucet running while they brush their teeth. Be aware that extreme green fanatics may denounce your shouting as a form of noise pollution.

There's a natural greening that occurs when a person needs to pay bills.

I, like my parents before me, run around muttering, "Do you think we own the electric company?" when I see lights left on in empty rooms. This was not always the case.

When I was young, I would turn on lots of lights, especially if I was alone in the house or everyone else was asleep. I'd do the same thing as a 20-something living on my own for the first time. I would walk in the front door, flip on the hall light, the kitchen light, the living room light, the light in the stairwell, and the bedroom light. Then I'd leave the entire place lit up like every room was in use.

Now I go around turning off lights. If there's light coming in through the window I won't

even use a lamp. My husband will come in and ask why I am reading in the dark. I will tell him there was sunshine when I started.

I get a bit fanatic about the lights. If my husband steps away from the kitchen counter for more than 30 seconds I will turn off the light over the kitchen sink. He used to get exasperated and say, "I was using that." Now he either announces "I'm coming right back" or he just stares at me when I jump up to flick the switch.

In my youth I'd have lights on in every room. Now I only have lights on in the room I'm in. The problem is that sometimes there are other people still in the rooms, but out of habit I turn off the light as I leave. This causes the other people to shout out, and it's never praise for my greenness.

For a while we accidentally left a hallway light on all day in our home. The family's early riser would get up before dawn and needed the light to get downstairs. By the time the rest of us appeared the sun would be shining in at an angle that covered the artificial light. We didn't notice the light was on until we came home.

I have to confess that I am thinking about my own electric bill and not society in general when I realize that I waste energy.

People may feel guilty about waste, but that doesn't mean they'll change their behavior.

One time a colleague watched me eating lunch at my desk. He said, "You could reuse that baggie. You could wash it out and reuse it." I threw the baggie away, but I felt guilty. I still

remember the conversation more than a decade later. I use less baggies now, but I still throw them away.

Also, a few years ago I stomped on a plastic food container. It happened at my parents' house when I was helping them clean up after a meal. I was out of energy and I realize that my laziness adds to the world's garbage. But at the moment I simply felt like I could not clean one more item, so I threw the greasy container in the garbage.

My parents protested, so I took the container out of the garbage and showed them how both the words "reusable" and "disposable" were printed right on the container. "This is not a piece of Tupperware, it is a flimsy container," I told them.

And to prove my point I put the container on the floor and stomped on it with my foot. And don't you know that darn thing wouldn't crush. I stuffed it in the garbage anyway.

The container had come from my aunt. She had sent my father home with stuffed cabbage when he traveled downstate to visit her.

My father said, "I'm going to tell your aunt that you threw away her container."

My Aunt Selma is the queen of aluminum foil use. I was not worried about her giving me a lesson on environmental awareness. But I told my parents that if she wanted her container back I would buy her a new one that wasn't hopelessly greasy.

Which makes me wonder: Is foil worse than plastic? My mom always wrapped my school lunch sandwiches in foil. This was before zipper baggies, when all baggies had just the extra flap that was tucked under to keep the food in.

I guess zipper baggies are more wasteful than tuck-in baggies because the plastic zippers are thick and therefore

take up more room and will take even longer than forever to decompose.

Mostly we use sturdy plastic containers to pack our lunch foods. So I'm hoping that the hot water used to clean the containers is a greener choice than disposing of flimsy plastic bags.

Speaking of bags, I bought some reusable canvas bags to pack groceries in. One day I hope to remember to bring them into the supermarket with me. Recently I was so disgusted with myself for forgetting my canvas bags that I bought a reusable bag at the checkout counter. Imagine my dismay when the cashier put my container of blueberries inside a small plastic (disposable) bag before placing it in the new reusable shopping bag. "No, no, I want fewer bags, not more," I was about to explain. But it was too late.

Don't worry. I have moved the canvas shopping bags from the car trunk into the back seat so I will remember to take them into the store. I have also stashed a bunch of plastic grocery bags inside the canvas

bags so that I will be prepared for any items that need extra protection. Some supermarkets will even deduct a few cents off your bill for every bag you bring and use.

I'm proud to say that I've weaned myself from asking for "paper IN plastic" at the checkout counter. Nowadays most stores only have plastic bags, but there was a time when the cashier would ask, "Paper or plastic?" I used to say, "Both." I liked the combination because the paper bag is sturdier and the plastic bag has handles.

Giving up "double-bagging" is an easy way to get greener. So is not letting the water run, turning off lights, putting on a sweater instead of turning up the heat, walking or biking instead of driving short distances, and not starting a car's engine until you are ready to move the vehicle.

It's OK to make changes in baby steps. You can start small and just be green around the edges. You may never become a jolly green giant, but you can still be happy about saving energy, saving money and helping to save the earth.

Got views?

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

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

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

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

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

For information on submitting a Point of View, e-mail Executive Editor Tim Mulligan at mulligant@spotlightnews.com or call 439-4949.



WEEKLY WEATHER

Chief Meteorologist Mike Bono



TIME WARNER
CABLE

Albany Almanac

Record high/low/year

Day	AVERAGE HIGH 52°		AVERAGE LOW 32°	
	High/Year	Low/Year	High/Year	Low/Year
Wednesday, April 2	64°/1967	17°/1964		
Thursday, April 3	79°/1981	16°/1954		
Friday, April 4	79°/1950	14°/1954		
Saturday, April 5	82°/1928	15°/1982		
Sunday, April 6	82°/1921	14°/1943		
Monday, April 7	87°/1991	13°/1982		
Tuesday, April 8	88°/1929	19°/1982		

SEASONAL SNOWFALL TO DATE
60.5 inches as of Friday, March 28th
1.4 inches above average

This week in weather

April 6, 1982 The Great Blizzard of '82 slammed the Northeast. The late season storm dumped 1 to 2 ft of snow with winds locally topping 80 mph. Record cold followed the storm with highs 25 degrees below average. Albany received over 17 inches of snow.

Sun & Moon

Day	Sunrise	Sunset
Wednesday	6:35am	7:23pm
Thursday	6:33am	7:24pm
Friday	6:32am	7:25pm
Saturday	6:30am	7:26pm
Sunday	6:28am	7:27pm
Monday	6:26am	7:29pm
Tuesday	6:25am	7:30pm

Moon Phases



Planets	When	Where
Mars	Evening	High SW/W
Saturn	Evening	High SE/S
Jupiter	Dawn	Low SE

Area Ski Conditions

Resort	Base Depth	Lifts	Trails	Resort	Base Depth	Lifts	Trails
Gore Mtn.	30" - 49"	10	46	Stratton Mt.	58" - 75"	8	88
Whiteface	37" - 56"	9	76	Sugarbush	30" - 74"	13	111
Bromley	24" - 54"	5	43	Hunter Mtn.	10" - 50"	7	39
Mt. Snow	18" - 64"	10	104	Jay Peak	24" - 48"	8	76
Okemo	48" - 54"	15	117	Jiminy Peak	18" - 40"	5	40
Belleayre	25" - 65"	6	36	Windham	18" - 65"	6	32
Stowe	42" - 84"	11	116	Catamount	14" - 42"	5	28
Killington	44" - 56"	20	187	Smugglers	30" - 64"	7	74

Factoid

Although April is a spring month, the average April snowfall in Albany is about 3 inches. In April 2003, Albany received 5.6", bringing the seasonal total to a whopping total of 105.4 inches.

Tides at Albany

Day	High	Low
Wednesday	2:33am, 3:00pm	9:15am, 9:48pm
Thursday	3:25am, 3:49pm	10:07am, 10:34pm
Friday	4:14am, 4:36pm	10:57am, 11:18pm
Saturday	5:00am, 5:22pm	11:46am, -----
Sunday	5:45am, 6:07pm	12:01am, 12:34pm
Monday	6:30am, 6:53pm	12:45am, 1:23pm
Tuesday	7:16am, 7:41pm	1:30am, 2:13pm

Around the County

Lawmaker pushes for toll-free commute

Assemblyman from Bethlehem criticizes Thruway Authority

By JARRETT CARROLL
Spotlight Newspapers
carrollj@spotlightnews.com

One local assemblyman is trying to give area commuters a free ride.

Assemblyman Tim Gordon, I-Bethlehem, has sponsored a bill that would let local commuters drive on the Thruway between exits 22 and 24 for free.

The bill, A.7053-A, was passed in the state Assembly but must go to the Senate for passage before it can become a law. Gordon sponsored the same bill last year, which was also passed by the Assembly, but it never made it to the Senate floor for a vote, he said.

The Assembly passed Gordon's bill by a vote of 79-to-44, and he is urging the Senate to do the same.

"Rising costs in almost every area are putting more and more of a strain on all of our wallets, but this plan will help to ease costs for commuters while also helping to ease congestion on local roads," Gordon said. "Additionally, this plan has fail safes in place to ensure it will not adversely affect the state's ability to maintain the Thruway. Our families deserve immediate relief."

Gordon said because people try to avoid paying tolls on the Thruway, which he pointed out can add up to hundreds of dollars a year in some cases, drivers are being displaced onto other roads.

The assemblyman said his bill would help make local roadways safer, authorizing the Thruway Authority to issue free short-distance commuter permits between exits 22 and 24.

The bill would also give the authority the discretion to restrict the permits to use only during peak commuter hours and allow them to charge a reduced rate if the program creates too much loss in revenue.

However, Gordon pointed out, a public hearing must be held before any fee can be put in place.

Gordon also authored legislation that provides the free commuter permits to motorists using the B-1, B-2, and B-3 Berkshire connectors (A.10179).

All of the measures are pending Senate approval before they can become law.

State Sen. Neil Breslin, D-Delmar, said he doubts the Senate will consider the bill this year or any year if a comprehensive analysis is not done.

"I don't think it has a sponsor in the Senate," Breslin said. "There needs to be some kind of proper analysis done on this."

Breslin said the Thruway relies on tolls as income in order to maintain the roadways and continually improve its services.

Gordon sent out a highly critical release of the Thruway Authority, citing an audit by the state comptroller critical of some of the board's financial policies. The audit stated there were no plans in place to collect significantly overdue, unpaid E-ZPass tolls and fines, and no checks in place to withhold payments to state agency vendors who have E-ZPass violations.

The audit also found that the authority's Canalway Trail costs \$17 million to date, according to Gordon, and is about 40 percent over budget.

The state comptroller's office

released some findings from its audit in late 2007 following the announcement by the Thruway Authority that it was seeking a new round of toll increases to take effect in July 2008, January 2009, July 2009, and January 2010.

The comptroller's report said, "The Thruway Authority should first undertake a thorough review of all policies and procedures to strengthen controls over costs and examine alternative revenue options."

Gordon sent out a release that said, "As a result of this evidence of mismanagement, he is sponsoring legislation to immediately remove the current members of the Thruway Authority Board in order to put a new board in place that will be more fiscally responsible, and effective to the needs of New

Yorkers (A.10286)."

"Hard working New Yorker's shouldn't have to pay for the mismanagement of an out-of-touch board," Gordon said.

However, the Thruway Authority countered by saying it

Gordon was not elected to the Assembly until 2006.

"The board is focused on its responsibility to the millions of drivers on the road each year ... and to its fiduciary responsibility to state resources," said Kampf.

The Thruway already offers discounted commuter prices through its EZ-Pass program, according to Kampf, in response to Gordon's proposed bill.

Kampf said that the board is considering acting on some of the financial control suggestions made by the comptroller, and the Thruway Authority has been holding public hearings on the matter. Hearings have already been held in Albany, Buffalo and Syracuse, and will also be held in Rochester and other locations around the state, said Kampf.

"This plan has fail safes in place to ensure it will not adversely affect the state's ability to maintain the Thruway. Our families deserve immediate relief."

Tim Gordon

would continue to serve drivers and be fiscally responsible.

The state's Thruway Authority spokeswoman, Sara Kampf, said that in 2005, both bodies of the legislature passed the Public Authority Accountability Act, including the Assembly. The act increased the number of Thruway board members from three to seven and set term limits.

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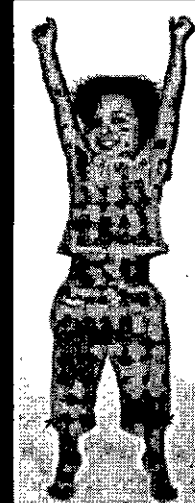
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Matters of Opinion *in the* Spotlight

Will betting on AMD pay off?

The Town of Malta is holding two or three meetings a week to prepare for the arrival of a company that has yet to make a verbal commitment to the town, let alone purchase any property within its limits.

County and state officials are lining up to extol the benefits of having three 890,000-square-foot microchip manufacturing plants in Upstate New York: more jobs, better infrastructure and a jewel in what the state would like to crown "Tech Valley."

Editorial

And benefits there are. The plants are estimated to employ approximately 1,465 people. The successful transition of a company in this technological field would no doubt prove to other companies that Upstate New York is a good place to do business. The municipalities surrounding the Luther Forest Technology Campus, where the three chip fabs would be located, would benefit from their presence — whether it be from the "host community benefits" that AMD would be required by law to provide, or merely from having close to 1,500 consumers commuting to and from their town's villages with a little more spending money in their pockets.

Focusing on these perceived benefits, a lot of people and entities have hitched their wagons to the AMD train. Senate Majority Leader Joseph Bruno, R-Brunswick, pivotal in bringing the chip manufacturer to the table, is a cheerleader for the tech company from time to time. The Saratoga County Water Authority is investing \$67 million in a water system that would pipe Hudson River water from Moreau to Malta — the largest consumer on that water system would be AMD, with 3.1 million gallons per day.

Last and certainly not least in this wagon train is the Town of Malta, where the majority of the three chip fab plants would be located. AMD is required to provide for the town a certain level of infrastructure upgrades, education improvements or community enhancement.

But critics say the town is trying to steer from the wrong end of the train — that it should be dictating to AMD what it can do for the community, rather than bending over backward to accommodate a company that has yet to commit to the town.

In recent meetings on AMD's arrival, supporters from SEDC and Saratoga County have been countered by critics who say that the company's environmental impact has not been fully gauged; that AMD's recent economic losses are indicative of an uncertain future; and that, in short, the chip manufacturer may not be the best bet for our local municipalities.

AMD, for the sake of our local communities, prove those critics wrong.

Trip to Southwest an education

By JESSE PULITZER-KENNEDY
news@spotlightnews.com

The author is an intern at Spotlight Newspapers in the sports department.

Breathtaking. Majestic. Dreamlike. How many people in the Capital District can say they could use those words to describe their daily surroundings?

If you can, I envy you.

I know that it has been a long time since I described my environment as anything more flattering than "nice." Four weeks ago, though, I laid eyes upon a new standard of beauty.

When I first learned that I had the opportunity to take a trip to New Mexico, the thing that initially came to mind was the fact that I would be out of school for nine days. Of course, this prospect immensely excited me. What I had not foreseen was that I was going to receive a different type of education.

I ended up in New Mexico because my mother had the opportunity to visit the southern state and thought I could learn a lot about culture if I tagged along. The farthest west I had ever traveled was Ithaca, so I was completely unaware of what a state as far west as New Mexico would look like.

I will always remember my mother's reaction to New Mexico as we left the Albuquerque airport and began making our way to our car rental.

As we got into the shuttle bus, she turned to me with a puzzled look on her face.

"The air smells like ... chiffon," she said.

I took a deep breath. She was right. The air was dry and warm and the sun shone down through a cloudless sky. I thought to myself, "Can this be real?"

The city of Albuquerque was the least alien location we visited during the trip. The downtown



Jesse Pulitzer-Kennedy enjoys the view in New Mexico.

Point of View

area reminded me of Albany, except it substituted Albany's dull gray hue with a vibrant orange.

The first hours after arrival were spent getting situated in our hotel, but once we started to drive out of the city, I realized what an incredible place I had come to.

Driving west out of Albuquerque could easily be compared to drawing a straight line on a blank piece of paper. You cannot fully comprehend the desert until you see it in person. It is flat. It sounds simple enough, but after being encased in a suburban setting for my entire life, the thought of miles and miles of flat, arid, sun-burnt soil is not easy to imagine. As we drove farther and farther, I couldn't help but feel insignificant, like a speck traveling across a vast expanse. In fact, I didn't just feel like a speck. I was a speck. For the first time in a while, not everything revolved around me, but rather I was part of a whole mess of interwoven stories.

The hugeness of New Mexico's landscape was matched only by its variability. One minute we were driving beside a dried-up arroyo (river bottom), and a half an hour later we were surrounded by snow as we made our way up Sandia Peak, which rises nearly 11,000 feet above sea level. From the lookout point at the top of the peak, I could see every landscape New Mexico had to offer. The flat desert, the snow covered valleys, the crag-ridden mesas, and the towering mountains all lay before me.

The diverse blend of Native American, Hispanic, hippie, and conservative cultures also makes New Mexico special, just as the blend of landscapes make the view beautiful.

"Please remove your hats, this is a religious site." These words are painted on a sign as you enter the chapel in Chimayo, which is located in a valley within the Sangre de Cristo Mountains 24 miles northeast of Santa Fe.

Known as the site of miracles, El Santuario de Chimayo receives hundreds of pilgrims every year, hoping to receive spiritual healing of physical and emotional ailments. The chapel's altar is beautifully painted in the manner

traditional to colonial Spanish churches. A room connected to the Worship Hall is filled with discarded crutches, wheelchairs and other paraphernalia left behind by pilgrims who claim they have found the healing they needed within the Santuario's walls.

As I sat down on a bench in the chapel and laid my head in my hands, I overheard a couple's conversation. They were pinning a picture on the wall, next to hundreds of others just like it. The pin was not working and couldn't stop the picture from falling down time after time.

"I want them to see her name," the woman said in a quavering voice. "She had such a pretty name."

... It was at that point I got a good look at the photo. It was of a young girl in a spring dress bordered in white. Printed at the bottom were her name, date of birth and date of death, though I could not make them out. As the couple began to cry, I found myself compelled to rush out of the chapel and into the sun, unable to handle myself in the presence of such sadness. I dried my eyes as I waited on a bench for my mother to notice I had left.

When I returned from my journey, I was unsurprised to see my peers had taken a very dubious stance about my time in New Mexico. They bombarded me with questions as though they were trying to catch me off guard, even punish me for not being in school while they were. I gladly accepted my fate as the target of their skepticism in exchange for my chance to have experienced the majestic and unknown.

It is no wonder that New Mexico attracted the love of Georgia O'Keefe and other American modernists. It is a place of deep spiritual connection. It is beautiful and desolate, and completely alien to anyone who has spent his or her whole life in the Northeast.

Maybe you can actually learn about the world by sitting behind a desk. Maybe the concept of emotional, cultural and spiritual education is laughable compared to reading and writing and 'rithmetic. Then again, maybe you need to see this world in order to believe it. Then you will be able to answer your own question, just as I did. "Yes, this is real."

THE Spotlight

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Your Opinion *in the* Spotlight

Thank you to all who helped with fire

Editor, *The Spotlight*:

We would like to extend our thanks and gratitude to all those who responded in January to the house fire on Maple Avenue in Selkirk, including volunteer firefighters, EMS personnel,

friends and neighbors.

In addition, many thanks to all those who participated in and so generously donated to the local benefit shows.

The Buckley Family
Selkirk

Open-space committee needs specific plan

Editor, *The Spotlight*:

The Town of Bethlehem CACC (Citizen's Advisory on Conservation) has been tasked by the Town Board to develop an open-space protection plan.

As part of the process, the committee has hired a consultant to assist in the process.

At the March 24 meeting, it became apparent that the process would entail numerous meetings, discussions and data collection in order to conclude Phase I by December. Unfortunately, the presentation failed to specify a goal (other than preparation for Phase II) that might give direction to some sort of conclusion to this

process.

Moreover, the process appears to be getting more costly with consultants, workshops and meetings that seem to go nowhere.

Instead of wasting time and money to go over old and new "wish lists" leading to Phase II, I would suggest we skip to Phase III. This, I believe, would conclude that nothing worthwhile could be accomplished without a clearly defined goal that enlists the cooperation of willing landowners. That would obviate Phase IV and Phase V.

Fred Richter
Selkirk

IN BRIEF

Bethlehem to perform water-main flushing

The Town of Bethlehem will be flushing out water mains during specific dates in the following areas:

•Area 1: April 7 to April 21; Slingerlands, North Bethlehem, Town of New Scotland

•Area 2: April 16 to May 7; Delmar, Elsmere

•Area 3: May 5 to May 23; Glenmont, Selkirk

Some discoloration of water, which could result in staining of laundry, may be seen during flushing periods. If discoloration is seen, residents are asked to run their water until it clears before doing laundry.

Petition forms available for library board seats

Nominating petition forms are available for two vacancies on the Bethlehem Public Library Board

of Trustees. Each seat is for a full term of five years. Petition forms and information packets may be obtained at the library information desk.

Petitions must contain at least 102 signatures of voters residing in Central School District No. 6 of the Towns of Bethlehem and New Scotland. Petitions must be filed with the district clerk, 90 Adams Place, Delmar, by 5 p.m. on April 21.

Elections will be held on Tuesday, May 20, from 7 a.m. to 9 p.m. at Bethlehem Central High School.

Help make Senior Celebration a success

Editor, *The Spotlight*:

There is no more heartbreaking headline than one describing the tragic alcohol-related death of a teen driving home from an unsupervised high school graduation party. Here in Bethlehem, we have a tradition of making sure that our teenagers remain safe on graduation night. Parents and local businesses join together to create the annual Senior Celebration, an alcohol-free, all-night party open to every graduating senior from BCHS. Fun, games, door prizes, food and dancing make it a special night for graduates, and the event offers parents peace of mind, since their teens are off the streets until morning.

Needless to say, parent volunteers — as well as community support — are key

to a successful party. Parents of seniors work behind the scenes to plan the event, solicit support from businesses and secure a wide variety of entertainment. Parents of juniors are asked to actually work at the party, since no senior wants his or her parent in attendance. No parent has to work more than one shift during the evening, so both early-birds and night owls can find hours they're comfortable with.

The organizing committee for this year's Senior Celebration would like to encourage parents of juniors, as well as seniors, to sign up now, in order to make this year's event a success. Those of us who worked at last year's event can promise the nostalgic delight of seeing students (and their parents) for one last time, before the

class disperses forever. It's satisfying to make sure the kids have a fun — and orderly — night. Many prizes are given away only when the sun comes up and breakfast is served, so there's a full house right through till morning.

Your assistance is needed. Join us! We hope you will call or e-mail our committee to let us know you'd like to lend a hand. Volunteers can contact Karen Gloeckler at 439-2163 or LGKGx2@aol.com, or Gloria Foley at 475-0073 or foley5@nycap.rr.com.

You'll be glad you did!

*Kathy McCarthy, Deb Adler,
Joyce Mosher, Mary Gleason
Judd, Kevin Cleary*
Publicity Committee
Bethlehem High School
Senior Celebration



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Organizers add trolley tour date

The trolley tours detailing the Town of Bethlehem's history have been very popular, so much so in fact that tour organizers have added Sunday, April 27, as another date for the tour.

The tours, which begin at 12:45 p.m. at the public parking lot at the Four Corners in Delmar, 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 the present.

"I'm having great fun sharing Bethlehem's history with so many interested people, and learning from the people who take the tours," said Town of Bethlehem Historian Susan Leath. "On a recent tour, we learned that the Welch family tended the lighthouse at Van Wies Point for over 75 years. While stopping at the Bethlehem Historical Association's Cedar Hill

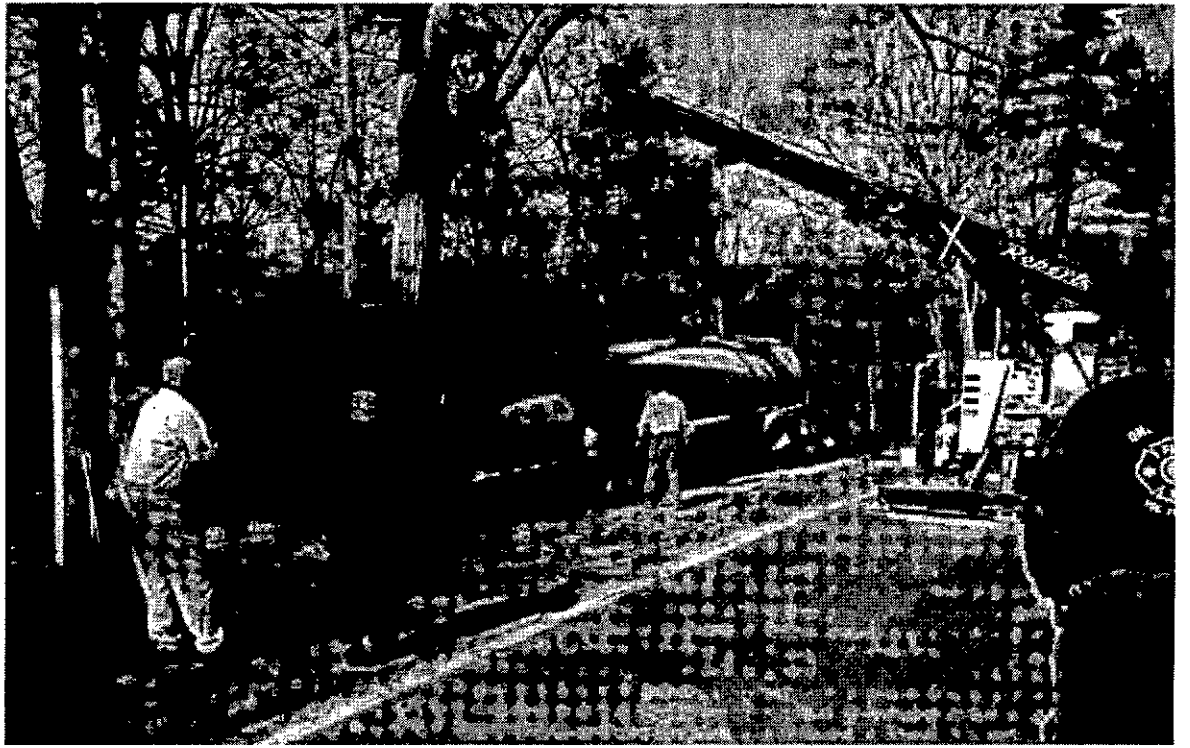
Schoolhouse, we met a person on the tour who went to school there in the 1920's, and another who's mother and aunt went there."

Organizers say the remaining tours dates, Sundays, April 6 and 27, are filling up fast. To make a reservation, call the Albany Aqua Ducks and Trolleys at 462-3825 or visit www.albanyaquaducks.com. Cost is \$23 per person, and includes a donation to the Bethlehem Historical Association. A tour stop at the Bethlehem Historical Museum and snacks from the Perfect Blend are included.

Organizers say trolley tours will be offered again next winter, emphasizing the Hudson-Fulton-Champlain Quadricentennial.

The tour experience has been made possible by the Town of Bethlehem, Bethlehem Historical Association, Bethlehem Chamber of Commerce, Perfect Blend, and Albany Aqua Ducks and Trolleys.

Runaway trailer



Workers from Roberts Towing and Recovery Specialists in Glenmont work to dislodge a tanker trailer from an embankment on Route 32 (Indian Fields Road) in the Town of New Scotland at 9:30 a.m. Tuesday, March 25. The trailer, owned by Borwegen Trucking in Greenville, became detached from its cab as it was traveling on the road. State Police and The Onesquethaw Volunteer Fire Company responded to the scene.

Tom Heffernan Sr./Spotlight

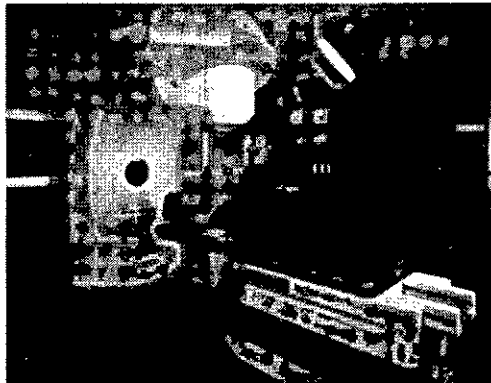
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IN BRIEF

Jubilate Singers and Orchestra to perform at church

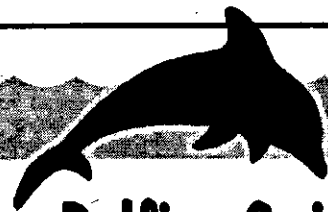
The Bethlehem Lutheran Church, 85 Elm Ave., Delmar, is hosting "Psalms, Hymns, and Spiritual Songs" with the Jubilate Singers and Orchestra at 7 p.m. Sunday, April 6.

Conducted by Ralph C. Schultz, the event will feature Treva Foss, soprano; Brian

Bailey, tenor; and Jason Thoms, baritone.

Program highlights include Franz Schubert's "Mass in G Major," Schultz's "Round the Earth the Message Runs," John Leavitt's "Awake My Soul With Gladness" and Timothy Schultz's "Psalms, Hymns, and Spiritual Songs."

Admission is \$15 for individuals and \$25 for families. For reservations, call 478-9476.



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Trying to trap a leprechaun



Connor Casolo, of Voorheesville, a kindergartener at The Albany Academies, shows off his leprechaun trap project as part of a St. Patrick's Day lesson on Friday, March 14. Led by faculty member Kristy Mahar, the project has been a tradition for kindergarteners at The Albany Academies for years; students spend the first few weeks of March learning about St. Patrick's Day, leprechauns and a variety of Irish traditions. The kindergarteners, hoping to catch leprechauns, presented their projects throughout the day to all Lower School students at The Albany Academies.

Submitted photo

Albany Academies to hold auction, gala

The Albany Academies will hold its Spring Gathering 2008 annual auction and gala on Saturday, April 12, at Wolferts Roost Country Club in Menands.

The event, which includes a silent and live auction, brings parents, alumni, faculty and friends of the Academies together to celebrate and support the school. Funds

raised at the event will go toward the school's scholarship funds to benefit students and faculty at The Albany Academies.

Anyone interested in

donating an auction item can contact Director of Institutional Advancement Kim Verstandig at 429-2431 or e-mail verstandigk@albanyacademies.org.

Fundraiser to benefit lung transplant recipient

Woman hasn't been able to work since 2006

After a double lung transplant in 2006, Jamie Mormile has been unable to work. Frequent trips to Columbia Presbyterian Hospital in New York City, monthly tests and clinic appointments and medicine depleted all of her and her husband, Henry's, savings. They have hopes to start a family; however, Jamie is fighting to stay ahead of her illness and her bills.

Mormile suffers from cystic fibrosis; a chronic debilitating disease that attacks the lungs.

As a young child, daily chest treatments and medicine were necessary to keep her healthy. Now even as an adult,

Mormile requires a multitude of treatments and medication to keep her new lungs in working order with no infection or rejection.

On Friday, April 4, at 7 p.m., join family and friends for a benefit of music and dance to help raise money for Mormile and her family. The Delmar Reformed Church's Contemporary Praise Band and the In His Steps Dance School will perform. The \$10 admission includes an array of desserts, coffee and tea.

The Delmar Reformed Church is located at 386 Delaware Ave. For information or directions, call 439-9929.

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Library adds passes to Indian museum

We're happy to announce we've added passes to the Iroquois Indian Museum in Howe's Cave to our collection. We now offer free passes to seven regional museums, all within driving distance: the Albany Institute of History and Art, the Eric Carle Museum of Picture Book Art in Amherst, the Sterling and Francine Clark Institute in Williamstown, Hancock Shaker Village, the Iroquois Museum, the Massachusetts Museum of Contemporary Art in North Adams, and the Norman Rockwell Museum in Stockbridge.

These passes are available for three-day loan to Bethlehem Public Library cardholders. They come in groups of four or more, so you can plan a day trip for the whole family. Passes are available on a first-come, first-served basis. They're a popular item, especially during school



vacations.

Many thanks to Friends of Bethlehem Public Library for underwriting several of these passes. Find out more about them at the information desk or at www.bethlehempublib.org; there's a link on the home page. We've also provided links to each of the museums.

School break at the library

Speaking of school vacation, we're offering several programs for kids, teens and families in the week of April 14. Another family game get-together is happening on Monday April 14, from 2 to 3:30 p.m. We'll provide board

games, DDR, Guitar Hero and Wii. You're welcome to bring along your own favorite game.

On Tuesday, April 15, at 2 p.m., school-age kids will have a chance to do a little creative recycling with an Earth Day craft. Bring an old necktie and turn it into a bird puppet.

On Wednesday, April 16, at 2 p.m., the library joins the little Pixar desk lamp to host a showing of "Pixar Shorts." We've got the popcorn and the juice.

Big Read book discussion

AfterDinner Books will engage you with Edith Wharton's "The Age of Innocence" on Wednesday, April 14, at 7 p.m. Adults and high school students are welcome to join in this year's Big Read celebration of one of our preeminent American authors. Winner of the 1921 Pulitzer Prize, "The Age of Innocence" is a masterpiece of social mores,

desire and repression — a spot-on look at the dark side of New York society in America's Gilded Age.

The library will be screening Martin Scorsese's 1993 film version of the book on Sunday, April 20, at 2 p.m.

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 cosponsored by the Upper Hudson Library System, WMHT, and the New York State Writers Institute.

For a complete listing of our area's Big Read events, go to our Web site at www.bethlehempublib.org and click on the link.

Film screening

"The Importance of Being Earnest," Friday, April 18, 2 p.m.

A 2008 Big Read event. Free.

Grow a garden for Earth Day

Wednesday, April 23, 10:30 a.m.

Make a windowsill garden to take home. Free; call 439-9314 to sign up. Ages 3 to 6 and families.

Bookshare

Wednesday, April 23, 6:30 p.m.

"Everything on a Waffle" by Polly Horvath. Book discussion for tweens, teens and parents/caregivers. Free; call 439-9314 to sign up.

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

Lectures to focus on biodiversity

The New York State Biodiversity Research Institute and the New York State Museum will present lectures in April focusing on recent biodiversity research, conservation and education initiatives.

All lectures are free and will be held on Wednesdays at noon in the Huxley Theater. Lecture topics and dates are as follows:

April 9 - "Algal Biodiversity in Streams of New York State and Its Links with Ecosystem Function." The biodiversity of algae in New York varies greatly among different streams and watersheds. John Wehr, director and associate professor at the Louis Calder Center-Biological Station, Fordham University, will explain how algal biodiversity may affect ecosystem function and measures to help understand the value of species diversity in fresh waters.

April 23 - "Rare Plant Baselines in the Adirondack Alpine: How Many Plants Are There Now?" The alpine zone in the Adirondack Mountains hosts the highest number of rare plant species, per area, in the state. Tim Howard, of the New York Natural Heritage Program, will discuss the first effort to estimate population sizes by combining random sampling, geographic information systems (GIS), and likelihood methods.

Clothing Closet has new hours

The Clothing Closet, a service supported by area Reformed churches to provide clothing to those in need, has new hours.

The closet, at the Clarksville Reformed Church, Route 443, Clarksville, is open Thursdays from 9 to 11 a.m. and 5 to 6:30 p.m.

FREE SCREENINGS & LECTURES

Spring Into Heart Health

Join us as we kickoff our six-part educational series focusing on ways to live a heart-healthy lifestyle.

SPECIAL KICKOFF

Monday, April 14, 2008
5 to 8 pm

ST. PETER'S
CARDIAC REHABILITATION & WELLNESS
400 PATROON CREEK, ALBANY

Free Screenings/Exhibits (5 to 6:30 pm)

- Screenings for cholesterol, glucose and blood pressure levels, pulmonary function testing, and body mass index
- Cooking demonstration
- Ask The Pharmacist (Bring your current medications or a list of them to review with a pharmacist)
- Exhibits on exercise, nutrition, women's health and more
- Visit our new facility, enjoy free massages, refreshments and healthy snacks

Lecture (6:30 to 8 pm)

"Three Keys To A Healthy Heart"
Presented by **David Wolinsky, MD, FACC**,
Albany Associates in Cardiology
Learn your risk factors and how to make important lifestyle changes. Q & A to follow lecture.

Registration is required for the
April 14th event by calling
1-800-HEART-76.

The event is free and open to
the public. Space is limited.
Free parking.

The remaining lectures will be held on
Mondays at 400 Patroon Creek
from 6 to 7 p.m.
Registration is requested by calling
1-800-HEART-76.
You may sign up for all
or some of the lectures.
Refreshments will be served.

April 21

Wellness Care, Lifestyle Management,
& Medical Nutrition
Paul Lemanski, MD, FACP

April 28

The Mediterranean Diet:
What It Is and How It Works
Laurie Burton-Grego, MS, RD

May 5

Exercise & Your Heart
Charity Bopp, MS, RCEP
Michael Jantzen, Exercise Physiologist

May 12

Complementary Therapy
To Boost Well-Being
Edie Miskewicz, RN, LMT

May 19

Peripheral Artery Disease/Peripheral
Vascular Disease: Diagnosis & Treatment
Michael J. Martinelli, MD, FACC



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Students invited to take part in science fair

The annual Voorheesville science fair is set for Thursday, April 3, from 7 to 8:30 p.m. in the Voorheesville Elementary School gym. Students from kindergarten through fifth grade are encouraged to participate as well as attend.

For information, call 765-2382.

Early spring hike

An early spring hike will be held at Thacher Park on Saturday, April 5, at 9 a.m. Participants will walk for a couple of hours and get back in time for lunch. Dress in warm layers and bring water.

For information, call 872-0800.

Helderview Garden Club to meet

The Helderview Garden Club will meet at the Albany County Cooperative Extension on Martin Road in Voorheesville on Thursday, April 3, at 7 p.m. Pam Taft, master gardener from Cornell Cooperative Extension, will speak on Safe and Healthy

NEWS NOTES

Voorheesville
Betsy Glath
765-4415



Gardening. New members are always welcome.

For information, call Mary Beth at 765-4544.

Volunteer day set for May 3

The Town of New Scotland is holding a townwide volunteer day on Saturday, May 3. Volunteers will gather at the Town Hall before 9 a.m. and go out from there to low income senior and handicapped homeowners in the community.

The town is looking for individuals or families who might need help with raking, cleaning out flowerbeds, washing windows, making minor house repairs, painting or light housekeeping.

Those who need help or those who would like to volunteer help

can call Susan Kidder, senior liaison, at 439-9038 or e-mail her at skidder@townofnewscotland.com

St. Matthew's plans 'Tuesday for Teens'

Tuesday for Teens is a new teen program at this year's spring enrichment. This year, teens from throughout the Albany Diocese are invited to attend a special program of workshops, speakers and activities at St. Matthew's Church on Tuesday, May 13, from 3:30 to 8:15 p.m. Check out the brochure at www.rcda.org for information and the registration form. Space is limited to the first 100 entrants who register.

For information or to register,

call Mrs. Dorn at 765-2373 or e-mail stmatthewsyouthministry@verizon.net.

Town of New Scotland to meet

The next meeting for the Town of New Scotland will be held Wednesday, April 9, at 7 p.m. at the Town Hall in Slingerlands. All are invited.

Pottery workshop set at Thacher

A workshop in the basics of pottery will be offered at the Thacher Nature Center on April 12 and 19. The workshop will begin at 10 a.m. and will continue for approximately two hours. Participants should plan to attend both sessions.

Participants will learn how to

hand build clay and apply glaze to their own bowls, mugs or small ceramic pieces. Participants may make two to three pieces of pottery, depending on time and supply of materials. Smocks or old clothes should be worn. The workshop is appropriate for ages 8 and up, with younger participants requiring an adult to assist for both of the sessions.

The workshop fee is \$10 payable to NHT. A materials fee of \$4 is payable to the instructor. Registration is required.

Albany County Public Auction

Tax Foreclosed Properties

Saturday, April 12th
Empire State Plaza
Meeting Room 6

Albany, NY

Registration begins at 9 a.m.

Call for a FREE brochure
(518) 447-7070

Pre-register and view available parcels at
www.albanycounty.com

Teacher tabbed for exchange program

Glenmont resident Concetta Smith, a teacher at Lisha Kill Middle School in Albany, has received a travel grant to participate in an exchange program that provides professional development opportunities to secondary school teachers from the United States, Eurasia and South Asia.

Through the Eurasia/South Asia Teaching Excellence and Achievement Program (TEA), 36 teachers will visit Eurasian and South Asian countries for two weeks to work with international secondary school teachers. Smith and her international counterpart will:

- Participate in discussions on best teaching practices and related educational issues in their subject with the host school teachers and with a wider community of teachers.

- Visit local schools, parents' committees and non-

governmental organizations and serve as a guest speaker on U.S. education and culture.

- Team-teach at the host school.

- Conduct a day-long workshop for the teachers community at the host city on U.S. teaching and curriculum design methodology.



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Splash with the Dash

Get in on the fun!

Sunday, April 6th

SHOW YOUR "NEIGHBORHOOD SPIRIT"

Invite your friends over for brunch. Watch the race from your lawn or porch.

Make lots of noise, play music, encourage the runners as they pass.

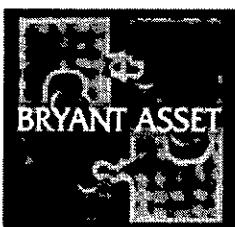
Your energy will give them a boost!

20th Annual Delmar Dash 5 Mile Road Race

Estimated time of racers in your area.

9:00 a.m. to 9:15 a.m.	Kenwood Avenue, Adams Place Oldox Road
9:05 a.m. to 9:20 a.m.	Mosher Road to Murray Avenue
9:10 a.m. to 9:30 a.m.	Parkwyn Drive to McGuffey Lane
9:15 a.m. to 9:45 a.m.	Westchester Drive North, Westchester Drive South to Winne Road
9:20 a.m. to 10:00 a.m.	Winne Road, Adams Place to Kenwood Avenue

Delmar Dash for Kids: 10:00 a.m. Boy's one mile
10:02 a.m. Boy's half mile
10:15 a.m. Girl's one mile
10:17 a.m. Girl's half mile
10:25 a.m. Co-ed quarter mile



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- Thursday -

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and broccoli rabe
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- Friday -

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lemon butter sauce \$12.99

- Saturday -

7 oz. Steak
and Garlic Shrimp \$14.99

- Sunday -

Mussels Fra Diablo
over linguine pasta
w/garlic bread \$9.99

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"Count on Cathy"

Transportation services available for seniors

If you are 60 or older and wary of driving through "roundabouts," find yourself nervous in high-traffic areas, are generally uncomfortable driving to some appointments or are unable to drive any longer, you might wish to consider using Bethlehem Senior Transportation Services.

In a cooperative effort, Bethlehem Senior Services and Bethlehem Senior Projects, Inc. each own half of the vehicles used to provide transportation to folks 60 and older to medical, dental, therapy and clinic appointments as well as

Senior Action

April 5 to 11

to local grocery stores and a variety of social and recreational programs. This "curb to curb" service includes cars, vans and handicapped accessible vehicles with hydraulic wheelchair lifts. A nominal donation is suggested

for each trip.

Reservations are made by calling 439-5770 Monday through Friday from 9 a.m. to 3 p.m. Appointments generally should not be made after 2 p.m.

For specifics, a brochure is available in the town's Senior Services Office or at www.townofbethlehem.org.

Upcoming program highlights

Saturday, April 5

• Roast beef dinner at the Bethlehem Grange, Route 396, Selkirk, \$9 at the door. Bethlehem Senior Transportation will leave Bethlehem Town Hall, 445 Delaware Ave., at 3:30 p.m. with pre-arranged home pick-up available. For reservations, call 439-5770.

Monday, April 7

• Bethlehem Senior Transportation offers the opportunity to shop at Wal-Mart in Glenmont. For reservations,

call 439-5770.

Tuesday, April 8

• AARP tax counseling service from 9 a.m. to 3 p.m., Bethlehem Town Hall, 445 Delaware Ave., appointment required. Call 439-4955, ext. 1176.

• Seniors in Motion, a low-level aerobic exercise class, from 9 to 10 a.m. in the Bethlehem Town Hall auditorium, 445 Delaware Ave., \$3 fee per class.

Wednesday, April 9

• Senior grocery shopping for residents of Elsmere, Delmar, Slingerlands, North Bethlehem and Marie Rose Manor. For reservations, call 439-5770.

Thursday, April 10

• Free senior legal services program for Albany County residents 60 or older, Bethlehem Town Hall, 445 Delaware Ave., appointment necessary. Call 439-4955, ext. 1176.

• Parkinson's support group, The Terrace at Beverwyck, Autumn Drive, Slingerlands, 7 p.m. Generally held the second

Thursday of each month, the group provides support, education, encouragement and information to people with Parkinson's disease and to their families, friends and neighbors. For information and to confirm meeting date and time, call Wolfgang Wehman at 439-5252.

Seniors grocery shopping for residents of Glenmont, Selkirk and South Bethlehem. For reservations, call 439-5770.

Friday, April 11

• Join us for a tour of Delmar Place, 467 Delaware Ave., at 11:30 a.m. Have lunch from noon to 1:15 p.m. and enjoy the program, "Fun at Your Age," from 1:30 to 2:30 p.m. Program presenter is Catherine Huber with the Foundation of NYS Nurses, LENS Curriculum. Bethlehem Senior Transportation leaves Town Hall, 445 Delaware Ave., at approximately 10:30 a.m. Home pick-up available on a pre-arranged basis. No cost for lunch or program. For reservations, call 439-4955, ext. 1176.

• Seniors grocery shopping for residents of Good Samaritan Senior Housing and Van Allen Senior Apartments. For reservations, call 439-5770.

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

Doris Davis, Bethlehem Senior Projects, Inc board member

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

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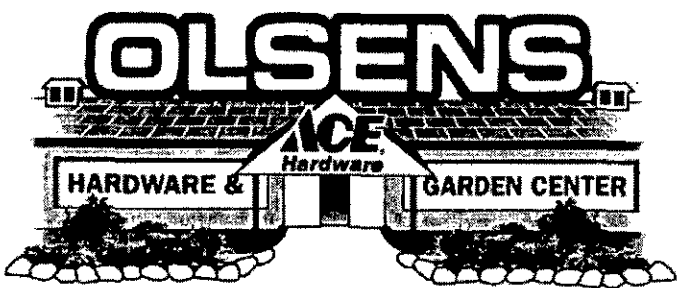
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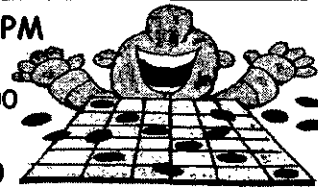
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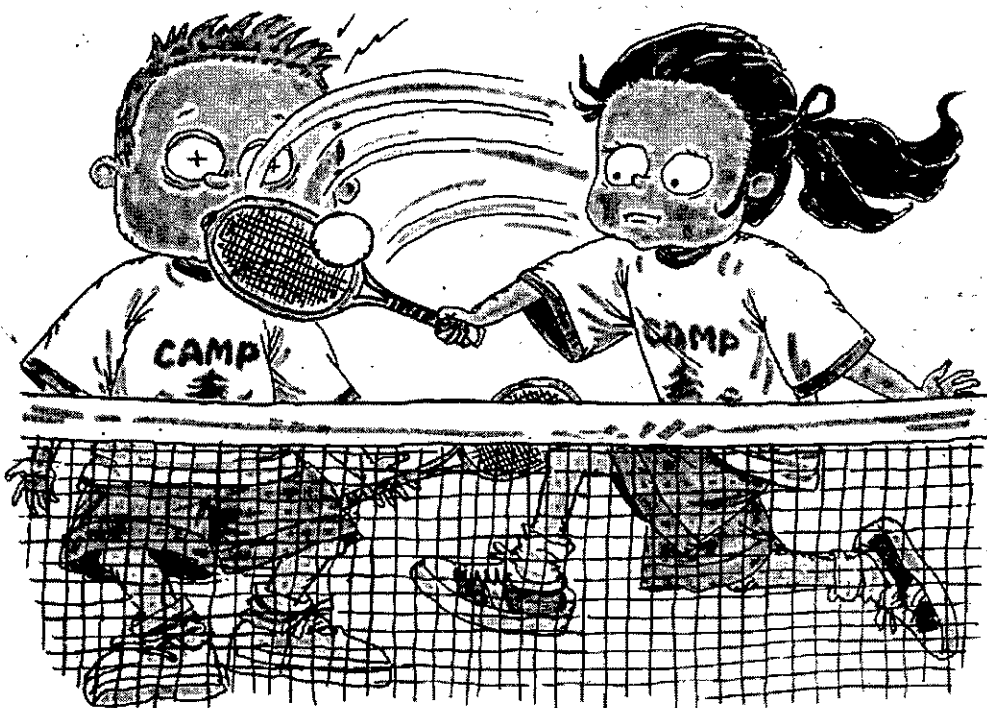


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2. Technology Enrichment Program

For children entering grades 5-8

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3. Athletic Camps

Various grades and age groups based on sport

Volleyball, boy's and girl's lacrosse and t-ball join the list of youth athletic camps being offered this summer at Hudson Valley. Other options are: adventure, basketball, dance, golf, football, softball, soccer, tennis and the all new all sports camp. Each camp focuses on skill development with a low coach-to-camper ratio.

4. Theater Workshop

Two-week sessions for those aged 8-11 and 12-16

On stage or in the wings, working on lyrics or standing in the spotlight, the Youth Theater Workshop has a place for anyone interested in putting on a show. Instructors Liv Cummins and Sandy McKnight take the crew from story and song development all the way through a final production at the Maureen Stapleton Theatre.

5. Summer Academy

Half-day programs developed for those entering grades 1-2, 3-5, 6-8, as well as high schoolers.

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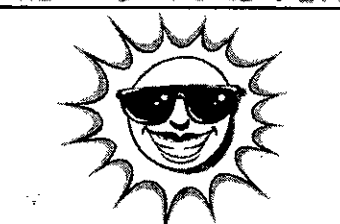
For children aged 10-13

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"Our specially-trained contractors are accredited by the Building Performance Institute and take a 'whole-house' approach to home energy improvements," said NYSERDA President and CEO Paul D. Tonko. "Using tried and tested building science principles, they examine how the house operates as a system, testing the energy efficiency, as well as the health and safety of each home, before and after any improvements are made."

The first step is to schedule a comprehensive home assessment with participating Home Performance with ENERGY STAR contractor, who will assess insulation and air infiltration levels, ventilation, heating and cooling equipment, air flow, appliances and lighting. Using the latest diagnostic tools, the contractor will identify what improvements can be made, the cost of making those improvements, and what kinds of financial incentives, such as low-interest financing, are available.

"Contractors who participate in this program are able to provide financial incentives that other contractors cannot and they test the home when they're finished to verify the results of the improvements," said Tonko.

Is your home experiencing the following problems? If so, Home Performance with ENERGY STAR is the program for you.

- Ice damming- Icicles or ice build-up can damage roofs and eaves due to lack of insulation, air sealing, and/or ventilation problems in the attic. This means you are losing heat through your attic, causing snow and ice to melt on your roof.

- Drafty or cold rooms- Cold rooms or drafts can be a result of several things, including leaky doors, windows, lack of insulation, or leaky ductwork.

- High heating bills- Despite rising oil and natural gas prices, your furnace or boiler may be inefficient, especially if it is ten years old or older. High heating bills may also be a result of heat leaking

out of your home due to lack of insulation, or air sealing problems.

For more information about Home Performance with ENERGY STAR and a list of participating contractors, visit www.getenergysmart.org or call toll-free **1-877-NY-SMART (1-877-697-6278)**.

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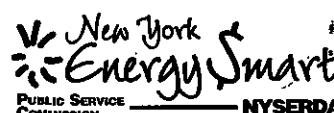


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Obituaries *in the* Spotlight

Lucille H. Larrivee

Lucille H. Larrivee, 78, of Delmar, died Thursday, March 20, at her home.

She was born in Richmond, Mass. For 25 years, she was employed by the state Bar Association, retiring in 1996.

Mrs. Larrivee enjoyed classical music, theater, vacationing at Cape Cod with family, skiing the Berkshires, and Italy.

She was the daughter of the late Emory and Rose Haines.

She is survived by her husband, Adrien U. Larrivee; three daughters, Donna (Rick) Shields of Pittsburgh, Pa., Jeanne (Dan) Statile of Sand Lake, and Carol Larrivee of Delmar; one son, Gary (Donna) Larrivee of Dalton, Mass.; a brother, Norman (Margie) Haines of Hinsdale, Mass.; and three grandchildren.

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

Services were at St. Thomas the Apostle Church, 35 Adams Place, Delmar.

Contributions may be made

to the Alzheimer's Association, 85 Watervliet Ave., Albany 12206.

Patricia Putnam

Patricia A. (Shea) Putnam, 71, of Delmar, died Sunday, March 23, at St. Peter's Hospital.

Born in Albany, she was a graduate of Bethlehem Central High School, class of 1954, and Albany Business College.

She retired from the state Thruway Authority after 35 years of service. Ms. Putnam enjoyed all sports, particularly bowling, where she had a 735 triple and made the quarterfinals in the Queens Tournament.

She also enjoyed golf and was a past member at Tall Timber, Normanside and Sycamore country clubs.

Ms. Putnam played in the Women's North East League where she maintained an 18 handicap for many years. She was one of the "Bethlehem Walking Twins" and was a communicant of St. Thomas

the Apostle Church in Delmar.

She was the daughter of the late Sheldon C. and Leona M. (Bennett) Shea.

Survivors include her identical twin sister, Barbara J. Shea.

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

A Mass of Christian Burial was celebrated on Thursday, March 27, at St. Thomas the Apostle Church, 35 Adams Place, Delmar.

Burial was in Calvary Cemetery, Glenmont.

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

Mary I. Carman

Mary I. Carman, 82, died Monday, March 24, at home.

Mrs. Carman was born in Milford, Conn., and has lived in Coeymans most of her life.

She was the widow Herbert Carman.

Survivors include her children, Janette (Odell) Matheny of Selkirk, JoAnn (Joe) Kapusta of Coeymans Hollow and Raymond (Emily) Carman of Arizona; sister Veronica Lawton of Connecticut; seven grandchildren and three great-

grandchildren.

Arrangements were by the Babcock Funeral Home in Ravena. Burial was in Grove Cemetery, Coeymans.

Contributions may be made to Clover Patch Preschool, c/o Center for Disability Services Foundation, 314 So. Manning Blvd., Albany 12208 or St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105-1942

Florence M. Clark

Florence May (Fredette) Clark, 87, of Delmar, died Monday, March 24.

Mrs. Clark was a banker for 30 years with The Bank of New York in Stuyvesant Plaza.

She loved to travel, play golf and bowl.

She was the widow of Harold Clark, and the daughter of the late Frederick and Eva Fredette.

Survivors include a son, Roger Clark (Lois) of Red Hook; six grandchildren; a nephew and two nieces and 16 great-grandchildren; as well as companion Edward P. Minerly of Clifton Park.

Funeral services will be at the convenience of the family. Contributions may be made to the Community

Hospice of Albany, 445 New Karner Road, Albany 12205 or the Albany Regional Kidney Center, 2 Clara Barton Dr., Albany 12208.

Dorothy I. Blabey

Dorothy I. Blabey of Delmar, died at St. Peter's Hospice Wednesday, March 26.

Born in Albany, she graduated from Milne High School and worked for the state Department of Taxation and Finance's Corporate Tax Bureau for 25 years.

Retiring as the principal clerk in 1965, she spent her time with family and as a volunteer at Good Samaritan Nursing Home, where she was awarded Volunteer of the Year. Ms. Blabey went on many cruises, which she enjoyed immensely. She also went on a tour of the Canary Islands with a side trip to Morocco.


Ms. Blabey loved to read, spend vacations in Mystic, Conn., and enjoyed laps in the swimming pool until she was into her 90s.

She loved shopping, especially for bargains and left her family a legacy of love, giving to others and self-discipline.

She was the daughter of the late Mary I. and Harry B. Blabey.

Survivors include a niece, Sally C. Murphy, of Mystic, Conn.; and two nephews, Fred W. Cook Jr. of Tully, and Harry G. Blabey of Munford, Tenn.

Funeral services were at the Meyers Funeral Home. Contributions may be made to the American Cancer Society, 260 Osborne Road, Albany, NY 12211.



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Obituaries

Robert M. Hoolihan

Robert M. Hoolihan, 71, of Brick Township, N.J., died Nov. 28, 2007, at his home.

Born in the Newark, N.J., area, he was the son of the late Robert E. and Lynn Hoolihan of Delmar.

He graduated from Bethlehem Central High School in 1958 and Syracuse University in 1958 and was a retired U.S. Naval flight officer.

Most recently, Mr. Hoolihan was employed in the insurance industry in New Jersey.

There are no known living kin, but he is survived by several friends across the country.

He was buried with military honors on March 4, 2008, in Brig. Gen. Doyle Veterans Memorial Cemetery in Wrightstown, N.J., adjacent to McGuire Air Force Base, where he served in a naval transport flight squadron.

Sarah L. Shelborne

Sarah L. Shelborne, 91, of Delmar, died Friday, March 21.

Services were held at the Lights Funeral Home in Schenectady.

Burial is in Evergreen Memorial Park, Schenectady.

Robert C. White

Robert C. White, 59, of Elsmere, died Friday, March 28, at St. Peter's Hospice Inn.

Born in Albany, Mr. White followed the footsteps of his grandfather, father, mother and brothers in the Elsmere Fire Company.

During 40 years of service, he held the positions of lieutenant, president and secretary.

He was also the chairman of the 1982 Albany County Convention, statistician of the Central New York Drill Team Association; and

was a member of FASNY.

Mr. White was a past commander of the Sons of the American Legion, Post 1040 and past chairman of the town of Bethlehem Memorial Day Parade.

He loved his trips to Cape Cod, Las Vegas, and Cooperstown and was an avid Mets and New Jersey Devils fan.

Mr. White witnessed the Miracle on Ice at the Lake Placid 1980 Winter Olympics.

He was the son of the late E. Herbert and Anna Mae (Morrison) White.

Survivors include his best friend and love for 28 years, Tracy Risko; two brothers, E. Herbert (Jean) White Jr. of Schenectady, and Mike White of Delmar; two sisters, Sharon (Tom) Martinez of Colonie, and Ethel (Frank) Dunks of Boulder City, Nev.; as well as many nieces and nephews.

Arrangements were by the Applebee Funeral Home in Delmar.

Burial was in Bethlehem Cemetery.

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

School's Out - Library's In this month

School's Out - Library's In April vacation programs for kids at the Voorheesville Public Library:

• Preschoolers through grade 2 are "Going on a(n) exciting) Dragon Hunt" on Tuesday, April 15, at 10:30 a.m. Watch out for fire-breathing friends! Mrs. Brown will be your tour guide on this "hot" round-up of stories. Keep your eyes peeled for green scales, and maybe even a dragon egg!

• On Wednesday, April 16, at 2 p.m., grades 1 to 5 will make "Wind Chimes" by stringing tiers of moon shells to produce magical sounds at a workshop presented by the Scotia-Glenville Children's Museum. Registration requested for both programs.

Family evening stories

Are the birds waking you up in the morning? What a great sound! We are going to add to the chirps and the peeps with a bag full of bird stories and songs when we go to "Birdland" at evening story time on Wednesday, April 9, at 6:30 p.m. Get ready to "caw!"

Poetry brunch

In celebration of April as National Poetry Month everyone is invited to join the Every Other Thursday

Voorheesville Public Library



with expert Stacey Roussin will be held on Sunday, April 6, at 2 p.m. Call for information and sign up.

Board of Trustees

Petitions are available for any school district resident over the age of 18 who is interested in running for the VPL Board of Trustees. Candidates are required to obtain signatures from 25 qualified voters and return the notarized petition to the library by 4 p.m. on Monday, April 21.

No storytimes

There will be no regular storytimes during school vacation week.

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.

Book Discussion

"Troll Fell" by Katherine Langrish is for fantasy lovers: Well-populated with menacing and mischievous creatures from Nordic folklore, this tale of an orphaned lad offers full measures of danger, suspense, heroism, magic, and rewards.

Sign up and pick up a copy of the book to read for Wednesday, April 23, at 7 p.m.; for grades 4 and 5.

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Lifestyles *in the* Spotlight

The more, the merrier

Despite shaky economy, couples increasingly choosing to have bigger families

Trends & Technology

Susan S. Cheung



I have a group of friends I write about in "Coffee Mates," my blog on Spotlightnews.com. We became friends before we had children, and one by one we had our first child and soon enough our second and then we said we were done. To my surprise, two announced their third pregnancy this year.

How appropriate in light of the current U.S. baby boom; well technically a "boomlet" meaning a small and brief baby boom. Demographers say it's too soon to tell whether it's a trend.

According to the National Center for Health Statistics in its initial analysis of 2006 birth data, the United States has experienced a milestone, its highest number of births in 35 years. Not since 1971 has the

total fertility rate – the total number of live births per 1,000 women in the age group of 15 to 44 – surpassed 2.1.

This is the "magic" number called the replacement rate for a developed country to maintain current population levels without putting a strain on national resources.

Some experts say it's more a case of many women having two children each, rather than a smaller number having several children. Birth rates are up for nearly every age group, from women in their teens

to early 40s and in most racial or ethnic groups, making the U.S. stand out among industrialized nations.

The birth rates in many of the most developed countries are some of the lowest in the world – in Greece, Italy and Spain it is around 1.3; Japan is at 1.29 and Singapore at 1.24. Without the 2.1 replacement rate in developed countries, there may come a time when there aren't enough people to fill jobs and pay into the system to support the elderly.

Experts can't pinpoint the reason for the higher birth rates in the United States, but they suggest a mix of reasons. Some of the increase is due to rising immigration – Hispanics have the highest fertility levels, about 2.9. But this isn't the determining factor, as there are increases in other racial or ethnic groups. And the fertility rate of non-Hispanic whites at 1.9 is still higher than that of other industrialized countries.

Perhaps, it's due to the 24/7 economy with relatively large numbers of part-time jobs and shift work and a culture that ensures women can have children and work outside the home without any stigma attached, along with American men sharing in the raising of children.

Or maybe, in certain parts of the country, it's the emphasis on religion and the importance of family that contributes to higher fertility rates coupled with limited access to abortions in some states and recent declines in contraceptive use.

Wouldn't the present doom and gloom – U.S. dollar plunge, severe slump in the housing market, subprime mortgage crisis – deter people from having children? You'd think they would reconsider having a larger family when in 2004 the U.S. Department of Agriculture estimated it would cost \$184,320 to raise a child from birth through to age 17 for a family making \$41,700 to \$70,200.

Right from the start, parents realize the cost of buying and caring for a child. Witness the strong growth in premium baby gear from strollers to cribs that are works of art. I asked my cousin's wife, a stroller designer for a leading British baby goods retailer what the high-end "must-haves" are for the new mother. As

parents, would you pay the going rate of \$900 for the Bugaboo "Cameleon" stroller or the Stokke crib system – the choices of celebrity moms?

Faced with the economic reality of having children, I was surprised by the birth rate statistics. I asked my two friends who are expecting their third child and other women I know in the Capital District who have three or more children why they decided to have more than two and whether economic factors affected their decision.

I spoke to six women in total, and most of them said they didn't feel their family was complete with two children. Two had twins the first time around and wanted to enjoy a second pregnancy. Most were in agreement with their partners about having three or more children.

One couple did have concerns about the environmental implications of having a larger family, given that the U.S. is the major consumer of scarce resources. They had many discussions before they could agree on having another child.

Friends and family were generally supportive of the women having another child. Reactions ranged from surprise because of their age at their third or fourth pregnancy (late 30s) to concern about how they would cope with several children close in age.

The women felt public perception of larger families is mostly positive. Now three children are seen as standard with four being considered large.

There were a few negatives: It's easier to care for two children – the family-of-four vacations is the "special" – and families with four or more children are often not invited to functions because they bring too many children.

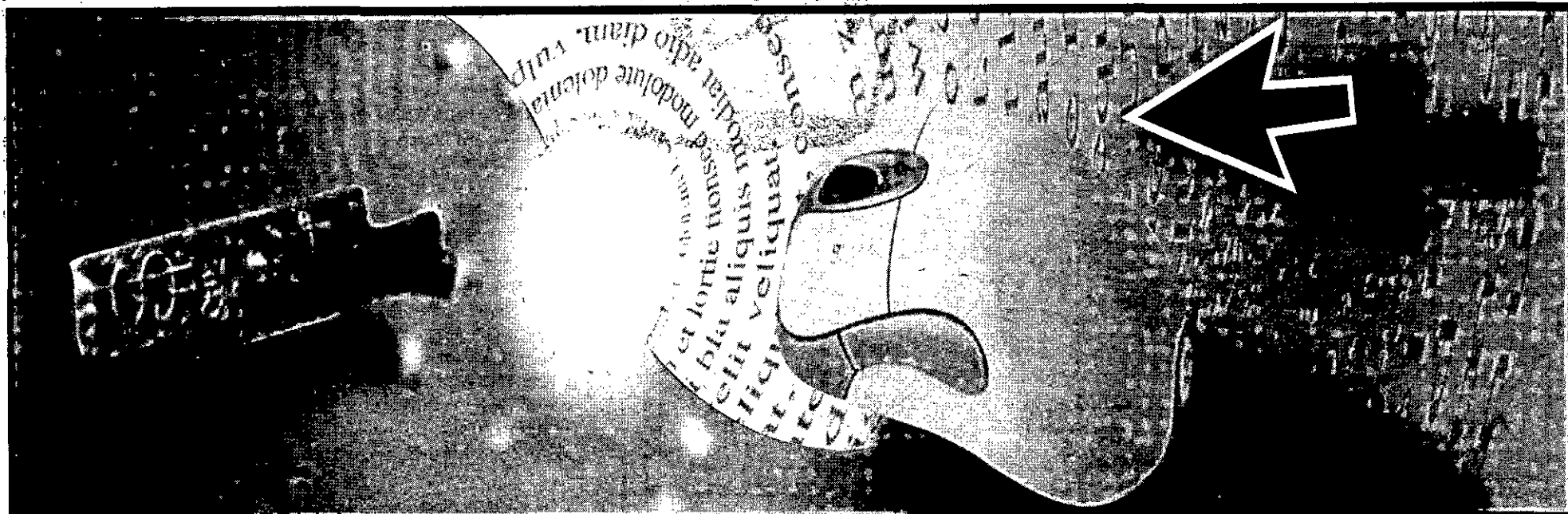
Yes, they were most concerned about college fees, but the economy didn't deter them from having more children. And they absolutely were not influenced to buy luxury brands. All bought within their means with safety being the main issue and the purchase of new clothes if they were having a child of the opposite sex. Friends and family gave gifts and they used hand-me-downs.

U.S. rising fertility rates – a trend, a boomlet or a singular blip? It's a case of watch and see.

Thanks to Christine Z., Elaine, Jennifer, Krista, Shelley and Zainab for sharing their personal experiences.



Krista and her daughters hang out in the snow.



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Milestones *in the* Spotlight



Kristen Sramek and Joshua Lozman

Sramek, Lozman to wed

Kristen Sramek, daughter of Midge and Paul Sramek of Rancho Santa Fe, Calif., and Joshua Lozman, son of Nancy and Jeffrey Lozman of Delmar, are engaged to be married.

The future bride is a graduate of Dartmouth College. She will begin medical school at George Washington University

in August.

The future groom is a graduate of Dartmouth College and Johns Hopkins University, where he is a Ph.D. candidate. His is the policy manager for the One Campaign's One Vote '08 campaign in Washington, D.C.

The couple plans a July 19 wedding in California.



Justin Tryon and Rebecca Smith

Smith, Tryon to wed

Rebecca Ann Smith, daughter of David and Kathy Smith of Delmar, and Justin Edward Tryon, son of Mel and Nancy Tryon of Signal Mountain, Tenn., are engaged to be married.

The bride-to-be is a graduate of Bethlehem Central High School, the State University of New York at Oswego and Boston College, where she received a master's degree. She works in medical affairs at Alkermes in Cambridge, Mass.

The future groom is a graduate of Red Bank High School and Middle Tennessee State University. He is a training specialist with cMarket in Cambridge.

The couple plans a May wedding.

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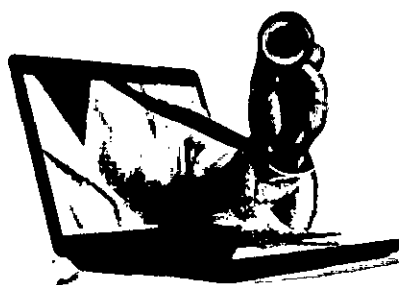
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Music makers



Pieter B. Coeymans Elementary School Music Teacher Bill Hoeprich directs members of the fifth-grade band during a Music In Our Schools Month concert on March 25 in the elementary school.

Submitted photo

Road work to cause delays

State DOT to finish Slingerlands bypass project

By JARRETT CARROLL
Spotlight Newspapers
carrollj@spotlightnews.com

If you travel on Route 85 in Slingerlands, expect delays for the next three months.

The state's Department of Transportation is scheduled to resume the Slingerlands Bypass project on Monday, April 7, with a finish date expected on June 30, according to the project's engineer, Charles Pafundi.

"We're in the second year of a two-year project," Pafundi said. "Last year, we extended 85 and built four roundabouts."

The difference this year, according to Pafundi, is that the extension project created a new road last year and did not interfere with traffic,

but existing roadway will be worked on this year resulting in some delays.

"You can expect delays Monday through Saturday, from 7 a.m. to 5 p.m.," said Pafundi.

The state's DOT, not the county or the town, is overseeing the project.

Road crews will be working on Maher Road between Route 85 and New Scotland Road and will be reconstructing the existing Route 85 from the Cherry Avenue intersection to the Normanskill Bridge. New sidewalks will also be installed on the east side of New Scotland Road.

Delany Construction of Mayfield will be performing the work. It is the same company that installed the roundabouts last year, Pafundi said.

Delays will most likely be caused because of lane closures due to resurfacing

and other improvements during construction. Pafundi said single-lane traffic will be common during the three months of work.

According to the work schedule, Maher Road will be closed down starting on April 14 and traffic will be diverted through detours. New Scotland Road will also be closed for two weeks in May.

"They have to have the work completed within 14 calendar days or they will be penalized financially according to their contract," Pafundi said of Delany Construction's work. He added that he doubts there will be any delays in finishing up the project.

Supervisor Jack Cunningham said he is happy to see the project progress and that it will be finalized by the end of June.

"They've done a good job," he said.

IN BRIEF

Vendors needed for church flea market

The First Reformed Church of Bethlehem, 38 Church Road, Selkirk, will host its annual flea market on the lawn on May 17.

Whether items are new or used, the church is looking for vendors to fill its lawn.

As in the past, firearms, pets or food concessions will not be allowed.

The cost for a 20x20 foot space is \$20, if paid by May 1. After May 1, the cost is \$25.

Reservations are necessary; call 767-9505. The church is located off Route 9W in Selkirk, less than one mile south of the Jericho Drive-In.

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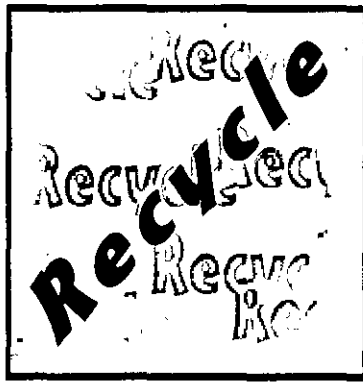
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IN BRIEF

AARP to sponsor program with town

AARP and the Town of New Scotland are sponsoring a defensive driving class.

The two-day program is available to all valid drivers' license holders. It will be held at the Wyman Osterhout Community Center on Thursday and Friday, June 5 and 6, from 1 to 5 p.m. The cost is \$10 for materials, payable upon sign up at Town Hall. Checks should be payable to AARP. Class size will be limited to 30 people.

Some insurance agencies offer discounts for drivers who attend these classes. Check with your insurance agent.

Call the town clerk's office at 439-4865 for information.

Q.U.I.L.T. to hold April meeting

Q.U.I.L.T. Inc. will meet on Friday, April 11, at Delmar Reformed Church, 386 Delaware Ave., Delmar.

The meeting starts at 9:45 a.m.; doors open at 9:15 a.m. A \$5 donation is requested for non-members. The general meeting will feature a lecture and trunk show by Monty Haubold: "Take Two."

For information, call 439-1194 or visit www.timesunion.com/communities/quilt.

**Final show**

ABOVE: Sam Smith plays Tony Brockhurst and Faolain Barrett is Polly Browne in "The Boyfriend."

LEFT: Megan Carpenter, center, plays Hortense during the final performance of "The Boyfriend," Sunday, March 30, at Bethlehem Central High School.

Submitted photos

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Cemeteries plan memorial Masses

The Albany Diocesan cemeteries have released their memorial Mass schedule.

• St. Agnes Cemetery, Menands

Saturday, April 12

Saturday, July 19

Saturday, Sept. 20

Saturday, Nov. 8

• St. Mary's Cemetery, Troy

Saturday, April 5

Saturday, July 12

Saturday, Sept. 27

Saturday, Nov. 15

• Most Holy Redeemer Cemetery, Niskayuna

Saturday, April 19

Saturday, Sept. 13

Saturday, Oct. 25

Saturday, Dec. 20

All Masses begin at 9 a.m. and are celebrated in the Mausoleum Chapel.

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Entertainment *in the* Spotlight

Chocolate fountains are among the indulgences at the Northeast Family Chocolate Festival.



CHOCOLATE FEST SWEETENS WITH AGE

Addictions Care Center fundraiser grows every year

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

When the Northeast Family Chocolate Festival kicks off this weekend, it will be bigger and better than ever, organizers say.

"We're really excited," said Shari Noonan, executive director of The Addictions Care Center of Albany, which sponsors the festival. "Every year, we've sort of grown the event."

That means that families from around the region can look forward to not only having all kinds of chocolate treats at the festival, but to enjoying music, activities, demonstrations and other entertainment.

"We have something really for kids of all ages," said Noonan.

The festival is Saturday from 10 a.m. to 5 p.m. at the Washington Avenue Armory. About 5,000 people are expected. Now in its fourth year, the festival is the Addictions Care Center's largest fundraiser. Proceeds from this year are earmarked for a women's and children's campus that the center is building.

"This allows us to continue providing care to a disenfranchised population," Noonan said, noting that the center's clients are "very low income" and most are homeless. The campus will allow mothers to receive treatment for their addictions without being separated from their children.

Noonan is a mother herself,

and she said that when she was helping to plan the chocolate festival, she thought about what kind of things her own family would enjoy doing at this time of year — when the weather is unpredictable and it's generally too cold to go outside.

"This is something I'd want to do," she said.

Here are some of the highlights of the festival, as outlined by Noonan:

Author Miriam Peskowitz will speak about subjects in her best-selling book, "The Daring Book for Girls," described as a sort of a handbook for girls with "an independent spirit." She will sign copies of the book, which will be available for purchase along with its counterpart for boys, "The Dangerous Book for Boys."

Capital News 9 weekend anchor Kate Welshofer will emcee a fashion show put on by Gap Kids, with local kids as models.

The Zucchini Brothers, a musical act based in Saratoga, will perform at 11:30 a.m. The popular group touts its music as "100 percent healthy and 100 percent fun."

Local dancers and gymnasts from the Boland School of Irish Dance, Eleanor's School of Dance and World Class Gymnastics will perform on stage.

There will be plenty of strolling entertainment: "Clowns, face painters, guys making balloon animals," Noonan said.

Staff from the Schenectady Museum & Suits-Bueche Planetarium will stage interactive experiments.



People make their own chocolate bars at last year's Northeast Family Chocolate Festival.

Older kids can take a turn scaling an indoor rock-climbing wall.

And, of course, there will be plenty of chocolate.

Noonan said there will be more than 30 vendors selling chocolate and chocolate-related goodies. At one booth, attendees can make their own chocolate bars. Elsewhere, they can dip treats in a chocolate fountain. Cookies, cakes and chocolate-covered strawberries will be among the offerings.

"Who doesn't love chocolate?" Noonan asked.

Tickets are available at area Price Chopper supermarkets. A \$1 discount off the \$8 adult ticket price and \$5 children's price can be obtained by presenting the Price Chopper AdvantEdge card at time of purchase. Tickets will also be available at the door for full price.

Park Playhouse in April

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Arts & Entertainment

Theater

AROUND THE WORLD IN 80 DAYS

Based on famous novel, presented by Curtain Call Theatre, 210 Old Loudon Road, Latham, through May 10, 7:30 p.m. Wednesday and Thursday, 8 p.m. Friday and Saturday, 2 p.m. Sunday, \$20. Information, 877-7529.

BRIDGE TO TERABITHIA

Presented by Confetti Stage, Albany Masonic Hall, 67 Corning Place, Albany, through April 13, 7:30 p.m. Friday and Saturday, 2 p.m. Sunday, \$15 adults, \$10 children. Information, 242-8015.

THE FOREIGNER

Presented by Circle Theatre Players, Sand Lake Center for the Arts, Route 43, Averill Park, through April 6, 8 p.m. Friday and Saturday, 2:30 p.m. Sunday, \$15. Information, 647-2007.

Music

BLOOD, SWEAT & TEARS

Old-time, horn-infused rock band, April 4, 8 p.m., Proctors Theatre, State Street, Schenectady, \$20-\$40. Information, 346-6204.

GREG BROWN

Gentle singer-songwriter who got his start on "A Prairie Home Companion," April 4, 8 p.m., The Egg, Empire State Plaza, Albany, \$24. Information, 473-1845.

RONNY COX

Singer-songwriter, April 4, 8 p.m., Caffè Lena, 47 Phila St., Saratoga Springs, \$18. Information, 583-0022.

ALBANY PRO MUSICA

Performing Brahms' "Requiem" with the Guildford High School chamber choir, April 5, 8 p.m., Troy Savings Bank Music Hall, corner of Second Avenue and State Street, Troy, call for prices. Information, 273-0038.

THE HOLMES BROTHERS

Blues, gospel and soul, April 5, 8 p.m., WAMC Performing Arts Studio, 339 Central Ave., Albany, \$23. Information, 465-5233, ext. 4.

VOICES OF HOPE

Benefit concert for the Interfaith Partnership for the Homeless, featuring vocalist Molly Spooner, pianist William Jones Jr. and ensembles from five Albany-area congregations, April 6, 4 p.m., First United Methodist Church, 428 Kenwood Ave., Delmar, donations accepted at the door.

Information, 434-8021.

DAVID GRISMAN AND JOHN SEBASTIAN

Veteran mandolin player teams up with veteran singer-songwriter, April 6, 7 p.m., Troy Savings Bank Music Hall, corner of Second Avenue and State Street, Troy, \$29-\$32. Information, 273-0038.

THE PETER ROWAN AND TONY RICE QUARTET

Bluegrass artists join forces, April 6, 7 p.m., The Egg, Empire State Plaza, Albany, \$24. Information, 473-1845.

LIBERIA BOYS CHOIR

Performing classical, pops and folk music, April 7, 7:30 p.m., The Egg, Empire State Plaza, Albany, \$20 adults, \$18 seniors, \$15 children. Information, 473-1845.

BRIAN PATNEAUDE QUARTET

Capital District jazz ensemble, part of Music at Noon concert series, April 8, noon, Troy Savings Bank Music Hall, corner of Second Avenue and State Street, Troy, free. Information, 273-0038.

EUROPA GALANTE

Featuring conductor/violinist Fabio Biondi, April 9, 8 p.m., Troy Savings Bank Music Hall, corner of Second Avenue and State Street, Troy, \$45-\$50, presented by Troy Chromatic Concerts. Information, 273-0038.

LEO KOTTKE

Guitar master performing blend of bluegrass, folk and blues, April 12, 8 p.m., Troy Savings Bank Music Hall, corner of Second Avenue and State Street, Troy, \$26-\$29. Information, 273-0038.

Comedy

KATHLEEN MADIGAN

Veteran stand-up comedian performing two shows, April 4, 7:30 and 10 p.m., GE Theatre at Proctors, 432 State St., Schenectady, \$32. Information, 346-6204.

Visual Arts

NEW YORK STATE MUSEUM

"Art for the People: Decorated Stoneware from the Weitsman Collection," through fall 2009, 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 20, plus Spirit of Schenectady, collection highlights and planetarium, Nott Terrace Heights. Information, 382-7890.

ALBANY CENTER GALLERIES

"21st Annual Mohawk Hudson Invitational," featuring works by Ginger Ertz, Naomi Lewis and Gina Occhiogrosso, through April 19, 39 Columbia St., Albany. Information, 462-4775.

ALBANY AIRPORT GALLERY

"Repetitive Nature," in Concourse A gallery; "Air Craft," photos by Jeffrey Millstein; 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

"Art in the 'Toon Age," through April 13; 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; plus "Remington Looking West," featuring Frederic Remington's illustrations, sculptures and paintings, through May 4; 225 South St., Williamstown, Mass. Information, (413) 458-9545.

TANG TEACHING MUSEUM AND GALLERY

"Molecules that Matter," through April 13; "Joseph Grigely: St. Cecilia," through June 8; Skidmore College, 815 North Broadway, Saratoga Springs. Information, 580-8080.

Call for Artists

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 Saturdays 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.

A CAPPELLA

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

SIENA CHAMBER ORCHESTRA AND CHOIR

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

Finger Pickin' Good



For nearly four decades, 6- and 12-string guitar virtuoso Kottke has dazzled audiences with his amazing fingerstyle approach. His skills as a guitarist and composer are universally acclaimed and he has worked with an eclectic array of musicians, from Doc Watson and Lyle Lovett to Phish bassist Mike Gordon. Audacious, intelligent, and good-humored, his music defies traditional categories and is, simply put, a delight to hear.

THE ORCHESTRA ON THE COMMON

Openings in the string section, also need French horn, trombone, flute and bass drum players, rehearsals Friday at 9 a.m., Shenendehowa Senior Center, Clifton Common, Clifton Park. Information, 372-5146.

RIVER VALLEY CHORUS

Sweet Adelines' group, based in Scotia-Glenville area, rehearsals on Tuesdays, 7 to 9:30 p.m., call for location. Information, 399-1614.

MONDAY MUSICAL CLUB WOMEN'S CHORUS

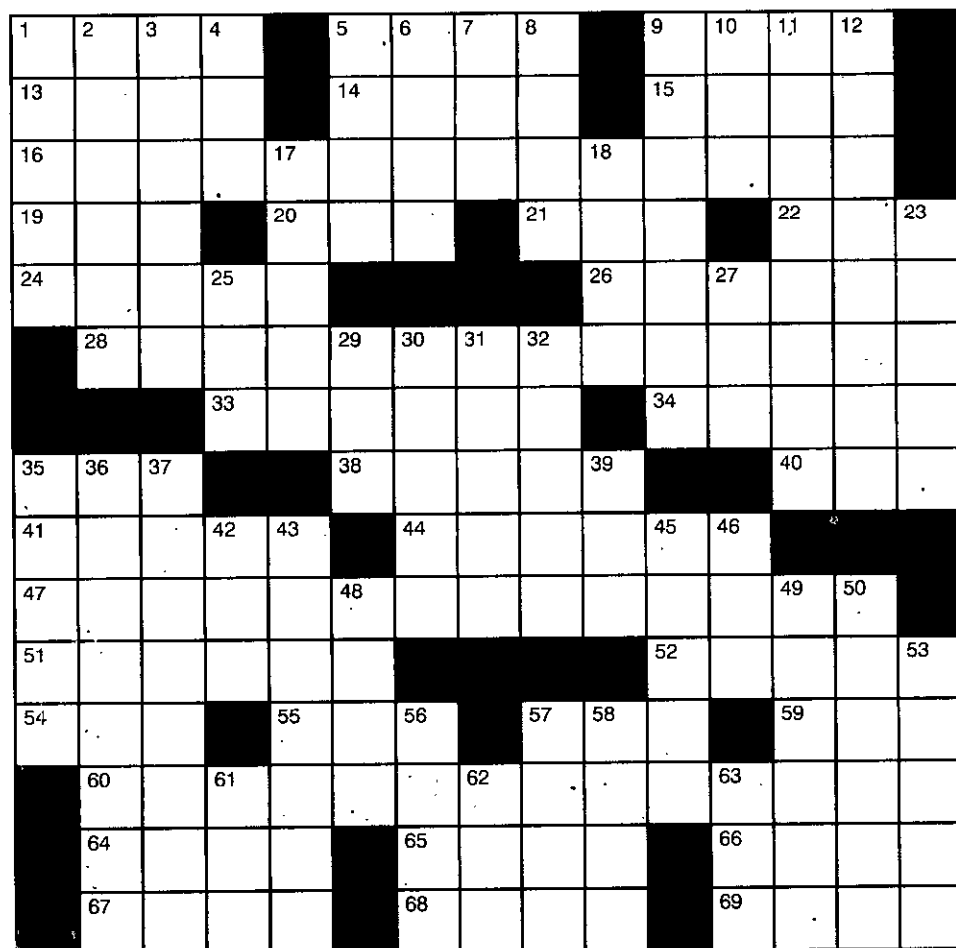
Invitation for new members to join in singing classical and popular songs, Third Reformed Church, 20 Ten Eyck Ave., Albany, Tuesdays, 7:30 p.m. Information, 477-4454.

ELECTRIC CITY CHORUS

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

Weekly Crossword

TIN PAN ALLEY



ACROSS

- 1 Customer
- 5 Equitable
- 9 Olympians
- 13 Grandma, to some
- 14 Actress Thompson
- 15 Help
- 16 Egotist's 1977 song hit?
- 19 Label
- 20 Poetic word
- 21 "In" guy
- 22 House add-on
- 24 Coarse wheat
- 26 Purchase of an antique, e.g.
- 28 Egotist's 1935 song hit?
- 33 Moonlight opus
- 34 Take care of
- 35 Compliments, briefly
- 38 Between: Fr.
- 40 Actress Susan
- 41 Ply
- 44 Horn: prefix
- 47 Egotist's 1931 song hit?
- 51 Oder tributary
- 52 Revere
- 54 Small eagle

- 55 Skater Midori
- 57 Took the honors
- 59 Cambodia's Lon ____
- 60 Egotist's 1975 song hit?
- 64 Auto follower
- 65 Writer Murdoch
- 66 Demolish
- 67 Himalayan ibexes: var.
- 68 Big name in Dadaism
- 69 Tommy's carbine

DOWN

- 1 Cohere
- 2 Deli meat
- 3 Puzzlement
- 4 Torment
- 5 Pay homage to
- 6 River into the Tatar Strait
- 7 Child of scorn
- 8 Highway access
- 9 Kitchens aloft
- 10 Kyoto fashion accent
- 11 Put to flight
- 12 Star-shaped
- 17 St. Elmo's fire, old-style
- 18 Famed sergeant
- 23 Music's Anderson
- 25 River to the North Sea
- 27 Montreal-to-Boston dir.
- 29 Chemical suffix
- 30 Whale weapon, once
- 31 Speak
- 32 Cash connection?
- 35 Strong string
- 36 Lear's 5-liner
- 37 Ministry school
- 39 Devour
- 42 Scheldt tributary
- 43 Halts
- 45 Early U.N. leader
- 46 Resembling: suffix
- 48 Controversial line item
- 49 Diet's food category
- 50 Complain
- 53 Burstyn
- 56 Tony's poor relative
- 57 Hold on!
- 58 It flows into the Wash
- 61 Bad, in Bordeaux
- 62 Go a bit off
- 63 D.C. bur.

Calendar of Events *in the* Spotlight

Wednesday, April 2

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

BLUE DOG ARTS
Earring Making Workshop from 4-5:30 p.m. at 333 Delaware Ave. All ages invited to learn beginner earring making techniques and bring home your earring you make. \$10 per person, for more info. call Tracie Killar — 439-3309.

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
Bethlehem Lutheran Church, Parish Hall, 85 Elm Ave., Every Wednesday 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

NEW SCOTLAND HISTORICAL ASSOCIATION
Historical program to feature a presentation

by Stuart Lehman titled "A Civil War Tour of the New York State Capital Building." Wyman Osterhout Community Center in New Salem, starting 7 p.m. For info. call Marie Hornick — 768-2933.

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

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

NEW SCOTLAND SENIORS

Thursday, April 3

DELMAR
POEMS BY VETERANS
Readings from the anthology "Post Traumatic Press 2007: poems by veterans" at the Bethlehem Public Library, 451 Delaware Ave., from 6:45-8:45 p.m. Readers will include Dayl Wise, Jim Murphy, and Dan Wilcox, and presented by Bethlehem Neighbors for Peace, Veterans For Peace, and Post Traumatic Press. For info., call 391-2830

BLUE DOG ARTS
"Drop In And Draw" every Thursday 4 p.m. - 5 p.m. for grades 4 - 8 at 333 Delaware Ave., Delmar. Join in a community of youth interested in sketching, socializing, and learning and sharing drawing techniques. More info. — call Tracie Killar, 439-3309.

WEIGHT WATCHERS
The local chapter of Weight Watchers meets tonight at 6 p.m. at St. Stephen's Church, Delmar.

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 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.

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

Friday, April 4,

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

Saturday, April 5

DELMAR

BLUE DOG ARTS
Easter Arts and Crafts from 2-3 p.m. for grades K-5 at 333 Delaware Ave. Make and take home Easter arts and crafts to decorate your home for the holiday. \$5 per child, for more info. call Tracie Killar — 439-3309.

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.

RAVENA

GRACE UNITED METHODIST CHURCH
Reopening of the Bargain Shed & Book Nook with a bake sale from 9 a.m. until 3 p.m. at 16 Hillcrest Dr., Ravena. Regular hours will be Tuesdays 9-1, Thursday 5:30-7:30, Saturdays 9-1. Something for everyone.

Sunday, April 6

DELMAR

BEHLEHEM YMCA
Rollapalooza '08, an indoor cycling and swing dance event featuring live music and Health and Wellness Expo at the Bethlehem area YMCA, 900 Delaware Ave., from 1 to 4 p.m. Proceeds will benefit YMCA's Reach Out For Youth Program. For info., call 439-6389

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.

Old Gospel Fellowship Church, 10 Rockefeller Rd., Delmar, 10 a.m.
Slingerlands Community UMC, 1499 New Scotland Road, 439-1766.
Solid Rock Church, 1 Kenwood Ave., Glenmont, 439-4314.
South Bethlehem United Methodist Church, 65 Willowbrook Ave., 767-9953.
St. Michael's Shrine, Beacon Road at Route 9W, Glenmont, 462-2016.
St. Stephen's Episcopal Church, Poplar Drive and Elsmere Avenue, Delmar, 439-3265.
St. Thomas The Apostle Church, 35 Adams Place, Delmar, 439-4951.
Unity of Faith Christian Fellowship, 436 Krumkill Road, North Bethlehem, 438-7740.

NEW SCOTLAND

WORSHIP INFORMATION
All Nation's Baptist Church, 2558 Western Ave., Gunderland, 475-9086. ESL and Bible classes, 9 a.m.; Worship Services, 10 a.m. Clarksville Community Church, Route 443, 768-2916.
Family Worship Center, 92 Lower Copeland Hill Road, Feura Bush, 768-2021.
Faith Temple, New Salem, 765-2870.
First United Methodist Church, 68 Maple Ave., Voorheesville, 765-2895.
Jerusalem Reformed Church, Route 32, Feura Bush, 439-0548.
Mountainview Evangelical Free Church, Route 155, Voorheesville, 765-3390.
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, April 7

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

WATERMAIN FLUSHING
Town of Bethlehem 2008 watermain flushing program to begin in area one until April 21. Area one includes Slingerlands, North Bethlehem, and New Scotland. Some discoloration may be seen — run water until it clears before doing laundry.

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 Wednesday 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, April 8

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.

PRAYER MEETING

At Gospel Fellowship, 7 p.m., 10 Rockefeller Rd., Delmar, beneath Normans Kill bridge, Information 482-2132.

ELSMERE FIRE COMMISSION
firehouse, Poplar Drive, 7:15 p.m. Information, 439-9144.

A.W. BECKER PTA
Becker Elementary School, Route 9W, 7:30 p.m. Information, 767-2511.

BINGO
at the Bethlehem Elks Lodge, Route 144, 7:30 p.m.

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.

Wednesday, April 9

BETHLEHEM

BETHLEHEM GARDEN CLUB
Garden club meeting at the Bethlehem Public Library's Community Room, from 1-3 p.m. For more info., call 439-0346.

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.

SECOND MILERS (OCTOBER THRU JUNE)

Normanside Country Club, noon, Information, 439-2752.

SOLID ROCK CHURCH

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

CHENREZIG PRACTICE AND MEDITATION

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

TOWN BOARD

Bethlehem Town Hall, 445 Delaware Ave., 5:30 p.m. Information, 439-4955.

BETHLEHEM TOASTMASTERS

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

EVENINGS ON THE GREEN (JULY)

Bethlehem Public Library's Free Summer Concert Series, 7 p.m. Information, 439-9341.

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Big

(From Page 1)

...There are rumors that Sphere is going to close," Dolin said. "The board has directed the town attorney to draft a moratorium."

After the public hearing, the town board unanimously directed the town attorney to draft the moratorium, with the exception of Councilwoman Debbie Baron, who was absent from the meeting.

Currently, Dolin said, there has not been an official application or legal plan submitted to the town.

Dolin added that the moratorium he proposed would likely include provisions like what size projects would be included and how long the construction suspension would last.

Kathleen M. Bennett, an attorney with Bond, Schoeneck & King, PLLC out of Syracuse, is representing Sphere Development, said the company would continue pursuing the project because of the investment being made to the property.

"We are going to continue to persuade the town that their current zoning regulations give them the control they seek over the project," Bennett said. "Their site regulations are really pretty good from the other towns I've seen."

Gregory Widrick from Sphere Development spoke briefly to the town board and to residents at the March 26 meeting about the project, and although he did not give any specifics, he dismissed several rumors and hinted at some details.

"This project could be an opportunity to the town," Widrick told residents. He asked those in attendance to be patient and that his company was not attempting to circumvent the town or its citizens.

The project would max out at 500,000 square feet, not the rumored 1.5 million, and it would not be an enclosed mall, Widrick said.

He told town residents that the project would increase the town's tax revenue "by 9,000 percent." Widrick also said that it would increase the school tax revenue without adding a single student

to the district.

With projects like Vista Technology Park coming to neighboring Bethlehem, Widrick reasoned, change to the town's character is inevitable with or without his company's project.

Contrary to rumors, Widrick said Wal-Mart was not being considered as a tenant and that it would not be "a sprawling mega-development." He cited a town in California very close in nature to New Scotland that had a similar development but was not drastically altered in character.

In a later interview, Bennett said Sphere would continue to seek development even if a moratorium is passed in order to protect its interests and investments.

She is asking the town not to adopt a moratorium and said the company is willing to work with the town under its existing zoning law.

Bennett said they were not surprised by the town's reaction to the proposal, but that once the land sale goes through, Sphere would have to go through with the development project.

"They will suffer severe economic hardship," Bennett said. "They would have to preserve the project or take other actions to protect their rights."

Widrick mentioned during the public hearing that Sphere would be willing improve the existing infrastructure, specifically, naming water and sewer.

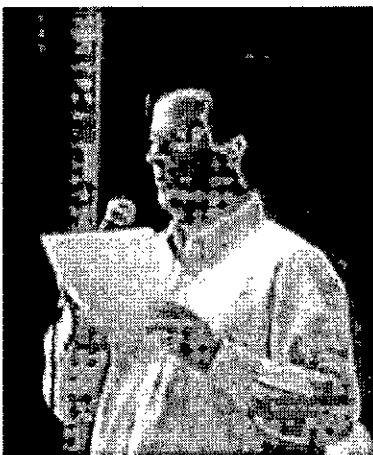
Currently there is not municipal water or sewer in the area, and a nearby senior housing project has made a deal for municipal water and services from the town of Bethlehem.

"Depending on the costs, developers will pay to extend sewer and water lines," Bennett said, adding that Sphere "would definitely be exploring ways to bring water into the town."

Bethlehem Supervisor Jack Cunningham said he has not been contacted about water services from Sphere or any other developer.

"We do have a certain obligation to sell water to the town of New Scotland, as long as it doesn't exceed our availability," Cunningham said. "My guess would be that a project of that size would exceed our availability."

Cunningham added that he



"This is a work in progress ... please be patient," Gregory Widrick told residents gathered to hear his Sphere Development's plan for the old Bender farm. He described the project as an opportunity for the Town of New Scotland and asked the town not to adopt a moratorium before its plans were heard.

Jarrett Carroll/Spotlight

was doubtful the current infrastructure could handle such a project.

Bennett said that Cunningham has yet to be contacted, but that other municipalities such as the City of Albany or the Town of Guilderland may be contacted as well in order to discuss water possibilities.

"It's all very preliminary right now," Bennett said.

Over in New Scotland, Dolin said that Target might be involved as a possible tenant instead of Wal-Mart.

"The Target thing is really a guess on our part because they [Sphere] have dealt with them before," Dolin said. "But they didn't deny it."

Sphere did not say who the possible tenants would be, but did say several were interested.

Bennett said, "We don't want one big strip mall," but they have been talking with several tenants about the project. She said Sphere is looking to create something "that has a more town center feeling to it," and would include retail, office and restaurant space.

She added that more studies will be performed and implemented as the project moves forward.

Town Attorney Michael Mackey, who is currently drafting the moratorium with the input from town board members, said a public hearing would have to be held before the board could vote on it.

The drafted moratorium will be in "very general terms," according to Mackey, and the town board will include any stipulations before voting on it.

The next New Scotland Town Board meeting is scheduled for

April 9, and Dolin said the moratorium would be drafted by then, but that a public hearing would have to be held before it could be put to a vote.

The supervisor added that county and town planning boards would have to include their input as well.

"The public hearing will be scheduled as soon as legally possible," Dolin said, indicating that one would not likely be held until May. He also said that even if Sphere submitted plans before a moratorium was in place, they would most likely have to halt construction until the moratorium was lifted.

Mackey said the draft would be completed by the week's end and that it would include a cutoff of 50,000 square feet, but he said the board would have the final say on the matter. It is expected to be a six-month moratorium.

"I did attend one meeting with Sphere representatives," Mackey said. "I heard that it is under contract, but that is not confirmed." Bennett confirmed that it was under contract and Sphere was hoping to close on the property on Tuesday, April 1.

Public speaks out against proposal

At the March 26 meeting, the public comments were overwhelmingly against the proposed development of the former Bender Farm. When the roomful of about 250 residents was asked if they opposed the project, nearly everyone in the room raised a hand.

"You're asking us to trust you," said Ken Carlson of New Scotland. "Nothing against you, but it's our town, and quite frankly we don't trust us."

Marsha Carlson also spoke. "The Bender farm is not something to be ground up," she said. "We don't want a big parking lot with a box flopped on top of it." Adding, "Retail revenue is way down."

The meeting was held at the Voorheesville high school, and the school's assistant superintendent for business, Sarita Winchell, told town residents that her numbers didn't add up to those given by Sphere Group.

"This is not a revenue boom to the town," Winchell said.

Basing her calculations off of the 110,000-square-foot Wal-Mart in Glenmont, she said Voorheesville residents would save about \$32 a year, and town residents would save \$42.

Former Assemblyman Bob Prentiss also made an appearance to voice his opposition to

the development plan. Once a Colonie resident, Prentiss now resides in Voorheesville and said he wants to maintain the very character that drew him to the town in the first place.

"I may be a newcomer, but my wife, Marlene, isn't," Prentiss told the board. "Does New Scotland want a big box store? Speaking for myself and my family, No. If I wanted one, I would have stayed in Colonie, not moved to Voorheesville, or I would have moved up to Clifton Park."

His wife and her family have roots in New Scotland, dating over a century.

Prentiss said he supported a one-year moratorium to give the town time to analyze the proposal, scale down the project, and review current zoning laws.

He said a big box store project would "alter our community forever."

Several residents spoke before Prentiss and criticized the town board for allowing the project to be possible and not updating zoning laws in order to prevent such an issue.

The current zoning for the proposal site is commercial, which Dolin said makes Sphere's proposal legal. That is why he is calling for a moratorium, he said.

New Scotland resident Sharon Boehlke chastised residents for attacking the town board and suggested they be more involved with the town process before pointing fingers.

"These are your elected officials, folks. ... I've been going to town board meetings for 25 years, I see a lot of new faces here tonight," Boehlke said. "You people need to start coming to town board meetings and planning board meetings ... because what you read in the newspapers is marginal compared to what goes on at those meetings."


Edie Abrams, a New Scotland resident near the proposed development site, was one of the only speakers who did not condemn the plans or the town board.

"This land belongs to somebody. If you want open space, buy it," she said. "We should be putting our money where our mouth is if we are committed to open space."

Abrams agreed a moratorium is needed, but suggested that residents create a committee to preserve open space and help raise money.

"I'll contribute and throw in some money," she said, adding that someone's inevitably going to buy the Bender farm and develop it.

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Dash

(From Page 1)

the other co-director.

Day-of-race registration will be between 7:30 and 8:45 a.m. at the Bethlehem Middle School. The kids' race will start at 10 a.m. and also finish in front of the middle school.

"We try to miss the church traffic and be as undistruptive as possible," Marcia Adams said.

All of the money for the race goes right back to the children and the runners, for prizes, trophies and T-shirts, Adams said. The roughly 40-to-50 people who work on the event every year are all volunteers, she said, with the

exception of the "timing crew," who set up the start and finish lines and have to use computers to help time runners.

They are the only paid workers, said Adams.

In honor of all the volunteers, Marcia and Tom Adams have started yet another first: a volunteer recognition party. All of the volunteers will be given tickets for a party at the American Legion Hall immediately after the race.

That same day, the Bethlehem Chamber of Commerce will be hosting the third annual Chamber Pot race, in which area businesses send teams of runners to compete against each other.

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.

"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.

Last years winners were Sara and Jeremiah Madden from Matchless Stove and Chimney, who currently hold the Chamber Pot plaque. The Maddens, a husband-and-wife team, entered the race to compete for the award and represented their family business, which is owned by Jeremiah's father.

Sound

(From Page 1)

moved to the area had they known there was no noise ordinance.

Dennis Schilling, who complained about the disturbance at the time said, "The noise legislation will help protect innocent citizens subjected to unnecessary and unreasonably loud and disturbing noise."

The ordinance was adopted into law Oct. 15, 2002.

Guilderland Police Department officials said they rarely have to use their ordinance, in fact, in 2007 no one received a violation for exces-

a decibel meter, but Shulman said it is difficult to prove that the decibel reading is correct. Decibel meters must be certified and calibrated to ensure the accuracy of readings. He said they usually judge the noise based on whether it is plainly audible.

In Guilderland, the ordinance is based on a type of housing. In a multi-unit building, noise in excess of 50 decibels during the day is considered unreasonable, while at a residential dwelling 55 decibels is excessive.

From 10 p.m. to 7 a.m., people must remain five decibels below the daytime decibel level.

While in Ballston there is no specific noise ordinance,

sue a violation.

The price of the violation increases for every violation received in a year. A person or business not in compliance with the law after one violation in a year can receive a \$400 fine.

The city of Saratoga Springs is grappling with balancing its tourist appeal and needs of the local residents in dealing with noise issues, especially in the summer.

Department of Public Safety Commissioner Ron Kim said, "It is one of those things we don't hear about to much in the winter, but with summer ahead we're gearing up for it."

He said the last time he heard a complaint about city noise was in the summer, although there was not a specific count available for the number of complaints received by the city police department.

"We have to balance," he said. "We're a tourist destination, but we have to be sensitive to our residents."

Areas of certain concern are motorcycles congregating on Broadway near Division Street, where Border's Books and Music and Lillian's Restaurant are located.

The City Council adopted a stricter ordinance on motorized vehicle noise in September following several complaints throughout the summer.

According to the ordinance amendment, motorized vehicles operating over 90 decibels would be ticketed. Before the amendment the ordinance did not provide a decibel level, it just stated that "loud" noise was prohibited.

Kim said officers will be equipped with hand held decibel meters this summer to gauge the noise emitting from motorized vehicles, which have been a problem in the city.

Increased motorcycle restrictions are common according to NoiseOFF, a national advocacy group fo-

What is the decibel level of some of the most common noises?

Common Sound	Decibel Level
Aircraft at take-off.....	130
Wood chipper.....	120
Busy urban street.....	90
Lawnmower.....	100
Alarm clock.....	80
Average radio.....	70
Normal street noise.....	70
Conversational speech.....	60

According to dangerousdecibels.org

cused on reducing noise pollution. Several groups have gotten together to lobby governments to provide legislation prohibiting after market mufflers, which are the source of excessive motorcycle noise.

The Environmental Protection Agency noise emission standards for motorcycles are set at 80 decibels.

Kim also said, during the summer, several bars and nightclubs, centrally located near Caroline Street, pose a problem because they host open-air concerts. The concerts can be heard by residents living a distance from the bars at midnight, he said.

"We want people to voluntarily comply, so that we can be sensitive to residents' needs," Kim said.

In their noise ordinance, amended in 2005, the amplification of noise in a residential zoning area between 11 p.m. and 7 a.m. is prohibited,

whether the noise is coming from outside or inside.

Advocacy groups throughout the nation have provided support to people suffering from all types of noise pollution.

The Noise Pollution Clearinghouse based out of Montpelier, Vermont offers to provide testimony to city and town councils in regards to excessive noise. They also provide monitoring tools to people dealing with excessive noise, so that they can provide proof of a problem in court.

There are several other groups focused on all levels of noise from noisy lawn mowers to busy streets that provide information and advice to citizens irritated by noise in their communities.

Ashley Lucas can be reached by e-mail at lucasa@spotlightnews.com

The Center for Disease Control and Prevention said the following health effects could result from noise:

Hearing Loss
Sleep Disturbances
Cardiovascular Problems
Performance Reduction
Annoyance Responses
Adverse Social Behavior

The National Institute on Deafness and Other Communication Disorders says noise-induced hearing loss is caused by exposure to sounds between 120 and 150 decibels, as well as prolonged exposure to sounds beyond 85 decibels.

sive noise in the town.

"I think, for the most part, since we've had a noise ordinance, we don't have to ticket people for it [noise]," said Guilderland police Sgt. Emanuel Shulman.

He said the procedure for handling a noise complaint is basic. Shulman explained that most officers stand a set distance from the noise, as determined by the ordinance, and listen for the sound. If the sound is audible, he said the officer would verbally warn the person responsible.

"Ninety-nine percent of the people are reasonable," he said, adding that most people lower or remove the sound when asked by an officer.

The police department has

a line in the zoning law regulates noise over 50 decibels, as measured from property lines.

A new ordinance adopted by the Schenectady City Council in 2006 addresses the noise from bars and similar establishments. The ordinance deters loud or unreasonable noise after 11 p.m., by imposing a \$250 fine for music or noise that can be heard in any residence where the building is not located.

Another provision adopted to the ordinance in 2006 allows residents to sign a deposition or citizen complaint with the police department, which is investigated by the an officer, who determines if there is probable cause to is-

Airport-noise hot line receives little traffic

By ASHLEY LUCAS
lucasa@spotlightnews.com

Several studies target the health effects and annoyance associated with airport noise, but in Albany a hot line dedicated to airport noise complaints rarely receives calls.

The airport noise complaint hot line receives very few complaints, according to Doug Meyers, director of public affairs for Albany International Airport.

He explained that the number of calls to the hot line has decreased in recent years due to the lengthening of runways. He also noted that several pilots try to climb quicker, so they are not flying low over homes.

The airport is also part of a noise mitigation program,

which provides federal funding for the purchase of properties near the airport.

Myers said they have purchased the majority of properties falling within the 65-decibel contour. The contour represents the decibel noise of an area during takeoff.

The airport handles more than 150 takeoffs daily, according to Meyers.

Despite the low incidents of noise disturbance near Albany International Airport, recent studies suggest that noise emitting from airports in other areas around the world is problematic.

A study published in the Journal of Occupational and Environmental Hygiene, Saturday, Feb. 2, said residents living near airports were exposed to noise levels as much as four times greater than residents

living in comparable quiet homes.

The study suggested that the noise level at La Guardia Airport in New York City affected 55 percent of residents surveyed.

Other information suggests that airport traffic can cause cardiovascular problems including an increase in blood pressure.

A study published in the European Heart Journal determined the effects of aircraft noise on a person's blood pressure. In the study scientists from Imperial College London, monitored 140 volunteers' blood pressure every 15 minutes and compared it to the noise level in the volunteers' bedrooms at the time.

The study said that blood pressure increased "noticeably" following a noise event.

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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, Delmar 12054.

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

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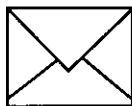
Classified Information



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

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: _____

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Scotia-Glenville Spotlight • Clifton Park/Halfmoon Spotlight
Burnt Hills Spotlight • Malta Spotlight
Saratoga Spotlight • Milton Spotlight*

Real Estate Classifieds

HOUSE FOR SALE

Mobile Home for Sale Owner Financing Bad Credit Okay with Explanation 413.218.1299 nsiciliano@comcast.net

LAND/LOTS

Hudson River, On Winne Road, 25 acres. Private, near estates. 15min to capital district. 518-434-

4590

LAND FOR SALE

Land Auction 200 Props must be sold! Low Down / E-Z Financing Free Brochure 800-756-2142 www.LANDAUCTION.com

OFFICE SPACE

Delmar, Commercial office space, prime location. Ap-

proximately 600 sq feet. First Floor. \$750 per month + utilities + deposit. No smokers. 640-4602 Brkr

REAL ESTATE FOR RENT

DELMAR- 1BD, hardwood floors, \$595. Heat and hot-water included. Available 4/1. 456-6644

DELMAR- Duplex, newly renovated. 2BD, 1.5 bath

\$1050. Private deck with large yard, swimming pool, garage, no pets, Available Now. Now taking applications. 439-2476.

VACATION RENTALS

CAPE COD Summer Rental: Harwich, MA. Large 3BR Cottage close to Long Pond, golf courses, bike trail. Short drive to Nantucket

Sound beaches. 439-2356.

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Bank Foreclosures
Company Owned Properties
Distress Sales
Free List With Pictures
www.FreeHomeInfo4You.com

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.

Admin. Asst: Clerical/bookkeeping. Exceptional comm. skills, MS Word/Excel/Quickbooks. Competitive benefits/compensation package. Send Resume: Miller Environmental Group. 105 South Albany Road, Selkirk NY 12158. 518-767-0258 Fax: 518-767-0289. Email: careers@millerenv.com, EOE.

DISTRIBUTOR/PHOTOGRAPHER: Local, established delivery route. WE PAY THE MOST. Part-time. Every other Thursday. If you're motivated by ex \$\$\$, are 21+ and have vehicle, call 1-800-950-4227. for full info.

Drivers: Home Daily! \$2000 sign on! Paid holiday and vacation! Excellent benefits! CDL-A 800-334-1314 ext.178. www.wadham.com

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

Department D-9

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papers and the Federal Trade Commission.

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

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P/T Office Assistant wanted for Comm. R.E. Office. in Colonie. Office Exp./computer skills a must. Flexible hours between 20-25 per week. Please forward resume & cover letter to mpoole@howardgroup.com.

RN's Stat Needs! Psych & Correctional Nursing in NYC & throughout NYS. Full benefits, including company funded 401K. All nursing specialties considered. WILL TRAIN AS NEEDED. Call Terry toll-free at 866-633-3700

SOUTHLAND LOG HOMES Dealership Opportunity.

SOLID SIX FIGURE INCOME

POTENTIAL IN FIRST YEAR! Protected territories. Small initial investment recouped in first couple of sales. Contact Southlandloghomes.com or call Keith Hodgson, 1-800-845-3555, ext.4609

TEACHER ASSISTANT. 2FT positions at integrated special needs preschool. Assoc. or CDA helpful but training will be provided. M-F, excellent benefits pkg. and work environment- other substitute hours also available. Resume to Circle of Friends, Attn: Anne, 537 Rt. 9W, Glenmont, 12077, fax 462-9162 or AESCOF@nycap.rr.com

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Up to \$12/hour with no experience • Paid Training

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Positions Available in Throughout the Capital District (some on the bus lines).

Valid NYS License. Some positions offer a sign-on bonus.

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Apply in person: 314 South Manning Boulevard, Albany NY 12208

Apply online: www.cfdnsny.org Or call: 437-JOB1

Join us at Open Interviews:

Fri, April 4th 10am-4pm @ St. Margarets, 27 Hackett Blvd, Albany

Tues, April 8th 10am-3pm @ Holiday Inn, 100 Nott Terr., Schenectady

Wed, April 9th 3pm-6pm @ Town of Brunswick Community Ctr., Keyes Lane (off rt. 7 in Center Brunswick), Troy

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

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



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 (April 2, 2008)

LEGAL NOTICE

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 (April 2, 2008)

LEGAL NOTICE

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 (April 2, 2008)

LEGAL NOTICE

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 (April 2, 2008)

LEGAL NOTICE

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. Corp., 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 (April 2, 2008)

LEGAL NOTICE

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

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. Corp., 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 (April 2, 2008)

LEGAL NOTICE

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 (April 2, 2008)

LEGAL NOTICE

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 (April 2, 2008)

LEGAL NOTICE

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 (April 2, 2008)

LEGAL NOTICE

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, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activity. LD-18234 (April 2, 2008)

LEGAL NOTICE

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

LEGAL NOTICE

LEGAL NOTICE
St., Ste. 175, Indianapolis, IN 46240. Arts. of Org. filed with IN Secy. of State, 302 W. Washington St., Room #E018, Indianapolis, IN 46204. Purpose: any lawful activity. LD-18235 (April 2, 2008)

LEGAL NOTICE

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 (April 2, 2008)

LEGAL NOTICE

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 (April 2, 2008)

LEGAL NOTICE

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 (April 2, 2008)

LEGAL NOTICE

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 (April 2, 2008)

LEGAL NOTICE

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 (April 2, 2008)

LEGAL NOTICE

LEGAL NOTICE
NOTICE OF FORMATION 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 (April 2, 2008)

LEGAL NOTICE

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 (April 2, 2008)

LEGAL NOTICE

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 (April 2, 2008)

LEGAL NOTICE

LEGAL NOTICE
NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: JM ZONING 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 (April 2, 2008)

LEGAL NOTICE

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 (April 2, 2008)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of 399 South Pearl Street, LLC, Art. of Org. filed Sec'y of State (SSNY) 1/16/08. Office loca-

LEGAL NOTICE

LEGAL NOTICE
tion: 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 Maxwell & Van Ryn, Esq., Two Normanskill Blvd., Delmar, NY 12054. Purpose: any lawful activities. Latest date 12/31/2099. LD-18249 (April 2, 2008)

LEGAL NOTICE

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 (April 2, 2008)

LEGAL NOTICE

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 (April 2, 2008)

LEGAL NOTICE

LEGAL NOTICE
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 (April 2, 2008)

LEGAL NOTICE

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 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 (April 2, 2008)

LEGAL NOTICE

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. Washington St., Rm E018, Indianapolis, IN 46204. Purpose: any lawful activity. LD-18258 (April 2, 2008)

LEGAL NOTICE

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 (April 2, 2008)

LEGAL NOTICE

LEGAL NOTICE
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 (April 2, 2008)

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

Pursuant to Section 206 of The New York Limited Liability Company Law
1. The name of the limited liability company is ON THE SIDE ROOFING, LLC.
2. The Articles of Organization were filed with the Secretary of State on February 13, 2008.
3. The office of the Limited Liability company is to be located in Albany County at 19 Bauer Drive, Albany, NY 12205.
4. The Secretary of State is designated as agent of the limited liability company upon whom process against it may be served. The post office address within New York to which the Secretary of State shall mail a copy of any process against the limited liability company served upon him or her is: The LLC, 19 Bauer Drive, Albany, NY 12205.
5. The duration of the Limited Liability Company is perpetual.
6. The Limited Liability Company is formed for any legal business purpose or purposes.
LD-18264 (April 2, 2008)

LEGAL NOTICE

LEGAL NOTICE
NOTICE OF FORMATION OF LLC
Notice of Formation of Capital City Boxing and Fitness, LLC, a domestic Limited Liability Company, Articles of Organization filed with the Secretary of State of the State of New York on February 15, 2008. New York office location is Albany. Secretary of State is designated as agent upon whom process against LLC may be served. Secretary of State shall mail a copy of any process against the LLC served upon Gunther Fishgold, 134 Dove Street, Albany, New York 12202. Purpose of this LLC is for any legal purpose. LD-18266 (April 2, 2008)

LEGAL NOTICE

LEGAL NOTICE
Notice of Qualification of The Market Clipper, LLC. Authority filed with Secy. of State of NY (SSNY) on 8/8/07. Office location: Albany County. LLC formed in Delaware (DE) on 5/24/06. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Buffalo & Associates LLC, 26 Broadway, 18th FL., NY, NY 10004. Address to be maintained in DE: 16192 Coastal Hwy, Lewes, DE 19958. Arts. of Org. filed

LEGAL NOTICE

LEGAL NOTICE
with DE Secy. Of State, 401 Federal St., Ste 4., Dover, DE 19901. Purpose: any lawful activities. LD-18267 (April 2, 2008)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of Mobiletron Of NY LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 02/15/08. 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 Rajat Sobti, 4 Stony Brook Dr., Selkirk, NY 12158. Purpose: any lawful activity. LD-18268 (April 2, 2008)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of 6201 14th Ave LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 11/09/07. 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-18269 (April 2, 2008)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of 5822 New Utrecht Ave LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 11/09/07. 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-18270 (April 2, 2008)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of Twin Littles LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 02/15/08. 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-18271 (April 2, 2008)

LEGAL NOTICE

LEGAL NOTICE
Notice of Formation of J Media Designs 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-18272 (April 2, 2008)

LEGAL NOTICE

LEGAL NOTICE
NOTICE OF FORMATION OF 12 COMPUTER DRIVE WEST ASSOCIATES LLC
Notice is hereby given of the formation of 12 COMPUTER DRIVE WEST ASSOCIATES, LLC, a limited liability company. The date of filing of the Certificate of Conversion with the Secretary of State was February 27, 2008. Pursuant to §1006 of the Limited Liability Company Law, the Certificate of Conversion converted 12 Computer Drive West Associates, a general partnership, to a limited liability company. The county in which the office of the limited liability company is to be located is Albany. The Secretary of State is designated as the agent of the limited liability company upon whom process against it may be served and the post office address within this state of the limited liability company is 9 Eliot Drive, Slingerlands, New York 12159. The limited liability company has no registered agent or specific date

LEGAL NOTICE

of dissolution. The limited liability company is organized for all purposes permitted under the laws of the State of New York. Filer: The DiFabio Law Firm, P.C., attorneys, 4 Automation Lane, Suite 100, Albany, New York 12205. No solicitations please. LD-18273 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: OLIVIA BEVERAGE 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, 33 Smith Lane, South Huntington, New York 11746. Purpose: For any lawful purpose. LD-18274 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name of LLC is DEDHAM POST SA LLC. Articles of Organization filed with NY Secretary of State, February 19, 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 101 Dedham Post Road, Schenectady, NY 12303. LD-18275 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name of LLC is OAKWOOD BETHLEHEM, LLC. Articles of Organization filed with NY Secretary of State December 27, 2007. Purpose of LLC is to engage in any lawful act or activity. Office of LLC located in Albany County. Secretary of State designated agent for service of process against LLC. Secretary of State shall mail copy of process to 2267 Western Avenue, Guilford, New York 12084. LD-18276 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 108 1st 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, c/o Ludmilla Lozowy, 116 St. Marks Place, Apartment 2, New York, New York 10009. Purpose: For any lawful purpose. LD-18277 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 110 1st 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, c/o Ludmilla Lozowy, 116 St. Marks Place, Apartment 2, New York, New York 10009. Purpose: For any lawful purpose. LD-18278 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY

LEGAL NOTICE

ITY COMPANY. NAME: 116 SAINT MARKS PLACE 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, c/o Ludmilla Lozowy, 116 St. Marks Place, Apartment 2, New York, New York 10009. Purpose: For any lawful purpose. LD-18279 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 1370 SPRING GLEN 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, c/o Ludmilla Lozowy, 116 St. Marks Place, Apartment 2, New York, New York 10009. Purpose: For any lawful purpose. LD-18280 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: BUBULA, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/14/08. 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 Ronald H. Gitter, Esq., 110 East 59th Street, 23rd Floor, New York, New York 10022. Purpose: For any lawful purpose. LD-18281 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: CHOPSTICKS PRODUCTIONS LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/20/08. 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 Cybill Lui, 22 River Terrace, Suite 4N, New York, New York 10282. Purpose: For any lawful purpose. LD-18282 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: FERIZAJ, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/20/08. 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 Ekrem Brahimi, 48-28 41st Street, Long Island City, New York 11104. Purpose: For any lawful purpose. LD-18283 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: TEXTILE COLLECTION LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/21/08. 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, 990 Sixth Avenue, Suite 11F, New York, New York 10018. Purpose: For any lawful purpose. LD-18284 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of SMYTHE & SON INTERNATIONAL LLC. Arts. of Org. was filed with SSNY on 2/13/08. 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-18285 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of an LLC: Marque Management, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on December 12, 2007. Office location is in Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served. SSNY shall mail a copy of Process to the LLC, at 436 New Scotland Avenue, Albany, NY 12208. Purpose: for any lawful purpose. LD-18287 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of NYC Management II, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 11/9/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served and shall mail process to: 515 1/2 Albany Shaker Rd., Loudonville, NY 12211, Attn: Antonio Boncorido, registered agent upon whom process may be served. Purpose: any lawful activity. LD-18289 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of NYC Management III, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 11/9/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served and shall mail process to: 515 1/2 Albany Shaker Rd., Loudonville, NY 12211, Attn: Antonio Boncorido, registered agent upon whom process may be served. Purpose: any lawful activity. LD-18296 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of NYC Management V, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 11/8/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served and shall mail process to: 515 1/2 Albany Shaker Rd., Loudonville, NY 12211, Attn: Antonio Boncorido, registered agent upon whom process may be served. Purpose: any lawful activity. LD-18298 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of NYC Management VI, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 11/23/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served and shall mail process to: 515 1/2 Albany Shaker Rd., Loudonville, NY 12211, Attn: Antonio Boncorido, registered agent upon whom process may be served. Purpose: any lawful

LEGAL NOTICE

activity. LD-18299 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of Principal Realty Group, LLC. Arts. of Org. filed with NY Dept. of State on 4/6/07. 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: Michael G. Bouchard, 4 Atrium Dr., Albany, NY 12205, registered agent upon whom process may be served. Purpose: any lawful activity. LD-18300 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of Quality Title Services, LLC. Arts. of Org. filed with NY Dept. of State on 4/6/07. 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: Michael G. Bouchard, Esq., 4 Atrium Dr., Albany, NY 12205, registered agent upon whom process may be served. Purpose: any lawful activity. LD-18301 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of The Seminar Institute, LLC. Arts. of Org. filed with NY Dept. of State on 1/19/07. 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: Michael G. Bouchard, Esq., 4 Atrium Dr., Albany, NY 12205, registered agent upon whom process may be served. Purpose: any lawful activity. LD-18302 (April 2, 2008)

LEGAL NOTICE

Notice of Qualification of Verizon Data Services LLC. Authority filed with NY Dept. of State on 1/16/08. Office location: Albany County. LLC formed in Delaware (DE) on 1/1/08. 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. Principal business address: One East Telecom Pkwy., B3E, Temple Terrace, FL 33637. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-18303 (April 2, 2008)

LEGAL NOTICE

Notice of Qualification of Kahala Holdings, L.L.C. Authority filed with Secy. of State of N.Y. (SSNY) on 2/20/08. Office location: Albany County. LLC formed in Arizona (AZ) on 10/28/02. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. AZ address of LLC: 9311 E. Via De Ventura, Scottsdale, AZ 85258. Arts. of Org. filed with AZ Corp. Commission, 1300 West Washington, Phoenix, AZ 85007. Purpose: all lawful purposes. LD-18304 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: ACCORD MEDIA, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/25/08. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may

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be served. SSNY shall mail a copy of process to the LLC, c/o Marta Wohrle, 241 West 36th Street, Apartment PH, New York, New York 10018. Purpose: For any lawful purpose. LD-18305 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: QUINCY ENTERPRISES, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/25/08. 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, c/o David Dabakarov, 184-80 Aberdeen Road, Jamaica, New York 11432. Purpose: For any lawful purpose. LD-18306 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: KIDVILLE PAYROLL, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/26/08. 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, 163 East 84th Street, New York, New York 10028. Purpose: For any lawful purpose. LD-18307 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of Serenitas, LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 01/16/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18308 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of D And T Park, LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 02/19/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18309 (April 2, 2008)

LEGAL NOTICE

Notice of Qualification of Launch Collective LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 02/25/08. LLC Formed in Delaware (DE) on 03/08/06. 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. Corp., 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-18310 (April 2, 2008)

LEGAL NOTICE

Notice of Qualification of APT191 LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 02/22/08. LLC Formed in Delaware (DE) on 02/13/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail

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process to: Allstate Corp. Svcs. Corp., 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-18311 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of Humdrum LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 02/15/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18312 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of DB MANAGEMENT INTL LLC. Arts. of Org. was filed with SSNY on 2/22/08. 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, 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-18313 (April 2, 2008)

LEGAL NOTICE

Notice of Qualification of Grubb & Ellis Realty Investors, LLC. Authority filed with Secy. of State of NY (SSNY) on 2/21/08. Office location: Albany County. LLC formed in Virginia (VA) on 4/27/98. 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 of the principal office: 1551 N. Tustin Ave., Ste 200, Santa Ana, CA 92705. Arts. of Org. filed with VA Secy. of State, 1300 E. Main St., Richmond, VA 23218. Purpose: any lawful activities. LD-18314 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of Aristocrat Supper Club, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 2/21/08. 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-18315 (April 2, 2008)

LEGAL NOTICE

Notice of Qualification of Data Management I LLC. Authority filed with Secy. of State of NY (SSNY) on 2/22/08. Office location: Albany County. LLC formed in Delaware (DE) on 2/12/08. 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-18316 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of All The Kings Horses, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 2/25/08. Office location: Albany Co. SSNY designated

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as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 100 Vandam St., 5th Fl., NY, NY 10013. Purpose: any lawful activities. LD-18317 (April 2, 2008)

LEGAL NOTICE

Notice of Qualification of Worth Media Group, LLC. Authority filed with Secy. of State of NY (SSNY) on 2/26/08. Office location: Albany County. LLC formed in Delaware (DE) on 2/13/08. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Delaney Corporate Services, Ltd., 41 State St., Ste 405, Albany, NY 12207. Address to be maintained in DE: Corporation Trust Center, 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 activities. LD-18318 (April 2, 2008)

LEGAL NOTICE

Notice of Qualification of Batavia Shopping Center LLC. Authority filed with Secy. of State of NY (SSNY) on 2/28/08. Office location: Albany County. LLC formed in Delaware (DE) on 6/25/07. 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-18319 (April 2, 2008)

LEGAL NOTICE

Notice of Qualification of Trading & Transportation Management 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., Corporate Law, 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-18320 (April 2, 2008)

LEGAL NOTICE

Notice of Qualification of Sempra Metals & Concentrates LLC. Authority filed with Secy. of State of NY (SSNY) on 11/08/07. Office location: Albany County. LLC formed in Delaware (DE) on 2/26/02. 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-18321 (April 2, 2008)

LEGAL NOTICE

Notice of Qualification of Sempra Metals Services LLC. Authority filed with Secy. of State of NY (SSNY) on 11/7/07. Office location: Albany County. LLC formed in Delaware (DE) on 2/15/02. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 101 Ash St. HQ13, San Diego, CA 92101. Address to be maintained in DE: 160 Greentree Dr., Ste

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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-18322 (April 2, 2008)

LEGAL NOTICE

Notice of Qualification of NETS New England, LLC. Authority filed with Secy. of State of NY (SSNY) on 1/17/08. Office location: Schenectady County. LLC formed in New Hampshire (NH) on 8/16/07. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Incorp Services, Inc., 41 State St., Ste. 405, Albany, NY 12207-2827. Address to be maintained in NH: 4 Cote Ave., Unit #10, Goffstown, NH 03045. Arts. of Org. filed with NH Secy. Of State, 107 North Main St., Concord, NH 03301-4989. Purpose: any lawful activities. LD-18324 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of Tate LLC. Arts. Of Org. filed with Secy. Of State of N.Y. (SSNY) on 02/27/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18325 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of MorrisAllsop LLC. Arts. Of Org. filed with Secy. Of State of N.Y. (SSNY) on 08/09/07. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18326 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of Platinum Mobility Leasing, LLC. Arts. Of Org. filed with Secy. Of State of N.Y. (SSNY) on 02/27/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18327 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of NM Capital Group LLC. Arts. Of Org. filed with Secy. Of State of N.Y. (SSNY) on 08/31/07. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18328 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of MPA Consulting LLC. Arts. Of Org. filed with Secy. Of State of N.Y. (SSNY) on 02/28/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18329 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of Capital City Management Group

LEGAL NOTICE

LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 2/22/08. 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 Phillips Lytle LLP, 437 Madison Avenue, NY, NY 10022. Purpose: any lawful activity. LD-18330 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of State Street Capitol Investors Group LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 2/21/08. 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 Phillips Lytle LLP, 437 Madison Avenue, NY, NY 10022. Purpose: any lawful activity. LD-18331 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of FURIA FARMS, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 2/21/08. 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 Furia Roofing, Inc., 2 Monhegan Street, Clifton, NJ 07013. Purpose: any lawful activity. LD-18332 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of FURIA PROPERTIES, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 2/21/08. 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 Furia Roofing, Inc., 2 Monhegan Street, Clifton, NJ 07013. Purpose: any lawful activity. LD-18333 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of 319 S. MANNING BLVD. 206 LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 1/10/08. 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 Bryan Bilfield, 27 Schuyler Hills Road, Loudonville, NY 12211. Purpose: any lawful activity. LD-18334 (April 2, 2008)

LEGAL NOTICE

Notice of Qualification of HARRELL'S, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 2/7/08. Office location: Albany County. LLC formed in Florida (FL) on 12/20/07. 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. FL address of LLC: 720 Kraft Rd., Lakeland, FL 33815. Arts. of Org. filed with FL Secy. of State, P.O. Box 6327, Tallahassee, FL 32301. Purpose: all lawful purposes. LD-18335 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of LONGFIELD LLC. Arts. of Org. was filed with SSNY on 2/29/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 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

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activities. LD-18336 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of MONTAGUE LLC. Arts. of Org. was filed with SSNY on 2/29/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 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-18337 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of SHORTLAND LLC. Arts. of Org. was filed with SSNY on 2/29/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 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-18338 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of X-PAC LLC. Arts. of Org. was filed with SSNY on 2/29/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 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-18339 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of SKY AGENCY LLC. Arts. of Org. was filed with SSNY on 2/29/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 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-18340 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of BLUE TIME LLC. Arts. of Org. was filed with SSNY on 2/19/08. 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-18341 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of TRIPLE MANGOS LLC. Arts. of Org. was filed with SSNY on 2/19/08. 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-18342 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: BINX LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on

LEGAL NOTICE

01/29/08. 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 Hare, c/o Ross Wisdom, CPA, PLLC, 29 Broadway, Suite 1412, New York, New York 10006. Purpose: For any lawful purpose. LD-18343 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: MONKEY BEACH MANAGEMENT, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/29/08. 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, 64-17 Clinton Avenue, Maspeth, New York 11378. Purpose: For any lawful purpose. LD-18344 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name of LLC is SARATOGA RESTAURANT HOSPITALITY LLC. Articles of Organization filed with NY Secretary of State, February 19, 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 302 Washington Avenue Extension, Albany, NY 12203. LD-18345 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: RICH ASSET MANAGEMENT, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/13/08. 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 Ed Rich, c/o Silver Rail Property Management, LLC, 523 Avenue of the Americas, Suite 3, New York, New York 10011. Purpose: For any lawful purpose. LD-18346 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: THE STERN GLOBAL GROUP LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/20/08. 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 Barry Kitaeff, c/o Matthews & Co., LLP, 270 Madison Avenue, New York, New York 10016. Purpose: For any lawful purpose. LD-18347 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF PROFESSIONAL SERVICE LIMITED LIABILITY COMPANY. NAME: STEVEN L. LYSENKO DMD, PLLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/10/08. The latest date of dissolution is 12/31/2108. Office location: Albany County. SSNY has been

LEGAL NOTICE

designated as agent of the PLLC upon whom process against it may be served. SSNY shall mail a copy of process to the PLLC, 17 Maple Road, Voorheesville, New York 12186. Purpose: For the practice of the profession of Dentistry. LD-18348 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: ENBEE GIFTS LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/03/08. 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 Berlin & Blau, Attorneys at Law, 444 Merrick Road, Suite 102, Lynbrook, New York 11563. Purpose: For any lawful purpose. LD-18349 (April 2, 2008)

LEGAL NOTICE

Notice of formation of YEKA PROPERTIES, LLC a NYS LLC Formation filed with SSNY on 01/30/08. Off. Loc.: Albany Co. SSNY designated as agt. of LLC, upon whom process may be served. SSNY shall mail copy of process to: The LLC, 203 Ditmas Avenue, Brooklyn, NY 11218. Purpose: Any lawful purposes. LD-18351 (April 2, 2008)

LEGAL NOTICE

BWAY BKLYN LLC Notice of Organization: BWAY BKLYN LLC was filed with SSNY 6/28/06. Office: Albany County. SSNY designated as agent of LLC upon whom process may be served. P.O. address which SSNY shall mail any process against the LLC served upon him: c/o BWAY BKLYN LLC, 61 7th Avenue South, New York, NY 10014. Purpose: To engage in any lawful activity LD-18352 (April 2, 2008)

LEGAL NOTICE

Notice of Formation Oswald Associates, LLC art. of org. filed Secy. of State NY (SSNY) 2/2/06. Off. loc. in Albany Co. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: Dutch Village Apartments, Apt. # 18-2R, Menands, NY 12004. Purpose: All lawful purposes. LD-18365 (April 2, 2008)

LEGAL NOTICE

Strategic Response Initiatives, LLC (formerly: S&R Executive Internet Services, LLC) Notice of Formation of Limited Liability Company Articles of Organization of Strategic Response Initiatives, LLC (formerly: S&R Executive Internet Services, LLC) (the "LLC") were filed with the New York State Department of State ("NYS-DOS") on November 10, 2004. Office location: Albany County. The Secretary of State is designated as agent of the LLC upon whom process against it may be served. The Secretary of State shall mail a copy of any process to c/o Robert L. Domenici, 38 Ausable Forks, Albany, NY 12205. The LLC does not have a specific date of dissolution. Purpose: all legal purposes. Filer: Lavelle & Finn, LLP Address: 29 British American Boulevard Latham, New York 12110 LD-18369 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION

LEGAL NOTICE

OF LIMITED LIABILITY COMPANY. NAME: AQUARIUS PROPERTIES, 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, c/o Hubell & Associates LLC, 100 Park Avenue, 20th Floor, New York, New York 10017. Purpose: For any lawful purpose. LD-18370 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: PENSIION ASSET RECOVERY GROUP, 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 Hubell & Associates LLC, 100 Park Avenue, 20th Floor, New York, New York 10017. Purpose: For any lawful purpose. LD-18371 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: RMR APARTMENTS LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/04/08. 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, 38 West 32nd Street, Suite 1005, New York, New York 10001. Purpose: For any lawful purpose. LD-18372 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: NON-FICTION HOLDINGS LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/27/08. 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, 35 East 35th Street, Apartment 4E, New York, New York 10016. Purpose: For any lawful purpose. LD-18373 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 602 PACIFIC STREET REALTY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/04/08. 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 Michael Kauffman, 620 Fifth Avenue, New York, New York 10020. Purpose: For any lawful purpose. LD-18374 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: JOHN SPENCER DESIGN LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/05/08. Office location: Albany County. SSNY has been designated as agent of the

LEGAL NOTICE

LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 138 Fulton Street, Suite 4B, New York, New York 10038. Purpose: For any lawful purpose. LD-18375 (April 2, 2008)

LEGAL NOTICE

Notice of Qualification of Nighthawk Radiology Services, LLC. Authority filed with NY Dept. of State on 2/21/08. Office location: Albany County. LLC formed in Idaho (ID) on 5/24/01. 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. ID address of the LLC: 250 Northwest Blvd., #202, Coeur d'Alene, ID 83814. Arts. of Org. filed with ID Secy. of State, PO Box 83720, Boise, ID 83720. Purpose: general radiology and business services. LD-18376 (April 2, 2008)

LEGAL NOTICE

Name of LLC: Pine Mobile Home Park, LLC. Arts. of Org. filed with NY Dept. of State on 1/31/08. 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: 1209 Helderberg Trail, Berne, NY 12023. Purpose: any lawful activity. LD-18377 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of SO-LARTIUM LLC. Arts. of Org. was filed with SSNY on 3/04/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 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-18379 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of VINERSFIELD LLC. Arts. of Org. was filed with SSNY on 3/05/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 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-18380 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of BAN-NAGHTAN LLC. Arts. of Org. was filed with SSNY on 3/05/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 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-18381 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of DOOLISH LLC. Arts. of Org. was filed with SSNY on 3/05/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 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-18382 (April 2, 2008)

LEGAL NOTICE

LEGAL NOTICE

Notice of Formation of DEANSGLATE LLC. Arts. of Org. was filed with SSNY on 3/05/08. 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-18383 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of PRIMESTONE LLC. Arts. of Org. was filed with SSNY on 3/05/08. 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-18384 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of STARVAZEY LLC. Arts. of Org. was filed with SSNY on 3/05/08. 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-18385 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of ROMFORD LLC. Arts. of Org. was filed with SSNY on 3/05/08. 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-18386 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of STERNGATE LLC. Arts. of Org. was filed with SSNY on 3/05/08. 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-18387 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of MILLERATE LLC. Arts. of Org. was filed with SSNY on 3/05/08. 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-18388 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of STAGESTORM LLC. Arts. of Org. was filed with SSNY on 3/05/08. 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,

LEGAL NOTICE

Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-18389 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of ASKA HOLDINGS LLC. Arts. of Org. was filed with SSNY on 2/25/08. 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-18390 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of KINESIS DESIGN LLC. Arts. of Org. was 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-18391 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of Riposte Solutions Consultancy S. LLC. Arts. of Org. was filed with SSNY on 2/26/08. 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-18392 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of Rumi Realty LLC. Arts. of Org. filed with Secy. Of State of N.Y. (SSNY) on 02/14/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18394 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of Pinpoint Technologies Too, LLC. Arts. of Org. filed with Secy. Of State of N.Y. (SSNY) on 03/04/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18395 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of 266 Kingston Ave. Realty LLC. Arts. of Org. filed with Secy. Of State of N.Y. (SSNY) on 02/13/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18396 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of Weddingjack LLC. Arts. of Org. filed with Secy. Of State of N.Y. (SSNY) on 03/06/08. Office location: Albany County.

LEGAL NOTICE

SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18396 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of Jason Shelowitz Design 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 Corporate Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18397 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of Executor Services LLC. Arts. of Org. filed with Secy. Of State of N.Y. (SSNY) on 02/29/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18398 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of Beekman Development Associates LLC. Arts. of Org. filed with Secy. Of State of N.Y. (SSNY) on 09/07/07. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 5 E.17th St., 2nd Fl., New York, NY 10003. Purpose: any lawful activity. LD-18399 (April 2, 2008)

LEGAL NOTICE

Notice of Qualification of Energy Contractors, LLC. Authority filed with NY Dept. of State on 2/29/08. Office location: Albany County. Principal business address: 1400 Aviation Way, Bridgeport, WV 26330. LLC formed in Delaware (DE) on 2/7/08. 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: 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-18406 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF TLI LLC. Articles of Organization with the New York Secretary of State on March 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 McNamee, Lochner, Titus & Williams, P.C., 677 Broadway, Albany, NY 12207. The street address of the principal business location is 677 Broadway, 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-18411 (April 2, 2008)

LEGAL NOTICE

Notice of formation of limited liability company (LLC).

LEGAL NOTICE

Name of LLC: Shelly Belly, LLC. Articles of Organization filed with the Secretary of State of New York (SSNY) on February 26, 2008. Business location: 97 Lisha Kill Road, Albany, New York 12205, Albany County. SSNY has been designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of any process against the LLC served upon it to: 97 Lisha Kill Road, Albany, New York 12205. LLC has been formed to engage in any lawful act or activity. LD-18412 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 541 86th REALTY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/22/08. 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, 8815 Third Avenue, Brooklyn, New York 11209. Purpose: For any lawful purpose. LD-18413 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: LESTER'S NYC REALTY PARTNERS LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/05/08. 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 Perry Schorr, 2411 Coney Island Avenue, Brooklyn, New York 11223. Purpose: For any lawful purpose. LD-18414 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: ALTAMONT CONSULT, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/26/08. 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, 25 Sunset Drive, Altamont, New York 12009. Purpose: For any lawful purpose. LD-18415 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: NEW YORK FUND MANAGEMENT, LLC. Application for Authority was filed with the Secretary of State of New York (SSNY) on 02/27/08. The LLC was originally filed with the Secretary of State of Delaware on 02/22/08. 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 George Cacoulidis, 590 Madison Avenue, 21st Floor, New York, New York 10022. Purpose: For any lawful purpose. LD-18416 (April 2, 2008)

LEGAL NOTICE

Notice of Qualification of Source Interlink Magazines, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 2/28/08. Office location: Albany County. Principal business location: 275000

LEGAL NOTICE

Riverview Center Blvd., Bonita Springs, FL 34134. LLC formed in Delaware (DE) on 4/24/00. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company, 80 State St., Albany, NY 12207. DE address of LLC: 2271 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: magazine publishing. LD-18417 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of Stanford Crossing, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 3/4/08. Office location: Albany County. Principal business location: c/o Harlow, Adams & Friedman, P.C., 300 Bic Drive, Milford, CT 06461. 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-18418 (April 2, 2008)

LEGAL NOTICE

Notice of Qualification of GIND, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 3/6/08. Office location: Albany County. LLC formed in Massachusetts (MA) on 4/30/04. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: United Corporate Services, Inc., 10 Bank St., Ste. 560, White Plains, NY 10606, registered agent upon whom process may be served. MA address of LLC: c/o CMI Property Management, Inc., 918 Providence Hwy., Norwood, MA 02062. Arts. of Org. filed with MA Secy. of State, One Ashburton Place, Boston, MA 02108. Purpose: any lawful activity. LD-18419 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of Brick City TV, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 2/29/08. 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, 601 W. 26th St., Ste. 1776, NY, NY 10001. Purpose: any lawful activities. LD-18420 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of Cabana 33 Productions, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 2/29/08. 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, 230 West 56th St., Ste. 62D, NY, NY 10019. Purpose: any lawful activities. LD-18421 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of BELLTEX COMMUNICATIONS LLC. Arts. of Org. was filed with SSNY on 3/13/08. 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-18422 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: SOURCE BUILDERS & CONSULTANTS, LLC. Ar-

LEGAL NOTICE

Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/25/08. 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, c/o Jack Gold, c/o Siben & Siben, LLP, 90 East Main Street, Bay Shore, New York 11706. Purpose: For any lawful purpose. LD-18423 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: K & M 38th STREET LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/03/08. 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, 34-11 38th Street, Long Island City, New York 11106. Purpose: For any lawful purpose. LD-18424 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: EIGHT TWELVE PRODUCTIONS, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/25/08. 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, c/o Matthews & Co, LLP, 270 Madison Avenue, 16th Floor, New York, New York 10016. Purpose: For any lawful purpose. LD-18425 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: E.B. McCABE, 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 Elizabeth B. McCabe, 350 Albany Street, Apartment 4Q, New York, New York 10280. Purpose: For any lawful purpose. LD-18426 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 150 WEST END AVE 1E LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/10/08. 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, 150 West End Avenue, 1E, New York, New York 10069. Purpose: For any lawful purpose. LD-18427 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: MAPLETON PLUMBING SUPPLIES LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/12/08. 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, 1611 56th Street, Brooklyn, New York 11204. Purpose: For any lawful purpose. LD-18428 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF PROFESSIONAL SERVICE LIMITED LIABILITY COMPANY. NAME: THE TZANIDES LAW FIRM, PLLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/12/08. 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 Kirk P. Tzanides, 118 83rd Street, Brooklyn, New York 11209. Purpose: For the practice of the profession of Law. LD-18429 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 164 DUNE ROAD LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/12/08. 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, 164 Dune Road, Quogue, New York 11959. Purpose: For any lawful purpose. LD-18431 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF PROFESSIONAL SERVICE LIMITED LIABILITY COMPANY. NAME: ROTHSTEIN LAW PLLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/13/08. 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 LLC, c/o Matthews & Co, LLP, 270 Madison Avenue, 16th Floor, New York, New York 10016. Purpose: For the practice of the profession of Law. LD-18432 (April 2, 2008)

LEGAL NOTICE

NEW HUE LLC (the "LLC") filed Certificate of Conversion with the NY Secretary of State ("SOS") on 03/10/2008. LLC office is in Albany County, NY. SOS was designated as agent of the LLC upon whom process against it may be served. SOS shall mail copy of process served to New Hue LLC, 911 Central Avenue, #202, Albany, New York 12206. The purpose is any lawful act or activity. LD-18434 (April 2, 2008)

LEGAL NOTICE

B & H - INTERNATIONAL CONSULTING SERVICES LLC was filed with the SSNY on 02/14/08. Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: c/o Vanguard Corporate Services, Ltd., 307 Hamilton Street, Albany, NY 12210. Purpose: any lawful purpose. LD-18435 (April 2, 2008)

LEGAL NOTICE

Notice of Qualification of TEAMSTERS LOCAL 802, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 3/10/08. Office location: Albany County. LLC formed in Delaware (DE) on 2/15/08.

LEGAL NOTICE

SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company, 80 State St., Albany, NY 12207. DE address of LLC: 2711 Center-ville Road, Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: real estate. LD-18436 (April 2, 2008)

LEGAL NOTICE

Notice of Qualification of Marcap LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 2/25/2008. Fictitious name in NY State: Marcap Capital LLC. Office location: Albany County. Principal business location: 71 South Wacker Drive, Ste. 4600, Chicago, IL 60606. LLC formed in Delaware (DE) on 12/3/1969. 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 Center-ville 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-18437 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of a Domestic Limited Liability Company (LLC) Name of LLC is Silver Ocean LLC. Articles of Organization filed with the Secretary of New York on December 5, 2007. Purpose of LLC - engage in any lawful act or activity. The principal business location is at 228 Delaware Ave, Delmar, NY. Secretary of State designated agent for service of process against LLC. Secretary of State shall mail copy of process to 87 Crescent Creek Way, Selkirk, New York 12158 LD-18441 (April 2, 2008)

LEGAL NOTICE

Notice of Qualification of Healthways Healthtrends, LLC. Authority filed with Secy. of State of NY (SSNY) on 2/21/08. Office location: Albany County. LLC formed in Delaware (DE) on 3/28/06. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o National Registered Agents, Inc., 875 Ave of the Americas, Ste 501, NY, NY 10001. Address 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-18442 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 181 S. 2nd STREET, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/14/08. 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, c/o Nicki Petrone, 1548 Stadium Avenue, Bronx, New York 10465. Purpose: For any lawful purpose. LD-18443 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 25 DEVOE REALTY LLC. Articles of Organization were filed

LEGAL NOTICE

with the Secretary of State of New York (SSNY) on 03/05/08. 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, 227 Ainslie Street, Brooklyn, New York 11211. Purpose: For any lawful purpose. LD-18444 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: SHADINE REALTY GROUP, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 02/20/08. 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 Law Offices of David C. Berg, 425 Madison Avenue, 11th Floor, New York, New York 10017-1110. Purpose: For any lawful purpose. LD-18445 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: WEDNESDAY PROPERTIES, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 01/29/08. 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 Law Offices of David C. Berg, 425 Madison Avenue, 11th Floor, New York, New York 10017-1110. Purpose: For any lawful purpose. LD-18446 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: KARRDIM, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/12/08. 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 Law Offices of David C. Berg, 425 Madison Avenue, 11th Floor, New York, New York 10017-1110. The registered agent is, c/o Jeffrey A. Margolies, c/o Law Offices of David C. Berg, 425 Madison Avenue, 11th Floor, New York, New York 10017-1110. Purpose: For any lawful purpose. LD-18447 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of Scoons Family Enterprises, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 2/15/08. 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, 11 Albright Place, Delmar, NY 12054. Purpose: any lawful activities. LD-18448 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of SOUTH EAST EUROPEAN TRADING & CONSULTING LLC. Arts. of Org. was filed with SSNY on 3/10/08. 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:

LEGAL NOTICE

all lawful activities. LD-18449 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of Demacus, LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 03/06/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18451 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of 469 Maple LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 12/26/07. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18452 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of LG Sales & Marketing LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 03/12/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18453 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of Living In-Digital Times, LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 03/06/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18454 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of J & S Schechter Associates LLC. Arts Of Org. filed with Secy. Of State of N.Y. (SSNY) on 03/12/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18455 (April 2, 2008)

LEGAL NOTICE

BETHLEHEM CENTRAL SCHOOL DISTRICT NOTICE TO BIDDERS The Board of Education of the Bethlehem Central School District hereby invites the submission of sealed bids in accordance with Section 103 of the General Municipal Law for the following: ARTS AND CRAFTS SUPPLIES MAGAZINES AND PERIODICALS PHYSICAL EDUCATION & ATHLETIC SUPPLIES Sealed bids will be received until 2:00 p.m., prevailing time, on Monday, April 14, 2008, at the office of the Business Administrator at Bethlehem Central School District, 90 Adams Place, Delmar, New York, at which time and place all bids will be publicly opened. Specifications and bid forms may be obtained at the same office. The Board of Education reserves the right to reject any or all bids. Any bids submitted will be binding for

LEGAL NOTICE

90 days subsequent to the date of bid opening. Board of Education STEVEN O'SHEA District Clerk DATE: 3/24/2008 LD-18458 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of BROSHA CONSTRUCTION SERVICES, LLC. Arts. of Org. was filed with SSNY on 3/18/08. 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, 995 TROY-SCHENECTADY RD., LATHAM, NEW YORK, 12110. Purpose: all lawful activities. LD-18462 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: elgi Designs LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/11/08. 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, 1843 Central Avenue, Suite 227, Albany, New York 12205. Purpose: For any lawful purpose. LD-18471 (April 2, 2008)

LEGAL NOTICE

SELKIRK FIRE DISTRICT NOTICE TO BIDDERS PLEASE TAKE NOTICE the Selkirk Fire District is requesting bids for the purchase of a 2008 fleet/non retail Chevrolet Tahoe truck and a new diesel utility pick up truck. The bids for each vehicle will be considered separately. All bids shall be received by Secretary Frank With at Selkirk Fire Company No. 3, 480 Bridge Street, South Bethlehem, NY on or before April 14, 2008 at 4:00 p.m. Specifications may be obtained by contacting District Chief William Borger. Sealed bids may be mailed to Secretary Frank With, P.O. Box 5, Selkirk, New York, 12158. All bids are made and received upon the following conditions:

1. All bids shall include the name, address and telephone number of the bidder.
2. All bids shall be enclosed in a sealed envelope labeled to identify the subject of the bid.
3. All bids shall be made subject to specifications available upon request.
4. The contract shall be awarded to the lowest responsible bidder provided the Board of Commissioner reserves the right to reject all bids.
5. Bids mailed but not received before April 14, 2008 at 4:00 p.m. will not be considered.
6. A statement of non-collusion of bids is required.
7. The purchase will be subject to a permissive referendum.

Frank With
Secretary/Treasurer
Dated: March 19, 2008
(April 2, 2008)

LEGAL NOTICE

Notice of Qualification of Eric Kercheval & Associates, LLC. Authority filed with Secy. of State of NY (SSNY) on 2/22/08. Office location: Albany County. LLC formed in Delaware (DE) on 12/19/07. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 15 South First St., Ste. A1220, Minneapolis, MN 55401. 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

LEGAL NOTICE

lawful activities. LD-18484 (April 2, 2008)

LEGAL NOTICE

Notice of Qualification of Healthways Health Support, LLC. Authority filed with Secy. of State of NY (SSNY) on 3/14/08. Office location: Albany County. LLC formed in Delaware (DE) on 3/28/06. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o National Registered Agents, Inc., 875 Ave of the Americas, Ste 501, NY, NY 10001. Address 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-18485 (April 2, 2008)

LEGAL NOTICE

Notice of Qualification of Blackwell Consulting Services, L.L.C. Authority filed with Secy. of State of NY (SSNY) on 1/25/08. Office location: Albany County. LLC formed in Illinois (IL) on 12/28/95. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Incorp Services Inc., 41 State St., Albany, NY 12207*2827. Address to be maintained in IL: 100 S. Wacker Dr., Ste. 800, Chicago, IL 60606. Arts. of Org. filed with IL Secy. Of State, 501 S. Second St., Ste. 328, Springfield, IL 62756. Purpose: any lawful activities. LD-18486 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: EP-OXICA, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/12/08. 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, 37 West 12th Street, #8H, New York, New York 10011. Purpose: For any lawful purpose. LD-18487 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 350 W 45 REALTY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/03/08. The name was amended to 350 W 46 REALTY LLC on 03/11/08. 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, c/o Allied Management, 232 West 48th Street, New York, New York 10036. Purpose: For any lawful purpose. LD-18488 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 1327-1329 BUSHWICK AVENUE, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/12/08. The name was amended to 1327 BUSHWICK AVENUE, LLC on 03/20/08. 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, 1327 Bushwick Avenue, Brooklyn, New York. Purpose: For any lawful purpose. LD-18489

LEGAL NOTICE

(April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: ALL DECKED OUT LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/17/08. 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, 38 Ryan Road, Voorheesville, New York 12186. Purpose: For any lawful purpose. LD-18490 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: MASA-SANDRA GRILL, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/17/08. 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, c/o Michael Fuzaylov, 97-26 63rd Road, Rego Park, New York 11374. Purpose: For any lawful purpose. LD-18491 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: JOGEN REALTY II LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/17/08. 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, 13 42nd Street, Brooklyn, New York 11232. Purpose: For any lawful purpose. LD-18492 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 24 AVENUE T REALTY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/17/08. 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, 13 42nd Street, Brooklyn, New York 11232. Purpose: For any lawful purpose. LD-18493 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 267-269 41st REALTY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/17/08. 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, 13 42nd Street, Brooklyn, New York 11232. Purpose: For any lawful purpose. LD-18494 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 391-393 KINGS REALTY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/17/08. 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, 13 42nd Street, Brooklyn, New York 11232. Purpose: For any lawful purpose. LD-18495 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 123 KINGSLAND APTS., LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/17/08. 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, 20 Manor Way, Poughkeepsie, New York 12603. Purpose: For any lawful purpose. LD-18496 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: MAY DAVIS PARTNERS LLC. Application for Authority was filed with the Secretary of State of New York (SSNY) on 09/20/07. The LLC was originally filed with the Secretary of State of Delaware on 09/17/07. 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, 800 Third Avenue, New York, New York 10022. Purpose: For any lawful purpose. LD-18497 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 251 STATE STREET ASSOC., LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/07/08. Office location: Schenectady County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 12 Century Hill Drive, Latham, New York 12110. Purpose: For any lawful purpose. LD-18498 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: ELIARA LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/20/08. 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, 303 Park Avenue South, #309, New York, New York 10010. Purpose: For any lawful purpose. LD-18499 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 1329 BUSHWICK AVENUE LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/20/08. 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, 1329 Bushwick Avenue, Brooklyn, New York. Purpose: For any lawful purpose. LD-18500 (April 2, 2008)

LEGAL NOTICE

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name of LLC is 35 HAMILTON OF GLENMONT LLC. Articles of Organization filed with NY Secretary of State, March 10, 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 c/o Amir Evan, 41 Hamilton Lane, Glenmont, NY 12077. LD-18503 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of Alerton Fund II LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 3/11/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o United Corporate Services, Inc., 10 Bank St., Ste. 560, White Plains, NY 10606. Purpose: any lawful activity. LD-18509 (April 2, 2008)

LEGAL NOTICE

Notice of Qualification of WALGREENS SPECIALITY PHARMACY, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 2/28/08. Office location: Albany County. LLC formed in Illinois (IL) on 7/26/07. 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: 104 Wilmont Road, #1425, Deerfield, IL 60015. Arts. of Org. filed with IL Secy. of State, 501 S. 2nd St., Rm 328, Springfield, IL 62756. Purpose: any lawful activity. LD-18510 (April 2, 2008)

LEGAL NOTICE

Notice of Qualification of PONTIAC NY, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 3/12/08. Office location: Albany County. Principal business location: P.O. Box 6313, 1211 Geneva 6

LEGAL NOTICE

Switzerland. LLC formed in Delaware (DE) on 10/15/07. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Corporation Service Company (CSC), 80 State St., Albany, NY 12207. DE address of LLC: 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: investment property in NY. LD-18511 (April 2, 2008)

LEGAL NOTICE

Notice of Qualification of VVV RENTAL, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 3/10/08. Office location: Albany County. LLC formed in Florida (FL) on 6/18/07. 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. FL address/principal business location of LLC: 3015 N. Ocean Blvd., #121, Ft. Lauderdale, FL 33308. Arts. of Org. filed with FL Dept. of State, P.O. Box 6327, Tallahassee, FL 32314. Purpose: any lawful activity. LD-18512 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of NOGUERA-HOWLEY ENTERPRISES, LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 3/18/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 43 Arcadia Court, Albany, NY 12205. Purpose: any lawful activity. LD-18513 (April 2, 2008)

LEGAL NOTICE

Notice of Qualification of Linde Gas LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 3/18/08. Office location: Albany County. Principal business location: 575 Mountain Avenue, Murray Hill, NJ 07974. LLC formed in Delaware (DE) on 4/8/1996. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail

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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-18514 (April 2, 2008)

LEGAL NOTICE

Name of LLC: Rossi Reiki, LLC. Arts. of Org. filed with NY Dept. of State on 2/15/08. 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: 25 Charles Blvd., Delmar, NY 12054. Purpose: any lawful activity. LD-18516 (April 2, 2008)

LEGAL NOTICE

Notice of Qualification of BG Thruway LLC. Authority filed with NY Dept. of State on 3/19/08. Office location: Albany County. LLC formed in Delaware (DE) on 4/23/04. 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. Principal business address of the LLC: 3300 Enterprise Pkwy., Beachwood, OH 44122. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-18518 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of Officina TT LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 03/14/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: C/O Malc & Company, CPAs, 11 Penn Plaza, Ste. 2202, New York, NY 10001. Purpose: any lawful activity. LD-18519 (April 2, 2008)

LEGAL NOTICE

LEGAL NOTICE of IDEAL WRAPS, LLC. Articles of Or-

LEGAL NOTICE

ganization were filed on the 17th day of January, 2008. The office is to be located in the County of Albany. The Secretary of State (SSNY) has been designated as agent for service of process and shall mail such process to 25 Wertman Lane, Loudonville, NY 12211. This LLC is formed for every legal purpose. LD-18520 (April 2, 2008)

LEGAL NOTICE

ALBANY COUNTY AIRPORT AUTHORITY REQUEST FOR PROPOSAL
Sealed proposals are hereby requested by the Albany County Airport Authority for Contract No. L-573 for Lease of 20+/- Acres of Land for Farming. Proposal documents may be examined at the Airport Authority Office. Complete sets of Proposal Forms MAY BE OBTAINED beginning March 26, 2008 AT THE ALBANY COUNTY AIRPORT AUTHORITY PURCHASING OFFICE. No proposal shall be considered unless the organization making the proposal has first obtained a copy of the Request for Proposal. In accordance with State Finance Law §§139-j and 139-k, this solicitation includes and imposes certain restrictions on communications between the Airport Authority and an Offeror/bidder during the procurement process. An Offeror/bidder is restricted from making contacts from the earliest notice of intent to solicit offers by this solicitation through final award and approval of the Procurement Contract by the Authority ("restricted period") to other than designated staff unless it is a contact that is included among certain statutory exceptions set forth in State Finance Law §139-j(3)(a). Designated staff, as of the date hereof, is Bobbi Matthews, Purchasing Agent. Authority employees are also required to obtain certain information when contacted during the restricted period and make a determination of the responsibility of the Offeror/bidder pursuant to these two statutes. Certain findings of non-responsibility can result in rejection for contract award and in the event of two findings within a 4 year period the Offeror/bidder is debarred from obtaining governmental Procurement Contracts. Further information about these requirements can be

LEGAL NOTICE

found by request to the designated staff and the New York State Office of General Services Advisory Council on Procurement Lobbying Web site at: <http://www.ogs.state.ny.us/aboutOgs/regulations/defaultAdvisoryCouncil.html>. Each proposal must be prepared and submitted in accordance with the Instructions to Proposers. Only those proposals in the hands of the ALBANY COUNTY AIRPORT AUTHORITY, PURCHASING OFFICE, ADMINISTRATION BUILDING, ROOM 204, SECOND FLOOR, ALBANY, NEW YORK 12211 available for acknowledgment at 2:00 P.M. (EST) April 9, 2008, shall be considered. Proposals shall be verbally acknowledged at such time in the Albany County Airport Authority Conference Room, Administration Building, Second Floor, Room 202, Albany, New York. All interested parties may attend. DBE RESPONSES ARE ENCOURAGED. LD-18529 (April 2, 2008)

LEGAL NOTICE

NOTICE OF ORGANIZATION OF LAND MONKEYS DEVELOPMENT GROUP, LLC
On March 25, 2008, Land Monkeys Development Group, LLC (the "LLC") filed Articles of Organization with the New York State Department of State. The principal business location of the LLC is 9 Eliot Drive, Albany County, Slingerlands, New York. The New York Secretary of State is designated as the agent upon whom process against the LLC may be served. The post office address to which the Secretary of State shall mail a copy of any process against the LLC served upon him or her to the LLC is Gaetano Alonge, III, 9 Eliot Drive, Slingerlands, New York 12159. The LLC is organized for the purpose of developing commercial real estate projects, and any other lawful business. 04433 notice of organization LD-18530 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of Officina TT LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 03/14/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process

LEGAL NOTICE

against it may be served. SSNY shall mail process to: C/O Malc & Company, CPAs, 11 Penn Plaza, Ste. 2202, New York, NY 10001. Purpose: any lawful activity. LD-18531 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of SMB Telecom LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 02/21/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18532 (April 2, 2008)

LEGAL NOTICE

Notice of Formation of Island Mechanical, LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 02/13/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-18533 (April 2, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LLC
Articles of Organization for L.J. MAC, LLC were filed with the Secretary of State of New York on March 24, 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, Wakeman, 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. F:\WP\HOWE\WHITE\LLC\Publications\Notice of Formation\Crown Island Capital.doc LD-18534 (April 2, 2008)

LEGAL NOTICE

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: STATUS NIGHTLIFE LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/21/08. 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, 55 West 21st Street, New York, New York 10010. Purpose: For any lawful purpose. LD-18539 (April 2, 2008)

LEGAL NOTICE

LMH Enterprises, LLC
Notice of Formation of the above Limited Liability Company ("LLC")
Articles of Organization filed with the Secretary of State of NY ("SSNY") on 2/12/08. The LLC will be headquartered in the County of Albany. SSNY has been designated as agent of the LLC upon whom process against it may be served. The mailing address to which the SSNY may mail any process served is: 2 Circle Drive, Voorheesville, NY 12186
Purpose of the business of the LLC is any lawful business. LDC-18263 (April 2, 2008)

LEGAL NOTICE

D.A. CHAINYK CONSTRUCTION SERVICES, LLC
1: The name of the limited liability company is D.A. CHAINYK CONSTRUCTION SERVICES, LLC
2: The Articles of Organization were filed on March 20, 2008 with the Secretary of State.
3: The Office of the LLC is in Albany County.
4: The Secretary of State has been designated as agent upon whom process against the Company is to be served. The address to which the Secretary of State shall mail process is: 40 Highland Avenue, Suite 1, Albany New York 12203.
5: The purpose of the business of the LLC is to engage in any lawful act or activity for which the LLC may be organized under the Limited Liability Law for the State of New York.
Filed By: PARISI, COAN & SACCOCIO, PLLC
LD-18535 (April 2, 2008)

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Sports *in the* Spotlight

Eagles want another Section II tennis title

By JESSE
PULITZER-KENNEDY
sports@spotlightnews.com

Bethlehem coach Steve Smith is ready for tennis season.

His Eagles have won the section championship two years in a row, and they show no signs of slowing down with the return of Jesse Hoffman, Mike Amico and Peter Collins. Hoffman and Amico, both juniors, have helped lead the team to a 30-1 record over their last two seasons.

"They're a great 1-2-3 punch... all three of them would be number ones on separate squads," said Smith.

What makes Bethlehem so formidable is their youth. The

Eagles have two seventh graders – Rohin Bose and Nick Mashuta – that Smith said will make an impact, as well as returning sophomores Brendan Jacques, Yufan Lin, Phil Sell and Kyle Gross.

"We have great young players (overall)," Smith said. "They won't all be starters, but they make me very happy about the future of the program. We have a nice core of freshmen from last year. They were young, so it was a bit of a surprise we won. But they are very talented."

When asked why his boys were so successful, Smith said, "They play all winter, all summer, all the time. When there is snow on the ground, our guys go indoors. They never put down the rackets. When the training starts, they're already a month ahead of their opponents, and it shows on the court."

Bethlehem's first match is Thursday, April 10, at Columbia.

Spotlight Newspapers

Not just local

Really local

District champions



St. Thomas the Apostle's junior girls CYO team represented the Albany district at last month's Diocesan Championship Tournament in Saratoga Springs. The Delmar-based team reached the semifinals before losing to St. Basil of Troy. The team is, from left, (front) Maura Desharnais, Deanna Mahar, Grace Hurley, Meg Duffy and Rachael Micelli; and (back) head coach Meg Dole, Shannon McShane, Vicky Buehler, Colleen Bernstein, Alyssa Bukowski and assistant coach Pete Bukowski. *Submitted photo*

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Dolphins schedule swim clinic

The Delmar Dolphins are holding a new swimmer clinic April 7-11 at The Albany Academies pool in Albany.

The clinic is open to Capital District children age 7 through 12 and serves as an introduction to competitive swimming. Swimmers must be able to swim the front crawl for 25 yards.

Participants should bring a swimsuit, a towel and goggles.

Parents must pre-register their children for the clinic by contacting Dolphins coach Doug Gross at 369-9733.

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For Grades 6-10

June 30 – August 8

Make Saint Rose a part of your plans this summer—the place to be for kids entering grades 6-10.

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Showcase for all Travel Hockey Players

RPI Engineers & Troy-Albany Youth Hockey Association are sponsoring a Showcase for all Travel Hockey Players on April 6th, 7th, 8th at RPI's Houston Field House Arena.

Travel players from all associations and all levels, AAA, A, B & C are welcome and encouraged to attend this mini-games and skills event.

Level (Birth Year)	Sessions
Mites (00-01)	Sun 4:00-5:15pm & Tues 5:30-6:30pm
Squirts (98-99)	Mon 5:30-6:30pm & Tues 6:45-7:45pm
PW (96-97)	Sun 5:30-6:45pm & Mon 6:45-7:45pm
Bantam (94-95)	Sun 7:00-8:15pm & Mon 8:00-9:00pm
Midgets	Tues 8:00-9:00pm

All Sessions will be held at RPI's Houston Field House and Run by RPI. These Sessions are FREE for all USA Hockey Registered Players. To register for this event, email player's name and birthdate to kevinjcase1150@aol.com. For further information on any of our youth hockey programs visit our website at www.eteamz.com/tayha or call Martha Mainello at 273-7881.

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Cashing

(From Page 40)

– football, soccer, basketball and hockey. Teams will be divided between the north and south, and players will be chosen based on their athletic ability and their general health.

Winning teams will receive a championship plaque, and all the participants will keep their uniforms, which will be provided by Reebok. Also, all participants receive a coupon good for a free visit to Albany Medical Center.

(Still looking for a theme here? Maybe this will help.)

In an effort to connect with the Capital District, the New York Giants will play the Albany Metro Mallers in an exhibition game during the Giants' training camp at the University at Albany.

The game will pit the defending Super Bowl champions against the state's top semi-pro team with the winner earning the title, "Best Damn Football Team in New York (and northern New Jersey)." The trophy will feature a football player holding the state of New York over his head.

As an added bonus, there will be a halftime scrimmage between Capital District Pop Warner coaches and Pop Warner parents.

Whoever scores a touchdown first wins.

Admission to the Giants-Metro Mallers game will be free, but there will be a \$35 parking fee at the Indian Quad lot.

(OK. One last chance to detect a theme here.)

In a coup for the Capital District, the University at Albany lands a prime men's lacrosse home game against Syracuse University at the last minute.

The game was originally scheduled to be played at Syracuse's Carrier Dome, but the inflatable roof breaks due to a freak spring snowstorm that dumps two feet of heavy, wet snow over the central New York city but barely touches Albany. With nowhere else to play the game, the Orange agree to move the game to UAlbany's John Fallon Field.

To mark the occasion, UAlbany coach Scott Marr contacts ESPN about the site change, and the cable sports giant sends a television crew to broadcast the game ... on ESPN360. Miffed about being seen only over the internet, the Great Danes put together their best effort of the season and edge Syracuse 9-8 on a breakaway goal from goaltender Brett Queener.

(Still unsure about the theme? Then you're an April Fool.)

Indians

(From Page 40)

good pitchers," said Dorrance.

Here is an overview of R-C-S's roster and outlook:

Key veterans: Joey Boomhower (outfielder/pitcher), Bob Nolan (pitcher/catcher/first baseman), Keith Hoyt (shortstop/pitcher), Garrett Freuh (center fielder), Geoff Deluca (first baseman/pitcher), Keith Alberts (third baseman), Chris

Snyder (pitcher/outfielder)

Key newcomers: Joe Shays (outfielder), Evan Bullis (outfielder/first baseman), Danny Irwin (pitcher/second baseman), Steve Hardee (outfielder), Jared Fortier (third baseman/outfielder), Zach Deering (catcher), Jarrett Collins (catcher/second baseman), Kyle Wallace (catcher)

Outlook: "They're a hard-working group, they are great to work with and they get along with each other," said Dorrance.

Blackbirds aim for top perch

Conde, Massaroni lead Voorheesville into 2008 season

By ROB JONAS
jonasr@spotlightnews.com

The Voorheesville baseball team wants to get back to the top of the Colonial Council standings.

To do that, the Blackbirds must navigate through a tough league schedule against the likes of Schalmont, Albany Academy, Lansingburgh, Watervliet and Ravena-Coeymans-Selkirk.

"Every year is different," said Voorheesville coach Hank Czerwinski. "There's no favorites that I know of. The teams that make the least mistakes in high school baseball usually win. Having good pitching doesn't hurt, either."

Czerwinski believes he has a good pitching staff with Jay Conde, Nick Blow, Joe Berschwinger and Landon Church anchoring the starting rotation.

"We have four strong pitchers, in my opinion," said Czerwinski.

Conde does more than offer a strong arm on the pitcher's mound. He is also one of Voorheesville's

top hitters, along with catcher Chris Massaroni, center fielder Kevin Klembczyk and second baseman Tom Pasqualli.

"We have speed throughout the order," said Czerwinski. "We play percentage baseball, which means we will sacrifice hits to move runners over. And we hope the big bats of Conde and Massaroni will carry the RBI weight."

The Blackbirds already have a pair of non-league victories as they prepare for the Colonial Council season, which starts Friday against Watervliet. Voorheesville defeated Schoharie

5-2 last Wednesday behind a Massaroni two-run double and a Conde home run, and the Blackbirds edged Cairo-Durham 8-7 last Thursday.

Voorheesville at a glance
Key veterans: Jay Conde (pitcher/infielder), Nick Blow (pitcher/fielder), Tom Pasqualli (pitcher/second baseman), Chris Massaroni (catcher), Kevin Klembczyk (outfielder)

Key newcomer: Adam Duncan (first baseman)

Outlook: "We should be strong in the Colonial Council," said Czerwinski.

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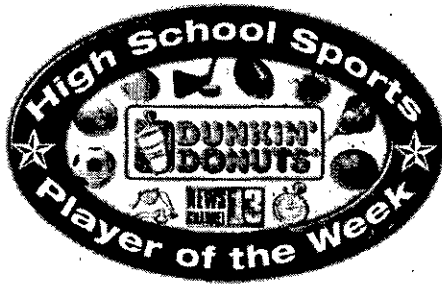
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Sports *in the* Spotlight

Varsity schedule

Wednesday, April 2

BASEBALL

Berne-Knox-Westerlo at Voorheesville, 4 p.m.

SOFTBALL

Guiderland at Voorheesville, 4 p.m.

GIRLS TRACK

Bethlehem at Shenendehowa, 4 p.m.

BOYS LACROSSE

Guiderland at Bethlehem, 4 p.m.

Thursday, April 3

GIRLS LACROSSE

Saratoga Springs at Bethlehem, 4 p.m.

SOFTBALL

R-C-S at Catskill, 4 p.m.

BASEBALL

Hudson at R-C-S, 4 p.m.

Friday, April 4

BASEBALL

Catskill at R-C-S, 4 p.m.
Watervliet at Voorheesville, 4 p.m.

SOFTBALL

Watervliet at Voorheesville, 4 p.m.

Saturday, April 5

SOFTBALL

Voorheesville at Mudville Tournament, 10 a.m.
R-C-S at Mudville Tournament, noon

Monday, April 7

BASEBALL

Lansingburgh at R-C-S, 4 p.m.
Schalmont at Voorheesville, 4 p.m.

SOFTBALL

Lansingburgh at R-C-S, 4 p.m.
Schalmont at Voorheesville, 4 p.m.

GIRLS LACROSSE

Bethlehem at Columbia, 4 p.m.

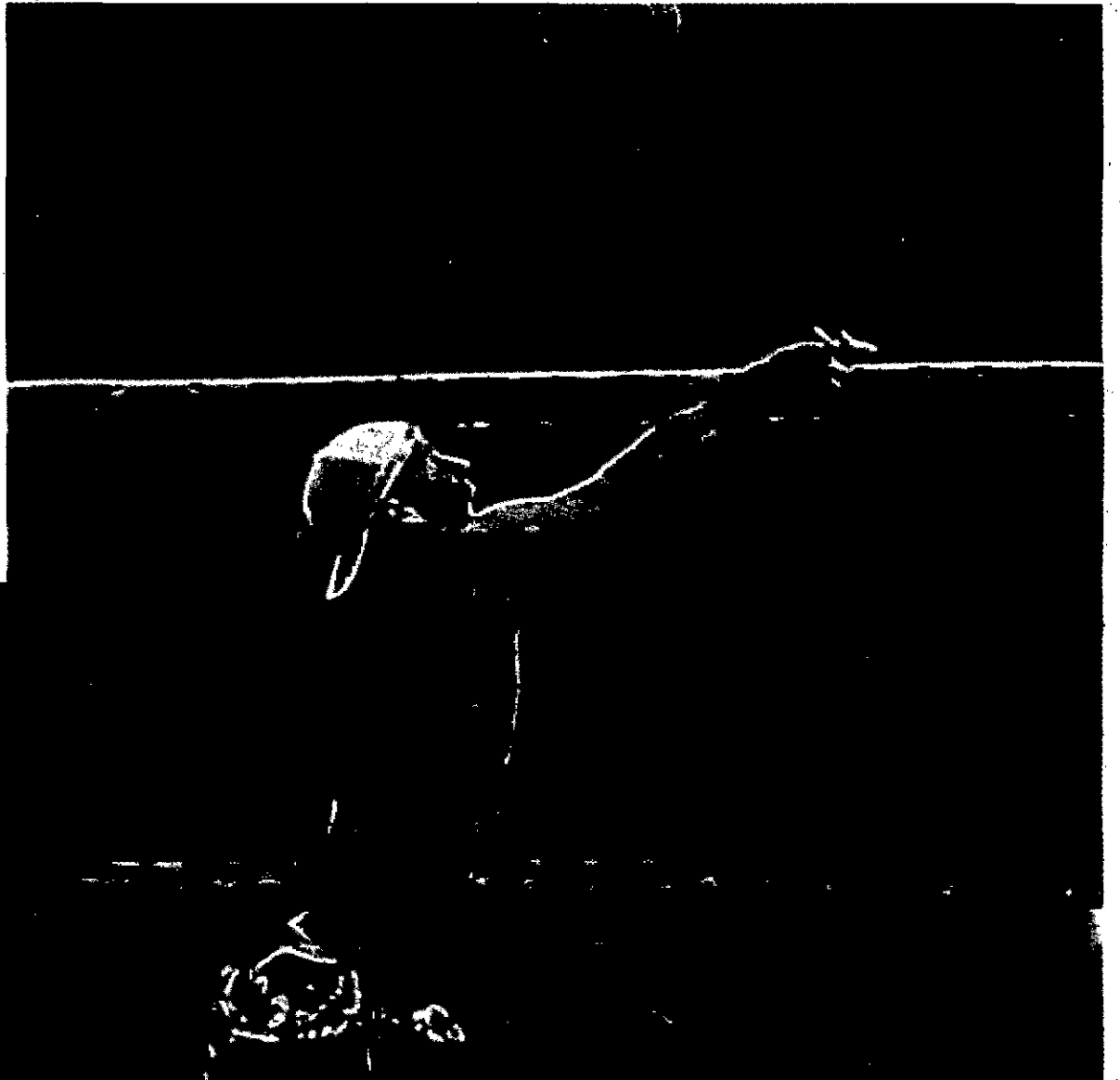
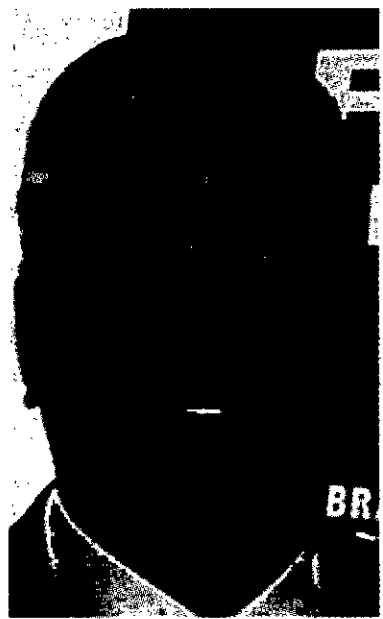
BOYS TENNIS

Schoharie at Voorheesville, 4 p.m.
Albany Academy at R-C-S, 4 p.m.

Tuesday, April 8

BOYS LACROSSE

Bethlehem at Shen, 4 p.m.



With the success of pro beach volleyball at the Times Union Center, will it only be a matter of time before Albany mayor Jerry Jennings and other Capital District celebrities hop on the bandwagon?
Photos by Rob Jonas and Kristina Maldonado/Spotlight

Cashing in on hot sports

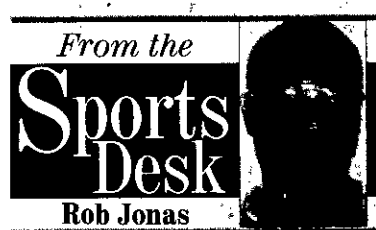
Beach volleyball, junior roller derby coming soon

Coming soon to an arena, football stadium or open field near you ...

Introducing the Capital District Beach Volleyball Challenge. Based on the success of the pro beach volleyball tour stops at the Times Union Center, this all-star competition pits area celebrities against each other for \$10,000 in prize money and a week-long vacation in Key West.

Area celebrities confirmed for the first edition of this tournament include Albany mayor Jerry Jennings, Albany County Executive Michael Breslin, Troy mayor Harry Tutunjian, Colonie town supervisor Paula Mahan and - in a bit of a surprise given her busy schedule - Rachael Ray.

Fortunately, none of the participants will be forced to wear the traditional beach volleyball



uniforms - swimsuits. I think I speak for all of the Capital District when I say, "Phew! What a relief."

(This just in ... Jennings will wear a swimsuit. Apparently, he wants to look the part.)

From the "latching onto a trend" department ...

The Albany All Stars Roller Derby League wants to help the next generation of jammers get their start, so it's starting a youth program this summer.

The youth program, or "junior jammers," will feature five divisions for children age 5 to 18. The two youngest divisions (5-6 and 7-9) will include a learn-to-skate program to get children used to falling on roller skates.

The good news is the track will include padded rails and gym mats on the inside so no one gets hurt.

The older divisions (10-12, 13-15 and 16-18) will include actual roller derby matches after each child goes through an introductory course touching on the finer points of this sport.

All "junior jammer" participants will receive a uniform, pads, a helmet, roller skates and a coupon good for one free visit to Albany Medical Center.

(By the way, can you sense a theme here? Just checking.)

Hey, if high school leagues can do this ...

Just because you're more than 60 years old doesn't mean you can't still shoot a basket or hit a home run.

Introducing the Exceptional Senior Citizens Sports Series. Modeled after exceptional seniors sporting events for high school students, this week-long amateur event will give our growing senior citizen population a chance to relive their glory days.

There will be four events in all

□ **Cashing Page 39**

Indians open season with promising win

By ROB JONAS
jonasr@spotlightnews.com

The Ravena-Coeymans-Selkirk baseball team started the season with a bang.

Joey Boomhower hit a home run and combined with three other pitchers for nine strikeouts in a 7-4 non-league victory over Cocksackie-Athens last Thursday in Ravena.

"Considering how much we'd been on the field, it was a very good effort," said R-C-S coach Bob Dorrance.

The Indians scored one run in the bottom of the second inning and two runs in the bottom of the third before breaking the game open with a four-run fifth inning.

Cocksackie-Athens (1-1) scored twice in each of the last two innings, but it wasn't enough.

Zach Deering contributed a double for R-C-S, which only had three outdoor practices on its home field before hosting Cocksackie-Athens.

"The field drained well, and it was in pretty good shape," said Dorrance.

The Indians are hoping for similar efforts during their Colonial Council schedule, which is slated to begin Monday, April 7, against Lansingburgh.

"Lansingburgh is Lansingburgh - they always have a couple of

□ **Indians Page 39**



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Women

- **Financial Independence**

Page S5



- **Non-Surgical Liposuction**

Page S7



- **Reverse Bad Eating Habits**

Page S6

A supplement to

Spotlight
NEWSPAPERS

www.spotlightnews.com

How to take back your time

Busy families across the country can all agree on one thing - there is too much going on and never enough time to get it all done. Keeping track of a family's overcrowded schedule can require the skills of a master juggler and seasoned negotiator.

It doesn't just seem like free time is shrinking - it actually is. In the last 25 years, children's structured sports time has doubled, and children ages 3 to 12 have lost 12 hours per week of free time. Additionally, from 1973 to 2000, the average U.S. worker added 199 hours to his or her annual work schedule.

The good news is that with the right tools and a good organizational strategy, you really can fit more fun and function into your day.

Recent research conducted by MeadWestvaco uncovered common family scheduling problems, including the challenge of communicating between family members, tracking information, juggling appointments and events for multiple parties, and organizing and storing documents.

"The most common complaint is finding an easy way to get the family organized and communicating scheduling changes among family members," explains Cindy Van Tyle, of MeadWestvaco. "In our quest to find a simple solution to offer busy families, color coding rose to the top as an effective and easy way to manage the details."

Assigning each family member a color for all aspects of organization is a quick and intuitive way to keep track of everything from schedules to paperwork. The beauty

of color coding is how easy it is to put into practice. Even preschoolers can start taking part in family organization.

Once family members know "their" color the practical options are endless. Here are a few tips for families to begin organizing their busy lives:

- Take the color-coding concept and implement it wherever possible, purchase folders, toothbrushes, laundry baskets, towels, etc. in each person's color.

- Keep a family calendar and color code it. Post the calendar in a central spot and update it regularly.

- Try not to over schedule yourself or your kids. If you need to, schedule downtime at least once a week and make it known that nothing else can be scheduled in this time slot. Carry a portable appointment book with you to check your availability before agreeing to any further commitments.

- Identify your most common time wasters and look for ways to organize around them. If you're looking for the car keys each morning, make a key hook and use it. If you are always forgetting your lunch in the refrigerator, leave yourself a reminder on the door handle or your car mirror. Fun, eye-catching accessories like color-coded, erasable door reminders help ensure cell phones and gym shoes aren't left behind.

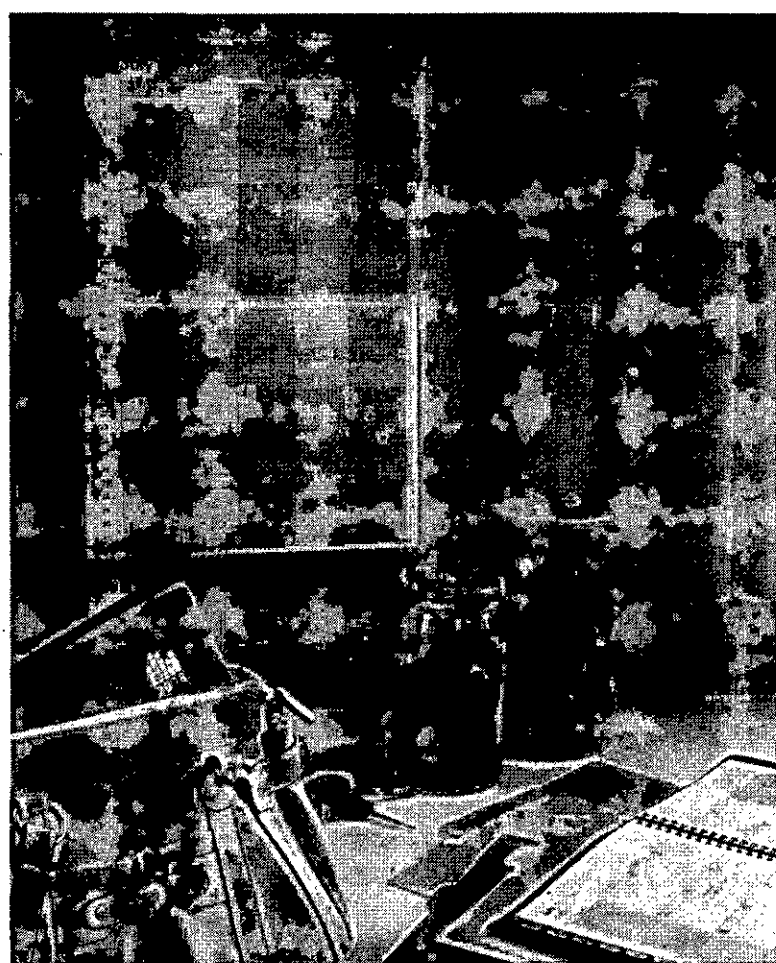
- Encourage kids to get involved in the organization process. Teach them to check the calendar, file

their papers and alert you if conflicts arise. Color coding makes it easy for everyone to participate and starts good organizational habits early.

- Communicate change. Devise the best way for your family to communicate schedule alterations. Whether it is a centrally-located erasable message board or a sticky note system, make sure everyone knows how to spread the word throughout the family.

For information about the Day Runner family matters product line and other helpful tips on organization, log on to www.dayrunner.com/familymatters. The Day Runner family matters products are available at Office Depot stores nationwide.

With the right tools and a good organizational strategy, you really can fit more fun and function into your day.



Breast augmentation myths

BY STEVEN YARINSKY, M.D.

Because there are things women need to know about breast implants and breast augmentation"

- Myth 1: "Everyone will know that I have breast implants."

Most implants that are obvious to the casual observer are due to avoidable problems: The implants are placed too high, are inappropriately in front of the chest muscle, or are too large for the chest. A carefully planned and performed breast enhancement can give most patients a very lovely, natural appearing result. Be sure to choose a board-certified plastic surgeon experienced in breast enhancement who will consider your desires while taking into account your height, weight and your natural breast size, shape and symmetry. Choosing an appropriate implant shape and size and positioning it correctly are keys to achieving a natural-looking result. Often, lifting your nipple and areola slightly to better position them on the breast mound can greatly enhance your result.

- Myth 2: "Implants must be replaced every five to 10 years."

Implants do not need to be replaced unless a problem occurs. Many patients have had implants

for 20 or more years that continue to be soft and natural looking. With the gel and saline-filled implants currently used to enlarge breasts, the most common problem is leakage. The 20-year leak rate with saline implants should be about 20 percent extrapolating from data provided to us from the implant manufacturers. But my patients have experienced a less than 1 percent leak rate in the past 15 years. I have seen patients who have had blunt trauma to their chest from many causes who, while having temporary breast swelling and bruising, never leaked. While implant deflation is not dangerous, the failed implant must be promptly removed and replaced. Interestingly, the most common cause for implant removal and exchange is the patient's desire to have larger implants. The most common cause for reoperation in my practice is asymmetric implant positioning, not leakage.

- Myth 3: "I will have to change my lifestyle or activities."

Prior to surgery, we provide detailed guidelines concerning the time needed off from work, and how soon you may expect to resume your particular sports and hobbies. Once healed you may resume all of your usual activities. Ultimately, you can scuba dive, mountain climb, parachute jump, kick box or anything else that you might desire without worrying about your implants. Breast implant placement may slow times in competitive swimming.

- Myth 4: "A large enough implant will correct 'droopy' breasts."

If you have droopy breasts, that is, if your nipples are at or below the bottom of your breasts when you are standing, implants alone will not correct the problem. Implants will increase the size of your breasts, but the nipples will still be too low. You will need a lift procedure along

with your breast augmentation to achieve a well-shaped breast. The type of lift needed will depend on the amount of drooping present. Your plastic surgeon will discuss the various options with you. Patients who are satisfied with the size of their breasts, but have lost shape due to pregnancy or weight loss, will find that a lift alone will solve their problem.

- Myth 5: "Implants feel unnaturally firm."

While augmented breasts will never feel as completely soft as most natural breasts, breast implants are a very good substitute. Gel implants may feel softer than saline-filled styles. The key is to prevent, as much as possible, the building up of scar tissue around the implant. While no one has a magic formula to prevent this entirely, there are things that can be done to reduce the chances of having significant thick scar tissue. There are some scientific studies showing that textured surface implants are less likely to develop thick scar capsules than smooth wall implants. All implants are prone to "rippling" which will be felt when you examine your breasts. Placing the implants under the chest muscle helps to keep them feeling soft, and minimizes visible rippling. Using implants that are not too large and fit comfortably on the chest wall are other factors affecting firmness.

Steven Yarinsky, M.D., is a board-certified plastic surgeon specializing in cosmetic surgery of the breasts, body and face for more than 18 years. He can be reached at 583-4019, or by visiting www.yarinsky.com. His practice at Saratoga Springs Plastic Surgery, PC offers Capital District residents the only Joint Commission accredited office-based cosmetic surgery center for safety, convenience and privacy.

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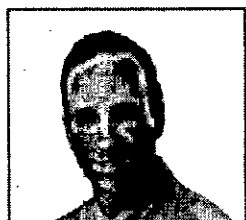
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Healthy sleep routine sets the tone for the next day

Sleep helps our body recover from stressful daytime activities. It is also the healthy habit we most often neglect. Better sleep should be a priority along with healthy evening practices to set the tone for a good day to come.

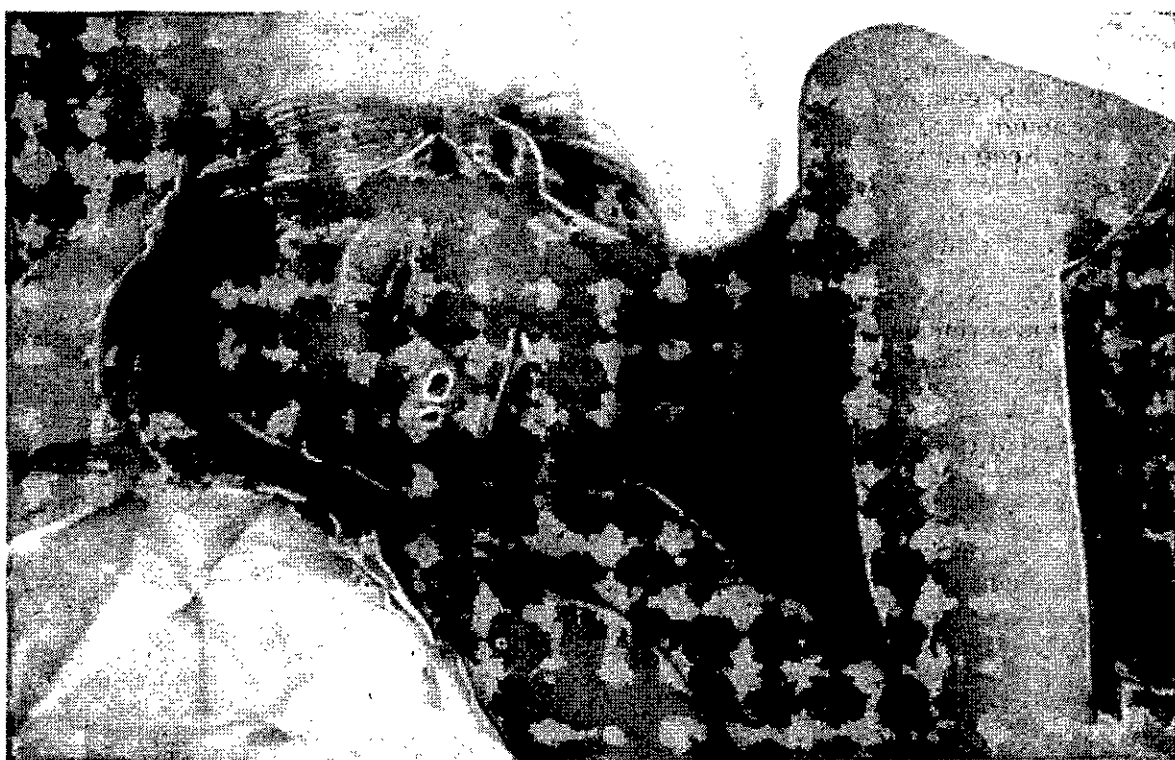
It is usually easy for people to establish and maintain morning routines: bathing; packing a briefcase, purse or gym bag; and preparing snacks or a meal for the workday. However, evenings can be a time when we seek a release from scheduled duties. But it is vital to create thoughtful nighttime routines, starting with rituals that promote healthy sleep. To turn crucial evening hours into healthful days, consider the following tips:

"Recent studies link sleep deprivation to increased levels of a chemical that stimulates appetite," says medical reporter and national health magazine contributing editor, Lisa Drayer, M.A., R.D. "People who sleep too little probably lack energy for exercise and this, combined with an overactive appetite, can be problematic for your health." Thus, a regular snooze schedule - even on weekends - along with

moderate daily exercise can help promote a healthy body weight.

Additionally, Drayer advises against dinners with a high fat content, as heavy meals can cause the digestive system to continue "working" hard when the rest of the body prepares for sleep. Although she recommends avoiding caffeine and large meals at least two hours before turning out the lights, Drayer permits the following sleep- and figure-friendly snacks: an apple, a small serving of pretzels or hot oatmeal, 1/2 cup frozen yogurt or low-fat ice cream, as well as berries with fat-free whipped topping.

Personal care at night also impacts the quality of our days. Plaque germs increase while the mouth is at rest, so it's important to practice good oral care before you slip into slumber. In addition to brushing and flossing, consider adding a toothpaste and oral rinse like Crest Pro-Health Night to your evening routine. Crest Pro-Health Night toothpaste protects all these areas dentists check most even while you sleep: cavities, gingivitis, plaque, sensitivity, tartar, whitening and it freshens breath.



Choices that promote healthier sleep equate to healthful days, which is something we all need.

And Crest Pro-Health Night oral rinse kills 99 percent of germs without the burn of alcohol for a healthier mouth that's cleaner in the morning.

Finally, creating an environment that is conducive to

healthy sleep is essential. Many researchers suggest wearing loose-fitting clothing, keeping the room temperature cool and turning off all potentially distracting items, like the television or radio, which may cause

you to have difficulty falling and staying asleep.

Choices that promote healthier sleep equate to healthful days, which is something we all need.

Spring shape up: Easy routines for beautiful health



It is important to stay motivated by adopting easy habits that will reward you by making you feel healthier and beautiful as you're doing it.

When it comes to getting in shape, celebrity fitness trainer Kim Lyons from "The Biggest Loser" knows it's all about forming healthy routines. Lyons has provided support and encouragement to millions of people looking to lose weight and adopt a healthier lifestyle.

"I tell my clients that they are not going to see drastic changes in their weight and appearance over night. So it is important to stay motivated by adopting smaller, easy habits that give them the reward of feeling more healthy and beautiful along the way," says Lyons who just released her new book, "Your Body, Your Life."

Here she offers some unique tips to help you shape up inside and out:

- Take notes - Purchase a small notebook that fits in your purse or briefcase, and get in the habit of keeping a "compliment journal." Record compliments you receive and browse through it once a day for motivation to stick to your healthy, beautiful habits.

- Brush up - Just like your body, your smile should be not only beautiful on the outside but healthy on the inside, too. Try new Crest Healthy Radiance, a

system of daily fluoride toothpaste and weekly deep clean strips that strengthen enamel below the surface and deep clean to whiten. It whitens four times better than the leading whitening toothpaste for results that will motivate you to keep going.

- Weigh in - After you start your fitness program, step on the scale one time each week to monitor your progress. You will be able to track your progress and remind yourself that you are getting there.

- Choose one - If getting healthy seems too overwhelm-

ing, pick one small bad habit and focus on eliminating it for one week. Then pick another for the next week. Do this for 12 weeks and before you know it you will have 12 new healthy habits.

- Celebrate - Take time to reward yourself for your healthy habits each week. When you reach a major goal, take a day off and go to the beach or treat yourself to an evening out.

Adopting these simple routines will keep you feeling healthy on the inside and beautiful on the outside from start to finish of your fitness program.

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Hear your best and look great at the same time

A Greek philosopher once said, "We have two ears and one mouth so that we can listen twice as much as we speak." Unfortunately, for one out of 10 of us, two ears are not always enough to hear what others are saying.

Whether due to the normal aging process, excessive noise, genetic defect, or some other reason, one in 10 Americans today has a hearing loss. And studies find that when people cannot hear one another, every part of their life, from job performance to sexual intimacy, may be affected. Over time, untreated hearing loss silently erodes a person's overall quality of life — often undermining family relationships, interfering with short-term memory, and causing loneliness and tension.

Former Miss America 2005 Deidre Downs, now studying to be a pediatrician, knows firsthand what it's like to live with a hearing loss. As a child she compensated for her hearing loss but felt isolated. "It wasn't until I started medical school that I realized I couldn't deny it any longer. It was very hard to follow lectures in large auditoriums, interact with patients and professors (especially if they wore surgical masks). I realized that I finally needed to face my hearing problem and find a solution that would help me to be the best doctor I can be."

Her solution was hearing devices that fit behind her ears, are nearly invisible, and utilized the latest digital technology. "Wearing hearing aids again gave me the ability to better participate in life, school, family, and friends," says Downs. "My friends, family, and classmates no longer have to constantly repeat them-



Former Miss America 2005 Deidre Downs is the national spokesperson for the Better Hearing Institute, and is on a mission to encourage the millions of Americans with untreated hearing loss to get their hearing checked.

selves. I don't have to use closed captioning on TV anymore and I rarely miss pieces of conversations — even in noisy restaurants. It's been an unbelievable life change for me, my family, and my friends."

Deidre Downs is on a mission to encourage the millions of Americans with untreated hearing loss to take the first step

and get their hearing checked. She's joined with the Better Hearing Institute (BHI) as a national spokesperson to promote healthy hearing.

To see if you have a hearing loss, the BHI has developed a simple, Internet-based screening check that individuals, couples, and families can use in the comfort and privacy of their own homes. By visiting www.hearingcheck.org, Americans can take a quick, easy test to see for themselves if they have a hearing loss.

"Anyone who thinks that wearing hearing devices will interfere with their looks, just needs to take one look at Deidre Downs," says BHI Executive Director Sergei Kochkin, PhD, who thinks that Miss America's involvement will send a loud and positive message to people who might have qualms about wearing hearing devices.

Downs offers seven reasons everyone should get their hearing checked:

1. Hearing loss can strike at any time and at any age. Of the 31.5 million Americans with hearing loss, 65 percent are below retirement age.

2. Hearing loss affects more than one in four American families and one in 10 Americans.

3. The signs of hearing loss usually emerge slowly and are often first noticed by others. Many of today's baby boomers

suffer hearing loss from listening to loud music or living in noisy environments.

4. Studies show that unaddressed hearing loss can cause irritability, negativism, anger, fatigue, tension, stress, depression, social withdrawal, rejection, memory loss and loneliness.

5. Untreated hearing loss negatively affects household income, on average, up to \$23,000 per year depending on the degree of hearing loss. But the use of hearing instruments mitigates the effects of hearing loss on income by about 50 percent.

6. A Brandeis University study of twins, published in the *Journal of Gerontology: Medical Sciences*, shows that genes play a significant role in hearing loss experienced by baby boomers and their parents.

7. Ninety to 95 percent of people with hearing loss can be helped with hearing aids — and their quality of life significantly improved. Modern hearing aids are sleek and usually cannot be easily seen.

The good news is that with today's sophisticated hearing devices, you can hear great and look great too. Visit www.BetterHearing.org for information.



Skin-care products can also be taxing this time of year

BY MARISA DESMARAIS

A simple walk down the aisle of any store can become confusing and overwhelming. The past few years have seen skin-care choices grow exponentially, but who do you turn to for advice on what is right for you?

While working as an esthetician for more than 13 years, in both the medical spa environment and day spas, I have researched hundreds of different skin care lines that will not only offer results, but do so in a way that will not be harmful by containing ingredients that are known to be carcinogenic.

Many years ago I was introduced to a Web site called think-

beforeyoupink.org and found it very helpful in deciphering the different ingredients that are found in our daily personal care products. Once I became aware of these harmful ingredients that I was putting on my clients, and selling them for take-home use, I decided I needed to do more research and seek a product line that was not harmful, yet delivered results.

What most of us want is an uncomplicated daily system of skin care that feels great, is easy to maintain, fun to use and best of all rejuvenates the skin using 100 percent fresh ingredients.

Sircuit formulations is one of the lines that does just that and is what I use on my clients now. Lines such as Sircuit never contain preservatives, fillers, artificial colors, artificial fragrances and of course, everything is cruelty free.

Everyone wants beautiful skin — what's new is how we do it. We help Mother Nature turn it up a notch. As one Web site states, "The unfortunate reality is that the government does not currently require health studies or pre-market testing for these products before they are sold. According to the FDA's Office of Cosmetics and Colors, the FDA cannot require companies to do safety testing of its cosmetic products before manufacturing. ... A cosmetic manufacturer may

use almost any raw material as a cosmetic ingredient and market the product without an approval from FDA."

Don't believe all the hype. Read your labels and stay away for products that contain parabens, phthalates and other ingredients you can't pronounce. Misinformation and slick campaigns are designed to entice you with all the buzzwords without any of the real supporting facts. What other manufacturers really don't want you to know is how little of the "good for you stuff" is in the products they offer. Listen carefully to the ads that run and understand that most companies rely on large ad campaigns and brand recognition with the appearance of being "experts" in the field. However, what they really want to do is fool you. They simply could not afford to do it any other way.

If you are concerned about the ingredients that are in your daily personal care items, visit Cosmeticsdatabase.com and see where your products rate on the toxicity level. This is fun and/or scary.

If you would like more detailed help figuring out what is good or not so good, give me a call at the Ivy Spa in North Greenbush at 286-2225 or stop in and see us.

Marisa Desmarais is an esthetician at The Ivy Spa.

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As women, we need to take responsibility for our financial lives and understand the unique challenges we face.

Financial independence for women

BY LISA M. CLIFFORD

We've heard it all before, "Men are from Mars, women are from Venus," right? The reality is that the differences between the sexes extend far beyond the obvious.

As women, we lead very different lives than men and face unique financial challenges.

Women today are changing the economic landscape. Women own nearly half of all privately held U.S. firms and control 60 percent of America's wealth. Despite their economic clout, women still struggle to achieve financial independence. It is often a crisis that prompts women to become involved in their household's finances. Dealing with the emotional turmoil of a divorce or the death of a spouse is difficult; add to that the burden of financial responsibility and many women feel completely overwhelmed.

The reality is that, as women, we need to take responsibility for our financial lives and understand the unique challenges we face. We are likely to live nearly seven years longer than men, with the average age of widowhood occurring at age 56. Divorce is a reality for more than 50 percent of women, and studies show that a woman's standard of living drops anywhere from 27 percent to 45 percent in the first year after a divorce.

We earn less than men and are likely to spend more time out of the workforce caring for children and elderly parents. This results in reduced Social Security and retirement benefits because both are based on the accumulation of lifetime earnings.

The obstacles women face are real, but with proper planning and education you can overcome these challenges, rather than let them overcome you. By anticipating the possibility that you will be solely responsible for your finances at some point in your lifetime, you can take steps now to secure your financial future.

To get started, make a list of your financial goals and assess your financial resources. Make your finances a priority and, if you are married, take steps to become a full financial partner and actively participate in your family's financial decisions. Review your cash flow and understand where your money is spent and what opportunities you have to cut back to fund savings and investment accounts. Don't discount the "latte factor" — cutting back on that \$3 a day coffee habit can amount to a savings of \$1,095 a year. Invest that over 20 years at the average long-term rate of return for stocks of 8 percent and you have added \$50,103 to your nest egg.

Once you have identified and prioritized your financial goals,

you need to develop a solid investment and retirement savings plan. Remember, women may spend 25 years or longer in retirement. If you are still working, it is important to contribute to your company retirement plan with the goal of contributing the maximum and making sure to take advantage of any company match. Resist the urge to invest too conservatively, recognizing that stocks provide the greatest opportunity for long-term growth and will protect your purchasing power from eroding by outpacing inflation. If we assume 4 percent inflation, in 10 years it will take \$26,700 to equal \$10,000 in today's dollars.

It is important to work with a financial advisor who recognizes your unique needs and will work with you to create a plan to reach your goals. To find a financial advisor, ask your friends, colleagues, or professional advisors (for example, your accountant or attorney) for referrals. Ask for client references to understand how clients regard their advisor's professional knowledge and the personal service they deliver. It is important to build a relationship based on trust and open, honest communication.

Taking responsibility for our financial security is no longer an option; it is a necessity if we are going to live the life we've always imagined — traveling, visiting with grandchildren, starting our own business, or pursuing whatever we desire.

Lisa M. Clifford is Senior Vice President and Director of Marketing & Business Development at Curran Investment Management, a wealth management firm dedicated to helping clients achieve financial security. She can be reached at lclifford@curranllc.com.

Banish the stubborn fat blues

BY GINA SABATINI

Every year at about this time, frustrated people around the globe look in the mirror and take in the end results of their winter eating frenzy. Maybe your waist is larger or your hips are wider, or maybe your New Year's resolve has fizzled.

So what do you do about the stubborn and seemingly permanent fat? Sink into a depression? Well, the easiest thing to do is to throw a pity party. Then before you know it your feelings of self pity begin to snowball into a full-blown case of the stubborn fat blues. How do you know if you have the stubborn fat blues?

- Your pants are tighter today than they were a year ago
- You've tried to lose weight only to fail.
- You feel trapped.
- You're close to giving up on yourself.

If you can relate to any of the above statements, then you have the stubborn fat blues — an unpleasant condition.

Fortunately, there is a cure. It all starts with your mind. The thing about the stubborn fat blues is that it affects your mind more than anything. Your mental state is critical in determining your shape and size. When you focus on all of the things that you hate about your current body like the size of your thighs, the shape of your butt, or the way your belly looks, then you're putting all of your energy on the negative. The more you think about how unhappy you are, the unhappier you will become. So instead of wallowing, use the following techniques to conquer the stubborn fat blues:

- Take it one battle at a time. You may have 20, 50 or 100 pounds to lose before you reach your ideal weight — and, boy, that can be overwhelming. The truth is that weight loss like that won't happen overnight; it takes months of dedication. It's no wonder so many people simply give up. Don't worry about winning the entire war today. Focus on conquering one battle at a time. Take it one meal at a time, and one day

at a time. A healthy meal, a good workout and you've won a battle. Remember, 100 pounds is broken down into 350,000 calories. Sure, that sounds like a lot, but all you have to do is focus on burning more calories than you take in today — in the end, weight loss will be inevitable.

- Use a trigger. How many times throughout your day do you find yourself plagued by negative thoughts? I'm too fat. I'll never look as good as I used to. I'm not attractive. Thoughts like those will ruin your chance at regaining your figure — they are total momentum killers. Whenever a negative thought enters your mind instantly do the following:

Breathe out and squeeze your abs for five seconds — three times. Throw away any junk food within reach. Plan to exercise that day. Make negative thoughts a trigger to take positive action toward your goal — the results will amaze you.

- See what you want. If you have weight to lose, mirrors are a nightmare. Every lump and pouch seems to jump out with alarming illumination. And it doesn't help that most of us see things as worse than they really are. When was the last time that you closed your eyes and pictured the body that you wished you had? It may sound hokey, but I'm serious. Your mind is very impressionable, and when you bombard

it with only the negative, then you will be stuck on that image. Take time each day to visualize your ideal body. Close your eyes and put yourself in that ideal body — feel what it feels like to be fit and attractive. This exercise is a powerful way to fixate your mind on your goal in a way that will leave you no room for failure.

- Get serious. Sooner or later you will decide that you are fed up with the stubborn fat blues. You will decide that your health is important. You will decide that you deserve to look great. And you will do what it takes to achieve amazing results. The best way to ensure that your motivation stays strong and that your goal is met is to get on a fitness program that actually works. A personal trainer can help you identify your goals, find workout programs that you enjoy and create a routine that works with your schedule. It's that simple.

The author is the owner and master trainer of Precise Fitness and Training in Glenridge Plaza. She is a licensed physical therapist assistant and a certified professional trainer through the National Council of Sports Medicine and Education with more than 20 years experience in the health and fitness field. Call 424-7878 or visit precisefitnessandtraining.com for a consultation or to learn more about the different fitness programs available.

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Reverse bad eating habits for better health

We are literally eating ourselves to death. If we define health as the absence of disease, it is clear that most of us are not healthy. Our diet affects every aspect of our lives, playing a part in our health, longevity, quality of life, and how we feel about ourselves.

Today women lead fast-paced lives that leave little time to focus on proper nutrition and overall optimal health, resulting in an alarming increase in heart disease, cancer, diabetes, and bone and joint problems. The major culprit of these conditions is the chronic disease of obesity.

In the United States, 34 percent of women are obese. A woman is defined as being overweight

when her body mass index (BMI) is between 25 and 29 percent. At 30 percent, she is considered obese. If you are 5-foot-2-inches tall and weigh 164 pounds, you are obese.

There are many factors causing obesity. The first is the quality of the foods we are eating. Our diet today is high in fat and calories, which in turn cause heart disease. This is the No. 1 killer of women. Time plays a factor in this because it is easier to grab something than take the time to prepare it. Secondly, our portion size is extremely out of control. The acceptable behavior has been to "super size" our meals. Lastly, exercise is not a priority. We spend a good deal of

time sitting in cars and at work, and navigating through a fast-paced, stressful day.

The results of these factors are an increase in disease. As mentioned before, heart disease is the



No. 1 killer of women in America. Obesity also plays a part in Type II Diabetes, high blood pressure, stroke, hypertension, sleep apnea, osteoarthritis and cancer. Also, as women, we need to be aware of how our diet and activity affects

osteoporosis and menopause.

What can we do to correct this trend? First of all, if you are overweight, find a way to take off those extra unhealthy pounds. There are many plans available. It requires finding the one that works for you. You want a program that emphasizes low calorie and fat intake and focuses on portion control. Studies show that eating six smaller meals spread throughout the day helps to maintain your sugar and energy levels. Support is an important factor. You will have better success if you have someone that encourages and educates you to succeed. You will need a plan that gives you lifelong weight management solutions and that is easy to

follow. Exercise regularly. Monitor your blood pressure, cholesterol and sugar levels.

Instead of eating ourselves to death, we can turn this trend around. When individuals are able to achieve a healthy body weight by losing weight, they can improve their health far more than can be accomplished with medications and procedures.

Most of the adverse health effects of obesity are greatly diminished or resolve completely when obese patients achieve a healthy body weight. Be educated and informed and most importantly take action to reverse the negative trends in your life.

Tips for planning a fun, healthy family vacation

Living healthy is an important goal for many of us. Adults strive to implement healthy habits in their daily lives and parents try to pass these on to their children. It's no wonder then that health is becoming increasingly important in all aspects of life, including when planning a vacation.

"The travel industry is embracing this trend and programs are being developed that combine healthy values with lots of family fun," says Colleen Hodson of The Dude Ranchers' Association, an organization that represents over 100 ranches in the western United States and Canada. "People and families of all ages now have options that incorporate health so you can have the vacation fun and feel good about it as well."

Here are some tips to help you plan a fun, healthy vacation:

1. Indulge with delicious foods that are healthy.

When you're on vacation, you want to enjoy yourself, and there's nothing better than sitting down to a delicious meal. But who says that taste and health can't go hand in hand?

Top chefs often use the freshest and healthiest ingredients possible to create dishes that tempt the palette and are good for the body. When you vacation, choose meals that use fresh, local ingredients. This will help you get a sense of the local fare and also indulge in a nutritious meal.

At Rancho De La Osa in Sasabe, Ariz., the chefs specialize in creating healthy dishes that are a delicious indulgence. "Our chefs use very little salt and use the fresh herbs we grow on the ranch," said Veronica Schultz, proprietress at the ranch. Rose-

mary, basil, mint, tarragon and Mexican oregano are all grown on-site. During the summer, the ranch grows tomatoes and peppers as well.

The ranch only uses extra virgin olive oil and makes all of their own lighter salad dressings. Sauces are fruit-based instead of cream-based to cut calories and increase flavor. "There's no pre-made anything," adds Schultz. "We make everything from scratch ... guests love it."

2. Spend quality time together and apart.

Health isn't just about eating well and exercising, it's about having positive relationships in your life. When planning a family vacation, choose activities the family can do together, working toward a common goal. Trying something new could bring you closer.

Jeanne Ross of Colorado Trails Ranch, a popular family vacation destination in Durango, Colo., says that families visiting the ranch split their time between activities together and activities with their peer groups. She notes that dude ranches provide a backdrop for families to focus on traditional values and spend quality time together.

"Our values are for families to have a good time, learn something new and be safe. People make friends that last forever, and that's really a value of health," comments Ross.

At the ranch, activities include horseback riding, fly fishing,



Health isn't just about eating well and exercising. When planning a family vacation, choose activities that the family can do together.

rafting, trap shooting and more. Ross says these activities even help stubborn teens break out of their shell. "When they first come, teens are skeptical, but after a couple days, they really enjoy themselves. When it's time to leave Sunday morning, the ones that have the longest tears are the teenagers."

3. Relax and spend some time learning more about yourself.

Self reflection and relaxation are important aspects of a healthy vacation. After all, when you return back to the "real world" you want to feel positive and refreshed. Vacations are the perfect time to look for activities that help you learn a little more about yourself. Perhaps spend some time journaling, or try a new artistic activity like pottery or painting.

At Homeplace Ranch in Alberta, Canada, women visitors have a

special opportunity to learn more about themselves through an interpretation of their interactions with the horses. Horses don't understand words, but they react to body language and tone of the voice. Specialist Nancy Lowery spends time with visitors explaining how their interactions with horses can give them insight into how they act and might therefore be perceived in other aspects of their lives.

"The women get together and really bond," says Mac Makenny, owner and operator of Homeplace Ranch. "They ask questions like 'why do you think the horse pulled away from you?' Some of the women who did this had such a profound experience they were on the verge of tears. It's very personal, insightful and cleansing. They really learn a lot about themselves."

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Keeping your eyes young

This time of year requires extra vigilance to fight off illness. Health experts point out that during this season it's especially important to carve out a few special ways to take care of yourself, maintain wellness and reduce stress.

Dr. Marguerite McDonald is a lauded ophthalmologist who says that eye care is an



area of our health that is often neglected, and suggests putting new eye lenses on your wellness checklist.

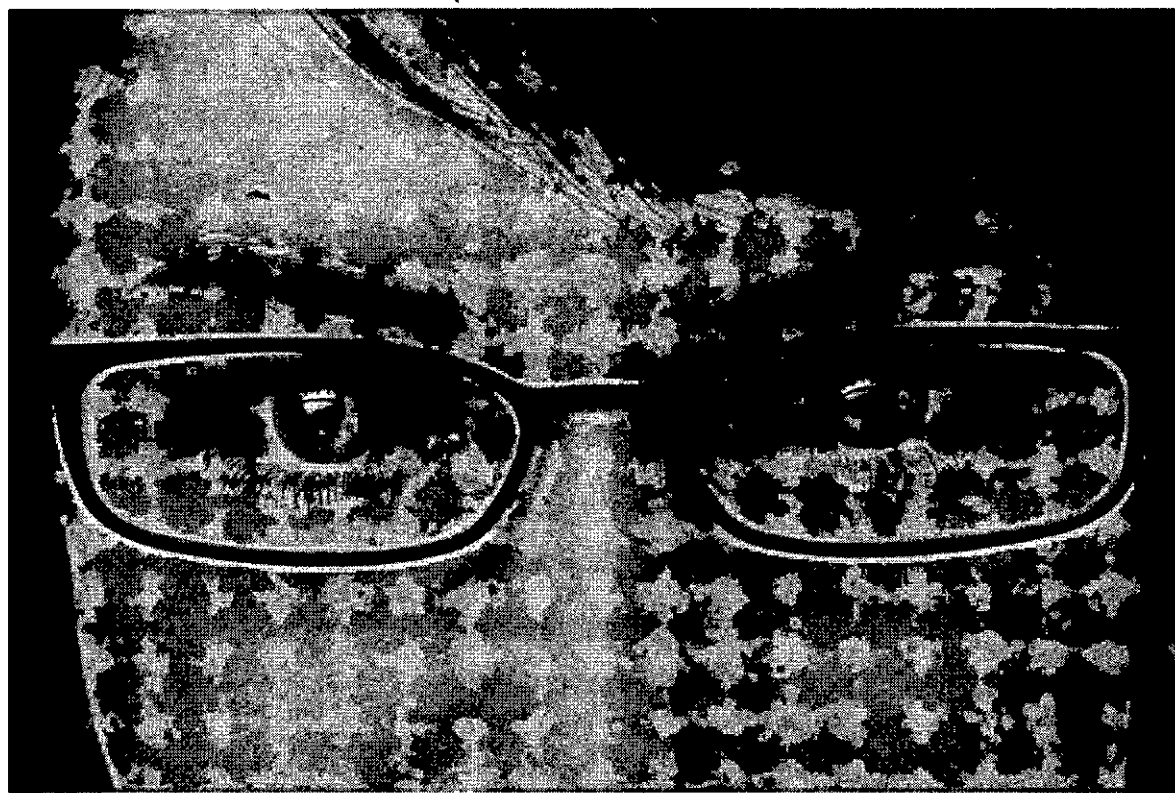
"Nothing gives away your age or hinders your eye health like a pair of bifocals or reader glasses — and nearly 50 percent of baby boomers are still wearing these chunky, lined, outdated eyeglasses," says McDonald, who also is one of the world's premier

refractive surgeons. "There's no reason to succumb to aging stereotypes. As a boomer myself, I'm keenly aware of the benefits of maintaining my vitality, starting with my vision."

Dr. McDonald provides tips to help you look and feel younger — all year 'round:

- 'Tis the Season: According to the Vision Council of America, more than 11.5 million American adults have an uncorrected visual impairment. Whether it's fully seeing and enjoying the sights and sounds around us, ensuring safe driving, or being more productive at work — seeing the world accurately has a deep impact on our quality of life.

- Put Eye Health at the Top of Your List: Spending long hours online; staring at the computer screen at night; assembling items with small parts; public areas with dry, germ-filled air; driving in difficult weather conditions — all



Seeing the world accurately has a deep impact on our quality of life.

cause tremendous eye strain. Upgrading your vision with Varilux lenses will give you a 30 percent greater field of peripheral vision than other reading eyeglass lenses. You'll be able to see near, far and everywhere in between.

- The Gift that Keeps Giving: When considering vision correction, many people go straight to LASIK surgery, which they believe to be the

"cure-all" answer. Presbyopia, the gradual loss of the eye's ability to focus up close, will affect nearly every single American in their lifetime, even people who have never experienced vision problems, or who have had LASIK surgery. LASIK isn't always the best choice in corrective measures. Consider progressive lenses like Varilux as a long-term, permanent solution.

- Be Your Best: Choosing the highest quality and most technologically-advanced eyeglass lenses is the way to go. Many older lenses are thick and heavy, causing eye strain, vision-related headaches and eye fatigue. Modern lens materials are up to 50 percent thinner, 43 per-

cent lighter and 45 percent flatter than a standard plastic lens, allowing for the clearest, sharpest vision possible — it is like seeing in high definition all the time.

- Check in for a check up: Less than half of Boomers see an eye care professional every six months to a year and a quarter of them say they rarely or never have their vision checked. The first step toward healthy vision is being proactive and scheduling annual visits with your eye care professional — so make a resolution to start anew.

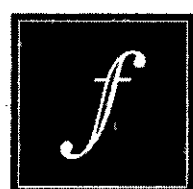
For information on how Varilux lenses can help update your image, visit www.raiseyoureye-q.com/.

Have you ever thought about having liposuction but did not want major surgery?

The technique of mesotherapy originated in Europe and is now practiced throughout the world. The initial application for this therapy was in the treatment of muscular pain and scars. With decades of use and experience, it was found to dissolve fat cells. Thus, the most common use of mesotherapy is in the permanent removal of unwanted fat deposits. This therapy can be used at almost any location in the skin. The most recent advancement is the use of mesotherapy to treat lipomas (fatty tumors).

The technique is quite simple and virtually painless. It involves the injection of a fat-dissolving solution into the fatty deposits. The solution disrupts the membrane holding the fat cell together, thus removing the cell permanently. The contents of the cell is released into the tissue and cleared by the body through its natural mechanisms. Each injection will treat fat cells in a very small location, about one inch. Therefore, depending on the area, numerous injections will be required. The use of a tiny needle allows the injections to be nearly painless. The area treated will develop some swelling and burning due to the cells that clear the dissolved fat. This will last for a few hours to a day or so. Ice can be applied as well as Arnica gel to lessen any discomfort.

Since only a small percentage of fat cells can be treated



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with each injection, several treatment sessions are required to achieve optimal results. The treatments should be spaced close to one month apart to allow the treated area to heal. A total of four treatments should be undertaken in any one treatment area, and then wait for three to six months to retreat the same area. Maximum results will be seen four to six months following the last treatment. This occurs because when the body heals the treated area it does so by replacing the dissolved fat cells with collagen that then tightens the skin. So, even in large treatment areas, the skin tends not to sag. This is one of the greatest advantages of mesotherapy over liposuction.

Mesotherapy/lipodissolve has been extensively studied at the University of Southern California and UCLA by scientists and physicians. The research has proven the mechanism by which mesotherapy dissolves the fat cells. Millions of people worldwide have been treated with mesotherapy with amazing results and excellent safety.

The physicians at Fusion Spa were trained by the leading experts in the field of Mesotherapy from France, Brazil,

and the U.S. The Fusion Spa physicians are nationally recognized for their expertise as being one of a select few physicians who are credentialed in the use of Mesotherapy/lipodissolve.

For more information, call Fusion Spa at 439-4700, or stop by their office at 1240 New Scotland Road, Suite 205, in Slingerlands

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The growing popularity of children's décor

The market for youth furnishings and décor has recently experienced a surge in popularity and profitability. Barbara Schmidt, a nationally recognized interior style consultant whose work has appeared in "In Style," "Elle Décor," "Architectural Digest" and "Metropolitan Home," attributes the rise in popularity to children's increased awareness of interior design and their resulting desire to play an active role in the look of their rooms.

"Because of the Internet and channels like HGTV, kids are more design-savvy now," says Schmidt. "They want to create

their own spaces."

Parents are also influencing the market's increased popularity. "A child's bedroom is another space parents can have fun with, revisiting their own childhoods," says Schmidt. "You can use dramatic colors you wouldn't be able to use in everyday décor."

A prominent trend in youth décor is personalization - through throw pillows, monograms and framed art. "In addition to displaying a child's own works of art, personalized wall hangings can teach children about the world around them, build anticipation for future events and preserve memories

and milestones," says Schmidt. She offers several suggestions for using framed art, photography and more to add personality to a child's bedroom.

- A child's own artwork is the most unique and personal piece you can frame. "It's also a great way to keep those memorable works of art from getting lost in the shuffle," says Schmidt.

- "Let your child be a part of the design process by giving them a job to do," she adds. "Something like allowing them to pick out the colors of custom matboard can make them feel like they're taking part in designing their own personal space."

- "Frame pictures of places visited and maps to teach kids about the world around them," suggests Schmidt. "Not only is it exciting for them - it will open up a whole new place in their imagination."

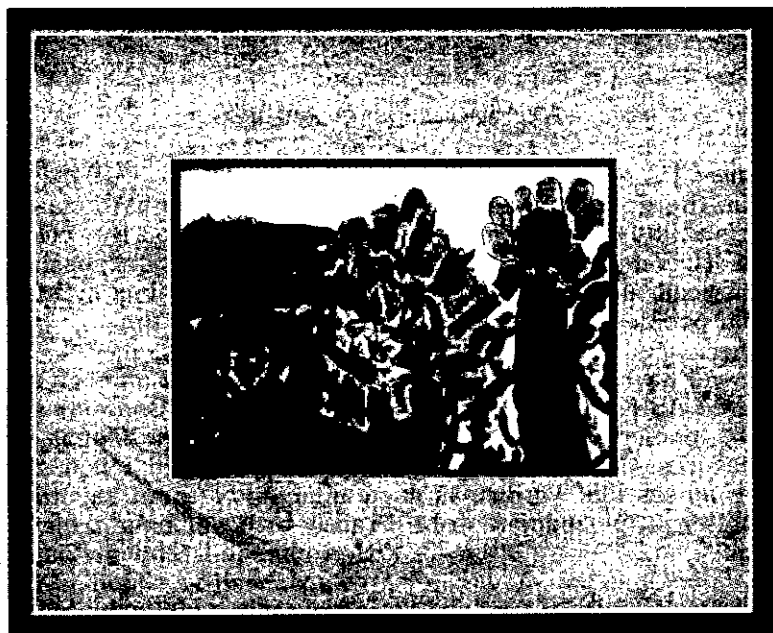
- "Combine three-dimensional mementos, such as a first home-run ball, team jerseys, medals and certificates with photos to commemorate important youth sporting events," says Schmidt. "With their creative eye and professional products, custom framers can help create a well-organized and stylish grouping."

framing materials you can count on to protect those cherished pieces, like Crescent's 100 percent cotton RagMat matboard. It's guaranteed safe next to any artwork, so you know that special keepsake, whether it's a first place ribbon or your child's art class masterpiece, will last forever.

It's also a good idea to incorporate color trends. "For girls, the classic pinks and purples are mixed with white this year, and for boys, brown and green

have replaced the standard navy and red," Schmidt says. She also suggests picking neutral frames, such as woods and whites, to avoid having to replace them if the room's design changes. "Adding new artwork and getting more creative with what you frame is the perfect way to let the room grow with the child."

For information about professional custom framing, visit www.crescentcardboard.com or contact a professional custom framer in your area.



When it comes to preserving a special memory for your child, make sure you pick custom framing materials you can count on to protect those cherished pieces.



Dr. Aleka Titzer says, "The best time to learn any aspect of language is during the infant and toddler years, when there is a natural window of opportunity for learning language."

Give your baby a gift that lasts a lifetime

When children are young, their parents marvel over all their milestones. They make note of the date when their baby first smiles, starts to crawl, walks and says their first word. You would think all of those things would happen before the youngster learns to read, but not necessarily.

Aleka Titzer of San Diego, Calif., recognized more than 30 written words by the time she was 9-months-old; Jacob Ujhazy of Aliquippa, Penn., was reading baby books on his own at 12 months of age; and Wisdom Black of Tujunga, Calif., was amazing everyone around her when she started reading around 15-months of age. No they're not baby geniuses. What these children, and thousands of others like them have in common, is that their parents took the time to teach them how to read at an early age using a strategy developed by Bob Titzer, Ph.D., a researcher on infant learning.

"The best time to learn any aspect of language is during the infant and toddler years when there is a natural window of opportunity for learning language," says Dr. Titzer, who explains that when a child is between the ages of 3 months and 5 years, he or she experiences tens of thousands of synapses, or connections in the brain, which "makes them capable not only of learning to understand and speak our language at a high level, but to learn the written word naturally and easily as well."

Dr. Titzer proved this to be true in the early 1990s with the help of his then infant daughter Aleka, who is now 16-years-old and a sophomore in college.

Aleka was born around the same time her father was studying the latest theories of brain development in infants.

Knowing that infants learn through many different sensory systems at the same time, when Aleka was 3 months and 8 days old, her father started showing her flash cards with simple words on them, as well as videotape of babies engaging in the action on the card and a voice in the background that would say what they were doing. "This allowed her to make connections between the visual, auditory, and sensory areas of the brain, he explains. "Eventually we reached the point where I would hold up the word 'clap,' and Aleka would clap. 'Arms Up' and she'd point her hands towards the sky. She loved seeing how excited her mother and I got when she read the cards to us."

Just a few years after successfully teaching Aleka how to read, Dr. Titzer started sharing the method he used to teach her with other parents through the "Your Baby Can Read! Early Language Development System," a program that teaches children whole language and phonics using a combination of sound, sight and interaction. The core program is made up of 5 interactive DVDs, 5 starter double-side sliding word and picture cards, 1 wipe-clean word card and 1 non-toxic erasable pen.

To learn about the program, log on to www.yourbabycanread.com or call (888) READ-888. "As a parent, you want the best for your child. Teaching them to read at an early age will open all kinds of doors in the future," says Dr. Titzer.

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