

Women's Health

& Breast Cancer Awareness Month

Supplement Inside

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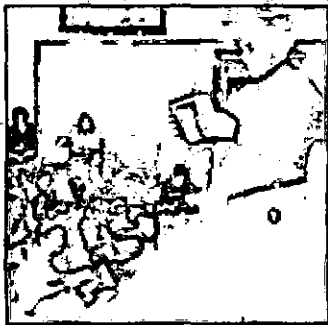
Area News



Priest bids farewell

The Rev. Darius Mojallali, rector at St. Stephen's Episcopal Church in Delmar for 20 years, gave his last Mass on Sunday, Sept. 28.

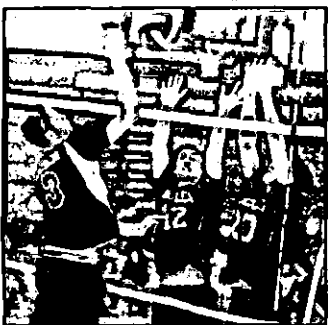
See photos on Page 5.



Fall fun

For the past few years, the Shenendehowa Rotary Club has held a road rally fundraiser. Drivers use geographical and historical clues to find their way along the road rally route, trying to meet mileage and time goals.

See story on Page 25.



Boys volleyball

If there is one nemesis for the Bethlehem boys volleyball team, it is Burnt Hills-Ballston Lake.

See story on Page 40.

THE Spotlight

Serving the Towns of Bethlehem & New Scotland

WWW.SPOTLIGHTNEWS.COM

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BOTTLED UP



By SEAN AHERN
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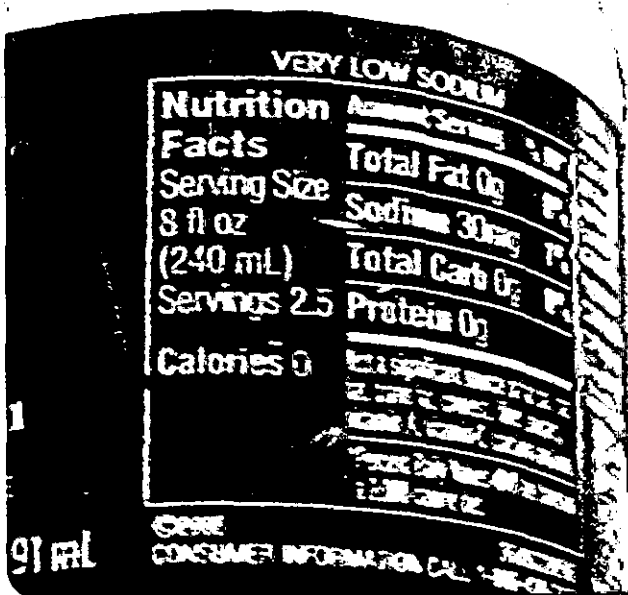
Bigger Better Bottle Bill bound to bounce back

Although the Bigger Better Bottle Bill passed in the state Assembly only to die in the Senate this spring, some lawmakers are hoping to bring it back for consideration next year.

Some see the bill, which was sponsored by Democratic Assemblymen Robert Sweeney of Suffolk County, as a way to update the 1982 New York State Returnable Container Act, commonly known as the bottle bill, by assigning non-carbonated beverages such as bottled water, sports drinks, juices and iced tea a 5-cent refundable deposit. Every unredeemed 5-cent deposit, which in the past would have gone to the distributor and the business that originally sold the product, would be returned to the state and invested in environmental programs such as recycling programs, parks, pollution prevention and water quality improvement.

Although the addition of non-carbonated beverages to the already existing beer and soda deposits sounds like a good idea for many environmentalists, those against the bill see it as nothing more than a way for the state to help to balance the budget by redirecting money from local businesses.

□ Bottled Page 17



New court clerk appointed

Town acknowledges internal appointment, names replacement

By JARRETT CARROLL
Spotlight Newspapers
carrollj@spotlightnews.com

After a surprisingly quick turnover in the court clerk position, the Bethlehem town judges have appointed a new one.

The Town Board unanimously acknowledged the appointment of Karen Creed as town clerk after justices Paul Dwyer and

Ryan Donovan picked her to replace former court clerk Patricia Parsons, who quit the post after less than two months on the job. Parsons was originally selected by the judges to replace outgoing court clerk Barbara Odom, who retired after more than two decades of service to the town.

Hodom is still working part time on an hourly basis as Creed transitions into the position. Creed was promoted from within the court clerk's office by the town judges, according to Supervisor Jack Cunningham.

Also during the Wednesday, Sept. 24, meeting, the board

unanimously appointed Linda Yates from off of the Albany County Civil Service list to fill Creed's former keyboard specialist position. Yates began her new position Thursday, Sept. 25, and Yates is scheduled to begin on Tuesday, Oct. 14.

However, neither appointment was on the agenda that evening, which came as a surprise to at least one council member.

"I didn't know anything about it... I opened the folder on the table, and there it was," Councilman Sam Messina said about the

□ Clerk Page 18

Town floats a 6.89% tax hike

Comptroller says Bethlehem is holding the line during tough economic times

By JARRETT CARROLL
Spotlight Newspapers
carrollj@spotlightnews.com

The Town of Bethlehem unveiled its \$38.67 million spending plan for next year during its Wednesday, Sept. 24, meeting.

The proposed budget constitutes a 2.8 percent spending increase over this year's \$37.63 million budget and an overall 6.89 tax rate increase for the town's combined general fund, highway department tax rate, and water and sewer district tax rates.

The proposed tax rate increase would result in a \$17.45 increase per \$100,000 of assessed value. Supervisor Jack Cunningham said the average home assessment in Bethlehem is \$285,000.

According to Judi Kehoe, the town's outgoing comptroller who has taken a job with the Bethlehem Central School District, the tax levy increase is being proposed at 6.89 percent. However, the 6.89 percent increase combined with the expanded assessment base will result in an increase of 7.3 percent in revenues to the town from property taxes, she said.

In opening the presentation, Cunningham said balancing this year's budget was "difficult on many different levels," citing a bad economy, poor consumer confidence, and the challenge of balancing "what was desirable and what was absolutely necessary" for the town.

The supervisor said that a large chunk of the budget was going to pay for town employees and their benefits, but that "our

□ Tax Page 17

Town replaces flow meters

see Page 18



Police Blotter

Teen charged with aggravated DWI

Devin J. Ursprung, 19, of Athens, was arrested on Saturday, Sept. 6, for DWI; operating a motor vehicle with a blood-alcohol content of 0.08 percent or greater; aggravated DWI, operating a motor vehicle with a BAC of 0.18 percent or greater; speeding; and failure to keep right.

Bethlehem police said Ursprung was driving south on Cherry Avenue when an officer on patrol saw him speeding and failing to keep right before pulling him over.

During an interview, police could smell alcohol on Ursprung's breath and noticed that he had "glassy, bloodshot eyes," and was slurring his speech, according to the arrest report.

Police said Ursprung failed a field-sobriety test and then tested positive for alcohol before being taken into custody and transported to the Bethlehem Police Department.

A chemical test revealed that his BAC was over double the legal limit and his vehicle

was towed, the report states.

Ursprung was picked up from the police station by his mother and he is scheduled to appear in town court on Tuesday, Oct. 7.

Officials seek leads in dog abandonment case.

Bethlehem police say they are still looking for a white female and a white

male driving a light blue Ford Expedition who were spotted abandoning four dogs on Meads Lane near Route 32 in Delmar.

Bethlehem Animal Control said the incident occurred around 11 a.m. on Sunday, Sept. 21, and that the dogs were picked up by police and animal control officers and brought to Reigning Cats and Dogs on Route 9W in Glenmont.

The four dogs found included a male tan shepherd or husky mix; a female black

and white border collie or hound mix; a female golden retriever mix puppy; and a female white spaniel or lab mix.

"Unless further information is obtained we have little chance of arrest or prosecution," Bethlehem Animal Control Officer Richard Watt said in a release.

Police are asking anyone with information on who may have dropped off the animals to call 439-9973 and make a report.

Clarification

In the Sept. 18 finance article "Get smart about your child's education..." it was reported that there is no penalty for cashing out a 529

plan other than being taxed.

There is a 10 percent penalty if an investor cashes out a 529 and does not use the funds for a child's education.

Correction

The phone number listed for the New Visions Supported Community Employment program in the "Welcoming workers with disabilities" story in the Sept. 17 *Spotlight* was incorrect. The number is 459-0750.

The *Spotlight* regrets the error.


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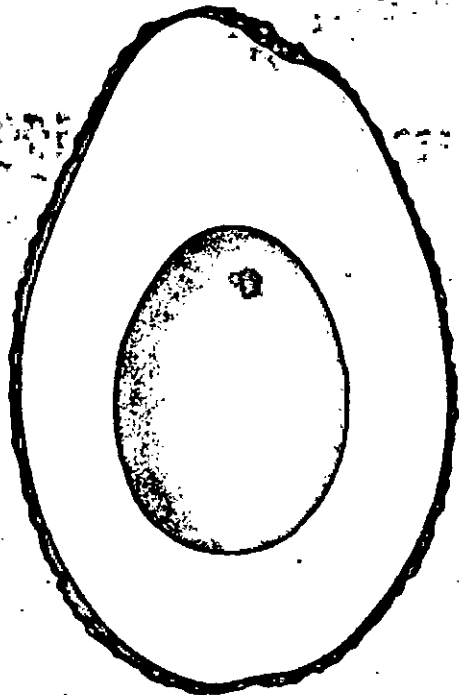
New and existing patients are welcome
All insurance companies accepted

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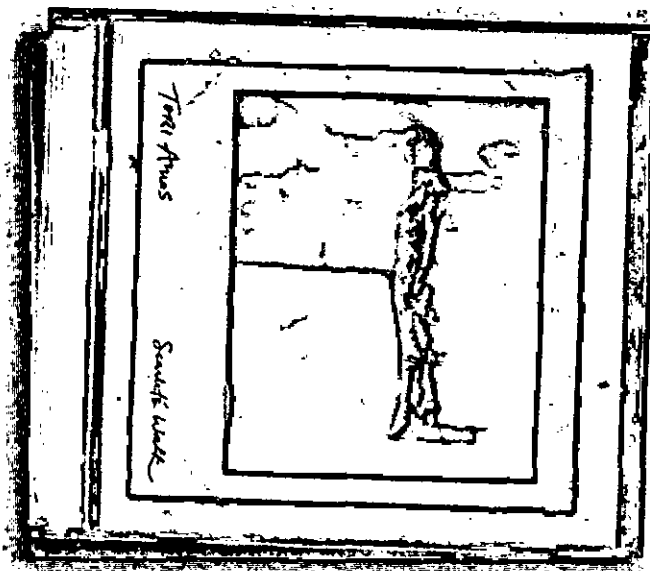
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2



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Jonathan Carey Foundation to hold benefit walk

Organization advocates for developmentally disabled and 'vulnerable' children

By JARRETT CARROLL
Spotlight Newspapers
carrollj@spotlightnews.com

The second Jonathan Carey Foundation Walk to help vulnerable children will take place on the morning of Saturday, Oct. 4, at the Bethlehem Town Park.

Registration will take place from 9 to 10 a.m. at the Elm Avenue park, and the walk will begin at 10 a.m.

Pledgesheets can be found on-line at www.jonathancareyfoundation.org, or at the Jonathan Carey Foundation, 90 Delaware Ave. in Delmar.

There will be food and refreshments available at the rear pavilion from 11 a.m. until 1 p.m. after the 2.5-mile walk. There also will be special guest speakers and raffles, including a drawing for a flat-screen TV, during the event. Michael Carey, Jonathan's father, said he will be selling raffle tickets for \$5 each and five tickets for \$20.

"The money will come into the foundation, and part of the money will also go to a number of other good organizations," Carey said. "We also use some of the money for public advocacy campaigns."

Carey and his wife, Lisa, became political activists who lobbied the state legislature to pass Jonathan's Law following the death of their autistic son. The

law requires records concerning the care of disabled children be made available to the parents and was unanimously passed by the legislature and signed into law by then-Gov. Eliot Spitzer on May 5, 2007.

Jonathan died while in the care of the O.D. Heck Development Center in Schenectady after he was moved there when the Careys suspected he was being abused at the Anderson School in Dutchess County. The family was denied access to Jonathan's records at the Anderson School.

Carey said his work with the foundation is separate from his political activism. He lobbies the legislature as Jonathan's father, Carey said, but runs the foundation as a not-for-profit to raise awareness and to advocate for the most vulnerable of children

— the developmentally disabled, the orphaned, the abandoned and the abused.

"We would first like to thank everyone for the love and support you have shown to us and our entire family, both now and just after Jonathan's passing," the Careys wrote in their foundation brochure. "We also want to thank you for caring for other vulnerable children in need of extra care, love and protection. With your help we can bring many necessary changes and do what is right to help them."

As a parent, Carey said, he has been lobbying for several things in the legislature, including a maximum 60-hour work week for care workers; having surveillance cameras installed in vans and common

areas of special needs facilities; and having reported calls of abuse directed to local police departments to investigate.

"We're asking Gov. [David] Paterson to immediately have all calls for abuse ... to go directly to local law enforcement officers," Carey said.

As for the cameras, Carey added, "Basically, we feel surveillance cameras would be a huge deterrent [to offenders]."

Businesses and corporate sponsor are still being sought, as well as individuals interested in helping with this event or at the foundation. Those interested can call 475-9100 or e-mail inquiries to info@jonathancareyfoundation.org. Donations will also be accepted at the Jonathan Carey Foundation in Delmar.

Noise task force adds two more members

Expanded committee charged with drafting law

By JARRETT CARROLL
Spotlight Newspapers
carrollj@spotlightnews.com

The Noise Ordinance Task Force held its last meeting as a five-member group on the afternoon of Tuesday, Sept. 23. The task force has since expanded to include Councilman Mark Hennessey and resident Chris Hanifin.

The committee has been charged with drafting a new local noise law after the original task force recommended that the town board pursue such a law.

At the Wednesday, Sept. 10, meeting, the town board unanimously decided to expand the task force to nine members and is expected to add to more residents in the future.

Commissioned in September 2007, the Noise Ordinance Task Force is headed by Councilman Sam Messina and is currently in the process of writing an entirely new local law for the town, after a lengthy assessment process, to consider whether it was necessary or not.

During a well-attended public hearing earlier in the year, the majority of residents spoke overwhelmingly in favor of the noise ordinance. A vocal minority did speak out, saying a noise law would be overly

regulative and could be used to harass neighbors if not drafted properly.

Messina has repeatedly pointed out that out of 40 e-mails the town received about a possible noise law, only two were against the ordinance. The original Noise Ordinance Task Force was made up of community representatives Jennifer DeFranco and Robert Jasinski; Bethlehem Deputy Police Chief Tim Beebe; and the town's building inspector, Gil Boucher. They are all still on the task force.

Messina said the last meeting went well, and he is looking forward to continuing the noise ordinance committee's work as members delve into the complexities of decibels levels and the sensitivities of noise exemptions.

"Now is the time to work hard and to get this going," Messina said about drafting the new law. He said he was unsure when the final two residents would be appointed to the task force or who they would be. Messina added, however, that he was happy to see the town's freshmen councilman appointed to the committee.

"I am looking forward to serving on the task force. We all know that the ordinance should not take the place of being a good neighbor," Hennessey said of being named to the committee. "My hope is that my addition to the task force will help to speed the development and broaden the approach to an ordinance."

The new task force is expected to increase the number of meetings it holds in order to draft a new noise law in a reasonable time frame. After a noise law is drafted it will be presented to the public and to the town board and at least one more public hearing will be held before the town board could put the noise law to a vote.



Veterinary assistant Sarah Vadney, far left, and her dog, Poet, sit with veterinarian Tara Estra and her dog, Vivian, at Canterbury Animal Hospital in Delmar. The dogs are sporting denim in support of National Breast Cancer Awareness Month. The animal hospital will donate \$5 to help fight breast cancer for every client who walks through the doors between Fridays, Oct. 3 and 10.

Jarrett Carroll/Spotlight

Denim that makes a difference

Delmar vet donates money to breast cancer research for all jean-clad clients

By JARRETT CARROLL
Spotlight Newspapers
carrollj@spotlightnews.com

Denim — the all-American clothing that never goes out of style — is also helping to fight breast cancer.

From Friday, Oct. 3 until Friday, Oct. 10, the Canterbury Animal Hospital in Delmar will donate \$5 toward breast cancer research for every customer and client, two legs or four, who walks through the doors wearing denim.

According to veterinarian Tara Estra, she means any kind of denim clothing.

"During the week, every client that comes in wearing jeans or anything denim we're going to donate \$5 to help fight breast cancer," Estra said. "If you come in with a denim bandana, we're going to donate that \$5."

Located at 88 Delaware Ave.,

the Canterbury Animal Hospital is expanding upon the Lee National Denim Day, which bills itself as the largest single-day breast cancer fundraiser in the nation, on Oct. 3.

"We're going to expand it for the whole week," said Estra, who came up with the idea after reading about the Lee National Denim Day. Having a small staff at her office, Estra said she wanted to open up the fundraiser to her customers and local residents and, of course, their pets.

"We wanted to open it up to our community," Estra said. "I had seen an ad in Time magazine about the Lee Denim Day ... and all of the staff here has been touched in some way or form by breast cancer, so we went ahead and put this together."

October is national Breast Cancer Awareness Month and a month that focuses on the most common form of cancer in women, second only to skin cancer, and is the second leading cause of cancer death in women after lung cancer.

According to the American Cancer Society, about 182,460 women in the United States will be found to have invasive breast cancer in 2008. Statistics show

that about one in eight women will have some type of invasive breast cancer in their lifetime and that the chance of dying from it is about one in 35.

The American Cancer Society reports that breast cancer death rates have been steadily declining, however, and cite the reason as a result of earlier detection and improved medical treatment and options.

The Canterbury Animal Hospital has been open in Delmar for two years and has a staff of four, including Estra, who earned her doctorate of Veterinary Medicine from Cornell University. Estra has also been an active volunteer for the past 10 years raising and training guide dogs from puppies for the Guiding Eyes for the Blind organization.

"One Day, One Cause, One Cure," is the motto of the Lee fundraiser that began in 1996 when Lee employees paid \$5 to wear jeans to work one day and donated the money. The company's Web site said the annual event has netted more than \$70 million to help fight breast cancer.

For information about the fundraising event, visit www.canterburyvet.com.

Index

Editorial Pages	6-7
Sports	37-40
Obituaries	22
Neighborhood News	
Voorheesville	12
Family Entertainment	25
Calendar of Events	26-27
Classified	30-31
Crossword	26
Legals	32-35
Real Estate	31
At Your Service	28-29

It's hard not to read between the lines

By WILLIAM R. DEVOE
devoew@spotlightnews.com

Children's stories are downright creepy.

I tend to look at things very cynically. My wife gets angry with me because I lack the ability to suspend my skepticism in even the stories that I read to my children or the shows they watch on television.

A couple of winters ago, the DeVoe family was sitting on the couch, a bowl of popcorn firmly wedged in between my wife and me, watching the old Rankin and Bass claymation special "Rudolph the Red-Nosed Reindeer." Kevin, who was 3 at the time, turned to us and asked: "Why is his nose red and no one else's is?"

To which I replied, "Wouldn't a better question be, 'Why can all of these reindeer talk?' I mean, have you ever seen a talking reindeer?"

I'm lucky, in the sense that my son is already wise enough to know when not to listen to me. I'm sure that'll come back to bite me in his teenage years, but so far it's worked in his favor.

My disposition toward kids' entertainment has only gotten worse in recent years, and I think I have only journalism to blame. In the newsroom, you learn to disassociate yourself from the news; to separate whatever emotional attachment

Commentary:

Pop Culture



you may have to a story from the story itself. I'm finding that I now do that with things written by Virginia Lee Burton or Dr. Seuss.

Take, for example, the celebrated tale of the Cat in the Hat. It is, by all accounts, a wonderful tale of whimsical cat who shows two bored-out-of-their-minds kids how to have fun in even the most lackluster of circumstances.

When viewed through the lens of the newsroom, it is a tale of home invasion and would probably read something like this: (Please read in your best Walter Winchell impersonation. If you don't know who Walter Winchell is, Bugs Bunny will suffice.)

Good evening Mr. and Mrs. America and all the ships at sea. Let's go to press.

Dateline Whoville! Two youngsters, Sally and her unnamed narrator brother, were sitting unassumingly at home during a cold, cold, wet day when suddenly a man-sized cat monster burst into their house, began speaking in anapestic

tetrameter and started juggling things. Threatening the life of their pet goldfish, he then unleashed two spiteful midgits, Thing One and Thing Two, on the children and their house, the latter of which suffered extensive damage.

At this time, local officials are not prepared to classify the incident as terrorism.

"I don't know why the cat-monster chose our house or even how he could possibly pull two blue-haired people out of his hat, but I know that he should not be here when our mother is out," said Sally.

There is no word on the condition of the goldfish or whether or not the Cat in the Hat will come back.

...

It's silly, isn't it? But it's creepy, too, because children's stories are filled with these fantastic circumstances to which kids respond nonchalantly.

In "Frosty the Snowman," another Rankin-Bass classic that is on heavy rotation in the DeVoe household during the holidays, a magical hat lands on snowman some kids have built and brings him to life. In the cartoon, the kids befriend and sing songs about the snowman while some nefarious-looking magician who's about one ice cream truck away from landing on some state registry follows them to the North Pole, where Frosty can live year-round

or something like that — it's been a while.

This is not what would happen in this day and age (minus the pedophilic magician). The days of awe and wonderment are gone. Today, if an inanimate snow being comes to life in the middle of town square, someone will most likely get shot.

Never mind the fact that as soon as the government found out about the invulnerability of Christmas snow, men in black pajamas would have rappelled down from an off-screen helicopter, tranquilized the kids and taken Frosty into custody.

In "Mike Mulligan and His Steam Shovel," written by Virginia Lee Burton in 1939, Mike and his steam shovel, Mary Anne, in an attempt to outperform the new diesel-powered shovels, claim they can dig a cellar for the new town hall in a single day. They do, but they neglect to build themselves a way out, and Mary Anne is stuck in the basement and now serves as the boiler for the building. What they don't tell you in the book is that the guy contracted to do the boiler work in town hall is now suing the town for breach of contract, the historical preservation society is lobbying

to have Mary Anne removed from the grounds anyway, and Mike, now serving as the janitor in town hall, is berated every day by the townsfolk who have come to hate him.

My wife is incensed when I tell these things to my son, but I tell her that I'm teaching him to read between the lines and not believe everything "The Man" tells him.

The best story for reading between the lines? "The Lorax," once again by Dr. Seuss. It has everything a child needs in a story: commercialism, corruption, slave labor, environmental neglect and adorable Brown Bar-ba-loots in Bar-ba-loot suits.

For this cautionary tale, directed at the logging industry when it was written, you hardly need to interject any newsroom skepticism. The Onceler, obviously an agent of big-box retail, is pillaging the Truffula Trees, selling underpriced Thneeds while oppressing his overworked Brown Bar-ba-loots.

The Lorax, obviously some hippie "green space" fanatic, protests to no avail. What's left is a single Truffula seed and a very repentant Lorax, hoping he can make right the damage he's done.

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 300 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 mulligan@spotlightnews.com or call 439-4949.



WEEKLY WEATHER

Chief Meteorologist Mike Bono



TIME WARNER
CABLE

Albany Almanac

Record high/low/year

AVERAGE HIGH 64°	AVERAGE LOW 43°	
Day	High/Year	Low/Year
Wednesday, October 1	90°/1927	28°/1993
Thursday, October 2	85°/1927	30°/1972
Friday, October 3	83°/1967	29°/1945
Saturday, October 4	86°/1891	26°/1948
Sunday, October 5	91°/1941	26°/1965
Monday, October 6	90°/1900	24°/1965
Tuesday, October 7	89°/1963	27°/1986

ANNUAL PRECIPITATION

34.22 inches as of Thursday, September 25th
5.44 inches above average

This week in weather

October 4, 1987 Albany received its record early season snowfall when 6.5 inches of extremely wet snow fell, resulting in deaths, injuries and widespread power outages as trees were still in leaf. Up to 1 to 2 feet of wet snow fell in the Catskills, Taconics and Berkshires.

Sun & Moon

Day	Sunrise	Sunset
Wednesday	6:53am	6:36pm
Thursday	6:54am	6:34pm
Friday	6:55am	6:32pm
Saturday	6:56am	6:30pm
Sunday	6:57am	6:29pm
Monday	6:58am	6:27pm
Tuesday	7:00am	6:25pm

Moon Phases

Oct 7 th	Oct 14 th
First	Full

Planets	When	Where
Venus	Dusk	V Low, WSW
Jupiter	Evening	Bright, SW
Saturn	Dawn	V Low East

Rivers & Recreation

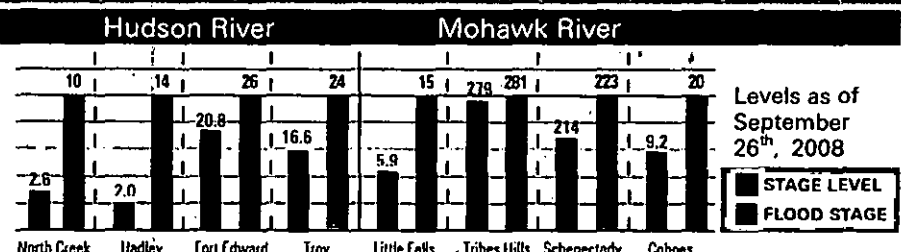
Fall foliage outlook for Oct 4, 5

Capital Region 10%-20% color. Greater in hills.	Berkshires Up to 25% color. 50% plus, mountains
Adirondacks 50% or greater. Near peak, many areas.	Vermont Near peak North. 50% in Valleys.
Catskills Color close to midpoint higher ground.	New Hampshire Well established color. Peak, White Mtns & North.

Factoid

Folklore claims that caterpillars like the Woolly Bears can be used to forecast the trends of upcoming winters. Legend states that the thicker the middle band, the milder the winter.

River Levels



Farewell, Father



The Rev. Darius Mojallali, rector at St. Stephen's Episcopal Church in Delmar for 20 years, gave his last Mass on Sunday, Sept. 28. The church held a farewell luncheon for him following Mass and announced the Rev. Ginny Ogden will be the interim rector at St. Stephen's. Father Mojallali is going to be the rector at St. David's in Agawam, Mass.

Submitted photo

Ambulance services to present plan to bill insurance companies

The Delmar Ambulance Corps made a presentation during the Wednesday, Sept. 24, Bethlehem Town Board meeting about changes to its billing for ambulance services.

The public is invited to attend an official presentation of the proposal at 7 p.m. Wednesday, Oct. 1, at Town Hall. In order to keep the town's ambulance tax down, the ambulance corps wants to begin billing individual insurance companies in order to generate additional revenues to help cope with a growing community.

Those uninsured will be billed, but no collection agencies will be involved if payment cannot be made. No town resident will ever be denied ambulance care based on their insurance situation, according to Delmar Ambulance Corps.

During the presentation it was noted that the town's ambulance corps receive 3,500 calls a year and that the number of calls increase between 10 percent and 15 percent each year. Because of the increased demand and the fact that volunteers usually work during the day, the town has had to begin hiring

professional EMTs during the daytime, which in return has added "hundreds of thousands a year" to emergency medical services expenditures.

The plan is to have a private biller, not a collection agency, send out bills to insurance companies and residents. Whatever payment received by the billing company will be considered payment in full, according to the plan.

Residents interested in hearing the presentation are encouraged to attend the Wednesday, Sept. 24, 7 p.m. meeting at Town Hall.

- Jarrett Carroll

IN BRIEF

Feura Bush Library expands hours

The Feura Bush Neighborhood Library has expanded its Tuesday hours to 3 to 9 p.m. until the end of October.

The Feura Bush Neighborhood Library, 1431 Indian Fields Road, Feura Bush, is also encouraging people to bring in copies of their genealogies to be filed in the library.

For information, call 439-2948.

Fall Festival to benefit AHA

On Saturday, Oct. 4, from 9 a.m. to 4 p.m., Security Supply at 196 Maple Ave., Selkirk is

hosting a fall festival to benefit the American Heart Association. There will be food, pumpkins, 4-H and local Girl Scout troops with goodies; vendor booths and garage sale items.

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Cognitive Development of Boys



Michael G. Thompson, PhD, is a leading international expert on boys' development as well as a psychologist, school consultant, and author of eight books including the NY Times bestseller *Raising Cain* and his most recent book - *It's a Boy! Understanding Your Son's Development From Birth To Eighteen*.

Michael Thompson presents "spectacular, extraordinary insight, enriched by countless poignant and telling stories of boys and their parents and teachers." Patrick F. Bassett, President - National Association of Independent Schools

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Matters of Opinion *in the* Spotlight

Graffiti law won't make mark

In September, hot on the heels of legislating what kinds of fats its citizens could ingest, Albany County officials decided to regulate the sale of certain paint and art items in order to curtail vandalism, most notably graffiti.

The law, which passed unanimously in the Legislature, calls on merchants who sell spray paint, broad-tipped markers and etching acid, to require customers to present identification proving to the clerk that they are 18 years of age or older.

As was noted in *Spotlight Newspapers* in the Sept. 3 editions of our Albany County papers, for some stores, implementation of the law meant nothing, as the stores already had policies in place to monitor the sale of these items.

As was also pointed out in our coverage, some tools that vandals use to create graffiti might be too difficult to regulate — such as Sharpies, or permanent markers and pens with non-erasable ink. Officials conceded that a potential vandal could walk into a Staples or OfficeMax and buy materials that wouldn't be "regulated," such as any writing instrument not defined by the term "broad-tipped marker," which requires the tip of the marker to be wider than 1/2 inch.

For reference purposes, the highlighter you're using to showcase the more salient points of this editorial has a tip-width of about 1/4 inch; most "chisel tipped" black permanent markers have tips anywhere from that width to 1/2 inch.

So it appears that Albany County officials have been pretty thorough in trying to curtail vandalism. Sure, if you believe that A) all vandalism is perpetuated by people under the age of 18; B) graffiti can only be done with the items regulated by the county; and C) that graffiti vandals who have been adept at tagging walls, buildings and other public structures throughout the county without getting caught will not somehow manage to find a way to circumvent this indirect attempt at policing them.

And — as was the case with Albany County's ban of trans-fats — it's the "indirectness" that is the real issue. You don't want vandals spraying graffiti all over the county? You don't outlaw spray paint, you get a handle on what it is that motivates these people to express themselves in this way and you address that issue.

In the meantime, police the activity the county's trying to curtail, not the innocuous tools they use to do it. It's not as though you can't tell where these people have been (spray-painted walls) or where they're going (clean, inviting walls).

But, once again, Albany County has shown it would rather walk around the cookie aisle than tell a child "no."

Editorial

Application essay is powerful

By MAREA GORDETT
news@spotlightnews.com

The writer taught in the English department of Tufts University for many years and founded and runs Creative Tutoring, serving elementary through college-age students throughout the region.

To me, nothing is more exciting than helping high school seniors fire their spirits to write their college application essay. If they can galvanize their imaginations to write in an authentic, enthusiastic voice about an endeavor that has moved their hearts and focused their energy, they will be one step closer to acceptance at the college of their dreams.

This process can take as little time as two, one-hour sessions of concentrated effort and can result in a phenomenal product.

Obviously the college essay is not the top determining factor in college acceptance. However, research shows that a great essay is at least the fourth top factor in a student's candidacy. When a student generates a compelling idea that reveals his or her most genuine side and then writes in a clear, fluid style stamped with originality, he or she is speaking directly to college admissions officers. What better time to shine? And the best part is this is the one area over which students have complete control. In a tight field of applicants, many of whom have almost the exact same excellent credentials, a terrific essay can tip the scales in favor of acceptance.

Knowing that an admissions officer will have a mere two minutes to read a student essay, each individual should try to create an original, yet clear and specific response.

Over the years, I have compiled some of my favorite college essays. I have sat with many students, watching them mull over their lives, wondering which seed might grow to the proper dimensions to qualify as

Point of View

a good essay. I have encouraged them to remember that their writing should be as individual as a fingerprint and as fresh as the spoken voice.

I recall the daughter of a friend in my neighborhood who asked me timidly if she could send me her final draft so that I could critique her prose. Although I knew she was an excellent writer, I was not prepared for my powerful emotions when I read about her struggle with joint pain that made holding a pencil impossible for her. The point of her response was optimism and joy. She refused to give in to the debilitation of her condition and felt the need to encourage others to find brightness in their conditions and also think outside of the box.

I was equally moved by a young woman in Boston who wrote of her long-term commitment to sustainable agriculture and her years of service to various social justice organizations. Her personality sparkled in her essay when she spoke about 70-year-old Honorio, the unofficial "mayor" of a Boston neighborhood, who accompanied her on her weekly jaunts to educate residents about lead-free gardening.

Recently, a local young man wrote of how much he enjoyed playing the piano every Sunday for half a year at a nursing home for Alzheimer patients. He was astonished to find that his music made a difference in the lives of the patients who sang along or tapped to the tunes and then gratefully applauded at the end of each session. He decided to continue this weekly activity because he was so happy with the response, changing him as well as the guests.

Right in the middle of this close election season, I helped a student write a powerful essay that examined his political views that are unpopular in his high school. He spoke about the students in his English class mocking his beliefs. Then he passionately described the development of his convictions as an 8-year-old child watching history shows on television with his father, starting a conversation and a bond around politics and morality that spanned the past 10 years.

Many students approach the essay with fear and a reserve stemming from the belief that they have nothing to say or don't know where to start. Many feel they do not have compelling stories to tell. These feelings are always groundless. Students must first start from a point of brainstorming and free-writing

to understand the experience or activity that they might want to discuss. Then the rules for composition will feel less daunting. After students write their first draft, they should leave the draft alone for a week and then approach it later with fresh eyes.

How exactly does a writer maintain that pitch-perfect tone of desire and enthusiasm while still maintaining humility? He or she may also wish to comment on career goals and the role that the particular college could play in the fulfillment of those desires.

Colleges are looking for students who want to contribute their passions and service. In doing all this, it is important to keep in mind the following points.

- When brainstorming about possible topics, it is always better to augment your college application information, rather than repeat what is already there. Say something new. Because you want to illuminate your personality or a moment that you grew in some way, consider discussing a time that your opinion changed. What happened? How did you learn something new, either about yourself or others? How can you be distinguished from others? Make sure that you buttress any accomplishment with real support rather than just broad and general statements. Details always help to sell the applicant. If you cannot produce concrete examples, perhaps the topic is not workable.

- Use your own voice. Admissions officers can spot a false tone, and students should take pains to be completely honest and authentic in their language while also being creative. Simple, clear and lively prose is always best.

- Spend the most time on your introduction. This must grab a reader immediately and therefore should set the mood and draw the reader into the scene, while creating a bit of mystery.

Follow with an organization whose coherence is established with a beginning, middle and end. Make a clear point and stick to this focus.

- Finally, proofread your essay. You should edit for perfection and ask others to read it to spot any errors.

As we know, grades, recommendations, a rigorous program of studies, and a balanced life of activities matter greatly to college admissions committees. In many instances, SAT scores factor in, although less now than ever before in our history. But to my mind, nothing is better than revealing a bit of one's heart and personal history through the essay. Those few paragraphs may very well seal the deal.

THE

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Your Opinion *in the* Spotlight

New Scotlanders don't want 'big-box'

Editor, *Spotlight Newspapers*:

The following was sent to members of the New Scotland Town Board and CZAC:

I would like to give you my thoughts, which I believe reflect the preferences of the majority of the town, concerning the revisions to zoning provisions and development of the commercial zone located at the intersection of Routes 85 and 85A.

As the town veterinarian in an animal-loving area who has the opportunity to visit and chat with many fellow New Scotlanders in my daily practice, I heard a lot of reactions to the moratorium debate last May, and now engage in active discussions with my clients about the preferred size cap for the proposed development.

My practice serves a wide variety of people in this area and I see the spectrum of income level, occupation, and background among my clients.

The uniformity of opinion amongst this disparate group, as we chat over their pets, has been notable from the beginning.

When I first collected signatures in May in Salem Hills and Clipp Road, I found that 1 percent of residents wanted the "big box" store and opposed the moratorium, 3 percent were undecided and 96 percent were in support of the moratorium and a size cap/no big-box approach to development.

These results were replicated recently on the night of the primaries, in which I stood outside the Wyman Osterhaut Center in New Salem, handing out informational flyers about the workshop, and polled each voter as he/she emerged between 7 and 9 p.m.

This time, 5 percent were in support of the Sphere proposal and large-scale, big box-type development, 5 percent were undecided, and 90 percent were in strong support of

extending the moratorium, limiting development to reflect the tenor of the community with a mixed-use, walkable, hamlet-type development, with retail on a more modest scale to serve the needs of the community.

The message from last week's workshop put on by the CZAC served to underscore the same overwhelming preponderance of community sentiment. This strong consensus was heard in each of the five breakout workshop groups.

The members of NS4SED and its two members on the CZAC are no lightweights.

They are comprised of professionals who are expert in the areas of commercial development, community planning, real estate, architecture, economics and rural agronomy.

Their opinions and advice, especially as they reflect the overwhelming community sentiment, should be given due consideration, as should

the wealth of data they have offered fellow CZAC and town board members that indicates that the size of commercial activity that Sphere proposes is in the wrong place at the wrong time.

I sincerely hope that your votes will reflect the majority opinion of the people you serve and represent.

My clients and fellow residents join me in asking you to support their expressed wishes as outlined above.

We truly believe that the creation of such a hamlet could, if done appropriately, greatly enhance our community's character, whereas the Sphere proposal will change our home forever.

Holly Cheever
Voorheesville

IN BRIEF

Post Office to host Fall Harvest of Food

From Thursday, Oct. 2 through Saturday, Oct. 4, the U.S. Postal Service is asking for nonperishable food items in cans, boxes or bags.

Postal officials note that the date of traditional fall drive is earlier this year, with hopes of placing food items into pantries ahead of the holidays. The drive also coincides with the designation of October as Hunger Awareness Month.

New Scotland to host Radio City Music Hall bus trip

The Town of New Scotland Recreation Committee is sponsoring a bus trip to Radio City Music Hall to see the Christmas Spectacular on Friday, Nov. 21.

Cost is \$88 and includes bus, ticket and gratuities. Non-residents also welcome.

Call 475-0385 to register.



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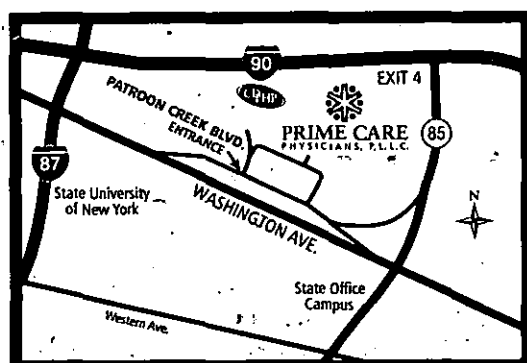
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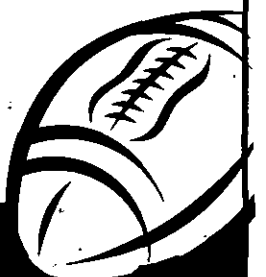
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Around the County

Race for 104th driven by big picture

Candidates sound off about local, state and national policies

By DAN SABBATINO
Spotlight Newspapers
sabbatinod@spotlightnews.com

The candidates for the 104th Assembly District said there is a growing concern with the effects of policies not only on the state level, but on the federal and international levels as well.

Incumbent John J. McEneny, D-Albany, and Republican candidate Terry O'Neill, who has a background in criminal justice, will be facing off in the general election on Tuesday, Nov. 4, for the 104th seat.

"The priorities will identify themselves based on what's going on in the White House," McEneny said of the upcoming session.

O'Neill said problems with international, gang-related crime and drug-smuggling from El Salvador and Mexico are issues with far-reaching effects and need to be addressed.

On the other hand, McEneny, is concerned

with the lack of federal economic regulation and the evacuation procedures and emergency response in America, claiming they are lagging.

"I really want to see this administration come to an end," McEneny said of President George W. Bush's administration. He said America is involved with a war that makes "no sense," and there has been an erosion of civil liberties and economic woes.

He said given the chance, he would go to Pennsylvania to campaign for Democrat Barack Obama in the upcoming presidential election.

He said the lack of regulation at the federal level has been the cause of a number of problems and is pushing for an increase in federal regulation with the next presidential administration.

When the federal government does not provide regulation, it falls on the states, McEneny said, but the states cannot do it nearly as efficiently.

In reference to some of the problems Albany County will have to deal with, McEneny said the policies of the next administration will play a key role in defining the agenda.

He added that jobs, the economy and property tax are going to be important issues in the coming session if he gets reelected.

In addition to international gangs, O'Neill said he is concerned with federal funding for programs for prisoners reentering society.

He said President Bush approved appropriations for programs of that nature in April, but they have not been budgeted for yet.

O'Neill said he wants to address the 600 parolees walking the streets of Albany at any given time, and their transition back to society.

He also said there are 26,000 people who have been released from prison in Albany, and programs need to be in place to help them assimilate back into society, not only for their sake, but for their families as well.

"We have to get them a

house, a job and to assume some family responsibility," O'Neill said.

He said during former Gov. Mario Cuomo's administration, the prison population jumped from 17,000 to 70,000, and he said Andrew Cuomo, an advisor to his father during his administration, should be responsible for spearheading efforts to fund re-assimilation programs.

He said he is asking Cuomo to "undo the damage caused by the prison policy."

He also said he is concerned with legislation for veterans, the potential for same-sex marriage, a new convention center and property taxes.

"I'm taking positions driven by what's on people's mind," he said.

He said he is going against the Republican grain, and supporting same-sex unions.

"It's time for people to get their rights," he added.

IN BRIEF

Students to play with orchestra

Three RCS students will play with the Empire State Youth Orchestra after successfully auditioning for the honor.

Two of those selected are making return performances. Junior Graham Bastian is playing the tuba with the orchestra for the third consecutive year and junior Amy Selkirk is playing the oboe for the second consecutive year with the orchestra.

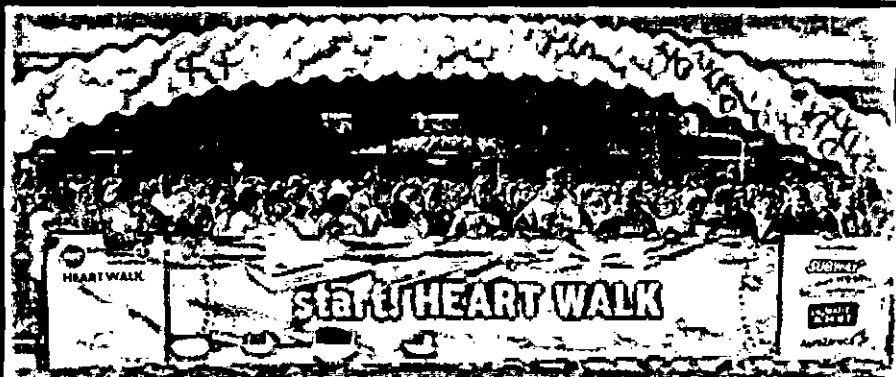
Sophomore Andrew Lammy is playing with the orchestra for the first time. Lammy is an alto saxophone player.

Bastian and Selkirk will play with Empire State Youth Repertory Orchestra and Lammy will play with the Empire State Youth Wind Orchestra.

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www.saratogaglensfallsheartwalk.org

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Soccer club plans two registration nights

The New Scotland Soccer Club's walk-up registration sessions for the 2009 spring travel soccer season are Monday, Oct. 6, and Tuesday, Oct. 7, from 7 to 8:30 p.m. in the Voorheesville high school lobby. The registration period ends Wednesday, Oct. 8.

Parents and players can also start the online registration process at www.newscotlandsoccer.com.

Bring the following items with you to the registration nights or mail them to the club:

NEWS NOTES

Voorheesville
Betsy Glath
765-4415



- Your child's picture. Write your child's name on the back of the picture.
- Medical release form (which you can print from the Web site).
- A check made out to New Scotland Soccer Club for the full amount of the uniform and

registration fee. You can also pay in full by credit card on-line.

• A copy of your child's birth certificate (needed only if he or she has never played soccer for NSSC).

Registration will not be complete until the club has received all of the required documents. Children registered after Oct. 8 are placed on a team on a first-come, first-served basis, if there is room.

If you choose to mail the required documents, send them to the New Scotland Soccer Club, PO Box 44, Voorheesville 12186.

For information, call club officers Tom Jones at 765-4622, Sharon Cillis at 765-4538, Rod Fortran at 765-2837, Suzanne Keenan at 765-5999, Mike Weiss at 861-5760 or Rich Bogart at 765-9136. They will also be available on registration nights.

free and handicapped accessible event. For information, call 765-2791.

Parking at the high school

For the safety of students and staff, continue to observe the traffic patterns and parking areas both in the morning and the afternoon. The traffic loop in front of the main entrances of the high school and middle school is strictly for bus drop off and pick up between the hours of 7 to 8 a.m. and 2 to 3 p.m. The public may use this area for general parking at all other times.

The drop off area for middle school wing, and the drop-off areas for high school students are the two side entrances of the high school. At no time are students to be dropped off using the access road at the back.

Garden club meeting set

The Helderview Garden Club will hold its next meeting on Thursday, Oct. 2, at 6:45 at the Albany County Cornell Cooperative Extension on Martin Road in Voorheesville.

Speaker Lillian Walsh, master gardener, will speak on floral designs. The public is welcome.

For information, call 765-4544.

Fire department plans spaghetti dinner

The Voorheesville Fire Department is having a spaghetti dinner during the open house on Saturday, Oct. 11, from 3 to 6 p.m. The dinners are \$3 for adults, and children under 12 are free. There will be door prize raffles every 30 minutes and fire truck rides for the children.

Proceeds will go to the Albany County burn fund.

PTA plans special meeting

The Voorheesville PTA will have a special meeting on Wednesday, Oct. 1, at 8 p.m. in the elementary school library to discuss and make decisions regarding fundraising plans for the year. This is intended to be a short meeting (1 hour maximum).

Academy to hold homecoming weekend

The Academy of Holy Names will hold homecoming weekend on Saturday and Sunday, Oct. 4 and 5.

On Sunday at 10 a.m., there will be a general meeting of the National Alumnae Association of AHN in the lower school

cafeteria. A liturgy and the Class of 1958 Circle of Gold Induction Ceremony will be held at 11 a.m. in St. Joseph's Chapel. Brunch will be held in the upper school cafeteria for \$19 per person. For information, call 438-7895.

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TEEN TIMES

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October 8

"Abstinence By Choice: A Healthy Lifestyle"

Immense physical and emotional changes are the greatest challenges of the teen-age years. Being sexually active can create life changing consequences. Learn why teens need to think carefully before making the choice to have sex, and why many teens are choosing abstinence.

October 22

"Club Drugs: The Real Deal"

Teens will get up-to-date information on the dangers of these drugs, as well as information on evaluating their options and making wise choices. Date rape will be discussed. Ways to minimize risks of being drugged will be covered.

October 29

"The Keg Party"

Welcome to a dialog that could one day save a friend's life. This program is about far more than alcohol and peer pressure. It is about split-second decisions, accepting responsibility, being a good friend, and respecting yourself and others.

Lectures will be held on Wednesdays at 6 pm
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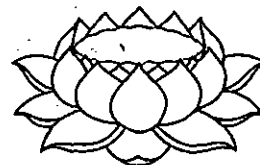
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Stimulus checks still available to nonfilers

Remember the federal economic stimulus package "rebate checks" that we heard so much about in early spring? Those people who filed a federal income tax return for 2007 automatically should have qualified and received their checks in May or early June.

Did you know that if an individual normally does not have to file a tax return based on income for the year, he or she might still be eligible to receive a "rebate check?" The period to file or apply has been extended to Oct. 15, and Bethlehem Senior Services Outreach staff can provide the necessary forms and assistance to file prior to the new Oct. 15 deadline. The check should arrive within a few months, just in time for the holidays.

To schedule an appointment or to ask questions regarding this process, just call 439-4955, ext. 1176. Time is running out, so don't wait.

Program highlights Sunday, Oct. 5

• "Eleanor: Her Secret Journey" at the Berkshire Theater Festival, Unicorn Theater in Stockbridge, Mass., 2 p.m., \$34. One-woman play about first lady Eleanor Roosevelt that reveals her private struggles and offers a feminine view of politics, power and war. Bethlehem Senior transportation leaves Town Hall at noon with home pickup available on a pre-arranged basis. Suggested van donation is \$10.

Monday, Oct. 6

• Happy birthday wishes to my brother, Len, a terrific senior volunteer driver!

• Shopping trip to Wal-Mart in Glenmont with Bethlehem Senior transportation. For reservations, call 439-5770.

• Legal Aid Society and

Senior Action



Oct. 4 - 10

Albany County Department of Social Services Medicaid representatives will be available at Bethlehem Town Hall to answer food stamp questions and assist with applications, 10 a.m. to noon. Appointments are necessary. Call 439-4955, ext. 1176.

• Seniors age 62+ can play at Colonial Acres Golf Course for \$10 (greens fee for nine or 18 holes), Mondays only. For information, call 439-2089.

Tuesday, Oct. 7

• Seniors in Motion, a low-level aerobic exercise class to music, Bethlehem Town Hall auditorium, 445 Delaware Ave., Delmar, 9 to 10 a.m. No registration necessary; \$3 fee per class.

Wednesday, Oct. 8

• "Meals ... Music and More!" at the First Reformed Church of Bethlehem, 38 Church Road, Selkirk. A delicious lunch of lasagna, spinach and dessert will be followed by the popular music of The Jerry Romeo Trio. Suggested donation for lunch is \$2.50 for seniors and \$5 for those under 60, with voluntary donations for the music program. Lunch and music are from 1 to 2:30 p.m. Reservations are necessary. Transportation is limited and must be arranged for when making the meal reservation. Call 439-4955, ext. 1176.

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

Thursday, Oct. 9

• Senior Legal Services Program - free for Albany County residents 60 years of age or older, Bethlehem Town Hall, 445 Delaware Ave., Delmar. Appointments are necessary. Call 439-4955, ext. 1176. The program is funded by Albany County Dept. for Aging and staffed through the Legal Aid Society of Northeastern NY Inc.

• Parkinson's Support Group at the Terrace at Beverwyck, 40 Autumn Drive, Slingerlands, 7 p.m. The group provides support, education, encouragement and information to persons with Parkinson's disease and to their families and friends. Call Wolfgang Wehman at 439-5252 for information.

• Bethlehem Senior Citizens Club meets for an enjoyable social afternoon of games and other entertainment, Bethlehem Town Hall auditorium, 445 Delaware Ave., Delmar, 11:30 a.m. All seniors are welcome. For information, call 439-4955, ext. 1176.

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

Friday, Oct. 10

• Lunch at the Windowbox Café in Slingerlands (cost on your own), approximately noon, followed by "Eleanor Roosevelt," presented by the Scotia-Glenville Children's Museum, at the Bethlehem Public Library, 451 Delaware Ave., Delmar, 2 p.m.

Bethlehem Senior transportation leaves Town Hall at 10:30 a.m. with home pickup available on a pre-arranged basis. The program is co-sponsored by Bethlehem Senior Projects Inc. and the Bethlehem Public Library. Donations are appreciated. For reservations, call 439-4955, ext. 1176.

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

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

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

Doris Davis

Bethlehem Senior Projects Inc.
board member

IN BRIEF

Beff's to hold golf tournament

Beff's restaurant will hold its fifth annual golf tournament for charity Monday, Oct. 6, at Colonie Country Club in Voorheesville.

The tournament has a 10 a.m. shotgun start. The entrance fee is \$140, which includes green fees, cart, breakfast, box lunch, beer and soda on course, appetizer hour with open bar back at BEFF's, 95 Everett Road, choice of steak or swordfish dinner, draft beer until 9 p.m. Every paid player will receive an oversized golf umbrella.

The tournament benefits STRIDE, a non-profit organization that hosts sports and recreational activities for people with disabilities.

Interested players can call the restaurant at 482-2333.

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IN BRIEF

RCS hires drivers to ease shortage

An increase in hourly pay and a communication blitz have helped ease a bus driver shortage in the RCS school district.

District head bus driver Kevin Williams said 10 drivers are in training and four have been hired since August, when steps were taken to address a critical driver shortage.

The drivers in training are receiving that training free of charge from RCS and are preparing to take the state exam for bus drivers.

The district addressed the perennial driver shortage by increasing the hourly wage by more than \$3 over the past two years, up to \$15 an hour.

Additionally, the district began offering free, paid training to potential bus drivers. It also mounted the most wide-spread effort ever to recruit drivers, including posters, fliers, advertisements and media appeals.

Fire department to have open house

The New Salem Volunteer Fire Department, 694 New Salem Road, Voorheesville, is hosting its open house for the community on Sunday, Oct. 5, from noon to 4 p.m.

Free hot dogs and ice cream will be served.

The event kicks off Fire Prevention Week at the firehouse.

Talk can help with college choices

What are the top five factors colleges look for in applicants? High school juniors and parents can find out at Voorheesville Public Library at 7 p.m. on Tuesday, Oct. 14, when Dean Skarlis of The College Advisor of New York talks about the steps you need to take to find the right college for you. He will talk about how to make the most of your college visits, writing a good essay and strategies to reduce college costs. There will be time for questions.

Call or e-mail the reference desk to sign up.

AquaBrowser

There's something new on our Web site called AquaBrowser. It's a newer approach to searching the library catalog than what you are used to seeing. There is a search block right on our homepage that allows you type your query in for an AquaBrowser search. Your main search results will show in the center of the screen with links provided on



Anna Roberts, 5, of Guilderland, is adrift in a sea of greyhounds at the Voorheesville Public Library. Greyhounds As Companions Inc. held an adoption clinic at the library to show off the animals that have been rescued from racing tracks.

Voorheesville Public Library

the right side to other Web sites and databases. It also offers an assortment of related subjects

(called "a cloud") on the left for additional searching.

This colorful new catalog makes it easy to explore and discover new options, and the "clouds" lead to some interesting discoveries. Try it out and see how you like it. Please ask for help if you have any questions. You may still click on the old tab to use the original catalog if you prefer.

Meetings

Philosophers 101 meet on Thursday, Oct. 2; Thursday Night Poets on Oct. 9 and 23; Lifelines on Oct. 16.

Nimblefingers, which meets regularly on Tuesdays from 1 to 3 p.m., will be going out to lunch on Oct. 14 instead of meeting at the library. Call Julie Stump at 765-2791 for information.

Lapsits for Babies will be on Thursdays, Oct. 2 and 23, at 10:15 a.m.

Barbara Vink

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

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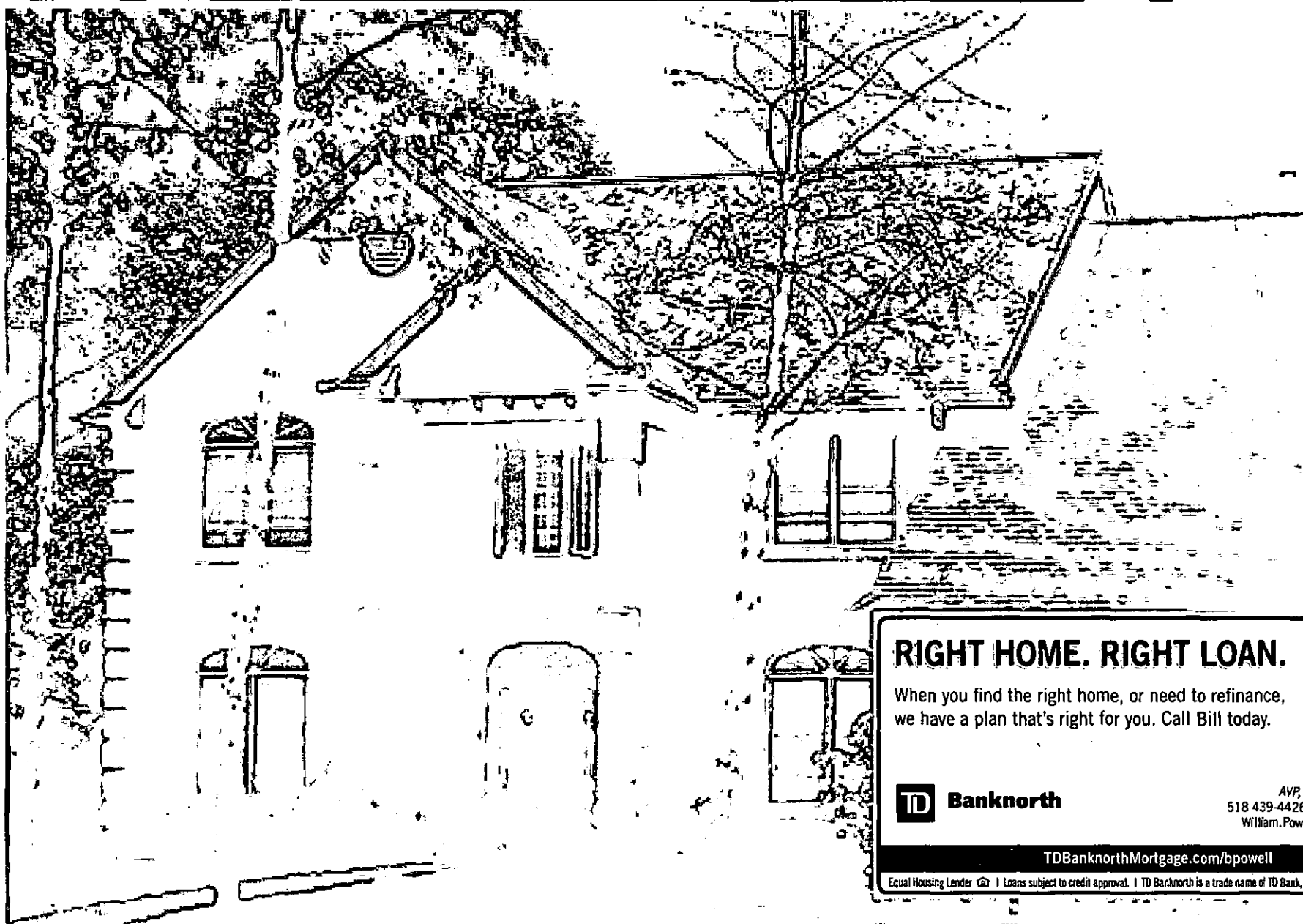
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5 years of sandwiches



Glenmont Subway celebrated its fifth year in business Thursday, Sept. 18, with the Bethlehem Chamber of Commerce. Subway Manager Nic Morrow, second from right, presents one of the sandwich shop's six-inch subs to Chamber President Marty DeLaney, far right, to mark the occasion, while shop owners Dale and Myra Nelson look on. The Glenmont Subway is located on Route 9W along Feura Bush Road.

Submitted photo

New program helps international families

Our community includes international families from 20 different countries, who speak 15 different languages. "Families Learn Together" is a new initiative by the library to welcome and help families in our community whose household language is not English.

Funded with an outreach grant from the Upper Hudson Library System, the program is designed for elementary school children in grades K-5 and adults. Students are invited to participate in a weekly reading and homework-help program, beginning next Tuesday evening, Oct. 7. Library staff will assist children with homework assignments and engage them in various reading activities.

On the same evening, adult family members and other adults are invited to participate in a weekly "conversation club." Participants will be able to practice English language skills as they talk about everyday topics such as home, school and community. A member of the Literacy Volunteers will host the adult sessions.

As a result of both these



programs, children and adults will learn about the library, its resources and the many ways we can assist them.

The programs run from Tuesday, Oct. 7, through Tuesday, Nov. 4, from 7 to 8 p.m. If you or other members of your family would like to come to "Families Learn Together," we welcome you. If you know of children or adults who might wish to participate, please extend an invitation to attend. If you need more information, please call the library at 439-9314, ext. 3014.

Deaver tickets

A reminder that tickets to our Jeffery Deaver event will be available to Bethlehem Central School District residents at the library this Sunday, Oct. 5, from 1 to 5 p.m. The tickets are free, but are required for admission to the event on Saturday, Oct.

18. Nonresidents may pick up any remaining tickets beginning Monday, Oct. 6, at 9 a.m. Read all about it in the September/October issue of the library newsletter "footnotes," or call 439-9314 for information.

Other programs

- Daybooks, Monday, Oct. 20, 1:30 p.m.; a discussion of "Away" by Amy Bloom. New members welcome. Call 439-9314 for information.

- Monday movies, Monday, Oct. 20, from 7 to 7:30 p.m.; for preschoolers and families.

- Step by Step through the college application process, Wednesday, Oct. 22, 7:30 p.m.; college counselor Jill Rifkin presents a guided tour for high school students and their parents.

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.

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IN BRIEF

Church to host fall supper

The New Scotland Presbyterian Church will hold its annual fall supper on Saturday, Oct. 25, from 4:30 to 7 p.m. in the church's fellowship hall, 200 New Scotland Road.

The menu consists of roast turkey, mashed potatoes, gravy, stuffing, cranberry relish, squash, green bean salad, rolls and homemade pies.

The cost is \$9.50 for adults and \$4.50 for children. Children younger than 5 eat free. Take-outs are available.

For information, call the church office at 439-6454.

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Bottled

(From Page 1)

back into the government.

"This is a money grab no doubt," said Jonathan Peirce, who represents New Yorkers for Real Recycling Reform, a coalition of state retailers, businesses and labor groups that support legislation that will improve recycling without increased consumer costs.

"The proposal is a bad thing for New York consumers who can't deal with an increase in anything, with increasing gas and food prices. Bottles and cans of all beverages make up less than 3 percent of the waste stream and 9 percent of litter on roads."

According to research done by Northbridge Environmental Consultants, New Yorkers for Real Recycling Reform say that the Bigger Better Bottle Bill would result in an average increase of 15 cents for each bottle and can in stores.

With this increase, the group believes that a case of 24 bottles of juice that would sell for \$4.99 would now cost \$8.59. The group says this increase in price, alongside the increasing price of food and gas, would hurt rather than help New York consumers who are already feeling a pinch in their pocketbooks. The group is working with the state to make comprehensive recycling goals and would rather work on a solution to recycling that won't require consumers to go out of their way to save the environ-

ment and save money, by investing in curbside pickup, municipal waste stations and recycling inside apartment buildings.

On the surface, the updated bottle bill looks like an effective way to help clean up the environment, but for some in the Assembly, including Assemblyman Bob Reilly, D-Newtonville, the new bill comes off as a burden to Upstate businesses and consumers.

"It's a regressive hidden tax that is detrimental to small business," says Reilly, who represents parts of Albany and Saratoga counties. "Advocates

"If there is a financial incentive, more people will recycle. We must do all that is reasonable to reduce the waste stream and the number of bottles out of landfills."

Ron Canestrari

say this is not a tax, and it most certainly is."

Reilly says the proposed bill puts an unneeded burden on retail stores that also exempts small stores in New York City because of "financial difficulties" while leaving Upstate stores to deal with the new tax.

Sweeney, who serves as the Environmental Conservation Committee chairman, and other supporters of the bill, say the negative attention that has been given to the bill is the same the original bill faced in 1982.

"All the arguments that are being used against the new bottle bill are the same arguments

against the original bill," said Sweeney, who says the advantages outweigh the disadvantages.

According to Sweeney, about 80 percent of recycled products, at curbside pickup or at redemption centers, are those with deposit refunds attached to the product, while only 20 percent of non-refundable recyclable materials are recycled at curbside or redemption centers, leaving about 80 percent of nonrefundable items to become unsightly litter on our highways, parks and left unrecycled in the landfills. The addition of refunds on noncarbonated beverages would create an incentive for people to recycle more products more often.

"People will recycle when there is a deposit on the bottle," said Sweeney.

"We know it has worked, even though there was opposition to it years ago," said Assemblyman Ron Canestrari, D-Cohoes, who represents parts of Albany, Rensselaer and Saratoga counties.

Canestrari said he agrees with Sweeney that the positives of the Bigger Better Bottle Bill outweigh the negatives, such as an increased price in bottled beverages.

"If there is a financial incentive, more people will recycle," he said. "We must do all that is reasonable to reduce the waste stream and the number of bottles out of landfills."

* Assemblymen Roy McDonald said he voted for an earlier

version of the bill with the hope that a small exemption clause that was directed to small stores in New York City would be applied to small stores throughout the state in a future version of the bill. The clause states, "In a city with a population greater than one million, a dealer may limit the number of empty beverage containers to be accepted for redemption at the dealer's place of business to no less than 72 containers per visit, per redeemer, per day [...] the primary business is the sale of food or beverages for consumption off-premises, and the dealer's place of business is less than 10,000 square feet in size."

The exemption deals with the small corner grocers of New York City, according to McDonald, who added that 75 percent of New Yorkers live below the city of Poughkeepsie, or "Downstate."

Because the clause was not eventually changed to include the rest of the state, McDonald voted against the bill, June 11.

"I will not vote for a bill that gives New York City priority," said McDonald, "I will not tolerate this idea that New York City is different from New York state."

McDonald said he realizes the need to clean up the environment, but the exemption

of small New York City retail stores creates a situation where New York City is seen as a different entity from the rest of the state.

Joshua Fitzpatrick, communications director for Assemblyman James Tedisco, R-Schenectady, said that there were three major reasons why Tedisco opposed the bill. "One, it really amounts to another big state mandate on small business; two, it really amounts to a hidden tax on state bottlers and distributors; and three, he opposes extra costs to the tune of \$80 million to New York state consumers through increased unclaimed bottle deposits."

While both sides have different reasons for supporting or being against the bill, they agree that cleaning up the environment is a priority that should be taken care of.

"I keep an open mind, and I try to help the environment," said McDonald. "We all want a better community, we want a cleaner community."

"There's a cost to everything and we must weigh that cost to the environment and to society," said Canestrari.

Sweeney said he hopes to get help from members of the Senate or Gov. David Paterson to get the bill back to the floor of the Senate next year.

Tax

(From Page 1)

employees in Town Hall are our biggest assets" and that the town has to be as committed to them as they are committed to the town.

Cunningham said many of the town's employees work long hours and could make much more money in the private sector, but are instead "committed to the community" they live and work in.

Some of the revenue projections were promising, however, Cunningham said, especially considering the economy and the fact that Bethlehem is "not exempt" from the economic woes nationwide.

In particular, Cunningham pointed to the now town-operated Colonial Acres Golf Course, which has already netted a profit of \$20,000 even though the season isn't over and the golf course was only projected to break even in the first year owned by the town.

"We're looking at this as an increasing revenue source for the town," he said.

Cunningham mentioned other budget items like the \$5.2 million project to upgrade the town's sewer pump stations and several townwide studies, including farming and agricultural studies, and the Delaware Avenue and Route 9W studies.

He also mentioned three initiatives for inter-municipal cooperation to help consolidate services and save money, including joining the Albany County Storm Water Coalition; joining the study for the Albany County Health Insurance Consortium;

and looking at consolidating 911 call centers around the county.

The town is looking at a challenging couple of years ahead as it is looking to stop dipping into its reserve fund balance to close financial gaps in the budget each year.

"We are currently into our reserve funds. We have been using our reserve funds for the last five years," Cunningham said during a budget interview. "There's a gap between expenditures and our income, and we are closing that gap each year with our reserves."

"The challenge for me is to stop doing that," he concluded. "If we continue down that road there won't be any reserves left."

Although Bethlehem may be better off than neighboring municipalities such as Colonie, Cunningham said, the town has to find a way to reduce costs and raise revenues. However, the only revenue stream the town controls is local taxes because sales tax revenues and mortgage tax revenues are dependent upon current economic trends.

A flat tax to residents, such as what Colonie has proposed, is not feasible for Bethlehem, the supervisor said.

"If we applied a single fee to the residents of Bethlehem," said Cunningham referring to Colonie, "that would be equivalent to a 50 percent tax increase to our residents."

Cunningham said the county as a whole may have to take some action in order to alleviate some of the financial pressures on the local municipalities, such as when Albany County temporarily raised sales taxes a few

years ago.

At the presentation at Town Hall, Kehoe crunched the proposed budget numbers for the board, stating that salary and health benefits constituted 55 percent of the new spending plan.

She said equipment costs were down and the retirement system costs were stable, but that health insurance was up 14 percent and there are large increases in energy spending and petroleum-based products such as asphalt for the highway department.

The highway fund expenditures is proposed to raise 4.7 percent, said Kehoe, but the highway department will keep the current staff level of 56 employees in place despite the increased demand on its services.

The town is also looking at a 4.7 percent increase in expenditures, Kehoe said, and is planning on hiring an additional police officer in either June or July, but added that bringing the police force up to 44 members had little impact on the budget.

The sewer tax rate is being proposed to increase 4 percent, or \$1.18, and there will be a quarterly \$4.50 flat fee for the water and sewer districts.

The town board scheduled a public hearing on the proposed budget for Wednesday, Oct. 22, at 6 p.m. Cunningham said the proposed budget is available to the public at the town clerk's office in Town Hall or on the town's Web site.

The proposed Bethlehem budget increase of 6.89 percent does include Albany County taxes and other special districts.

Got News?

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

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

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

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



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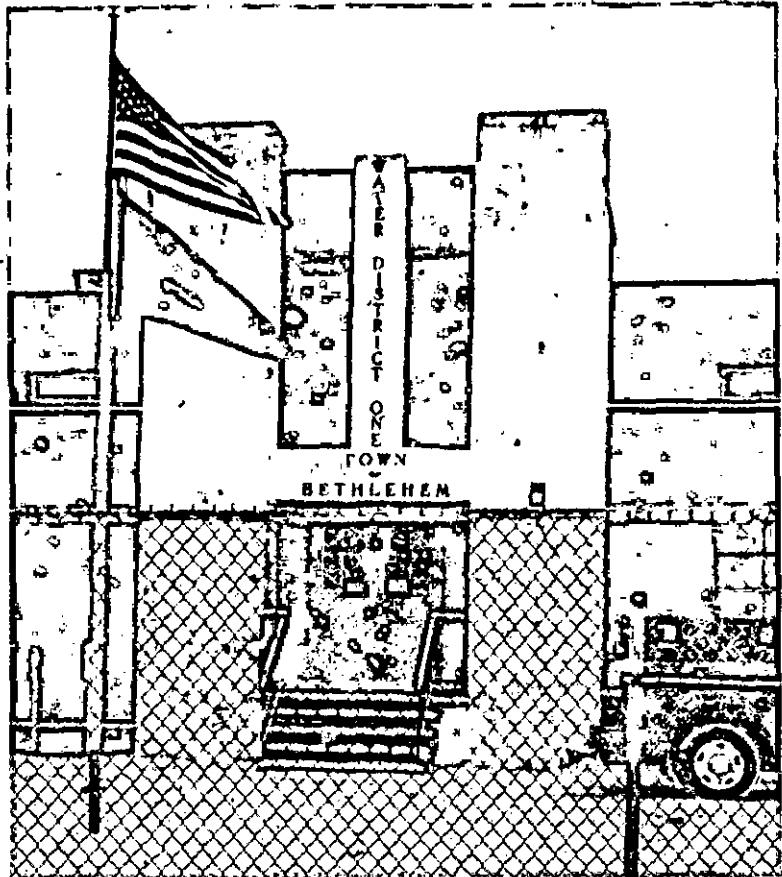
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Bethlehem replaces all mercury flow meters



Town of Bethlehem New Salem Water Plant. *Spotlight file photo*

After signing a DEC consent order in June, town gets rid of meters at the water plant

By JARRETT CARROLL
Spotlight Newspapers
carrollj@spotlightnews.com

The Town of Bethlehem has agreed to pay over \$22,000 to Clough Harbor and Associates to help replace all of its mercury flow meters at the town's Voorheesville water plant, following a consent order signed with the state's Department of Environmental Conservation.

At its Wednesday, Sept. 24, meeting, the Town Board unanimously agreed to allow Supervisor Jack Cunningham to sign a task order with Clough Harbor for the amount of \$22,100 for engineering services and support for the meter replacement.

On Monday, Sept. 29, Cunningham told *Spotlight Newspapers* that Clough Harbor was coming in as a consultant on the replacement process but added

the town has yet to bid on the actual meter replacements, so finalized costs are not known at this time.

The DEC fined the town \$15,000 in June for mercury and petroleum "reporting and handling violations" that occurred over the past two years.

By signing a consent form, paying the \$15,000 and remaining compliant, the town does not have to pay an additional \$60,000 civil penalty to DEC, according to the state's signed consent order, which stated the fine could have totaled \$75,000.

Currently, the town is in full compliance with all of the stipulations of the consent order signed by the supervisor on June 6, according to DEC Region 4 spokesman Rick Georgeson.

"Bethlehem is in full compliance with the consent order and has given us everything we asked for," Georgeson said.

Cunningham has repeatedly emphasized that absolutely no contaminants reached the town's water supply — not mercury or petroleum.

DEC officials agreed and said no mercury was found in the water supply, but said they fined the town for not properly reporting the mercury spills. The town also did not properly dispose of an old fuel-oil tank near the plant on town-owned property, according to DEC Region 4 Director Gene Kelly.

"DEC Region 4 law enforcement staff worked diligently in following leads, interviewing witnesses and compiling the facts of this case," Kelly said in a release following the initial investigation. "The town recognized the continued risk posed by the mercury gauges and switches at the plant and agreed to replace all of them at a cost of \$258,000 over the next year."

Cunningham said the state's estimated replacement cost was a "high-end estimate," and that the replacements will likely cost less. The new flow meters will, however, be able to be used in the town's eventual new water plant. The town's Clapper Road plant in Selkirk already has updated meters, he said.

The DEC said the replacement estimates came from the town's commissioner of public works, and Georgeson said they

have documentation from the town's attorney.

The supervisor also previously stated that the town was forced to sign the consent order because it couldn't prove that less than a pound of mercury had spilled at the water plant, a statement he still stands by.

Further controversy arose surrounding the water plant spills in August when the town fired Albany County Sheriff's deputy Gary Fish after he served 12 years as a part-time patrolman for the town's water supply.

Fish alleged he was fired be-

"Bethlehem is in full compliance with the consent order and has given us (the DEC) everything we asked for."

Rick Georgeson

Clerk

(From Page 1)

town board meeting. "I was a little shocked when I came in."

Cunningham said the reason it wasn't on the agenda was because the judges had just notified him of their choice earlier that day and they wanted to get Creed on the job as quickly as possible.

"They [the judges] sent me a memo on Tuesday afternoon, which is why it ended up not being on the agenda, saying they wanted to appoint Karen to clerk," Cunningham said Friday, Sept. 26, during an interview at Town Hall. "So I just acknowledged her appointment at the board meeting so there was public knowledge ... and the next step was that we approved her salary attached to that position."

According to New York municipal law, town judges have the right to choose their own clerk, but a town board has to approve

the salary of the position and therefore essentially gets final say over the appointment.

"The budget is all controlled by the town board, but the actual appointment of the clerk is similar to my appointment of my personal secretary, it's a unilateral thing," Cunningham said. "The board has no power to approve or disapprove."

Messina has been openly critical of the appointment process in the past year, calling for a standard set of guidelines to regulate such appointments — a proposal that was defeated in a 4-to-1 vote earlier in the year.

Messina called on judges Dwyer and Donovan to "do the right thing" after Parsons abruptly quit the job and to carefully pick a qualified candidate. He said he was happy to see that the judges hired from within, while citing several advantages to internal candidates, but said he hoped that the judges had interviewed other candidates besides Creed.

Messina said he was pleased with the open, fair and transparent process when the town

appointed Suzanne Traylor to replace outgoing comptroller Judi Kehoe, but he said he was surprised by the judges' appointment because he didn't know it had happened until the town board met.

Messina said given "the difficulties" of the past appointment by the judges, he thought they would have opted for a more extensive and open search for their next clerk.

"I don't know her well, but I hope she does well," Messina said of Creed.

The court clerk position oversees more than \$1 million of receipts annually for the town.

Cunningham has maintained over the past year that there is no need to have a set of guidelines for town appointments and that Messina's previous proposition is "a solution to a problem that doesn't exist."

The board unanimously accepted Creed's and Yates' appointment. Creed was approved a salary of \$57,973, and Yates was approved a salary of \$30,428.

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A walk to remember



Damion Maynard, 33, of Pocatello, Idaho, who is walking across the country in memory of every soldier killed in the Iraq and Afghanistan wars, speaks Thursday, Sept. 18, to Heidi Aupperle's fifth-grade class Glenmont Elementary School. Maynard, who is not a member of the military, said he just felt he had to give something back to the families that have lost so much by losing a loved one in a war. He began his journey Dec. 17, 2006, from his mother's home in Carson City, Nev., and hopes to end his walk on Veterans' Day, Nov. 11, in Washington, D.C.

Tom Heffernan Sr./Spotlight

Art Association to hold art fair

The Bethlehem Art Association is sponsoring an outdoor art fair in the parking lot of the former CVS pharmacy at the corner of Elsmere and Delaware avenues in Delmar Saturday, Oct. 11, from 10 a.m. to 4 p.m.

Artists may register to reserve a 10-by-10-foot space for a non-refundable fee of \$10 (\$5 for BAA members). Registration deadline is Friday, Oct. 3. Fine arts only, please. Artists must have their own tax identification number and setup. Make checks payable to the Bethlehem Art Association and mail to Penny Koburger, 49 Herrick Ave., Delmar 12054.

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Tim Barrett



IN BRIEF

Optometrist to donate fees

Delmar optometrist Jack Devore is donating his eye examination fees on Thursday, Oct. 9, to an organization that fights blindness and impaired vision.

Devore is donating his fees to Optometry Giving Sight in recognition of World Sight Day. Optometry Giving Sight is the only global fundraising initiative that specifically targets the prevention of blindness and impaired vision due to the need for an eye examination and glasses. Eighty-five percent of all donations from optometrists, their staff and their patients are directed to sustainable vision care.

"It seems like everyone has something they can do in the world and there comes a time to give back," Devore said. "This is a way I can give back in a relatively easy way."

Last year, the first year for this initiative, hundreds of optometric practices participated in the challenge, raising more than \$250,000. That money is funding projects that are providing vision care, local training and infrastructure support in Sri Lanka, East Africa, East Timor and South Africa.

For information, visit www.givingsight.org.

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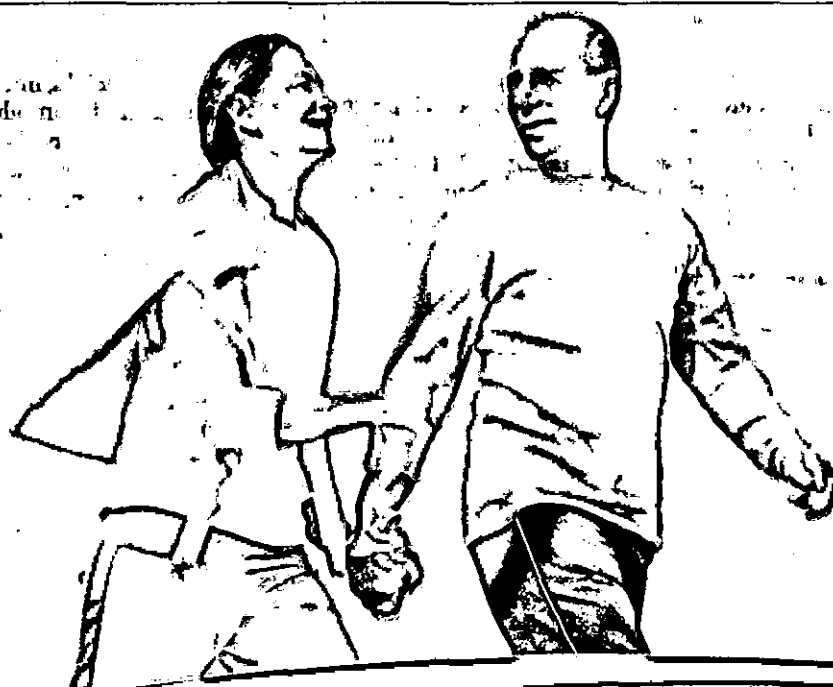
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The MVP Gold Striders Walking Club at Colonie Center will meet every Tuesday, October 7 - December 16, from 9 am to 10 am (meet at the Food Court). Join us afterward for free activities such as Living Well seminars, exercises, and health screenings.

The MVP Gold Striders Walking Club is sponsored by MVP Gold, a Medicare Advantage Health Plan that helps you take on life and live well!

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Family, friends and Boy Scout Troop 58 members help Greg Roeth improve the Phillipinkill Preserve Saturday and Sunday, Aug. 30 and 31, for his Boy Scout Eagle Project. Thirty workers spent a total of 128 hours working on the the nature trail, located at the Mansions at Delmar on Fischer Boulevard near Delaware Avenue. The project included stonework, with stone donated by the Mansions at Delmar, placed from the top all the way down to the bridge area; the installation of two benches donated by the Long Lumber; work on a stair-like structure at the steep entrance with locust logs donated by the Bethlehem Children's School and Slingerlands Methodist Church; and bridge railing work, replaced with pressure-treated wood from Curtis Lumber.

Submitted photo



IN BRIEF

Residents win achievement awards

Four residents of Beverwyck, a retirement community in Slingerlands, were recently recognized by the Capital District Senior Issues Forum with 2008 Senior Lifetime Achievement Awards.

The winners were the Rev. Herman E. Luben, Louise Marshall, Sumner Shapiro and Betty Stone. The awards recognize people 85 and older for their activities over a lifetime.

Luben, 90, has dedicated his life to ministering since graduating from the New Brunswick Theological Seminary in New Jersey in 1942. A minister for several Reformed Churches, he has held leadership positions at both local and national levels.

Marshall, 85, was a weather reporter at WRGB, Channel 6, and spent six years teaching at Franklin School in Schenectady.

Shapiro, 85, worked as executive vice president and general manager at Star Plastics/Star Textile and Research. He holds several U.S. patents on manufacturing processes and devices and continues to serve as an arbitrator and mediator for union-employer disputes.

Stone, 85, worked as a defense contractor executive and an advertising account executive. She spent 23 years as a full-time homemaker, raising three

daughters.

The four were honored in a ceremony at Congregation Beth Emeth in Albany.

Veterans Bureau to begin outreach program

The Albany County Veterans Bureau is starting an outreach program to make its services more available to the veterans and families of veterans of Albany County.

The following outreach events have been scheduled for October, November and December.

• Friday, Oct. 10, 1:30 to 3:30 p.m. Colonie Sr. Citizens - Beltrone Living Center, 6 Winners Circle, Colonie.

• Friday, Oct. 17, 8:30 a.m. to 4:30 p.m. Capital Region Senior Expo, Colonie Center, Colonie.

• Saturday, Oct. 18, 9 a.m. to 3 p.m. Colonie Elks, Veterans Stand Down, Latham

• Tuesday, Nov. 18, 1 to 3 p.m. Bethlehem Senior Citizens, Town Hall, 445 Delaware Ave., Delmar.

• Friday, Dec. 12, 1:30 to 3:30 p.m. Colonie Senior Citizens, Beltrone Living Center, 6 Winners Circle, Colonie.

• Tuesday, Dec. 16, 1 to 3 p.m. Bethlehem Senior Citizens, Town Hall, 445 Delaware Ave., Delmar.

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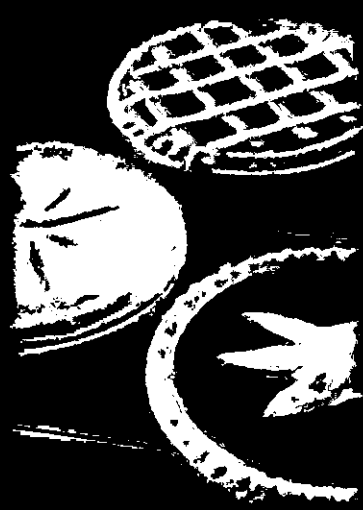
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Obituaries in the Spotlight

John C. Kandefer

John C. Kandefer, 66, of Selkirk, died Sunday, Sep. 21, at his home.

He was a Vietnam veteran, serving as an Army dog handler and he worked 32 years for CSX and its predecessor railroads as yardmaster before retiring in 2002. Mr. Kandefer was a member of the Vietnam Dog Handlers Assoc., the Albany VFW Post No. 8692 and the Ausable Forks American Legion Post No. 504.

He enjoyed fishing, reading and was a lifelong Boston Red Sox fan.

Survivors include his wife Marjorie O'Donnell of Selkirk; three daughters, Stephanie (Al) Rubino of Guilford, Conn., Tracey (Bill) Waters of Glenmont, and Tricia (John) Kandefer-Margic of

Selkirk; a sister, Ellen (Tim) Childs of Delmar; a stepfather, Bert Bruno of Ravena; and five grandchildren.

Services were from the Babcock Funeral Home in Ravena and entombment was in the Saratoga National Cemetery.

Contributions may be made to the Salvation Army, P.O. Box 1787, Albany 12201.

Gene Francis Kuster

Gene Francis Kuster, 97, of Slingerlands died Saturday, Sept. 20, at his home in Beverwyck retirement community in Slingerlands.

Born in New York City, he was the son of John Francis Kuster and Caroline (Bracco) Kuster, and the husband of Edna (Iverson)

Kuster for 68 years. Mr. Kuster grew up in the Bay Ridge section of Brooklyn and attended Columbia University, earning his bachelor's degree in 1932 and then a master's degree from its Graduate School of Business.

He also earned a law degree from Fordham Law School and went on to be admitted to the state Bar Association as an attorney.

Mr. Kuster was also a certified public accountant and also worked for Muir & Co., for 35 years before retiring from the firm as its vice-president in 1975.

Gene met his future wife, Edna, and the couple married in 1940 and went on to raise three children, first in Brooklyn and then in Tarrytown, where they had lived for 26 years.

Mr. Kuster had lived in the Beverwyck Retirement Community since 1993.

He taught Sunday school as a

young man and was a member of the board of trustees as well as the treasurer at Lefferts Park Baptist Church. At the Second Reformed Church in Tarrytown, he served on the board of deacons for 18 years.

In retirement, Mr. Kuster was a congregant of the Canaan Congregational Church where he was the chairman of the board of trustees for most of the 15 years he served on it.

Mr. Kuster tutored boys at the Berkshire Farm Center in Canaan, and after moving to Beverwyck, he served on their residents' council and was chairman for a term. In 2000, he was honored by the Capital District Senior Issues Forum with a Lifetime Achievement Award for recognition of his many years of volunteer service.

Mr. Kuster loved music and sang in the choirs of each church he attended. He also sang in the

Columbia College Glee Club and played French horn in the college band. While retired he sang in the Berkshire (Mass.) Concert Choir.

He was a volunteer usher for many years for the Boston Symphony Orchestra's summer seasons at Tanglewood, and he enjoyed playing the piano and singing at home.

Mr. Kuster enjoyed golf and started caddying in Bay Ridge Brooklyn as a boy, and taught himself and his children and grandchildren how to play.

"His marriage and family were the center of his life, and he always had time for them and also the many friends he leaves behind," his family wrote in a tribute. "He was a loving, caring person with a great sense of humor and a joy of life. He will be sorely missed."

Survivors include his wife Edna (Iverson) Kuster; a son, Gordon (Sandi) of Orange, Conn.; two daughters, Carole (James) of Ypsilanti, Mich., and Joan (Mark) Weintraub of Kinderhook; two grandchildren; and five great-grandchildren.

Services were by Wenk Funeral Home in Chatham and a private service was held.

Contributions may be made to Columbia University Athletics, P.O. Box 1523, New York, 10277-1937.

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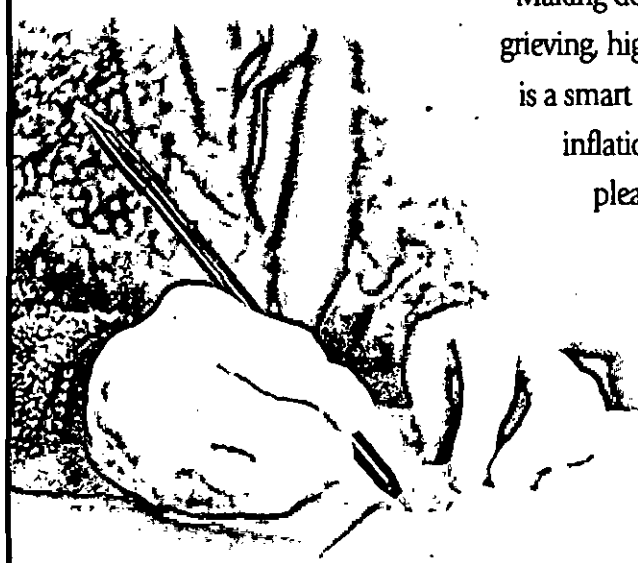


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Deer ones



Delmar resident Mary Bardwell encountered an unusual sight — a doe nursing her fawns — outside her window recently while sitting at her desk inside her home at 79 Fernbank Ave.

Submitted photo

Five Rivers to host fall foliage walk

A guided fall foliage walk will be conducted, Saturday, Oct. 4, at 2 p.m., at Five Rivers Center, 56 Game Farm Road, Delmar.

As broad leaf trees shut down for the winter, the woodlands become an artist's palette of gold, red and yellow. Join center naturalists on this walk along the Viomankill Stream on the center's grounds for an outdoor study of trees of the season and learn why leaves change their color.

The program is open to the public free of charge. Participants should dress for the outdoors. In case of inclement weather, this program may be canceled.

For more information, call the state Department of Environmental Conservation's Five Rivers Environmental Education Center at 475-0291.

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IN BRIEF

Benefit to aid local girl

There will be a benefit for Summer Hess, a local girl battling leukemia, on Saturday, Oct. 11, from 1 to 7 p.m. at the Bethlehem Town Park pavilions.

Admission to the benefit is \$20 and includes a chicken bake and beverages. There will be live music, clowns and face painting.

Summer was diagnosed with leukemia in July. Donations can be made at any Bank of America to the Summer Hess Benefit fund.

Church plans book, toy sale

The First United Methodist Church of Delmar will hold its annual book and toy sale Friday and Saturday, Oct. 3 and 4.

The sale will feature books in many categories and toys for all ages, including dolls and accessories, trucks and cars, and games and puzzles.

Hours for the sale are noon to 8 p.m. on Friday and 8 a.m. to 2 p.m. on Saturday. The church is at 428 Kenwood Ave. in Delmar.

Fire department plans craft show

The Coeymans Fire Co. Auxiliary will holds its third annual craft and vendor fair Saturday, Oct. 4, at the fire hall on Church Street. There will be crafts, baked goods, soup, children's activities and raffles.

For information on renting a booth, call Kim Sebert at 756-3314 or e-mail kms81458@yahoo.com.

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"Doc Scanlon" 1:45 pm & 3:30 pm
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Lifestyles *in the* Spotlight

Will readers warm up to Kindle?

Log on to Amazon.com, and the first product you'll see advertised is the Kindle, a wireless reading device that allows people to download thousands of books, newspapers, magazines and blogs instantly to a portable electronic device.

With a display fashioned to emulate the look of real paper, it is designed to make people feel more like they're reading a book and less like they're staring at a small, electronic device. It allows readers to download materials in less than a minute no matter where they are — in bed, the bathroom, a coffee shop, an airport.

"My first thought was, 'Oh, this won't work,' just because we've seen a lot of things like this over the years that haven't worked, but I guess from what I've read, people seem to like it," said Dan Hubbs, director of Adult Services at the Saratoga Springs Public Library.

The Kindle can hold more than 200 titles at once, and weighing 10.3 ounces, it's still lighter than the average paperback. The list of the Kindle's assets goes on, but will it eventually put an end to reading actual books, newspapers and magazines or is it simply a device — albeit a costly one at \$359 before tax — meant to make life more convenient for the avid reader?

The Kindle does have drawbacks. First and foremost, a buyer can't actually see one or touch it to experience what it's like before purchasing it because the device is only available through Amazon.com's Web site.

Amazon.com does host a discussion board called "Find a Kindle in Your City," where people can post an inquiry about whether or not someone has a Kindle in, say, Delmar. If they get a response, they can arrange a meeting somewhere to discuss all things Kindle. A recent request to meet with a Capital District Kindle owner has, as yet, gone unanswered.

"The Kindle has sort of become like a unicorn; everyone talks about this beautiful creature, but nobody ever seems to see it," said Susan Novotny, owner of the Book House of Stuyvesant Plaza in Albany.

There is also the price — \$359 is no small amount to spend in the current economy. The Kindle's high price may be preventing consumers from purchasing it, just like the iPhone's high price prevented many from purchasing the cellular phone when it was first introduced to the market in 2007. (Apple eventually cut the price in half).

"If it dropped down to \$200 or even \$50, which it probably will in the next couple of years, more and more people will buy them," says Novotny.

Electronic reading device provides books on command

Trends & Technology

Jackie Sher



For some people, the main problem with the Kindle is that it isn't a book. Part of the pleasure of reading a book is holding it in your hands, smelling the paper, flipping through the pages, marking them and folding them. While the Kindle allows readers to do these things digitally, nothing compares to the real deal — it's like the difference between talking to a friend in person versus through Skype. It's exciting because you can hear them and see them through your computer, but nothing beats being with that person in the same room.

"The book is a pretty damn good invention — it doesn't take batteries, and all it involves is a little bit of light, and if it falls into the pool you're not out of luck," said Novotny.

Despite its drawbacks, the Kindle has a number of positive attributes. It's environmentally friendly because it saves lots of paper and it's good for the back because it doesn't weigh anything but holds a substantial amount of information.

After the initial purchase of the device, books are generally \$9.99, unless otherwise specified (nowadays, unless you're buying books used, they cost anywhere from \$15 and more), and you can connect to the Internet to download reading materials from anywhere, regardless of whether or not you have a wireless network.

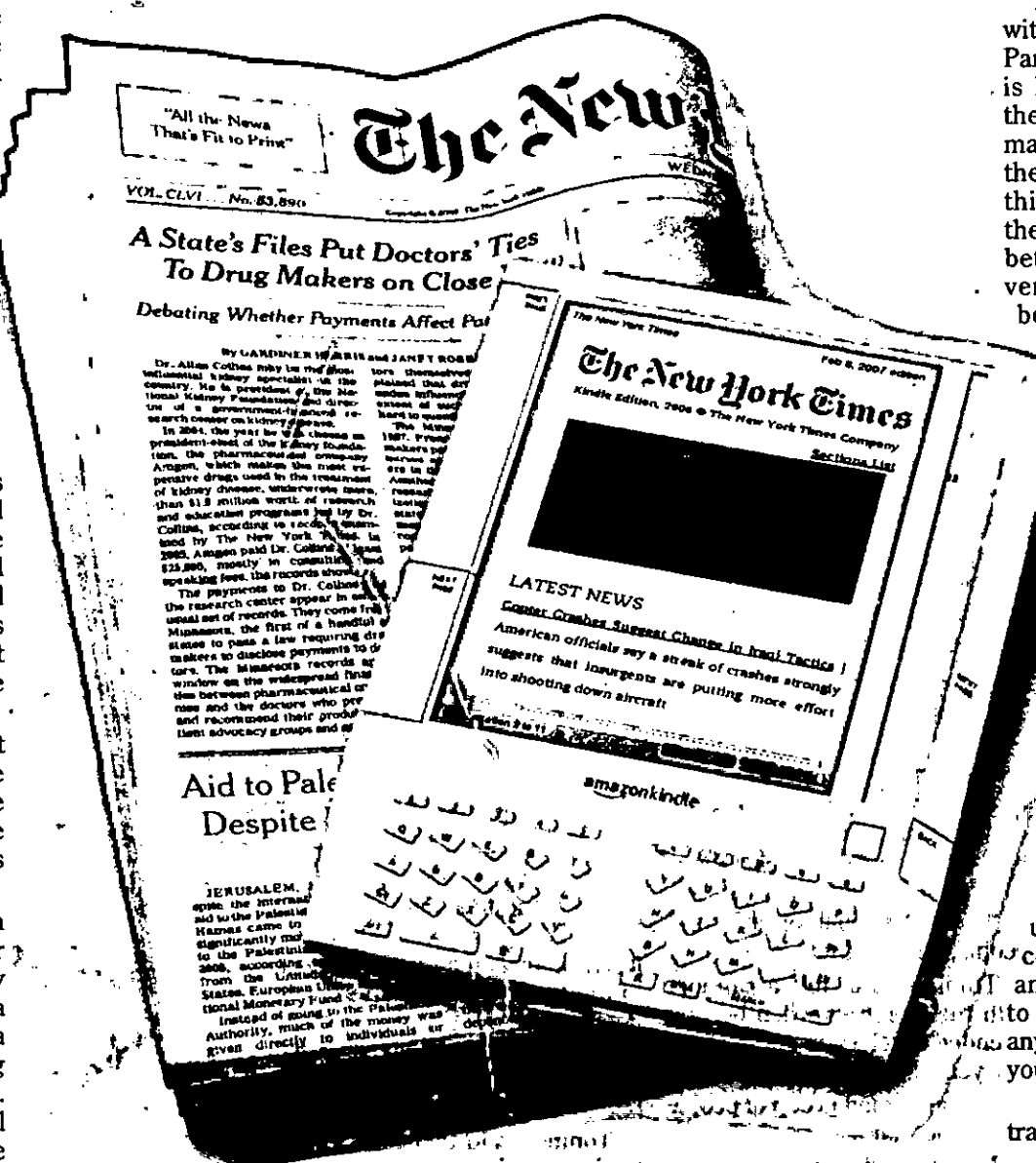
"It would be really nice for people who travel," said Hubbs.

"When I go on vacation with my family, I like to bring a number of books, but often the weight is a problem with flying. If I could have a device like this with a number of books, I would like that."

Also, the Kindle is great for students because they can download journals and articles easily. If textbooks ever become available, students will save hundreds of dollars and a lot of back pain with their Kindle.

It's also a wonderful device for people with vision problems because the size of the text can be adjusted.

Will the Kindle replace books someday? No. There will always be purists who love books for reasons the Kindle will never be able to replicate. However, for certain people, the Kindle will certainly make life more convenient.



And there are some popular titles that aren't included on the Kindle's "extensive" list.

"There have been a few surprising exceptions, such as the Harry Potter series and 'To Kill a Mockingbird.' Being active in the theater, I would also love it if I could get scripts to modern plays," says Amy Pelleg, a Kindle owner in Ohio, via e-mail.

The design isn't flawless either. The placement of the buttons on the bottom of the Kindle makes it easy to turn a page when you didn't mean to, or hit a button you didn't intend to when shifting positions in a chair or forgetting to lock the screen when transporting the Kindle. Security for the Kindle, such as setting passwords so that someone else doesn't purchase a title

without your authorization, also can be difficult to access.

"It's only when I'm shifting around, i.e. casually carrying the Kindle over to the fridge to get a snack without either turning it off or locking the screen [that a button is accidentally hit]. I also wish there was better security," wrote Pelleg in an e-mail.

"The only time you have to enter your password is when you initially register your Kindle. Ideally, they should make you enter your password every time you make a purchase to ensure purchases aren't made without your knowledge. Maybe they already have this feature, but I'm just not aware of it," continued Pelleg.



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Entertainment *in the* Spotlight

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



For the past few years, the Shenendehowa Rotary Club has held a road rally fundraiser. Drivers use geographical and historical clues to find their way along the road rally route, trying to meet mileage and time goals.

The rally has been a big success, but it also posed a dilemma, Rotary president Dave Tomney said. Since drivers reached the finish line at different times, early finishers were often left with little to do while they waited for everyone to complete the route.

So this year, the Rotary is combining the road rally with its inaugural Harvest Festival. Set for Saturday, Oct. 5, at Clifton Park Golf, 1759 Route 9, from noon to 5 p.m., the festival will offer crafts, food, music, pony rides and children's activities.

"We said, 'What do we like to do in the fall?'" Tomney said, remembering how Rotary members were trying to come up with ways to entertain the drivers who were the first to complete the road rally.

Fall fun at the finish line

kind of service organization. She checked out the Rotary Club on the recommendation of a co-worker, and she quickly felt it was a good fit.

"I was just enamored by the people," she said.

Tomney, too, felt a rapport with the members when he first attended a Rotary meeting about five years ago.

"It was a good group of people I met," he said.

Members often suggest service projects based on their interests, Tomney said. Locally, the club has contributed to the Clifton Park-Halfmoon Library, awarded scholarships to high school seniors and given out dictionaries to third-grade students.

Outside the U.S., the club has helped provide water purification systems to villages in Honduras and sewing machines for young men and women in Zimbabwe.

The money that the club makes from the Harvest Fest is earmarked for programs to help

children and teens in the Clifton Park/Halfmoon area – although it should be noted that admission to the festival is free. There will be a fee for the games, contests and food, and it's \$30 to take part in the road rally (\$25 for early registration).

Tomney said that the club is hoping to raise at least a couple of thousand dollars, although "anything is good."

Road rally participants will be eligible for a number of prizes, including the grand prize of a one-year family membership to the Southern Saratoga YMCA.

Kids, meanwhile, can win their own prizes at the carnival games, as well as enjoy a bounce house, face painting and miniature golf.

"We're trying to make it a big community-oriented event," Kennedy said. "It's just going to be a really fun event."

"We decided, why don't we have a whole festival?"

In addition to offering fun for the whole family, the Harvest Fest will raise money for the Rotary Club, which is celebrating its 50th anniversary. Fred Droms established the local club in 1958, and today there are about 35 members, who take part in both local and international service projects.

"Whenever there's an event, everyone gets involved," said Mollie Kennedy, a co-chair for the Harvest Fest.

That spirit of cooperation was one of the things that attracted Kennedy to the club when she decided earlier this year that she wanted to get involved with some



TOP: Below: Rotary members handed out food and supplies during a mission trip to Zimbabwe. ABOVE: Each year, the Shenendehowa Rotary Club hands out dictionaries to local third-grade students.



District Governor Mike Popolizio, right, and his son join Past District Governor Harriet Nobel, center, in a New Year's Day dip in Lake George as part of the Rotary Club's "Polio Bear Plunge," a fundraiser to help eradicate polio.

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by Reginald Rose
Adapted by Sherman L. Sergel
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Calendar of Events *in the* Spotlight

Wednesday, Oct. 1

BETHLEHEM

DELMAR ROTARY

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

DELMAR KIWANIS

Normanside Country Club, end of Salisbury Road, at 6:15 p.m. Information, call Chris at 439-3026 or Gary at 439-9629. Meets every first and third Wednesday.

PLAYGROUP MEETING

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

MOTHERS OF PRESCHOOLERS (MOPS)

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

OPPORTUNITIES UNLIMITED

Board meetings first Wednesday of each month, open to public. Bethlehem Town Hall, 445 Delaware Ave., 4 p.m.

BETHLEHEM BUSINESS WOMEN

Normanside Country Club, Salisbury Road, Elsmere, 6 p.m.; dinner 6:30 p.m., program and meeting to follow dinner. Information, 439-7237.

SOLID ROCK CHURCH

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

CHENREZIG PRACTICE AND MEDITATION

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

BETHLEHEM LIONS CLUB (NOT IN JULY OR AUGUST)

Normanside Country Club, Delmar, 7 p.m. Information, 439-4857.

BETHLEHEM ELKS LODGE 2233

1016 River Road (Route 144), Cedar Hill, 7 p.m. Information, 767-2886.

HEALING TESTIMONY MEETING

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

ZONING BOARD OF APPEALS

Bethlehem Town Hall, 445 Delaware Ave., 7 p.m. Information, 439-4955.

BINGO

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

BOY SCOUT TROOP 58 (WHEN SCHOOL IS IN SESSION)

Bethlehem Lutheran Church, 85 Elm Avenue, 7:30 to 9 p.m.

BC SCHOOL BOARD

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

ORDER OF THE EASTERN STAR

Onesquethaw Chapter, Masonic Temple, 421 Kenwood Ave., 8 p.m. Information, 439-2181.

NEW SCOTLAND

V'VILLE ZONING BOARD

Village Hall, 29 Voorheesville Ave., 7 p.m. Information, 765-2692.

NEW SCOTLAND SENIORS

Wyman Osterhout Community Center, New Salem, call for time. Information, 765-2109.

PRAYER MEETING

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

FAITH TEMPLE

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

AA MEETING

First United Methodist Church of Voorheesville, 68 Maple St., 8 p.m.

Thursday, Oct. 2

DELMAR

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.

YOUTH EMPLOYMENT SERVICES

Parks and Recreation Office, Elm Avenue Park, 12:30-4:30 p.m. Information, 439-0503.

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

V'VILLE LIBRARY

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

Friday, Oct. 3

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

BREAST CANCER FUNDRAISER

From Oct. 3 until Oct. 10, the Canterbury Animal Hospital, 88 Delaware Ave., Delmar, will donate \$5 towards breast cancer research for every customer and client, two legs or four, that walk through their doors wearing denim.

MAITREYA PROJECT RELIC TOUR

A rare opportunity to see relics of the historical Buddha and other great masters will be available at the Doane Stuart School, Route 9W, Albany. Opening begins 7 pm until 9 pm, for info call 872-1629 or visit www.albanykyc.org.

www.albanykyc.org.

BETHLEHEM SENIOR CITIZENS

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

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NEW SCOTLAND

V'VILLE LIBRARY

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

Saturday, Oct. 4

BETHLEHEM

YOUTH GOLF TOURNAMENT

The Bethlehem Parks & Recreation Department is hosting its first Youth Golf Tournament at Colonial Acres in Delmar. The tournament will start at 3 pm with check in by 2:30 pm. Registration is for all youths in grades 4-12, boys and girls, and costs \$20 per golfer. Tournament play will consist of a 9 hole shotgun start with prizes going to Low gross (3 age groups), closest to the pin (holes 2 & 9), longest drive (boys & girls) and blind pairing low gross. For more info or to register call 439-4955 x 3 or visit the Parks & Recreation page at www.townofbethlehem.org.

JONATHAN CAREY FOUNDATION WALK

The second annual Jonathan Carey Foundation Walk to help vulnerable children will take place at the Bethlehem Elm Avenue Town Park in Delmar. Registration is from 9 until 10 a.m. and the walk will begin at 10 a.m. Pledge sheets can be found on-line at www.jonathan-careyfoundation.org, or at the Jonathan Carey Foundation, located at 90 Delaware Ave. in Delmar. There will be food and refreshments available after the 2.5-mile walk at the rear pavilion from 11 a.m. until 1 p.m. There will also be special guest speakers and raffles, including one for a flat screen TV, during the event. Michael Carey, Jonathan's father, said he would be selling raffle tickets for \$5 and five tickets for \$20.

MAITREYA PROJECT RELIC TOUR

A rare opportunity to see relics of the historical Buddha and other great masters will be available at the Doane Stuart School, Route 9W, Albany. Starting at 10 pm and going until 9 pm, for info call 872-1629 or visit www.albanykyc.org.

AA MEETING

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

CHABAD CENTER

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

NEW SCOTLAND

PIONEER CLUBS

For children grades 1 through junior high, Mountainview Evangelical Free Church, Route 155, 3:45 - 5 p.m. Information, 765-3390.

YOUTH GROUP MEETINGS

United Pentecostal Church, Route 85, New Salem, 7 p.m. Information, 765-4410. Glenmont Story Hour at Tea and Tattered Pages Used Books, 329 Glenmont Road, Glenmont, 10:30 a.m.

Sunday, Oct. 5

BETHLEHEM

MAITREYA PROJECT RELIC TOUR

A rare opportunity to see relics of the historical Buddha and other great masters will be available at the Doane Stuart School, Route 9W, Albany. Starting at 10 pm and going until 9 pm, for info call 872-1629 or visit www.albanykyc.org.

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, 439-9953. First Church of Christ, Scientist, 555 Delaware Ave., 439-2512. First Reformed Church of Bethlehem, Route 9W, Selkirk, 767-2243. First United Methodist Church of Delmar, 428 Kenwood Ave., 439-9976. Glenmont Community Church, 1 Chapel Lane, Glenmont, 436-7710. Gospel Fellowship, 10 Rockefeller Road, Delmar, 482-2132. King's Chapel, 434 Route 9W, Glenmont, 426-9955. KTC Buddhist Center, Doane Stuart School, Route 9W, Albany, 10 a.m. meditation, 11 a.m. tea, 11:30 a.m. study course, 374-1792. Mount Moriah Ministries, Route 9W, Glenmont, 426-4510. Slingerlands Community UMC, 1499 New Scotland Road, 439-1766. Solid Rock Church, 1 Kenwood Ave., Glenmont, 439-4314. South Bethlehem United Methodist Church, 65 Willowbrook Ave., 767-9953. St. Michael's Shrine, Beacon Road at Route 9W, Glenmont, 462-2016. St. Stephen's Episcopal Church, Poplar Drive and Elsmere Avenue, Delmar, 439-3265. St. Thomas The Apostle Church, 35 Adams Place, Delmar, 439-4951. Unity of Faith Christian Fellowship, 436 Krumkill Road, North Bethlehem, 438-7740.

NEW SCOTLAND

WORSHIP INFORMATION

All Nation's Baptist Church, 2558 Western Ave., 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 —

tion, 439-9819.

ROYAL ARCH MASONS

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

AA MEETING

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

NEW SCOTLAND

QUARTET REHEARSAL

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

Tuesday, Oct. 7

DELMAR

Weight Watcher-Delmar meetings. The local chapter of Weight Watchers meets today at 12:15 p.m. at St. Stephen's Church, Delmar.

BETHLEHEM

FARMERS-MARKET (SUMMER ONLY) Market and Chicken Barbeque, 2:30 p.m. to 6 p.m. rain or shine, First United Methodist Church, 428 Kenwood Ave.

TREASURE COVE THRIFT SHOP

First United Methodist Church, 428 Kenwood Ave., 10 a.m. to 6 p.m. Gently used brand name clothing and accessories at very low prices.

CHURCH LUNCH (JUNE, JULY, AUGUST)

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

ELSMERE

FIRE COMMISSIONERS

Firehouse, Poplar Drive, 7:15 p.m. Information, 439-9144.

PLANNING BOARD

Bethlehem Town Hall, 445 Delaware Ave., 7 p.m. Information, 439-4955.

A.W. BECKER PTA

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

SLINGERLANDS FIRE COMMISSION

firehouse, 8 p.m. Information, 439-4734.

NEW SCOTLAND

PRESCHOOL STORY TIME

Weekly at Voorheesville Public Library, 51 School Road, 10:15 a.m. Information, 765-2791.

NIMBLEFINGERS/QUILTERS (SEPTEMBER-JUNE ONLY)

Voorheesville Public Library, 51 School Road, 1 to 3 p.m. Information, 765-2791.

PLANNING BOARD

New Scotland Town Hall, Route 85, 7 p.m. Information, 765-3356.

V'VILLE

PLANNING COMMISSION

Village Hall, 29 Voorheesville Ave., 7 p.m. Information, 765-2692.

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a guide to services for your home

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Size	Del	C/L/G	D/C/L/G	SCH/SAR	All Papers
1 Col. x 1"	\$45.00	\$51.00	\$72.00	\$51.00	\$99.00
1 Col. x 2"	\$90.00	\$92.00	\$133.00	\$92.00	\$184.00
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ADOPTION: If you or someone you know needs pregnancy/ adoption advice, please call Joy @ "Forever Families Through Adoption" toll free at 1-866-922-3678 or 1-914-939-1180.

AIDE/COMPANION AVAILABLE

Senior companion, assistant and/or chauffeur position sought. Available afternoons. References

available. Light housework and pet care also possible. Call Sue at 439-0068.

ART CLASSES

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AUTOMOTIVE FOR SALE

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

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EQUIPMENT FOR SALE

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

FIREWOOD FOR SALE

Firewood- Premium Black Cherry and Ash. Full Cord \$250. Buy now before price goes up. 872-2046-423-9172.

MIXED HARDWOODS: Full cords, \$250. face cords, \$110. Jim Haslam, 439-9702.

PRIME HARDWOODS, Sun-Seasoned/Split for easy Handling. Half-Cord (64 cu.ft.) Prompt Delivery. \$185. 518-669-9512.

Seasoned Firewood & PURE MAPLE SYRUP for Sale. Full Cord \$200 Delivery Extra. 607-588-7711 please leave message.

FOUND

FIND SOMETHING? Advertise it free. Call 439-4949.

FOUND: Grayish/Tan Color Cat. Pink Collar & Bell. Found Labor Day weekend. Kenwood Avenue Area. 518-727-5083.

FOUND: Silver Ring at Bethlehem Town Park Tennis Courts on Friday, September 5th. Please call 518-439-8360 ask for Sue.

FURNITURE FOR SALE

Dining Room set. 1930's Mahogany table, + 6 chairs. \$500 Call 518-439-2851.

Upholstered stool mauve \$35. 885-2637.

GARAGE SALES

Estate Sale, Delmar. 23 B Clermont Street, off Kenwood, October 3-4 9am-5pm; Maple hutch, Dining table, chairs, end stands, chests, upholstered furniture, Bedroom set, Birch Server, rugs, TV, glass, china, lamps and much more.

Friday/Saturday 10/3-4 9am-1pm, 1003 Delaware Ave., Delmar. Household items, Toys, clothes, some furniture, much more.

Guilfordland- Downsizing, 1012 & 1014 DiBella Dr., 10/4 9am-3pm, Off Carman Rd. Onto Long-Pine, Right to DiBella. Clothing, Misc.-Household, Children's games/videos, sport-equipment, books

Tag-Sale October 4th & 5th, 9am-4pm, 59 Brightonwood Rd., Glenmont, Household items, clothes, Something for Everyone.

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2 Johns Interior/Exterior Renovation/Home repairs. Linoleum/Carpet installation, Landscaping available. Basement/Attic Cleanouts, plus more. FREE ESTIMATES! Covering Delmar & Albany Area. Call 518-622-8240.

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

LOST- Silver Charm Bracelet, has canoe, moose, adirondack chair, magnetic closure, Found please call 518-783-8820 or email: jz-mills2@aol.com

LOST: 1pair of Men's Gold Framed Eye Glasses Tri-Focal in the Tri-Village Area. 518-439-6398.

Sterling Silver Cuff Links, Embossed. Lost between Fritze Jeweler and the Peppermill, in a small clear bag. Please call 439-4465 if Found. Reward being offered.

MASONRY SERVICES

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

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

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Real Estate Classifieds

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\$525- 1 bdrm, Selkirk, ht inc., laundry, quiet area off 9W, 1 mo. free, 266-9225 pin 305.

\$695 Small, Private, Near Bethlehem-Y, Utilities Included. No pets. Security Required. 518-439-6888.

\$715.00+, Selkirk, 1Bedroom, Quiet Secure Location on Dead-end Street., LR, DR, Laundry Room w/washer & Dryer, Gal-

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DELMAR- Quiet and desirable location. 3BD, 1.5 Bath, W/D, country kitchen, living room, enclosed porch and ga-

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Selkirk, 2Bedrooms, 2nd Floor, unfurnished, Security Req. \$450/month. 518-225-2821.

LAND FOR SALE

Loudon Rd 3Acres vacant land Diagonal to Siena College \$675,000-(6

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STEAL MY MARSHFRONT Owner sacrifice!!! Drop dead gorgeous Marshfront. My neighbor paid \$389,900. I'll sell mine for less than the bank repo's. My six figure loss is your gain. \$229,900 Call: 866-918-6257.

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AUCTION REAL PROPERTY TAX FORECLOSURES IN DUTCHESS COUNTY. Sell-

ing Properties October 8 @ 11am. Best Western, Poughkeepsie. 800-243-0061 AAR Inc/HAR, inc. Free Brochure: www.NYSAUCTIONS.com.

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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.

HELP WANTED

Appointment scheduler, clerical. Internal Medicine, Bethlehem, 9-2:30PM M-F, 12.50 per hour, submit resume to 439-1592 (fax) or PO Box 610 Slingerlands, NY 12159 439-1564 for info.

HELP WANTED

Drivers: Home Daily! \$2,000.00 sign on! Paid Holidays! Vacation! Excellent Benefits! CDL-A 800-334-1314 x178 www.wadhams.com

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HELP WANTED

Hairstylist, with clientele for Booth Rental in established Salon. Please call Valerie 439-8171.

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

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NOW AVAILABLE! 2008 POST OFFICE JOBS. \$18-\$20/ HR. NO EXPERIENCE, PAID TRAINING, FED BENEFITS, VACA-

TIONS. CALL 1-800-910-9941 TODAY! REF #NY08.

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Office Administrator needed immediately. Excellent computer, interpersonal, organizational skills necessary. Non-profit experience helpful. Email application to LJHRjobs@nycap.rr.com

HELP WANTED

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\$12.52-\$13.58/hour. Full benefits. Congenial work environment. Class B license with passenger/school bus endorsements preferred. Will train. Call: Mike Goyer, 765-2381, ext. 508. EOE/AA.

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DE-CLUTTER your space and MAKE MONEY doing it!

Garage Sale SPECIAL 15 Words plus a Yard Sale Sign Pack all for just \$25!

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LEGAL NOTICE

LEGAL NOTICE

NOTICE TO BIDDERS The Slingerlands Fire District's Board of Fire Commissioners will accept bids for the purchase of a new Chief's vehicle. Copies of the specifications may be obtained from the Board of Fire Commissioners at the Bethlehem Town Clerk's Office anytime after October 1, 2008. The Bethlehem Town Clerk's Office is located in Bethlehem Town Hall located at 445 Delaware Avenue, Delmar, New York 12054. All bids must be submitted to the Slingerlands Fire District and will be publicly opened and read at the October 14th, 2008 meeting at 7:30 p.m. at the Slingerlands Firehouse located at 1520 New Scotland Road, Slingerlands, New York. All bids must contain a non-conclusive bid statement pursuant to Section 103-d of the General Municipal Law and the Fire District reserves the right to reject any and all bids. LD-19665 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of Eyes On Chelsea Optometry, PLLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 08/05/08. Office location: Albany County. SSNY designated as agent of PLLC upon whom process against it may be served. SSNY shall mail process to Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: profession of optometry. LD-19426 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of Bandphotoworld LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 08/11/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19427 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of Turquoise Restaurant Group LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 08/08/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19428 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of 100 Kosciusko LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 07/02/08. 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., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19429 (October 1, 2008)

LEGAL NOTICE

(October 1, 2008)

LEGAL NOTICE

Notice of Formation of JM Restaurant Design LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 07/29/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19430 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of Mike & Sons P&H, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 07/30/08. 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., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19431 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of 2834 Church, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 06/25/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19432 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of 330 Empire, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 06/25/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19433 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of G & V Realty Properties LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 01/17/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19434 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of 187 Cook St. LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 05/08/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served.

LEGAL NOTICE

SSNY shall mail process to Allstate Corp. Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Registered Agent upon whom process may be served: Allstate Corp. Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-19435 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of NY State Refinery LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 08/04/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19436 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of 26 Scotts Landing LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 06/11/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to Allstate Corp. Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Registered Agent upon whom process may be served: Allstate Corp. Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-19437 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of 77 Warren Foods LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 08/06/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19438 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of Rosmill Management, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 08/06/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19439 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of Passing Film LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 08/07/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19440 (October 1, 2008)

LEGAL NOTICE

LEGAL NOTICE

Notice of Formation of ZAIN GROUP LLC. Arts. Of Org. was filed with SSNY on 8/5/08. Office location: Albany County. SSNY designated as agent of LLC whom process against it may be served. SSNY shall mail process to: c/o the LLC, 46 State Street, 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services, Inc. at the same address. Purpose: all lawful activities. LD-19441 (October 1, 2008)

LEGAL NOTICE

Notice of Qualification of En Pointe Global Services, LLC. Authority filed with Secy. Of State of NY (SSNY) on 07/15/08. Office location: Albany County. LLC formed in Delaware (DE) on 07/02/08. 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 Street, Albany, NY 12207. Arts. Of Org. filed with Secretary of State of Delaware, Division of Corporations, PO Box 898, Dover, DE 19903. Purpose: Computer Services. LD-19442 (October 1, 2008)

LEGAL NOTICE

Notice of Qualification of EP Barrier Coatings, LLC. Authority filed with Secy. Of State of NY (SSNY) on 05/30/08. Office location: Albany County. LLC formed in Delaware (DE) on 04/07/08. Principal office of LLC: 155 Rano Street, Suite 300, Buffalo, NY 14207. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to c/o Corporation Service Company, 80 State Street, Albany, NY 12207. Arts. Of Org. filed with Delaware Secretary of State, Division of Corporations, John G. Townsend Bldg., 401 Federal Street, Suite 4, Dover, DE 19901. Purpose: Any lawful activity. LD-19443 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of SAIM LLC. Arts. Of Org. was filed with SSNY on 8/5/08. Office location: Albany County. SSNY designated as agent of LLC whom process against it may be served. SSNY shall mail process to: c/o the LLC, 46 State Street, 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services, Inc. at the same address. Purpose: all lawful activities. LD-19444 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of LONSDALE HOLDINGS LLC. Arts. Of Org. was filed with SSNY on 8/7/08. Office location: Albany County. SSNY designated as agent of LLC whom process against it may be served. SSNY shall mail process to: c/o the LLC, 46 State Street, 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services, Inc. at the same address. Purpose: all lawful activities. LD-19445 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of GANTSHILL LLC. Arts. Of Org. was filed with SSNY on 8/5/08. Office location: Albany County. SSNY designated as agent of LLC whom process against it may be served. SSNY shall mail process to: c/o the LLC, 46 State Street, 3rd Floor, Albany, NY 12207. The registered agent is: USA Corporate Services, Inc. at the same address. Purpose: all lawful activities. LD-19446 (October 1, 2008)

LEGAL NOTICE

Name: EVERGREEN ENGI-

LEGAL NOTICE

NEERING OF NEW YORK, LLC. Arts. Of Org. filed with Secy. Of State of NY on 8/5/08. Princ. Bus. Loc.: 401 New Karner Road, Brandon Place, Albany, NY 12205. Office location: Albany County. SSNY designated as agent of PLLC upon whom process against it may be served. SSNY shall mail copy of process to: 401 New Karner Road, Brandon Place, Albany, NY 12205. Purpose: practice the profession of engineering. LD-19447 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LLC Pinewest One LLC, filed Articles of Organization with the New York Secretary of State on August 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, c/o Touhey Associates, Pine West Plaza, Building #2, Washington Avenue Extension, Albany, New York 12205. The street address of the principal business location is c/o Touhey Associates, Pine West Plaza, Building #2, Washington Avenue Extension, Albany, New York 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-19448 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF PROFESSIONAL SERVICE LIMITED LIABILITY COMPANY. NAME: MAY-RICHENGINEERING, PLLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/11/08. 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, 1141 Oak Point Avenue, Bronx, New York 10474. Purpose: For the practice of the profession of Engineering. LD-19449 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: DIAMOND APARTMENT, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/05/08. 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 Ronald H. Gitter, Esq., 110 East 59th Street, 23rd Floor, New York, New York 10022. Purpose: For any lawful purpose. LD-19450 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: HUNGER PRESS, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/12/08. 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, 185 Franklin Street, 5th Floor, New York, New York 10013. Purpose: For any lawful purpose. LD-19452 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF PROFESSIONAL SERVICE LIMITED LIABILITY COMPANY. NAME: DR. WENDY ELIAS WOLFSON

LEGAL NOTICE

DO, PLLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 07/11/08. 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, 137 East 38th Street, Apartment PHC, New York, New York 10016. Purpose: For the practice of the profession of Medicine. LD-19453 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: CELEBRATION CARDS II, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/13/08. 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, 153-75 Cross Island Parkway, Whitestone, New York 11357. Purpose: For any lawful purpose. LD-19454 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: KELLY & JAMES, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/14/08. 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 The Law Office of Thalia Feilen, 928 Broadway, Suite 10010, New York, New York 10010. Purpose: For any lawful purpose. LD-19455 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FILING ARTICLES OF ORGANIZATION OF Integrated Vision Skills, LLC 1) The name of the Limited Liability Company is Integrated Vision Skills, LLC (the "Company"). 2) The Articles of Organization of Integrated Vision Skills, LLC were filed with the Secretary of State of the State of New York on August 13, 2008 3) The County of Albany is the County within the State of New York in which the office of the company is to be located. 4) The Secretary of State of the State of New York is designated as the agent of Integrated Vision Skills, LLC upon whom process against the Company may be served. The post office address to which the Secretary of State of the State of New York shall mail a copy of any process against the Company served upon the Secretary of State is: Integrated Vision Skills, LLC, 37 Glade Drive, Niskayuna, New York 12309 5) The purpose of the Company is for such lawful acts or activities for which limited liability companies may be organized under the LLC: Snyder, Kiley, Toohey, Corbett & Cox, LLP, Attorneys. LD-19456 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). NAME: WATERFORD LASER, LLC. Articles of Organization filed with NY Secretary of State, August 1, 2008. Purpose: to engage in any lawful act or activity. Office: in Albany County. Secretary of State is agent for process against LLC and shall mail copy to 9 Washington Square, Albany, NY 12205. LD-19457 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: BIG ENVELOPE LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/11/08. 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, 14 Bond Street, Suite 218, Great Neck, New York 11021. Purpose: For any lawful purpose. LD-19468 (October 1, 2008)

LEGAL NOTICE

Notice of Qualification of BRMN, LLC. Authority filed

LEGAL NOTICE

with Secy. Of State of NY (SSNY) on 08/14/08. Office location: Albany County. LLC formed in Delaware (DE) on 08/12/08. Principal office of LLC: One-Home Campus, MAC# x2401-049, Des Moines, IA 50328-001. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to c/o Corporation Service Company, 80 State Street, Albany, NY 12207-2543. Arts. Of Org. filed with Secretary of State of Delaware, Federal and Duke of York Streets, Dover, DE 19901. Purpose: To provide residential mortgage lending. LD-19458 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: BIG ENVELOPE LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/11/08. 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, 14 Bond Street, Suite 218, Great Neck, New York 11021. Purpose: For any lawful purpose. LD-19468 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: LEISURE 8 GROUP, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/01/08. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 49 West 44th Street, New York, New York 10036. Purpose: For any lawful purpose. LD-19470 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: WILLIAM GREY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 05/08/08. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, c/o Franklin, Gringer & Cohen, P.C., 666 Old Country Road, Suite 202, Garden City, New York 11530-2013. Purpose: For any lawful purpose. LD-19471 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of 608 Delaware Avenue, LLC. Art. of Org. filed Sec'y of State (SSNY) 12/27/06. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to c/o Bond Schoenbeck & King PLLC, 111 Washington Ave., Albany, NY 12207. Purpose: any lawful activities. LD-19474 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LLC Articles of Organization (as amended by Certificate of Amendment filed on August 6, 2008) for WORD COMMUNICATIONS, LLC were filed with the Secretary of State of New York on July 23, 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., 111 Winners Circle,

LEGAL NOTICE

Albany, New York 12205. Purpose: for any lawful activity for which limited liability companies may be formed under the law. LD-19475 (October 1, 2008)

LEGAL NOTICE

Notice of Qualification of Cole LO Chester NY, LLC. Authority filed with NY Dept. of State on 8/14/08. Office location: Albany County. Principal business address: 2555 E. Camelback Rd., Ste. 400, Phoenix, AZ 85016. LLC formed in DE on 8/11/08. NY Sec. 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 Sec. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-19476 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of Unified's Dance Studio LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 08/07/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19482 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of Dr. Joan Monaco, MD PLLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 08/05/08. Office location: Albany County. SSNY designated as agent of PLLC upon whom process against it may be served. SSNY shall mail process to Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: profession of medicine. LD-19483 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of Roama LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 08/11/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19484 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of Colucci Group LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 08/07/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity.

LEGAL NOTICE

LD-19485 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of Moorsky, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 06/03/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to Allstate Corporate Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-19486 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of Nomold 4 Me LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 06/19/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19487 (October 1, 2008)

LEGAL NOTICE

Notice of Qualification of Alliance Global Services, LLC. Authority filed with Secy. Of State of NY (SSNY) on 8/12/08. Office location: Albany County. LLC formed in Delaware (DE) on 7/28/08. 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 Avenue of the Americas, Ste. 501, NY, NY 10001. Address of the principal office: Six Tower Bridge, 181 Washington St., Ste. 350, Conshohocken, PA 19428. Address to be maintained in DE: 160 Greentree Dr., Ste. 1021, 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-19488 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: TURKBAY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/18/08. 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 Haker & Ozisik LLP, 29 Broadway, Suite 1500, New York, New York 10006. Purpose: For any lawful purpose. LD-19491 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: VIVA LA RESISTANCE, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/11/08. 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 Miguel Francisco, 37 Vermilyea Avenue, New York, New York 10034. Purpose: For any lawful purpose. LD-19492 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 34-14 42nd STREET LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY)

LEGAL NOTICE

on 08/19/08. 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, 577 Prospect Avenue, Brooklyn, New York 11215. Purpose: For any lawful purpose. LD-19493 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: ONE WESTERN TRIANGLE REALTY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 06/16/08. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 149 South Main Avenue, Albany, New York 12208. Purpose: For any lawful purpose. LD-19494 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: SPENCER & DRAKE, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/20/08. 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 Berlin & Blau, Attorneys at Law, 444 Merrick Road, Suite 102, Lynbrook, New York 11563. Purpose: For any lawful purpose. LD-19495 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: GRAVITY HILL PRODUCTIONS LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/21/08. 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, 25 Broad Street, #7K, New York, New York 10004. Purpose: For any lawful purpose. LD-19496 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LLC JT TS Road Property LLC, filed Articles of Organization with the New York Secretary of State on August 15, 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 Touhey Associates, Pine West Plaza, Building #2, Washington Avenue Extension, Albany, New York 12205. The street address of the principal business location is c/o Touhey Associates, Pine West Plaza, Building #2, Washington Avenue Extension, Albany, New York 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-19498 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LLC VT TS Road Property LLC, filed Articles of Organization with the New York Secretary of State on August 15, 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

LEGAL NOTICE

LLC, c/o Touhey Associates, Pine West Plaza, Building #2, Washington Avenue Extension, Albany, New York 12205. The street address of the principal business location is c/o Touhey Associates, Pine West Plaza, Building #2, Washington Avenue Extension, Albany, New York 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-19499 (October 1, 2008)

LEGAL NOTICE

New York State, Department of State, Division of Corporations, State Records and UCC, Albany, NY 12231, Under Section 203 of the Limited Liability Company Law, Name: ROUTE 85 ENTERPRISES, LLC. The county is: Albany. The SOS is designated as agent of the LLC upon whom process against it may be served. The address within or without this state to which the SOS shall mail a copy of any process against the LLC served: The LLC, 18 Darnley Greene, Delmar, NY, 12054. For any lawful purpose. LD-19503 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of The Shade Store 989, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 05/27/08. 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. Registered Agent upon whom process may be served: Allstate Corporate Svcs Corp., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-19504 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of Daser Wappingers Falls, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 07/22/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19505 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of Eplanet Ewaste LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 08/20/08. 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., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19506 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of Nesanel & Feigy, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 08/19/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may

LEGAL NOTICE

be served: Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19507 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of Anaba Realty, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 08/11/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19508 (October 1, 2008)

LEGAL NOTICE

Notice of Qualification of Cramer Taos L.L.C. Authority filed with Secy. Of State of NY (SSNY) on 8/14/08. Office location: Albany County. LLC formed in Delaware (DE) on 7/30/08. 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 Avenue 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-19511 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of F.P.S. Premier Services LLC. Arts. of Org. filed with Secy. Of State of NY (SSNY) on 8/18/08. Office location: Albany Co. 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 Avenue of the Americas, Ste. 501, NY, NY 10001, also registered agent. Purpose: any lawful activities. LD-19513 (October 1, 2008)

LEGAL NOTICE

Designs In Life Insurance Marketing, LLC was filed with the SSNY on 8/20/2008. Office: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: Sean C. Jeanes 5865 Traffic Way Alacadero, CA 93422 Purpose: Any lawful purpose. LD-19514 (October 1, 2008)

LEGAL NOTICE

NOTIC FOR PUBLICATION FORMATION OF A NEW YORK LIMITED LIABILITY COMPANY PURSUANT TO NEW YORK LIMITED LIABILITY COMPANY LAW SECTION 206(c) The name of the limited liability company is Burgh Express, LLC The date of filing of the articles of organization with the Department of State was July 16, 2008 The county in New York in which the office of the company is located in Rensselaer The Secretary of State has been designated as agent of the company upon whom process may be served, and the Secretary of State shall mail a copy of any process against the company served upon him or her to Jeremiah F. Manning 49 Old Road Delmar, NY 12054. The latest date upon which the company is required to be dissolved is January 1, 2009 The business purpose of the company is to engage in any and all business activities permitted under the laws of the state of New York LD-19519

LEGAL NOTICE

(October 1, 2008)

LEGAL NOTICE

NOTICE FOR PUBLICATION FORMATION OF A NEW YORK LIMITED LIABILITY COMPANY PURSUANT TO NEW YORK LIMITED LIABILITY COMPANY LAW SECTION 206(c) The name of the limited liability company is Hilchin, LLC The date of filing of the articles of organization with the Department of State was August 12, 2008 The county in New York in which the office of the company is located in Albany The Secretary of State has been designated as agent of the company upon whom process may be served, and the Secretary of State shall mail a copy of any process against the company served upon him or her to Jeremiah F. Manning 49 Old Road Delmar, NY 12054 The latest date upon which the company is required to be dissolved is January 1, 2009 The business purpose of the company is to engage in any and all business activities permitted under the laws of the State of New York LD-19520 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FILING ARTICLES OF ORGANIZATION OF Integrated Vision Skills, LLC The name of the Limited Liability Company is Integrated Vision Skills, LLC (the "Company"). The Articles of Organization of Integrated Vision Skills, LLC were filed with the Secretary of State of the State of New York on August 13, 2008 The County of Albany is the county within the State of New York in which the office of the company is to be located. The Secretary of the State New York is designated as the agent of Integrated Vision Skills, LLC upon whom process against the Company may be served. The post office address to which the Secretary of State of the State of New York shall mail a copy of any process against the Company served upon the Secretary of State is: Integrated Vision Skills, LLC, 37 Glde Drive, Niskayuna, New York 12309 The purpose of the company is for such lawful acts or activities for which limited liability companies may be organized under the LLC; Snyder, Kiley, Toohey, Corbett & Cox, LLP, Attorneys LD-19522 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of OLSON TAX & FINANCIAL PLANNING LLC Arts. of Org. filed with Secy. Of State of NY (SSNY) on 7/28/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Leonard Fogelman Esq. 305 Madison Ave, NY, NY 10165. Purpose: any lawful activity LD-19523 (October 1, 2008)

LEGAL NOTICE

Notice of formation of EMPIRE GRADING SERVICES, LLC, a limited liability company (the "LLC"). Articles of Organization were filed with the Secretary of State of NY (the "SSNY") on 04/02/2008. Office location: Saratoga County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served. The SSNY shall mail a copy of any process to the LLC, at 129 Pruyn Hill Road, Mechanicville, New York 12118. The purposes of the LLC are to engage in any lawful purposes; to incur indebtedness, secured and unsecured; to enter into and perform contracts and agreements of any kind necessary to, in connection with or incidental to the business of the LLC; and to carry on any other activities necessary to, in connection with or incidental to the foregoing, as the Members in their discretion

LEGAL NOTICE

may deem desirable. LD-19524 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of NIGHTINGALE INTERNATIONAL LLC. Arts. of Org. filed with Secy. Of State of NY (SSNY) on 07/26/05. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to c/o The LLC, 46 State St., 3rd Fl., Albany, NY 12207. The registered agent of the company upon whom and at which process against the company can be served is USA Corporate Services Inc., 46 State St., 3rd Fl., Albany, NY 12207. Purpose: Any lawful activity. LD-19528 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: AbMarti Realty LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 07/15/08. 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, 75 Warren Street, Brooklyn, New York 11201. Purpose: For any lawful purpose. LD-19529 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: CRASH BANG BOOME PRODUCTIONS LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/20/08. 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 The Resnick Druckman Group LLP, 469 Seventh Avenue, Suite 1300, New York, New York 10018. Purpose: For any lawful purpose. LD-19532 (October 1, 2008)

LEGAL NOTICE

Notice of Qualification of TOPSOURCE ENERGY LLC. Authority filed with Secy. of State of NY (SSNY) on 08/26/08. Office location: Albany County. LLC formed in Delaware (DE) on 05/19/08. 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 Street, Albany, NY 12207-2543. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Dover, DE 19901. Purpose: Any lawful activity. LD-19533 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: MDEH REALTY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/22/08. 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, 1642 East 24th Street, Brooklyn, New York 11229. Purpose: For any lawful purpose. LD-19534 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY Name: Saratoga Hannaford Partners, LLC (LLC). Articles of Organization filed with NY Dept. of State on August

LEGAL NOTICE

27, 2008: Office location: Albany County. Address of principal business location is 20 Corporate Woods Blvd., Albany, NY. NY Secretary of State (SOS) is designated as agent of LLC for service of process. SOS shall mail copy of process to 20 Corporate Woods Blvd., Albany, NY 12211. Purpose: Own and operate a real estate project located at 79 Weibel Ave., Saratoga Springs, NY. LD-19535 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: ACM ASSOCIATES LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/15/08. 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, 200 West 57th Street, New York, New York 10019. Purpose: For any lawful purpose. LD-19536 (October 1, 2008)

LEGAL NOTICE

Notice of Qualification of Hotels Islandia, LLC. Authority filed with Secy. of State of NY (SSNY) on 8/25/08. Office location: Albany County. LLC formed in Delaware (DE) on 8/20/08. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Incorporating Services, Ltd., 3500 S Dupont Hwy, Dover, DE 19901, also the address to be maintained in DE. Arts. of Org. filed with DE Secy. Of State, 401 Federal St., Ste 4., Dover, DE 19901. Purpose: any lawful activities. LD-19537 (October 1, 2008)

LEGAL NOTICE

BETHLEHEM CENTRAL SCHOOL DISTRICT LEGAL NOTICE TAX NOTICE: Notice is hereby given that I, the undersigned, have received the Tax Rolls and Warrant for the collection of School Taxes for the Town of New Scotland properties in and for the Bethlehem Central School District, and will receive payments as follows: Tax payments are to be mailed to Tax Collector, P.O. Box 181, Delmar, NY 12054. There will be a 2% penalty for payment from October 1 through November 1, 2008. Unpaid school taxes will be turned over to the Albany County Treasurer on November 15, 2008. Michelle Curtis Tax Collector DATED: August 31, 2008 LD-19538 (October 1, 2008)

LEGAL NOTICE

Notice of Qualification of ANL-USL (America) LLC. Authority filed with Secy. of State of NY (SSNY) on 4/18/08. Office location: Albany County. LLC formed in Delaware (DE) on 12/13/07. 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 Avenue 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-19540 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: CRE PROPERTIES, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/19/08. Office location: Albany County. SSNY has been designated as agent of the LLC upon

LEGAL NOTICE

whom process against it may be served. SSNY shall mail a copy of process to the LLC, 21 Vernon Street, Floral Park, New York 11001. Purpose: For any lawful purpose. LD-19541 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: BAR-RONE RISTORANTE LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/14/08. The latest date of dissolution is 12/31/2075. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 360 Van Brunt Street, Brooklyn, New York 11231. Purpose: For any lawful purpose. LD-19542 (October 1, 2008)

LEGAL NOTICE

Notice of Qualification of Alliance Energy LLC. Authority filed with Secy. of State of NY (SSNY) on 08/27/08. Office location: Albany County. LLC formed in Massachusetts (MA) on 05/14/08. 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. Arts. of Org. filed with Commonwealth of MA, Secy. Of the Commonwealth, State House, Boston, MA 02133. Purpose: To own and operate gasoline stations. LD-19543 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of OIS Realty Associates, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 08/15/08. 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., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corporate Svcs Corp., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19544 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of New Vasyuki, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 08/22/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to Allstate Corporate Svcs Corp., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corporate Svcs Corp., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19545 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of Anna C. Aguilar, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 08/21/08. 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., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corporate Svcs Corp., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19546 (October 1, 2008)

LEGAL NOTICE

LEGAL NOTICE

Notice of Formation of Commerce Properties II LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 06/24/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to Allstate Corporate Svcs Corp., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corporate Svcs Corp., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19547 (October 1, 2008)

LEGAL NOTICE

LESLIE BAKER & ASSOCIATES, LLC Notice of Formation of LESLIE BAKER & ASSOCIATES, LLC. Articles of Organization filed with Secretary of State of N.Y. (SSNY) on 8/13/2008. 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, 80 Fuller Road, Albany, NY 12212. Purpose: any lawful activity. LD-19548 (October 1, 2008)

LEGAL NOTICE

Notice of Qualification of Hudson Retail LLC. Authority filed with Secy. of State of NY (SSNY) on 8/27/08. Office location: Albany County. LLC formed in Michigan (MI) on 8/25/08. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 1335 S. University Ave., Ann Harbor, MI 48104, also the address to be maintained in MI. Arts. of Org. filed with MI Secy. Of State, PO BOX 30004, Lansing, MI 48909. Purpose: any lawful activities. LD-19549 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). NAME: COLUMBIA BURDET GROUP LLC. Articles of Organization filed with NY Secretary of State, August 28, 2008. Purpose: to engage in any lawful act or activity. Office: in Albany County. Secretary of State is agent for process against LLC and shall mail copy to 302 Washington Avenue Ext., Albany, NY 12203. LD-19550 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). NAME: COLUMBIA NOTT STREET GROUP, LLC. Articles of Organization filed with NY Secretary of State, August 28, 2008. Purpose: to engage in any lawful act or activity. Office: in Albany County. Secretary of State is agent for process against LLC and shall mail copy to 302 Washington Avenue Ext., Albany, NY 12203. LD-19551 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). NAME: THIEL GROUP LLC. Articles of Organization filed with NY Secretary of State, August 19, 2008. Purpose: to engage in any lawful act or activity. Office: in Albany County. Secretary of State is agent for process against LLC and shall mail copy to c/o Kathlene Thiel, 12 Shaker Bay Road, Latham, New York 12110. LD-19552 (October 1, 2008)

LEGAL NOTICE

LEGAL NOTICE

NOTICE IS HEREBY GIVEN OF THE FORMATION OF BLACKLIGHT LLC under the Limited Liability Company law. FIRST: The name of the limited liability company is BLACKLIGHT LLC. SECOND: The Articles of Organization were filed with the New York State Secretary of State on August 27, 2008. THIRD: The county within this state in which the office of the limited liability company is to be located is Albany. FOURTH: The secretary of state is designated agent of the limited liability company upon whom process against it may be served. The post office address within state shall mail a copy of any process against the limited liability company served upon him or her is 42 Paxwood Rd Delmar New York 12054. FIFTH: The purpose of the business of the Limited Liability Company is the engage in any lawful acts or activities for which Limited Liability companies may be organized. LD-19553 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. Name: Delmar-tian Technologies LLC. Articles of Organization filed with the Secretary of State of New York (SSNY) on 08/27/2008. 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: Delmar-tian Technologies LLC, 145 Jordan Blvd, Delmar, NY 12054. Purpose: Any lawful purpose. LD-19554 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of Limited Liability Company pursuant to Section 206 of the New York Limited Liability Law. a. The name of the Limited Liability Company is TPB Property Management LLC. b. The Article of Organization were filed with the Secretary of State on April 30, 2008. c. The office of the Limited Liability Company will be located in Albany County. d. The Secretary of State is designated as agent of the Limited Liability Company upon whom process against it may be served the address to which the Secretary of State shall mail a copy of any process against the Limited Liability Company served upon him or her is: TPB Property Management, LLC 1229 Central Avenue Bldg #1 Albany NY 12205 e. The Limited Liability Company is formed for any lawful business purpose or purposes. LD-19557 (October 1, 2008)

LEGAL NOTICE

Notice of Qualification of Mint Studio LLC. Authority filed with Secy. of State of NY (SSNY) on 8/28/2008. Office location: Albany County. LLC formed in Ohio (OH) on 7/16/2008. 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 12207-2543. Arts. of Org. filed with The OH Secy. of State, 180 East Broad St., Columbus, OH 43215. Purpose: Any lawful activity. LD-19559 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: REGA REALTY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/28/08. 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, 2257 Mill Avenue, Brooklyn,

LEGAL NOTICE

New York 11234. Purpose: For any lawful purpose. LD-19560 (October 1, 2008)

LEGAL NOTICE

Notice of Qualification of BIO TECH NUTRIENTS, LLC. Authority filed with Secy. of State of NY (SSNY) on 08/21/08. Office location: Albany County. LLC formed in Nevada (NV) on 10/23/02. Principal office of LLC: 818 West Brooks Ave., North Las Vegas, NV 89030. 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. Arts. of Org. filed with Secy. of State of Nevada, 206 North Carson St., Carson City, NV 89701-4299. Purpose: Sales of fertilizer products. LD-19567 (October 1, 2008)

LEGAL NOTICE

LEGAL NOTICE OF FORMATION OF Ace Home Inspections of Upstate New York, LLC. Articles of formation were filed with the Secretary of State of New York on 6/05/2008. Office Location: Albany County SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of the process to Ace Home Inspections of Upstate New York, LLC 15 Shannon Ave Cohoes, New York 12047. Purpose: for any lawful purposes. LD-19569 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LLC MSA General Partner LLC, filed Articles of Organization with the New York Secretary of State on August 29, 2008. Its office is located in Schenectady 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, 700 McClellan Street, Schenectady, NY 12304. The street address of the principal business location is 700 McClellan Street, Schenectady, NY 12304. 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-19570 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: VAL-ENTINE & FORDHAM LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 06/09/08. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 15 Cuttermill Road, Suite 260, Great Neck, New York 11021. Purpose: For any lawful purpose. LD-19571 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: BONITATUS FAMILY, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/28/08. 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, c/o Paul Bonitatus, 3Westwood Lane, Scotia, New York 12302. Purpose: For any lawful purpose. LD-19572 (October 1, 2008)

LEGAL NOTICE

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: NARKIS PRESTIGE LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/28/08. 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, 214-61 Jamaica Avenue, Queens Village, New York 11428. Purpose: For any lawful purpose. LD-19573 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: PERSPECTIVE II LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 09/03/08. 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, 130 Oceana Drive West, Brooklyn, New York 11235. Purpose: For any lawful purpose. LD-19574 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: RADZCO LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 09/03/08. 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, 150 East 57th Street, Apartment 23B, New York, New York 10022. Purpose: For any lawful purpose. LD-19575 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of LIFE INNOVATION LLC. Arts. of Org. was filed with SSNY on 9/5/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o 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-19577 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of Gold-fitch LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 08/29/08. 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., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corporate Svcs Corp., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19578 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of ANCC Management LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 08/26/08. 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., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corporate Svcs Corp., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19579

LEGAL NOTICE

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: MBD ASSOCIATES LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 09/05/08. The latest date of dissolution is 12/31/2099. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, c/o Allan J. Moroknek, Esq., 175 The Vale, Syosset, New York 11791. Purpose: For any lawful purpose. LD-19587 (October 1, 2008)

LEGAL NOTICE

Notice of Qualification of Parametrica Operations and Trading, LLC. Authority filed with Secy. of State of N.Y. (SSNY) on 08/27/2008. Office location: Albany County. LLC formed in DE on 06/10/2008. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Capitol Services, Inc., 1218 Central Ave., Ste. 100, Albany, NY 12205. DE address of LLC: BlumbergExcelsior Corporate Services, Inc., 1220 N. Market St., Ste. 806, Wilmington, DE 19801. Cert. of Form. filed with DESS, P.O. Box 898, Dover, DE 19903. Purpose: to engage in any act or activity lawful under the NY LLC Law. LD-19588 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. Articles of Organization of MSW Properties LLC (the "LLC") were filed with the Secretary of State of New York ("SSNY") on August 13, 2008, effective upon the date of filing. Office Location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY may mail a copy of any process to the LLC c/o 400 South Pearl Street, Albany, New York 12202. The purpose for which the LLC is formed is to engage in the conduct of a company to acquire, develop, renovate, manage, finance, own and sell real estate, and to carry on any other activities necessary to, in connection with, or incidental to the foregoing for which limited liability companies may be formed under the Limited Liability Law of the State of New York. LD-19589 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of Lisa Marie Fernandez, LLC. Arts. of Org. filed with NY Dept. of State on 9/4/08. Office location: Albany County. Principal business address: 420 W. 14th St., Ste. 6se, NY, NY 10014. Sec. 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. Purpose: any lawful activity. LD-19591 (October 1, 2008)

LEGAL NOTICE

Notice of Qualification of Fire Technologies Capital, LLC. Authority filed with NY Dept. of State on 9/3/08. Office location: Albany County. LLC formed in DE on 8/28/08. NY Sec. of State designated as agent of LLC upon whom process against it may be served and shall mail process to the principal business address: c/o Ryan O'Donnell, 15 Van Buren St., Albany, NY 12206. DE address of LLC: c/o National Corporate Research, Ltd., 615 S. DuPont Hwy., Dover, DE 19901. Cert. of Form. filed with DE

LEGAL NOTICE

Sec. of State, P.O. Box 898, Dover, DE 19901. Purpose: any lawful activity. LD-19592 (October 1, 2008)

LEGAL NOTICE

Notice of Qualification of Elementum Management Company LLC. Authority filed with NY Dept. of State on 9/4/08. Office location: Albany County. Principal business address: 228 Farnum Rd., Lakeville, CT 06039. LLC formed in DE on 9/3/08. NY Sec. of State designated as agent of LLC upon whom process against it may be served and shall mail process to: Corporation Service Co. (CSC), 80 State St., Albany, NY 12207, registered agent upon whom process may be served. DE address of LLC: CSC, 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Sec. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-19593 (October 1, 2008)

LEGAL NOTICE

Notice of Qualification of Elementum Partners LP. Authority filed with NY Dept. of State on 9/4/08. Office location: Albany County. Principal business address: 228 Farnum Rd., Lakeville, CT 06039. LP formed in DE on 9/3/08. NY Sec. of State designated as agent of LP 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, registered agent upon whom process may be served. DE address of LP: CSC, 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Name/addr. of genl. ptr. available from NY Sec. of State. Cert. of LP filed with DE Sec. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-19594 (October 1, 2008)

LEGAL NOTICE

Notice of Qualification of Elementum Partners GP LLC. Authority filed with NY Dept. of State on 9/4/08. Office location: Albany County. Principal business address: 228 Farnum Rd., Lakeville, CT 06039. LLC formed in DE on 9/3/08. NY Sec. of State designated as agent of LLC upon whom process against it may be served and shall mail process to: Corporation Service Co. (CSC), 80 State St., Albany, NY 12207, registered agent upon whom process may be served. DE address of LLC: CSC, 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Sec. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-19595 (October 1, 2008)

LEGAL NOTICE

Enterprise Consulting, LLC. Notice of formation of the above Limited Liability Company ("LLC"). Articles of Organization filed with Secretary of State of NY ("SSNY") on 07/17/2008. Office location is 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 any such process served to 65 Queen Anne Drive, Slingerlands, NY 12159. Purpose is any lawful business activities. LD-19596 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF Persing & O'Leary LLP. Articles of Organization filed with NY Secretary of State (SSNY) on 8/21/08. N.Y. Office location: Albany County. SSNY is designated as the agent upon whom process may be served. SSNY shall mail copy of any process

LEGAL NOTICE

to the LLP at: PERSING & O'LEARY 350 Northern Boulevard Ste 206, Albany, NY 12204. To practice law LD-19598 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF Persing & O'Leary LLP. Articles of Organization filed with NY Secretary of State (SSNY) on 8/21/08. N.Y. Office location: Albany County. SSNY is designated as the agent upon whom process may be served. SSNY shall mail copy of any process to the LLP at: PERSING & O'LEARY 350 Northern Boulevard, Ste 206, Albany, NY 12204. Purpose: To practice law LD-19598 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of PONCE DE LEON IMPORTS LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 2/26/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Leonard Fogelman Esq. 305 Madison Ave. NY, NY 10165. Purpose: any lawful activity LD-19599 (October 1, 2008)

LEGAL NOTICE

NZP SERVICES LLC was filed with the SSNY on 07/29/08. 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: Michael A. Faccioli, 145 South 4th Street, Apt. 11, Brooklyn, NY 11211. Purpose: any lawful purpose. LD-19600 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: ROANNE ADAMS DESIGN, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/22/08. 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, 79 Leonard Street, #3A, New York, New York 10013. Purpose: For any lawful purpose. LD-19605 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: JULIUS LATIMER LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/22/08. 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, 132 West 15th Street, 1A, New York, New York. Purpose: For any lawful purpose. LD-19606 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: KALD ASSOCIATES LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 09/04/08. 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 Sheldon Schwartz, 295 Madison Avenue, 42nd Floor, New York, New York 10017. Purpose: For an lawful purpose. LD-19607

LEGAL NOTICE

(October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: GPH, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 09/02/08. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 35-11 36th Street, Suite 207, Astoria, New York 11103. Purpose: For any lawful purpose. LD-19608 (October 1, 2008)

LEGAL NOTICE

LEGAL NOTICE MULTI-SCALE DESIGN SYSTEMS, LLC (the "LLC") filed Articles of Organization with the NY Secretary of State ("SOS") on 09/04/2008. 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 Multiscale Design Systems, LLC, 7 Burton Lane, Loudonville, New York 12211. The purpose is any lawful act or activity. LD-19611 (October 1, 2008)

LEGAL NOTICE

New York State, Department of State, Division of Corporations, State Records and UCC, Albany, NY 12231, Under Section 1203 of the Limited Liability Company Law, Name: Nestler & Gibson, PLLC Articles of Org. filed NY Sec. of State (SSNY) August 29, 2008. Office in Albany Co. SSNY design. Agent of LLC upon whom process may be served. SSNY shall mail copy of process to the PLLC 5 Computer Drive West, Albany, NY 12205. Purpose: Practice the profession of law LD-19612 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of MAN-THA CONSULTING LLC. Arts. of Org. was filed with SSNY on 9/12/08. 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, 38 HARVEST RIDGE ROAD, SELKIRK, NY 12158. Purpose: all lawful activities. LD-19613 (October 1, 2008)

LEGAL NOTICE

Notice of Qualification of Amherst Holdings, LLC. Authority filed with Secy. of State of NY (SSNY) on 9/8/08. Office location: Albany County. LLC formed in Delaware (DE) on 11/2/06. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Capitol Services, Inc., 1218 Central Ave., Ste. 100, Albany, NY 12205. DE address of LLC: 615 S. DuPont Hwy., Dover, DE 19901. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful act or activity. LD-19614 (October 1, 2008)

LEGAL NOTICE

Notice of Qualification of Amherst Securities Group, L.P. Authority filed with Secy. of State of NY (SSNY) on 9/8/08. Office location: Albany County. LP formed in Texas (TX) on 8/3/00. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: Capitol Services, Inc., 1218 Central Ave., Ste. 100, Albany, NY 12205. TX address of LP: 7801 N. Capital of Texas Highway, Ste. 300, Austin, TX 78731. Name/address of each genl. ptr. available

LEGAL NOTICE

from SSNY. Cert. of LP filed with TX Secy. of State, 1019 Brazos, Rm 105, Austin, TX 78702. Purpose: any lawful act or activity. LD-19615 (October 1, 2008)

LEGAL NOTICE

NOTICE OF PUBLICATION. The name of the limited liability company is Bates Holdings, LLC. The Articles of Organization were filed with the NYS Department of State on September 5, 2008. The county in which the office of the LLC is to be located is Albany. The secretary of the State of New York has been designated as agent of the LLC upon whom process against it may be served. The address to which the secretary of state shall mail a copy of any process accepted on behalf of the corporation to 17 Victoria Drive, Rensselaerville, New York 12147 LD-19619 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name: COACH MANOR LLC. Articles of Organization filed with NY Secretary of State, September 11, 2008. Purpose: to engage in any lawful act or activity. Office: in Albany County. Secretary of State is agent for process against LLC and shall mail copy to c/o Dawn Homes Management, 20 Corporate Woods Boulevard, Albany, NY 12211. LD-19623 (October 1, 2008)

LEGAL NOTICE

Notice is hereby given that the Planning Board of the Town of Bethlehem, Albany County, New York, will hold a public hearing on Tuesday, October 7, 2008 at 7:15 p.m., at the Town Offices, 445 Delaware Ave., Delmar, New York, on the application of Klersy Building Corp. for a one (1) lot subdivision located at 448 Route 9W, Glenmont, NY, Albany County, N.Y., as shown on map entitled: "MAP SHOWING PROPOSED SUBDIVISION PORTIONS OF LANDS N/F JKC REALTY, LLC & KINGS CHAPEL TO BE COMBINED TO FORM #450 ROUTE 9W", Town of Bethlehem, County of Albany, State of New York, dated August 20, 2008, last revised September 8, 2008, map prepared by ABD Engineers & Surveyors, 411 Union Street, Schenectady, NY 12305. Parker D. Mathusa Chairman, Planning Board NOTE: Disabled individuals who need assistance in order to participate should contact the Town Clerk's Office at 439-4955 Ext.1183. Advance notice is requested. LD-19624 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: P & L 49, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/29/08. 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, Post Office Box 11364, Loudonville, New York 12211. Purpose: For any lawful purpose. LD-19628 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: NORTH-EAST GOLFER'S GUIDE LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 09/10/08. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be

LEGAL NOTICE

served. SSNY shall mail a copy of process to the LLC, c/o Dr. Douglas Lonnstrom, 100 Lonnstrom Drive, Slingerlands, New York 12159. Purpose: For any lawful purpose. LD-19629 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: BARRY-MOST LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 09/10/08. The latest date of dissolution is 12/31/2050. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, c/o Steven Schneiderman, 366 North Broadway, Jericho, New York 11753. Purpose: For any lawful purpose. LD-19630 (October 1, 2008)

LEGAL NOTICE

ALISA STICKLE MARKETING & PROMOTIONS, LLC. Notice of Formation of Limited Liability Company. Articles of Organization filed with the Department of State of New York on 6/23/08. Office location, Saratoga County. Secretary of State of New York State is designated as agent of LLC upon whom process against it may be served. Secretary of State may mail a copy of any process to the LLC at P.O. Box 2794, Ballston Spa, NY 12020. No reported agent. Latest date of dissolution of LLC: None. Purpose: All legal purposes. LD-19633 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of BALL-STAR LLC. Arts. of Org. was filed with SSNY on 9/9/08. 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-19635 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: PacBlue, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 09/12/08. 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 Stephen R. Markman, 105 Court Street, Suite 510, Brooklyn, New York 11201. Purpose: For any lawful purpose. LD-19636 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: PETER RACZEK FINE ARTS LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 09/16/08. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 30 Bond Street, New York, New York 10012. Purpose: For any lawful purpose. LD-19637 (October 1, 2008)

LEGAL NOTICE

Notice of Qualification of REMINGTON LODGING & HOSPITALITY, L.P. Authority filed with Secy. of State of NY (SSNY) on 9/12/08. Of-

LEGAL NOTICE

ice location: Albany County. LP formed in Delaware (DE) on 7/22/03. Principal office of LP: 14185 Dallas Pkwy., Ste. 1150, Dallas, TX 75254. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to c/o Corporation Service Co., 80 State St., Albany, NY 12207-2543, registered agent upon whom and at which process may be served. Addr. in jurisdiction of formation: c/o Corporation Service Co., 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, John G. Townsend Bldg., 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: Lodging. LD-19639 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LLC Articles of Organization for SHUTT BUSINESS SERVICES, LLC were filed with the Secretary of State of New York on September 10, 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., 111 Winners Circle, Albany, New York 12205. Purpose: for any lawful activity for which limited liability companies may be formed under the law. LD-19643 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of 55 Fourth Street LLC. Arts. of Org. filed with Secy. of State of N.Y. (SSNY) on 09/02/08. 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., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corporate Svcs Corp., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19644 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of Strala Productions LLC. Arts. Of Org. filed with Secy. Of State of N.Y. (SSNY) on 09/05/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corporate Svcs Corp., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corporate Svcs Corp., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19645 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of Benjamin Furniture, LLC. Arts. Of Org. filed with Secy. Of State of N.Y. (SSNY) on 07/02/08. 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., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corporate Svcs Corp., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19646 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of S.

LEGAL NOTICE

Fried Consulting LLC. Arts. Of Org. filed with Secy. Of State of N.Y. (SSNY) on 09/04/08. 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., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corporate Svcs Corp., 1 Commerce Plaza, 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-19647 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of BLUE STAR M&A LLC. Arts. of Org. was filed with SSNY on 9/5/08. 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-19650 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: JENTO-RI, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 09/17/08. 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 Lester & Associates, P.C., 600 Old Country Road, Suite 229, Garden City, New York 11530. Purpose: For any lawful purpose. LD-19651 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: MEASURE UP BOWL, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 09/17/08. 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 Heather Harvey, 2 Grace Court, #1G, Brooklyn, New York 11201. Purpose: For any lawful purpose. LD-19652 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: BLICK MARKETING & MEDIA, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/19/08. The latest date of dissolution is 12/31/2060. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, c/o Roberta Blick, 505 East 82nd Street, New York, New York 10028. Purpose: For any lawful purpose. LD-19653 (October 1, 2008)

LEGAL NOTICE

Garageman Lien Sale 10/24/08 at 9 AM at 1607 Route 9W Selkirk 1996 GMC 1GKFK16R9TJ754775 Re: W Johnson LD-19654 (October 1, 2008)

LEGAL NOTICE

Notice of Qualification of MCKESSON PHARMACY SYSTEMS LLC. Authority filed with Secy. of State of NY (SSNY) on 9/5/08. Office location: Albany County. LLC formed in Delaware (DE) on 6/23/08. Principal office

LEGAL NOTICE

of LLC: 30881 Schoolcraft, Livonia, MI 48150. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to c/o The Prentiss-Hall Corporation System, Inc., 80 State St., Albany, NY 12207. Addr. in jurisdiction of formation: the LLC, 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: Development and implementation of software and productivity solutions for retail, mail order, and outpatient pharmacies. LD-19655 (October 1, 2008)

LEGAL NOTICE

Notice of Qualification of KARA MANN DESIGN LLC. Authority filed with Secy. of State of NY (SSNY) on 09/12/08. Office location: Albany County. LLC formed in Illinois (IL) on 11/02/05. Principal office of LLC: 119 W. Hubbard, Penthouse, Chicago, IL 60654. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to c/o Corporation Service Co., 80 State St., Albany, NY 12207-2543. Addr. in jurisdiction of formation: 119 W. Hubbard, Penthouse, Chicago, IL 60654. Arts. of Org. filed with IL Secy. of State, Michael J. Howlett Bldg., 501 S. 2nd St., Rm. 328, Springfield, IL 62756. Purpose: Any lawful activity. LD-19656 (October 1, 2008)

LEGAL NOTICE

Pro Painters Albany, LLC. Articles of Org. filed NY Sec. of State (SSNY) 8/28/2008. Office in Albany Co. SSNY design. Agent of LLC upon whom process may be served. SSNY shall mail copy of process to C/O Ryan Moran C/O Legalzoom.com, INC. 7083 Hollywood Blvd., STE 180, Los Angeles, CA 90028. Purpose: Any lawful activity. TU 6t (78622) LD-19657 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 19 W 33rd LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 09/05/08. The latest date of dissolution is

LEGAL NOTICE

12/31/2075. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 19 West 33rd Street, New York, New York 10118. Purpose: For any lawful purpose. LD-19659 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. Name: The Waggoner Farm, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 7/15/08. 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, 146 Pictuay Rd., Selkirk, N.Y. 12158. Purpose: any lawful activity. LD-19660 (October 1, 2008)

LEGAL NOTICE

Bethlehem Central School District hereby invites the submission of sealed bids in accordance with Section 103 of the General Municipal Law for the following: Five, 27 Passenger, and One, 21 Passenger with two wheelchair station GMC Gas powered School Buses. Bids will be received until 11:00 AM October 30, 2008 at the Transportation Department Supervisor's Office at Bethlehem Central School District, 82 Van Dyke Rd., Delmar, NY 12054, at which time and place all bids will be publicly opened. Specifications and bid forms may be obtained at the same office. The Board of Education reserves the right to reject any or all bids. Any bids submitted will be binding for 90 days subsequent to the date of bid opening. Board of Education Steven O'Shea District Clerk LD-19661 (October 1, 2008)

LEGAL NOTICE

Notice of Formation of SNOWBALL PASS LLC. Arts. of Org. was filed with SSNY on 9/22/08. 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

LEGAL NOTICE

address. Purpose: all lawful activities. LD-19662 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 802 LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 09/23/08. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 25 Washington Street, #640, Brooklyn, New York 11201. Purpose: For any lawful purpose. LD-19667 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: FUNKY MUNKY STABLE 3, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 09/18/08. 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 Richard Munk, 90 Gold Street, Unit 25F, New York, New York 10038. Purpose: For any lawful purpose. LD-19674 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: FUNKY MUNKY STABLE 4, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 09/18/08. 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 Richard Munk, 90 Gold Street, Unit 25F, New York, New York 10038. Purpose: For any lawful purpose. LD-19675 (October 1, 2008)

LEGAL NOTICE

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

LEGAL NOTICE

on 09/19/08. 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, Suite 309, New York, New York 10010. Purpose: For any lawful purpose. LD-19676 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 7620 18 AVE. REALTY LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 09/19/08. 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, 16 Maiden Lane, Staten Island, New York 10307. Purpose: For any lawful purpose. LD-19677 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: FUNKY MUNKY STABLE 4, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 09/18/08. 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 Richard Munk, 90 Gold Street, Unit 25F, New York, New York 10038. Purpose: For any lawful purpose. LD-19678 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: MPM ENTERPRISES II LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 07/30/08. The name was amended to MPM ENTERPRISES II LLC on 08/11/08. The latest date of dissolution is 12/31/2099. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 135 Eastern Parkway, Suite 8D, Brooklyn, New York 11238. Purpose: For any lawful purpose.

LEGAL NOTICE

LD-19679 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: VEDERE LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 09/23/08. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 266 West 115th Street, Suite 3A, New York, New York 10026. Purpose: For any lawful purpose. LD-19680 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: SHERPA PROCESSING, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 09/15/08. 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, 119 Winthrop Avenue, Albany, New York 12203. Purpose: For any lawful purpose. LD-19681 (October 1, 2008)

LEGAL NOTICE

Notice of Qualification of Casella Albany Renewables, LLC. Authority filed with NY Dept. of State on 9/22/08. Office location: Albany County. Principal business address: 25 Greens Hill Lane, Rutland, VT 05701. LLC formed in DE on 9/18/08. NY Sec. 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 Sec. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful activity. LD-19682 (October 1, 2008)

LEGAL NOTICE

HIP HOP FAMILY TREE LLC (the "LLC") filed Articles of Organization with the NY Secretary of State ("SOS")

LEGAL NOTICE

on 09/25/2008. 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 Hip Hop Family Tree LLC, 911 Central Ave., #202, Albany, NY 12206. The purpose is any lawful act or activity. LD-19683 (October 1, 2008)

LEGAL NOTICE

Notice of Qualification of PERSHING ADVISOR SOLUTIONS LLC. Authority filed with Secy. of State of NY (SSNY) on 09/22/08. Office location: Albany County. LLC formed in Delaware (DE) on 05/19/94. Principal office of LLC: One Pershing Plaza, 14th Fl., Jersey City, NJ 07399. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to c/o Corporation Service Co., 80 State St., Albany, NY 12207. Addr. in jurisdiction of formation: c/o Corporation Service Co., 2711 Centerville Rd., Ste. 400, Wilmington, DE 19901. Arts. of Org. filed with DE. Secy. of State, John G. Townsend Bldg., 401 Federal St., Ste. #4, Dover, DE 19901. Purpose: Any lawful activity. LD-19684 (October 1, 2008)

LEGAL NOTICE

Publication Notice of Organization of Limited Liability Company. FIRST: The name of the Limited Liability Company is BETHLEHEM'S LITTLE HELPER, LLC (hereinafter referred to as the "Company"). SECOND: The Articles of Organization of the Company were filed with the New York Secretary of State on June 4, 2008. THIRD: The county within New York State in which the office of the Company is to be located is ALBANY. FOURTH: The Secretary of State has been designated as agent upon whom process against the Company may be served. he post office address to which the Secretary of State shall mail process is: 126 Elsmere Avenue, Delmar, New York 12054. FIFTH: The purposes of the business of the Company is The Company's purpose is to engage in any lawful act or activity for which limited liability companies may be organized under the New York Limited Liability Law. LD-19685 (October 1, 2008)

LEGAL NOTICE

Notice of Qualification of Long Beach Islandia, LLC. Authority filed with Secy. of State of NY (SSNY) on 8/25/08. Office location: Albany County. LLC formed in Delaware (DE) on 8/20/08. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Incorporating Services, Ltd., 3500 S Dupont Hwy, Dover, DE 19901, also the address to be maintained in DE. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activities. LD-19539 (October 1, 2008)

LEGAL NOTICE

Articles of Organization of THE MOLINARO FIRM, PLLC, under Section 1203 of the Limited Liability Company Law. The name of the professional limited liability company (PLLC) is: THE MOLINARO FIRM, PLLC and shall practice the profession of law. The county within this state in which the office of the PLLC is to be located is ALBANY. The Secretary of State is designated as agent of the PLLC upon whom process against it may be served. The address within this state to which the Secretary of State shall mail a copy of any process against the PLLC is 8 Brighton Court, Loudonville, NY 12211. The original and sole member and manager is PETER J. MOLINARO, 8 Brighton Court, Loudonville, NY 12211. There are no other members of any kind of the PLLC. Signed: Peter J. Molinaro-Organizer LD-19568 (October 1, 2008)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: G & G JEWELERS LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 08/28/08. 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, 4186 Broadway, New York, New York 10033. Purpose: For any lawful purpose. LD-19580 (October 1, 2008)

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Small numbers not a problem

Indians keep pace in Colonial Council with 15 players

By ROB JONAS
jonasr@spotlightnews.com

The Ravena-Coeymans-Selkirk girls soccer team keeps on winning, no matter how many players it has on its roster.

The Indians improved their Colonial Council record to 6-1 with last Wednesday's 4-1 home victory over Cohoes, despite the fact that roughly half of the 15 players on coach Danielle Wolfe's roster were sick.

"We needed a win after our game Monday (a 4-3 loss to Holy Names)," said Wolfe. "That was a loss the girls didn't take lightly."

The Indians (6-2-1 overall) don't

make excuses, either. They know that having only four reserves available means that fatigue could set in sooner for them than their opponents, but they work hard in practice to make sure that doesn't happen.

"They will tell you that they are in shape," said Wolfe, who is in her sixth year with R-C-S. "That's been my philosophy - that we won't lose a goal if we're in shape. We have 15 players, so we have to be in shape."

The Indians' fitness level was on display in last Wednesday's win. R-C-S wore Cohoes down to the point where it dominated the action over the final 20 minutes, which is when the Indians scored three of their four goals to break a 1-1 tie.

"We tend to like playing once we're behind or tied," said Wolfe. "Every game that's been

a challenge to us, the other team seems to have to push us in some way for us to start playing well."

The pushing point came when Cohoes tied the game midway through the second half. R-C-S started applying heavy pressure on Cohoes' defense, and that pressure paid off when Ashley Ten Eyck scored off a corner kick to put the Indians ahead for good. Ten Eyck's original shot bounced off the goalpost, but the rebound came right back to the senior forward and she kicked the ball inside the right post for the eventual game winner.

"She deserved it. She's been working hard," said Wolfe. "She's been my assists person, not my goals person."

Emily Scott and Caitlin Posniewski added insurance goals late in the second half for R-C-S. Ashley Wilson had the Indians' first goal shortly after halftime when her shot bounced off the Cohoes goaltender's hands into the net.

The Indians had some time to recover from their illnesses when their Friday game against Lansingburgh was postponed. They returned to action Monday with a non-league game against Suburban Council North Division leader Ballston Spa.



Ravena-Coeymans-Selkirk's Samantha Cesare battles a Cohoes player for the ball during last Wednesday's home game. Rob Jonas/Spotlight

Club accepting registration

The Ravena-Coeymans-Selkirk Youth Soccer Club is accepting registrations for its travel and spring recreational programs through the end of December.

Spots are available on all of its travel teams from the under-10 through the under-17 divisions. Recreational teams are open for children age 5 through 13.

Register online at www.rcs-youthsoccer.org.

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Eye

(From Page 40)

has already defeated the likes of Shenendehowa and Bethlehem this season, it's not a stretch to believe that the Dutchmen will be considered the favorites to win the Class AA title when Sectionals begin.

• Ballston Spa's surging girls soccer team. Has anyone taken a look at the Suburban Council North Division standings recently? If not, you'd be in for a shock as the Scotties have moved past the likes of Niskayuna, Shen, Saratoga and Burnt Hills-Ballston Lake to claim the top spot with 9.5 standings points. It hasn't been a fluke, either. Ballston Spa owns a 1-0-1 record against Shen and defeated Saratoga in its first game against the Blue Streaks, who are also playing well this year.

Credit has to be given to goaltender Renae Cairns and a balanced Ballston Spa offense that has churned out 28 goals in nine games. Cairns, who played on the Adirondack scholastic women's soccer team at this past summer's Empire State Games,

owns a .88 save percentage and has allowed only 10 goals. On offense, Annie Czelusniak leads the team with six goals, but five other players have contributed two or more goals.

Can the Scotties maintain this level of success into the playoffs? It won't be easy as they still have games against BH-BL, Bethlehem, Niskayuna and Saratoga, but they certainly are capable of it.

• How many Section II titles will BH-BL win this fall? The haul could be potentially be as big as the past two fall seasons, in which the school seemingly won every championship available outside of golf.

The football team has cruised through its first four games posting three shutouts and a 60-14 laughter against Lansingburgh. The girls soccer team is healthy and looking every bit as strong against Class A competition as it has in winning the last three Sectional titles. The girls cross country team is ranked third nationally, thanks to a roster loaded with veterans that led the Spartans to last year's state title. And let's not forget the volleyball

teams, both of whom haven't lost to a Suburban Council opponent in the last several years.

Think that's all? There's still the girls swimming team, the boys cross country team, the boys soccer team and the field hockey team – all of whom could make a run at Sectional titles.

I'm not saying BH-BL will win every fall sport title this year, but the school should make room in its trophy case for at least a few more Sectional plaques.

That said, here is this week's Section II football power rankings as I see it:

Class AA

1. Saratoga – The Blue Streaks' path to the Empire Division title is now clear after beating Shen 30-21 last week with Albany and Guiderland remaining on their divisional schedule

2. Schenectady – That 21-19 victory over Newburgh Free Academy is impressive, but not enough to overtake Saratoga right now

3. LaSalle – The Cadets keep rolling toward that Week 6 showdown with Schenectady

4. Ballston Spa – Quietly, the Scotties have improved to 3-1, but tests against Shen and Bethlehem await

5. Shen – The Plainsmen have nothing to hang their heads about after a tough loss against a quality Saratoga team.

Class A

1. Burnt Hills-Ballston Lake – Forget finding a challenger for the Spartans during the regular season; I want to see another team score a touchdown against BH-BL's defense

2. Troy – The Flying Horses will be tested down the stretch with games against Bishop Maginn and Lansingburgh ahead

3. Bishop Maginn – Quarterback Bunduka Kargbo can beat you two ways; with his arm, and with his feet

4. Lansingburgh – The Knights are still a threat as long as tailback Marcus Hepp keeps piling up yards

5. Gloversville – A 42-13 road win against Queensbury is a nice bounce back for the Huskies after BH-BL shut them out one week earlier

Class B

1. Cohoes – This week's game at Ravena-Coeymans-Selkirk will prove either the Tigers are for real, or they're not ready for prime time

2. Schalmont – The Sabres can sew up the West Division title with a win at Cobleskill Friday night

3. Ravena-Coeymans-Selkirk – The Indians looked very good in their 42-21 victory over Albany Academy, which should concern Cohoes

4. Hudson Falls – The Tigers rebounded nicely from their loss to Schalmont by beating Cobleskill 26-7 last weekend, but they won't catch the Sabres without help from the Bulldogs

5. Cobleskill – I couldn't keep Albany Academy in the top five with a 1-3 record, so please welcome the 2-2 Bulldogs

Indians

(From Page 40)

earned a piece of second place with a 41-14 victory over Albany, while Shen fell into second place following a 30-21 loss to first-place Saratoga Springs last weekend.

"We're going to play wide open offense like we usually do and try to score some points," said Bethlehem coach Ron Smith.

The biggest challenge for the

Eagles is stopping Shen running back Suhayb Banks, who has averaged more than 100 yards per game.

"We'll try to get as many kids on the (defensive) line as we can and try to force them to throw the ball," said Smith.

Bethlehem did a good job of stopping Albany's athletic offense in last Friday's victory. The Eagles didn't allow Albany (0-4, 0-4) to get anything going through the air with any consistency.

"We played better defensively than we have all season," said Smith.

Sean Murphy and Casiem Maxwell each rushed for a pair of touchdowns to lead the Eagles.

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Varsity results for the week of Sept. 22-28

Wednesday, Sept. 24

FIELD HOCKEY

Bethlehem 2, Niskayuna 1

Bethlehem scoring: Courtney McCall 1-0, Becca Sitneone 1-0
Bethlehem saves: Devon Keir 4

GOLF

Voorheesville 174,

Cobleskill 181

Voorheesville leaders: John Malfetano 42, R.J. Cave 42

R-C-S 228, Waterford 231

R-C-S leader: Tim Vishneowski 53

Bethlehem 217,

Columbia 256, Colonie 257

Bethlehem leader: Victor Fox 33

BOYS SOCCER

Bethlehem 3, Colonie 0

Bethlehem scoring: Steve Russo 1-1, Mike Mulhall 1-0, Danny Carrillo 1-0, Phil Sell 0-2

Bethlehem saves: Dan Maddock 5

GIRLS SOCCER

Voorheesville 3,

Albany Academy 2

Voorheesville scoring: Caitlin Ableseth 2-0, McKenzie Conroy 1-0

Voorheesville saves: Mackenzie Blake 6, Michelle Thamsen 4

R-C-S 4, Cohoes 1

R-C-S scoring: Ashley Wilson 1-0, Ashley TenEyck 1-0, Emily Scott 1-0, Catlin Posniewski 1-0, Erienne Reith 0-1

R-C-S saves: Teagan Waddingham 3

Thursday, Sept. 25

BOYS SOCCER

Albany Academy 2,

Voorheesville 1

Voorheesville scoring: Academy own goal

GIRLS SOCCER

Bethlehem 2, Colonie 0

Bethlehem scoring: Kaitlyn Martin 2-0

GIRLS SWIMMING

Bethlehem 99,

Mohonasen-Schalmont 79

Bethlehem individual winners: Haley Powers (200-yard freestyle), Tara O'Donnell (200 individual medley), Bethany Powhida (50 freestyle, 100 butterfly), Kirstie Russell (diving), Grace Ayer (100 freestyle)

Friday, Sept. 26

FOOTBALL

Chatham 62, Voorheesville 7

First quarter

Cha - Josh Keyes 60-yard run (Mike Gilbert kick)

Cha - Keyes 40-yard run (Gilbert kick)

Cha - Keyes 25-yard run (Gilbert kick)

Second quarter

Cha - Jim Dorato 25-yard run (kick failed)

Cha - Jordan Braham 35-yard pass from Parker Niles (Gilbert kick)

Third quarter

Cha - Ryan Coon 5-yard run (Gilbert kick)

Cha - Alex Mishkin 5-yard run (Gilbert kick)

Cha - Eric Fuss 60-yard interception return (Gilbert kick)

Cha - Coon 40-yard run (Gilbert kick)

Fourth quarter

Voor - Dan Whiteley 10-yard run (Lee Fenner kick)

Bethlehem 41, Albany 14

First quarter

BC - Sean Murphy 4-yard run (Sam Smith kick)

BC - Casiem Maxwell 13-yard run (Smith kick)

BC - Andy Bettinger 24-yard pass from Randy Bowers (kick failed)

Second quarter

BC - Maxwell 5-yard run (Smith kick)

Alb - Curtis Holloman 9-yard run (Jake Valentine conversion run)

BC - Sam Gallup 5-yard run (Smith kick)

BC - Murphy 19-yard run (Smith kick)

Fourth quarter

Alb - Holloman 24-yard pass from Jalon Scott (conversion run failed)

BOYS SOCCER

Shen 2, Bethlehem 1

Bethlehem scoring: Cody Kessler 1-0

GIRLS SOCCER

Voorheesville 6, Watervliet 1

Voorheesville scoring: Michaela Conway 2-2, McKenzie Conroy 1-1, Emily Blow 1-0, Hannah Brackett 1-0, Eryn Ryan 1-0, Karen Dawson 0-1, Bailey Ryan 0-1

Voorheesville saves: Michelle Thamsen 4

GIRLS SWIMMING

Alb. Academy 97, R-C-S 86

R-C-S individual winner: Melanie Melewski (200-yard freestyle, 100 breaststroke)

Saturday, Sept. 27

CROSS COUNTRY

Queensbury Invitational

Varsity I division

Girls team scores: Queensbury

38, Arlington 62, Immaculate Heart Academy 105, Holy Names 126, Gunderland 146, Academy of Holy Angels 163, Tappan Zee 197, Bethlehem 214, Averill Park 221, Ballston Spa 241, Columbia 260, John Jay-East Fishkill 291, Beekmantown 379

Varsity II division

Boys team scores: Broadalbin-Perth 35, Voorheesville 55, Ticonderoga 101, Glens Falls 120, Schuylerville 126, Saranac Lake 175, Peru 193, Northeastern Clinton 230, Whitehall 262, AuSable Valley 263, Maple Hill 267, John A. Coleman 306, Hudson Falls 319

Girls team scores: Broadalbin-Perth 41, Voorheesville 78, Schuylerville 104, John A. Coleman 140, Saranac Lake 151, Hoosic Valley 179, Northeastern Clinton 188, Peru 188, Hudson Falls 215, Lake George 245, Ticonderoga 287, Ichabod Crane 298, Maple Hill 300

FOOTBALL

R-C-S 48, Alb. Academy 21

First quarter

RCS - Nick LaMountain 4-yard run

(Collin Kruger kick)

AA - Chris Pelcher 4-yard pass from Hunter McCarthy (kick failed)

Second quarter

RCS - Keith Hoyt 6-yard run (Kruger kick)

RCS - Hoyt 7-yard run (Kruger kick)

RCS - Jamaal Caldwell 3-yard pass from Hoyt (Kruger kick)

Third quarter

RCS - LaMountain 7-yard run (kick failed)

AA - Jimmer Bennett 20-yard pass from McCarthy (Bennett kick)

Fourth quarter

RCS - Mike Garza 20-yard run (Kruger kick)

AA - Bennett 15-yard pass from McCarthy (conversion good)

RCS - C.J. Murray 1-yard run (Kruger kick)

BOYS SOCCER

Voorheesville 3, Cobleskill 0

Voorheesville scoring: Ryan Dimmitt 2-0, Hayden Wood 1-0, Chris Dimmitt 0-3

Voorheesville saves: Lee Fenner 4

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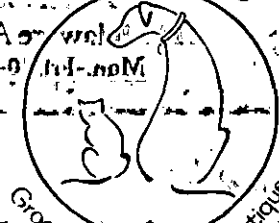
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Sports *in the* SpotlightVarsity
schedule

Wednesday, Oct. 1

CROSS COUNTRY

Ravena-Coeymans-Selkirk at Albany Academy, 4 p.m.

FIELD HOCKEY

Shaker at Bethlehem, 4 p.m.

GOLF

Bethlehem at Guiderland, 4 p.m.

BOYS SOCCER

Ravena-Coeymans-Selkirk at Voorheesville, 4:15 p.m.

GIRLS SOCCER

Bethlehem at Mohonasen, 4 p.m.

GIRLS SWIMMING

R-C-S at Amsterdam, 4:30 p.m.

GIRLS TENNIS

Colonie at Bethlehem, 4 p.m.

BOYS VOLLEYBALL

Shen at Bethlehem, 4 p.m.

GIRLS VOLLEYBALL

Niskayuna at R-C-S, 4 p.m.
Voorheesville at Schalmont, 4 p.m.

Thursday, Oct. 2

GOLF

Section II Tournaments, 8:30 a.m.

BOYS SOCCER

Mohonasen at Bethlehem, 4 p.m.

GIRLS SOCCER

Voorheesville at Cohoes, 4:15 p.m.

R-C-S at Schalmont, 6:30 p.m.

GIRLS SWIMMING

Shaker at Bethlehem, 4:30 p.m.

GIRLS TENNIS

R-C-S at Schalmont, 4 p.m.

GIRLS VOLLEYBALL

Colonie at Bethlehem, 4 p.m.

Friday, Oct. 3

FIELD HOCKEY

Bethlehem at Guiderland, 4 p.m.

FOOTBALL

Cohoes at R-C-S, 7 p.m.
Shen at Bethlehem, 7 p.m.
Voorheesville at Catholic Central, 7 p.m.

BOYS SOCCER

Voorheesville at Lansingburgh, 4:15 p.m.

GIRLS SOCCER

Bethlehem at Ballston Spa, 4 p.m.

GIRLS TENNIS

Ravena-Coeymans-Selkirk at Albany Academy, 4 p.m.

BOYS VOLLEYBALL

Colonie at Bethlehem, 4 p.m.

GIRLS VOLLEYBALL

Schalmont at R-C-S, 4 p.m.

Saturday, Oct. 4

CROSS COUNTRY

Bethlehem at Grout Run, 8 a.m.
R-C-S at Maple Hill Invitational, 9 a.m.

BOYS SOCCER

R-C-S at Mechanicville, 3 p.m.
Ballston Spa at Bethlehem, 7 p.m.

Indians prepare Tiger trap

R-C-S beats
Albany Academy
for third straight winBy ROB JONAS
jonasr@spotlightnews.com

Friday night's football game between Cohoes and Ravena-Coeymans-Selkirk will be for the Reinfurt Division title.

Both teams come into the contest with perfect divisional records, but Cohoes (2-0 division; 4-0 overall) has the added distinction of being the lone undefeated team in Class B

— something that R-C-S wants to change.

"We have to continue to be more physical (than our opponents) and control the line of scrimmage," said R-C-S coach Gary VanDerzee. "They're a big, physical team."

The Indians (2-0, 3-1) have come a long way since opening the season with a 35-14 loss to Hudson Falls. They played their best game to date Saturday when they defeated a dangerous Albany Academy team 42-21 in Albany.

"The offense set the tone of the game. They controlled the line of scrimmage," said VanDerzee.

"The defense did their job."

The second quarter proved to be pivotal to the Indians' success. Quarterback Keith Hoyt capped two consecutive drives with two touchdown runs and added a short touchdown pass to Jamaal Caldwell to give R-C-S a 28-6 halftime lead.

Tailback Nick LaMountain contributed a pair of touchdown runs, and C.J. Murray rushed for more than 100 yards and a touchdown for the Indians. Hunter McCarthy threw three scoring strikes for Albany Academy (0-2, 1-3) including a pair to Jimmer Bennett.

VanDerzee said he's looking for a similar effort from the offense against a Cohoes team that has allowed only 22 points in its four wins.

"That's what we expect," said VanDerzee.

Another key Section II football game takes place Friday in Bethlehem where the Eagles host Shenendehowa.

The Eagles (2-1, 2-2) and the Plainsmen (2-1, 2-2) are involved in a battle with Ballston Spa for second place in Class AA's Empire Division. Bethlehem

□ Indians Page 38

Eagles
reach
semis

If there is one nemesis for the Bethlehem boys volleyball team, it is Burnt Hills-Ballston Lake.

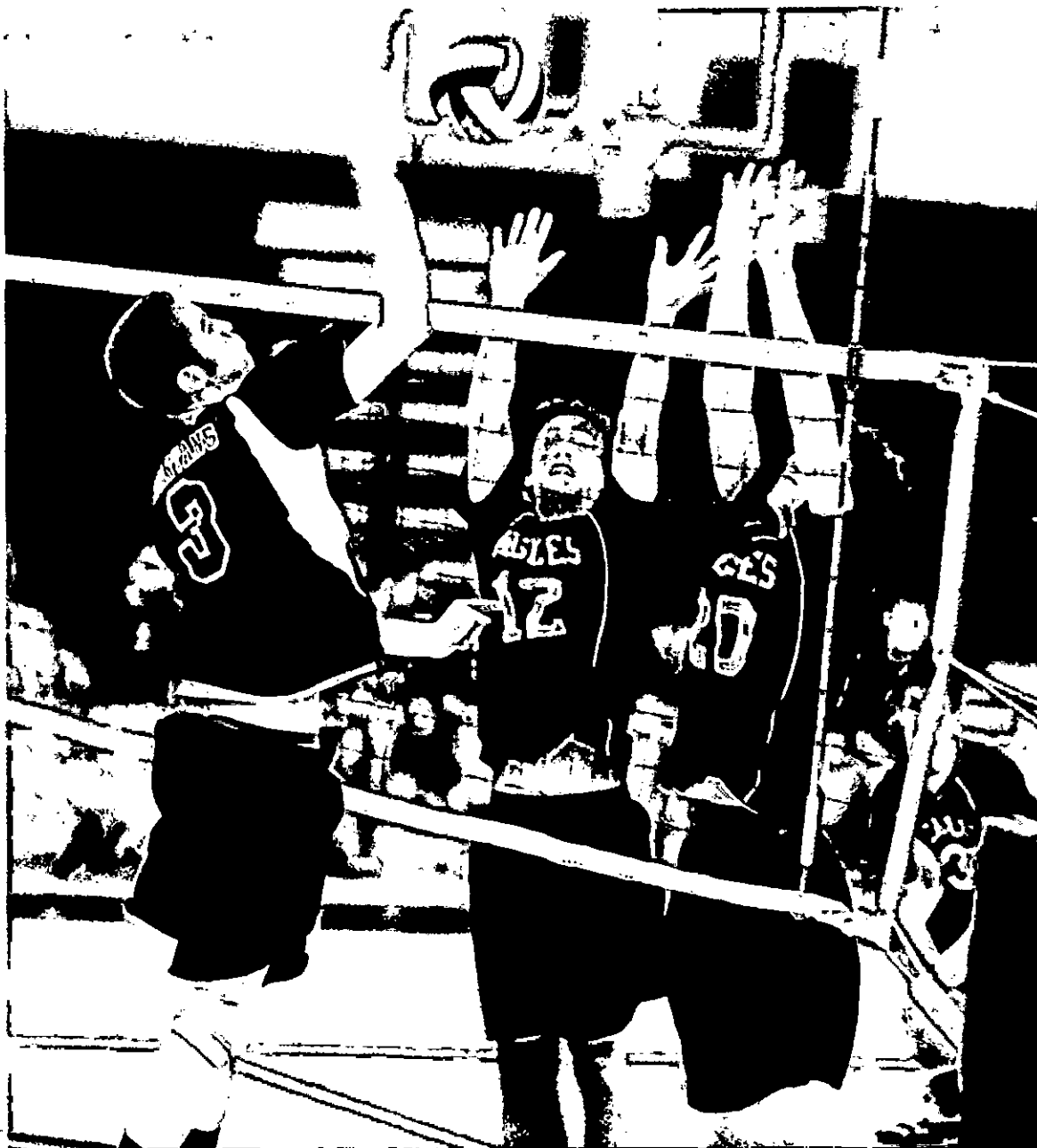
The Spartans swept the Eagles in two games to win their semifinal match at Saturday's BH-BL Mid-Season Tournament at Union College.

Bethlehem defeated Saratoga Springs 23-25, 25-23, 25-20 in the quarterfinals to advance, but BH-BL powered its way to a 25-12, 25-20 semifinal sweep on its way to winning its own tournament.

BH-BL is the only team Bethlehem has not beaten during the regular season. The Spartans defeated the Eagles in three games to start the Suburban Council season Sept. 3 and swept Bethlehem again last Wednesday 25-13, 25-20, 25-20.

Bethlehem (9-2 league, 10-3 overall) won five of its six pool play games at the BH-BL Mid-Season Tournament. The Eagles swept Colonie (25-8, 25-20) and Central Square (25-10, 25-23), and they split their two games with Niskayuna. The Silver Warriors won the first game 25-14 before Bethlehem took the second game 25-16.

The Eagles meet Shenendehowa Wednesday.



Bethlehem's Jed Kubisch (12) and Josh Steiner (20) attempt to block Mike Pelletier's spike during the Eagles' semifinal match against Burnt Hills-Ballston Lake at Saturday's BH-BL Mid-Season Tournament at Union College. The Spartans swept the Eagles in two games on their way to the title.

Robert Goo/Spotlight

Keep an eye on these fall sports teams

With the fall sports season reaching the midway point, here are four storylines that I'm following closely:

- The topsy-turvy world of Class B football. You know things are getting weird when both divisions are being led by teams with less-than-stellar histories — Cohoes in the Reinfurt Division, and Schalmont in the West Division.

The fact is Cohoes and Schalmont have been playing well throughout the season thanks to improved performance on the offensive line, which has allowed both teams to establish strong

running games. And it has been proven over the years that the teams with the best line play usually rise to the top.

There are some teams that could spoil a possible Schalmont-Cohoes Super Bowl meeting. Ravena-Coeymans-Selkirk has gotten its act together after struggling through the first two weeks, and Hudson Falls possesses one of the top tailbacks in the region in Joe McMurtry. Cobleskill-Richmondville and Albany Academy are also capable of pulling off upsets.

Still, it would be nice to see Schalmont and Cohoes get their

chance to play for a Section II title because it doesn't happen very often. At least, not in football.

- Guiderland's return to the top of the Suburban Council boys soccer world. The Dutchmen started this season with 11 consecutive wins, a streak that hasn't been seen in the northern Albany County town in more than a decade.

The secret to the Dutchmen's success has been coach Mike Kinnally's pet project, the Dutchmen United Soccer Club. Since starting the travel club team several years ago, the players coming up through

From the
Sports Desk
Rob Jonas

the system have been better prepared for the rigors of the Suburban Council season. And as the number of Dutchmen United players on Guiderland's roster has increased, so has the number of wins.

Given the fact that Guiderland

□ Eye Page 38

October 1, 2008

WOMEN'S HEALTH



and breast cancer awareness month



• Program helps manage diabetes, maintain independence — S3



• Seminar helps find balance between cancer and career — S4

• Ergonomic backpacks provide comfort for busy women — S6

A supplement to

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NEWSPAPERS

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Treatments rejuvenate the skin

Certified practitioners at Fusion Spa perform Botox injections, pulsed-light therapy and more

The old cliché 'beauty is in the eyes of the beholder' has stood the test of time. Fusion Spa is a suburban oasis designed for rejuvenation and relaxation.

Our focus is to restore the skin to its more youthful appearance and reverse the effects of aging. One of the best techniques to achieve this is through the use of a laser

called Intense Pulsed Light, or IPL.

The IPL has been the topic of interest on numerous national talk shows and news stations. Fusion Spa brought IPL to the Capital District for the simple reason that it works. Photo rejuvenation erases skin damage without harming the skin's surface, thus improving the texture and complexion of the skin.

The IPL has been the topic of interest on numerous national talk shows and news stations. Fusion Spa brought IPL to the Capital District for the simple reason that it works.

IPL works by concentrating light in a small sapphire that delivers gentle pulses of energy into the skin. The energy is absorbed by pigmentation in the skin, such as sun spots, redness, spider veins and telangiectasias.

20 to 30 minutes and requires no down time. Minimal to no discomfort is experienced.

The most remarkable results have been seen with facial sun damage, rosacea, facial veins, sun damage of the chest, and sun damage on the hands. Couple these treatments with chemical peels, Botox and fillers, the results can be quite breathtaking.

Botox and fillers are the two most common cosmetic procedures across the world. The main reason for their wide popularity and acceptance is that they achieve the desired results in nearly everyone. Millions of people across the world have used both Botox and various fillers for the treatment of wrinkles.

Botox treats wrinkles caused by the contraction of a muscle. The main locations for treatment are the forehead, between the eyebrows (glabellar region), and wrinkles at the edge of the eyes (crow's feet). Botox works by interrupting the muscle's function temporarily. It takes several days for the Botox to integrate in the muscle to see any effects and within two weeks, peak results are seen. The effect will last three to four months.

It is amazing to see the dramatic difference. This is the simplest, most inexpensive way to quickly look younger, more youthful without any down time or surgery. The injections are virtually painless since a very fine needle is used. It is necessary to have this procedure performed by a skilled practitioner since every person will require a different amount of Botox. --

Fillers treat the static wrinkle, the type seen in the mirror with no facial expression. The commonly used fillers include Juvederm, Radiesse, and Restylane. Both Juvederm and Restylane are structured after the most common component in the skin, hyaluronic acid, and last for up to one year. Radiesse is the newest generation filler and is comprised of tiny calcium spheres and will last 18 months. Fillers offer immediate results and nearly any wrinkle or scar can be softened.

At Fusion Spa, the experienced board certified physicians will perform a complete assessment and make recommendations for IPL, Botox, and Fillers, or other treatments.

Call 439-4700 to schedule your free consultation today and start looking and feeling younger now. Go online to www.fusionspaofalbany.com.

Addie's Trinkets raise breast cancer awareness, funds

Virtually everyone knows someone who has been touched by breast cancer — a mother, a wife, a girlfriend, a co-worker, a sister, a sister-in-law, an aunt or a daughter. It is estimated that one in seven women will experience breast cancer in her lifetime.

Concerned that breast cancer was only in the forefront during the month of October, Addie's Trinkets was created to keep breast cancer issues in the forefront. After all, there are 11 other months that cancer patients are being diagnosed, and there is no cure so early detection is imperative. We must take responsibility for our health and perform monthly self breast exams with yearly mammograms.

Addie's Trinkets is a collection of jewelry pins and bracelets sold in boutiques, gift and dress shops and, as invited, luncheons, dinner meetings and craft fairs year round.

Working with various jewelry companies, an assortment of distinctive pins appealing to a variety of fashion styles and taste were created. Addie's Trinkets make lovely gifts any time of the year, not just for those touched by breast cancer but for anyone.

Adelynes' is a charity registered with the state attorney general; the money raised by the sale of the jewelry is donated to breast cancer organizations. In purchasing Addie's Trinkets as a gift, you are also donating to breast cancer organizations.

We are continuing to seek

new shops and venues to sell Addie's Trinkets, and welcome all inquiries and suggestions. If you have a shop or an event where the jewelry could be sold — contact the organization at 475-0446.

Addie's Trinkets looks forward to working with everyone during the holiday season and the New Year in raising funds for, and awareness of, breast cancer.

Adelyne is working to end the legacy of breast cancer for our daughters' generation because, as she likes to say, "There is only one thing worse than finding a lump in your breast — it is NOT finding a lump!"

~ Adelynes' ~ Addie's Trinkets ~

A Collection of jewelry sold to raise awareness of and funds for Breast Cancer Organizations

Available at the following events: St. Marys Hospital luncheon - Amsterdam Oct. 19; Greenbush Reformed Church - East Greenbush Oct. 25; St. Thomas School - Delmar Nov. 01; Academy of Holy Names - Albany Nov. 1; Altamont Elementary School Nov. 2; Schalmont High School - Albany Nov. 8; Holy Cross School - Albany Nov. 15; St. Peters Celebration of Women - Albany Nov. 18; CBA - Albany Nov. 22; Hamagrael Elementary School - Delmar Dec. 6; Scotia Glenville High School Dec. 7.

and always available at:

Aurora's Willow Creek-Troy;
Persnickety's Gift Shop-Clifton Park; Grandma's Gift Shop-Albany; "To Life"-Delmar;
The Shoppe-Saratoga; Something Old, Something New-Slingerlands;
Balance Massage Studio-Delmar; The Closet Shop-Delmar



Interested in carrying Addie's Trinkets in your shop call 439-6539 for more information

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Program helps manage diabetes, maintain independence

BY VICTORIA E. JONES

The writer is programs and services development director for Colonie Senior Service Centers.

Nearly a half million Americans over age 60 have diabetes. Diabetes is a chronic disease that, left uncontrolled, can lead to heart disease, stroke, blindness, kidney disease and nerve damage. Even with medication, much of the responsibility for managing

diabetes falls on the individual with the disease.

Recognizing the need for a self-management program for seniors in the Capital District, Colonie Senior Service Centers is introducing "Healthy Changes: A Diabetes Wellness Program," in collaboration with Albany Medical College Division of Endocrinology. The new program will be identical to CSSC's award-winning Osteoporosis Ex-

ercise and Wellness Program. Both programs feature education, nutrition, exercise, group discussion, and most importantly, socialization to reinforce healthy lifestyle changes.

Healthy Changes is an evidence-based model program developed by the Providence Center on Aging in Portland, Ore. The educational and support program is designed to assist older adults in the day-to-day self-management of diabetes. The weekly group meetings focus on the roles that nutrition and physical activity play in setting and achieving personal goals. Group discussions provide problem-solving help and support from other attendees, as well as connecting with community assets with CSSC and in the larger community.

But key components of all of CSSC's Healthy Aging Programs for chronic conditions are the Peer Leader Teams trained by knowledgeable experts such as Sunnyview Rehabilitation Hospital for the osteoporosis program and the Arthritis Foundation of NENY for the arthritis program.

Kathryn Godley, diabetes nurse clinician, and Teri Hutson-Mulligan, registered dietitian and educator, from the Division of Endocrinology at Albany Medical College are indispensable partners to the success of the program, not only for their expertise, but their in depth un-



Healthy Changes is designed to assist older adults in the day-to-day self-management of diabetes. The weekly group meetings focus on the roles that nutrition and physical activity play in setting and achieving personal goals.

Submitted photo

Tackling the obesity epidemic

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 percent and 29 percent. At 30 percent, she is obese. If you are 5-foot-2-inches and weigh 164 pounds, you are obese.

There are many factors causing obesity. First, 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.

Women who gain 20 to 30 pounds after high school are 40 percent more likely to get breast cancer. Women who gain more than 70 pounds are twice as likely to develop breast 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 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 life-long 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.



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Nini Wu, M.D.

President, New York Oncology Hematology

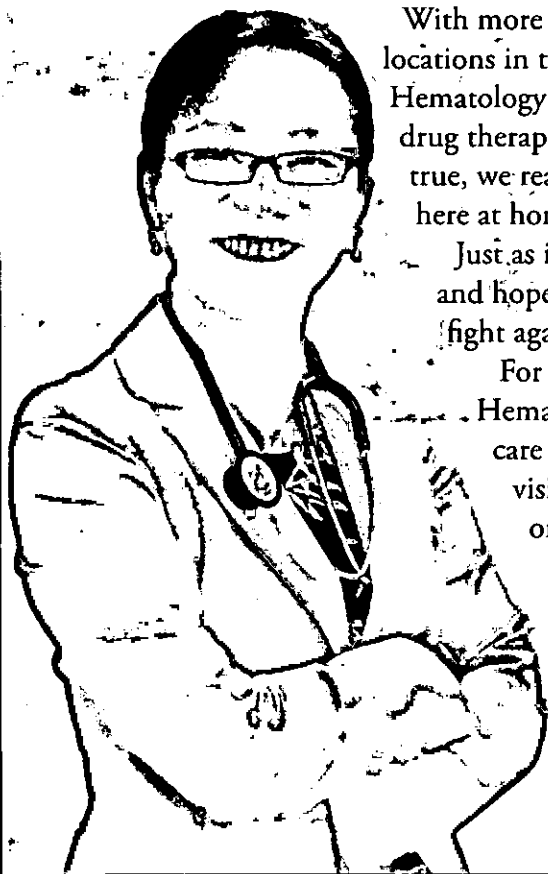
Finding out you have cancer can be overwhelming. But, with the right people providing the right care, you can face this disease with confidence.

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Just as important, we provide the support, education and hope our patients and their families need in their fight against cancer.

For information about New York Oncology Hematology including our comprehensive cancer care services, medical staff listing and locations, visit our website at www.newyorkoncology.com or give us a call at 489-0044.



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Seminar helps find balance between cancer and career

Last year, approximately 12,580 New York women were diagnosed with breast cancer. For many of them, continuing to work was not an option but a necessity. Ten years ago, Albany resident, mother and attorney Mara Ginsberg had to make a decision about her career after she was diagnosed with breast cancer. At the time, she was stunned to find the lack of resources available to women like her.

Around the same time, just 136 miles away in New York

City, former Harper's Bazaar Beauty Editor Carlotta Jacobson was alarmed to learn that five board members of her organization, Cosmetic Executive Women (CEW), were diagnosed with cancer within two years of one another. While they battled different types of cancer, they all shared a common bond: They continued to work through treatment. Jacobson was disappointed by the lack of information to help women navigate a complicated situation during a challenging time.

Both Ginsberg and Jacobson decided to do something. Ginsberg founded To Life!, a nonprofit organization that provides the Capital District with breast cancer education and support services. Jacobson launched Cancer and Careers – a nonprofit that offers online information, free publications and support for employees and employers with cancer. It is fitting then, that this year, in recognition of Breast Cancer Awareness Month, these two organizations have partnered with Roche to host a seminar - Balancing Cancer and Careers – that will assist women in the Capital District who decide to continue working after a breast cancer diagnosis.

"Work doesn't stop once you've been diagnosed with cancer. Many women have to – and want to – work during and after treatment," said Carlotta Jacobson, founder of Cancer and Careers and pres-

During the seminar, women will discuss the challenges of working while undergoing treatment as well as learn more about breast cancer treatment options that have helped women return to work faster than ever before ...

ident of Cosmetic Executive Women. "This seminar will help women ease the back-to-work transition by addressing the unique challenges of cancer in the workplace."

During the seminar, women will discuss the challenges of working while undergoing treatment as well as learn more about breast cancer treatment options that have helped women return to work faster than ever before, such as oral chemotherapies. Additionally, women will learn about laws that protect employees with cancer, including an updated bill passed by Congress last month that expands the definition of disability. Finally, women will be connected with local resources that can help them adjust to

working through cancer.

The Balancing Cancer and Careers seminar will be held on Tuesday, Oct. 7, at The Hilton Garden Inn at Albany Medical Center. Experts

will be present to offer advice including Jacobson; Ginsberg; Cancer and Careers Executive Director Kate Sweeney; Albany oncologist and To Life! board member Dr. Michael Kolodziej; and lawyer Joseph Connors.

To find out more or to RSVP, call 439-5975.

For information about oral chemotherapy, visit www.aboutoralchemo.com and for more information on the Cancer and Careers program, visit www.cancerandcareers.org.



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Funded in part by the Albany County Dept. for Aging, the NYS Office for Aging, US Administration on Aging, the Town of Colonie and participant contributions.

Breast reconstruction can give a cancer survivor confidence

October is Breast Cancer Awareness month. Women across the United States are reminded and encouraged to screen their breast health through a visit to their doctor, a mammogram and performance of breast self-exam. Most of us, fortunately, will be given the welcome news that our breasts are healthy. However, not every patient will be as lucky, and some will receive a diagnosis of breast cancer.

A diagnosis of breast cancer is devastating and life-altering, but most patients, through prompt and effective treatment, will obtain a cure. Breast cancer surgery, chemotherapy, radiation therapy and other drug therapies provide patients with options that can counteract this disease.

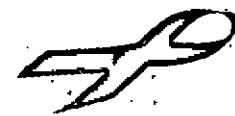
My name is Dr. Debbie Kennedy, and I am a plastic surgeon whose practice focuses on breast surgery. A large part of my practice is devoted to breast

cancer reconstruction patients. The surgical treatments that I offer do not cure cancer, but they are truly curative in so many other ways. Breast cancer reconstruction can restore the body to its pre-cancer contour and symmetry. Breast cancer reconstruction allows a young bride and former breast cancer patient to wear the strapless gown of her dreams as she walks down the aisle. Breast cancer reconstruction gives a soccer coach mother and former breast cancer patient the confidence to take the field and show her team of young girls how to play to win. Breast cancer reconstruction can make a "40-ish" divorcee and former breast cancer patient feel comfortable and attractive as she enters the dating scene. Breast cancer reconstruction can allow a grandmother and former breast cancer patient to be the No. 1 "hug-giver" in her grandchildren's world.

Every breast cancer patient is a potential candidate for breast reconstruction. A variety of surgical options exist, from using breast implants to shifting the patient's tissues from one location to another to create a new breast. Other surgeries focus on altering the existing anatomy to make a more pleasing contour or better symmetry.

Breast reconstruction is not cosmetic surgery. The law mandates that insurance companies pay for reconstruction. If you or someone you love has questions about breast cancer reconstruction or other breast surgery issues, call my office at 438-1434.

Please make time this October to take care of yourself. Call your doctor to make a breast health screening appointment.



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Balancing Cancer & Careers: Seminar



The Balancing Cancer and Careers Seminar is a collaboration between

cancerandcareers.org
www.cancerandcareers.org



www.rocheusa.com
www.aboutoralchemo.com



www.tolife.org

Presented by Cancer and Careers, a resource for employees with cancer, and To Life!, the Capital Region's personal source for breast cancer education and support -

Find out how to balance breast cancer and your job at a FREE interactive, educational seminar featuring expert advice and personal success stories.

- Carlotta Jacobson and Kate Sweeney, Founder and Executive Director, Cancer and Careers, will provide practical advice and concrete solutions for employees affected by cancer.
- Mara Ginsberg, President and Founder of To Life!, will share her personal experience navigating her career and her cancer treatment.
- A noted local oncologist will discuss the value of working through treatment and a legal expert will address patient rights in the workplace.

.....
 • Hilton Garden Inn
 • at Albany Medical Center
 • 62 New Scotland Avenue
 • Albany, NY 12208
 • Tuesday, October 7, 2008
 • 5:30 PM Refreshments
 • 6:00 PM Presentation
 • RSVP to To Life! at
 • (518) 439-5975 or
 • labbott@tolife.org
 • by October 3, 2008
 • No tickets will be issued.
 • Reservations will be held at
 • the door.

For women who carry the weight of the world

Tough Traveler provides ergonomic backpacks for women's comfort

Ergonomic backpacks can make carrying items on your back feel much lighter and feel a lot better than carrying those same items in a shoulder bag or in your arms. This is the way to go for back comfort, and so the time out and about will be easier and more fun.

Tough Traveler Super Padre series picked by chiropractors

These ergonomic backpacks have been wonderful for many women who travel, hike, take neighborhood walks, do light shopping trips, or even women who need a comfort pack for carrying to work. Instead of having a lot of weight on the shoulders as most daypacks do - the Super Padre Series allows users to walk comfortably because much of the weight load is on the hips. The Super Padre series comes in seven models to suit small people to large, as well as providing space for many different items. As one student user said, "Now my books weigh less!" The Super Padre series has been used widely, for women, men, youths, and children. These backpacks are meant for people who like comfort, and the Super Padre Series was picked as best in an extensive chiropractic competitive test and was chosen for recommendation in the Allied Health of Wisconsin, Society of Chiropractors, Back Injury Prevention Program.

Some Other Tough Traveler Ltd. Ergonomic Products

Many other Tough Traveler products are excellent for comfort, from new to old, from large backpacks such as the new Cloud Splitter to the world-known Tough Traveler baby/child carrier backpacks used worldwide from Japan to England, from Canada to Chile, and covering the United States. The comfort of the Stallion baby pack for hiking was recently noted in a 2008 article in the New York Times, and testimonials from customers worldwide on all the models of Tough Traveler baby/child packs have been glowing over the 24 years of manufacture and sales of Tough Traveler baby packs. So many women, fathers, and children have benefited from the comfort over the years, well summed up by the comment, "I can't live without it!"

Easy to carry, a pleasure to use

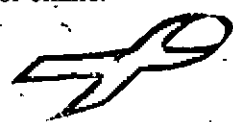
Even the small Tough Traveler Water Sprite and the Jiff Bag have received awards for excellence. The Jiff Bag review said: "Our judges loved this bag because it's small and easy to carry but still tall enough to fit a bottle of water. Looks different enough to stand out too." Small bags, purses, duffels, large bags, luggage, backpacks, baby carriers, computer bags, briefcases, camera bags, messenger bags, etc.: For durability and convenience and good looks - and ergonomics - Tough Traveler products have been designed and manufactured in Schenectady for 38 years.

Easy to get, from Loudonville to London

For people in the Capital District, getting Tough Traveler products is easy. The retail store is in Schenectady at 1012 State St., 393-0168, and

the Web site www.toughtraveler.com, ships both locally and worldwide. For people who are out of town, there's the Tough Traveler toll-free number 1-800-GO-TOUGH, and there is e-mail service at service@toughtraveler.com. It's even easy to give

Tough Traveler products as gifts, including gift certificates, which may be purchased in the store or online.



Avila resident Carmen Privitera, left, was awarded the Lifetime Achievement Award from Capital District Senior Issues Forum. At the awards celebration with Privitera is Bernie Privitera and Sister Maureen Joyce. Submitted photo

Group provides cancer screening services to those in need

The Cancer Services Program Partnership of Albany (formerly Healthy Women/Living Partnership) is grant funded through the state Department of Health and Centers for Disease Control. The partnership offers free breast, cervical and colorectal cancer screenings, and prostate education to the uninsured and underinsured, those with high deductibles, and screenings not covered by insurance, for example.

Women who are uninsured or underinsured, and over the age of 18, can receive a free breast exam and pap smear/pelvic exam through local OB/GYNs and physicians in the area. Women who are uninsured or underinsured and are either over the age of 40 or have a fam-

ily history of breast cancer may also receive a free mammogram through hospitals and imaging centers in the area.

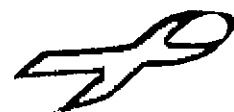
Men and women over the age of 50 are also eligible for colorectal cancer screening with a FIT kit (fecal immunochemical kit). If someone has a family history of colon cancer, polyps, Crohn's disease, inflammatory bowel disease, or colitis, they may be eligible to go straight to colonoscopy. Any FIT kits that come back positive will be followed up with a colonoscopy.

If someone is diagnosed through the Cancer Services Program Partnership with breast, cervical, colorectal or prostate cancer, all further treatment will be covered for those who meet eligibility requirements.

If patients have barriers to receiving care, the partnership also offers supportive case management services. Anything from encouragement, education, transportation or language barriers can be addressed.

The partnership also includes an incentive program to the patients for returning their FIT kits and receiving comprehensive screening services. The incentives vary but include food and gas gift cards from local businesses.

For information about the Cancer Services Program of Albany County or to make an appointment, call 454-4075.



UNINSURED?/UNDERINSURED?

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BREAST, CERVICAL AND COLORECTAL SCREENING

FREE

WOMEN: 18 AND OVER
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Eligibility: Uninsured or underinsured.
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are pleased to announce the association of

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Capital Region Institute for Pelvic Medicine

Dr. Kimble, a physician well known in our community, comes to us from Albany Obstetrics and Gynecology of Albany, NY. Dr. Kimble will focus on urogynecology and routine gynecological care. With Drs. Brian Murray and Brian Yamada, urologists specializing in women's urological issues, the Institute will provide a comprehensive approach to women's healthcare including treatment of urinary incontinence, pelvic prolapse, pelvic pain syndromes, and numerous other women's healthcare issues.

Dr. Kimble is accepting new patients at our 4 Executive Park Albany, NY location.

For an appointment, please call:

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Take steps to prevent the flu

**BY KAELY O'HARA
AND PAUL B. PAGNOTTA**
The writers work at Four Corners Pharmacy. Pagnotta is co-owner/pharmacists and O'Hara is a Pharm.D. candidate.

What is influenza?

More commonly known as the flu, influenza is a respiratory illness caused by a virus. The flu is contagious and is generally spread from person to person through coughing or sneezing. Every year in the United States, more than 200,000 people are hospitalized from flu complications, and 36,000 die from the flu. Usually, these are high-risk patients.

Who is at risk?

Although anyone can catch the flu, certain people are at a higher risk of having serious complications from infection. These people include children, pregnant women, people 50 years of age or older, people with chronic medical conditions such as asthma, diabetes, or heart disease, nursing home or long term care residents, health-care workers, or anyone in contact with these groups.

How is the flu prevented?

According to the Center for Disease Control, the best way to prevent infection is being vaccinated annually. The vaccine protects against the three main types of influenza, and the flu shot is approved for people 6 months of age or older. The vaccine usually becomes available early in the fall, so this is the best time to get vaccinated.

Who should get vaccinated?

Anyone who wants to decrease their chance of catching the flu should get vaccinated, but it is especially important for

people listed in the high risk group to receive the vaccine. Caretakers and loved ones of those at high risk should also consider vaccination to protect themselves as well as the person at risk.

Who should not get vaccinated?

If you have had a severe adverse reaction to the influenza vaccine in the past or have a severe allergy to chicken eggs, you should not receive the vaccine. If you currently have a moderate to severe illness along with a fever you should wait to receive your vaccine. Also, the vaccine is not approved for children less than 6 months of age.

Can you get the flu from the flu shot?

No! This is because the injection contains inactive or killed virus, so it can not give you an infection. The most common side effects from the shot include redness and pain at the site of injection.

Can pharmacists provide immunizations?

Yes! New York recently became the 49th state to allow pharmacists to immunize. For a pharmacist to become certified, they must undergo a rigorous training course where they are taught information on vaccines, how to administer them, and what to do in case of an emergency.

Why are pharmacists suited for becoming immunizers?

There are many reasons, the first being that vaccines are medications, and pharmacists are medication information experts. Second, pharmacists are the most accessible health care

providers to the community, and third, pharmacists can directly target high risk groups in need of vaccination.

Four ways to stay healthy this flu season

- Get vaccinated this year and every year.
- Four Corners Pharmacy will be hosting flu clinics this fall. The dates are Tuesday, Oct. 28, from 9 a.m. until noon, and Thursday, Oct. 30, from 1 until 4 p.m.
- Take everyday preventive actions.
- Know the signs and symptoms of influenza.
- You may have the flu if you have combination of fever, headache, fatigue, muscle aches and pain, sore throat, dry cough, and runny nose.
- Seek medical attention if you do become sick.

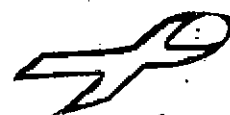
These include frequent hand washing, covering nose and mouth when sneezing, avoiding contact with sick people and staying home when you become sick.

Antiviral medications are an

available treatment option for fighting an infection. They are most effective when started soon after becoming sick.

References:

1. Key Facts About Seasonal Influenza. Center for Disease Control Website. <http://www.cdc.gov/flu/keyfacts.htm>
2. Preventing Seasonal Flu. Center for Disease Control Website. <http://www.cdc.gov/flu/protect/preventing.htm>



Permanent birth control without the surgery

Albany Gynecology and Fertility strives to offer patients the latest and safest advances in women's health. The Essure procedure is one such advance. This is a method of female tubal sterilization that we offer in the comfort and convenience of our office. There are no incisions, no anesthesia and no hospital recovery. Almost all patients are back to their normal activities in less than a day.

The procedure uses tiny flexible coils that are inserted into the openings of the fallopian tubes. These coils cause a benign reaction within the tubes that cause them to close off.

We have been performing the Essure procedure in our office for several years with wonderful success and patient satisfaction.

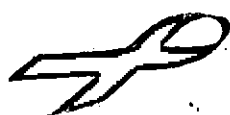
There are many advantages of this procedure over traditional tubal ligation in the hospital operating room. By performing this in the office, we avoid the hospital, the danger of general anesthesia, and the risk of placing sharp instruments through the abdomen causing pain and potential damage to the intestines and bladder.

Another advantage is a confirmation X-ray performed to be sure the tubes are blocked. This is not offered with traditional

tubal sterilization. In clinical trials, proper placement and confirmed tubal blockage has resulted in zero pregnancies over the last five years.

If you have completed your family building, consider this incisionless form of permanent birth control. Call Albany Gynecology and Fertility for a consultation today.

Dr. Nicholas Montalto, MD, Albany Gynecology and Fertility, 130 Everett Road, Albany. www.albanygyn.com. 482-1007.



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Institute offers range of treatments

Options allow women to keep up with the demands of changing times

The aging of America is a phrase we have heard countless times in the past decade. More women in America are over 50 than under 30, which is a very interesting statistic and one of the primary reasons the Capital Region Institute for Pelvic Medicine was developed. Greater demands are placed on us in the workforce, and we must remain productive longer to survive this ever-changing economy. However, the body continues to age and weaken, creating certain problems that prevent us from performing at an optimum level.

Commercials on TV are dominated by advertisements for overactive bladder syndrome and incontinence. Less than a decade ago, the options for treatment of these life-altering conditions were nearly limited to the use of adult diapers. Understanding and research into the causes of these conditions has opened up an entirely new field of medicine termed pelvic reconstructive surgery. It is impossible for the average gynecologic surgeon to stay current with all the new information, medications, and surgical skills required to treat these conditions. The mission of the Capital Region Institute for Pelvic Medicine is to advance the treatment of pelvic floor dysfunction and incontinence. With this sole focus, the surgeons at the institute have become leaders in this field and are able to provide treatment options normally only available at large metropolitan hospitals.

Not all types of incontinence or prolapse conditions require surgery. Many different options

are available from retraining the bladder through biofeedback to stimulating the nerve to the bladder through neuromodulation. The key is proper diagnosis by a physician who specializes in this area of medicine. Testing of the bladder is vital to determine the type of incontinence or other pelvic dysfunction. Then, a treatment plan can be established.

Even with surgical intervention, return to normal function is rapid. Most procedures are using soft synthetic mesh that has been used extensively in hernia repairs. This technology is relatively new, but the results have been very promising. The beauty of synthetic mesh is that the body cannot reabsorb the material and it will not weaken in time. This type of surgery can be completed in less than half the time of traditional surgery and restores the lost pelvic support. It has opened up a whole new array of possibilities for women with little down time experienced.

Today's society places great demands on women to function well in the workplace, continue to be physically active, and remain competitive in the marketplace. No longer do women have to live with an embarrassing condition or alter their lifestyle because of aging and weakening of the pelvic organs. Science and technology have revolutionized the treatment for incontinence and pelvic relaxation. Contact the surgeons at the Institute for Pelvic Medicine to learn more about the options to allow you to be at your best.



BY KAREN DEBONIS
The writer is director of education/client services at To Life.

After you hear, "It's breast cancer," then what? You probably don't hear many of your doctor's next words. Your mind is jumbled with thoughts and images of your family, your body, your future. Your first phone call may be to a loved one and you will have to say, "I have cancer." It's a scary, confusing time and you need not face it alone.

To Life, located on Kenwood Avenue in Delmar, with a satellite office in Saratoga, offers support services and education to breast cancer patients, survivors, and their family members, partners, and caregivers. A nonprofit agency, To Life celebrates its 10th anniversary this year.

To Life operates The Abracadabra Boutiques, the only boutiques in the Capital Region where you'll find prostheses, bras, wigs, hats and scarves, as well as private fitting rooms. To Life staff and volunteers include breast cancer survivors who help clients with patience, care and a healthy dose of good humor.

ACE (Awareness, Connection, Education) support groups focus on accessing information and resources, problem solving, and networking for women in treatment and post-treatment, and their support-givers.

In Delmar, these groups meet on the third Wednesday each month from 7-8:30 p.m.; in Saratoga, they meet alternate Wednesdays at 10 a.m. In addition, Cancer Mentoring pairs newly diagnosed women with compatible mentors who guide them through the breast cancer journey with emotional support and coping tips.

The Wellness from Within component of To Life features

yoga, healing touch and other activities that complement medical care. Yoga classes are scheduled for Oct. 1, 8, 15, and 22 from 6-7:15 p.m. Donations are accepted. Healing Touch is offered on the first two Tuesdays of each month. A special offering this month is a free Scrapbooking workshop on Oct. 30 from noon to 3 p.m.

Our Lending Library has many informative and helpful resources which you can sign-out and use in the comfort of your home.

To Life sponsors Education Forums to disseminate the latest information about cancer research, treatment, and care, presented by experts in the field. Upcoming forums are:

- Balancing Cancer and Careers. In partnership with Roche Pharmaceuticals and Cancer and Careers.

Tuesday, Oct. 7, Hilton Garden Inn, Albany, check-in at 5:30 p.m. Free.

- Genetics in Every Day Life. Tuesday, Oct. 21. Guilderland



Laser therapy can help promote healthy living

BY LOUIS F. WERTALIK, M.D.

We are all aware of health problems caused by lifestyle. Smoking and obesity are in the news almost daily as significant contributors to heart disease, cancer and diabetes. Some work activities produce repetitive motion problems such as carpal tunnel syndrome. Even healthy activities such as running and other forms of exercise can produce painful muscles and joints.

Prevention remains the most effective and cost-effective way of dealing with these problems. Smoking cessation and achieving a healthy weight are essential if we are to make an impact on reducing cancer, stroke and heart disease. Treatment of muscle and joint problems early may reduce mobility difficulties later in life and allows us to enjoy activities in our golden years.

We at Energie Laser Therapy are committed to helping people obtain and maintain a healthier life. Our programs utilize a low-level (cold) laser which is safe and painless. This laser has been ruled by the FDA to be non-significant risk. Low-level laser therapy combines the ancient therapy of acupuncture with the modern technology of the laser. Acupuncture sites (meridians) are used with the light from the laser penetrating the superficial layers of the skin much like the

Public Library, Check in 5:30 p.m. Free.

- And, don't forget our annual Pink Ball, our fundraising extravaganza held at the Saratoga Springs City Center on Saturday, Oct. 18. Cocktails begin at 6:30 p.m. with dinner at 7:30 p.m. Ticket information is available at 439-5975.

All of our activities and events require registration. Please call 439-5975 to register for any of these programs, or for more information. If you are interested in volunteering, To Life has opportunities available with events, health fairs, office tasks and of course mentoring.

For information about support groups and other To Life education and support services, call 439-5975 or e-mail kdebomis@tolife.org.

use of needles in acupuncture. The laser stimulates cells in these meridians which cause a release of endorphins. Endorphins are substances the body produces which give us a sense of well being. They have been measured in the blood and laser stimulation has shown a significant increase in their levels. This sense of well being, along with a reduction in cravings and reduction in withdrawal symptoms help people stop smoking. We combine the laser therapy with one-on-one consultation and close follow-up support assuring our clients the best chance of success.

As in the smoking cessation therapy, the weight management is done on a one-to-one basis using the laser therapy as a tool to help decrease cravings and balance metabolic rate. The laser is effective in reducing muscle and joint pain as well. By treating these problems, we can help people maintain an active life.

Finally, we use the laser and our zero gravity chair for relaxation therapy aimed at reducing the stresses of our busy lifestyles. Reduced stress coupled with healthy practices can significantly add to the quality of life.



To Life!

"Your Personal Source for Breast Cancer Education and Support"

ACE (Awareness, Connection, Education) support groups for women newly diagnosed, in treatment and post treatment.

Free community wide educational forums, Mentoring services for newly diagnosed individuals, Resource information, Wellness workshops and activities.

We also offer wigs, mastectomy bras, and breast prostheses at our Abracadabra Boutique in Delmar & Saratoga

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