

Bethlehem: Keep Ben's Bridge

Local residents, officials ask county to look at some options for Selkirk bridge
See Page 12

In this
week's issue



A flock of Eagles

An Eagle Scout Court of Honor for Boy Scout Troop 58 from Elsmere was held Sunday, Aug. 2.

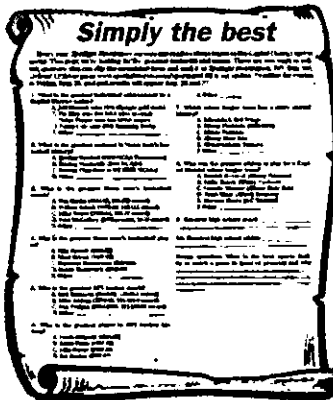
See Page 15.



A festival of togetherness

Tony Burke held the first Carama carnival in 1999 as a means to bring the Caribbean and African-American communities together, and it's turned into an annual event. This year, the carnival is Saturday, Aug. 8, at Central Park in Schenectady.

See Page 18.



Only two weeks left

Only two weeks remain for our readers to weigh in on our local sports scene in *The Spotlight's* "Simply the best" poll. Fill out the questionnaire on the back page and mail it to us or visit www.spotlightnews.com/spotlightsports.

See Page 32.



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VOLUME LII NUMBER 31 75¢ AUGUST 5, 2009

WFP objection to Cunningham tossed

County Board of Elections said no address was listed on the general objection

By JARRETT CARROLL
carrollj@spotlightnews.com

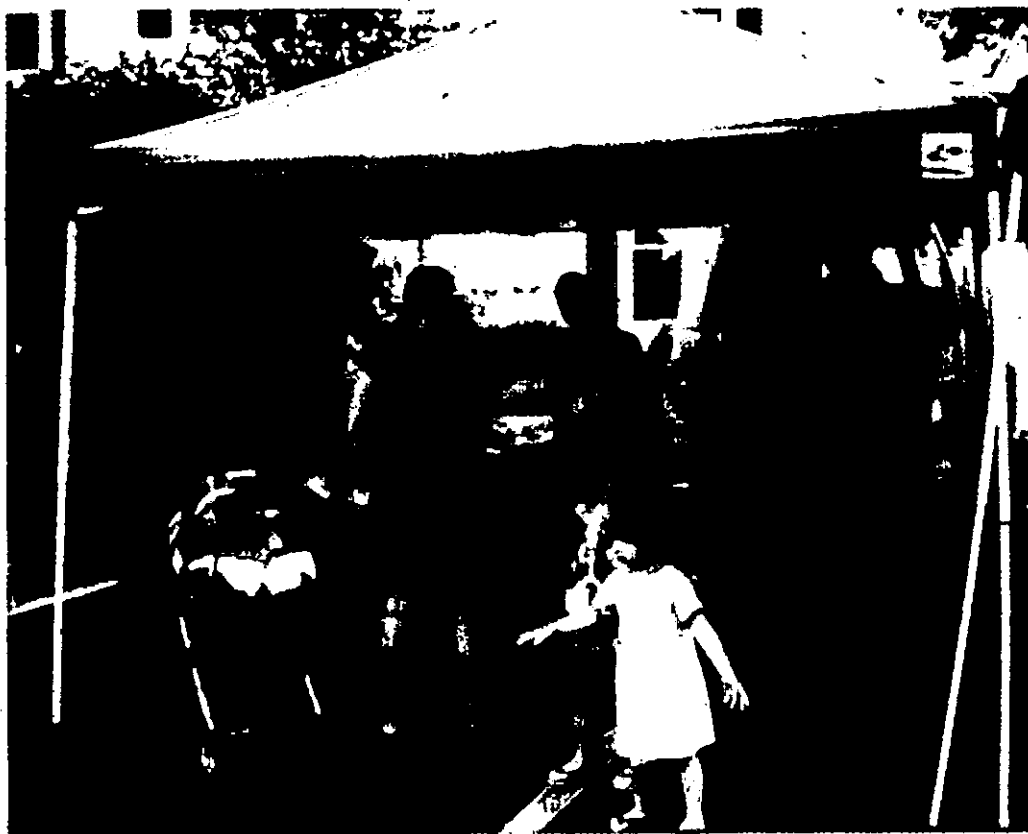
The Albany County Board of Elections has tossed out a Working Families Party objection against Supervisor Jack Cunningham's opportunity to ballot

for the line. Independence Party member Councilman Sam Messina is challenging Cunningham on the Republican, Conservative and Working Families Party lines and is facing off with him in an Independence Party primary in September. As it stands now, Cunningham can now mount a write-in campaign for the Working Families line in September with his opportunity to ballot petition signed by five party members. There are currently 29 or so members of the party residing in Bethlehem and only two signatures were needed on an opportunity to ballot petition. Messina received the endorsement of the Working Families Party earlier this year and gathered 16 signatures for the line. Republican Commissioner John Graziano told *The Spotlight* about the objection ruling, which was made on three specific grounds, including not having matching dates for the witness and signers and not administering oaths. "It was not upheld because the objector did not list his address on the general objection," Graziano

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□ Tossed Page 16



Vendors at the Voorheesville Farmer's Market set up shop despite rainy weather on Friday, July 31. The market is open from 2:30 p.m. to 6:00 p.m. on Friday's and will run through October.

Dan Sabbatino/Spotlight

V'ville market brings farms to village

First United Methodist Church hosts Friday-afternoon event

By DAN SABBATINO
sabbatinod@spotlightnews.com

The Voorheesville Farmers Market was born of the idea that buying local food helps the environment, and with it now in full swing, big-name guests are the icing on the cake.

The Friday-afternoon market has been open since July 10, and will run every week through October from 2:30-6 p.m.

The market is located in the upper lot of the First United Methodist Church, in Voorheesville at 68 Maple Ave.

The market currently has 15 vendors, including Curling Stone Farm and Morgan's Taffy.

On Friday, Aug. 7, special guest Noah Sheetz,

□ Market Page 16

Insurance struggle delays Alteri's reopening

Owner says he wants to rebuild Glenmont restaurant but is waiting for settlement

By JARRETT CARROLL
carrollj@spotlightnews.com

The owner of the Glenmont Alteri's Restaurant said he still wants to rebuild after a fire gutted the Route 9W building during the early morning hours of Valentine's Day this year.

Harvey Quinn said he has not received payment from his insurance company for the total loss of his business, which has been de-

molished long since the fire and its foundation backfilled in with dirt.

The town's planning division said the foundation had to be covered because it was "an open pit" and could be a potential liability, especially with its proximity to the Glenmont Elementary School.

The current problem is over the amount the insurance company is offering, according to Quinn.

"I can't get them to settle. They are offering me less than what it is worth, and I can't accept that," he said without naming the insurance firm. "It's an ugly situation."

Quinn said he is frustrated with the situation, but that there is little he can do.

□ Alteri Page 16



The foundation of the former Alteri's Restaurant on Route 9W in Glenmont sits exposed just before it was filled in with dirt this spring. Owner Harvey Quinn said he is still trying to settle with his insurance company before he can move forward with plans to rebuild.

Spotlight file photo

Police Blotter

Multiple callers report Saratoga man's erratic behavior

A Saratoga man was arrested by Bethlehem police after they received a slew of 911 calls from drivers on Interstate 787 reporting highly erratic driving from a man in a Mustang who was allegedly pointing a silver object at passers-by.

Richard R. Couture, 53, of 30 Saratoga Lake Road, Saratoga Springs, was arrested Sunday, July 19, on Frontage Road in Bethlehem and charged with DWI.

Bethlehem police said they received calls to check Route 9W near Frontage Road for a blue Mustang convertible "driving erratically" on 787.

One caller told the dispatcher the driver showed "an object that was silver and possibly a gun," according to his arrest report, and there were other reports to 911 of Couture "slowing down, speeding up and cutting off several other vehicles," as well as other witnesses

who said they were nearly hit by a blue Mustang.

One caller told dispatchers Couture allegedly "made a gesture with a finger like he was pointing a gun, and he had a silver object in the same hand," the report states.

Police said officers discovered a car matching the description in the parking lot of the Econo Lodge off of 9W, and Couture was found sitting in the driver's seat.

When interviewed about the complaints, he told police he drove on 787 from Cohoes where he had three Heineken beers. He was taken into custody after failing a field-sobriety test and testing positive for alcohol, according to police.

Couture's vehicle was towed after he was transported to the Bethlehem Police Department, where he refused to take a chemical test three times and requested to speak to a lawyer, the report states.

Police said he was arraigned by Bethlehem Town Justice Ryan Donovan, who revoked his driver's license "immediately" and set a \$750 bail or \$1,500 bond.

Other arrests

• Paul Durlacher, 19, of 414 Kenwood Ave., Delmar, was arrested at Bethlehem Town Court on charges of third-degree burglary, fourth-degree grand larceny, third-degree criminal mischief — all felonies — and possession of burglary tools, a misdemeanor.

Durlacher was in court for unrelated charges when he was arrested in connection with a burglary investigation at the Delmar Getty, according to the arrest report.

He was recently arrested Thursday, July 9, on Delaware Avenue on charges of DWI, refusal to take a breath test and driving an unregistered motor vehicle.

Police said Durlacher was arraigned by Bethlehem Town Justice Ryan Donovan and transported to the Albany County Correctional Facility by the Albany

County Sheriff's Department in lieu of a \$5,000 cash bail or bond.

• Guilderland police arrested Joel R. Walas, 33, of 3545 Carmen Court on several charges, including felony assault with intent to cause serious physical injury, on Saturday, July 25, according to police reports.

Walas allegedly was involved in a dispute with his nephew and punched him while at his sister's house. During the altercation, police said Walas wrapped an electrical cord around his nephew's neck, causing abrasions. He was arrested at 2314 Western Ave.

He was also charged with misdemeanor counts of assault with intent to cause injury, unlawful imprisonment, reckless endangerment and criminal mischief.

Walas was arraigned on Thursday, July 30, the report states.

• Gerald A. Ackerman, 43, of 24 Malibu Hill, Rensselaer, was arrested Friday, July 24, on Route 9W on charges of aggravated DWI, operating a motor vehicle with a BAC of 0.18 percent or greater; DWI; operating a motor vehicle with a BAC of 0.08 percent or

greater; leaving the scene of a property-damage auto accident; and speeding.

Bethlehem police said they received a call about a vehicle leaving the roadway of Route 9W, striking a group of mailboxes, and then returning to the road and continuing north.

The driver of a vehicle in the southbound lane witnessed the incident, according to the arrest report, and turned around and followed the vehicle to the Cumberland Farms parking lot on 9W.

The man stayed until police arrived on the scene, and he identified Ackerman as the driver and turned over a set of keys from the vehicle in question, which he secured from Ackerman, the report states.

Police said they could smell "a strong odor of alcohol," while interviewing Ackerman and observed him display signs of intoxication.

Ackerman did not have identification but gave officers his correct name, date of birth and social security number, according to police. He was given a field sobriety test, but could not finish due to a back injury, and tested positive for alcohol before being taken into custody without incident, the report states.

Police said Ackerman was evaluated after admitting to consuming oxycodone because of a recent back surgery and a chemical test revealed a BAC of triple the legal limit of 0.08 percent.

Fatal motorcycle crash in G'land

Guilderland Police are investigating a fatal motorcycle crash in Altamont that took place Saturday evening.

Robert Henry Oddy Jr. was traveling on Route 397, Dunnsville Road near Settles Hill Road, at 4:34 p.m. when police said his motorcycle veered off the road and struck a tree. Police are in the process of reconstructing the accident and have not determined the cause of the crash, but said there is no evidence another vehicle was involved.

Oddy, 33, was a Voorheesville resident.

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Drunk man escorted from court-ordered program

Officials said he was taken to St. Peter's Hospital with a BAC of 0.32

By DAN SABBATINO
sabbatinod@spotlightnews.com

Guilderland paramedics transported a man who showed up at a court-mandated victim impact program with a 0.32 percent blood-alcohol content to St. Peter's Hospital on Tuesday, July 28.

The program, held at Guilderland Town Hall, is mandated for certain alcohol-

related offenders and is run by the Albany County Stop-DWI program. It features speakers highlighting the dangers of excessive alcohol use.

The man was required to attend the program because of DWI charges but was denied entry because he displayed signs of intoxication, according to Guilderland police Staff Sgt. Lenny Crouch.

"He was very unkempt. His clothes were all wrinkled. He had a very, very strong odor of some kind of alcohol," said Crouch.

No arrest was made, and the man's name was unavailable at press time.

Crouch said the man spoke candidly about his need for treatment.

"Other than being denied entry, I would say he was a gentleman," Crouch said. "He was sincere about it."

Sgt. Eric Batchelder said he was called to the scene to assist, but the man was transported to St. Peter's Hospital without any resistance.

Crouch said, in the past,

people have shown up to the impact panel intoxicated, but a 0.32 BAC is the highest he has ever seen.

"Because of his high level of intoxication, anything could happen to him, especially because it was hot," Crouch said.

He said since the man was perspiring and losing fluids, he was at risk of heart and kidney failure, as well as cardiac arrest and liver failure due to the high humidity and warm weather.

There are members of several addiction recover centers on hand

at the victim impact meetings to cater to the needs of the attendees, many of whom are battling alcoholism.

"We have people who come who are clearly in trouble. They're in distress," Crouch said.

Crouch also said underage kids who are arrested for alcohol-related crimes also attend the panels, as well as those arrested for domestic disputes and assaults involving alcohol.

"It's distressing, but that's why we keep adopting and changing," he said. "It's needed."

Breslin speaks at chamber event

County executive uses morning mixer to tout health-care ideas

By DAN SABBATINO
sabbatinod@spotlightnews.com

Albany County Executive Mike Breslin presented his hopes for the future of health care in the county at a morning mixer on Friday, July 31.

Members of the Guilderland and Bethlehem chambers of commerce convened at Mangia restaurant on New Scotland Road Friday morning to exchange ideas, business cards and listen to Breslin discuss county affairs, primarily relating to the alternative health-care programs.

The event was organized by Melody Burns, a radio show host and Republican Party chairwoman in the Town of Bethlehem. She said she has been organizing mixers for the past 18 months, but each time has a different sponsor. Kathy Burbank, with the Guilderland Chamber, and Marty DeLaney, with the Bethlehem Chamber, said the business groups benefit from working together.

"It's important for the chambers to work together more," DeLaney said. "We want to do more."

DeLaney said the Guilderland and Bethlehem chambers have so much in common, like size and composition, that it makes sense for them to work together.

Breslin was invited to the mixer to help inform local businesses of what was going on in the county, and DeLaney said he provided a



Albany County Executive Mike Breslin discussed business with the Guilderland and Bethlehem Chambers of Commerce at a mixer on Friday, July 31. The event was held at Mangia restaurant on New Scotland Road.

Dan Sabbatino/Spotlight

valuable perspective.

"People should understand what the county executive does — what he has to deal with," she said.

Burbank said the event was a good way for chamber members to connect with an important person in politics.

"Whenever we chambers can do an event that brings members together with elected officials, it is a good thing for everyone. Someone like Michael Breslin loves hearing directly from businesses what is going on, and business owners and employees need to feel like they can connect with someone like Mike Breslin," she said in a written statement.

Breslin spoke largely about an issue he said he is very passionate about — health care.

"It goes beyond medical," Breslin said. "If we're going to honor choice, independence and dignity, then we have to reach out and give people what they want."

He discussed alternatives to nursing homes, which can be expensive and take members away from their communities. One alternative is the Program for All-inclusive Care for the Elderly, also known as PACE. The program calls for treatments specific to the patient's ailment, and allows the patient to return home at the end of the day. It also

calls for medicine and care to be delivered to the patient's home.

Albany County operates a 250-bed nursing home on Albany-Shaker Road. Last year, the county spent \$18 million in patient care at the nursing home.

Mary Duryea, a spokeswoman from the executive's office, said it is unclear if the executive will pursue plans to build a new nursing home, something that has been discussed in recent months. Breslin's office is required to provide a plan for long-term health care by September, she said.

Breslin said the PACE program is worth studying for several reasons, mainly because it is less expensive and keeps the elderly in their communities, where they belong. Breslin and Duryea stressed the importance of providing options to the elderly, providing them with what they want.

He said optimally the county would not run the program.

Breslin emphasized the need to cut costs at every opportunity, with the county looking at a \$20 million shortfall. He said a \$12 million sales tax gap, and a series of expenditures, such as an additional \$500,000 in salt for the Hilltowns contributed to the deficit.

— Reporter Ariana Cohn contributed to this story

Town cultivates farm protection

Bethlehem residents asked to comment on draft

By JARRETT CARROLL
carrollj@spotlightnews.com

In order to maintain its current level of local agriculture, the Town of Bethlehem has drafted an agricultural and farmland protection plan.

Town officials say they now want to hear what residents think about the proposal.

On Wednesday, Aug. 5, the plan will be presented at 6:30 p.m. at Bethlehem Town Hall, 445 Delaware Ave., Delmar. Senior Planner Rob Leslie said the public hearing on the draft would bring the town one step closer to adopting a farmland protection plan.

He said the goal is to find complementary land uses for existing farmers in Bethlehem.

"After this meeting, we have an advisory committee scheduled for Aug. 17, and we'll bring the comments back to the committee from this meeting," Leslie said.

The Agricultural and Farmland Study Committee is made up of 10 people involved with farming or agricultural products and others with town interests, according to Leslie. The members include Lynn Dente, Nancy Neff, Tom Gallagher, Chuck Preska, Paul Kleinke, Tim Stanton, Planning Board Chairman George Leveille, Bob Verstandig Jr., Stuart Lyman and Giles Wagoner.

In February of 2008, Bethlehem was awarded a grant from the state's Department of Agriculture and Markets to create an agricultural and farmland protection plan in order to work with those in the agricultural industry.

The draft being presented defines land "protection" as the "preservation, conservation, management and improvement of lands which are part of viable farming operations, for the purpose of encouraging such lands to remain in agricultural production."

The presentation includes a variety of statistics and information from 2007-08 that was gathered from Cornell Cooperative Extension of Albany County, Albany County Farm Service Agency, Town of Bethlehem Assessor's Office, and the New York State Office of Real Property Service.

According to the draft report,

Bethlehem's agriculture and farming industry includes 63 operating farms with more than 5,900 acres of land, out of which 33 are rented farms with about 2,800 acres of land. The area produces mostly corn, hay, and contains mainly pastureland and has 4,000 acres that receive an agricultural assessment from Bethlehem. Sixty-eight percent of all agriculture and farmland is located in the Ravena-Coeymans-Selkirk School District.

Leslie said the town has conducted landowner interviews with 11 farmers and owners of farmland and that the draft reports several recurring themes from the interviews.

The various themes listed in the draft report include education, poor soils, an increasing suburban nature and a lack of respect among farmers, non-farmers and Town Hall, as well as questions about the future of farming in Bethlehem.

The report being presented to residents lays out five main goals: foster communication between farmers and the non-farming community; to encourage flexible town policies and regulations to be supportive of agriculture; assist and support in resolving adverse farming issues causing adverse impacts on agriculture and farmland; support economic opportunities for the agricultural industry; and to provide incentives for agricultural landowners to continue agricultural activities.

The last goal will consist of finding complementary land uses for farmers, according to Leslie.

"It really goes back to uses," he said. "Obviously it's important to keep farming and land use in town... but we want to encourage things like maybe a bed and breakfast and agri-tourism if we can, too."

Leslie said that after the plan is reviewed by Albany County, the Town Board could have a final draft to vote on and implement by "early fall."

Supervisor Jack Cunningham said it is important to get as much community feedback as possible as the protection plan moves forward.

"We're going to take whatever comments we get from the public and give them to the advisory committee to try to incorporate into the proposed plan," he said. "Our farmers are very important to us."

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The Spotlight (USPS 396-630) is published each Wednesday by Spotlight LLC, 125 Adams St., Delmar, N.Y. 12054. Periodicals postage paid at Delmar, N.Y., and at additional mailing offices. Postmaster: send address changes to The Spotlight, P.O. Box 100, Delmar, N.Y. 12054. Subscription rates: Albany County, one year \$26, two years \$50, elsewhere, one year \$35. Subscriptions are not refundable.

Bethlehem Parks and Rec plans festive weekend

The Town of Bethlehem Parks and Recreation Department presents a pair of events this Friday and Saturday, Aug. 7 and 8.

On Friday, Aug. 7, at 8:15 p.m. the department will host "Dive-In Movie Night."

Join friends and neighbors for a late night swim and a movie under the stars. This year's feature movie will be "Madagascar, Escape 2 Africa." Bring a chair, blanket and enjoy the fun. The snack bar will be open. Sorry, no floats in the pool.

Children under 9 must be accompanied by an adult in the pool complex.

In case of rain, this event will

be moved to the Elm Avenue Park large pavilion.

There is free pool admission after 7:30 p.m.

On Saturday, Aug. 8, the department presents the Peter Spink Band at 2 p.m. at the Henry Hudson Park Gazebo

Bring a picnic and a chair and enjoy a free concert by the river.

Peter Spink has shared the stage with a variety of Bands from "The Bare Naked Ladies" to the "Moody Blues."

His original sound makes this performance a must see.

No alcoholic beverages allowed.

Bethlehem varsity hockey hosts 'pay what you want' car wash

Gearing up for a new season presents challenges for any sports team.

However, in the face of the budget cutbacks this year, the Bethlehem Varsity Hockey team faces an additional challenge of raising \$21,000 to pay for the ice costs for games and practices for the season.

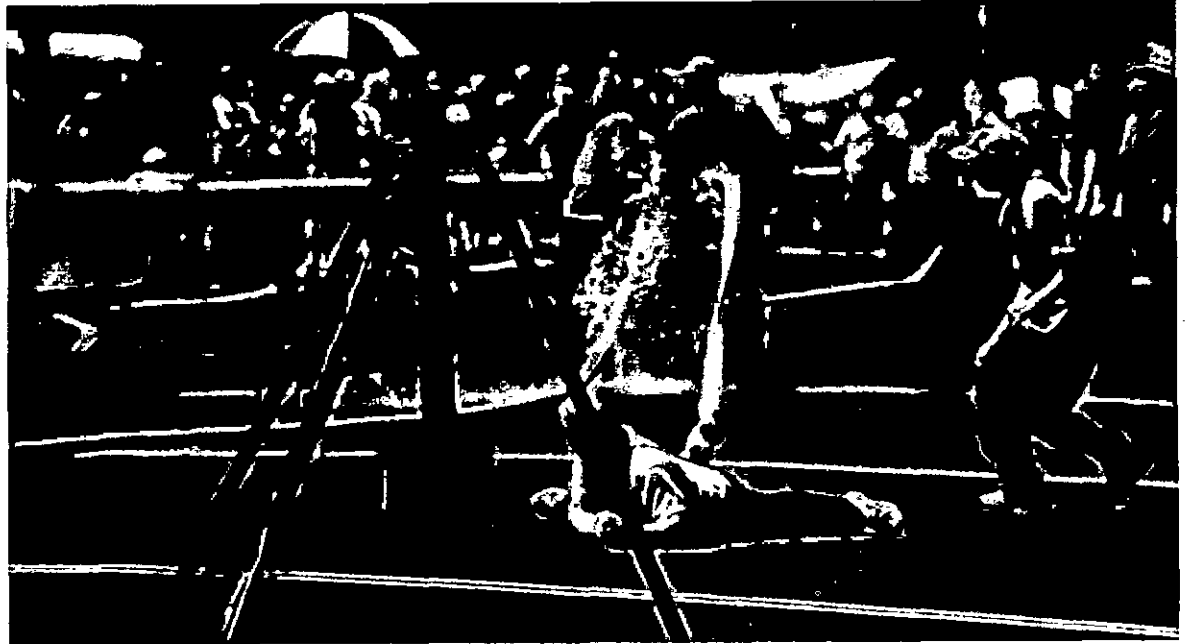
The Bethlehem Varsity Hockey Boosters plan a variety of fund raisers to

raise this money. The first event will be a "Pay What You Want" Car Wash on Sunday, Aug. 9, from 11 a.m. to 2 p.m. at Main Square Shoppes, 318 Delaware Ave., Delmar.

Potential players and parents will be ready, willing, and able to clean your dirty vehicles.

For additional information, contact cooperm12054@yahoo.com or 330-2477.

Not all wet



The Elsmere and Delmar fire department drill teams tied for third place overall at the Elsmere / Delmar B Truck Invite drill teams competition, held Saturday, Aug. 1. The Elsmere "Wanderers" and the Delmar "Boosters" took first and second places, respectively, in both the Eight-man Efficiency and Buckets drills. ABOVE: Members of the Copenhagen Fire Department from Watertown struggle in the Eight-man Efficiency Drill. LEFT: Ed Walsh, a member of the Elsmere Fire Department, presents the team from Claton Fire Department with the winner's trophy for the Motor Pump contest.

Tom Heffernan Sr./Spotlight

Back2Basics.

WWW.B2BCOMIC.COM 08/05/09 By Matt Zalen

AMOS, YOU KNOW WHAT MAKES AMERICANS THE MOST PEACEFUL PEOPLE IN THE WORLD? THE TWO WARS WE'RE FIGHTING IN?

NOOO...SOMETHING ELSE THE DAILY CRIME AND VIOLENCE WHICH IS ALWAYS ON THE RISE!

NO. NOT THAT EITHER THEN HOW ABOUT ALL THE REPORTS OF-

NO! BEING POLITE, OKAY??? BEING POLITE MAKES US THE MOST PEACEFUL PEOPLE IN THE WORLD!! IN THAT CASE, THANK YOU SO MUCH FOR THE CHEROKEES. YOU JUST SPIT THEM ALL OVER MY PLATE

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 news@spotlightnews.com or call 439-4949.

WEEKLY WEATHER

Chief Meteorologist Mike Bono

TIME WARNER CABLE

Albany Almanac

Record high/low/year		
	AVERAGE HIGH 81°	AVERAGE LOW 60°
Day	High/Year	Low/Year
Wednesday, August 5	99°/1955	43°/1972
Thursday, August 6	98°/1900	45°/1994
Friday, August 7	102°/1918	46°/1994
Saturday, August 8	95°/1983	46°/1948
Sunday, August 9	96°/2001	46°/1989
Monday, August 10	96°/1949	48°/1955
Tuesday, August 11	98°/1944	46°/1941

ANNUAL PRECIPITATION
25.99 inches as of July 31st
3.68 inches above average

Sun & Moon

Day	Sunrise	Sunset
Wednesday	5:51am	8:10pm
Thursday	5:52am	8:09pm
Friday	5:53am	8:08pm
Saturday	5:54am	8:06pm
Sunday	5:56am	8:05pm
Monday	5:57am	8:04pm
Tuesday	5:58am	8:02pm

Moon Phases
August 5 Full
August 13 Last

Rivers & Recreation

River Levels

Hudson River				Mohawk River			
North Creek	Hadley	Fort Edward	Troy	Little Falls	Tribes Hill	Schenectady	Cohoes
10	14	22.2	24	15	279	223	20
3.5	4.0			6.1		213	12.0

Levels as of July 31, 2009

■ STAGE LEVEL
■ FLOOD STAGE

Water temp.

Lake George	76°
Bolton Landing	75°
Sacandaga Lake	75°
Saratoga Lake	77°
Jersey Shore	72°
Cape Cod	72°

Tides at Albany

Day	High	Low
Wednesday	5:16am, 5:39pm	11:58am, 12:40pm
Thursday	5:56am, 6:18pm	12:06am, 1:21pm
Friday	6:33am, 6:56pm	12:50am, 1:33pm
Saturday	7:07am, 7:32pm	1:33am, 2:00pm
Sunday	7:41am, 8:09pm	2:16am, 2:38pm
Monday	8:16am, 8:49pm	3:01am, 3:18pm
Tuesday	8:54am, 9:33pm	3:49am, 3:59pm

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Glenmont Wal-Mart changes appearance, hours

Super center becomes more community friendly with new look

By JARRETT CARROLL
carrollj@spotlightnews.com

The Wal-Mart Super Center in Glenmont may have rolled back shoplifting along with its prices when it reduced its hours 18 months ago.

According to records from the Bethlehem Police Department, the number of petit and grand larceny arrests has been cut in half since the new hours were implemented. In a six-month period this year, Bethlehem police made 18 such arrests. During the same time period last year, police arrested 37 individuals for either petit or grand larceny.

That does not necessarily mean town police have cut down on fielding calls from the store entirely. Bethlehem Sgt. Robert Hellgras said his dispatchers are still taking calls since the reduced hours have been implemented.

"We get over 5,000 calls over there," he said. "But only a few arrests come out of those calls. We get calls for ambulance services, lock outs and other things like that. If we see suspicious behavior in the parking lot, we'll check it out."

Bethlehem residents have been vocal about the amount of police activity at the super center



The Wal-Mart Super Center in Town Center Plaza in Glenmont off Route 9W has a new look after setting new hours last year. Bethlehem police report lower petit and grand larceny arrests at the store.

Jarrett Carroll/Spotlight

since it opened in early 2004.

Bethlehem police said most of the shoplifting and larceny issues at the store are handled by the store's own loss-prevention department and that police only patrol the parking lot and surrounding area.

Deputy Chief Timothy Beebe said the town is divided into four zones by his patrol units and that

each zone is equally patrolled. He did say that more business-dense areas such as Route 9W in Glenmont are watched more closely after hours.

"We don't actively patrol the inside of the store; they handle all of that," he said. "We only come inside when we are called to take someone into custody."

Supervisor Jack Cunningham

said Wal-Mart has been nothing but cooperative with the since building the Glenmont facility.

"The store sometimes gets a bad reputation, but they have been completely cooperative and they have really tried to be a good community member," Cunningham said, pointing to the fact that the store sought warehouses in Bethlehem to store goods while its renovations took place. "Their people have always been willing to work with us and talk to us."

The mega shopping center is also sporting a new look. The store has received an "earth tone" facelift to go along with its more conventional business hours. Along with a new paint job and a new logo, the mega store significantly reduced the size of its signage.

"They painted the entire building a more earth tone color from their traditional blue and also reduced their signs from just over 1,000 square feet to just under 500 feet square," said Director of Economic Development and Planning Michael Morelli. "The town talked with them, and they decided to reduce their hours of operation from 24 hours."

Morelli said the store's tire and automotive center will be open slightly earlier to accommodate its customers.

The store received a building permit to for a million-dollar upgrade on June 10, according to town records, which includes

renovations inside and outside of the store.

Wal-Mart management at the Glenmont store did not return calls for comment.

The Glenmont Wal-Mart is now open Monday through Fridays from 9 a.m. until 9 p.m., Saturday from 9 a.m. until 7 p.m. and Sunday from 10 a.m. until 6 p.m.

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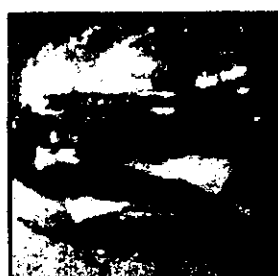
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Matters of Opinion *in the* Spotlight

An exercise in barn raising

The Town of Bethlehem wants your input tonight on farmland preservation, and you should give it to them. At 6:30 p.m. at Bethlehem Town Hall, Senior Planner Rob Leslie will present a plan for farmland preservation. A public hearing will follow.

We at *The Spotlight* make this entreaty because the last time the town asked for your input on this matter only a handful of people showed up — and not only are we big proponents of community participation, but we're also big proponents of the notion that your participation buys you the right to complain about town matters.

You should care because farmland is a finite natural resource. Not only does it enhance and define a community, but it attracts tourists and homebuyers because of its scenic character.

You should also care because if you don't plan to preserve it now, someone will certainly plan to develop it later. Farmland is the cheapest and easiest to convert into other uses — uses like housing, commercial or industrial applications — uses, obviously, that would define the community in ways farmland would not. This is a conundrum the Town of New Scotland has been dealing with for the past couple of years when the Bender melon farm was put up for sale.

So, let's consider this an exercise in barn raising.

Back in the 18th and 19th centuries, entire communities would come out to neighbors' properties and help with the construction of what was usually the largest and most expensive structures on the land: the barn. In the rural, agriculturally driven municipalities that our nation was founded on, the barn was an important part of farming — possibly the most important part, save the land. It housed livestock and other animals, their feed, and other tools and supplies essential to survival in fledgling North America.

The barn raising was important not only for the structure on the farm, but also for the structure of the town. There was a social interaction that took place when entire families got together for the purpose of barn raising that helped define what a community was going to be, what direction it would take and who would play what role as it developed.

So, come out, participate, listen and be heard, come away with a better sense of what your community is all about.

Let tonight's meeting be your barn raising.

Editorial

To preschool or not to preschool?

By ALISHA RUSSO
news@spotlightnews.com

The author is associated with Park Avenue Nursery School.

Summer break is synonymous with lazy days at the beach, visits to amusement parks, and ice cream. For many families, summer break is also a time to slow down, take a break from the rigorous school schedule and spend quality time together. But this interruption in the hustle and bustle of life can also be a time of great anxiety for parents of young children who are considering whether or not to send their child to preschool. With terms like "kindergarten readiness," "universal pre-kindergarten" and "full-day kindergarten" becoming more common, it can be very confusing for parents.

Regardless of when or where you decide to send your child, the benefits of quality preschool cannot be denied. The greatest benefit of preschool is the opportunity for children to develop social skills by interacting with other children their own age. They learn self-care, how to get along with others and build language skills. Activities like matching, singing, rhyming and playing at water and sand tables form a foundation for later learning. Research has shown that children who attend preschool are more likely to be successful students. Success in school leads to higher test scores, higher graduation rates and better jobs with higher wages.

Knowing when and if your child is ready for preschool can be a daunting task for parents. A typical age for preschool is between 3 and 5. To determine whether or not your child is ready, there are a few things to consider.

If your child has issues with separation and a difficult time calming down after you leave, it may be an indication that they're not ready for preschool. Before entering preschool, most

Point of View

programs will require your child be toilet trained.

Jo-An Palmer, a teacher at Park Avenue Nursery School in Schenectady for more than 25 years says, "After starting many years with new students, I feel that each child is a unique individual and needs to be treated as such. ... I find that visiting each child in their own home for a short visit prior to the start of school helps to build that child/teacher relationship so when they walk through the door on the first day of school, both the child and the parent feel better knowing the person who will be working with the family over the next 10 months."

She continued, "There are children who come to school on the first day that may not be as ready as some others. It then becomes my responsibility to help them settle in; first, by starting with some phasing-in time to acclimate them to feel better about staying longer the next time, and second, to set up a place nearby for parents to gather and chat with other parents and to be close at hand to aid in the transition from home to school if need be. Building relationships with parents as well as children is one of the best things about working in a cooperative school."

Parents should begin their preschool search several months in advance as many pre-schools fill up by the time summer rolls around. Finding a preschool is not just about finding the school with the best teachers and equipment, it's also about finding the right fit for your child and family. When it comes to choosing a preschool, parents have a great deal to consider, including classroom environment, educational philosophy, location, schedule and cost. When visiting preschools, ask yourself whether or not the classroom and activities will provide enough stimulation for your child. Is the classroom and equipment safe and clean? Are negative behaviors addressed appropriately? Are the teachers educated and experienced? What is the teacher-to-student ratio? Is the program licensed or registered with the state? What types of activities are the children engaged in?

There are several different types of preschools, including play-based and child centered, Montessori, Head Start, academic based, religious and parent co-operatives.

Play-based and child-centered nursery schools embrace the idea that children learn best through play. Children are encouraged to think, explore and make

choices. Many nursery schools use this developmental approach whether they are traditional or non-traditional. The Montessori philosophy emphasizes self-directed learning; where children progress through learning activities at their own pace.

Head Start is a federally funded preschool program targeting low-income children. The academic-based approach focuses on preparing children for school by teaching early literacy and math skills. These environments tend to be more structured.

Religious preschools may incorporate a specific spiritual philosophy. Co-operative preschools are typically structured as nonprofit organizations. Early childhood professionals are usually hired to direct the day-to-day classroom activities, however parents play a major role in the administration of co-operative nursery schools. Parents and caregivers regularly assist in the classroom and are often responsible for functions related to marketing, recruitment and fundraising under the direction of a board of directors. Parents also participate in tasks like laundry, classroom and equipment maintenance and snack preparation.

Cooperative nursery schools, like Park Avenue Nursery School, allow parents and caregivers to be intimately involved their child's first learning experience. Although a cooperative preschool is more demanding of your time, effort and commitment from you as a parent, the benefits are great. Parents in a co-op have input on how the school is run, they can expand their understanding of child development and develop relationships with other families, teachers and children in the community.

"A co-operative program is an ideal environment for our family," says Ranya Palmer, whose two children attended Park Avenue Nursery School. "It gives my husband and I an opportunity to participate first-hand in our children's early education, and we can share our own talents and skills within the classroom, much to the delight of our kids." "It also allows us an opportunity to observe our children in social and group situations. A co-operative nursery school provides us with a social network of sorts, as the families really get to know each other and parents become as good of friends as the kids."

Although making the decision of when and where to send your child to preschool is not necessarily an easy one, it is an important one. The preschool years are some of the most important years in a child's life. Your child's first experience in a classroom setting should be positive, fun and stimulating.

THE Spotlight

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Your Opinion in the Spotlight

Town should take action after second park tragedy

Editor, *The Spotlight*:

Michael S. Freeman was my husband for 16 years. He left behind three stepchildren and three grandchildren that miss him greatly.

We are still in mourning and grieving his loss daily. Hearing of this second tragedy near Henry Hudson Park has definitely brought us back down memory lane (*Burned body found in Selkirk*, July 29). We pray at this time there is something done in the park such as a camera or more visibility from a park assistant or police.

I truly don't have the answers

but this is such a secluded park and it is apparent many people go here for outings, and when things like this happen the park is not the same.

I would like to donate something in the future if the Town of Bethlehem decides to purchase a camera or other security measures.

Danielle Freeman
Menands

Editor's note: Michael S. Freeman's body was found on November 4, 2008, in the same area that a burned body was found on Thursday, July 23.

Supporters deserve historic thanks

Editor, *The Spotlight*:

Recently we dedicated a historical marker honoring James Selkirk, a Revolutionary War veteran for whom the hamlet of Selkirk is named.

It is located at the Cottage Lane garden at the corner of Maple Avenue and Cottage Lane in Selkirk.

We extend our thanks to the following organizations that were kind enough to make a contribution toward the cost of the marker:

The Bethlehem Historical Association, The Tawasentha Chapter of the National Society Daughters of the American

Revolution, Bethlehem VFW Post, American Legion Post 1040 and the Bethlehem Garden Club.

A special thanks to the Town of Bethlehem for their support, especially Gregg Sagendorph and his staff at the Highway

Department.

We hope you get a chance to visit the marker and enjoy a bit of Bethlehem history.

Ron Selkirk
a James Selkirk Descendant
Susan Leath
Bethlehem Town Historian

Library lot a waste of green space

Editor, *The Spotlight*:

The Bethlehem Public Library only released the scheme one day before the budget vote, so word couldn't get around.

By voting yes to the library budget, we are getting a new parking lot. We don't even need a new one.

The library cut a tree down that was almost 4-feet wide. Guessing from the size, it was about 200 years old. It was already a good-sized tree when my house was built. My house is 151 years old.

Look at our "green space."

Anastasia Moore
age 9
Delmar

Calorie warning a step in the 'light' direction

Editor, *The Spotlight*:

As a pediatrician and a member of the local board of the American Heart Association, I was extremely pleased to read that Albany County legislator Tim Nichols is taking a stand against obesity by introducing legislation to require calories to be posted on menus in chain restaurants.

The obesity crisis in children has become so severe that for the first time in our history, our children are predicted to have shorter life expectancies than their parents. Currently, almost one-third of New York's children are overweight or obese, while nearly two-thirds of adults are.

Obesity is of particular concern with respect to cardiovascular disease as it raises total cholesterol and triglycerides, raises LDL (the so-called bad cholesterol) and lower HDL (the good cholesterol). Obesity also raises blood pressure and can induce type II diabetes. Unfortunately, the increase risk of cardiovascular disease is no longer only an adult issue. Children as young as 5 to 10 years of age who are obese are starting to show the risk factors and are twice as likely as their peers to have at least one serious risk factor for cardiovascular disease. One quarter of these obese children will have at least two risk factors. Unless obesity is dealt with and controlled at a young age, these risk factors will only increase as our children grow older. Many studies in the pediatric literature show that if a child is still obese after the age of 12 and not starting to make any changes, there is a very high chance he or she will be obese for life.

Our fast-paced lifestyles have hurt us and our children in many ways, one obviously being the increase in meals eaten outside the home. Calorie labeling in chain restaurants is a great first step toward a healthier future for all New Yorkers. Seeing the number of calories in our food choices staring back at us will surprise us a lot of the time, but will also make it possible to make little changes that could have a large impact on our health. As I tell my patients who are overweight or obese, start by making small changes. Fad diets are not the way to lose weight and maintain the weight loss, it's little changes in what we like to eat that keep the weight

loss going and don't make us feel hungry or deprived. In New York City, where calories are required to be posted on menus, consumers are already ordering on average 52 fewer calories when they see the nutritional information.

Enacting calorie labeling legislation is a simple, low-cost measure to help improve the health of New Yorkers. In addition, this measure doesn't impose a significant burden on restaurants as it only applies in the current form to chain restaurants and

they often change their menus and menu boards to post specials already.

While calorie posting alone won't stop the childhood obesity epidemic, it will load parents and children with a lot of information from which to make the best choices. And I'm counting on New Yorkers to start making the right choices and make our society healthier as a whole.

Caitrin Navarro, MD
Albany

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N.S. GOP fields new candidate

Mike Fields will replace Karen Moreau

By DAN SABBATINO
sabbatinod@spotlightnews.com

On Monday, July 27, the New Scotland Republican Committee selected Mike Fields, 71, to replace Karen Moreau as its candidate for town supervisor.

Lance Luther, who now serves as chairman of the committee after Joseph DeFronzo stepped down from the position on Thursday, July 16, released the announcement. Moreau dropped out of the race the day before because of a job offer.

"I am pleased to announce that the committee to fill vacancies has selected Mike Fields as candidate for New Scotland supervisor. Mike is a lifelong resident of the Town of New Scotland and currently resides in Voorheesville. Mike has previously served as Town Board member and was also the Village of Voorheesville building inspector," according to statement from Luther. "Mike also has over 40 years of management and administrative experience in various fields of industry. Mike's extensive

background, experience and thorough knowledge of the important issues make him an exceptional candidate."

Fields said his 25 years at Albany Medical Center Hospital as an assistant manager of operation, overseeing nearly 120 employees, will serve the town well.

"I really wasn't happy with the way they were running the town board," Fields said, describing the meetings as "chaotic."

"I've solved a lot of problems in my day," he said.

Fields said he is not in favor of big-box development but does not support a size cap on retail buildings. He said instead, the town board must find a way to control development without handicapping new developers and businesses in town looking to expand.

He also said big-box is no small issue, but other town business should also be addressed. He cited taxes and water as priorities.

Fields was born and raised in Voorheesville and has been a resident of town for 70 years. He served on the town board from 1996 to 1999.

"I look forward to assisting Mike towards a very successful campaign," Luther said.

Town considers turbine laws

Presentation on wind energy part of New Scotland's information gathering process

By DAN SABBATINO
sabbatinod@spotlightnews.com

At its latest meeting, the town of New Scotland gathered information about wind energy and mulled its options regarding the potential legislation of turbines.

Todd Mathes, an attorney with Whiteman, Osterman & Hanna, who was hired in the spring by town officials to advise them on wind energy, gave a presentation to the New Scotland Town Board on Wednesday, July 22, outlining the town's options.

New Scotland Supervisor Tom Dolin said the town is considering all of those options, including a moratorium, but officials are

still in the information gathering stage.

"I think we want to enact some legislation regarding the placement of wind turbines," Dolin said.

Mathes said the town can opt to amend its current code, or create a new, stand-alone zoning law. He also presented information regarding the size and scope of the different types of windmills, their possible designation as a public utility, which could have an impact on state regulation, and other aspects of wind energy.

Dolin said the town is studying legislation from the Town of Duaneburg, which is dealing with similar issues, but right now officials are not committing to any plan of action.

He said it is likely the board will bring up the matter at its next meeting, or at a special workshop sometime in August

or September.

Dolin said residents and officials have said they are mostly concerned with determining if commercial turbines are permitted based on the zoning code. He said it is unclear at this point if they are, and the town may pass legislation clarifying the matter.

The biggest concerns about wind energy are noise, the effects of shadow-flicker, and the potential for blades to dislodge.

New Scotland's law does permit the use of wind turbines for agriculture, and a turbine is allowed to generate up to 110 percent of a farm's energy needs without any special use.

Paul Cantlin, the town's building inspector, said an application by Henry and Nancy Digeser was made on May 6, and their farm now has permission to construct a private turbine.

IN BRIEF

Five Rivers plans program on turtles

Five Rivers Center will hold a program on the natural history of turtles Tuesday, Aug. 11, at 7 p.m.

The program is open to the public free of charge. Participants are urged to dress for outdoor activity. In the event of inclement weather the outdoor portion of this program may be canceled.

The center is at 56 Game Farm Road. For information, call the center at 475-0291.

Draper Class of '54 plans 55th reunion

Draper High School's Class of '54 will hold its 55th reunion at Mallozzi's Clubhouse at the Western Turnpike Golf Course on Saturday, Oct. 10, from 1 to 5 p.m.

For information, contact Betty Mayer Zotta at 355-7874.

Library to host art institute trip

The Altamont Free Library is hosting a bus trip to visit the Dove/O'Keefe circles of influence exhibit at the Clark Art Institute in Williamston, Mass., on Wednesday, Aug. 26.

The trip will include round-trip

transportation from Altamont, lunch at the Clark Café and a guided tour. The cost is \$50, inclusive.

RSVP with payment by Friday, Aug. 7. For information, call the library at 871-7239.

Business council plans summer social

Members of the Albany-Colonie Regional Chamber of Commerce's Women's Business Council will gather at River Stone Manor in Scotia, on Wednesday, Aug. 12, from 5 to 7:30 p.m. for the 8th Annual Summer Social, a fundraising event to benefit the WBC's 2009 nonprofit organization, Dress for Success.

The cost is \$34, and the event is open to the public. To register, call 431-1414 or visit www.acchamber.org/events.aspx.

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SAFE sports program takes root in Bethlehem

Town continuing its programs for athletes with disabilities

By JARRETT CARROLL
carrollj@spotlightnews.com

Rounding home plate to its first full year in Bethlehem, the Sports Are For Everyone, or SAFE, program is finishing the year by hitting the links at the Colonie Golf and Country Club before gearing up for fall soccer.

Founded in 1992 by Jim Fitzgerald in Clifton Park, the program couples student athletes with those with disabilities through various sports throughout the year. Fitzgerald began the program after his son asked him for help teaching his friend how play baseball.

The other child had a disability, but once given the opportunity, encouragement and practice, he began to excel at the sport.

The program uses student athletes to teach certain sports, act as mentors and foster a sense of sportsmanship and friendship.

"It helps build a relationship ... they'll high-five each other in the hallway, and it makes those with disabilities feel more a part of the community."

George Hedi

SAFE has been a huge success in Clifton Park and took root in Bethlehem after it caught the eye of a town councilman, according to Bethlehem Parks and Recreation Department administrative assistant Jason Gallo.

"One of the town board members - Sam Messina - brought this program to our attention last year," Gallo said. "We'll be completing our first full year of our program at the end of this month."

Gallo said the program elicited enough participants in its first year to hold soccer in the fall, basketball in the winter, and

they attempted to put together a baseball program, which is a big draw for Fitzgerald in Clifton Park, but did not have enough kids this year.

"It's still in its infancy here, but people are starting to find out about it," said Gallo. "We've got soccer this fall, and we're going to be going right at it again."

The Bethlehem SAFE program did have a great golfing opportunity to offer kids this summer. George Hedi, a parent of one of the SAFE participants, contacted the Colonie Golf and Country Club in Voorheesville about holding a SAFE program for golf.

Neil Manasse, one of five owners of the golf course, said SAFE has been a great program for everyone.

"We held it for two weeks, and we're going to hold it for another two weeks. We have clubs right here for them or they can bring their own and we put on a little clinic," Manasse said.

"We're very happy to help out and participate. They have some great kids who came over, and it was wonderful to see everyone having fun."

Manasse said the kids took quickly to golfing.

"They're quick learners and they can really hit 'em," he said.

Hedi said the program has had a very positive effect not only on his son's life, but his entire family's.

"To me, as a parent, what really attracted me to the program is what they do is recruit some of the high school athletes," said Hedi. "It helps build a relationship ... they'll high-five each other in the hallway, and it makes those with disabilities feel more a part of the community."

Hedi said his son previously went to Clifton Park to participate in SAFE and that before he went with his son to the Colonie Golf and Country Club, his son had never played golf.

"They had some one-on-one with the kids to give them some

tips and let them go on their own," he said.

The Colonie Golf and Country Club will be hosting the SAFE golf program on Saturday, Aug. 8, and Saturday, Aug. 15, at 1:30 p.m.

Gallo said Bethlehem will be sending a brochure about the program to residents in mid August as it gears up for its soccer section of the year.

"Anybody who contacts us in grades two through 12 and has a child with special needs can sign up and register for the program," said Gallo. There will also be information available on the town's Web site under the Parks and Recreation Department, www.townofbethlehem.org.

Hedi said he would encourage parents of children with special needs to take a look at what SAFE has to offer.

"Bethlehem has quite a few children with special needs, and this is something that can really help make them a part of the community," he said.

YMCA offers Yankees bus trip

The Guilderland YMCA Circle of Champs Program is offering a Yankees bus trip to New York City Thursday, Aug. 27, at 8 a.m.

The trip, which includes a light breakfast, transportation, the game, and snacks and beverages, costs \$99.

Circle of Champs is a program dedicated to improving the quality of life of children who have been touched by a life threatening illness.

For information, call the Guilderland YMCA at 456-3634.

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Paving the way



The Bethlehem Public Library has begun construction on a new parking lot at its facility off Borthwick Avenue in Delmar. A bulldozer clears off the property for the expanded parking on Monday, July 27, across from the Bethlehem Police Department and town court.

Jarrett Carroll/Spotlight

Loan program would help businesses look their best

Town working with IDA to provide interest-free financing for façade improvements

By DAN SABBATINO
sabbatinod@spotlightnews.com

The wheels are in motion for an interest-free loan program that would cover small business improvements, according to Guilderland Supervisor Ken Runion.

The program will involve a revolving fund set up in conjunction with the Guilderland Industrial Development Agency that would provide businesses with up to \$5,000 to make façade enhancements and other improvements designed to increase the curb appeal of their facilities, according to the announcement, made Wednesday, July 29. It will not be set up until the fund has at least \$50,000 in start-up grant funding, according to information from the town.

"Ultimately it attracts customers, and it increases the tax base," Runion said. "In the difficult economic climate the nation, state and region are in, we need to take whatever steps we can to help our local small businesses to compete successfully. I am committed to continuing to work with the local business community to identify ways in which we can work together toward the shared goal

of a successful business sector as an integral component of a thriving Guilderland."

Runion said the town will seek grants through the state, but will also investigate if it is possible to use revenue generated by the IDA from large projects and developers.

The IDA helps finance large projects deemed economically beneficial to the town, and has worked with several in the Northeastern Industrial Park, located off Route 146. It has the ability to provide tax breaks and give favorable interest rates if a project is expected to bring jobs and stimulate the economy. As a result, it collects a fee, usually near 1 percent, from the developer. Runion said the IDA could ask developers place funding in the grant fund to help build it up, but IDA Chairman William Young said it is unclear if that is possible, based on regulations from the state comptroller's office.

"The Guilderland IDA supports programs designed to strengthen the small business community in Guilderland and will work with town government to identify and secure appropriate funding sources," said Young in a written statement.

"It's not as if we are giving away anything. We are encouraging [businesses] to improve their 'streetscape.' It makes a better appearance for the business," he said.

The \$5,000 loans will be repayable over five years, and any Town tax as a result of an increased assessment from the projects will be compensated for in loan repayments.

The loan applications will be reviewed by a committee of members in the business community, Runion said, although there have been no official nominations. He said there will likely be members from the Guilderland Chamber of Commerce and IDA on the committee, pending approval from the Town Board.

"It is important now, more than any other time, for us to help our existing businesses to attract customers. This loan program will help our local businesses to make improvements, and I look forward to working with the town to improve our business community any way we can," said Executive Director of the Guilderland Chamber of Commerce Kathy Burbank.

Town Board member Warren Redlich said he was dismayed he was not provided with information about the loan proposal before it was made public.

"I think it's disturbing that Mr. Runion is making proposals without notifying the Town Board of what he's doing," said Redlich.

Redlich said he could not comment on the specifics of the proposal due to lack of information.

IN BRIEF

Voorheesville church to host Bible camp

The First United Methodist Church of Voorheesville is hosting Vacation Bible Camp Monday to Friday, Aug. 10 to 14,

from 9 a.m. to noon.

The camp is for children ages 4 to 11. The cost is \$15 per child.

The church is at 68 Maple Ave., Voorheesville. For information,

call the church office at 765-2895.

Five Rivers to hold waterfowl program

Five Rivers Center will hold a program on waterfowl Saturday, Aug. 15, at 10 a.m.

The program is open to the public free of charge. Participants are urged to dress for outdoor activity.

The center is at 56 Game Farm Road, Delmar. For information, call Five Rivers at 475-0291.

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Bethlehem Police recognized for sex offender management

The Bethlehem Police Department received a certificate recognizing its "proactive and sound practice in managing sex offenders in their community" on Monday, July 27, at the Bethlehem Town Court in Delmar.

The New York State Association of Chiefs of Police Certified Best Practices Program was developed to recognize law enforcement agencies that employ competent, comprehensive and proactive practices relating to sex offender management.

Agencies are eligible for recognition when they demonstrate a commitment to ensuring compliance by sex offenders

with existing laws governing their registration, reporting and other responsibilities and providing community notification to vulnerable entities within their communities.

The recognition program includes an objective assessment of an agency's practices and policies concerning sex offender management. Those meeting the standards adopted by the New York State Association of Chiefs of Police will be recognized with a Best Practices Certification attesting to that agency's programmatic and operational efforts to help ensure community safety through a systematic sex offender management program.

The Bethlehem Police Department was the second in the state to receive the certification.

Bethlehem Police Chief Louis Corsi thanked the state's Association of Chiefs of Police for reviewing his department's policies and procedures.

"We do not take this responsibility lightly and will do everything in our power to alert and protect the community as well as monitor these individuals," he said. "It is important for law enforcement agencies everywhere to have a comprehensive sex offender management program that works to ensure the safety of its citizens and community."

Bethlehem gets stimulus funding

The Town of Bethlehem made the cut during the latest round of funding from the American Recovery and Reinvestment Act (ARRA).

Albany County received \$242,000 in ARRA funds to resurface Albany County Route 52, which is Elm Avenue, between state Route 32, the Delmar Bypass, and State Route 910A, Feura Bush Road.

The project will look to improve deteriorating pavement on the roadways and construct sidewalk ramps that are

compliant with the Americans with Disabilities Act. The road currently accommodates both commuter and residential traffic and work is scheduled to begin this summer and be completed by fall.

Supervisor Jack Cunningham thanked those involved with securing the funds on behalf of Bethlehem.

"Governor Paterson's announcement of this federal funding is well-timed and much-needed as we focus on rebuilding our aging infrastructure and

connecting more Bethlehem neighborhoods with sidewalks, while aggressively searching for outside funding sources," he said. "Our hard work and the help of Congressman [Paul] Tonko, Senator [Neil] Breslin and Assemblyman [Tim] Gordon certainly paid off."

Cunningham recently discussed federal stimulus projects with Vice President Joe Biden following his visit to Clifton Park in July.

—Jarrett Carroll

Delmar McDonald's plans reopening

The McDonald's at 132 Delaware Ave. in Delmar will be opening the doors to a brand new building on Monday, Aug. 10 and will hold an official ribbon cutting on Tuesday, Aug. 18. The former building was demolished this past spring and representatives are touting the new facility as one of the most modern McDonalds in the area.

"You won't find another

McDonald's like this one around," said Jose Medina, McDonald's representative and marketing director of Michelle Enterprise.

Several local officials and Ronald McDonald himself are scheduled to be the Aug. 18 ribbon cutting and the restaurant will be having several meal item specials and giveaways through the rest of August.

There will also be radio station giveaways, including a Nintendo Wii, on the last three Saturdays of August.

—Jarrett Carroll

Quadricentennial celebration planned in Henry Hudson Park

The Quadricentennial celebration of Henry Hudson and Samuel de Champlain's historic voyages 400 years ago will take place at the Henry Hudson Park on Sunday, Aug. 16, from noon until 6 p.m.

Dubbed the Bethlehem Voyage 400 Hudson-Fulton-Champlain celebration, the event honors the famous explores along with the 200-year anniversary of Robert Fulton's historic steamboat trip from New York City to Albany.

Presented by Lafarge, the celebration is being sponsored by *The Spotlight*.

The commemoration will include live music from Skip Parsons', Clarinet Marmalade and Playin' With Fire, and will have food, dance, demonstrations, vendors, children's activities and one-hour-Hudson River cruises and sailing.

For more information or to volunteer, visit www.townofbethlehem.org.

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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Gateway opens



Thea Snyder, with her granddaughter Miya Peason, left, and Carol Whitney, right, celebrate the grand opening of Corner Gateway, located at 1972 New Scotland Ave. Snyder and her husband, Ed Peason, run the business. Corner Gateway is a full service infrastructure business, and handles needs such as shipping, copying, computer repair, bookkeeping and conference space. Albany County Executive Mike Breslin and New Scotland Supervisor Tom Dolin were on hand for the opening.

Dan Sabbatino/Spotlight

Bethlehem says: Keep Ben's bridge

Locals call for another look into county's suggestion to demolish structure

By JARRETT CARROLL
carrollj@spotlightnews.com

As the state's Department of Transportation reviews Albany County's recommendation to take down the Old School Road bridge in Selkirk, local residents and officials are asking the county to look at some more options.

The Albany County Executive's Office hired Clough Harbour and Associates to help evaluate three main options for repairing, replacing and removing the bridge and decided to close it on July 6. County officials ultimately said the most cost-effective option was to remove the bridge, which traverses 11,000 feet over about 50 CSX rail lines.

Albany County Commissioner of Public Works Michael Franchini said it would cost \$16 million to replace the County Route 53 bridge, now known as "Ben's bridge," about \$13 million to repair it and just over \$1 million to tear it down.

He said the costs were simply "too high," especially during today's economic climate and the bridge was deemed a "code red" in terms of stability.

CSX owns the super structure and the abutments of the 86-year-old bridge, according to Franchini, and the county owns the decking and the bridge's surface. With the bridge now closed, traffic is currently being detoured to nearby routes 32 and 396.

Christine Frankovic, who lives on South Albany Road, said closing the bridge was a mistake in the 1980s, and it's a mistake today.

"My greatest concern with the closure of this bridge is that it has put the safety of the residents living in the South Albany Road area in jeopardy," Frankovic said.

She said tearing the bridge

down for good could lead to deadly delays.

"Emergency services now encounter significant delays when responding to this area," she said. "Considering the close proximity to the sprawling CSX rail yard, which often handles volatile and hazardous cargo, and where derailments and chemical spills are not unheard of, this fear cannot be stressed enough."

A local man died at the CSX rail yard in Selkirk on May 10 following a train coupling accident. The incident was pointed to as an example by the Brotherhood of Locomotive Engineers and Trainmen (BLET) and the United Transportation Union (UTU) in a June petition filed with the Federal Railroad Administration to ban "one-man crews."

The bridge was open at the time of that incident.

Selkirk Fire Chief William Borger told *The Spotlight* that because of the 15-ton weight limit on the bridge, most of the department's larger fire vehicles cannot cross the bridge.

He said his personnel have already gone around the bridge "for years now."

But now, any emergency vehicle under 15 tons that previously used the Route 53 bridge has to go a mile and half in either direction to get to the other side.

Director of Bethlehem's emergency management office, John Brennan, said although the bridge's closure would not hamper the Selkirk Fire Department, it could definitely slow down other emergency responders such as police and ambulance crews.

"As far as emergency management, it's a concern, because it adds a little bit of time to normal response times that EMS and police may have," Brennan said. "Time is a valuable factor in an emergency situation."

Overall, Brennan said, "We'd like to see what the future brings, we'd like to see it rebuilt."

The closed bridge has raised eyebrows in the past as well.

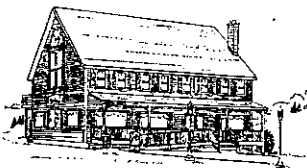
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☐ Bridge Page 17

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Parks and Trails New York, a statewide parks and trails advocacy organization, is offering assistance to communities wishing to develop a new multi-use trail or increase usage on an existing trail as part of its Healthy Trails, Healthy People Program.

Five communities will be selected to receive help with technical issues, planning, public outreach, grant writing, fundraising, programming, organizational development and other activities critical to the long-term success of trail projects.

To apply or for information, contact Parks and Trails New York by visiting www.ptny.org, calling 434-1583, or emailing aptny@ptny.org.

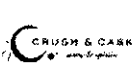
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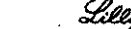
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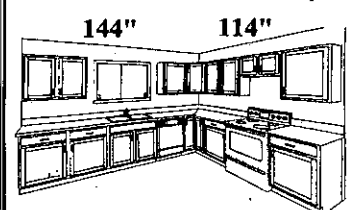


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Around the County

County considers calorie counting on chain menus

Legislators scheduled to vote on Monday, Aug. 10

By ARIANA COHN
cohnna@spotlightnews.com

Albany County legislators are scheduled Monday, Aug. 10, to discuss and vote on a law that would force chain restaurants in the county to post the amount of calories in each item on their menus.

Local Law B for 2009 would force all chain restaurants, or a restaurant with 15 or more locations, in the county to post calorie information on menus, menu boards and drive thru menus for consumers to see before ordering food.

The law was introduced by Tim Nichols, D-Latham, who said he got the idea for the law from other local laws that ask chains to post calorie counts on their menus.

In essence, the law is designed to present the public with accurate information about menu options, encouraging people to make healthier decisions when dining at a chain. Nichols said the law would be somewhat difficult to enforce for a non-chain restaurant, as portion sizes and menu options are constantly changing at a non-chain restaurant.

"I think it would be impractical to apply this type

"I think it would be impractical to apply this type of law to an independent small business. Unlike the business model used by chain restaurants in which consistency counts, they cater to the individual and they cook to order."

Tim Nichols, D-Latham

of law to an independent small business," Nichols said. "Unlike the business model used by chain restaurants in which consistency counts, they cater to the individual and they cook to order. The portion sizes aren't always the same, and their menus aren't always the same."

Nichols said this law is not meant to deter people from eating fast food, rather show them the healthier side of chain restaurants. Having two children under the age of 12, Nichols said he understands that there are times when chain restaurants,

drive thrus and other fast food is the only option, but he hopes that his law will help parents, like himself, make healthier choices while at these chain restaurants for themselves and for their kids.

The proposed law has the backing of several health organizations, including the American Heart Association.

"For the first time in history, today's children are predicted to have a shorter life expectancy than their parents," said Steve Cameron, spokesman for the American Heart Association

and director of cardiac services for St. Peter's Hospital. "Albany County's legislative proposal requiring calorie counts to be posted in chain restaurants is an important first step in fighting the obesity epidemic and empowering county residents to make healthier food choices."

If passed, the restaurants will be monitored by the county health department to ensure they are posting the calories.

While he was not sure

whether the county health officials would be physically testing the food to ensure that they do contain the amount of calories as presented on their menus, Nichols said he hopes the information displayed to the public will be truthful.

"[The health department] needs to be able to determine whether or not the information that the restaurants are providing the public is accurate information," he said.

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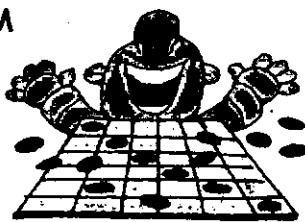
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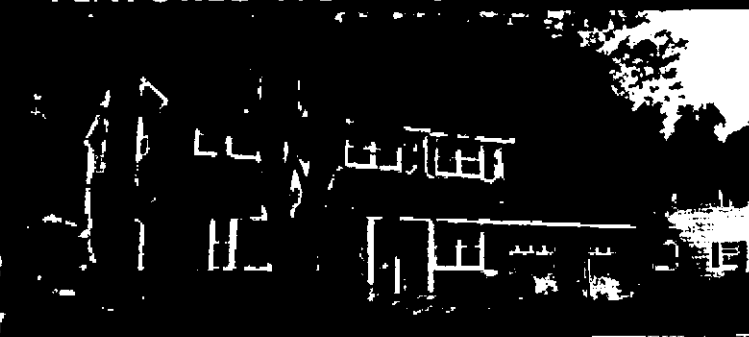
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Ann Manning

Spirits high as GloFo breaks ground in Malta

Project hailed as future of the area

By CHARLES WIFF
wiffc@spotlightnews.com

It took about five seconds to cap off more than three years of planning as a who's who of political and business leaders gathered in Malta to sink ceremonial shovels into a pile of dirt, symbolizing the official start of construction on a much-anticipated microchip factory at the Luther Forest Technology Campus.

According to speakers, the building of GlobalFoundries' "Fab 2" is the cornerstone in what is to be an unprecedented period of innovation, growth and prosperity for Upstate New York, particularly in the Capital District.

Governor David Paterson said that it took him some time to come around to the potential of Fab 2, and he flat out opposed the idea in conversations with then Gov. George Pataki.

"I told him I thought this would be one of the poorest investments we could make," said Paterson.

But at the groundbreaking on Friday, July 24, Paterson was one of many to espouse the idea that Fab 2 is just the beginning for Saratoga County.

"We are going to attract so many new businesses," said Sen. Charles Schumer. "Firms from around the country and around the world are going to look here now."

Planners expect that one day, microchip customers and material suppliers will be located at LFTC in order to be near Fab 2.

The area is already home to a number of high tech businesses



A laundry list of politicians and business leaders gathered in Malta on Friday, July 24, to break ground on a \$4.2 billion microchip manufacturing facility. GlobalFoundries says that Fab 2 will provide 1,465 full-time jobs when it becomes fully operational in 2012.

Charles Wiff/Spotlight

and with the arrival of Fab 2, more and more people are referring to Saratoga County as Tech Valley.

"We're very fortunate that from the get go we have tremendous partners in technology in this area," said GlobalFoundries Board of Directors Chairman Hector Ruiz. "We chose this location for one reason: people."

Outside the air-conditioned tent, earthmoving equipment was continuing the work started over a month ago to make the 223-

acre site ready for construction. What was formerly a dense forest has been rendered bare to make way for the 1.3-million-square-foot facility, where cutting edge processes will be used to create 28 nanometer scale microchips for use in electronics.

Construction is expected to take about a year, with additional time needed to situate the specialized equipment and clean-room environment necessary for manufacturing. Production is slated to begin in 2012.

Once at full capacity, officials say the facility will employ 1,465 people. Construction is expected to employ up to 2,000 people.

There is room left on the site to build two additional facilities identical to Fab 2.

The site was originally being eyed by Advanced Micro Devices, who in October of 2008 shed its manufacturing elements and formed GlobalFoundries along with investments from an Abu Dhabi company. AMD is the only buyer of GloFo chips lined up, but the hope is that many companies will have their chips made in Malta.

Many at Friday's groundbreaking

praised the fruition of Fab 2 as an ideal example of how the public and private sectors can coordinate for the good of all. The state is distributing \$1.2 billion to GlobalFoundries in cash and tax breaks over a period of 10 years.

"The state of New York reached out to us with an incredibly creative idea of how we could accomplish this," said Ruiz, who went on to say that LFTC was chosen after a worldwide search.

Others hailed the arrival of the factory as a victory for the American economy. AMD CEO Dirk Meyer noted that the vast majority of advanced microchip manufacturing facilities are located in Asia.

"We felt it was wrong to have the manufacturing capability of this critical industry in one area," he said. "This is a great day for GlobalFoundries, for AMD, for Upstate New York and for the U.S.A."

In 2005, AMD closed its last major domestic manufacturing operation in Austin, Texas. It transferred control of Fab 1, located in Dresden, Germany, over to GlobalFoundries when the company was formed.

With groundbreaking made, the towns of Malta and Stillwater, where the plant will be located, are to begin receiving \$5 million in community development money. \$1 million of that is earmarked for the creation of a 32-acre recreational complex at LFTC.

According to Town of Malta Director of Parks, Recreation and Human Services Audrey Ball, the layout for the ballfields has been completed, but there are no utilities at the site and it will be some time before construction can be started.

The remaining money will be placed in community trusts, where it will collect interest and be used for quality of life improvements.

In addition to the contributions, it is widely believed that the presence of Fab 2 will cause a significant uptick in business all around the area.

"Some of the numbers that were given to us say that our [county] sales tax could double, and that's certainly a big help to any town," said Stillwater Supervisor Shawn Connelly.

Town of Ballston Supervisor Patti Southworth said she hopes Fab 2 will mean commercial growth in her town, where a largely residential base means that residents must shoulder most of the burden of school taxes.

"I'm hoping that some of the spin-off businesses will locate in Ballston," she said. "Our only concern is that there might be only residential development," which could put more strain on the school system.

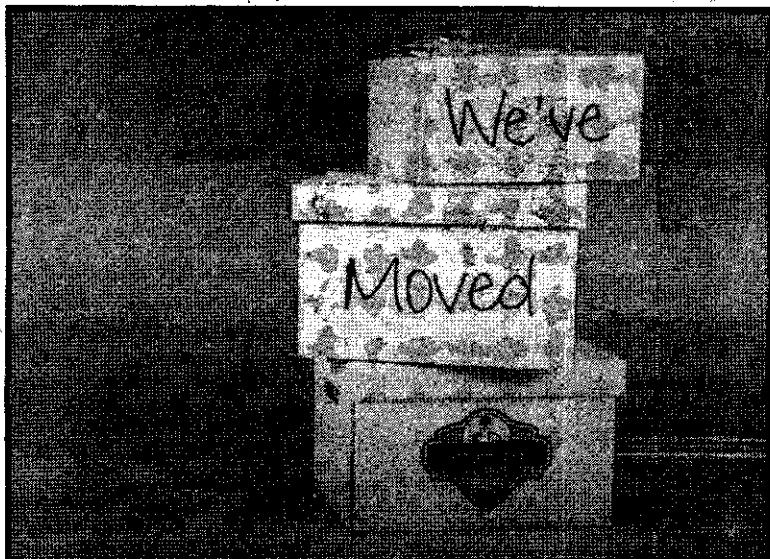
Malta itself is expecting to increase in size dramatically. Some of the most hotly debated issues facing town government is how to frame zoning in order to keep development in line with small town sensibilities.

"It's exciting looking forward to what's going to happen," said Supervisor Paul Sausville. "It's much more than a factory, it's about the transformation of our society and town into the 21st century."

While Gov. Paterson and many others at the groundbreaking have been convinced of the merits of the project, there is and always has been public opposition from those who believe it to be a poor investment, an unsustainable drain on resources or a threat to the character of the area.

Paterson, however, said that naysayers will be proven wrong.

"Whatever investment we made will be paid back over and over," he said. "Our new industries here in New York will consist of knowledge, technology and innovation."



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IN BRIEF

Library to host art institute trip

The Altamont Free Library is hosting a bus trip to visit the Dove/O'Keefe circles of influence exhibit at the Clark Art Institute in Williamston, Mass. on Wednesday, Aug 26.

The trip will include round trip transportation from Altamont, lunch at the Clark Café and a guided tour.

The cost is \$50, inclusive. RSVP with payment by Aug 7.

For additional information, call the Library at 871-7239.

D.A. Bennett donates \$180 to Center for Disability Services.

At D.A. Bennett's open house, held Saturday, July 25, \$90 was collected for the Center for Disability Services and D.A. Bennett is matching it, for a total donation of \$180. Helene Haven of Delmar was one of two give-away winners — one for a humidifier and one for an air cleaner — including free installation.

BCHS to hold 60th reunion

The BCHS class of 1949 will be celebrating its 60th class reunion Sep. 11 through the 13.

For information, call 439-4072.

Beldevere hires new director of health care services

Beldevere of Albany, a regional provider of home and community based services, has named Migdalia (Micky) Jimenez as its Director of Health Care Services. Jimenez will be in charge of developing Beldevere's licensed homecare service program.

Jimenez moved to the Capital Region in 1987 to work for Gentiva Home Care Services as its Branch and Area Director. She eventually became the organization's Vice President, managing 13 locations and \$28 million in revenue. Jimenez then became Vice President and Chief Operating Officer of Accent Health Care Services.

Beldevere employs over 200 people who provide assistance and support to over a hundred people a year.

YMCA offers Yankees bus trip

The Guilderland YMCA Circle of Champs Program will be offering a Yankees Bus Trip to

New York City Thursday, Aug 27 at 8 a.m.

The trip, which includes a light breakfast, transportation, the game, and snacks and beverages, costs \$99. Adult supervision is required for all youths under the age of 16 yrs. Circle of Champs is a program dedicated to improving the quality of life of children who have been touched by a life threatening illness.

For additional information, call the Guilderland, YMCA at 456-3634.

Knox museum to feature musical exhibits

Knox Museum will present Rural Felicity, a musical group of re-enactors who will perform sailor songs and sea shanties, on Sunday, Aug 9 from 2 p.m. to 4 p.m.

Bring a lawn chair for the events. The Saddlemere Homestead is located on Route 156 in Knox. For additional information, call 872-1199.

A flock of Eagles

An Eagle Scout Court of Honor for Boy Scout Troop 58 from Elsmere was held Sunday, Aug. 2. From left to right: Brian Supple, Jeffrey Morton, Brian Caluori, Nicholas Youngblood, Josh Steiner, and Greg Roeth. The Eagle Scouts earned a combined total of 127 merit badges and completed projects ranging from improving the roadside landscaping at The Hamagrael Elementary School to designing and building a new archery range at the Bethlehem YMCA.

Submitted photo by Joe Angermeier

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Tossed

(From Page 1)

said. Messina spoke out about the Working Families Party objection, and said Albany County Board of Elections Democratic Commissioner Matthew Clyne, who is also Bethlehem's Democratic Chairman and the county Democratic vice chair, was playing "politics as usual."

"The depths to which Jack Cunningham and Matt Clyne will stoop to maintain their choke hold on our town government have reached a new low," he said. "After the Working Families Party caught Jack Cunningham failing to follow election law, they filed a legitimate challenge with the Board of Elections, of which Matt Clyne is the Democrat appointed co-commissioner."

Messina also made an appeal directly to voters.

"The people of Bethlehem deserve better than individuals who can't see beyond their political ties and personal ambitions," he said. "I hope all friends of good government remember the actions of Democratic Chairman Clyne and Vice Chairman Cunningham come Election Day."

Cunningham did not specifically respond to Messina's comments, stating, "I look forward to the election and look forward to meeting residents to talk about my re-election campaign."

Clyne said the Working Families Party objection was fatally flawed because basic information was not included.

"The objection didn't include an address, it's pretty simple," Clyne said. "It's kind of funny for [Messina] to make these comments when he's the one who can't put politics aside in this race."

There was also a general objection filed on July 20 by an Indepen-

dence Party member against the designating petitions of Cunningham, Kyle Kotary, Mark Jordan, and Gregg Sagendorph for the line.

There were 36 specific objections filed by the same member on Monday, July 27, but Graziano said its fate is out of the board of elections' hands. The objections listed attorney James E. Walsh as the objector's representative.

"It was already in court when we got it, so we are going to leave it there," Graziano said of the decision to be made on the Independence Party objections.

Walsh told *The Spotlight* that a judge was assigned to the case and he had a conference on the matter on Monday, Aug. 3, and is scheduled to go back to court on Thursday, Aug. 6, at 9:30 a.m. for a possible ruling.

Until then, he said he and his client are in "a holding pattern."

"We filed a lawsuit because I think there's a problem with the petitions filed with the board of elections," Walsh said. "They had people collecting [signatures] as a notary and no oaths were administered."

Walsh claimed the state's election laws were broken in collecting Independence Party signatures for Cunningham's slate.

"There are certain procedures involved in collecting signatures according to New York State Election Law and my lawsuit is making the allegation that they were not followed," he said. "The judge is going to want to know about what happened."

Walsh added the lawsuit was to "ensure the integrity of the process."

Clyne said if the judge dismisses the lawsuit the original Independence Party objection would go back to the county board of elections.

Working Families Party of the Capital District spokeswoman Karen Scharff told *The Spotlight* last week that her party thought

Messina was the better candidate and that they never gave Cunningham their support partly because he never interviewed for it.

She said Cunningham was disrespectful to the party and was trying to use the Working Families Party for another ballot line, rather than because he believed its political philosophy.

Scharff said the same of the Democrats' regard for the county's Independence Party.

"The Democrats obviously have some sort of deal with the Independence Party in the town of Bethlehem," said Scharff.

However, the Working Families Party has also endorsed Bethlehem Independence Party Chairman Mark Jordan for Town Board along with Messina for supervisor. Messina carried the petitions for both of them, saying Jordan "didn't collect a single signature."

Jordan, on the other hand, voted along with the rest of the Albany County Independence Party executive committee, including Assemblyman Tim Gordon and Albany County Chairman Paul Caputo, to unanimously endorse Cunningham over their own party member for supervisor.

Jordan said he understands Scharff's position, but objected to her characterization of his own party.

"There's no deal in the Town Board races," he said. "The Republicans never came to the Independence Party to interview, we only had Democrats and our own members to choose from."

Republican Highway Superintendent Gregg Sagendorph did interview and receive the Independence Party endorsement for his re-election bid, which he has in the past, but is running unopposed.

For updates on the Thursday, Aug. 6, ruling on the Independence Party petition objection, visit www.spotlightnews.com.

Market

(From Page 1)

the governor's executive chef, will be using some of the market's fresh produce to whip up sample meals.

Geurtze Barbeque will also be there that Friday selling half chickens for \$6 with a reservation.

Dianne Luci, a member of the First United Methodist Church in Voorheesville, which sponsors the market, said the idea was conceived at what she described as a "coffee meeting" last year. She said she had read Barbara Kingsolver's book "Animal, Vegetable, Miracle," which highlights the benefits of eating local produce.

"I wanted to eat as much locally as I could," she said.

She said bringing strawberries and fresh broccoli to New York in the winter months takes a toll on the environment.

"Think of the energy spent in terms of oil and pollution," she said.

Luci said before the market came to fruition, letters were sent to prospective vendors, and permission was given by the Voorheesville Planning Board to host the market. The board allows for 15 vendors, Luci said, but she is hopeful to expand that to 20 vendors sometime in the future.

The market was originally scheduled to run until 5:30 p.m., but Luci said the hours were extended to 6 p.m. to accommodate working people.

"This is just the perfect thing," Luci said. "So you can stock up on all your needs."

Luci touted the diverse selection of items available at the market, including cheese, tea, bread, dips, mixes, plants, fruits, vegetables and meat.

She said arts and crafts from members of the First United Methodist Church are also available for sale at the market.

Lyn MacIntosh, the proprietor of Curling Stone Farm, said she was interested in joining the market to help spread the word about her product.

"I know many people in Voorheesville, but not many people know us," MacIntosh said. "We're off the beaten path."

She said she offers plants, vegetables and herbs, and has "a lot to offer the community."

The market has been thriving, its participants said, and many are glad to have a market in Voorheesville.

"I think it's a great area," said Gretchen Geurtze, the proprietor of Geurtze Barbeque. "It's been very successful. There's very good produce there. It's a brand-new market and I think [Luci] is doing a great job."

Geurtze said she believes the diverse products and support from the community and parishioners at the First United Methodist have contributed to the market's success.

To make reservations with Geurtze Barbeque, call the church office at 765-2895 Tuesday through Thursday 9 a.m. to noon by Wednesday, Aug. 5.

"I hope that people will continue to support it because these people work really hard to bring us this local food," Luci said.

Alteri

(From Page 1)

"I have an insurance policy for X amount, and it's a total loss and they don't want to pay it," he said. "You spend all of these years paying them each month and then something happens and they won't help you."

Quinn said that although his insurance company hasn't "paid a dime," he is still holding out hope to start anew.

"That's the whole goal, to get the restaurant back," he said.

"My intention is to rebuild." An area real estate agent confirmed with *The Spotlight* that the property is not currently for sale.

In the meantime, Quinn is not only losing money on a closed business, but his vendors apparently have lost out, too.

Sysco Food Services of Albany LLC was granted a civil judgment in Albany County Court for \$11,549 against Quinn's restaurant. Quinn confirmed the judgment and said that matter is also being held up by the insurance company.

"Until they settle with me everything is on hold," Quinn said.

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Spotlight

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Bridge

(From Page 12)

Rienow, a nationally renowned environmentalist and founder of the state's Audubon Society, died inside of his home on Rarick Road after embers from a woodstove set a showcase ablaze. The Selkirk Fire Department said at the time that Rienow, a former University at Albany professor, was already dead when they arrived and little could have changed the outcome.

They did comment, however, that an open Old School Road bridge could have helped save some of the structure, which was a total loss.

His property is now a large environmental preserve.

Aside from emergencies, Frankovic also pointed to practical uses of the bridge.

"The closure of this bridge is also an inconvenience. It provides access for all area residents traveling to Route 9, Glenmont, Albany and points north," she said. "We will again have to change our way of life and for how long? Gas is on the average \$2.55 a gallon and all detours around the bridge are on the average an additional two and a half miles."

Bethlehem Supervisor Jack Cunningham said he, too, wishes to see the bridge salvaged.

In a letter dated July 20, 2009, he wrote in response to the county's recommendation to close the bridge and sent a copy to area county legislators, the county executive and Franchini.

"I join with local residents, however, to oppose the removal of this bridge with no plans for future replacement," he said. "I feel that its permanent closure creates unnecessary access burdens on these residents and the potential for delays in response time from emergency vehicles."

Overall, Cunningham said, "We would like to see it reopened."

The supervisor said he has not sought stimulus funds through the American Recovery Act (ARA) because "it is a county issue," but said he doubted the bridge would qualify for stimulus money even if there was another round of funding and it was shovel ready in time.

"There's an extraordinary amount of applications for funds.



The Old School Road bridge was re-named in 1993 in honor of Ben Giovannetti, a South Albany Road resident, who started a grassroots campaign to save and repair the bridge.

Jarrett Carroll/Spotlight

I spoke with Sen. [Kirstin] Gillibrand's representatives and was told that New York state has appropriated \$30 billion for projects," Cunningham said. "But there are \$100 billion in requests and [Ben's bridge] is not going to rank high in the priorities."

Franchini said for a new bridge of its magnitude to receive the proper permits and complete a final design plan would take a full calendar year. "in the best case scenario."

As for residential rumors that there was money put aside for the bridge by the county, Albany County Comptroller Michael Conners said that is simply untrue.

"There was a \$6.6 million construction bond resolution adopted a while back, but that money was never borrowed," Conners said. "There is no pot of money set aside."

Franchini said there were some limited funds available for engineering purposes, which were used.

Frankovic has written letters to area legislators, the county executive's office, the state DOT, and the county department of public works about keeping the bridge open. She said only Franchini has responded to her so far and she never heard back from Albany County Legislator Richard Mendick, C-Selkirk; Assemblyman Tim Gordon, I-Bethlehem; state Sen. Neil Breslin, D-Delmar; or Albany County Executive Michael Breslin.

Frankovic said she is contemplating circulating a petition to save Ben's Bridge.



Trains roll through the CSX rail yard below the County Route 53 bridge. Albany County spent five years trying to get cooperation from then Con Rail to pitch in for repairs to the bridge in 1990. The bridge's fate is once again in question.

Jarrett Carroll/Spotlight

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Entertainment *in the* Spotlight

CARNIVAL CONNECTS CULTURES



Capital District man creates an event that celebrates heritage with dancing, music and costumes

Bands have been part of Carama since the first carnival.

By JACQUELINE M. DOMIN
dominj@spotlightnews.com

Tony Burke was looking for a way to bring the Caribbean and African-American communities together.

Burke, who was born in Jamaica, came to the United States in 1969 to pursue a degree. He settled in the Capital District after graduating from Brooklyn College, and found himself wanting to connect with other people who shared his culture.

He and some Caribbean buddies got together and formed a loosely knit group, but they didn't have a lot of success getting other people to join. So, for a while, Burke stepped back, but he was always thinking of how he could create some unity.

Then, on a trip to Canada, it hit him.

"I know what would bring people together: a carnival," he said.

Burke knew that Caribbean carnivals were big draws – that

was actually the reason behind his trip to Canada. So when he got back to the U.S., he started planning his own carnival in earnest, even if he faced some skepticism.

"One of my friends said, 'You've got to be kidding. That's a lot of work,'" Burke said.



But that didn't deter Burke. He held the first carnival in 1999, and it's turned into an annual event. This year, the carnival, called Carama, is Saturday, Aug. 8, at Central Park in Schenectady.

Burke's friend was right – putting together a carnival was hard work. The biggest

obstacle was getting the money for the festival. Burke's group, the Capital District Caribbean Cultural Alliance, Inc. wasn't a registered nonprofit, which meant it wasn't eligible for a lot of grants, and some people balked at making donations.

"We would get a hundred dollars here and there," he said. "But a lot of times I would take money from my own pocket. You really have to want to do something in the community to do what I'm doing."

That first carnival had five bands and a costume parade, featuring people dancing behind trucks that were playing music. About 1,500 spectators came out to Troy for the carnival.

The next year's carnival drew about 3,000 people, Burke said. In recent years, it has been held in Schenectady, and the crowd has reached as many as 10,000 people.

Although carnivals are big in the Caribbean, and especially in Trinidad, Burke didn't grow up with this kind of carnival. Jamaica is a little different than

other Caribbean countries, he noted, because of the African influence there. But he still felt a sense of connection at the carnival.

reason people come to the carnival from all over the Northeast – he's seen people from Baltimore, Boston, Hartford and even Canada at the carnival.

"It's a cultural connection," he said. "It's a way to express yourself and let your hair down. You meet people and make friends."

The carnival strives to be family friendly, with no alcohol allowed. There is plenty of dancing, food and of course, the costume parade. This year's event will also feature the Chosen Few Reggae Band, raffles and Calypsonian from the Virgin Islands.

Burke thinks this year's carnival will be the best yet. The group recently received its 501c-3 status, which opens the door for more funding. It recently started a Web site, www.carama.org, to promote the carnival.

He encourages people to come and enjoy some good food and camaraderie – and to be prepared to dance.

The festival runs from noon to 8:30 p.m. Admission is free.



Carama puts an emphasis on being family friendly, with no alcohol allowed.

"We are one. We are the same people," he said. "We just speak different languages."

He believes that sense of community is the primary

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MY FAIR LADY

Classic Broadway musical, presented by On Our Own Productions, Our Savior's Lutheran Church, 63 Mountain View Ave., Albany, Aug. 7-9, 8 p.m. Fridays and Saturdays, 2 p.m. Sundays, adults \$15, seniors/students \$13. Information, 356-2306.

SHEAR MADNESS

Wacky whodunit set in a hairstyling salon and where the audience helps solve the mystery, presented by Capital Repertory Theatre, 111 North Pearl St., Albany, through Aug. 23, \$36-\$46. Information, 445-7469.

SWEET CHARITY

Neil Simon musical comedy, presented by Mac-Haydn Theatre, 1925 Route 203, Chatham, through Aug. 9, Wednesdays through Sundays, adults \$26-\$28, children under 12 \$12. Information, 392-9292.

Music

ALIVE AT FIVE

Soul Night featuring the Neville Brothers and Mingo Fishtrap, Aug. 6, 5 p.m., Riverfront Park, Albany, free. Information, 434-2032.

MARK ZANE

Acoustic guitarist and singer, Aug. 7, 7 p.m., Emack and Bolio's, 366 Delaware Ave., Albany, free. Information, 512-5100.

ODED BEN-AMI

Vaudeville-style piano player and singer, Aug. 7, 7 p.m., Java Jazz Cafe, Main Square Plaza, 318 Delaware Ave., Delmar, free. Information, 439-1727.

EMERALD DAWN

Acoustic Celtic and rock duo, Aug. 7, 7 p.m., Emack and Bolio's, 366 Delaware Ave., Albany, free. Information, 250-4196.

YUKO KISHIMOTO

Piano player with experience in jazz, pop, French cabaret and Broadway musicals, Aug. 7, 7 p.m., Stockade Inn, 1 North Church St., Schenectady, free. Information, 346-3400.

JAMCRACKERS

Folk trio of Dan Duggan, Peggy Lynn and Dan Berggren, Aug. 7, 8 p.m., Caffe Lena, 47 Phila St., Saratoga Springs, \$14 advance tickets, \$16 at door. Information, 583-0022.

THREE QUARTERS NORTH

Band specializing in bluegrass, folk and Americana music, Aug. 8, 7 p.m., Emack and Bolio's, 366 Delaware Ave., Albany, free. Information, 512-5100.

THE BLISTERZ UNPLUGGED

Rock band goes acoustic, Aug. 8, 7 p.m., Emack and Bolio's, 366 Delaware Ave., Albany, \$22 advance tickets, \$25 at door. Information, 583-0022.

RICHARD SHINDELL

Contemporary folk singer-songwriter, Aug. 8, 8 p.m., Caffe Lena, 47 Phila St., Saratoga Springs, \$22 advance tickets, \$25 at door. Information, 583-0022.

Visual Arts

NEW YORK STATE MUSEUM

"Bernice Abbott's Changing New York: A Triumph of Public Art," through Oct. 4; "1609" through March 10; plus "Beneath the City: An Archeological Perspective of Albany," permanent collections on the 9/11 recovery effort, New York state history and geography, Empire State Plaza, Madison Avenue. Information, 474-5877.

ALBANY INSTITUTE OF ART

"Different at Every Turn: Contemporary Painters of the Hudson River," through Aug. 23; "Life Along the Hudson: Photographs by Joseph Squillante," through Oct. 4; "Hudson River Panorama: 400 Years of History, Art and Culture," through Jan. 3, 2010; plus "The Folk Spirit of Albany: Folk Art from the Collection of the Albany Institute of History and Art" and exhibits on Hudson River School painting, American sculpture and the history of Albany, 125 Washington Ave. Information, 463-4478.

ALBANY CENTER GALLERY

Works by Ben Schwab and Blake Shirley, through Aug. 22, 39 Columbia St., Albany. Information, 462-4775.

SCHENECTADY MUSEUM

Spirit of Schenectady, collection highlights and planetarium, Nott Terrace Heights. Information, 382-7890.

ALBANY AIRPORT GALLERY

"Out of this World: Transcending the Terrestrial in Contemporary Art," through Nov. 29; "Repetitive Nature," in Concourse A gallery; "Air Craft," photos by Jeffrey Milstein; plus site-specific installations

by Larry Kagan and Cara Nigro, as well as installations by Anthony Garner, Baris Karayazgan, Paul Katz, Nancy Klepsch and Victoria Palermo. Information, 242-2243.

NATIONAL MUSEUM OF DANCE

Ballet Russes exhibit, "On Broadway," chronicling the progression of dance on Broadway, and ongoing exhibits, 99 South Broadway, Saratoga Springs. Information, 584-2225.

SARATOGA AUTOMOBILE MUSEUM

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

BROOKSIDE MUSEUM

"A Few Lines to Let You Know: Letters of the Civil War," through Sept. 4, 6 Charlton St., Ballston Spa. Information, 885-4000.

TANG TEACHING MUSEUM AND GALLERY

"Tim Rollins and K.O.S.: A History," through Aug. 30; "Lives of the Hudson," through March 14, 2010; Skidmore College, 815 North Broadway, Saratoga Springs. Information, 580-8080.

CLARK ART INSTITUTE

"Dove/O'Keefe: Circles of Influence," through Sept. 7; "Through the Seasons: Japanese Art in Nature," through Oct. 18; 225 South St., Williamstown, Mass. Information, (413) 458-9545.

THE HYDE COLLECTION

"Degas & Music," through Oct. 18, 161 Warren St., Glens Falls. Information, 792-1761.

ARKELL MUSEUM

"Arkell's Inspiration: the Marketing of Beech-Nut and Art for the People," ongoing; Canajoharie. Information, 673-2314.

Call for Artists

SPOTLIGHTER THEATRE TROUPE

Holding auditions for its "Spotlight on Malta 2009" show Sept. 19, seeking singers, dancers and variety acts, auditions held Aug. 10 and 12 from 6 to 8 p.m., by appointment only. Information, 899-4411.

ARTISTS ON THE STREET

Seeking visual artists, musicians, performance artists and writers for its weekly event on Beekman Street in Saratoga Springs, held on Saturdays from noon to 8 p.m. through Sept. 12, free to participate. Information, e-mail Amelo Amyot amejo51@gmail.com.

MABEE FARM HISTORIC SITE

Seeking vendors for annual arts and crafts festival Aug. 22. Information, 887-5073.

SARATOGA ARTS

Seeking local artists and fine crafters to display their works at its downtown gallery shop. Information, Adrianna Flax 584-4132 or aflax@saratoga-arts.org.

SARATOGA SPRINGS HOLIDAY SHOWCASE OF ART

Seeking fine arts and crafts vendors for second annual show at the Art Center Theatre, 320 Broadway, Saratoga Springs on Saturday, Nov. 21, booth cost \$50. Information, Frenchy Loeb 461-4893.

MOP AND BUCKET COMPANY

Holding auditions for a substitute accompanist to provide music for its improvised comedy shows. Information, contact Michael Burns at michaelburns@mopco.org or Kat Koppett at katkoppett@mopco.org.

CAPITLAND CHORUS

Openings for all voice parts for women who love to sing and perform, rehearsals are at 7 p.m. Thursdays at New Covenant Presbyterian Church, corner of Orleans and Western avenues, Albany. Information, 785-3567.

TANGO FUSION DANCE COMPANY

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

ADIRONDACK PASTEL SOCIETY

Seeking new artists that work in pastels, meetings are the first Tuesday of every month at the Dave Francis Gallery, the Shift Factory, Glens Falls. Programs, artist demonstrations and exhibitions are planned throughout the year. Information, 793-9309 or 793-9350.

DELMAR COMMUNITY ORCHESTRA

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

COLONIE TOWN BAND

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

COLONIE CENTENNIAL BRASS CHOIR

Openings for brass players, rehearsals on first Thursday and third Tuesday of the month, at 7:15 p.m., town hall, Route 9, Newtonville. Information, 783-2760.

SUBURBAN SOUNDS COMMUNITY CHORUS

Openings in mixed chorus, rehearsals Sundays at 7 p.m. at Lynnwood Reformed Church, Route 146, Guilderland. Information, 861-8000.

FRIENDSHIP SINGERS

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

A CAPPELLA

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

SIENA CHAMBER ORCHESTRA AND CHOIR

Rehearsals Thursdays at 7:30 p.m. for orchestra, Wednesdays at 6 p.m. for choir.

Sienna College, Route 9, Loudonville. Information, 783-2325.

THE ORCHESTRA ON THE COMMON

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

ELECTRIC CITY CHORUS

Male singing group, training provided, rehearsals at Faith United Methodist Church, Brandywine Avenue and Eastern Parkway, Schenectady, Tuesdays, 7:30 p.m. Information, 399-1846.

Spotlight on poetry

This month's column is sponsored by Sponsored by Out of the Woods, a resource for women in recovery, and the Hudson Valley Writers Guild. Visit www.womeninrecovery.blogspot.com and www.hvwg.org for more information.

Notes from the Greenhouse

by Kathy S.

1.
You wait in the closet,
under my pillow, burning
in my pocket, talking

smooth as honey, coating
every hurt
I crawl to you

disgusted with my need
on bleeding knees, disheveled,
everything, oh everything
undone

my soul like sand
slipping through your fingers
I succumb deeply again

my refuge, my truest love:
O addiction, what have we done
to the soul that was my garden?

2.
how or why do broken souls
find their solitary trails
to transformation?

On a white tiled floor I lie
helpless. I see another:
beautiful, in need of hope

compassion for her stirs
before I recognize
in the liquid silence of the
mirror

propped as if by accident
against
the bathroom wall, that
I am she

From that day to this, green
shoots
have risen up and flowered
from the ruins

Here is a lesson in why we write poetry. In this case, not only does the poem offer a rare look into the mind and heart of addiction, it also offers a perspective of the journey to sobriety. Kathy S. is a freelance writer living in Albany County.

Due to the personal nature of this poem, she has asked for anonymity.

Weekly Crossword

MARRIED TO THEIR WORK

ACROSS

- 1 ____ Bill
- 6 Tale
- 10 Bird's crop
- 14 ____ garde
- 15 Bound
- 16 Castor's mother
- 17 French physicist born 1867
- 19 Sharif or Khayyam
- 20 Stop sign shape
- 21 Singles, socially speaking
- 22 Most capable
- 24 Fa follower
- 26 Actress Peeples
- 27 Pronoun for Miss Piggy
- 28 Sponge up
- 31 Lea
- 33 Expert ensemble
- 36 More conceited
- 38 Subject for 17 Across
- 42 Perspectives
- 43 Like some seals
- 45 See 68 Across
- 48 TVA project
- 50 Knock one's socks off
- 51 Judge in 1995 headlines
- 52 Teachers' org.
- 54 Manet or Monet, e.g.

DOWN

- 57 Formal jackets
- 59 Spanish treasure ship
- 62 Clear leaves
- 63 Award for 17 Across in 1903
- 66 Inlets
- 67 Rainbows
- 68 With 45 Across, golfer, with an army, familiarly
- 69 Tolkien creatures
- 70 Moon missile
- 71 Hoods
- 1 Dawber, of "Mork and Mindy"
- 2 Little ____ '60s singer
- 3 Panthers' home
- 4 Secured
- 5 Puts back
- 6 Belt
- 7 Plane beginning
- 8 Progress
- 9 Imitate
- 10 Solidify
- 11 Return to custody: a suspect
- 12 Slowly, to Schubert
- 13 Poland birthplace of 17 Across
- 18 Dudes, '60s style

21 Place for an ace?

- 22 Current unit
- 23 Dull pig?
- 25 Dodge model
- 29 Track shape
- 30 Measured off
- 32 Operatic solo
- 34 Mild cheese
- 35 Chambermaid's concern
- 37 "____ girl!"
- 39 Mythical monster
- 40 Education
- 41 Some evergreens
- 44 Mich. city
- 45 Physicist husband of 17 Across
- 46 Reach
- 47 Examine
- 49 Shopper's mecca, now
- 53 Shopper's mecca, then
- 55 Satisfy, as a debt
- 56 Showalter's successor
- 58 Stack role
- 60 Basics
- 61 More, philosophically speaking
- 63 Forty winks
- 64 Half a sharp turn
- 65 Some M.I.T. grads

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Calendar of Events *in the* Spotlight

Wednesday, Aug. 5

BETHLEHEM

DELMAR ROTARY

Normanside Country Club, 7:30 a.m., Information, 767-2015

EVENINGS ON THE GREEN (JULY)

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

BINGO

American Legion Blanchard Post No. 1040, 16 Poplar Drive, Delmar, 7:30 p.m. Food available.

PLAYGROUP MEETING

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

BETHLEHEM BUSINESS WOMEN

Normanside Country Club, Salisbury Road, Elsmere, 6 p.m.; dinner 7:00 p.m., program and meeting to follow dinner. Information, 439-9628. First Wednesday of each month.

SOLID ROCK CHURCH

Evening prayer service 7:00 p.m.; Bible study 7:30 p.m.; 1 Kenwood Ave., 7 p.m. Information, 439-4314.

BETHLEHEM LIONS CLUB (NOT IN JULY OR AUGUST)

Normanside Country Club, Delmar, 7 p.m. Information, 439-4857. First and third Wednesday of each month.

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. First and third Wednesdays of each month.

BC SCHOOL BOARD

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

PRAYER MEETING

Small groups meeting throughout the week for evening prayer and Bible study, Mountainview Evangelical Free Church, Route 155. Call for times and information, 765-3390.

PIONEER CLUBS

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

AA MEETING

First United Methodist Church of Voorheesville, 68 Maple St., 8 p.m. 765-2895.

Thursday, Aug. 6

DELMAR

YOUTH EMPLOYMENT SERVICES

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

AA MEETINGS

Slingerlands Community Church, 1499 New Scotland Road, noon.

BETHLEHEM SENIOR CITIZENS

Meets Thursdays at 1 p.m. in Town Hall Auditorium, 445 Delaware Ave. Activities include cards, games, bingo and conversation. A bi-monthly newsletter is available in the senior services office. Information, 439-4573.

BETHLEHEM SENIOR CITIZENS

Alzheimer's Association Support Group. Thursday 10:30 a.m. to noon. Bethlehem Town Hall, 445 Delaware Ave. Information, 439-4955. First Thursday of each month.

YOUTH EMPLOYMENT SERVICES

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

BETHLEHEM LUTHERAN (SEPTEMBER THRU MAY)

children's choir, 6:15 p.m., senior choir, 7 p.m., 85 Elm Ave. Information, 439-4328.

V'VILLE LIBRARY

Lap sit stories for newborns to age two at 10:15 a.m. Signup required. Call 765-2791. First and third Thursday of each month.

V'VILLE ZONING BOARD

Village Hall, 29 Voorheesville Ave., 7 p.m. Information, 765-2692. First Thursday of every month.

NEW SCOTLAND KIWANIS CLUB

New Scotland Presbyterian Church, Route 85, 6:30 p.m.

PRAYER MEETING

Small groups meeting throughout the week for evening prayer and Bible study, Mountainview Evangelical Free Church, Route 155. Call for times and information, 765-3390.

Friday, Aug. 7

AA MEETING

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

CHILDREN'S CHOIR

Bethlehem Lutheran, 6:15 p.m., senior choir, 7 p.m., 85 Elm Ave. Information, 439-4328.

CHABAD CENTER X

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

NEW SCOTLAND

STORY TIMES

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

PRAYER MEETING

Small groups meeting throughout the week for evening prayer and Bible study, Mountainview Evangelical Free Church, Route 155. Call for times and information, 765-3390.

Saturday, Aug. 8

BETHLEHEM

DELMAR SATURDAY FARMERS MARKET

The Delmar Saturday Farmers Market will be open June 6 until October 31 from 9 a.m. until 1 p.m. rain or shine. The market is located at the Bethlehem Middle School, 322 Kenwood Ave. For more info, go to www.delmarmarket.org.

AA MEETING

Bethlehem Lutheran Church, 85 Elm Ave., 7:30 to 9:00 p.m. Information, call 439-4328.

GLENMONT

Story Hour at Tea and Tattered Pages Used Books, 329 Glenmont Road, Glenmont. Information, 447-9910.

PRAYER MEETING

Small groups meeting throughout the week for evening prayer and Bible study, Mountainview Evangelical Free Church, Route 155. Call for times and information, 765-3390.

Sunday, Aug. 9

WORSHIP INFORMATION -

Bethlehem Community Church, 201 Elm Ave., 439-3135. Bethlehem Congregation of Jehovah's Witnesses, Elm Avenue and Feura Bush Road, 439-0358.

Bethlehem Lutheran Church, 85 Elm Ave., 439-4328. Delmar Full Gospel Church, 292 Elsmere Ave., 439-4407. Delmar Presbyterian Church, 585 Delaware Ave., 439-9252.

Delmar Reformed Church, 386 Delaware Ave., 439-9929. Family of God Nazarene Church, Krumkill Road at Blessing Road, North Bethlehem, 453-9953.

First Church of Christ, Scientist, 555 Delaware Ave., 439-2512. First Reformed Church of Bethlehem, Route 9W, Selkirk, 767-2243.

First United Methodist Church of Delmar, 428 Kenwood Ave., 439-9976. Glenmont Community Church, 1 Chapel Lane, Glenmont, 436-7710.

Gospel Fellowship, 10 Rockefeller Road, Delmar, 482-2132.

King's Chapel, 434 Route 9W, Glenmont, 426-9955.

KTC Buddhist Center, Doane Stuart School, Route 9W, Albany, 10 a.m. meditation, 11 a.m. tea, 11:30 a.m. study course, 374-1792.

Mount Moriah Ministries, Route 9W, Glenmont, 426-4510. Slingerlands Community UMC, 1499 New Scotland Road, 439-1766.

Solid Rock Church, 1 Kenwood Ave., Glenmont, 439-4314. South Bethlehem United Methodist Church, 65 Willowbrook Ave., 767-9953.

St. Michael's Shrine, Beacon Road at Route 9W, Glenmont, 462-2016.

St. Stephen's Episcopal Church, Poplar Drive and Elsmere Avenue, Delmar, 439-3265; St. Thomas The Apostle Church, 35 Adams Place, Delmar, 439-4951.

Unity of Faith Christian Fellowship, 436 Krumkill Road, North Bethlehem, 438-7740.

NEW SCOTLAND

WORSHIP INFORMATION

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

Onesquehew Reformed Church, Tarrytown Road, Feura Bush, 768-2133. New Scotland Presbyterian Church, Route 85, 439-6454.

St. Matthew's Church, Mountain View Road, Voorheesville, 765-2805. Unionville Reformed Church, Delaware Turnpike, 439-5001.

United Pentecostal Church, Route 85, New Salem, 765-4410. DAY -

Monday, Aug. 10

SLINGERLANDS

Adamsville Ancients Fife and Drum Corps; rehearsal 7-9 p.m., October-May. Information, 439-8727.

BETHLEHEM

FOOD STAMP ASSISTANCE PROGRAM

Bethlehem Senior Services sponsors free program where representative of Legal Aid Society will help with food stamp applications. Appointment required, 10 a.m. to noon, Bethlehem Senior Services office, 445 Delaware Ave., 439-4955 ext. 173 or 174.

SECOND MONDAY OF EACH MONTH

SUNSHINE SENIOR CITIZENS

Meets the second Monday of each month at noon at the First Reformed Church on Route 9W in Glenmont to bring together people age 55 and older for social activities, community service and sharing of mutual interests. Information, 463-1080.

PEACE VIGIL

Bethlehem Neighbors For Peace, weekly peace vigil, Four Corners intersection, Delmar, 5-6 p.m.; Information, 439-1968.

PLAYGROUP

First United Methodist Church, 428 Kenwood Ave. Meets 10:30 a.m. to noon in the nursery. The playgroup provides opportunities for child care takers and pre-nursery school age children to socialize in a relaxed atmosphere. Information, 439-9976 ext. 228.

YOUTH EMPLOYMENT SERVICES

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

CLASS IN JEWISH MYSTICISM

Delmar Chabad Center, 109 Elsmere Ave., 7 p.m. Information, 439-8280.

DELMAR COMMUNITY ORCHESTRA

Rehearsal, Bethlehem Town Hall, 445 Delaware Ave., 7:30 p.m. Information, 439-7749.

AA MEETING

Bethlehem Lutheran Church, 85 Elm Ave., 8:30 to 10 p.m.

PRAYER MEETING

Small groups meeting throughout the week for evening prayer and Bible study, Mountainview Evangelical Free Church, Route 155. Call for times and information, 765-3390.

Tuesday, Aug. 11

BETHLEHEM

FARMERS MARKET (SUMMER ONLY)

Market and Chicken Barbecue 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 Cafe, weekly on Tuesdays, 11:30 a.m. to 1 p.m. Information, 767-9953.

ELSMERE FIRE COMMISSIONERS

Second Tuesday of each month, Firehouse, Poplar Drive, 7:15 p.m. Information, 439-9144.

A.W. BECKER PTA

Becker Elementary School, Route 9W, 7:00 p.m. Information, 767-2511. Second Tuesday of each month.

NEW SCOTLAND

STORY TIMES

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.

V'VILLE PLANNING COMMISSION

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

PRAYER MEETING

Small groups meeting throughout the week for evening prayer and Bible study, Mountainview Evangelical Free Church, Route 155. Call for times and information, 765-3390.

Wednesday, Aug. 12

BETHLEHEM

DELMAR ROTARY

Normanside Country Club, 7:30 a.m., Information, 767-2015

BINGO

American Legion Blanchard Post No. 1040, 16 Poplar Drive, Delmar, 7:30 p.m. Food available.

EVENINGS ON

THE GREEN (JULY)

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

PLAYGROUP MEETING

First United Methodist Church playgroups will meet from 10:30 to noon in the nursery. Playgroup provides opportunity for child caretakers and pre-nursery school age children to socialize in a relaxed atmosphere. Information, 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 to 11:30 a.m., Information, call Jennifer at 439-9929 or e-mail, info@drchurch.org. Second and fourth Wednesdays during the school year. www.mops.org

SECOND MILERS

(OCTOBER THRU JUNE)

Normanside Country Club, noon, Information, 439-2752. Second Wednesday of each month.

SOLID ROCK CHURCH

Evening prayer service 7:00 p.m.; Bible study 7:30 p.m.; 1 Kenwood Ave., 7 p.m. Information, 439-4314.

TOWN BOARD

Bethlehem Town Hall, 445 Delaware Ave., 5:30 p.m. Information, 439-4955. Second and fourth Wednesdays of each month.

BETHLEHEM TOASTMASTERS

The Clubhouse, Adams Station Apts., 1 Juniper Drive, Delmar, 7:30 p.m. Information, 439-0871. Second and fourth Wednesdays of each month.

DELMAR FIRE COMMISSION

Second Wednesday of every month, firehouse, Adams Place, 7:30 p.m. Information, 439-3851.

HEALING TESTIMONY MEETING

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

NEW SCOTLAND

TOWN COUNCIL

New Scotland Town Hall, Route 85, 7 p.m. Information, 439-4889. Second and fourth Wednesday of each month.

VOORHEESVILLE PTA

Elementary school library, 7-8 p.m. Information, 765-3644. Second Wednesday of every month.

PRAYER MEETING

Small groups meeting throughout the week for evening prayer and Bible study, Mountainview Evangelical Free Church, Route 155. Call for times and information, 765-3390.

PIONEER CLUBS

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

AA MEETING

First United Methodist Church of Voorheesville, 68 Maple St., 8 p.m. 765-2895.

EAT RIGHT. BE ACTIVE. HAVE FUN.

FIND THE RIGHT BALANCE AT MYPYRAMID.GOV

SABIC and **SELKIRK COGEN**

"Corporate neighbors committed to serving the community."

Seniors invited to take part in Garden Bounty

Do you have a vegetable garden green thumb? After all your hard work of planting and weeding, is your vegetable garden producing more than you can use? Are you willing and eager to share some of those run-away zucchini, beans, tomatoes, cucumbers, etc., that you cannot keep up with? Would you like to share some of your bounty with others who will use and appreciate your generosity?

If you answered "yes" to any of the above, you will be happy to participate in the Garden Bounty program, which "sprouted" and has continued to grow for 20-plus years, providing fresh fruits and vegetables during the growing season to older residents and participants in the Bethlehem Food Pantry program.

From now through fall, anyone can bring extra produce to the Senior Services Office, Room 110, in Bethlehem Town Hall on Tuesday and Wednesday mornings. Then on Thursday afternoons, community senior and food pantry participants will peruse the array of fresh produce items and take home those they can use. Your home-grown produce will be appreciated, and you will feel good about sharing



Town of Bethlehem

with others.

If you have questions, call 439-4955, ext. 1176.

Program highlights

Saturday, Aug. 8

• Delmar Farmers, Market, Bethlehem Middle School, 322 Kenwood Ave., Delmar, 9 a.m. to 1 p.m. Interesting variety of vendors.

Monday, Aug. 10

• Shopping center trip with Bethlehem senior transportation to Stuyvesant Plaza, Albany. For reservations, call 439-4955, ext. 1176.

• Food Stamp Assistance - Legal Aid Society and Albany County Department of Social Services Medicaid representatives at Bethlehem Town Hall, 445 Delaware Ave., Delmar, will be available to answer questions

and assist with food stamp applications, 10 a.m. to noon. To make an appointment, call 439-4955, ext. 1176.

• Seniors age 62-plus can play at Colonial Acres Golf Course for \$11 (greens fee for nine or 18 holes). Special Senior rates on Mondays only. For information, call 439-2089.

Tuesday, Aug. 11

• 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, Aug. 12

• Philadelphia Orchestra and guest cellist Yo-Yo Ma in "A Cello Extravaganza with Yo-Yo Ma," at The Saratoga Performing Arts Center (S.P.A.C.), 8 p.m. after dinner at the Hall of Springs (6 p.m.). Total cost \$62. Bethlehem senior transportation leaves Town Hall at 4:30 p.m. with home pickup available on a pre-arranged basis. Suggested van donation \$10. For reservations, call 439-4955, ext. 1176, but only wait-list tickets available at this time.

• Seniors grocery shopping

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

Thursday, Aug. 13

• A.A.R.P. 55 Alive Safe Driving Course, 12:30 to 4:30 p.m., a two-day program today and Friday. Bethlehem Town Hall, Room 101, 445 Delaware Ave., Delmar. For program availability, reservations or a list of future class offerings, call 439-4955, ext. 1176. Program cost is \$12 for AARP members; \$14 for non-members. Call today, as classes fill quickly.

• Senior Legal Services Program - free for Albany County residents 60 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, the Terrace at Beverwyck, 40 Autumn Drive, Slingerlands, 7 p.m. The group provides support, education, encouragement and information to people with Parkinson's disease and

to their families and friends. For information, call Wolfgang Wehman, 439-5252.

• Bethlehem Senior Citizens Club meets for an enjoyable social afternoon of games and entertainment, Bethlehem Town Hall auditorium, 445 Delaware Ave., Delmar, 11:30 a.m. All seniors 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, Aug. 14

• A.A.R.P. 55 Alive Safe Driving Course (see Thursday's activities for details)

• 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

Seniors reminded rides are available

The Town of Guilderland provides transportation service to medical appointments, grocery stores, pharmacies and area shopping centers such as Wal-Mart. Bus service is also given to those who attend the Tuesday Luncheon Program, special events and selected trips. To register, please make an appointment with the Senior Office.

10:30 a.m. Strong Bones +
10:30 a.m. Bridge
11:45 a.m. Sr Fitness
1 p.m. Needlecraft
1:30 p.m. Strong Bones+

Thursday, Aug. 13

Scheduled Shopping
9 a.m. Strong Bones +
11 a.m. Trip to Mac-Haydn Theatre

Town of Guilderland SENIOR CALENDAR

1 p.m. Pinochle/Games

Friday, Aug. 14

Scheduled Shopping
10 a.m. Painting
1 p.m. Quilting

Mammography screening

A mobile mammography screening, co-sponsored by the Town of Guilderland and Bellevue Hospital, will take place on Thursday, Aug. 27, from 10 a.m. to 2 p.m. at the Town Hall. Call Mary Ann at 356-1980, ext. 1095, to schedule an appointment.

Monday, Aug. 10

Scheduled Shopping
9 a.m. Aerobics
10:30 a.m. Sr. Fitness
10:30 a.m. Strong Bones +
1:30 p.m. Strong Bones +

Tuesday, Aug. 11

9 a.m. Strong Bones +
11:30 a.m. Luncheon: Fish Fry or Cold Plate
12:30 p.m. Bingo/Games/ Billiards

Wednesday, Aug. 12

Scheduled Shopping
9 a.m. Line Dancing

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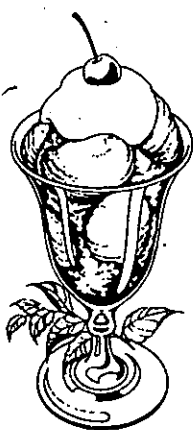
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Milestones *in the* Spotlight



Jenny Wroblewski and David Galante

Wroblewski, Galante to marry

Mr. and Mrs. Henry Wroblewski of Niskayuna announce the engagement of their daughter, Jenny, to David Galante, son of Dr. and Mrs. Albert Galante of Berkeley Heights, NJ.

The future bride is a graduate of Niskayuna High School and Siena College with a degree in Economics. She is currently employed by Bank of NY Mellon. The future groom holds an engineering degree from

Virginia Tech and an MBA from University of Rochester's Simon School of Business. He works as a senior investment analyst.

The couple is planning a September 2009 wedding in the area.

Khodamorad "Rod" Kermani

Local businessman and philanthropist Khodamorad "Rod" Kermani, an Iranian immigrant who became a well-known and respected oriental rug retailer in the Capital District, died July 26 in Albany. He was 89.

For more than 40 years, Kermani sold hand made oriental rugs from his K. Kermani Oriental Rugs store on upper State Street in Schenectady. His rugs adorned the boardrooms of many local corporations as well as the homes of generations of Capital District residents.

Born in Kerman, Iran in 1920, Kermani emigrated to the United States when he was 12. He lived briefly in Albany with his older brother, Rustam, who started the family's oriental rug importing and retail business in the United States. Kermani later lived with and was raised by the McKowns, a well-known Albany family.

Kermani graduated from Albany High School and enlisted in the Army. He served almost three years in the South Pacific during World War II, earning his sergeant's stripes and his U. S. citizenship on the island of Guadalcanal.

After the war, he returned to Albany, married Ruth Phinney of Elizabethtown, Essex County, and raised three children.

While building his oriental rug business, Kermani generously gave his time, talent and resources to several local organizations, including the Albany YMCA and the Lions Club.

Kermani served in many

capacities in those organizations the last half century, receiving national recognition for his contributions.

He was the first person in the nation to receive the Lions Club International's highest honor, the Melvin Jones Award, in 1992. The prestigious award acknowledged Kermani's 50 years of behind-the-scenes work and his ability to shepherd capital campaigns from beginning to end.

His accomplishments at the Albany YMCA were equally remarkable.

Kermani served on the YMCA's board of directors for more than 20 years, and was recognized as the top membership recruiter and fundraiser for the Y's annual Reach Out for Youth campaign.

To honor his 50 years of leadership and commitment, the YMCA awarded him its highest honor, Citizen of the Year, in 1996.

Kermani became a trustee of the YMCA several years ago, and his philanthropy continued. Kermani and his wife were instrumental in raising money to build the Bethlehem YMCA. The group acknowledged Kermani's efforts and contribution by naming the Bethlehem YMCA's state-of-the-art fitness facility after him and his wife.

Since he was 14, Kermani was active in local Masonic organizations.

He became master counselor of Demolay, the young men's fraternity affiliated with the Masons, and later earned that national group's highest designation, Chevalier, for his exemplary leadership.

Kermani continued his Masonic work by joining Masters Lodge No. 5 in Albany in 1946 and staying active in the lodge for more than 60 years.

The Grand Master of Masons in New York State awarded Kermani the Dedicated Service Award in 2002 for his decades of service to the Masonic order and its principles.

In 2007, the Masonic Lodge in downtown Albany named its library and meeting rooms in honor of the Kermani family and the four generations of Kermanis who have been active in Masters Lodge No. 5.

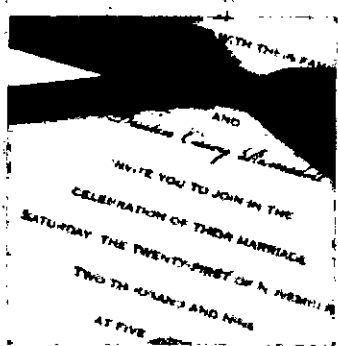
Kermani was also a 60-year member of Trinity United Methodist Church in Albany. He also was a long-time member of the Men's Garden Club of Albany.

He is survived by his daughter, Karyl (Ed) Bisson of Conway, NH; two sons, David of Hudson and Ronald of Albany; nephew Peter (Karen) Kermani of Delmar and niece Karen Peterson of Horseheads, NY; four grandchildren and two great grandchildren. Kermani's wife, Ruth, died in January.

A private memorial service will be held at Trinity United Methodist Church in Albany.

In lieu of flowers, friends may contribute to the Ruth Kermani Scholarship Fund at Camp Chingachgook, c/o Financial Development Office, Capital District YMCA, 465 New Karner Road, Albany, NY 12205.

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Connect to the blog on our homepage at www.bethlehempubliclibrary.org.

PARC progress

After you've taken a look at the book blog, click on the links to information about our PARC construction project. We'll be adding photos as work progresses. Last week, several trees and shrubs were transplanted, excavating and grading was done, and work on



the storm water filtration system was begun. The stormwater system should be complete by tomorrow.

The curbside bookdrop has been temporarily relocated in the northeast corner of the back parking lot; look for the big arrow on the fence.

Remember to exercise caution entering and exiting the library lot.

Opera preview

Glimmerglass Opera in Cooperstown is staging Verdi's "La Traviata" this summer. Learn more about the music, libretto

and history of this famous opera and its composer tonight at 7. Hannelore Wilfert will be your guide.

Cathy's creative vocabulary

Each week until Aug. 28, a new and unusual vocabulary word will be posted online and in the library. Kids and teens are invited to write a sentence that correctly uses the word. The writer of the week's most creative sentence wins a prize, and winners' sentences will be posted online and in the library. A link to Cathy's Creative Vocabulary can be found on our homepage at www.bethlehempubliclibrary.org.

National Aviation Day: Flights of Fancy

Wednesday, Aug. 19, 11 a.m.

Learn to make simple gliders and kites, and fly them out on the Green.

Age 5 and up.

Drama-rama

Wednesday, Aug. 19, 2 and 7 p.m.

The library's teen volunteers perform a play to close this year's Summer Reading Program. Families.

Summer Reading Program celebration

Thursday, Aug. 20, 2 to 4 p.m.

Games, contests, crafts, face-painting and a performance by master balloon artist Daryl Baldwin. Summer Reading Program participants and families.

Safe at Home

Monday, Aug. 24, 11 a.m.

Bethlehem police officer Mike Whiteley has some home safety tips and topics for National Safe at Home Week. Grade K to 5 and families. Call 439-9314 to sign up.

Cooks and books

Tuesday, Aug. 25, 2 p.m.

Listen to "Thundercake" by Patricia Polacco; make pudding pies. Grade 1 and up. Call 439-9314 to sign up.

Louise Grieco

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

Small Town Friends Festival to offer fun for all ages

The Small Town Friends Festival at the Voorheesville Library will offer fun and frolic for all ages from 10 a.m. until 10 p.m. on Saturday, Sept. 12.

The focus is on the Town of New Scotland and the businesses, organizations and activities that make our town a great place to live. We want members of our town to get to know one another better by joining us at an all-day party.

The morning kicks off with an array of exhibits manned by local businesses and organizations that would like to acquaint you with their services and goals and a variety of local artisans displaying their wares and giving demonstrations.

There will be music all day and into the night, starting at 11 a.m. with Steve Schreiber's gang of traditional players with fiddles and banjos. NYS Country Music Hall of Famer's Dyer Switch will present their unique bluegrass and acoustic music from 1 to 3 p.m. The whole family should love the hilarious two hours with the Ramblin' Jug Stompers from 3 to 5 p.m. After a toe-tapping good time with them, you should be ready to hop up and do a little line dancing from 5 to 8 p.m. Don't worry if you don't know how - we'll start with lessons!



While the music plays, kids will be running, jumping and having a ball with relay races and other organized games and crafts. There will be a play station for toddlers, too, right next to the food court.

Animals get into the act at 2 p.m. on the back lawn when you bring your favorite buddy - cat, dog, frog, fish, hamster, turtle, snake or bird for a pet parade. If you don't have a pet, Greyhounds As Companions will be here.

Inside the library, the Willow Strings will entertain with a 2 p.m. violin concert while visitors stroll through the People's Choice Art Show and vote on their favorite painting.

The day will wind down with a special performance by Elf Project, a talented group of Voorheesville guys, in the library community room.

Submissions are being accepted for the art exhibit. We need clowns. We need someone to rent and run a cotton candy or snow cone machine. Organizers are needed to help with the kids races. Businesses and crafters can still sign up for spaces (there is a fee for businesses - non-profits are free). Please contact Barbara Vink at the library at 765-2791.

Summer Reading Programs

2009 Summer Reading Programs for next week:

• Monday, Aug. 10, at 2 p.m.: Monday Stars: "Colorful Science"

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Schedule a service call between July 29th & August 15th and receive dinner at Swilly's at the Four Corners in Delmar (up to a \$20 value - some restrictions apply)

Teens invited to join other aspiring writers

Teens who are writing on their own or who would like to be are invited to join the RCS Community Library's group of aspiring writers Friday, Aug. 7, from 1 to 4 p.m. Linda Miller, local writing educator, will lead this latest session. Sessions help aspiring writers to explore new genres and sharpen their skills.

All previous participants are invited to re-join the group, and new members are welcome. Register by calling 756-2053 or emailing felstenj@uhs.lib.ny.us.

Young writers' reception

Participants in the Young Writers Workshop and their families are invited to attend the annual Young Writers' Reception on Wednesday, Aug. 12, at 7 p.m. in the library's annex. Join us for refreshments as the writers present their completed books to the library.

Flat Henry makes a splash at Thompson's Lake

Flat Henry has recently returned from a week at Thompson's Lake. His travelling companions report that his boating skills were excellent.

Like the boy in the picture book "Flat Stanley," our Flat Henry Hudson is spending the

RCS COMMUNITY LIBRARY

summer discovering all the possibilities for a flat explorer. Join in the fun this summer and invite Flat Henry to join you on your summer vacation. Henry will fit in even the most overstuffed car.

Snap a photo of Henry on the beach, at a baseball game or at the amusement park; he loves to have his picture taken. Submitted photos will be displayed at the library and on the library's Web site as we track Henry's latest travels. Come to the circulation desk for details and to check Henry out for your next adventure.

Rewarding readers

This week's winners in the Rewarding Readers were Connie Coons, Margaret Scarlata and Jessica Meyer. Winners get to choose an item from our gift basket of donations from local businesses. Fill out a coupon at the Circulation Desk telling us what three books you've read this summer and we might draw your name next week!

What's new

- Adult fiction
"Happiness Key" by Emilie Richards
- "A Plague of Secrets" by John Lescroat
- "Return to Sullivan's Island" by Dorothea Benton Frank
- Adult nonfiction
"American Icon" by Teri Thompson
- "Down Around Midnight" by Robert Sabbag

All library programming is free (unless otherwise noted) and open to the public. RCS Community Library is located at 15 Mountain Road, Ravena. For information, call 756-2053 or visit www.uhs.org/RCSCL/.

Champlain an important part of Quadricentennial

So much attention has been justifiably paid to Henry Hudson lately that we have to occasionally remind ourselves of the extraordinary accomplishments of Samuel de Champlain. After all, it was Champlain who established what ultimately became Quebec City, and who was the first European explorer of the Great Lakes. And, just as importantly, he published maps and accounts of his journeys.

On Monday, Aug. 10, at 7:30 pm, Jean-Francois Briere, professor of French Studies at the University at Albany, will join us for a discussion of "Champlain's Dream," an outstanding book by David Hackett Fischer, Pulitzer Prize-winning author for "Washington's Crossing." "Champlain's Dream" is the definitive biography of Samuel de Champlain; Briere will use it as a framework for sharing his perspective as an historian of French overseas expansion.

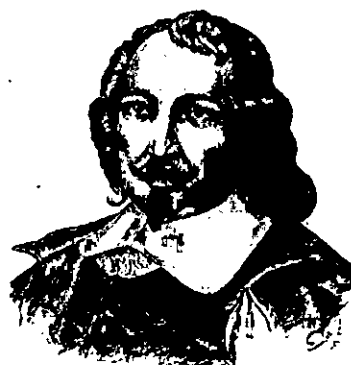
You'll hear about Champlain the sailor and cartographer who, by the time he made his way to North America, had formed ideas about establishing a peaceful society that would trade on par with the native peoples whom he so admired. He had to be a supreme diplomat to deal with the politics of the French court and rival nations. He served as a go-between among native groups. He voyaged widely and made drawings and maps with astounding accuracy.

Learn about his dream for New France and imagine how our world might have been different had his vision had prevailed. Call Adult Reference at 456-2400, ext. 7, to register for this program.

Disney movie

Somewhere under the sea

GUILDERLAND PUBLIC LIBRARY
www.guilpl.org



Samuel de Champlain, explorer and cartographer, is the topic of a discussion at the Guilderland Public Library the evening of Monday, Aug. 10.

and beyond imagination is an adventure in fantasy ... set to some really catchy tunes. It's about a little mermaid, and it begins at 7 p.m. on Friday, Aug. 7. It will be held in the Helderberg Room.

Wii Fitness for Adults

Drop in and try out our Nintendo Wii Fit! We're opening the Helderberg Room on Tuesday, Aug. 11, at 6:30 p.m., and pulling down the big screen for two hours of fun and fitness.

Who says video games are just for kids? The original Wii featured golf, boxing, tennis, baseball, and bowling. Wii Fit offers fitness training of four types: aerobics, strength training, yoga and balance games. The exercises are fun and all of them increase your heart rate or muscle tone while helping develop "core" muscle groups that aid balance and posture.

It's a drop in program, so come by and drop in!

Teen Open Mic Night

Teens, your last chance to "Express Yourself @ Your Library" is at 6 p.m. on Wednesday, Aug. 12. Come express yourself with music, poetry, stories, or other forms of performance to share. Oh, and be sure to applaud others' efforts. Coffee and snacks will be provided in our own coffeehouse-style Open Mic Night Site.

Family Fun Day @ GPL

On Saturday, Aug. 15, from 1 to 4 p.m., join us for a fun, free three-hour of games, snacks, and more. Bring the whole family. We're going to have boatloads of activities that will keep kids entertained and adults amused.

Be sure to try Clothesline Art Show (get creative!); Duck Pond Fishing (fish for prizes!); Hula Hoop Hoopla (can you Hula?); Face Painting (by our talented staff members); Bubble, Bubbles, Everywhere; Karaoke (well, maybe not); the ever-popular (with kids, anyway) snocone, popcorn and cotton candy machines and so much more.

Mark Curiale

Note: All library events are free unless otherwise noted. The Guilderland Public Library is at 2228 Western Ave., Guilderland. Call 456-2400, ext. 12, for information, or visit the library's Web site at www.guilpl.org. Please e-mail any comments you have about the library or its programs to pjo@guilpl.org. The library is closed on Sundays during July and August.

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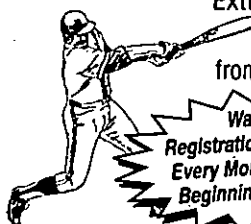
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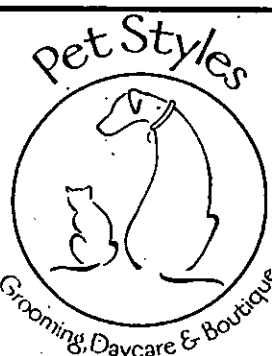
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SAWMILLS FROM ONLY \$2,990.00--Convert your LOGS TO VALUABLE LUMBER with your own Norwood portable band sawmill. Log skidders also available. norwoodsawmills.com/300n. Free information: 1-800-578-1363-Ext300-N.

FIREWOOD FOR SALE

MIXED HARDWOODS: Full cords, \$225. Face cords, \$110. Jim Haslam, 439-9702.

FLEA MARKET

Outdoor Flea Market every Sunday 8am-4pm. 1016 River Road, Selkirk. Questions- call Todd 210-2681

FOUND

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

FURNITURE FOR SALE

Delmar Estate Moving Sale: Hickory Chair Loveseat, Sherrill Wingback Chair/Ottoman, Computer Desk, Futon, Glass/Brass Coffee Table, Lamps & other decorative items 475-9677.

GARAGE SALES

Estate Sale- Rensselaer (Hampton Manor) 119 Hudson Ave (West). 8/7 & 8/8. 8am-3pm. House & garage contents. Furniture, antiques, glass and stone-ware, old bottles, books, comics, sterling, artwork, linens. PJ+PJ.

Estate Sale: furniture + other items for sale. If interested please call 542-6599 to set up an appointment.

Slingerlands- United Methodist Church.- New Scotland Road. August 8, 9am-2pm (between Price Chopper Plaza and Tollgate).

HOME IMPROVEMENT

HAS YOUR BUILDING SHIFTED OR SETTLED? Contact Woodford Brothers Inc, for straightening, leveling, foundation and wood frame repairs at 1-800-OLD-BARN. www.woodfordbros.com

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Assorted toys for boys toddler to age 6. Action Figures, Spiderman, etc.... Call for info 885-2637.

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MULCH: Natural Brown \$25/yd. Black Chocolate, Cherry, Red \$32/yd. Play-ground \$18/yd. Delivery \$50. 355-3200

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Wrestling Gear (boys) for sale- shoes, earguards, etc. Please call 885-2637.

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Harmony Tree Service; 19 YEARS EXP. Tree Care Specialists. Light Pruning to the Heaviest Removals. Hazardous & hard to get removals. 100 ft. Crane Service. Free Estimates, Fully Insured. BBB Member. 355-4700 or 496-4975

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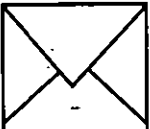
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City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

Amount Enclosed: _____ Number of Weeks: _____

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Real Estate Classifieds

APARTMENT FOR RENT

\$595- 1bdrm, Feura Bush, yard, 10 mins to Alb, Lndry, park nrby, quiet area, 477-9100 pin#308.

\$750 Heat included- Delmar. One Bedroom. First Floor apt. Enclosed porch. Off-street parking. 518-694-5350

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DELMAR- 1BD, hardwood floors, \$750. Off-street parking, screened porch, heat and hot water included. Available 8/1. 518-456-6644

Delmar: Corner of Orchard & Cherry. \$900. 2BR apt. 2nd Floor. Includes heat and garage. On busline. No pets. Avail. on or about Aug. 1. Security Deposit and References Required. 434-4946 or 475-1173

Delmar: Large 2BR apartment w/ garage in quiet area. Gas heat, central air, no pets/no smoking. One Year Lease. \$925+. 533-2525

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Included. Off-Street Parking. 526-6841

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\$900+ Utilities. Voorheesville Cottage. 2BR, W/D hook-up, Newly renovated, 15min from Albany, Must see, 729-8564

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Employment Classifieds

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Elem. School Social Worker, LMSW/LCSW. F/T. Beg: 9/1/09. Resp. inc. working with spec. ed. population as well as general student pop. Resume to CHS, 543

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cense with no points. Ability to physically restrain adolescents. \$19,391 to \$20,579, Benefits. Fax resume to 518-462-0479 or email to samshl@nycap.rr.com.

Mark Gory Racing LLC loc. in Honey Brook, PA has 2 TEMPORARY positions from 8/26/09 to 1/30/10 for farm laborer working in a farm. They will work w/ and care for livestock and facilities using hand/power tools provided by emp. \$9.58 p/hr. Guaranteed 3/4 min. of the total stated work days. Housing & trans. to/from work provided at no cost if worker lives far from work site. Apply for this job at the nearest SWA, 610-384-9393 job order 642920

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All employment advertising in this newspaper is subject to section 296 of the human rights law which makes it illegal to advertise any preference, limitation, or discrimination based on race, color, creed, national origin, disability, marital status, sex, age, or arrest conviction record, or an intention to make any such preference, limitation, or discrimination. Title 29, U.S. Code, Chap. 630, excludes the Federal Gov't from the age discrimination provisions. This newspaper will not knowingly accept any advertising for employment which is in violation of the law. Our readers are informed that employment offerings advertised in this newspaper are available on an equal opportunity basis.

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Size	D/G	C/L	D/G/C/L	SCH/SAR	All Papers
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1 Col. x 2"	\$90.00	\$92.00	\$133.00	\$92.00	\$184.00
1 Col. x 3"	\$133.00	\$143.00	\$204.00	\$143.00	\$265.00
1 Col. x 4"	\$179.00	\$184.00	\$270.00	\$184.00	\$357.00



Call Lynne
439-4940

LEGAL NOTICE

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 1st RIGHT TURN LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/20/09. 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 Cory Ayres, 2323 Newkirk Avenue, #4D, Brooklyn, New York 11226. Purpose: For any lawful purpose. LD-21319 (August 5, 2009)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: PIPING RIDGE ADVISORS, LLC. Application for Authority was filed with the Secretary of State of New York (SSNY) on 04/28/09. The LLC was originally filed with the Secretary of State of Delaware on 04/23/09. 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, 7 Combes Drive, Manhasset, New York 11030. Purpose: For any lawful purpose. LD-21320 (August 5, 2009)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED PARTNERSHIP. NAME: PIPING RIDGE CAPITAL, LP. Application for Authority was filed with the Secretary of State of New York (SSNY) on 04/28/09. The LP was originally filed with the Secretary of State of Delaware on 04/23/09. The date of duration is perpetual. Office location: Albany County. SSNY has been designated as agent of the LP upon whom process against it may be served. SSNY shall mail a copy of process to the LP, 7 Combes Drive, Manhasset, New York 11030. LD-21321 (August 5, 2009)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: PIPING RIDGE MANAGEMENT, LLC. Application for Authority was filed with the Secretary of State of New York (SSNY) on 04/28/09. The LLC was originally filed with the Secretary of State of Delaware on 04/23/09. 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, 7 Combes Drive, Manhasset, New York 11030. Purpose: For any lawful purpose. LD-21322 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of Tomaly LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 06/04/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21323 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of Classic New York Realty 2009 LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 06/04/09. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall

LEGAL NOTICE

mail process to: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21324 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of John Champion Design LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 06/09/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21325 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of Dres Holding LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 10/03/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21326 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of HKM Management, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 06/10/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21327 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of Stereo MC, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 05/26/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21328 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of 366 Kings HWY LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 05/22/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21329 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of The Law Office Of Jaclyn S. Coleman, PLLC. Arts Of Org. filed with Secy. Of State of

LEGAL NOTICE

NY (SSNY) on 06/04/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: profession of law. LD-21330 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of KBL Wealth Advisors, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 06/11/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21331 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of Reisdorf-Parker Landscape Design LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 04/29/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21332 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of Agent Orange Media, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 03/26/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21333 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of DJ Miss Saigon, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 03/26/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21334 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of Guidance Group Digital, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 06/12/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21335 (August 5, 2009)

LEGAL NOTICE

LEGAL NOTICE

Notice of Formation of American Home Debt Modification, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 06/02/09. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Attn: Marc Ziogiannis, 1065 Old Country Rd., Ste. 204, Westbury, NY 11590. Purpose: any lawful activity. LD-21336 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of London Investors LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 06/11/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21337 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of Connaught Street Property LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 06/10/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21338 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of MPH Funding LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 06/16/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21339 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of I.J.R. Realty Holding LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 06/09/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-21340 (August 5, 2009)

LEGAL NOTICE

Notice of Qualification of Safety Planning Group, LLC. Authority filed with Secy. Of State of NY (SSNY) on 6/16/09. Office location: Albany County. LLC formed in Nevada (NV) on 3/11/09. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC c/o National Registered Agents, Inc., 875 Avenue of the Americas, Ste. 501, NY, NY 10001. Address to be maintained in NV: 1000 East Williams St., Carson City, NV 89701. Arts. Of Org. filed with NV Secy. Of State, 208 North Carson St., Carson City, NV 89701.

LEGAL NOTICE

4298. Purpose: any lawful activities. LD-21342 (August 5, 2009)

LEGAL NOTICE

NOTICE OF FORMATION OF Berkshire Insight, LLC. Article of Organization filed with the Secretary of State of NY (SSNY) on June 05, 2009. Office location: Albany County. SSNY has been designated as agent upon whom process against it may be served. The Post Office address to which the SSNY shall mail a copy of any process against the LLC served upon him is C/O United States Corporation Agents, Inc, 7014 13th Avenue, Suite 202, Brooklyn, New York 11228. Purpose of LLC: to engage in any lawful act or activity. Street address of Principal Business location is: 12165 State Route 9W, Suite 280, West Coxsackie, New York 12192. LD-21346 (August 5, 2009)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name: COLUMBIA QC EAST MAIN LLC. Articles of Organization filed with NY Secretary of State, June 19, 2009. 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-21348 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of Lotus & Phoenix Productions LLC. Arts. of Org. filed with Secy. Of State of NY (SSNY) on 6/19/09. 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 Raphael Brown, 118 Fort Greene Place, #9, Brooklyn, NY 11217. Purpose: any lawful activity. LD-21349 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of FREEDOM4D L.L.C. Arts. of Org. filed with Secy. Of State of NY (SSNY) on 6/12/09. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o United Corporate Services, Inc., 10 Bank St., Ste. 560, White Plains, NY 10606. Purpose: any lawful activity. LD-21350 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of MASON STREET CREATIVE LLC. Arts. of Org. was filed with SSNY on 6/22/09. 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 St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-21351 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of JOSEPHINE&LAURENTINA LLC. Arts. of Org. was filed with SSNY on 6/22/09. 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 St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-21352 (August 5, 2009)

LEGAL NOTICE

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. Name: Trajan Group, LLC (LLC). Articles of Organization filed with NY Dept. of State on 6/19/09. Office location: Albany County. NY Secretary of State (SOS) is designated as agent of LLC for service of process. SOS shall mail copy of process to 595 New Loudon Road, Suite 207, Latham, NY 12110. Purpose: Any lawful act or activity. LD-21371 (August 5, 2009)

LEGAL NOTICE

Notice of Qualification of Boomershine Consulting Group, LLC. Authority filed with Secy. Of State of NY (SSNY) on 6/17/09. Office location: Albany County. LLC formed in Maryland (MD) on 3/27/07. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 3975 Sharp Rd., Glenwood, MD 21738, also the address to be maintained in MD. Arts. of Org. filed with MD Secy. Of State, 301 West Preston St., Baltimore, MD 21201. Purpose: any lawful activities. LD-21372 (August 5, 2009)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: MERCHANT CREDIT CARD NETWORK LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/05/09. 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 Auftrichtig & Auftrichtig, P.C., 300 East 42nd Street, Fifth Floor, New York, New York 10017. Purpose: For any lawful purpose. LD-21373 (August 5, 2009)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 731 NEW HOPE LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 05/08/09. 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, 406 Avenue F, Brooklyn, New York 11218. Purpose: For any lawful purpose. LD-21374 (August 5, 2009)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 59-25 70th STREET, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 05/28/09. 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, 59-25 70th Street, Maspeth, New York 11378. Purpose: For any lawful purpose. LD-21375 (August 5, 2009)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 302 KINGSLAND, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 06/05/09. 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 West 20th Street, New York, New York 10011. Purpose: For any lawful purpose. LD-21376 (August 5, 2009)

LEGAL NOTICE

LEGAL NOTICE

1. The name of the Professional Service Limited Liability Company is Jeffrey Ryan Family Medicine, P.L.L.C.
2. The Articles of Organization were filed April 23, 2008.
3. The office of the Professional Service Limited Liability Company is located in Albany County.
4. The Secretary of State has been designated as the agency of the Professional Service Limited Liability Company upon whom process against it may be served.
5. The purpose of the Professional Service Limited Liability Company is to engage in any lawful activity for which a Professional Service Limited Liability Company may be formed. LD-21378 (August 5, 2009)

LEGAL NOTICE

Pursuant to New York Limited Liability Company Law §206, 390 COLUMBIA LLC publishes the following legal notice:

1. The name of the limited liability company is: 390 COLUMBIA LLC.
2. The articles of organization were filed with the Secretary of State on December 3, 2004.
3. The principal offices of 390 COLUMBIA LLC (the "Company") will be located in Albany County, New York.
4. The Secretary of State has been designated as agent of the Company upon whom process against it may be served, and the Secretary of State shall mail a copy of any process against it served upon him or her to the Company at 20 Turnberry Drive, Slingerlands, New York 12159.
5. No registered agents have been designated for service upon the Company.
6. The Company has not specified a date of dissolution, or any events that will automatically cause the dissolution of the Company. The Company shall be engaged in the operation of a limited liability company, as well as any lawful act or activity for which limited liability companies may be organized under the Limited Liability Company Law of the State of New York. LD-21379 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of Jwin-iarski LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 01/28/09. 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-21388 (August 5, 2009)

LEGAL NOTICE

NOTICE OF FORMATION OF LLC Creble Road Properties, LLC. filed Articles of Organization with the New York Secretary of State on 05/28/09. 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, c/o McNamee, Lochner, Titus & Williams, P.C., 677 Broadway, Albany, NY 12207. The street address of the principal business location is 435 Creble Rd., Selkirk, NY 12158. 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-21398 (August 5, 2009)

LEGAL NOTICE

LEGAL NOTICE

NOTICE OF FORMATION OF LLC Forrest Pointe III LLC, filed Articles of Organization with the New York Secretary of State on 06/30/09. Its office is located in Albany County. The Secretary of State has been designated as agent upon whom process may be served and shall mail a copy of any process served on him or her to the LLC, at LLC, c/o Dawn Homes Management, LLC, 20 Corporate Woods Blvd. 5th Floor, Albany, NY 12211. The street address of the principal business location is c/o Dawn Homes Management, LLC, 20 Corporate Woods Blvd., 5th Floor, Albany, NY 12211. Its business is to engage in any lawful activity for which limited liability companies may be organized under Section 203 of the New York Limited Liability Company Act. LD-21399 (August 5, 2009)

LEGAL NOTICE

Notice of Qualification of Models of the Runway SPV, LLC. Authority filed with Secy. of State of NY (SSNY) on 6/26/09. Office location: Albany County. LLC formed in Delaware (DE) on 6/22/09. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 375 Greenwich St., NY, NY 10013, also the address of the principal office. 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-21401 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of ARLENE HARRISON CONSULTING LLC. Arts. of Org. was filed with SSNY on 6/25/09. 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., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-21404 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of GAB CONSULTANTS, LLC. Arts. of Org. was filed with SSNY on 7/2/09. 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., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-21405 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of THE HOUSE OF TUTOR, LLC. Arts. of Org. was filed with SSNY on 7/1/09. 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., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-21406 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of FIRST WINNERR LLC. Arts. of Org. was filed with SSNY on 7/6/09. 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., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose:

LEGAL NOTICE

all lawful activities. LD-21407 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of RR. Knightly Law, PLLC, Art. of Org. filed Sec'y of State (SSNY) 6/4/09. 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 Robert J. Knightly, 210 Elm St., Albany, NY 12202. Purpose: to practice the profession of Law. LD-21409 (August 5, 2009)

LEGAL NOTICE

Notice of Qualification of Region 27 LLC. Authority filed with Secretary of State of New York (SSNY) on 06/09/09. Office location: Albany County. LLC formed in Georgia (GA) on 01/08/09. Principal office of LLC: 2170 Satellite Blvd., Ste. 460, Duluth, GA 30097. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail process to the GA address of LLC at 2170 Satellite Blvd., Ste. 460, Duluth, GA 30097. Articles of Organization were filed with GA Secretary of State at 315 West Tower, 2 Martin Luther King, Jr. Dr., Atlanta, GA 30334. Purpose: Any lawful activity. LD-21410 (August 5, 2009)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: PMT MANAGEMENT, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 04/10/09. 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, 230 Delaware Avenue, Delmar, NY 12054. Purpose: For any lawful purpose. LD-21412 (August 5, 2009)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: SUN-SALE INTERNATIONAL, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 05/08/09, with an existence date of 07/01/09. 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 Concord Road, Port Washington, New York 11050. Purpose: For any lawful purpose. LD-21413 (August 5, 2009)

LEGAL NOTICE

W.J. RIEGEL RAIL SOLUTIONS, LLC. Notice of formation of W.J. Riegel Rail Solutions, LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 7/2/09. Office location: Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served. The SSNY shall mail a copy of any process to the LLC, 22 Hamilton Lane, Glenmont, New York 12077. The purposes of the LLC are to perform construction and repair operations in connection with railroads. LD-21415 (August 5, 2009)

LEGAL NOTICE

SELKIRK REALTY ASSOCIATES, LLC. Notice of formation of Selkirk Realty Associates, LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 7/2/09. Office location: Albany County.

LEGAL NOTICE

ty. 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, 22 Hamilton Lane, Glenmont, New York 12077. The purposes of the LLC are to acquire, own, hold, improve, manage and operate the real property known as 46 Bridge Street and 0 Bridge Street, in the Town of Bethlehem, New York. LD-21416 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of a Limited Liability Company (LLC): Name: SABRA'S CUSTOM CELEBRATIONS, LLC. Articles of Organization filed with the Secretary of State of New York (SSNY) on 04/23/09. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to: C/O SABRA'S CUSTOM CELEBRATIONS, LLC, 37 Lakeshore Dr., Apt. 1c, Watervliet, NY 12189. Purpose: Any Lawful Purpose. Latest date date upon which LLC is to dissolve: No specific date. LD-21417 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of KDC Apparel LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 06/26/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21419 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of Smart Turf Solutions LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 06/02/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21420 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of Bearcat Services Group, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 06/22/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21421 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of Avenue F Realty LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 06/15/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste.

LEGAL NOTICE

1008, Albany, NY 12260. Purpose: any lawful activity. LD-21422 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of Vbrucha Mazel LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 06/23/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21423 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of Churchill Suites LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 07/31/07. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 41 State St., Ste. 415, Albany, NY 12207. Purpose: any lawful activity. LD-21424 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of Arshadnia LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 06/24/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21425 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of Price PR, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 06/30/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21426 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of Joie De Vivre Communications, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 06/30/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21427 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of Liang Law Office, PLLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 07/02/09. 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., 99 Washington

LEGAL NOTICE

Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: profession of law. LD-21428 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of Dector Web & Graphic Design LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 07/02/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21429 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of The New York Burlesque Festival LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 06/16/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21430 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of 112-114 W 14 ST. LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 6/29/09. 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, 911 Central Ave., #101, Albany, NY 12206. The registered agent is: Accurera LLC at the same address. Purpose: any lawful act or activity. LD-21439 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of Melt Management LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 5/5/09. 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, 100 Wall St., 23rd Fl., NY, NY 10005. Purpose: any lawful activity. LD-21440 (August 5, 2009)

LEGAL NOTICE

Name of LLC: NGPC, LLC. Articles of Org. filed Dept. of State of NY on 6/26/09. Office location in NY: Albany Cty. Principal bus. loc.: 90 State Street, Suite 1507, Albany, NY 12207. Secy. of State designated as agent of LLC upon whom process against it may be served. Sec. of State shall mail a copy of process to: The LLC, 90 State Street, Suite 1507, Albany, NY 12207. Attn: Manager. Purpose: any lawful activity. LD-21441 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of SCHISM PRODUCTIONS LLC. Arts. of Org. filed with SSNY on 7/8/09. 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., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-21443 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of Dowell Consulting LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 07/03/09. Office location: Albany County. SSNY designated as agent of LLC upon whom process

LEGAL NOTICE

Notice of Formation of MET-AL MECHANIC PROCUREMENT SOLUTION-MPS, LLC. Arts. of Org. was filed with SSNY on 6/8/09. 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., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-21445 (August 5, 2009)

LEGAL NOTICE

WESTCORE INTERNATIONAL LLC Arts. of Org. was filed with SSNY on 7/10/2009 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, 911 Central Ave., #101, Albany, NY 12206. The registered agent is: Accurera LLC at the same address. Purpose: any lawful purpose. LD-21446 (August 5, 2009)

LEGAL NOTICE

SHAWLINE HOLDINGS LLC Arts. of Org. was filed with SSNY on 7/10/2009 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, 911 Central Ave., #101, Albany, NY 12206. The registered agent is: Accurera LLC at the same address. Purpose: any lawful purpose. LD-21447 (August 5, 2009)

LEGAL NOTICE

ZENNOR CAPITAL LLC Arts. of Org. was filed with SSNY on 7/10/2009 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, 911 Central Ave., #101, Albany, NY 12206. The registered agent is: Accurera LLC at the same address. Purpose: any lawful purpose. LD-21448 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of Dean & Classon Realty, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 07/01/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21451 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of Yuan Yuen Realty, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 07/01/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21452 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of Dowell Consulting LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 07/03/09. Office location: Albany County. SSNY designated as agent of LLC upon whom process

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against it may be served. SSNY shall mail process to: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21453 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of First Avenue Dental PLLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 07/06/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: profession of dentistry. LD-21454 (August 5, 2009)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: OSBORN CUSTOM WOODWORKS, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 7/2/09. 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 at its principal business location: 18 Elmwood Street, Albany, NY 12203. Purpose: For any lawful purpose LD-21458 (August 5, 2009)

LEGAL NOTICE

Notice of Qualification of DecisionQuest Holdings, LLC. Authority filed with Secy. of State of NY (SSNY) on 7/10/09. Office location: Albany County. LLC formed in Delaware (DE) on 7/8/09. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: DecisionQuest, Inc., Attn: President, 21545 Hawthorne Blvd., Ste. 310, Torrance, CA 90503, also the address of the principal office. Address to be maintained in DE: 615 South Dupont Hwy., Dover, DE 19901. Arts. of Org. filed with DE Secy. Of State, 401 Federal St., Ste 4., Dover, DE 19901. Purpose: any lawful activities. LD-21459 (August 5, 2009)

LEGAL NOTICE

Notice of Qualification of Bounce Energy NY, LLC. Authority filed with Secy. of State of NY (SSNY) on 7/10/09. Office location: Albany County. LLC formed in Delaware (DE) on 6/29/09. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 2802 Albany St., Houston, TX 77006. Address of the principal office: 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-21460 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of N302TC LLC. Art. of Org. filed Sec'y of State (SSNY) 7/2/09. 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 159 Delaware Ave., Ste. 249, Delmar, NY 12054. Purpose: any lawful activities. LD-21472 (August 5, 2009)

Rogers

(From Page 32)

and a player from Albany High School are also on the team heading to New Mexico.

"For the local players, we do everything we can for them,"

said George's son Kevin, who coaches the elite 18s. "If we have to start up another team, then we do that."

Starting teams is nothing new to George Rogers. Since he took over the program 37 years ago, George has expanded the number of teams offered from one to six.

George also was the one who

decided to accept an invitation to join the Atlantic Coast Elite Baseball League when it formed in 1999, which launched the Dodgers into the national level.

"Once they offered us the chance to join the league, we jumped on it," said George.

Moving into the ACEBL proved to be the Dodgers' first

stepping stone. The next came in 2000 when they finished second at their first-ever Connie Mack World Series appearance.

"After being runner-up in the country, that blew us up. People started contacting us asking to play for us," said Kevin.

The Dodgers haven't been able to match that success in subsequent trips to the Connie Mack World Series. The closest they've come to reaching the finals was a third-place finish in 2004. But Kevin said this year's elite 18s team has a shot in a 10-team field that includes several southern programs that play year-round schedules.

"We play just as many games in the summer as they do," said Kevin. "They do have a small advantage because they play all year long, but I'll tell you what - the teams in New York are just as good as they are."

The Dodgers' success isn't limited to the elite 18s. The 13-year-old division team placed third at the Sandy Koufax World Series, while the 16s and the 17s won state titles. The 17s, under the direction of Gunderland High School varsity coach Doug LaValley, went on to place third in the North Atlantic regional at South Troy's Geer Field, losing to the elite 18s and a team from Brooklyn.

"I was proud of my kids. They improved as the season went on and played their best ball at the end of the season, which is what any coach wants out of his team," said LaValley, whose roster included four Gunderland players - Kyle LaValley, Matt Roth, Jason Sherwood and Sean Geisel - as well as Mohonasen's Robert Tedesco, Shaker's Tyler Young and Bethlehem's John Kellogg and Alex Sobiecki.

Like the South Troy Dodgers, the Saratoga Phillies have enjoyed success. The team has made the New York Collegiate Baseball League playoffs nearly every year since joining the league in 2004, although it took a big rally to make the field this year.

"We won 11 out of our last 14 or 15 games to make the playoffs," said Keith Rogers. "We started off slow and lost some tough games, and it's a credit to the players and the coaches that they never gave up."

And with a pipeline attached to the South Troy Dodgers, Keith's Saratoga Phillies may be in line to be competitive in the NYCBL for years to come.

"It's a testament to the local area that these kids come in [to the Phillies] and hold their own," said Keith.

Got sports news?
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Solution

(From Page 32)

for the premier championship, and the lower half plays each other for being ... well, the best of the lower half. At the end of the season, the bottom four teams in the top half get relegated to the lower half, and the top four teams from the lower half move up to the top half.

Let's employ this concept on Major League Baseball. Here's how I would divide the 30 teams:

First division - New York Yankees, New York Mets, Boston Red Sox, Los Angeles Angels of Anaheim, Los Angeles Dodgers, Chicago Cubs, Chicago White Sox, Philadelphia Phillies, Detroit Tigers, Minnesota Twins, Atlanta Braves, St. Louis Cardinals, San Francisco Giants, Seattle Mariners, Toronto Blue Jays and Tampa Bay Rays

Second division - Arizona Diamondbacks, Baltimore Orioles, Cleveland Indians, Kansas City Royals, Oakland A's, Texas Rangers, Washington Nationals, Florida Marlins, Houston Astros, Cincinnati Reds, Pittsburgh Pirates, Milwaukee Brewers, Colorado Rockies and San Diego Padres

To avoid overkill, the season would be shortened from 162 games to 140 games with no crossovers between divisions, and the playoffs starting the last week of September instead of the first week of October. Also, there would be no wildcard teams and no divisional playoff rounds. Only the top four teams make the postseason in each league.

Now, doesn't that look and sound better than the current state of Major League Baseball, where it can be argued that there isn't a meaningful game until the calendar hits Sept. 1 and more than half the teams are out of playoff contention by that point?

Imagine doing the same thing in the NFL, the NBA and the NHL. Fans in every city would have hope of winning a title.

I realize that this isn't likely to change how pro teams in this country are run. After all, what motivation would the Pirates have to change their business model if they knew that they still wouldn't have a chance to win the World Series, even though they'd have a chance to win a title in the second division?

But here's the carrot dangling at the end of the proverbial stick with the threat of relegation looming, all the teams in the lower half of the premier divisions would be fighting to avoid finishing in the bottom four, while all the teams in the upper half of the second divisions would be fighting to finish in the top four.

After all, every team wants to be in the premier division - even a perennial sad sack like the Pittsburgh Pirates.

LEGAL NOTICE

LEGAL NOTICE

Notice of Qualification of Daisy Brand, LLC. Authority filed with Secy. of State of NY (SSNY) on 7/13/09. Office location: Albany County, LLC formed in Texas (TX) on 6/26/07. 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. TX address of LLC: 12750 Merit Drive, Ste. 600, Dallas, TX 75251. Arts. of Org. filed with TX Secy. of State, P.O. Box 13697, Austin, TX 78711. Purpose: any lawful act or activity. LD-21473 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of DEGA REALTY LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 2/18/09. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 28-07 Hobart Street, Woodside, NY 11377. Purpose: any lawful activity. LD-21474 (August 5, 2009)

LEGAL NOTICE

NOTICE OF FORMATION CK EXCAVATING I, LLC Under Section 206 of the Limited Liability Company Law First, the name of the Limited Liability Company is CK Excavating I, LLC Second, the articles of organization were filed with the New York Department of State on June 30, 2009. Third, the County in which the Limited Liability Company is located is Albany County, New York. Fourth, The Secretary of State of the State of New York has been designated as agent of the Limited Liability Company upon process against it may be served. The principal addresses of the Limited Liability Company is 33 Normanskill Road, Voorheesville, New York 12186 Fifth, the purpose of the Company 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-21477 (August 5, 2009)

LEGAL NOTICE

LEGAL NOTICE

Notice of Qualification of Santa Barbara Medical Innovations, LLC. Authority filed with Secy. of State of NY (SSNY) on 7/7/09. Office location: Albany County, LLC formed in Delaware (DE) on 3/30/09. 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: c/o The Corporation Trust Company, 1209 Orange St., Wilmington, DE 19801. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful act or activity. LD-21481 (August 5, 2009)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY NAME: SELECT PERSONNEL SERVICES LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 05/08/09. 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, 570 7th Avenue, Suite 500, New York, New York 10018. Purpose: For any lawful purpose. LD-21485 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of SANBORN GROUP LLC. Arts. of Org. was filed with SSNY on 7/21/09. 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., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-21489 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of LAUREL HILL LANE, LLC. Arts. of Org. was filed with SSNY on 7/22/09. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail

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process to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-21494 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of Limited Liability Company Name: MIMICO DELI, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 6/9/09. Office Location: Albany County. SSNY has been designated as agent to the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC c/o Michelle Hughes 113 Eileen Street Albany, NY 12203. Purpose: For any lawful purpose. LD-21496 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of PHILIP TURNER BOOK PRODUCTIONS LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 7/24/09. 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 Frankfurt Kurnit Klein & Selz, P.C., 488 Madison Ave., N.Y. NY 10022. Attn: Michael R. Williams, Esq. Purpose: any lawful activity. LD-21499 (August 5, 2009)

LEGAL NOTICE

NOTICE OF FORMATION OF LLC The Capital Region Strategic Employee Benefit Services, LLC, filed Articles of Organization with the New York Secretary of State on 07/21/09. 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, 1201 Troy Schenectady Road, Suite 120, Latham, NY 12110. The street address of the principal business location is 1201 Troy Schenectady Road, Suite 120, Latham, NY 12110. Its business is to engage in any lawful activity for which limited liability companies

LEGAL NOTICE

may be organized under Section 203 of the New York Limited Liability Company Act. LD-21504 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of MS-NYC REALTY LLC. Arts. of Org. was filed with SSNY on 7/24/09. 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., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. LD-21505 (August 5, 2009)

LEGAL NOTICE

ADVERTISEMENT FOR COOPERATIVE BIDS Sealed bids are requested by the Monroe 2-Orleans Board of Cooperative Education Services for: Bid Number: RFB-1475-09 Engineering, Biomedical Equipment and Supplies Bids will be received until 2:00p.m., 9/03/09 in the Business Office, 3599 Big Ridge Rd., Spencerport, NY 14559 at which time and place they will be publicly opened and read. Specifications and bid forms may be obtained at www.westernnybidsystem.com under the Western New York Purchasing Group. Bid Opportunities, Monroe 2-Orleans BOCES. Bidders must register at the website to receive the bid documents. LD-21506 (August 5, 2009)

LEGAL NOTICE

NOTICE OF FORMATION OF BIG JOHN'S, LLC Under Section 206(c) of the Limited Liability Company Law FIRST: The name of the Limited Liability Company is BIG JOHN'S, LLC. SECOND: The Articles of Organization of the Limited Liability Company were filed with the Secretary of State for the State of New York on July 13, 2009. THIRD: The office of the Limited Liability Company is to be located within the County of Albany and State of New York. FOURTH: The Secretary

LEGAL NOTICE

of State is designated as the Company's agent on whom process against the Company may be served. FIFTH: The Post Office Address within the State of New York to which the Secretary of State will mail a copy of any process against the Company is 100 Deer Path Lane, Altamont, New York 12009. SIXTH: The Company's purpose is to engage in any lawful act or activity for which the Limited Liability Company may be organized under the Limited Liability Law for the State of New York. /s/ John R. VanWormer JOHN R. VAN WORMER - Organizer /s/ Joshua M. VanWormer JOSHUA M. VAN WORMER - Organizer LD-21509 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of limited liability company (LLC). Name: Silver Pines Properties, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 07/09/09. 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 the LLC, 3215 Traber Road, Schenectady, New York 12303. LD-21510 (August 5, 2009)

LEGAL NOTICE

HAMILTON STREET TWO, LLC (the "LLC") filed Articles of Organization with the NY Secretary of State ("SOS") on 7/14/2009. 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 Hamilton Street Two, LLC, 773 Madison Avenue, Albany, New York 12208. The purpose is any lawful act or activity. LD-21512 (August 5, 2009)

LEGAL NOTICE

NOTICE TO BIDDERS NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Uniforms for

LEGAL NOTICE

the Bethlehem Police, Telecommunicators and Animal Control Departments. Bids will be received up to 3:00 p.m. on the 19th day of August 2009 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, N.Y. Bids shall be addressed to Mr. John Cunningham, Supervisor, Town of Bethlehem, 445 Delaware Avenue, Delmar, N.Y. 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each bid shall be submitted. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division. The Town Board reserves the right to waive any informalities on or to reject any or all bids. BY ORDER OF THE TOWN OF BETHLEHEM KATHLEEN A. NEWKIRK, CMC, RMC TOWN CLERK Dated: July 30, 2009 LD-21513 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of Newkirk Associates LLC. Arts. Of Org. filed with Secy. Of State of NY (SSNY) on 06/17/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21514 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of Del-Mar Real Estate Services LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 01/24/08. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Romulo E.

LEGAL NOTICE

Samaniego, 57 Beverly Dr., Avon, CT 06001. Purpose: any lawful activity. LD-21515 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of Acute and Chronic Pain Management and Medicine, PLLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 07/08/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: profession of medicine. LD-21516 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of Pacific Grand Realty LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 07/15/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21517 (August 5, 2009)

LEGAL NOTICE

Notice of Formation of JGDO, LLC. Arts Of Org. filed with Secy. Of State of NY (SSNY) on 07/21/09. 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., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Registered Agent upon whom process may be served: Allstate Corp. Svcs., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: any lawful activity. LD-21518 (August 5, 2009)

Sports *in the* Spotlight

Rogers family builds pipeline

Pro players started in South Troy and Saratoga

By ROB JONAS
jonasr@spotlightnews.com

A pipeline is developing between the Capital District and Major League Baseball, and it runs through Troy with a stop in Saratoga Springs.

Between George Rogers' South Troy Dodgers and Keith Rogers' Saratoga Phillies organizations, 16 players have gone on to the professional ranks including Saratoga Springs native Tim Stauffer (San Diego Padres) and Schenectady's Casper Wells (Detroit Tigers prospect).

"Personally, the thing I get the biggest thrill out of is watching my guys having success at the pro

level," said George Rogers, who has been running the South Troy Dodgers since 1972. "That's why we do what we do."

What George does through his Dodgers program is give area high school-age baseball players a national platform to showcase their skills. The Dodgers have sent 14 teams to World Series at the Connie Mack (17-18), Mickey Mantle (15-16) and Sandy Koufax (13-14) levels, and their elite 18s team is going to New Mexico Wednesday for the Connie Mack World Series to.

"[Our purpose is] just to provide an opportunity to get the kids into college and get them exposed to the right people to achieve that goal," said George.

When some of the Dodgers graduate from the Connie Mack level, George's son Keith takes over by inviting them to play for his Saratoga Phillies of the

New York Collegiate Baseball League.

"We always take the top three or four guys from my father's team to start our recruiting [for the following season], and we build from there by looking at what's out there at the national level," said Keith.

Keith tries to include as many Capital District natives as possible on his Phillies teams. Among those who have worn the blue and white uniforms in years past are Wells and Shenendehowa graduate Jason Downey. There are several Section II graduates on this year's roster including Shen's Josh Shippee, Ballston Spa's Zach Hartman, Shaker's Paul Burgdorf and CBA's Greg Holle.

"Any time we can help a local kid, we do so," said Keith. "Greg Holle was originally going to play in the Cape Cod League, but he

didn't get any playing time. So we invited him to come here, and soon after, he pitched in three games."

Keeping it local is a theme in the Rogers family. Most of the players in George's South Troy Dodgers organization are from the Capital District.

"We always felt that if we were able to get the top players in the Capital District, then we could compete with anybody in the nation," said George.

This year's elite 18s team is a prime example of George's philosophy. Most of the 20-man roster is from Section II schools including CBA's Chris Sand, Bethlehem's Mike Fish and Randy Bowers, Shen's Brian Cogswell and Guilderland's Steven Anderson. Four LaSalle players, two Amsterdam players

□ Rogers Page 31



Relegation is best solution for inequity

There are certain major league teams that you can count on being at the bottom of their leagues:

- Pittsburgh Pirates
- Washington Nationals
- Cleveland Browns
- Detroit Lions
- Los Angeles Clippers
- Memphis Grizzlies
- New York Islanders
- Atlanta Thrashers

It is for them that I write the following statement:

We need to divide the four major leagues into premier and lower divisions.

Why? Because for the teams I've listed and many more, there is little hope for them to ever be competitive if forced to compete against organizations that are better run and willing to spend money like there's no tomorrow.

Seriously, what hope do the Washington Nationals have of being competitive in the National League East when they aren't willing to spend money to sign their top draft picks (two years in a row) or are unable to pull off a trade that actually makes them better?

The Pirates are worse because they're too willing to trade anybody with proven talent to a contender for prospects. They've actually made moves like that every year since Barry Bonds bolted for San Francisco.

Other teams are just incompetent. The Browns, the Lions, the Clippers, the Grizzlies and the Islanders have made so many bad moves in recent years that they make United States auto makers look like geniuses (FYI: the Lions are owned by the Ford family of Ford motorcar fame).

At the rate these and other sad-sack franchises are going, it may not be long before sports fans beg their local politicians to kick them out of town or jail the owners for wasting taxpayers' money to build them palaces for what they claim to be a major league team.

To spare these teams and others from such a fate (and since contraction doesn't seem to be an option), I urge the commissioners for Major League Baseball, the NFL, the NBA and the NHL to consider restructuring their leagues to create an upper tier and a lower tier.

It would work like England's Premiere League for soccer. The top half of each league would be made up of teams who have proven themselves to be competitive on a regular basis, and the lower half would be made up of the mediocre and the miserable. There would be no crossovers — the top half plays each other

□ Solution Page 31

Simply the best

Every year, *Spotlight Newspapers* surveys our readers about topics in the Capital District sports scene. This year, we're looking for the greatest moments and teams. There are two ways to submit answers: you can clip the completed form and mail it to *Spotlight Newspapers*, P.O. Box 100, Delmar 12054 or go to www.spotlightnews.com/sports and fill it out on-line. Deadline for entries is Friday, Aug. 21, and poll results will appear Aug. 26 and 27.

1. What is the greatest individual achievement by a Capital District native?

- A. Jeff Blatnick wins 1984 Olympic gold medal
- B. Pat Riley wins five NBA titles as coach
- C. Dottie Pepper wins two LPGA majors
- D. Funny Cide wins 2003 Kentucky Derby
- E. Other _____

2. What is the greatest moment in Siena men's basketball history?

- A. Beating Stanford (1989 NCAA Tournament)
- B. Beating Vanderbilt (2008 NAAs)
- C. Beating Ohio State in OT (2009 NAAs)
- D. Other _____

3. Who is the greatest Siena men's basketball coach?

- A. Dan Cunha (1941-65, 246-225 record)
- B. William Krisch (1972-82, 142-111 record)
- C. Mike Deane (1986-94, 166-77 record)
- D. Fran McCaffery (2005-present, 58-36 record)
- E. Other _____

4. Who is the greatest Siena men's basketball player?

- A. Billy Harrell (1949-52)
- B. Marc Brown (1987-91)
- C. Doremus Bennerman (1990-94)
- D. Kenny Hasbrouck (2005-09)
- E. Other _____

5. Who is the greatest RPI hockey coach?

- A. Ned Harkness (1949-63, 176-96-7 record)
- B. Mike Addesa (1979-89, 186-124-9 record)
- C. Dan Fridgen (1994-2006, 211-193-38 record)
- D. Other _____

6. Who is the greatest player in RPI hockey history?

- A. Frank Chiarelli (1951-55)
- B. Adam Oates (1982-85)
- C. John Carter (1982-86)
- D. Joe Juneau (1987-91)
- E. Other _____

7. Which minor league team has a more storied history?

- A. Adirondack Red Wings
- B. Albany Firebirds (1990-2000)
- C. Albany Patroons
- D. Albany River Rats
- E. Albany-Colonie Yankees
- F. Other _____

8. Who was the greatest athlete to play for a Capital District minor league team?

- A. Derrick Rowland (Albany Patroons)
- B. Eddie Brown (Albany Firebirds)
- C. Geordie Kinnear (Albany River Rats)
- D. Ralph Kiner (Albany Senators)
- E. Mariano Rivera (A-C Yankees)
- F. Other _____

9. Greatest high school coach _____

10. Greatest high school athlete _____

Bonus question: What is the best sports facility to watch a game in (past or present) and why _____

August 5, 2009

senior LIFESTYLES



Inside:

- 'Senior Lifestyle' means having legal affairs in order —S3
- Seton Health helps with hard-to-heal wounds —S7
- Caregivers offer neighbors friendly visits —S10



Home companions keep seniors in touch, independent

Carol Chandler moved into a retirement living facility in April. She needed someone to help her unpack, fold sheets, iron clothes and polish some of her old silver — tasks that didn't necessitate medical help but that she couldn't accomplish all alone.

She found what she needed in a non-medical home companion. Joeline Hart comes once every other week for two hours and helps her out.

"The best part of my job," Joeline says "is being able to get in there, interact and help her accomplish things she can't do for herself."

Home companions are part of the solution to one of the oldest problems facing health care: how do we keep seniors in touch, independent and healthy as they age?

Too often families only plan for the worst-case scenario, which usually involves a hospital or skilled nursing

facility. Many people have no plan at all about the next step of care for their loved ones.

As a part of The Nurse Connection Staffing

on physical health and the elderly, particularly prone to being isolated and thus more susceptible, even more so. Just having someone with whom a senior feels comfortable can make a positive difference in their day to day life and health.

Ms. Hart, the companion with Home Connection, knows the positive influence her presence has. "They respond so well to having someone come," noting that her clients eat better and are more relaxed when she is around. "... I try to make it as fun as possible" she says. Her client Ms. Chandler couldn't agree more. "She's enthusiastic, friendly, competent and speedy... And she's always smiling."

As a registered nurse, Barbara Demare knew that her 89 year-old mother, Genevieve Gerber, needed someone to make sure she ate healthy lunches and took a daily walk to keep her active. She was not able to ensure that her mother did these things because of her professional obligations.

After the clinical registered nurse at Home Connection visited to make sure a companion was right for her mother, she decided to give it a shot. "Debra was great and made sure mom



Home companions are part of the solution to one of the oldest problems facing health care: how do we keep seniors in touch, independent and healthy as they age? As a part of The Nurse Connection Staffing Agency, Home Connection Companions was started as a way to expand high quality care to people who need it in their homes.

did everything she needed to do" she said.

The anxiety Ms. Demare would feel about her mother being at home alone often would interrupt her workday. But after two weeks she told her mother's companion "I don't worry about my mother when you're there

with her."

That is what Home Connection strives to do. As Ms. Matthews expressed it, "To give our clients and their families peace of mind is our number one goal."

And peace of mind like that is something everyone would be happy to have.

Home Connection Companions

11 Computer Drive West, Albany, NY 12205

Would a ride to and from your next medical appointment be helpful—or perhaps someone else to listen along at your appointment?

Have chores around the house become overwhelming?

Maybe you could use some help with meal preparations?

Do you put off things around the house that need to be taken care of simply because you can't imagine doing them anymore without some help?

Does your mother, father, elderly friend or neighbor need someone to visit with and provide motivation for day to day activities?

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If you book 10 hours of companion services during the month of August, you'll receive 2 additional hours of service for FREE!



'Senior Lifestyle' means having your legal affairs in order

Senior lifestyles.

To many that means a carefree time between mid-life and becoming elderly and frail with opportunities to pursue new activities and travel.

Part of being able to experience a carefree "Senior Lifestyle" is having your legal affairs in order. We can do ourselves and loved ones a favor by having an estate plan in place—a plan that can be simple or complex depending on a person's circumstances, and every competent adult should have a plan.

Why do people avoid getting their legal affairs in order? Some believe they don't need a plan especially if they have minimal assets.

Others are superstitious about planning. Often people are fearful of the expense—but the lack of planning can prove more costly than making a plan.

What sort of plan should each of us have? A basic plan consists of documents to appoint agents to act for us if we become incapacitated. A health care proxy and living will for health care decision making and a durable power of attorney for financial management can provide for surrogate decision making.

Basic planning also consists of having a document in place—a will or a trust—that establishes who will inherit from us at death and who will be in charge of settling our estates. Some people need to do special planning such as planning for a disabled family member, or to minimize estate taxes.

An important part of planning is to educate yourself about how each of your assets will pass at your death so that your plan is coordinated between assets

that will pass automatically at your death (such as jointly-held assets or assets with beneficiary designations) and assets that will pass under your will.

We also need to plan for the possibility of requiring long term care. We need to give some thought as to where this care might be delivered—in our own homes, in the home of a family member, in an assisted living facility or a nursing home, and how this care will be paid for.

Long-term care is paid for through personal finances, long-term care insurance, or with our income supplemented by government benefit programs.

The possibility of needing long-term care is too important and too expensive to leave to chance.

Because none of us can peer into the future to know what our needs will be, basic planning is essential. An appropriate plan can contribute to your peace of mind and enhance your ability to enjoy a carefree "Senior Lifestyle." And, if you already have a plan, it may be time to review it to ensure it is still the appropriate plan for your needs.

A further note: An appropriate durable power of attorney is particularly essential.

Be aware that beginning September 1, 2009, New York will have a new statutory power of attorney that is markedly different from the present one.

However, New York powers of attorney properly signed prior to September 1st are still valid. By Margaret Z. Reed and Margaret A. Vella, Reed & Vella LLP.

Considering retirement living?

Helpful tips for selling your home

Today's slow real estate can seem daunting for seniors who are ready to "cash out" from their current homes for the carefree lifestyle of an independent retirement living community—but worry about finding a buyer.

Perhaps difficult, yes. But impossible? No. Experts say successfully marketing your home involves three key factors: getting the right advice, a realistic game plan, and plenty of patience.

Like so many things in life, it comes down to a question of your personal needs and priorities:

How much longer can you really afford to put off the lifestyle you want for a house that may be holding you back?

At different points in your life, a house means different things. In terms of monetary and emotional family value, it can be a great asset for a number of years—but later on, it can be a liability—a daily

responsibility and an obstacle to the comfort you want.

As a senior living specialist with Glen Eddy, an Eddy retirement community in Niskayuna, John Keegan often sees people who are "almost ready" for an independent retirement community, but feel caught in their current home.

Important tips to keep in mind

- Detach your emotions. The first step is to stop thinking of your property as "home." It is now a "house" on the market. The goal is to have others envision it as their future home.

- Enhance your "curb appeal."

The first impression most buyers have is your front yard. Be sure to repair visible damage, keep trash barrels out of sight and keep your lawn in good shape.

- Give your house a makeover.

Clear the clutter inside, including unnecessary furniture. Brighten up your interior with better lighting and a fresh coat of paint.

- Price it right.

Consult with your realtor. Get a second realtor's opinion. Check out the sale prices in your neighborhood over the past six months. You can find this information online at your local county assessor's website.

- Offer incentives.

Consider including your curtains, dining room set or other attractive furniture in the sale. Some homeowners offer a home "warranty" or coverage of the buyers' closing cost.

Ask your realtor.



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Veteran's compensation benefits those in assisted living

By KRISTIN VIVIAN
Delmar Place

During tough times, it's nice to know that a program exists to help those in need of assistance with daily living. The best kept secret from the Veteran's Administration is a pension available to qualified Vets or their spouses for care received in assisted living or at home from care givers. These benefits for "aide and attendance" may be offered and available to you if you are a veteran, spouse of a veteran and/or widow of a veteran, and meet the requirements. The VA Improved Pension Benefit could pay you tax free monies that can be used for your housing and care.

This program has actually existed since 1952 but is not promoted to Veterans. Even today, the VA is under no obligation to inform you of this benefit. However, there are some who are working hard

to educate the public, as this benefit can dramatically affect the lives of those qualified to receive it.



Those eligible to receive this benefit would be single Veterans, a Veteran and spouse or dependent, a surviving spouse of a Veteran. The Veteran must have served at least 90 days of active duty with at least 1 day during a declared state of war and have been discharged honorably

from service. The Veteran, surviving spouse or dependent must have a statement from a physician which certifies that they need assistance from others with daily living skills in order to be protected from the "dangers and hazards of their daily environment." There is an income/asset qualifier to be eligible, so those applying may want to meet with a financial planner before submitting the application and there is no look back period. Aside from the necessary filing forms, one must have the Veterans discharge papers, marriage certificate for applying spouse, and death certificate for widowed spouse.

Once all paperwork is in order, the application is submitted. The application paperwork is time stamped by the VA. The process can take months to approve and benefits received, however, when benefits are paid, they are retroactive to the time stamped date of submission.

Are you a Veteran or spouse of a Veteran? If you are not currently participating in this benefit program, it may be worth your while to get additional information.

If you currently receive Veterans benefits, you may be entitled to more.

Peace of mind, a better quality of life: benefits you are entitled. For more information call your local Veterans Administration office, Financial Planner or Elder Attorney. For specific referral resources, call Kristin at Delmar Place Assisted Living at 434-4663. Stop by for a tour!!

Kristin Vivian is the Director of Community Outreach at Delmar Place Assisted Living Residence, 467 Delaware Avenue, Delmar NY 12054.

Wesley Community's 'continuum of care' meets many needs

The ups and downs of health in later life do not have to separate a long-married couple as their needs change. Frank and Dorothy Brandon, both of whom live in The Wesley Community, know that for a fact.

Frank and Dorothy married 62 years ago in 1947. Frank was a Methodist minister. He and Dorothy served churches in the geographic area known as the Troy Annual Conference, which consists of 300 Methodist churches in Vermont and northeastern New York.

They made many friends during that time, and when Frank retired in 1982 they were determined to remain close to them. They heard about a new retirement community that was to be built on the Methodist-sponsored Wesley campus in Saratoga Springs, the heart of the Troy Conference.

It seemed to be an ideal place for them to settle down. The new retirement community, Woodlawn Commons, opened in the fall of 1999 and Frank and Dorothy, who had been on the waiting list since the beginning, moved into a two-bedroom apartment in Tillotson, the first independent living building to be completed.

Frank's health declined and in 2006 it became necessary for him to have skilled care around-the-clock. He was admitted to the long-term care program at Wesley Health Care Center, allowing him to remain on the Wesley campus.

Dorothy downsized and moved into a one-bedroom apartment in Woodlawn

Commons' Asbury building, which is a bit closer to the Health Care Center. She can walk there from her new apartment in a matter of minutes.

Dorothy, who no longer drives, does not have to rely on friends or family to make time spent with Frank possible for her. Their son lives in far-away Oregon.

Although their daughter and her husband live fairly close in Clifton Park, Dorothy says, "I can get to the nursing home on my own anytime I want. I take a short-cut through Embury Apartments."

When asked what else living at Woodlawn means to her, Dorothy says, "I know a lot of people from the Troy Conference who live here and at Embury. The Troy Conference has a ministers' wives group in the area and we meet monthly at Woodlawn. I have also made new friends."

Frank and Dorothy are one of many couples who have found that living in what is known as a "continuum of care" works out very well for them when their needs changed.

Transfers from one level of care to another are not automatic in the Wesley community, since New York State has been slower to embrace that concept than other states.

The residents and clients at Wesley, however, do have preferred consideration for other levels of care and services on campus when they apply for them.

As a continuum of care, The Wesley Community meets people's needs for housing and assistance at several levels that fall somewhere between apartments for independent seniors and 24-hour skilled care. In addition to skilled care,

Wesley Health Care Center offers lighter geriatric care and Alzheimer's and memory support. Woodlawn Commons also features assisted living apartments for seniors who don't require skilled medical care, but who would benefit from assistance with meals, housekeeping, and opportunities to socialize.

A unique continuum of quality community living and professional care-giving in one location enables residents to stay near loved ones and friends in the place they have come to call home: The Wesley Community.

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Here's a bright idea: Intergenerational activities link young and old

How many seniors does it take to change a light bulb? It only takes one, but it can be a lot more rewarding if it takes two -- a senior and a youth, a grandparent and a grandchild, an "acorn" and an "oak."

Intergenerational activities increase cooperation, interaction and exchange between people of different generations, according to Generations United -- an organization that began in 1986 and is the country's only membership organization promoting intergenerational public policies, strategies and programs.

According to the Environmental Protection Agency, these activities can prevent unnatural age segregation and apply the strengths of one generation to meet the needs of another. For youth and children, these activities can enhance social skills, improve academic performance, decrease drug use and increase stability. For older adults, these activities can enhance socialization, stimulate learning, increase emotional support and improve health.

There are many ways that children or youth and older adults can work together. They might enjoy reading to one another, baking together, going fishing, playing card games or sharing music. It can be as simple as a game of Crazy Eights, building a bird house or getting a car ready for a Cub Scout pinewood derby.

When the two generations team up to help the environment, it's a win for everyone. Young and old can gain a greater sense not only about how the environment is relevant and of vital importance to their well-being, but also how it contributes to the well-being

of their family, community and world.

The many environmental projects that young and old could enjoy together include

- * recycling newspapers, cans and glass,

- * planting flowers, shrubs or trees,

- * purchasing or making a reusable cloth bag to hold purchases when shopping, or

- * changing out incandescent light bulbs to compact fluorescent light bulbs (CFLs).

The experts at GE lighting suggest that changing to CFLs is not only an intergenerational activity that is fun and easy, but also one that will save

the specific wattage of the incandescent bulb.

- * Note the type of fixture in which the bulb is used -- e.g. track light, ceiling fan, chandelier, vanity strip, enclosed fixture, pendant or table lamp.

- * Take a trip to the hardware or discount store light bulb aisle. Read the package and match the bulb type -- such as standard, decorative, globe or reflector.

- * Check the CFL package for information that will tell you the equivalent light output or wattage.

- * Purchase what you need; take them home and screw them in.

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GE Energy Smart bulbs consumers save money on energy costs. They last up to 10 times longer than a standard incandescent and now come in soft white and daylight color temperature options. They are sized to fit most common household sockets and fixtures.

There are even CFL bulbs available that are dimmable or three-way products. GE recently introduced a

new covered CFL that features a GE Spiral CFL inside the glass bulb. With this new CFL, the electronics fit in the neck of the bulb.

The result is a profile that's almost identical to a standard incandescent light bulb so you can easily use it with clip-on lampshades or smaller table lamps.

For more information on saving energy, visit www.ge.com.

—Courtesy of ARAcontent



energy and money.

- * First take inventory in the home and choose the five most often used light bulbs.

- * As with all activities involving electrical outlets, the adult should supervise the child and ensure that the bulbs are installed safely.

- * Make sure lamps/fixtures have been turned off and are cool.

- * Remove the bulbs. If you have been happy with the light output take note of

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There are many ways that children or youth and older adults can work together. They might enjoy reading to one another, baking together, going fishing, playing card games or sharing music. It can be as simple as a game of Crazy Eights, building a bird house or getting a car ready for a Cub Scout pinewood derby.

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The Carey Bros., above, nationally recognized experts on home building and renovation. Walk-in tubs like the ones from Premier Bathrooms, right, are great for seniors that want to take baths but don't want to climb over a big ledge and risk slipping and falling. The walk-in door is the main reason people choose these types of tubs, but the benefits don't stop there



Expert home-remodel tips help baby boomers live in comfort

There are 78.2 million baby boomers according to the U.S. Census Bureau. If you are one of them, born between 1946 and 1964, you might soon look at your house with a new perspective.

"The bones begin to creak a little more as you age -- things that don't happen when you are younger," says Morris Carey, one of the Carey Bros., nationally recognized experts on home building and renovation. As a baby boomer himself, he knows the changes this generation faces.

Their nationally syndicated radio show, "On The House," has partnered with Premier Bathrooms, a company that specializes in walk-in bathtubs, disabled bathrooms and assisted bathing products, to help educate people on how to make sure their home is safe and secure so they can maintain their independence as long as possible.

"When looking at the safety of a home, the bathroom is top of mind, especially for baby boomers" says Iain Whyte, CEO of Premier Care In Bathing. "It's a highly-used area where many accidents can occur. Start with this room when considering safety."

Here are some easy tips from Premier Bathrooms and the Carey Bros. for creating a safe and secure house for aging adults:

1. Safer flooring

Hard floors like linoleum, hardwood and concrete become a hazard for slipping and injury as we age.

Many people choose to install carpet because it does not lift and move, reducing the chance of tripping. Plus it

is warmer on feet and softer if there is a fall. If you do choose to keep your hard floors, make sure they are free of clutter and clean up any wet areas right away. In bathrooms, use a non-slip flooring option and rugs that have a sticky backing.

2. Walk-in tubs

Walk-in tubs like the ones from Premier Bathrooms are great for seniors that want to take baths but don't want to

toilets, but whatever the name they are a great idea for aging people.

These types of toilets sit higher off the floor so that the user doesn't have to bend their knees as much to get up and down. Ease of use becomes key as we age.

4. Wider doorways

Whether we like it or not, most baby boomers will eventually use a walker, cane or wheel chair. Door openings are rather small, especially in older houses. Wider doorways make walking around the home easy, no matter what your life situation. Plus it's great when the grandkids come over in a stroller.

5. Good lighting

Low lighting can be

disastrous for aging adults whose vision isn't as good as it used to be. It's important to have well-lit rooms and walkways so that it's easy to get around all areas of the house.

Make sure you are using lights that are easy to reach and use so that you can walk around in confidence.

"These steps are a great start to help people live comfortably in their home," says Carey. And Whyte agrees, "Life changes mean changes to our homes too. Living your golden years in a safe and secure house is very important for both health and comfort."

For more information visit www.premier-bathrooms.com, call (800) 578-2899 or www.onthehouse.com.

—Courtesy of ARAcontent



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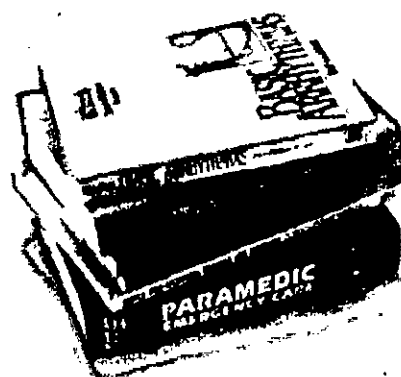
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They call him Mr. Selkirk



Ronald Selkirk, center, stands at the newly minted New York state historical marker that was unveiled on Saturday, July 25, along with former Bethlehem Historical Association president, Susan Haswell, (left) and Bethlehem town historian Susan Leath (right). The marker honors his great-great-grandfather who served in the Revolutionary war and founded the hamlet that bares his family's name.

Jarrett Carroll/Spotlight

Lifeline: The perfect gift this Grandparents Day, Sept. 13

By KATHY LEONARD
St. Peter's Lifeline
Program Manager

For over three years, Brenton Horne and his parents have been relying on St. Peter's Lifeline Service to provide peace of mind in the care of his grandmother.

Brenton, like so many college-aged young men, is often away at school or work and cannot be available at all times for his grandmother, Mattie. Caring for Mattie is difficult for Brenton's parents due to their full-time work schedules.

However, with the use of Lifeline, Mattie is able to live independently in her Albany home, located next door to Brenton's parents' home. Lifeline is a very affordable opportunity for Brenton's parents to ensure the health and safety of Mattie while the family is at work or school. With Lifeline, Brenton, Mattie, and Brenton's parents can all continue their daily lives knowing, as Brenton stated, "Help is just one call away."

Lifeline is an easy-to-use personal emergency response system that has been designed to limit the risks of living alone for both seniors and patients in recovery.

In the event of a fall or an emergency, all the user has to do is push a button, often worn on the wrist or around the neck on a lanyard.

When the button is pushed, a trained personal response associate is available 24 hours a day, 365 days a year to contact a neighbor, relative, or emergency services, based on the specific need.

The associate stays on the line until help arrives.

Fortunately, Mattie has not had to use the system beyond routine, system-wide testing. Mattie wears her lightweight and waterproof personal help button on her wrist.

Providing care to an elderly family member or friend is not an easy task. Many families have considered assisted living for loved ones who are living alone. Talking with a family member about assisted living can be a difficult experience. Assisted living can also put emotional and financial strains on a family. Some seniors live in retirement communities and nursing homes located at great distances to their loved ones, putting further stress on relationships.

For more than 30 years, Lifeline has been offering

care to seniors at a fraction of the cost of assisted living. St. Peter's Lifeline system has been helping seniors continue their independence while offering family members peace of mind.

The staff at St. Peter's offers a low one-time set up and training fee. In addition, the modest monthly monitoring fee for Lifeline Service is just over one dollar per day. There are no lengthy subscriptions involved.

Give the gift of independence this Grandparents' Day (September 13). To learn more about Lifeline call St. Peter's at 525-1004.

Spotlight Newspapers
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Really local

Live Independently With Lifeline

Lifeline medical alert system can help senior citizens, patients recovering from surgery and people with medical conditions live independently in their own homes. With just the push of an alert button, callers can reach emergency personnel in case of injury, a worsening medical condition, or even if they feel they are in danger.

Lifeline offers:

- Immediate access to emergency help
- Protection 24 hours a day
- Peace of mind
- Affordability and easy-to-use system

Call Lifeline today
at 525-1004.



St. Peter's
Lifeline Service
A Member of St. Peter's Health Care Services

Seton Health helps heal your wounds

Seton Health is home to the Capital Region's only multi-patient Hyperbaric Oxygen Therapy (HBOT) chamber. The HBOT system delivers high doses of oxygen to the body as patients with hard-to-heal wounds sit in a comfortable chair. Patients breathe in 100% oxygen through special head gear while inside the pressurized chamber which is spacious enough to allow for the showing of movies on a large-screen television.

Until now, the only HBOT options in the Capital Region required the patient to lie down alone in a confined pressurized chamber for several hours.

"Our new state-of-the-art Multi-Patient Hyperbaric Center is designed with seats where up to 10 patients can sit in a comfortable setting, watch a good movie on the big screen TV, read a book or talk to other patients," said Cindy Monaghan, RNC, MS, FNP, director of Seton Health's Specialty Services.

Patients who can benefit from HBOT have diabetic ulcers and wounds, compromised skin grafts and flaps, chronic bone infections, radiation therapy injuries and other medical conditions. These patients suffer from a lack of oxygen to the impacted area because

of destroyed blood vessels surrounding the wound. Doctors have found that HBOT can greatly improve wound healing by stimulating the production of new blood vessels and stem cells which combine to improve blood flow and healing in the

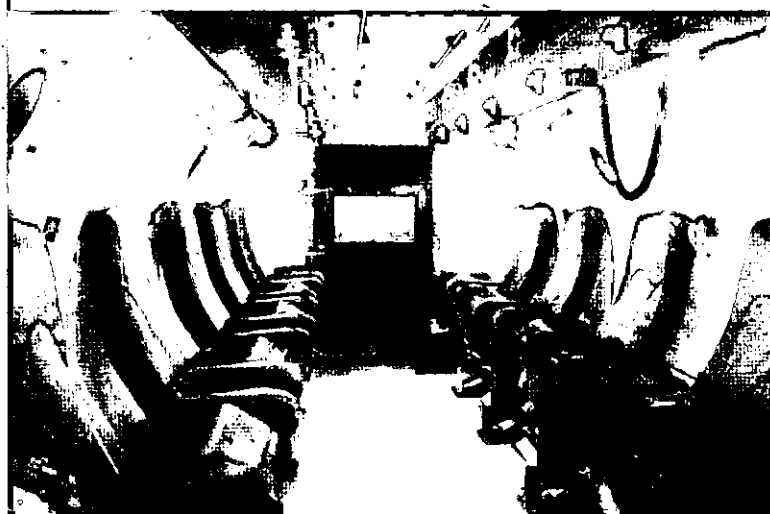


injured area.

Seton Health believes in caring for the mind, body and spirit, and with the Multi-Patient Hyperbaric Center, patients who suffer from chronic wounds can now breathe easier in a larger and more supportive environment focused around the needs of the patient — and not just their wounds.

HBOT is covered by Medicare and most commercial insurance plans. A physician referral is required. For more information about Seton Health's Multi-Patient Hyperbaric Center, please call Seton Health's Specialty Services at 268-5955.

Let us heal your wounds.



Seton Health has the only Multi-Patient
Hyperbaric Oxygen Therapy (HBOT)
Center in the Capital Region.

Call (518) 268-5955.

**SETON
HEALTH**

How to keep your body and mind strong as you age

Sore muscles, joint pain and mental slowdowns might seem inevitable as you grow older. But what if degeneration wasn't a part of the aging process? Staying active is key for a healthy lifestyle, but what else can you do for your body as it ages?

Growing older can be a great time in life, including things like retirement, grandchildren, financial security and travel. Just when you're ready to experience all life has to offer, you realize your body isn't in the same shape as it was 20 or 30 years ago. You might think you have to put up with degeneration when aging, but that is not true.

The Human growth hormone (HGH) might be a key element in feeling your best as you age. When HGH was first discovered, its only purpose was thought to be to stimulate body growth to adult size. Recent studies have found that one of the main reasons the body ages is because of the decrease in HGH, which helps the body regenerate.

It is possible that aging symptoms -- rise in blood glucose, high blood pressure and even skin wrinkles -- can be treated by maintaining HGH levels in the body. Receptor sites exist in almost every cell in the human body for HGH, so regeneration and healing effects can be quite comprehensive.

Until now, HGH therapy was injectable, costly and messy, available only to celebrities and the very wealthy. In

1997 a group of doctors and scientists developed an all-natural source product which causes your own natural HGH to be released again. GHR, manufactured by Global Health Products, is a capsule that works as a natural releaser for HGH. It has no known side effects, unlike the synthetic version, and has no known drug interactions. Aging baby boomers and seniors can feel young again by realizing HGH potential.

Some think that HGH is so comprehensive in its healing and regenerative powers that it has the capability to displace many prescription and nonprescription drugs. HGH is known to help treat hemorrhoids, autoimmune diseases, macular degeneration, cataracts, fibromyalgia, angina, chronic fatigue, diabetic-neuropathy, hepatitis C, chronic constipation, high blood pressure, sciatica, kidney dialysis, and heart and stroke recovery.

As seniors and others deal with health care coverage problems, it is important to look at what you can do for yourself to ensure your healthiness. HGH can be particularly helpful to the elderly who, given a choice, would rather stay happy, healthy and independent in their own home. HGH gives the possibility of real health, not just treating sickness.

For more information on HGH and the GHR capsule please visit www.BIEHealth.us or call (877) 849-4777.

—Courtesy of ARAcontent

As we age, we begin to lose our senses.

It seems the first to go is our sight, as most of us need reading glasses by the time we hit 40. Then, as time passes, our favorite foods don't taste as good as they once did. The volume on the television needs to be turned louder than it once was.

The aromas we once savored coming from the kitchen at holiday times aren't as noticeable as they were in our younger years. As the skin on our fingers begins to age, velvet is not as soft as it used to be, sandpaper is not as rough as we remembered it, and it takes longer to warm the hands on a cold day than it did when we threw snowballs without gloves.

Sight, taste, hearing, smell, and feel...the five senses gradually deteriorate as we age. All of us discover these losses as we grow older. But, one sense that does not need to decline is our sense of humor.

Our sense of humor will carry us through. Humor has its own healing therapy. The value of humor should never be underestimated. Utilizing laughter to cope with life stresses remains important to all, especially the elderly. As we age, we begin to experience different losses under various

circumstances.

We may sadly lose a spouse. The retiree loses part of his or her identity as they

humor.

Seniors face isolation, depression, and a loss of things to do. We have to remember seniors today faced and challenged the great depression, they lived with rationing, fighting world war, and wives raising babies on nothing till husbands returned. Women realized they really were strong, not only at home but in the forefront of factory jobs to assist their men. These seniors worried all their lives about their children and now they have to adapt to the idea that their children

now worry about them.

Seniors smiled through it all and did not lose their sense of humor. So, why lose it now?

While we may begin to feel, "the parade has passed us by," we must also realize the parade may still be there, it's just on a different street. The exuberance we felt for new adventures all of our lives can still be there and that exuberance can result in smiles, laughter, and humor.

At Ingersoll Place, each member of its team makes a difference. The difference is the daily activities, the jokes, the stories that are shared. Our staff needs our residents as much as the residents need us. Socialization is a major factor.

Our nursing staff, including our licensed professionals and our resident aides, dietary staff, and administration uphold an excellence and passion for others.

Most of all, they offer a smile, join you in laughter, and always maintain a sense of humor. Humor is, after all, one sense we don't have to lose... it's therapeutic and good for the soul.

—Roz (Adams) Larrabee is Marketing Director at Ingersoll Place invites you to tour and see what a smile can do for you and others.

Seniors: Don't lose this 'Sense'



no longer are known as, "the plumber, the banker, or the teacher." We lose friends from the neighborhood as they may relocate in retirement or pass. As the children transition to adulthood, we miss and lose their sounds around the house. With those losses also comes a gradual loss in independence. As we decline, we begin to need to be able to turn to resources different than any we may have ever before considered.

An Assisted Living Community can be one of the resources. An assisted living community can offer activities and assist residents with meeting daily needs. But much more is offered. Perhaps one of the most important offerings is

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Colonie Senior Service Centers celebrates success of seniors helping seniors program

A resourceful mother of five and a retired electrical engineer joined forces as the ultimate husband and wife handyman duo looking to "give back" to fellow seniors in their community through the Umbrella of Colonie program. On its first anniversary, the success of the program is evident through the story of handy man and lady, Harry and Arlene Howansky.

Since March of this year, the Howansky's have been helping fellow senior citizens with general upkeep of their homes through the Umbrella program, an initiative of Colonie Senior Service Centers. The program matches qualified, prescreened senior handymen with fellow senior citizens living at home but in need of assistance with general maintenance.

Harry and Arlene have assisted Umbrella members with everything from replacing a light fixture to removing wallpaper to priming and repainting a bedroom - always careful to stay out of each other's way. While Harry is repairing a rotten light post, Arlene may be mowing the lawn.

"They are just tickled pink," said Harry Howansky, referring to homeowners they have assisted. "One woman was so enthused about her repaired light post that she claimed she was going to hang a sign on it that read, 'Harry Howansky made this for me.'"

In addition to home maintenance and repairs, the couple keeps an eye out for those who may be neglecting their personal safety and well-being. Whether it is a lack of food or a dangerous fire hazard, the Howanskys and other handymen have been trained by professionals at various Umbrella workshops to identify and remedy these situations. Harry and Arlene also spend time visiting with homeowners who may otherwise spend the day alone.

"People appreciate that there is low-cost help available in a reasonable amount of time and from people they know they can trust and also relate to on a personal level," said Tony Scardillo, director of Umbrella of Colonie. "It also gives handymen like Harry and Arlene a useful outlet for their skills and the extra time they have on their hands. They gain a sense of fulfillment knowing that other seniors are able to remain living at home because of the assistance they provide."

Since the program was founded just over a year ago, Umbrella of Colonie, with major support from Capital Communications Federal Credit Union, has grown to include 102 members and 29 handymen. 82 homes have been inspected for safety and more than 485 home repairs jobs have been completed.

The pragmatic pair first heard about the Colonie Senior Services Centers, Inc.

program, Umbrella of Colonie, in their church bulletin. It immediately appealed to Harry as a fun way to fill his days after retiring and thought Arlene would enjoy the work as well, having been mainly responsible for their couple's own home while Harry was at work most of the time. The two had previously combined talents in a wallpapering and painting business in the early 1990s, which was put on hold after Harry was injured.

The duo interviewed with the program director to assess what services they could offer members as well as provided personal and professional references to ensure dependability, all of whom were contacted.

Harry and Arlene currently average about 15 to 18 hours a week in home visits and trips to purchase supplies.

In June of 2008, Umbrella of Colonie was founded as the culmination of a year-long relationship between Colonie Senior Service Centers and Umbrella of the Capital District - the 13-year old, award-winning program upon which Umbrella of Colonie is based.

In addition to general home maintenance, Umbrella of Colonie covers a 17-point home inspection to assess potential fire and safety hazards and to prevent further damage to the home. The program also offers the security of a 24-hour phone line in case of emergency.

Umbrella also hosts educational workshops for handymen throughout the year, the most recent being a breakfast workshop featuring a presentation from fire safety officials. This past April,

senior homeowners had a chance to hear tips from area experts regarding home repairs, home organization, landscaping, maintaining the home, reverse mortgages and more.

Experts from local businesses and service providers offered "Top 10" seminars throughout the event, which took place at the Beltrone Living Center.

Umbrella members pay up to \$250 annual membership fee on a sliding scale in addition to \$12 per hour for the handyman's service.

Among the services provided are light carpentry and painting, lawn mowing and garden work, snow removal, simple plumbing and electrical repair, and transportation services.

In order to qualify for membership, homeowners must be residents of the Town of Colonie and age 60 or older.

Umbrella of Colonie is a program of Colonie Senior Service Centers, Inc., an independent, community-based nonprofit corporation that supports, respects, and embraces the values and vitality of its senior citizens.

For more information about Umbrella of Colonie, contact Tony Scardillo, program director, at (518) 459-7152 or by email at umbrella@colonieseniors.org or visit www.colonieseniors.org.

Important information about Sleep Apnea

By CHARLES M. TRAMONTANA, DDS, PC, The Smile Zone

If you or someone you know suffers from this sleeping disorder, we can help!

Twelve million Americans could sleep better. This is the number of people who suffer from Sleep Apnea - a sleep disorder characterized by pauses in breathing during sleep.



Apnea is a complete stoppage of air flow that occurs when the upper-airway resistance in the nose and throat closes the airway or the tongue fall back and blocks the airway and

completely stops the flow of air for at least 10 seconds. This causes a reduction in oxygen saturation and an arousal from sleep to resume breathing.

Often characterized by loud snoring, which for years was thought to be merely a habit; this now is recognized as a symptom of Sleep Apnea. Left untreated Sleep Apnea can cause: Cardiovascular Disease, Stroke, Memory Problems, Weight Gain, Impotency & Headaches.

The standard first line of treatment for Sleep Apnea, following extensive sleep studies, is the CPAP (Controlled Positive Airway Pressure) machine, prescribed by a physician specializing in sleep disorders. If you feel you may fall into the Sleep Apnea category we or your Primary

Care Physician can refer you to a qualified Sleep Center for evaluation.

CPAP treatment is very effective for airway resistance and Apnea events. However, it may present difficulties for patients who cannot tolerate wearing the necessary mask and who then give up on the therapy all together.

Dentistry's role in treating mild to moderate sleep apnea is supportive only. Pre-medical screening and referral to this office is required. The treatment goal is to open the airway further by providing an oral device which treats both the nasal and pharyngeal airways.

There are several oral appliances available to treat moderate to mild Sleep Apnea. I have personally used three different ones on my patients. The most effective, in my opinion, is the OASYS: Oral/Nasal Airway System. This appliance is FDA approved to treat Sleep Apnea. It is adjustable for maximum airway improvement while not exceeding patient comfort. It addresses both oral and nasal airway resistance.

We have been very successful treating mild to moderate Sleep Apnea with the OASYS appliance. If you have been unsuccessful with the CPAP machine or you are disinclined to use one, the OASYS Appliance might be an option for you.

You can sleep with ease all night long.

Contact my office today for further details: Charles M. Tramontana, DDS, PC

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Caregivers offer neighbors friendly visits

Linda Laudato
program director,
Community Caregivers

During its 15-year history, Community Caregivers has offered friendly visiting as one of its services. Volunteers continue this tradition in the form of weekly or bi-weekly visits to the homebound, lonely and isolated members of our community.

Typically these individuals live alone or spend most of the day by themselves. Declining health and inability to drive greatly curtail independence.

Over the past year, calls from caregivers have risen dramatically and respite care is the most requested service. It has become apparent that an increasing number of family members are caring for loved ones at home around the clock.

The majority of requests come from spouses but calls from adult children are increasing weekly. In most cases this is the first time they are asking for help.

In response to a rapidly growing need in our community, Community Caregivers has enhanced its respite program to better serve people caring for loved ones at

home. We have developed a Three Legged Stool approach to support individuals and families dealing with chronic illness, dementia and end of life care.

The three legs include direct service through intake and in-home respite visits, education in the form of informative and stress-relieving seminars along with referrals to other community agencies and a

networks. Experts state that caregivers often die before their dependent loved ones. A survey of our support group revealed the majority rated their level of stress and anxiety as very high.

Community Caregiver volunteers provide a 2-3 hour block of time so that caregivers can enjoy a brief respite from their 24 hour duties. Respite is available for those dealing with dementia, chronic illness or end of life care.

The requests we receive are frequently for medical appointments with occasional requests for "time out" activities such as naps, haircuts, fishing, a lunch date, attending a son's concert. Time to enjoy these simple pleasures is worth a million dollars to an exhausted caregiver. They offer companionship to the loved one for a couple of hours and a sense of security in case of emergencies.

Lillian Bellinger and her husband Carl have received visits from respite volunteers. "The people who have come have been so nice. We really appreciate all that they do to help us." While the volunteer visits with Carl, Lillian has been able to keep doctors appointments and fit in an occasional treat like a facial from a gift certificate or an

hour of shopping.

Many caregivers need to be encouraged to accept help. Some are not comfortable leaving their loved one with

Educational programs that address the needs of caregivers have included Alzheimer's 101, Dealing with difficult behaviors in persons with dementia, Stress reduction through exercise, Massage, Dance, Channeling emotions through creative writing, Dealing with legal issues and Hospice.

The monthly support group provides an opportunity to share experiences with others in a comfortable environment.

Attendees sometimes become CC clients and are helped with transportation and respite in order to attend meetings.

And CC clients are offered the support group as another tool in their caregiving toolbox.

If you or someone you know is in need of respite please call us at 456-2898. Our service area includes Bethlehem, New Scotland, Guiderland, Altamont, Berne and Knox. If you might be interested in becoming a respite volunteer the next orientation sessions will be held on Monday August 3rd at 4pm and Friday August 21st at 11 am at Community Caregivers office at 2113 Western Ave., Guiderland 12084.

We would love to help you help your neighbor.

"We would love to help you help your neighbor."

monthly support meeting.

The dementia support group, affiliated with the Alzheimer's Association meets monthly on the third Thursday of the month at 1pm at CC offices and offers peer support and socialization

Recent studies show that caregivers on the whole are reluctant to ask for help even when their own health is in jeopardy. This puts them at risk for a host of physical illnesses as well as anxiety and depression.

Caregivers also postpone their own medical care, abandon hobbies, forgo vacations and lose social



a stranger. Others feel that others might need the help more than they do.

Prior to receiving visits, all clients receive an intake visit to evaluate their needs and to assess the appropriateness of CC service. There are some limitations to our respite service.

Volunteers are not able to provide hands on care such as bathing, feeding, toileting and transferring. We cannot provide service to persons with behavior issues and those who would be uncomfortable with a visitor.

We refer those families to organizations that can provide the appropriate level of care.

In-home denture care an easy solution

Getting to the dentist's office is a difficult - and sometimes impossible - task for many seniors and disabled citizens. Concerned about this growing problem, Dr. Richard Glover started Residential Denture Care and offers the only complete in-home

services for people who need or already have dentures and partials.

Dr. Glover has provided Capital District residents with quality dental care since 1987, building an excellent reputation for the design and repair of dentures and

partials. For years, Dr. Glover has offered compassionate denture and partial care for senior citizens in an Albany nursing facility, and the geriatric and trauma center in Niskayuna.

From new dentures or partials to repairs and relines, Dr. Glover will bring his dental expertise to the comfort and convenience of your very own residence. With all of the necessary tools and technologies at Dr. Glover's fingertips, you will receive the same level of care that highly satisfied patients receive at his dental office.

To schedule an appointment or learn more about Residential Denture Care, contact Dr. Glover's office of Today's Dental Care, at 374-3060.

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Saratoga hospital awards service star

Saratoga Hospital has named Anne Hunscher of Ballston Spa as its April Service Star. Ann, a volunteer at the Hospital since September 2005, is Coordinator of Fundraising for the Volunteer Guild and works at the Hospital's Reception Desk and gift Shoppe. She also volunteers at Treasures, the Guild's consignment Boutique and Thrift Shop. The Service Star of the Month program recognizes employees and volunteers who go above and beyond the call of duty to provide great service to the Hospital's customers.

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Look what Community Caregivers volunteer services can do for you.

Our volunteers drive disabled, elderly, and non-driving persons for medical appointments, visits to family in nursing homes, etc.

They can either accompany a client who needs assistance or do the shopping for food, prescriptions, or personal items.

Caregivers Respite provides a caring presence so individuals and families who care for someone with dementia, a chronic illness or in end-of-life care can enjoy a break from their caregiving responsibilities.

They will prepare and deliver simple meals for individuals and families temporarily unable to provide for themselves, including delivering food from local food pantries.

They will do light housekeeping such as dusting, vacuuming and straightening up as needed - weekly, biweekly, or monthly.

They'll do chores and laundry - minor home repairs, carrying packages, trimming hedges, cleaning flower beds, planting, raking, mowing, organizing closets, unpacking boxes.

PLUS - Referrals to other agencies, visitations to homebound people, telephone assurance and assistance with bill paying, completing forms.

Call us to learn what YOU can do for Community Caregivers when you join us to give your neighbors a helping hand.



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Building a Caring Community

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Healthful aging depends on current daily habits

When it comes to healthful aging, a preventive approach is the key to success.

By implementing some simple healthy habits today, we can achieve a healthier future. "Our bodies' health - particularly as we age - requires that we take precautionary measures to strengthen ourselves," explains Donnica L. Moore, MD, women's health expert and advocate, and editor in chief of Women's Health for Life (DK 2009).

Consider her tips for healthful aging as part of an improved wellness plan:

Sleep Smart

Sleep not only helps revive the body, but also the mind. Research shows that skimping on sleep can have serious effects such as an increased risk of developing memory loss, cardiovascular disease and hypertension.

Getting enough rest encourages a positive mood, healthy weight and better skin elasticity. If falling asleep is challenging, try lighting a soothing lavender candle or lowering the room temperature to help cool the body's core temperature to a comfortable sleeping level.

Lather Up

Warm weather entices

many people outdoors, but sun safety is essential. Aside from same-day dangers, like sunburn and heat exhaustion, overexposure to the sun can cause premature aging and, in some cases, skin cancer.

To safely enjoy the summer season, apply - and reapply - an oil-free, anti-aging sun block every day for skin that is properly moisturized and protected from damaging UVA and UVB rays. Also, remember to wear a hat and sunglasses to help protect the scalp and eyes.

Shield Your Smile

The health of your smile is influenced by daily dental health routines, as well as dietary factors.

Enamel loss can occur when acids from everyday food and beverages, such as fruit, yogurt, salsa, orange juice and sports drinks, attack the tooth surface.

If left untreated, the result can be irreversible enamel loss, which can lead to larger issues such as cavities, sensitivity, veneers, dentures and even oral surgery.

New-Crest Pro-Health Enamel Shield toothpaste contains the active ingredient stannous fluoride, which binds to enamel to create a micro-thin shield against acid attack.

It protects all these areas dentists check most: cavities,



Photoflibrary

People who exercise frequently not only look better, but they feel better too. The short-term effects of exercise include better stress management and increased energy. Long-term benefits include easier weight control, stronger bones and muscles and a decreased risk of developing heart disease and diabetes.

gingivitis, plaque, sensitivity, tartar, fresh breath and whitening.

Exercise and Energize

People who exercise frequently not only look better, but they feel better too.

The short-term effects of exercise include better

stress management and increased energy. Long-term benefits include easier weight control, stronger bones and muscles and a decreased risk of developing heart disease and diabetes.

Consider tennis, golf, yoga and walking as these activities can be catered to any fitness level and age.

Aging is unavoidable, but the transition can be made easier - and healthier - by implementing a few small daily habits that have positive effects on the body and overall wellness.

—Courtesy of ARAcontent

Got news?
Call Spotlight at 439-4949.

When do entrepreneurs look to buy a small business?

Who says there's an age limit on the question "What do I want to be?" According to a recent study, a large number of small business owners weren't bit by the entrepreneurship bug until they graduated from college or started down a completely different career path.

Nearly one-third of respondents to Ace Hardware's Entrepreneurship Study made the decision to become self-employed during their post-college career lives - a time when many of their peers were immersing themselves in their chosen professions.

"I don't think it comes as much of a surprise that small business owners decide to become their own boss later in life when you consider the benefits of financial accumulation coupled with the managerial and business insight they develop," says John Venhuizen, vice president of business development for Ace Hardware Corporation. "In general, these older entrepreneurs have a greater knowledge of the inner-workings of the business world - in addition to strong leadership and managerial skills."

Those who wait to pursue small business ownership also may benefit from more robust financial assets. An overwhelming 75 percent of study respondents said that they used personal savings to finance start-up costs for their businesses, a move that's not

always possible for young people just gaining independence from their families, or striving to pay off student loans.

Gina Schaefer, an owner of six Ace stores in the Baltimore and Washington, D.C., areas and board member for the Ace network of 4,600 independently-owned stores, launched her own business after working in information technology. "By that point in my career, I was more financially stable and able to take advantage of personal savings to become my own boss," says Schaefer.

Of course, some individuals don't discover their entrepreneurial ambitions until after retirement age - a situation that's becoming more and more common as baby boomers decide they want to remain in the workforce, although not necessarily in the same job or industry. In fact, a 2008 survey by MetLife Foundation and Civic Ventures found that half of Americans ages 44 to 70 - if not already pursuing a second career - aspire to have one.

"Retirees with entrepreneurial ambitions usually aren't driven by financial rewards or any of the power or prestige that some might associate with owning a business," says Venhuizen. "For them, it's all about creating a purpose for the second part of their lives, and having the chance to live out passions and interests."

—Courtesy of ARAcontent

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A gathering of heroes



Navy veteran John Finn, surrounded by Army veterans Francis Currey, left, and Nicholas Oresko, right, celebrates his 100th birthday at Altamont Village Hall. Finn is the oldest surviving recipient of the Medal of Honor, and also is the first soldier to receive the medal in World War II. Currey is New York state's only surviving Medal of Honor recipient, and Mr. Oresko resides in New Jersey. This event was the idea of Cindy Pollard, owner of the Home Front Cafe on Main St., Altamont.

Thomas Heffernan Sr./Spotlight

Delaying health treatment saves money at a cost

You may be delaying medical treatment while keeping yourself and your family afloat through the recession. But if you delay medical treatment for a problem that you feel isn't bad enough to justify the cost and time lost from work right now, you could be doing more to sink yourself financially than anything the economy may throw at you.

One in four Americans put off necessary medical treatment because of cost, according to a Kaiser Family Foundation poll of more than 1,200 adults earlier this year. Yet health experts agree that delaying needed treatment will end up costing individuals and the country far more in the long run.

It may be tempting to put off treatment of health problems that start out minor. But many of these, like high blood pressure, hearing loss, joint pain and carpal tunnel syndrome, will escalate if untreated, putting you at risk of severe health and financial consequences. Allowing minor health problems to go untreated in order to save money now, could mean a much more serious problem and higher costs to treat it later.

Carpal tunnel syndrome (CTS) is a good example of an ailment you might think you can live with rather than pay the cost of treating it. It's surprisingly common, with up to 5 percent of the workforce affected, according to the journal Plastic and Reconstructive Surgery. The National Center for Health Statistics reports CTS results in the most number of days lost of all work-related injuries, with nearly half of all sufferers losing 31 days or more of work.

With people spending more time on their computer or online, more people are likely to be exposed to the repetitive motions that can lead to CTS.

While severe cases may require surgical treatment, studies have shown that early treatment with splinting and

massage can help alleviate this painful condition. Appropriate splinting (or bracing) helps keep the affected wrist in a neutral position, minimizing pressure on the irritated nerve, according to the Mayo Clinic.

Massage can also be effective, researchers have found. A report in the Journal of Bodywork and Movement Therapies indicates massage can reduce CTS symptoms. While only your doctor can make an actual diagnosis, once you know you have carpal tunnel syndrome there are simple, low-cost steps you can take to supplement your own treatment, including:

- * Adjust your posture to minimize strain. Sit up straight and don't rest your wrists on the edge of your keyboard tray while typing; try to maintain a straight wrist position.

- * Stay hydrated. Proper hydration is essential to the healthy functioning of all our tissues.

- * Ask your doctor to recommend appropriate exercises to keep the wrist flexible.

- * Wear a wrist brace, even when you sleep. A special night brace is best.

While you can purchase a low-cost brace in most drugstores, a better option might be one that combines bracing and massage benefits, such as the IMAK SmartGlove. The glove delivers the benefits of two therapies proven effective in the treatment of CTS - bracing and massage. Made of washable, breathable cotton Lycra, the SmartGlove encourages proper hand and wrist position to help alleviate carpal tunnel symptoms, and an ergoBeads pad cushions your wrist and improves circulation with a massaging effect.

It makes sense to save yourself long-term pain and money by addressing the problem early. Consult your doctor if you experience wrist pain that might be carpal tunnel syndrome. To learn more about CTS relief, visit www.imakproducts.com.

—Courtesy of ARAcontent



Carpal tunnel syndrome (CTS) is a good example of an ailment you might think you can live with rather than pay the cost of treating it.



CAPITAL HEARING CENTER'S

Robert Bourgeois

Answers Questions About Fitting Hearing Aids

How long have you been in the hearing aid business?

I started in this business in 1963 after serving in the US Navy as a medic attached to a Marine Corps Airwing and attending college.

Is fitting hearing aids a complicated process?

Yes and no. Every ear is different, every hearing loss is different and choosing the correct hearing aid for a particular hearing loss is both a skill and an art. With the advent of digital instruments, computer technology has improved the process dramatically. It is still important, however, to have lengthy conversations with my patients so that I understand what kinds of situations they most often find themselves in, be that at home, out in restaurants, in the car or at social events. This is some of the information that helps me in choosing the appropriate fitting for that individual. The first step is to come in for the initial consultation. That's where it all begins.

How long does it take for that first consultation?

We allow one hour in the schedule. A hearing test takes about 15 minutes to complete. We have a sound proof room for testing. We sometimes recommend that you bring a family member with you because it is often other people who notice your hearing loss first.

Are hearing aids expensive?

Unfortunately, the answer to that question is yes. However, having been in this business for as long as I have, I am able to keep my costs low and my customers tell me that my prices are much lower than my competitors.

Do you know what your competitors charge for their hearing aids?

Not always, but in some cases I do. For example, last week a woman came to see me because she wanted a second opinion. She definitely needed hearing aids. My competitor quoted her \$5300 for two units. We charged her \$3000 for two instruments. In these difficult economic times, that is a substantial difference and in most cases, my clients are seniors on fixed incomes.

Do people sometimes come to you and find out they don't have a hearing loss?

Definitely. That doesn't happen often, but it does happen. I also have people who come to me who have been told that they need hearing aids and when I test them I find that they don't need hearing aids at all. One woman had been told she needed two hearing aids and they were going to cost over \$5000. She didn't need hearing aids at all.

Do you offer payment plans for your clients?

Absolutely. We accept all credit cards and we offer a 0% interest program for one year.

Can hearing aids be repaired?

In some cases, yes. When considering replacement verses repair, it is important to evaluate the technological changes in manufacturing that have occurred since the original purchase. Sometimes it is better to replace rather than repair because the advances might help an individual hear better. That said, we

frequently repair hearing aids.

I am reminded of a story that happened many years ago. I once got paid for repairing a hearing aid with raw milk. True story. A woman in Schoharie County that I had been taking care of for many years needed a hearing aid repaired and she had very little money. But she did have a cow. I had a young family so we made an arrangement that she would pay me a little money and the balance in raw milk. I remember skimming the cream off the top of the milk and making whipped cream with it for my kids.

Do you still see clients in their homes?

Often. It is the nature of the business. My equipment for testing is portable and unfortunately some of my clients either have difficulty arranging transportation or they just aren't able to get out. And in some cases, like my clients in Ballston Spa, I always go to their home because there is always a piece of homemade pie waiting for me when I get there!

How can a new customer find you?

I have three offices. One in Schenectady, one in Amsterdam and my main office on Western Avenue, one mile west of Crossgates Mall. We are there Monday through Friday from 9 until 4 and we see clients in the evening and on weekends if their work schedules won't allow them to come in during our regular business hours. We are in the Yellow Pages under Capital Hearing Center and our number is 456-1030. Or email us at capitalhearing@yahoo.com.

Do you charge for the first consultation?

We do not.

What about guarantees?

We provide a 3 year warranty and a one year loss and theft policy. All of our products come with a 100% money back guarantee, no hidden costs or dispensing fees. Under NY State Law, I am allowed to keep a dispensing fee of 10%. I don't do that. My job is to make you hear better and feel good about that process. That's my policy and we stand by it.

WHAT ABOUT A TRIAL PERIOD?

New York State requires a trial period of at least 45 days. We don't think that is long enough so we give 60 days. We never charge for an office visit and we see our clients every four months after they have been fit to make sure that the instrument is working properly and to make sure that they are not having any problems.

Is there anything else you want the public to know about you?

Yes! I wear hearing aids because I have a normal and slight loss of hearing. They really help. Also, I was an honorary girl scout when my daughters were in scouting. I have raised five really great children, I have seven grand children, I have a wonderful wife who is the backbone of this business, the love of my life, a great writer and painter and I live by the golden rule, "do unto others as you would have them do unto you." In keeping with that practice, I am also an Emergency Room Nurse, part-time, at St. Peter's Hospital, and I love caring for people. My work with hearing aids and my work in the hospital makes me happy. That's why I do it.

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