

## A growing tribute

Mom remembers fallen soldier

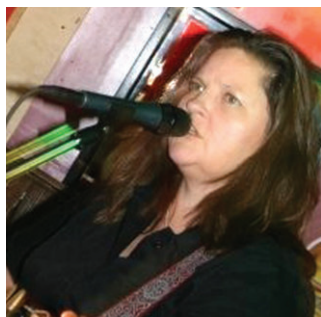
See page 3



### Ready to go

Thomas Douglas has a lot on his plate as he takes the reins of the Bethlehem Central School District.

See Page 2.



### Home on the stage

Mikki Bakken's life didn't feel complete until she started singing. Catch her this weekend at Power's Irish Pub in Clifton Park.

See Page 14.



### The fight of his life

Tom Frasier has fallen short in Vermont's Spartan Death Race each of the past two years. So, he is already training for this year's event.

See Page 24.

### INDEX

Editorial Page.....	6
Sports .....	22-24
Entertainment .....	14-15
Classifieds .....	18-19
Crossword .....	15
Legals .....	20

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# THE Spotlight

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Serving Bethlehem,  
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& Guilderland

75¢ JANUARY 11, 2012



Town Board candidate Jeremy Martelle answers questions from the audience at a recent forum held by the League of Women Voters.

Marcy Velte/Spotlight

## Cunningham out, Martelle in

### Healthy turnout for forum on open Bethlehem board seat

By MARCY VELTE  
veltem@spotlightnews.com

Former town supervisor Jack Cunningham announced he has ended his bid for the Bethlehem Town Board seat left empty by Mark Jordan at a recent League of Women Voters forum held to educate the public about the board's future appointment decision.

Just hours before the event, Cunningham emailed a statement to Albany County League President Mary Berry informing her of his decision. The announcement left some people in the packed meeting room of the Delmar Presbyterian Church stunned.

"As Supervisor (John) Clarkson begins his term, we as Democrats



"We all want to do what is right to support [Supervisor John Clarkson]. ... It has become apparent that placing my name into consideration to fill the Town Board vacancy has become an impediment to that goal."

Jack Cunningham

and residents of the town all want him to succeed at solving the many problems we face, including the structural budget deficits. And we all want to do what is right to support him in this effort," Berry read from Cunningham's letter. "It has become apparent that placing my name into consideration to fill the Town Board vacancy has become an impediment to that goal."

The former supervisor was expected to join the forum's panel of applicants who wish to be appointed to the vacant seat. There were eight known candidates following Cunningham's announcement.

Then, Supervisor John Clarkson asked Jeremy Martelle if he wished to participate in the forum. Martelle accepted, explaining to the public how he had sent his resume to Clarkson that morning. Martelle, a Republican, ran in the November general election.

□ In Page 16

## V'ville weighs full-day K

### Second time for conversation, state aid available

By MARCY VELTE  
veltem@spotlightnews.com

The Voorheesville Central School District is once again considering the option of full-day kindergarten beginning in September of 2012, because state aid is currently available for the conversion.

Superintendent Teresa Snyder said the Board of Education looked into extending the program in 2009, but the community was split on the idea and there was no money available from the state at that time. Now, the district is looking for input from parents.

"With the state aid available, I think now is a great opportunity to take advantage of the funds," she said.

Snyder said the state's expectations for early childhood education are growing and there is talk of mandating standardized testing for kindergarteners in the near future. If that is the case, she said it seems unfair for students going to school for two hours each day to learn the same material as children attending kindergarten for six hours.

"It also has to do with the needs of parents. Many parents already send their children to preschool for a full day," she said.

To obtain feedback from the community, the Board of Education will be conducting an online survey, which will end on Friday, Jan. 13.

Snyder realizes the community

□ K Page 16

## Supervisor says Guilderland is strong

### Runion delivers his second state of the town

By DON CAZER  
news@spotlightnews.com

The three pillars of the town of Guilderland — town government, the Guilderland Public Library and Guilderland Schools — were all topics of discussion in the second Guilderland State of the Town address at the Friday, Jan. 6, meeting of the Guilderland Chamber of Commerce.

Guilderland Town Supervisor Ken Runion described the state of the town as "stable

and better times are ahead." He explained that while the Town of Guilderland is in good shape, there are issues to be faced in 2012.

In 2009, sales tax revenue decreased to less than \$10 million but has rebounded in 2011 to the \$10 million mark, which has been the normal level. By comparison the property tax is approximately \$800,000.

Runion highlighted accomplishments made in 2011, such as the streamlining of the zoning review process. He also touted a zero percent increase in employee salaries over the last two years, and a 20 percent reduction in the number of clerical employees since 2000.

□ Strong Page 16



From left, Guilderland Central School District Superintendent Marie Wiles, Guilderland Supervisor Ken Runion and Guilderland Public Library Director Barbara Nichols Randall.

Justin Cummings/Spotlight



# New super, same mission

**Thomas Douglas  
heads BC schools  
after leading Southern  
Tier district**

By GREG FRY  
fryg@spotlightnews.com

Thomas Douglas knew of the positive reputation of Bethlehem Central schools before applying for the district's vacant superintendent job.

"Some of my friends had previously worked here, and knew about the district," said Douglas. "This was even from 20 years ago, and they were very positive about it."

In late September, Douglas, 46, was appointed as the incoming superintendent. He replaces Michael Tebbano, who retired at the end of 2011 after a 38-year career in education.

Douglas comes from the Chenango Valley Central School District in Binghamton, where he was in a similar role for nearly three years. He's a native of central New York and has worked in a number of districts in the central and western portions of the state, first as a teacher in the late '80s, then as an administrator.

Douglas enters the position as the district is weeks away from starting in earnest budget discussions for the 2012-13 school year. He admitted that there's a steep learning curve, but said districts around the state face many of the same obstacles. For example, he talked about the possibility of districts facing insolvency in the next one to three years if the status quo is maintained.

"The schools such as Bethlehem and Chenango Valley right now are probably on that farther window if their finances are not in order," said Douglas. "From what I've seen, the finances (in BC Schools) have been managed



Thomas Douglas was sworn in as superintendent of the Bethlehem Central School District Wednesday, Jan. 4.

Submitted photo

fairly well, and the district has been trying to take proactive steps for long-term savings down the road."

Chenango Valley officials are currently considering a consolidation study involving the nearby Chenango Forks School District. It's an idea that Douglas presented to the community in May 2011 after the district's Board of Education agreed such ideas should be pursued.

Douglas stressed the importance of shared service agreements to help districts with dwindling revenues. He cited a decision that turned a failing food services operation in Chenango Valley into a profitable asset for the district through an agreement with the region's BOCES.

"One of the biggest things is that there is the ability to do as many shared service or municipality agreements as possible to try and reduce costs or share costs. In a way, you're not dealing with revenue, but you're decreasing your expenditure," said Douglas.

He stressed that it was important to keep people informed about shared services, and to protect the jobs of hard working staff members.

"The big thing is, you should always keep in mind that you're dealing with individuals and people, and you try to also make sure that they are understanding, so that it's not about anybody losing anything. It's about how we can do it better," said Douglas.

The Bethlehem Central School District could bring in \$210,000 worth of additional revenue over the next five years under a proposed agreement to lease out the shuttered Clarksville Elementary School to the Albany County Sheriff's Office. Douglas is still catching up on the proposal, but said he understands the importance of preserving the school as an asset for the district.

"Any way that you can always keep your assets moving forward in a positive way is an efficiency for the district and the community," said Douglas.

The new superintendent said it's his job to make sure people know that the district shines. He made it clear that he wants to hear from district residents, adding that he'll unveil his entry plan on the district's website in early January.

"There are going to be open community forums. I want to hear what people value, what people worry about in each of the elementary areas, as well as the middle and high school," said Douglas.

The decision to move to the Capital District was one Douglas wanted to make for personal and professional reasons. He and his wife are looking to make the area their home.

"We're really vested in putting our roots here," said Douglas. "I have a 2-year-old. I want him to have one of the best opportunities, and that's going to be something that I guard very precious to me."

Douglas took over as superintendent of the BC Schools on Jan. 1.

# New RCS chief sets 2012 goals

**After nine years in district,  
Smith appointed superintendent**

By GREG FRY  
fryg@spotlightnews.com

Higher graduation rates and an acceptable budget are two of the main 2012 goals for new Ravena-Coeymans-Selkirk Central School District Superintendent Elisabeth Smith.

In early December, the RCS Board of Education appointed Smith to the position. Smith had served in an interim role since the summer, when former superintendent Daniel Teplesky left for a position downstate.

Smith said she's already taking on challenges because of her experience in the district.

"Knowing the people who work here and being able to work with them to collaboratively set some goals that make sense for this community has been the advantage," said Smith.

One main goal is to raise student achievement. Smith said the district raised its high school graduation rate to almost 80 percent last year, but said the goal is to get to the 85 percent mark. She's also focused on raising ELA scores for students with disabilities. The state Education Department has said the district is not meeting adequate yearly progress standards at the middle school level.

Smith takes over a district that has seen its initial proposed budget turned down by residents the past two years running. The new superintendent knows that reduced state aid is a challenge to overcome for the 2012-13 school year.

"We have a community that has experienced economic setbacks," said Smith. "Building a budget that the community will support and being able to maintain our educational programs is the challenge."

Smith was previously a teacher in the Bethlehem Central School District. She came to RCS in January 2003 as the principal of Pieter B. Coeymans Elementary School, and was the district's Assistant Superintendent for Curriculum and Instruction for two years before becoming interim superintendent.

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# Warm reception for Delmar nonprofit group

**Organization formed in memory of local fallen soldier expanding every year**

By GREG FRY  
fryg@spotlightnews.com

It's been more than four years since her son was killed in Iraq, and with every day, Dawn Martin's tribute to her son continues to grow.

In 2008, the Delmar woman was asked to help give out toys from the Toys for Tots campaign during the holiday season. She brought 25 fleece blankets to hand out, and since then, her desire to help keep kids in need warm during the winter has blossomed into the successful nonprofit organization Uncle Shawn's Hugs.

The group is named in honor of Marine Sergeant Shawn P. Martin, who was killed in Iraq on June 20, 2007.

"I just believe that my son didn't die defending this country for us to ignore what's in our own backyard," Martin said when asked why she has continued to expand her organization.

Since making the decision to grow Uncle Shawn's Hugs into a



**At an October blanket cutting, volunteers made blankets for children in need. Uncle Shawn's Hug, through the help of volunteers, distributed 900 blankets in 2011 – 500 were distributed from the Toys for Tots Train and the balance went to children in need in several elementary schools and children in domestic violence shelters.**

Tom Heffernan Sr./Spotlight

registered nonprofit, Martin has seen the growing demand for assistance, including for those who need help weathering the elements during this time of the year.

"There are so many more children. The need is greater, and of course, the funds that are allotted are not able to spread as far as they need to spread," said Martin.

Word is spreading around the community, and Martin said young and old are pitching in to make blankets.

"We have wonderful,

dedicated volunteers that come to each (blanket) cutting," said Martin. "We have a group of very dedicated young people that come from St. Thomas youth ministry, and they are there repeatedly."

Martin said a good night at a blanket cutting, which are held at the Elsmere Fire Department, would result in about 15 blankets being made. Now, she said a typical three-hour gathering could net the organization over 100 blankets.

Word is spreading outside of the area as



well. In September, Martin was on a family vacation in Florida. She spoke with a woman who was amazed by the work the organization was doing.

"Unbelievably, I just recently had correspondence from the company she works for out of Syracuse. They want to make a donation, and they want to start a blanket drive up that way," said Martin.

The effort has expanded into the

Mohawk Valley, where Martin's family has roots. For example, the group has donated blankets to women's shelters there, as well as closer to home in Schenectady.

Martin has also linked up with a small club that holds a golf tournament in her son's name every year. She said the group gathered together one weekend and was able to make 52 blankets for donation in the Mohawk Valley.

Four and a half years after her son's death, and with American troops leaving Iraq, Martin is ready to do more and is hoping to dedicate additional time to the effort now that she is retired.

"I think as more people know about it and see or hear about what we do, I'm hoping it will continue."

For more information, visit [www.uncleshawnshugs.org](http://www.uncleshawnshugs.org).



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Police Blotter

Bounty of pills seized by police

Following a traffic stop on the state thruway in Schenectady County, State Police seized hundreds of pills of prescription medication.

State Police stopped a vehicle on Monday, Jan. 2, at approximately 10:50 p.m., for an equipment violation and then allegedly detected an odor of marijuana. Police didn't locate any marijuana in the vehicle, but did seize a bag allegedly containing a large quantity of prescription medications that were not prescribed to the driver. Police also allegedly discovered drug paraphernalia and \$1,970 in cash.

State Police arrested the driver, Robert L. Thomas Jr., 38, of Duanesburg, and charged him with criminal possession of a controlled substance in the second degree and criminal possession of a controlled substance in the fifth degree, both felonies.

State Police seized 330 hydrocodone pills and 29 oxycodone pills allegedly from Thomas' bag, along with other prescription medications, according to police.

Thomas was arraigned in the Town of Rotterdam and remanded to the Schenectady County jail in lieu of \$25,000 bail.

State Police are continuing its investigation with the assistance of the Schenectady County District Attorney's Office.

**Arrests**

- Colonie police arrested James Hayes, 25, of Albany on Thursday, Dec. 29, for grand larceny in the third degree for allegedly stealing iPads and an iPod from his former employer, Target, in November, according to police reports.
- Colonie police arrested James A. Clark, 32, of Albany on Thursday, Dec. 29, and charged him with criminal possession of a controlled substance and a speed violation, according to police reports. Following a traffic stop and search of the vehicle, a small amount of heroin was found as well as packets of suboxone, according to police reports.
- Colonie police arrested Lance A. Merry, 32, of Rhode Island, on Tuesday, Dec. 27, and charged him with DWI, aggravated unlicensed operation of a motor vehicle, operation of an unregistered motor vehicle, leaving the scene of a personal injury accident, operation of a motor vehicle on the highway using a mobile phone, failure to stay in a single lane and operation of a motor vehicle by unlicensed driver, according to police reports.



Robert L. Thomas

STOP-DWI announces Safe Ride results

Officials with the Albany County STOP-DWI program announced the results of its 28th "Safe Ride Program" where rides were provided free of charge between 10 p.m. Dec. 31 and 3 a.m. Jan. 1 for people who had been drinking alcohol and shouldn't have been driving. According to the Albany County Sheriff's Office, there were 97 calls received, 232 people transported, no alcohol-related personal injury crashes or fatalities, six DWI arrests and no DWAI arrests on New Year's.

Garage fire in Voorheesville



Firefighters battled a blaze Saturday, Jan. 7, that started in the garage of a home located at 231 Newport Court in Salem Hills, Voorheesville. Neighbors reported hearing an explosion at the residence at little after 2 p.m. According to fire officials, everyone escaped the fire and no injuries were reported. Guilderland Center Fire Department assisted in fighting the fire. The cause of the explosion is under investigation by the Voorheesville Volunteer Fire Department. Tom Heffernan Sr./Spotlight

School psychologist faces drug charges

BC employee, husband investigated on info from student

By MARCY VELTE  
veltem@spotlightnes.com

An employee of the Bethlehem Central School District was arrested Wednesday, Jan. 4, on drug charges following an investigation by the Albany County Sheriff's Office and Bethlehem Police Department.

School psychologist Maria Mangini was arrested along with her husband, Brian Mangini, after it was learned they were in possession of a large quantity of marijuana in their home, according to Sheriff Craig Apple.

The investigation began after a BC student was found with a small amount of marijuana on school property. The school notified police, who questioned the girl about where she obtained the drugs.

According to Apple, the

girl was hired to babysit for the Clarksville couple at their home at 2006 Delaware Turnpike. While the couple was gone, the student searched the home and came upon a large quantity of marijuana. She



Brian Mangini



Maria Mangini

then took some for herself and was later caught with it at school.

The Sheriff's Office then worked with the school district to obtain a warrant to search the home. The student's name was not released because of her age.

"We only got 3 ounces of drugs," said Apple. "We had expected to find a lot more. That's not to say it wasn't there days prior."

Mangini and her

husband, both 41, were charged with criminal possession of marijuana in the fourth degree and endangering the welfare of a child, both misdemeanors.

The school district has placed Mangini on paid administrative leave pending a "thorough and timely investigation."

"Above all, the district is concerned for the safety of our students," said Dr. Thomas Douglas, superintendent of the Bethlehem Central School District, in a statement. "It remains our highest priority."

The district plans to continue to coordinate educational discussions about the effects of drug use, and establish a victim's panel so students can hear from former drug users, while constantly keeping an eye out for inappropriate behavior within all schools.

"We understand that this comes at a time when we are addressing an issue with drugs in our

high school, but I think our ability to be vigilant of these issues and be forthcoming and open in addressing them serves our mission to provide the safest and most effective learning environment in our schools," said Douglas.

A student was arrested in November for allegedly selling methadone to several students, who then overdosed on the school property.

Apple commended the district on their cooperation in these matters with the police.

"There has been a concerted effort between us," he said. "They realize there is an issue and are willing to take the steps to abolish it. You don't every day get that kind of cooperation and we are really grateful."

Apple said parents should keep in mind the recent problems with drugs are not found just at Bethlehem but every school district.

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## Your Opinion in The Spotlight

### No more back room deals

Editor, *The Spotlight*:

Supervisor John Clarkson and the other Town Board members are now evaluating potential candidates to fill the vacancy created by Councilman Mark Jordan being elected as Town Justice.

When I ran for town board two years ago as Sam Messina's running mate, I gained a greater appreciation of the challenges facing our town. Dwindling cash reserves, projected increases in spending, and a deteriorating infrastructure have created a serious economic condition. We live in a wonderful community and are fortunate to have so many talented citizens who have a wealth of public and private sector experience. We should use this talent to our advantage. All interested candidates for the Town Board seat should be considered and evaluated on their ability to contribute to solving our community's problems. Rather than an open and fair process, Supervisor John Clarkson has made up his own rules. This is peculiar since the reason he ran for office was that the electorate did not have a choice due to a "back room deal".

Supervisor Clarkson mandated that all candidates pledge not to seek re-election this fall. Let's be clear about his reasoning. This was an adroit maneuver to raise the public's ire against Jack Cunningham being placed on the board

through a political move. Cunningham could have then run for re-election in the fall and challenge Clarkson for Supervisor in 2013. Last week, however, Jack Cunningham dropped out of the race.

Now it is time for Mr. Clarkson to remove his arbitrary and capricious rule, which is unfair to candidates and the town, and has no basis or standing in law. This is not a criticism of the qualified candidates who have come forward, but rather the process being used to fill the vacancy. Allowing Mr. Clarkson to handpick the candidate, smacks of the same back room deal that was opposed by *the Spotlight* in an editorial last summer. It so infuriated voters and it prompted Mr. Clarkson to run for Supervisor.

There have been letters drafted by some citizens that go even further, suggesting a ban on public office for "any officer of a political party or a person holding a top position in an adjoining municipality". This is absurd and unlawful. If this arbitrary standard were adopted, it would have precluded Teddy Roosevelt, Franklin D. Roosevelt and Bill Clinton from rising to the office of President of the United States.

Let's make this town board seat open to all candidates interested in serving our community.

*Fred Di Maggio*  
Bethlehem GOP Chair

### An open letter to town government

Dear Mr. Clarkson, Ms. Dawson, Mr. Kotary and Mr. Kuhn:

We write as town residents to share our recommendations with respect to making an interim appointment to the Town Board seat vacated by Mark Jordan. We urge you to make this appointment on the basis of qualifications and experience, as well as a willingness to work collaboratively with others on the board to achieve consensus on Town issues.

Few would argue that in the year ahead, Bethlehem faces unprecedented challenges. The need to increase our economic development efforts, address infrastructure needs, and support needed services will not be easy against the backdrop of diminished resources.

In this context, the choice to fill this vacancy is extremely important. We recommend the following process and criteria for your consideration:

Select an individual with strong general knowledge, qualifications, experience and character, so as to reassure all residents that they will be fairly represented, even though they have not had a chance to choose a candidate through election.

We encourage you to select someone who is knowledgeable about town government and its services, and prepared to help you make group decisions on the significant issues you will need to address. Carefully consider the professional or volunteer expertise and background potential candidates would bring to Board discussions and what their general approach to reaching consensus on Town issues would be.

We support selection of an individual who will serve for the remainder of this year only, and agree not to seek election this coming November. Why? Serving for a year via appointment creates an overwhelming advantage for the incumbent, making it more difficult and possibly discouraging others to run. This could result in Bethlehem voters being denied a choice among candidates competing on a level playing field this November.

Because you will also be evaluating candidates using other criteria such as their knowledge, background, ideas and other qualifications, you (and town residents) can also be assured that this individual indeed will have a strong stake in the results of their votes

and other actions. There is no reason to think that such an interim appointee who is otherwise qualified by these criteria, would not also be committed to working with other board members to move forward with long-term sustainable solutions.

We do not support appointment of an officer of a political party committee. Town board members should represent all the citizens of Bethlehem, not just those enrolled in their party and the presence of a political party leader on the Board conflicts with that expectation. In addition, the appointment of a party officer also creates the potential for pressure and undue influence, because other Board members will eventually need to seek his or her endorsement for any future run for office.

Similarly we are concerned about the potential conflict of interest in appointing someone who holds a top position in a neighboring municipality, one that could compete with Bethlehem for economic development investment as well as state and federal grants.

Lastly we urge you to arrange for a public forum to vet candidates with respect to their background, qualifications, and ideas, which would also allow the public to hear from those wishing to be considered for this interim appointment. Such an open and transparent process would be an excellent way to begin your work together as a new board.

Achieving success for our town's residents will necessitate each of you to work together based on principles of mutual respect, cooperation and collaboration. Filling this board vacancy provides an opportunity to put those principles into practice right from the start. With that accomplished we have confidence that you can continue to move forward operating within this framework, resulting in many positive outcomes in 2012.

*Editor's note: This letter was signed by nearly 40 town residents and has been sent to all members of the board. For a full list of the undersigned, go to [spotlightnews.com](http://spotlightnews.com).*

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**Ed Becker, DVM**

### What is ringworm?

Contrary to what the name implies, ringworm is actually a fungus called a dermatophyte. The relatives of this fungus cause athletes foot and jock itch. The spores of this fungus survive very well in the environment and are able to contaminate irritated skin. It is thought that spores can remain in the environment for up to one and a half years. In most cases of ringworm exposure no clinical disease occurs. Individuals with weakened immune systems such as those under stress, in pregnancy, of young or old age, with concurrent illness or on immune suppressive medications are especially prone to catching clinical ringworm. The same carries true for non-human animals. You are able to catch ringworm from your dog or cat and vice versa.

Ringworm lesions are often shaped like a ring and they are

itchy, red and scaly. There is often hairloss associated with the lesions. They can occur anywhere on the body and the lesions tend to enlarge and spread if left untreated. Your veterinarian will examine any suspicious lesion and perform a fungal culture to determine if it is truly ringworm.

Treatment for ringworm typically includes topical and oral medications. It can take weeks to months for infection to clear completely. However, some infections can clear up without intervention. Thorough cleaning of the environment is imperative during this time in order to eliminate the spores as leftover spores can cause another infection.

Ringworm can be a very frustrating disease to treat but in most cases it goes away without much difficulty. Always seek out advice from your physician if you suspect you may have contracted ringworm.

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Matters of Opinion in The Spotlight

Think people, not politics

The Bethlehem Town Board has a mighty big decision on the docket for tonight’s Town Board meeting. Marcy Velte reports in her front-page story the board is likely to appoint a fifth member tonight to fill a vacated seat.

There are a lot of opinions floating around on exactly how this appointment should be selected. There has been so much discussion about the political ramifications of the process that we’d like to remind the board of a simple fact: You’re appointing a person, not a philosophy.

We agree the person selected should be experienced and knowledgeable of Bethlehem and government, be of good character and be ready to work. This all goes without saying.

But there seems to be a growing consensus on other criteria we cannot in good conscience agree with. Chief among them is the requirement an appointment should agree to leave office at the end of 2012, and not run in a special election for the remainder of the board term.

The argument an appointment would have an unfair advantage and thus later deny voters a fair choice is deeply flawed. The political system allows for more than one candidate (as we have previously seen demonstrated in Bethlehem). If the appointee is a dud, he or she will surely be challenged and be voted out in a single year, one quarter the time residents would normally be stuck with a lemon. It’s a political process that seems to have worked pretty well for a few hundred years.

Also, if the appointee is all the things the public demands in its leaders (responsive, experienced, judicious and independent) surely the public would like the option to keep him or her around. The people of Bethlehem deserve more than a mere placeholder in leadership positions, yet this is exactly what’s being clamored for.

In a town like Bethlehem, where so many involved in the most political county and city in the state make their homes, there is understandably an increased demand for objectivity in government. But let us also seek objectivity in these demands themselves.

Let us not pillory those who would be well equipped for this job because of party affiliation or their future plans. The letter in front of a person’s name — even if that is a big part of his or her public life — should not be a disqualifying factor. That stance is directly opposed to the demand for choice and fairness we’ve heard from all quarters of this town.

The board should select the best person for the job. After all, the fifth member of the Town Board will be a person, not a philosophy.

Editorial

A note to our readers

Effective Wednesday, Jan. 11, Charles Wiff is serving as managing editor of Spotlight Newspapers and is the general point of contact for inquiries involving the paper’s weekly news products.

Kristen Roberts is serving as design editor and will also be overseeing the company’s monthly publications, Capital District Parent Pages and Senior Spotlight. Wiff can be reached at 439-4949 extension 435, and Roberts at extension 416.

Job Corps means more to community

Korey Adams

The writer is the center director of Glenmont Job Corps Academy.

It was a long, back breaking day of physical work. The group of Glenmont Job Corps students who helped out several homeowners in the Schenectady’s Stockade riverfront section affected by Hurricane Irene were exhausted and had dried, caked mud on their boots and pants.

When they finished up, they left with more than just muddy boots. They left with a feeling of pride and a sense of helping others that prompted them to ask: “When can we help again?”

Job Corps students and staff log countless hours of volunteer service every year, just one of the ways Glenmont Job Corps Academy gives back to our community. Glenmont Job Corps has provided hundreds of hours to the Hurricane Irene clean up efforts as well as assisting with community service projects for the Equinox Thanksgiving Day Community Dinner, the Albany Stratton VA Medical Center, New Hope Church, Capital Holiday Lights, American Red Cross, Bethlehem Town Parks and more.

Glenmont Job Corps has had a presence in the Capital District since it was established here in 1977 on the site of the former Our Lady of Angels Seminary site along the Hudson River in Glenmont. We serve 340 students, split between residential students who live on our campus and some who are Capital Region residents who commute to our program Monday through Friday.

Glenmont Job Corps is one of 125 centers across the country. A unique national program, Job Corps provides a safe, residential environment for at-risk youth ages 16-24 to learn career trades or pursue further education. Job Corps gives hope to about 60,000 young people each year, many of

Point of View

whom get little support or encouragement to complete traditional academic programs.

Without Job Corps, many of these young people would be high school dropouts, unprepared for the workforce and reliant on government subsidies. Instead, they receive hands-on training and life skills they need to be successful and financially independent. About 86 percent of Job Corps graduates across the country go on to find and keep jobs, pursue higher education or enlist in the military.

Job Corps is also an important economic engine. Nationally, the average Job Corps center supports 228 local jobs. For every dollar invested in the program, almost \$2 is returned to the local economy. In addition, Job Corps students and staff also spend thousands of volunteer hours on community service, including infrastructure projects and helping our neighbors in times of distress.

Local employers that partner with Job Corps receive significant benefits: employer tax incentives; low-cost labor through internships; the freedom from costs of expensive staffing agencies; the ability to help develop customized training; and the chance to teach students how to adapt to specific workplace expectations.

A high-performing Job Corps center like ours is also attractive to employers looking for a new community to call home, because it signals that potential employees have had additional opportunities to develop their skills and working maturity. They know Job Corps is a quality education and career-development program that trains industry-certified

Make your point

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

Do you have a hobby or cause you feel passionate about? We’d love to share it with our readers.

Do you have information you think others would benefit from hearing about? Let us know.

Point of View submissions should be around 700 words and can be submitted via email to news@spotlightnews.com with “POV” in the subject line. They can also be mailed to The Spotlight at P.O. Box 100, Delmar, NY 12054.

employees ready to get to work on day one.

I am most proud of the students who have left our center and continue to thrive in the working world. One student recently commented to a group of community leaders, “Job Corps not only saved my life, but it also saved my future.” It makes me realize the important work we are doing and must continue to do.

Students will continue to be successful at Glenmont Job Corps because of its unique public-private partnership. A key to this relationship is the ongoing support of business leaders and government officials, including our congressional and senatorial delegation as well as the support from state, county and local officials. Thank you for this much-needed vote of confidence for our program.

Glenmont Job Corps Academy looks forward to continuing our relationships building with elected officials, community leaders and businesses. We welcome new partners to our Center to hear more about the wonderful work we are doing with youth and to become more involved. We want to ensure that in 2012 and beyond, “Job Corps Works.”

Weekly poll

Will Gov. Andrew Cuomo follow through on his State of the State promises?

Log on to www.spotlightnews.com to cast your vote.

Last week’s poll results:

“Will 2012 be a better year than 2011?”

- Yes. 73%
- No. 27%

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# Library to offer a practice SAT

Get over those “Oh-man-it’s-the-SAT” blues by taking a practice SAT at the Guilderland Public Library on Saturday, Jan. 14, at 10:30 am, and find out what the test is really about.

This session is exactly what it says it is – a practice test for students gearing up for the real deal. Scores and analysis by Kaplan Test Prep. Kaplan is also offering counsel about the SATs to parents in the Normanskill Room from 10:30 am to 11:30 am. No registration necessary; just show up.

## AMC stress and weight class at GPL

The first of the Albany Medical Center’s “Health Topics at GPL” classes – Stress & Weight – is being held at the Guilderland Public Library; the program begins at 6:30 p.m. on Tuesday, Jan. 17.

Stress and weight are intertwined, and combatting their negative effects will be addressed by Jennifer Lindstrom, MD. Dr. Lindstrom is director of bariatric and clinical nutrition at Albany Medical Center. She will discuss how exercise and good nutrition can combat stress for people of all ages. This program is for parents and kids, so bring the family. No registration required.

This is part of the Library’s Consumer

Health Information service.

## Nunca es demasiado temprano ni demasiado tarde

“Nunca es demasiado temprano ni demasiado tarde,” Spanish for “It’s never too early or too late” refers to our ability to learn another language. And the Guilderland Public Library makes it easy for you to do so with Mango, an online language-learning system that teaches actual conversation skills for a wide variety of languages, including English for Speakers of Other Languages (ESOL). New languages are being added all the time.

Mango uses real-life situations and actual conversations to effectively teach a new language. To use Mango Languages, go to [www.guilpl.org/research/language.php](http://www.guilpl.org/research/language.php) or navigate from our homepage using the research tab, and select ‘Languages.’ Outside of the library, you will be asked to enter your library card barcode number. And if this writer erred in translating the Spanish, it’s because he’s just begun learning the language.

Mark Curiale

For more information, call the library at 456-2400, or email [info@guilpl.org](mailto:info@guilpl.org). The Guilderland Public Library is at 2228 Western Ave., Guilderland.

# Romp and read at the fun fair

A reminder to all Romp and Read families! There will be no Romp and Read on Tuesday, Jan. 10 or Friday, Jan. 13.

Families are invited to attend the Fun Fair at either Pieter B. Coeymans or A.W. Becker instead. See below for details.

## Fun Fair for the Very Young

Get ready for the ninth annual Fun Fair for the Very Young! The RCS Community Library’s Romp and Read Program and the RCS

## RCS COMMUNITY LIBRARY

School District host this event on the first day of kindergarten registration. This year the Fun Fair will be held at both RCS elementary schools. Join us on Tuesday, Jan. 10, at Pieter B. Coeymans or on Thursday, Jan. 12, at A.W. Becker. Both programs will run from 3 to 6 pm.

Plan on enjoying stories, easy crafts, and delicious nutritious snacks for young children provided

by local preschools and day care centers. There will be information tables for the Committee on Preschool Education, Fidelis Care, Child Health Plus, CHOICES, County agencies, WIC, and local police departments.

For more information, contact the library at 756-2053. This program is free and no registration is required.

## Acoustic Doorways tickets

The Acoustic Doorways Concert Series begins its fourth season on Jan. 20.

Vocalist Rena Graf will be joined by Azzaam Hameed, Carl West, and Brian Melick at 8 p.m. in the First Reformed Church of Bethlehem in Selkirk.

See the Library’s website ([www.rcscommunitylibrary.org](http://www.rcscommunitylibrary.org)) for the complete 2012 season schedule.

• 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.uhls.org/RCSCL/](http://www.uhls.org/RCSCL/).

# Film series looks at American Civil War

The Filmmaker’s Eye on the American Civil War is devoted to American films that explore the lives and experiences of both those directly involved in the war as well as those at home. You will see the war through such themes as: men in the face of battle; patriotism and loyalty; and the disparity between citizens’ beliefs



and actions with regard to war. We invite you to join us in vicariously reliving this period of American history. Sunday, Jan. 15, at 2 p.m. the library will be showing film based on a novel by Stephen Crane about a young army

recruit who doubts his courage but finds he can face battle and death.

## Babygarten 2!

A special Saturday story and playtime specifically for little ones aged newborn to 24 months. Join Miss Amy for songs and fun! Hear stories, rhymes, music and enjoy

playtime with our amazing and newly expanded toy collection. Join us for the fun on Saturday, Jan. 14, at 10:15 a.m. Just drop in! No registration is required.

Barbara Vink

• Voorheesville Public Library is located at 51 School Road, Voorheesville. For information, call 765-2791 or visit [www.voorheesvillelibrary.org](http://www.voorheesvillelibrary.org).

# Library plans activities for kids, families

The Bethlehem Public Library has the following programs planned.

## Family playtime

Wednesdays, Jan. 25 to Feb. 29, 10:15 a.m.

Free play with a variety of toys for kids up to age 6 and families.

## Children’s circle

Thursday, Jan. 26, 6:30 p.m.

Stories, songs, crafts and toys for children of all ages and abilities.



## Teen time

Friday, Jan. 27, 3 to 4:30 p.m.

Games, activities, crafts and snacks for grades 6-12.

## Teen movie

Monday, Jan. 30, 6:30 p.m.

Viewers’ choice. Grade 6-12.

## A little Sunday music

Sunday, Feb. 5, 2 p.m. Copernicus Duo —

cello and violin

Louise Grieco

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

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# Seniors taking a trip to Curtain Call Theater

Enjoy Sunday afternoon, Jan. 29, at the Curtain Call Theater in Latham where the 2010 Tony-nominated play, "Next Fall," will be presented. The play takes a witty and provocative look at faith, commitment, and unconventional love. The cost is \$22, payable to the Town of Bethlehem. Senior transportation will leave Town Hall at about 1:30 pm. Call 439-4955, ext. 1169 to make a reservation. Home pick up is available. Suggested van donation: \$5.

The Bethlehem Food Pantry is in need of coffee, tea, juice, cleaning products, shampoo, deodorant and all types of non-perishable food.

Senior Action



Town of Bethlehem

Bring your donations to the Town Hall Senior Services Office. Call 439-4955, ext. 1174, for more information or if you need to use the food pantry.

Get ready for tax time. A.A.R.P. tax counseling will be available on Wednesdays starting on February 8, from 9:00 am to 3:00pm at the Town Hall. Call 439-4955, ext. 1176, to make an appointment. Transportation can be arranged.

Bethlehem Senior Services and Bethlehem Senior Projects, Inc., provide transportation for town residents, age 60 and over, to medical, dental, therapy, and clinic appointments. Call 439-5770 to make reservations.

- Monday, Jan. 16
- Town Hall is closed in observance of Martin Luther King, Jr.'s birthday.
- Tuesday, Jan. 17
- Shopping trip to Wal-Mart in Glenmont. Call 439-5770 to arrange transportation.
- Wednesday, Jan. 18
- Assistance is

- available to prepare HEAP applications for heating bills. Call 439-4955, ext.1173 to make an appointment.
- Senior grocery shopping for residents of Elsmere, Delmar, Slingerlands, North Bethlehem and Marie Rose Manor. For reservations, call 439-5770
- Thursday, Jan. 19
- Bethlehem Senior Citizens Club meets weekly on Thursdays for an enjoyable afternoon of games and socializing at the Bethlehem Town Hall auditorium, 445 Delaware Ave., Delmar at 11:30 a.m. to 3:30 p.m. We play bridge,
- Friday, Jan. 20
- The Health and Wellness Program presents "Weight Management for Life", by Sandra Varno, MS., RD., CDN. Learn principles that will help you attain and maintain a weight that is healthy for you. The free program will be
- mah jongg, bingo and pinochle. All seniors are welcome. Bring a sandwich and join others for lunch if you wish.
- Senior grocery shopping for residents of Glenmont, Selkirk, and South Bethlehem. For reservations, call 439-5770.

held at the Bethlehem Town Hall from 1:00 pm to 2:00 pm. Join us for lunch beforehand, cost on your own, at the Windowbox Café. Call 439-4955, ext. 1176, to make lunch reservations.

•Senior 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, #1176.

Wilma DeLucco,  
Bethlehem Senior Projects,  
Inc. Board Member

## EPIC presentation planned for Guilderland seniors

Open Enrollment for Medicare Part D is over, but you can still enroll in EPIC or change your 2012 Part D plan, if enrolled in EPIC. Candy Rivera Whitehead, EPIC Outreach Representative, will be at Guilderland Town Hall on Thursday, Jan. 26, for a presentation from 10:30-12:30 in the Town Board Room.

Peggy Moran from the Albany County Health Insurance Counseling Program will also be available to assist

- attendees on evaluating their 2012 Part D Plan.
- Movie of the month "Water for Elephants" Thursday, Jan. 26, 10:30 a.m. in the courtroom Rated PG-13. 121 minutes. Free popcorn. Please register by Jan. 19.
- Monday, Jan. 9
- Scheduled Shopping 9:30 AARP Driver Safety Program @ Library 10:30 OsteoBusters 10:30 Sr Fitness Noon Zumba 1:30 OsteoBusters
- Tuesday, Jan. 10
- 9:00 OsteoBusters
- 11:30 Luncheon: Beef Tips or Cold Plate Noon Food Pantry Raffle 12:30 Bingo/Games/Billiards
- Wednesday, Jan. 11
- 9:00 Zumba 9:30 AARP Driver Safety Program @ Library 10:30 OsteoBuster 10:30 Sr. Fitness 1:00 Needlecraft
- Thursday, Jan. 12
- Scheduled Shopping 9:00 OsteoBusters 9:00 Zumba 1:00 Mahjongg 1:15 Pinochle
- Friday, Jan. 13
- Scheduled Shopping 10:00 Painting 10:30 Bridge 1:00 Quilting
- 1:30 OsteoBusters

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Town Supervisor John Clarkson, left, and Highway Superintendent Gregg Sagendorph, above, both took their oaths of office in a ceremony at Bethlehem Town Hall on Monday, Jan. 2.

Charles Wiff/Spotlight

# Clarkson takes oath of office in Bethlehem

Supervisor and other town officials sworn in

By CHARLES WIFF  
wiffc@spotlightnews.com

John Clarkson officially became supervisor of the Town of Bethlehem on Monday, Jan. 2, and pledged to residents not only a responsive and responsible town government, but one free of partisan politics.

Clarkson and other winners of the November elections took their oaths of office in a ceremony at Bethlehem Town Hall. The room was packed with well wishers, including but not limited to Rep. Paul Tonko, newly minted Albany County Executive Dan McCoy and Colonie Supervisor Paula Mahan.

Naturally, a who's who of Bethlehem town officials was also on hand, including now-former supervisor Sam Messina.

In his speech, Clarkson said going door to door during



Councilwoman Joann Dawson is sworn in.

Charles Wiff/Spotlight

the campaign was a humbling experience. The new supervisor was a relative latecomer to the race and challenged Councilman Kyle Kotary in a primary for the Democratic line, making the fact Kotary had gained endorsements from the Republican and Democratic parties a part of his early campaign. The primary race was heated at times.

"I feel that partisan politics should end when you take this oath of office," Clarkson said.

He acknowledged there would likely be tough choices ahead, but he also praised the caliber of the town's citizenry.

"Where we haven't succeeded is when we simply have not been able to follow through with the

recommendations of our citizen groups," Clarkson said.

The new supervisor had a long career in state government, but his involvement in Bethlehem's affairs has so far been limited to his work with the 20/20 Committee, a citizen group convened to analyze the town's long-term future.

"It's one thing to study local government in theory on the state level ... but when you're looking at your own town's issues ... it's somehow more tangible. It's somehow more important," Clarkson said. "It lit a fire."

Clarkson reemphasized the need for several points he campaigned on, such as cementing a full long-term financial plan for the town, revisiting the town's ethics policy and updating Bethlehem's business practices. When it comes to state mandates that can make things difficult for municipal governments,


Clarkson said he'd like to "give Albany a nudge" towards changing state policies, noting many of Albany's movers and shakers make Bethlehem their home.

All but two officials sworn in Monday had taken an oath for town office before: Clarkson and Councilman Jeffrey Kuhn, who made brief remarks thanking his supporters and family and said he looks forward to getting to work on the Town Board.

Also sworn in were Town Justice Mark Jordan (who is leaving his Town Board seat to take up the position), Councilwoman Joann Dawson, Town Clerk Nanci Moquin, Receiver of Taxes Nancy Mendick and Highway Superintendent Gregg Sagendorph.

Former supervisor Terri Egan presided over the ceremony and also administered several of the oaths of office.

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# Honor Guard performs record number of funerals

**Local member says it is an important final tribute to deceased veterans**

By ALYSSA JUNG  
junga@spotlightnews.com

In 2011, the New York Military Forces Honor Guard performed more military funerals than ever before.

As of Dec. 23, Honor Guard members had participated in 10,564 military funerals across New York in 2011, the largest number in a single year since it was created in 1999. Of 2011's total, 821 were military funerals held

in the Capital District, and according to Don E. Roy, director of the program since 2003, about 90 percent of the year's funerals were for World War II veterans.

He said the jump in military funerals is not necessarily because more veterans are dying, it's that family members are realizing the option is available.

"People are starting to hear about us, and we are proud to honor those who served," said Roy.

Now that the World War II generation is dwindling, the Honor Guard is being called on to perform more and more military funerals

for veterans of the Korean and Vietnam wars.

Having Honor Guard members on hand to pay a final tribute is not just a courtesy, it's the law. According to federal law, at least two Honor Guard members from the parent service of the deceased veteran must be present to play taps and to fold and present the flag to the next of kin.

Honor Guard soldiers go through a weeklong training program to learn the proper way to perform military funeral honors. There are 60 New York Army soldiers who work full-time with the Honor Guard and 70 who participate in funerals on a part-time basis.

Staff Sgt. Erwin Dominguez of the Capital District has been a member of the group since 2008 and has performed more than 600 military funeral details.

"The way they perfect everything; perfection is a big thing in the Honor Guard, how meticulous they are with their uniforms, how physically in condition they are," said Dominguez. "I wanted to do something better than just a regular soldier."



As of Dec. 23, Honor Guard members had participated in 10,564 military funerals across New York in 2011, the largest number in a single year since it was created in 1999.  
*Submitted photo*

Dominguez has performed funerals from Long Island all the way up to Canada. He said it's a gesture that's important to the remaining family.

"I think the family definitely appreciates our final tribute to the veterans, to their family members," said Dominguez. "They

understand it and they look forward to seeing it when their loved ones do die."

As a soldier himself, it's a tradition he said he's proud to be able to offer.

"I think it's extremely important for us to pay a final tribute. We're all a grateful nation to these

veterans and these guys during times of war and peace, they stood strong in defense of our country," said Dominguez.

In 2011, Long Island saw the largest number of military funerals performed with 3,677. Roy said the reason for that is because there are two National Veterans Cemeteries there. The Finger Lakes region had the smallest number of funerals with 420. The Honor Guard also participated in 10 repatriated remains ceremonies, which is when remains from past wars are finally identified and laid to rest.

Any veteran, with an honorable discharge, whether they served during peacetime or wartime, whether they are retired or not, is entitled to military honors at their funeral, Roy said.

Information on how to request an Honor Guard for funerals is available online at <http://dmna.state.ny.us/honor/honorsvc.php>.



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## Entertainment in the Spotlight

Mikki Bakken is at ease playing the guitar after initially being "scared to death."

Mikki Bakken's list of musical collaborators includes Brian Gibney, who formed the Mikki Bakken and Brian Gibney Duo with her.



# the Singing Social Worker

**Mikki Bakken's got a day job, but music makes her nights**

By **JACQUELINE M. DOMIN**  
dominj@spotlightnews.com

**G**rowing up in Schuylerville, Mikki Bakken always felt like something was missing from her life.

She found it when, as a senior in high school, she was cast as Luisa, one of the leads in the musical "The Fantasticks." Bakken had always liked to sing, but she really didn't know if she was any good at it until she landed the part.

And when she took the stage, it was if she was suddenly complete.

"I started doing this, and it was like, ah, this is it," Bakken said.

The experience didn't move Bakken to make a career of music. She has a 9-to-5 job as a social worker. But singing takes up much of her free time. She performs at restaurants and clubs throughout the Capital District and said she's lucky enough to have reached a place where she's able to play pretty much only the venues she really likes.

One of those is Power's Irish Pub in Clifton Park. Open for about two and a half months, it's a great, clean

restaurant whose owners are among the most friendly she's encountered, Bakken said. She's already played Power's a few times and will return on Saturday, Jan. 14, from 6 to 9 p.m.

Given the pub's Irish theme, patrons might think Bakken will be playing only Irish favorites. But she said the owners have asked her to do a mix, so she'll play everything from James Taylor to Melissa Ethridge to Irish standards to a few original numbers.

"Most clubs don't pay you to do your own songs," she said, noting that patrons generally like to hear music they know. But Bakken joked she usually is able to "sneak in" some songs she's written herself.

That said, she loves playing Irish music. Bakken, whose grandparents' surname was McGrath, describes herself as "pretty darn Irish."

"I grew up in a household that was very proud to be Irish," she said.

Irish music was a staple of her upbringing, which may have laid the foundation for the love of music that prompted her to try out for "The Fantasticks."

Bakken didn't go right from the stage at Schuylerville High School to stages at places like Power's. She called her musical journey "an evolutionary process" that started with her teaming with other musicians, including Lisa Smith, a longtime collaborator she met at an open mic night.

Everyone she performed with helped her learn and hone her craft, and she eventually decided to make a go as a soloist as her partnerships broke up for one reason or another.

"I decided not to depend on anyone ever again," she said.

Smith was an "amazing guitar player," and Bakken knew she'd need to play the instrument herself to thrive on her own. She took some lessons here and there, but strumming on stage initially gave her quite a case of nerves.

"I used to be scared to death of it," she said. "Now it's cool."

Her solo career has done well, but Bakken rethought her steadfastness about being on her own when the opportunity arose to join The Fighting 86's, a local Irish band that bills itself as "playing Celtic music like no other." Bakken recently joined the group and is looking forward to touring with it, playing "up and down the East Coast."

Whether she's in a group or by herself, Bakken thrives on the feeling she gets on stage, the one she first



Bakken is the newest member of The Fighting 86's, a local Irish band also featuring Gibney, Steve Butler and Mark Frederick.

experienced as a student at Schuylerville.

"Music allows me to express the other side of my personality," she said. "It lets me show my deep, passionate side, my wild side, my cultural side."

It also allows her to connect with people, just as being a social worker does.

"Music is a gift," she said. "People that really can do it, it's a gift. If I can make people happy, give them something to celebrate, I feel good."

Power's Irish Pub is at 130 Meyer Road in Clifton Park. For more information, visit [www.powersirishpub.com](http://www.powersirishpub.com). For more information on Bakken's music, visit [www.mikkibakken.com](http://www.mikkibakken.com).



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# Arts and Entertainment

## Theater

### NEXT FALL

Regional premiere of Tony Award-nominated comedy, presented by Curtain Call Theater, 210 Old Loudon Road, Latham, Jan. 13 through Feb. 11, shows Thursdays through Sundays, \$22. Information, 877-7529.

### TONY N’ TINA’S WEDDING

Return of interactive comedy, Key Hall, Proctors Theatre, 436 State St., Schenectady, Jan. 12-15, \$65-\$75 includes food and drinks. Information, 346-6204.

## Music

### AMY COLLINS BAND

Celtic-flavored folk and Americana music, Jan. 12, 8 p.m., Moon and River Cafe, 115 South Ferry St., Schenectady, free. Information, 382-1938.

### GARY BERNADINI

Singer-songwriter and acoustic guitarist,

Jan. 13, 7 p.m., Emack and Bolio’s, 366 Delaware Ave., Albany, free. Information, 512-5100.

### JOHN DERMONT AND ERIC ERKKINEN

Acoustic country and blues guitarists, Jan. 13, 8 p.m., Moon and River Cafe, 115 South Ferry St., Schenectady, free. Information, 382-1938.

### CELEBRATING A CENTURY OF BILL MONROE

A tribute to the “Father of Bluegrass” featuring Dan Johnson and His Expert Side-men, CB Smith, Jim Gaudet and the Railroad Boys and Fairview Avenue, Jan. 13, 8 p.m., Caffe Lena, 47 Phila St., Saratoga Springs, \$20. Information, 583-0022.

### 3 QUARTER NORTH

Americana/bluegrass band, Jan. 14, 7 p.m., Emack and Bolio’s, 366 Delaware Ave., Albany, free. Information, 512-5100.

### JOHNNY WINTER & SAVOY BROWN

Electric blues doubleheader with Winter and Kim Simmonds, Jan. 14, 7:30 p.m., The Egg, Empire State Plaza, Albany, \$29.50. Information, 473-1845.

### EMILY COSTA AND FRIENDS

Schenectady High School senior performs her music, Jan. 14, 8 p.m., Moon and River Cafe, 115 South Ferry St., Schenectady, free. Information, 382-1938.

### SESSION AMERICANA

Award-winning roots music ensemble, Jan. 14, 8 p.m., Caffe Lena, 47 Phila St., Saratoga Springs, advance tickets \$16, door price \$18. Information, 583-0022.

### SONNY & PERLEY

Capital District husband and wife jazz duo, Jan. 15, 7 p.m., Caffe Lena, 47 Phila St., Saratoga Springs, advance tickets \$15, door price \$17. Information, 583-0022.

## Comedy

### MOP AND BUCKET COMPANY

Presenting “Spontaneous Broadway,” a show of improvised comedy and music, Jan. 13, 8 p.m., Proctors Underground, 432 State St., Schenectady, adults \$14, students/seniors \$6. Information, 346-6204.

## Visual Arts

### NEW YORK STATE MUSEUM

“Making Time: Voyage to Vietnam,” through Feb. 25; From the Collections,” thourgh April 1; “New York Remembers: Reflecting on September 11,” through April 28; 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

“Albany and the Civil War: Medicine on the Home and Battle Fronts,” through Feb. 26; “Kid Stuff: Great Toys From Our Childhood,” through March 4; “First in the Hearts of His Countrymen: George Washington,” through May 20; plus “The Folk Spirit of Albany: Folk Art from the Colletcion 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 AIRPORT GALLERY

“Michael Marston, World Apart,” through January; “Laugh Out Loud,” through March 25; plus installations by Paul Katz, Harry Leigh, Harold Lohner, Lillian Mulero, Ken Ragsdale, Nancy Shaver and Joy Taylor. Information, 463-3726.

### ALBANY CENTER GALLERY

“Seventh Annual Members Show” through Feb. 11, 39 Columbia St., Albany. Information, 462-4755.

### ARTS CENTER OF THE CAPITAL REGION

“Allscapes” and “FLUX,” through April 1, 265 River St., Troy. Information, 273-0552.

### CLEMENT ART GALLERY

“Group Show Part IV,” through Jan. 23, 201 Broadway, Troy. Information, 272-6811.

### NATIONAL MUSEUM OF DANCE

Michael Jackson tribute, a “Dancing with the Stars” exhibit and the C.V. Whitney Hall of Fame, 99 South Broadway, Saratoga Springs. Information, 584-2225.

### OPALKA GALLERY

“Tranquill Power: The Art of Perle Fine,” Jan. 17 through Feb. 26, Sage Colleges, 140 New Scotland Ave., Albany. Information, 292-7742.

### SARATOGA AUTOMOBILE MUSEUM

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

### SCHENECTADY MUSEUM AND PLANETARIUM

“FETCH! Lab” and “Fueling the Future,” ongoing; Nott Terrace Heights, Schenectady. Information, 382-7890.

### SPA FINE ART

Featuring new works by Ken Orton, 376 Broadway, Saratoga Springs. Information, 587-2411.

### UNION COLLEGE

“Art Inspires Art: Union College Visual Art Faculty Exhibition,” through Feb. 26, Mandeville Gallery, Nott Memorial, Union College, Schenectady. Information, 386-6004.

### UPSTATE ARTISTS GUILD

“Occupy UAG,” through Jan. 27, 47 Lark St., Albany. Information, 426-3501.

### CLARK ART INSTITUTE

“Rembrandt and Degas: Two Young Artists,” a selection of portraits by two masters, through Feb. 5; 225 South St., Williamstown, Mass. Information, (413) 458-9545.

### MASS MOCA

“The Workers,” through March 15; “Geometric Death Frequency 141,” through April 30; “Kidspace: Under the Sea,” through May 28; “Sol LeWitt: A Wall Drawing Retrospective,” ongoing; 87 Marshall St., North Adams, Mass. Information, (413) 664-4481.

### ARKELL MUSEUM

“American Paintings from the 1920s and 1930s,” through March 11; “Rising from the Sea: The Art of Jay Hall Connaway,” through May 27; plus “Arkell’s Inspira-

tion: the Marketing of Beech-Nut and Art for the People,” ongoing; Canajoharie. Information, 673-2314.

## Call for Artists

### JAZZ PIANIST

Seeking female singer and/or bass player for project. Information, 377-5260 or 847-6841.

### BALLSTON SPA COMMUNITY BAND

Openings in several sections, especially percussion, rehearsals Wednesdays at 7 p.m. at Ballston Spa High School resuming Jan. 18. Information, 580-1037.

### SARATOGA KLEZMER BAND

Area music group specializing in traditional Jewish dance music is seeking a clarinet player. For information, call Judith Kroot 793-5416 or 260-0466.

### THURSDAY MUSICAL CLUB

Women’s singing group entering its 99th year, practices held Wednesdays from 9:30 to 11:30 a.m. Information, 765-4536.

### THE CHORALIERS

Musical group looking for singers of all abilities, performs concerts at Christmas and in the spring, pieces are familiar and fun to sing, no auditions are necessary, practices are 6:30 p.m. Wednesdays at Saint Clares’ Chapel, McClellan Street, Schenectady.

### ETUDE CLUB

Looking for women interested in vocal and instrumental performance, meetings held the first Thursday of every month. Information, 374-5536.

### CLIFTON PARK COMMUNITY CHORUS

Ongoing rehearsals for its winter concert, Shenendehowa Adult Community Center, Clifton Common, Clifton Park, no auditions required to join. Information, 371-6681.

### CAPITALLAND 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 Orlanso 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 Shirt 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, 813-4299 or e-mail delmarcommunityorchestra@gmail.com.

### 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.

### SIENA CHAMBER ORCHESTRA

Rehearsals Thursdays at 7:30 p.m., Siena 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., Shenendehowa 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.

### RIVER VALLEY CHORUS

Sweet Adelines group based in Niskayuna is looking for women to join group. Information, 346-5349.

### MONDAY MUSICAL CLUB WOMEN’S CHORUS

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

### ARTISTS WANTED

Exhibit space available for original paintings at Local Color Art Gallery, 1138 Troy-Schenectady Road, Latham. Information, 220-9027.

# Weekly Crossword

## Clean Up Your Act

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## ACROSS

- 1 Tuna, for one  
6 Guy, in London  
11 \_\_\_ *Rosenkavalier*  
14 Respond to reveille  
15 #44, of the Braves  
16 \_\_\_ *Man Answers*: 1962 film  
17 Hash house  
19 Postal abbreviation  
20 Invoice stamp  
21 Town SW of Rome  
23 Cowboy’s need  
27 Purchasing partner  
29 Compare  
30 Lease from a lessee  
31 DEA raids  
32 Contradict  
33 Cleaning cloth  
36 Churchill Downs diet  
37 Preach  
38 Glenn’s *Gilda* costar  
39 Layer  
40 Detects  
41 Silent  
42 Church songs  
44 Seat belt feature  
45 Greens  
47 Nabs  
48 Rice dish

- 49 L’ \_\_\_, c’est moi  
50 Sargasso Sea fish  
51 Money  
58 Somme season  
59 Poet’s Muse  
60 Test format  
61 Patriotic gp.  
62 Ole Miss student  
63 Land attachment

## DOWN

- 1 Droop  
2 Part of ETA  
3 Stretch the truth  
4 Nutty \_\_\_ fruitcake  
5 Hitler, et al.  
6 Pesto herb  
7 *Dragnet* gp.  
8 Aztec treasure  
9 Chinese statesman  
10 Raise to high status  
11 Campaign tactics  
12 \_\_\_ Klinker: Bergen dummy  
13 Palindromic detector  
18 Where Bill met Hillary  
22 Bring suit  
23 Jazz style  
24 On even terms

- 25 Trout fly  
26 Phooey!  
27 Schismatic groups  
28 Benson, of the Four Tops  
30 Love and mercy, e.g.  
32 Thin soup  
34 Slanted  
35 Airport exits  
37 Org. since 1960

- 38 Motocross, e.g.  
40 Newspaper employee  
41 *Happy Together* singers, with The  
43 Actress Munson  
44 Hee-haw, e.g.  
45 Hurry  
46 St. Peter’s sculpture  
47 Playwright Fugard  
49 Kitchen add-on  
52 Ill-temper  
53 Research room  
54 Calif. campus  
55 R. E. Lee’s country  
56 Sèance sound  
57 Spud sprout  
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Milestones

Mary Jane Hughes

DELMAR – Mary Jane Hughes, 55, of Delmar passed away on Thursday, December 29, 2011 after a courageous battle with brain cancer.



Mary Jane was born in Norwich, NY, the daughter of Sebastian and Caroline (Spadaro) DiNoto of Bainbridge, NY. She graduated from the Crane School of Music, SUNY Potsdam in 1978. Mary Jane taught music at the Bethlehem Central Schools since 1982. She was the proud teacher of so many elementary string students and loved them all. Thank you to her colleagues at the school, the community for their compassion, churches for prayers, so many cards, letters, donations of food, rides to appointments – words cannot express what is felt at this time. The family wishes to thank Dr. Susan Weaver, Dr. Duncan Savage and Dr. Thomas Lovely and their staffs for trying their very best.

In addition to her

parents, Mary Jane is survived by her loving husband of 35 years, Richard Hughes; daughter Sara Tribou, son in law Will and precious grandchild Emily Caroline of Watervliet; son, Joseph and daughter, Karen. Mary Jane was so proud of her children and promises to watch and guide them from heaven. She will miss her dear sisters Susan, Donna, Sandy, Caroline and Denise. She also leaves behind a large extended Italian family of aunts, uncles, cousins, nieces and nephews.

Calling hours were held on Sunday, Jan. 1, 2012 from 3 to 7 pm at the Applebee Funeral Home, 403 Kenwood Ave., Delmar. A Mass of Christian Burial was celebrated at 9:30 am on Monday, Jan 2, 2012 at St. Thomas the Apostle Church, 35 Adams Pl., Delmar. Burial was in Calvary Cemetery, Glenmont. In lieu of flowers, memorial contributions may be made to Hope Club, 1 Penny Ln., Latham, NY 12110 (Attn. Tracey) or the Capital District Cancer Resource Foundation, 1003 Loudon Rd., P.O. Box 610, Latham, NY 12110.

In

(From Page 1)

Cunningham still plans to run in November's special election if he is nominated by the Democratic Party, as does Martelle.

Clarkson has said he would not support the bid of anyone who planned to run for re-election because he wished to appoint a "non-political individual."

"I think it's probably for the best," said Clarkson of Cunningham's decision. "His statement was very gracious and will help with the betterment of the town."

Cunningham said on Friday he felt it was appropriate to remove his name so the board could focus on the issues at hand.

Martelle said he doesn't agree with Clarkson on the issue, because he is

"publicly excluding people within the town who may wish to run for the appointment."

"My biggest problem is the fact that he is saying, 'Don't want to be interim, need not apply.' I don't think that it's right to make running an issue," he said after the event.

After the announcement, the forum's panel consisted of Martelle, Kevin Crawford, John Hudacs, Donna Giliberto, George Lenhardt, Ted Putney, Michael Burgess, Loretta Simon, and Christina Kidera.

Each person was given two minutes to tell the audience about themselves. They then took turns answering questions submitted by the audience.

"Tonight is different for many reasons, one being you will not be voting on

any candidates," explained Berry to the audience. "You will be hearing from people who have applied to be appointed for a vacancy on the Town Board."

League of Women Voters members explained that a majority vote by the board is needed to elect a new member and there is no deadline for the decision to be made under state law. Clarkson said the board is planning to vote on the issue at the organizational meeting on Wednesday, Jan. 11.

A letter signed by nearly 40 residents addressed to the board asked for a candidate to be selected that has the appropriate qualifications and knowledge of the Town Board and its services. It also urged the board not to select a representative of a political party who would seek reelection.

"Serving for a year

via appointment creates an overwhelming advantage for the incumbent, making it more difficult and possibly discouraging others to run. This could result in Bethlehem voters being denied a choice among candidates competing on a level playing field this November," the letter read.

Martelle questioned the motives of the letter writers, saying many have political ties.

Clarkson, however, said he plans for this seat to the non-political through and through.

"This November will be an election which will run through the usual process and that's the way it should be. The voter will have a clear choice from a level playing field and no party or person will have an opinion," he said.

K

(From Page 1)

was split of the decision in the past, but feels now is the best time to explore the options.

"It's my understanding some parents felt their children should have a slower introduction to school, while others felt the longer days were

needed," she said. "My feeling is there is money on the table and it's just sound economic practice to access those monies."

The survey asks how the community feels about full-day kindergarten for students, if parents would send their children outside of the district for school depending on the board's decision and if parents already send

their children outside of the district regardless of grade level.

When the survey is finished, the board will then analyze the results and keep the feedback in mind during the budget process for the next school year.

According to Snyder, the money received by the state depends on kindergarten enrollment numbers for

the district. Snyder said the board is currently expecting 70 incoming students. The more children who enroll, the more money the district would receive for the conversion.

Snyder said the money is there for the district already. At this point it's just a matter of filling out the paperwork.

To take the survey, visit [www.vcsdk12.org](http://www.vcsdk12.org).

Strong

(From Page 1)

"Property values in the town have been steady with a 1 percent to 2 percent increase over the past two years. This compares well with other areas that have seen property values decrease," said Runion.

The town expects building activity to increase in 2012. Runion invited the Guilderland Chamber of Commerce and the business community to give their input to the Town Board.

Mark Grimm, whose term on the Town Board ended days ago, asked Runion a question about

"NYS retirement appearing for the first time on my tax bill."

"This is an increased mandate expense imposed upon the town by the state for employee pensions," Runion replied.

Nick Seefeld, the Chamber's chairman for the First Friday Breakfasts, introduced the next speaker, Superintendent of the Guilderland Central School District Marie Wiles.

Wiles expressed appreciation for the community's support in last May's budget vote.

Wiles outlined the district's mission to the community and its students, and told the crowd how the district will be meeting that charge in the future, especially in tough

fiscal times.

"We are in the process of developing a budget that meets the needs of our students and stays within the tax levy limit," Wiles said.

The estimated tax levy limit increase for the coming year is 2.57 percent, leaving an estimated \$3.3 million revenue shortfall.

Wiles concluded with an optimistic note. "The financial pain we are in provides an opportunity to define what we really need," she said.

Mike Horelick, a town resident, raised a question for Wiles. He noted that on a trip to England many young people were more fluent in languages other than their own, and he asked what Wiles

saw as the trend in the U.S. regarding foreign language education.

Wiles responded that Guilderland values foreign language learning and the community should keep pressure on the education system to promote foreign language study. Guilderland offers four languages but had to discontinue foreign language at the elementary level due to budget restrictions.

Public Library Director Barbara Nichols Randall addressed the state of the Guilderland Public Library.

"If I had to choose one phrase to describe the library it would be 'jammed,'" said Randall with an air of excitement. "In the past year we have

squeezed more materials, programs and people into the library than in any previous year."

The library is open seven days a week, 11 hours each weekday and 11 hours on the weekend. Nearly 200 people an hour come through the doors and over 2,100 people visit on weekdays, on average.

The library has been forced to withdraw an older item for each new item added.

"Our collection currently stands at almost 200,000 items or six items per capita which is the recommended size for a medium-sized library," said Randall.

One hundred ninety-two community groups used the meeting rooms this

year, and tutors held over 1,000 tutoring sessions in the library.


A construction program is to add a slight expansion to the library, repaving of the parking lot, a drive-up book drop and three or more geothermal wells.

The wells will eventually allow the facility to use geothermal energy for heating and cooling.

President Guilderland Chamber of Commerce Kathy Burbank closed the meeting, thanking Crossgates Mall for sponsoring the event. She noted that additional retail stores are opening in the mall as well as at other locations in town and she was optimistic the town will continue to grow.


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# Your Community in The Spotlight

## Pancake dinner scheduled

On Tuesday, Jan. 24, Boy Scout Troop 58 will be holding an all you can eat pancake dinner fundraiser from 4:30-7:30 p.m. at the Nathaniel Adams Blanchard Post, 16 Poplar Drive, Delmar. The cost will be \$7 for adults, \$5 for kids ages 5 to 14 and free for kids under the age of 5. Pay at the door, or contact your Troop 58 Scout for tickets. Contact Brian Collier if you have any questions at 542-2705.

## Local student makes list

Andrea L. Lisowski of Feura Bush, was named to the fall 2011 dean's list at Lebanon Valley College, Annville, Pa. Lisowski is a freshman physics major. Dean's list students must maintain a grade point average of 3.4 or above on a 4-point scale.

## Artists needed for exhibit

The Thacher Nature Center is looking for artists interested in participating in the 9th Annual Nature Art Exhibit, on display at the EmmaTreadwell Thacher Nature Center from Saturday, March 10 to Saturday, March 24.

The exhibit showcases artwork with the theme of nature. Artists may submit up to three pieces of artwork for consideration. Original artwork in any medium will be considered. All submissions must be nature inspired or created using natural material.

The hanging fee for the exhibit is \$10 per artist.

Opening reception for the exhibit is March 10, 1 – 4 p.m.

Call 872-1237 for additional information and application.

For additional information on parks programs, visit [www.nysparks.com](http://www.nysparks.com).

## Q.U.I.L.T. group to meet

Q.U.I.L.T. Inc. will meet on Friday, Jan. 12, 2012 at the Delmar Reformed Church, 386 Delaware Ave. The general meeting starts at 9:45 a.m. and doors will open at 9:15 a.m. There is a \$5 visitor donation. There will be a general meeting and lecture: How a City Boy Like Me Came to Run a Quilt Shop,

## A meal to be remembered



**For the second consecutive year, employees of Community Resource Federal Credit Union volunteered their time to serve the holiday meal for clients of Interfaith Partnership for the Homeless Sheridan Hollow Drop-In Center. David Heffley, owner of the Four Corners Luncheonette in Delmar, has donated the food and catered the Holiday Dinner for the past four years. The Dinner, organized by Grassroots Givers, served 115 people and included a banquet with dessert, entertainment by Joye Belle and Golem, and stockings filled with toiletries to take home. "I look forward to serving this meal every year. Everyone says how much they enjoy it and how grateful they are that someone has taken the time to put on such a special dinner. That's what the season is all about," said Heffley.**

*Submitted photo*

with Bob Silverman. The meeting will finish with a member show and share. For information, call 393-2284 or check the website: [www.quiltinc.org](http://www.quiltinc.org).

## Youth shooting program set

Youth 10 years and older are invited to participate in a workshop sponsored by the Cornell Cooperative Extension Albany County 4-H Shooting Sports program. Topics and projects relating to outdoor education and 4-H Shooting Sports will include: equipment maintenance and safety, living history and taxidermy.

Participants will also have the opportunity to make hands-on projects and test their skills at the 4-H Laser Shot. The workshop will be

conducted by Albany County 4-H Shooting Sports volunteers.

Pre-registration is required by Friday, Jan. 20, and the program will take place on Saturday, Jan. 28, from 10 a.m. to 1 p.m. at the Cornell Cooperative Extension, 24 Martin Road, Voorheesville.. There is a participation fee of \$5.00 for 4-H members and \$10.00 for non-members. To register a participant or for more information, contact Eileen DePaula at 765-3500 or [emd32@cornell.edu](mailto:emd32@cornell.edu).

## Deadline closes for league

Participants in Pine Bush Girls Softball must register by Feb. 1 to guarantee placement on a team. Anyone registering after this date will incur a \$25 late fee and if teams

are full, will be put on a waiting list.

To register go to [www.pbgsf.com](http://www.pbgsf.com) and click on the register online link on the home page.

Pine Bush Girls Softball is open to girls living within the Guilderland and Voorheesville school districts as well as all neighboring areas. Placement in divisions will be based on the player's school grade and is open to girls who turn 5 by April 30, 2012 through girls age 18 and under by December 31, 2011 (and still in high school). Practices start mid-March and games are played at Keenholts Park in Guilderland Center.

## Gallery holds special expo

The Sorelle Gallery is celebrating its fifth year in operation with

its International Artists' Expo. The Expo will go on from Jan. 14 to Feb. 9. The Gallery will showcase eight outstanding artists who have been a part of Sorelle Gallery since the beginning. Over the years, each one has continued a commitment to providing our collectors with exceptional original artwork. Their culturally inspired pieces continue to bring warmth and grace to the spaces of our individual and professional clientele.

## Chamber taking nominations

The Guilderland Chamber of Commerce Women in Business group announces that proposals are being sought from Guilderland Chamber member nonprofits and organizations to apply for the nonprofit of the year award and grant. The Women in Business group selects a charity and does a huge silent auction and other fundraising events for the nonprofit throughout the year. The application is short and simple, and being selected can yield between \$2,000 and \$3,000 for the selected charity.

Non-member organizations can join the chamber and be eligible to apply. Applications are being accepted until Jan. 30. Previous winners include the Girl Scouts, The Guilderland Public Library and Community Caregivers.

The steering committee chairperson, Joanne Hook of CDPHP, says, "More often than not, the committee selects a runner up and does smaller raffles and fundraisers for that group as well, it is a no brainer to at least apply!"

For more information, contact Kathy Burbank at:456-6611.

## Series takes on winter healing

St. Peter's Hospital will host a seven-week "Winter Healing Lecture Series" with speaker Dr. Mark C. Pettus, MD, FACP, Chief of Medicine, starting Monday, Jan. 16, from 7 - 9 p.m. that will run for seven consecutive weeks.

Dr. Pettus provides a science-based overview of an integrative-holistic approach to the prevention and management of chronic complex diseases, which have reached

epidemic proportions in the 21st century. The goal of this series is to provide information that attendees can actually use to improve their understanding and their lives.

This series starts Monday, Jan. 16, and runs once a week through Monday, Feb. 27. Each lecture lasts approximately 90 minutes with an additional 30 minutes of questions and answers. The lectures will be held in the Mercy Conference Rooms at St. Peter's Hospital (315 South Manning Blvd., Albany, NY, 12208) and there is no charge to attend. The topics for the "Winter Healing Lecture Series" include, in chronological order:

The Origins of Health: Exploring the Causes of Causes; Inflammation: Are You Playing with Fire?; Gastrointestinal Balance: Do You Have the Guts for Health?; Environmental Toxins and Health; The Science of the Mind: Neuroplasticity, Allostasis and the Implications of Health; Social Connection and Health: Are We Born to Bond?; Spiritual Practice and Health Outcomes: Is This a Match Made in Heaven?

The series will conclude with an overview of the science linking spiritual practice with important health outcomes.

Dr. Pettus is a board-certified internist and nephrologists who has been practicing for more than 25 years. He currently serves as chief of medicine at St. Peter's Hospital and is the author of several books.

Snow dates for any of the lectures are: Monday, March 5 and Monday, March 12. For more information, call 525-1070 to reserve a seat. Seating is limited.

## Community meal planned

On Sunday, Jan. 15, at the Onesquethaw Fish and Game Club, 2032 Tarrytown Road, there will be a breakfast. The breakfast will include, plain, blueberry and whole wheat pancakes, eggs, bacon, home fries, toast, sausage and homemade sausage gravy. The cost will be \$8 and children under 5 eat free. Takeouts are available by calling 366-0583 the morning of the breakfast.

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Expiration date: \_\_\_\_\_ Signature: \_\_\_\_\_

### Super Crossword Answers

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

### Sudoku Answers

1	6	4	8	3	9	5	2	7
7	9	8	5	2	4	1	3	6
2	5	3	7	6	1	4	8	9
3	7	1	4	5	8	9	6	2
5	8	2	9	7	6	3	1	4
9	4	6	2	1	3	7	5	8
4	3	9	1	8	2	6	7	5
6	2	5	3	9	7	8	4	1
8	1	7	6	4	5	2	9	3



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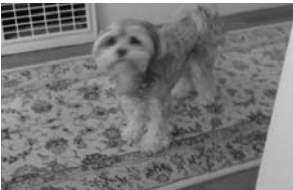
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LEGAL NOTICE

Notice of Formation of HELTER LLC. Arts. of Org. was filed with SSNY on 11/28/11. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. 77994 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Qualification of GLC Advisors & Co. Holdings, LLC. Authority filed with Secy. of State of NY (SSNY) on 10/26/11. Office location: Albany County. LLC formed in Delaware (DE) on 3/10/11. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Global Leveraged Capital, 451 Jackson St., 2nd Fl., San Francisco, CA 94111, also the principal office address. Address to be maintained in DE: 3500 S. DuPont Hwy, Dover, DE 19901. Arts of Org. filed with the DE Secretary of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activities. 77995 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Qualification of Global Leveraged Capital Holdings, LLC. Authority filed with Secy. of State of NY (SSNY) on 10/26/11. Office location: Albany County. LLC formed in Delaware (DE) on 5/15/09. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Global Leveraged Capital, 451 Jackson St., 2nd Fl., San Francisco, CA 94111, also the principal office address. Address to be maintained in DE: 3500 S. DuPont Hwy, Dover, DE 19901. Arts of Org. filed with the DE Secretary of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activities. 77996 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Qualification of AMBIT MARKETING, LLC. App. for Auth. filed with Secy. of State of NY (SSNY) on 11/21/11. Office location: Albany County. LLC formed in Texas (TX) on 9/27/11. 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: 1801 N. Lamar St., Ste. 200, Dallas, TX 75202. Arts. of Org. filed with TX Secy. of State, 1901 Brazos, Austin, TX 78701. Purpose: any lawful act or activity. 77998 (C) (January 11, 2012)

LEGAL NOTICE

Notice of Qualification of Global Leveraged Capital Partners & Co, LLC. Authority filed with Secy. of State of NY (SSNY) on 10/26/11. Office location: Albany County. LLC formed in Delaware (DE) on 3/18/08. SSNY designated

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as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Global Leveraged Capital, 451 Jackson St., 2nd Fl., San Francisco, CA 94111, also the principal office address. Address to be maintained in DE: 3500 S. DuPont Hwy, Dover, DE 19901. Arts of Org. filed with the DE Secretary of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activities. 77999 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Qualification of GLC Investment Advisors, LLC. Authority filed with Secy. of State of NY (SSNY) on 10/26/11. Office location: Albany County. LLC formed in Delaware (DE) on 3/18/08. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Global Leveraged Capital, 451 Jackson St., 2nd Fl., San Francisco, CA 94111, also the principal office address. Address to be maintained in DE: 3500 S. DuPont Hwy, Dover, DE 19901. Arts of Org. filed with the DE Secretary of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activities. 78000 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Formation of ATIO-GLU JEWELRY LLC. Arts. of Org. was filed with SSNY on 11/23/11. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. 78002 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Qualification of CBM MGMT LLC. Authority filed with Secy. of State of NY (SSNY) on 11/16/11. Office location: Albany County. LLC formed in California (CA) on 1/31/11. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Registered Agent Solutions, Inc., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Principal office address: 655 Mariners Island Blvd., Ste., 304, San Mateo, CA 94404. Address to be maintained in CA: 868 Folsom St., San Francisco, CA 94107. Arts of Org. filed with the CA Secretary of State, 1500 11th St., Sacramento, CA 95814. Purpose: any lawful activities. 78004 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Qualification of AES MGMT LLC. Authority filed with Secy. of State of NY (SSNY) on 11/16/11. Office location: Albany County. LLC formed in California (CA) on 1/31/11. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Registered Agent Solutions, Inc., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Principal office address: 655 Mariners Island Blvd., Ste., 304, San Mateo, CA 94404. Address to be maintained in CA: 868 Folsom St., San Francisco, CA 94107. Arts of Org. filed with the CA Secretary of State, 1500 11th St., Sacramento, CA 95814. Purpose: any lawful activities. 78005 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Qualification of LTF Lease Company, LLC. Authority filed with Secy. of State of NY (SSNY) on 11/23/11. Office location: Albany County. LLC

LEGAL NOTICE

formed in Delaware (DE) on 8/24/11. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o National Registered Agents, Inc., 875 Ave. of the Americas, Ste. 501, NY, NY 10001. Address to be maintained in DE: 160 Greentree Dr., Ste. 101, Dover, DE 19904. Arts of Org. filed with the DE Secretary of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activities. 78006 (D) (January 11, 2012)

LEGAL NOTICE

SPINFORWARD, LLC (the "LLC") filed Articles of Organization with the NY Secretary of State ("SOS") on 11/22/11. LLC office is in Albany County. SOS was designated as agent of the LLC upon whom process against it may be served. SOS shall mail copy of any process served to 134 Fernbank Ave., Albany, NY 12054. The purpose of the LLC is any lawful act or activity. 78007 (D) (January 11, 2012)

LEGAL NOTICE

MGU, LLC. Arts. of Org. filed with SSNY on 11/19/07. Off. Loc.: Albany Co. SSNY desig. as agt. upon whom process may be served. SSNY shall mail process to: The LLC, 1380 Dahill Rd., Ste 303, Brooklyn, NY 11204. General Purposes. 78117 (D) (January 11, 2012)

LEGAL NOTICE

Notice of formation of F&D VENTURES LLC, Art. Of Org. filed Sec'y of State (SSNY) 10/31/11. 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 20 Turnberry Drive, Slingerlands, New York 12159. The Reg. Agt. at such address upon Frank A. Grant. Purpose: any lawful activities. 78122 (D) (January 11, 2012)

LEGAL NOTICE

Notice of formation of HBSM PROPERTIES LLC, Art. Of Org. filed Sec'y of State (SSNY) 10/31/11. 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 20 Turnberry Drive, Slingerlands, New York 12159. The Reg. Agt. at such address upon Frank A. Grant. Purpose: any lawful activities. 78123 (D) (January 11, 2012)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC) The name of the LLC is EJ Countryman Properties, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on 11/30/2011 . The purpose of the LLC is to own, operate and manage a real estate company, and also to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 71 Countryman Road, Voorheesville, NY 12186. 78124 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Formation of CARLOS VARELA PHOTOGRAPHY LLC. Arts. of

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Org. was filed with SSNY on 12/2/11. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. 78125 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Formation of NETPHONE COMMUNICATIONS LLC. Arts. of Org. was filed with SSNY on 12/5/11. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. 78126 (D) (January 11, 2012)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME:HOPSEN CONSULTING LLC. Articles of Org. filed with NY Secretary of State (NS) on 11/30/2011, 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, 90 State Street STE 700 Office 40,Albany, New York 12207,purpose is any lawful purpose. 78127 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Qualification of Cliff Walk LLC. Authority filed with Secy. of State of NY (SSNY) on 12/5/11. Office location: Albany County. LLC formed in Delaware (DE) on 11/18/11. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 750 Lexington Ave., 23rd Fl., NY, NY 10022. Address to be maintained in DE: 160 Greentree Dr., Ste. 101, Dover, DE 19904. Arts of Org. filed with the DE Secretary of State, 401 Federal St., Ste. 3, Dover, DE 19901. Purpose: any lawful activities. 78128 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Formation of COLLEEN PUTMAN PHOTOGRAPHY LLC. Arts. of Org. was filed with SSNY on 12/6/11. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. 78129 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Qualification of Forty Steps LLC. Authority filed with Secy. of State of NY (SSNY) on 12/5/11. Office location: Albany County. LLC formed in Delaware (DE) on 11/18/11. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 750 Lexington Ave., 23rd Fl., NY, NY 10022. Address to be maintained in DE: 160 Greentree Dr., Ste. 101, Dover, DE 19904. Arts of Org. filed with the DE Secretary of State, 401 Federal St., Ste. 3, Dover, DE 19901. Purpose: any lawful activities. 78130 (D) (January 11, 2012)

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LEGAL NOTICE

Notice of Qualification of B Sweet New York LLC. Authority filed with Secy. of State of NY (SSNY) on 12/6/11. Office location: Albany County. LLC formed in Minnesota (MN) on 11/8/11. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, Attn: R. Flint, 80 South 8th St., #500, Minneapolis, MN 55402, also the address to be maintained in MN. Arts of Org. filed with the MY Secretary of State, 180 State Office Bldg., 100 Rev. Dr. Luther King Jr., Blvd., Saint Paul, MN 55155. Purpose: any lawful activities. 78141 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Qualification of Department 57 LLC. Authority filed with Secy. of State of NY (SSNY) on 12/6/11. Office location: Albany County. LLC formed in Minnesota (MN) on 11/8/11. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, Attn: R. Flint, 80 South 8th St., #500, Minneapolis, MN 55402, also the address to be maintained in MN. Arts of Org. filed with the MY Secretary of State, 180 State Office Bldg., 100 Rev. Dr. Luther King Jr., Blvd., Saint Paul, MN 55155. Purpose: any lawful activities. 78142 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Formation of Tobacco Roll LLC, Art. of Org. filed Sec'y of State (SSNY) 11/14/11. 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 Ji Le Ni & Bao Quan Liu, 640 Loudon Rd., Latham, NY 12110. Purpose: any lawful activities. 78143 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Formation of 56 Cohoes Rd, LLC, Art. of Org. filed Sec'y of State (SSNY) 11/4/11. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to 56 Osborne Rd., Albany, NY 12205. Purpose: any lawful activities. 78144 (D) (January 11, 2012)

LEGAL NOTICE

Notice of formation of limited liability company ("LLC"). Name of LLC: Burst Marketing, LLC. Articles of Organization filed with Secretary of State of New York ("SSNY") on August 30, 2011. LLC office location: 122 Industrial Park Road, Albany, New York 12206, Albany County. SSNY has been designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of any process against the LLC served upon it to: 122 Industrial Park Road, Albany, New York 12206. LLC has been formed to engage in any lawful act or activity. LLC shall be member-managed. 78145 (D) (January 11, 2012)

LEGAL NOTICE

Notice of formation of Advanced Collision Technologies LLC. Articles of organization filed with the SSNY on 12/01/2011. Office Located in Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of any process served against the LLC to: Advanced Collision Tech-

LEGAL NOTICE

nologies, Bob VanAlstyne, 56 North Road, Clarksville, NY 12041. Purpose: For any lawful purpose. 78147 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Formation of Limited Liability Company Pursuant to Section 206 of the New York Limited Liability Law a. The name of the Limited Liability Company is Continental Farms II, LLC. b. The Articles of Organization were filed with the Secretary of State on November 10, 2011. c. The office of the Limited Liability Company will be located in Albany County. d. The Secretary of State is designated as agent of the Limited Liability Company upon whom process against it may be served. The address to which the Secretary of State shall mail a copy of any process against the Limited Liability Company served upon him or her is: Continental Farms II, LLC c/o William D. Pfeiffer, Esq. Girvin & Ferlazzo, P.C. 20 Corporate Woods Blvd. Albany, New York 12211 e. The Limited Liability Company is formed for any lawful business purpose or purposes. 78148 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Formation Northpark Pitt LLC Arts. of Org. filed with SSNY 12/9/2011. Off. Loc.: Albany Cnty. SSNY designated as agent of LLC whom process may be served. SSNY shall mail process to: c/o The LLC, 911 Central Ave., #101, Albany, NY 12206. Purpose: all lawful activities. 78416 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Formation Aliyah Associates LLC Arts. of Org. filed with SSNY 12/7/2011. Off. Loc.: Albany Cnty. SSNY designated as agent of LLC whom process may be served. SSNY shall mail process to: c/o The LLC, 911 Central Ave., #101, Albany, NY 12206. Purpose: all lawful activities. 78417 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Formation Blue Riverside LLC Arts. of Org. filed with SSNY 12/5/2011. Off. Loc.: Albany Cnty. SSNY designated as agent of LLC whom process may be served. SSNY shall mail process to: c/o The LLC, 911 Central Ave., #101, Albany, NY 12206. Purpose: all lawful activities. 78418 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Formation Tribeca Design Showroom LLC Arts. of Org. filed with SSNY 11/30/2011. Off. Loc.: Albany Cnty. SSNY designated as agent of LLC whom process may be served. SSNY shall mail process to: c/o The LLC, 911 Central Ave., #101, Albany, NY 12206. Purpose: all lawful activities. 78419 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Formation Agoon LLC Arts. of Org. filed with SSNY 11/28/2011. Off. Loc.: Albany Cnty. SSNY designated as agent of LLC whom process may be served. SSNY shall mail process to: c/o The LLC, 911 Central Ave., #101, Albany, NY 12206. Purpose: all lawful activities. 78420 (D) (January 11, 2012)

The Spotlight

LEGAL NOTICE

LEGAL NOTICE

Notice of Qualification of SBMS 2000-C3 BRODERICK WAREHOUSE, LLC. App. for Auth. filed with Secy. of State of NY (SSNY) on 12/8/11. Office location: Albany County. LLC formed in Delaware (DE) on 11/4/10. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. DE address of LLC: 1209 Orange St., Wilmington, DE 19801. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: all lawful purposes. 78421 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Qualification of Zodiac Management, LLC. Fictitious Name in NY State: Zodiac Management of New York, LLC. App. for Auth. filed with Secy. of State of NY (SSNY) on 12/7/11. Office location: Albany County. LLC formed in Delaware (DE) on 12/16/09. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Capitol Services, Inc., 1218 Central Ave., Ste. 100, Albany, NY 12205. DE address of LLC: 1675 South State St., Ste. B, Dover, DE 19901. Arts. of Org. filed with DE Secy. of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful act or activity. 78422 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Qualification of Tipsteria LLC. Authority filed with Secy. of State of NY (SSNY) on 12/8/11. Office location: Albany County. LLC formed in Delaware (DE) on 8/18/11. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o National Registered Agents, Inc., 875 Ave. of the Americas, Ste. 501, NY, NY 10001. Principal office address: 485 7th Ave., #404, NY, NY 10018. Address to be maintained in DE: 160 Greentree Dr., Ste. 101, Dover, DE 19904. Arts of Org. filed with the DE Secretary of State, 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: any lawful activities. 78423 (D) (January 11, 2012)

LEGAL NOTICE

Notice of formation of \_Albany NY Fitness LLC. Articles of Org. filed with NY Secretary of State (NS) on 03/29/2011, office location: Albany County. NS is designated as agent upon whom process may be served, NS shall mail service of process (SOP) to NW Registered Agent LLC @ 1773 Western Ave Albany NY 12203, NW Registered Agent LLC is designated as agent for SOP at 1773 Western Ave Albany NY 12203, purpose is any lawful purpose. 78425 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Formation of THROWING FRUIT PRODUCTIONS LLC. Arts. of Org. was filed with SSNY on 12/12/11. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. 78427 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Formation of 8317 FLATLANDS AVE, LLC.



Town sending corrected bills

The Town of Bethlehem has released the following information regarding this year’s tax bills.

Corrected property tax bills are being sent out to adjust a clerical error in the Water District #1 tax rate, which serves a majority of Town residents. This adjustment will reduce previously sent bills, and those who have already paid the original tax bill will be issued refunds. The reduction will be \$7.58 per \$100,000 of assessment (for example, a home assessed at \$150,000 would receive a corrected bill that is lower by -\$11.37). Those who pay their taxes through mortgage escrow accounts need not take any action.

IN BRIEF  
Museum to showcase state

On Saturday, Jan 14 from noon to 4 p.m., the New York State Museum will have a New York State’s Great Places and Spaces Exhibit. It will take place on the 1st Floor Exhibition Halls and admission is free.

An array of historic sites and cultural institutions offer families fun hands-on activities, educational artifacts to explore, and information on regional events to visit throughout the year. NYS Museum professionals will present tours of “From the Collections.” An exhibition showcases many of the museum’s

important collections in anthropology, history and natural science.

The NYS Museum will have a Creative Art Day from 1 to 3 p.m. on Saturday, Jan. 14. The location will be announced on day of the event. Admission will be free. Families are welcome to join Museum art instructor Peggy Steinbach for a creative activity based on an exhibition. Call 473-7154 or e-mail psteinba@mail.nysed.gov for the featured art project.

Workshop open to homeowners

As part of efforts to confront the continuing

local foreclosure crisis, a coalition of non profit legal, housing, and community groups will host free workshops on preventing foreclosure for homeowners at risk of losing their homes.

The next program will be held on Tuesday, Jan. 17, at 6 p.m. at the Affordable Housing Partnership Homeownership Center. This overview will provide basic information about the foreclosure process, timeline, options, resources available and advice about how to move forward. “If someone is facing an adjustable interest rate or has missed a few payments on their mortgage, now is the time to take action,” says Tracy

Petersen of Affordable Housing Partnership and one of the workshop presenters. “Becoming educated about the process and options is the best way to avoid scams and deeper financial difficulties.” Call 434-1730 to register.

**Lyme disease group to meet**

The Capital Region Chapter of the Empire State Lyme Disease Association will hold an Open Forum support group meeting on Saturday, Jan 21, from 1 to 3 p.m. at the Guilderland Public Library, 2228 Western Ave. The Open Forum meetings provide an opportunity

for participants to raise questions, exchange ideas and experiences, make connections, and locate resources, drawing from the extensive experience of the other support group members. Anyone with questions about Lyme disease is welcome to attend. The meeting is free and open to the public. If you would like to be added to the mailing list to be notified of future events, or for further information, contact felicit44@aol.com.

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Arts. of Org. was filed with SSNY on 12/12/11. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. 78428 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Formation of 116 Broadway LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 12/9/11. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 116 Broadway, Menands, NY 12201. Purpose: any lawful activity. 78442 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Formation AWW Reserve LLC Arts. of Org. filed with SSNY 12/15/2011. Off. Loc.: Albany Cnty. SSNY designated as agent of LLC whom process may be served. SSNY shall mail process to: c/o The LLC, 911 Central Ave., #101, Albany, NY 12206. Purpose: all lawful activities. 78445 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Formation 2747 Kingsbridge LLC Arts. of Org. filed with SSNY 12/15/2011. Off. Loc.: Albany Cnty. SSNY designated as agent of LLC whom process may be served. SSNY shall mail process to: c/o The LLC, 911 Central Ave., #101, Albany, NY 12206. Purpose: all lawful activities. 78446 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Formation of CAN-BERRA LLC. Arts. of Org. was filed with SSNY on 12/15/11. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail

LEGAL NOTICE

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. 78448 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Formation of PERTH LLC. Arts. of Org. was filed with SSNY on 12/15/11. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. 78449 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Formation of B J E APPRAISAL SERVICES, LLC. Arts. of Org. was filed with SSNY on 12/15/11. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. 78450 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Formation of MBR SERVICES LLC. Arts. of Org. was filed with SSNY on 12/16/11. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. 78451 (D) (January 11, 2012)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY NAME: JOHNSBURG CABIN LLC. Article of Organization were filed with the Secretary of State of New York (SSNY) on Oc-

LEGAL NOTICE

tober 28, 2011. 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 United States Corporation Agents, Inc., 7014 13th Avenue, Suite 202, Brooklyn, NY 11228. Purpose: For any lawful purpose. 78452 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Formation of ON PATH CONSULTING, LLC. Arts. of Org. was filed with SSNY on 12/20/11. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. 78453 (D) (January 11, 2012)

LEGAL NOTICE

Notice of formation Aysaar LLC, a domestic LLC. Arts. of Org. filed with SSNY on 08/12/2011. office location Albany. The street address is : 10 Momrow Terrace, Albany, NY 12204. SSNY as been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process served to: The LLC 4 New Hyde Park Road , Ste # 4, Franklin Square, NY 11010. Purpose : any lawful act 78457 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Qualification of MTM Insurance Associates, LLC. Fictitious name: MTM Insurance Associates Agency, LLC. Authority filed with Secy. of State of NY (SSNY) on 12/22/11. Office location: Albany County. LLC formed in Massachusetts (MA) on 1/4/07. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Registered Agent Solutions, Inc., 99 Washington Ave., Ste. 1008, Albany, NY 12260. Address to be maintained in MA:

LEGAL NOTICE

575 Chickering Rd., North Andover, MA 01845, also the principal office address. Arts of Org. filed with the MA Secretary of State, One Ashburton Place, Boston, MA 02108-1512. Purpose: any lawful activities. 78458 (D) (January 11, 2012)

LEGAL NOTICE

NOTICE OF FORMATION OF LLC Articles of Organization for CLRC REALTY, LLC were filed with the Secretary of State of New York on December 16, 2011. The office of the company is located in Schenectady County. The Secretary of State has been designated as agent upon which process may be served and a copy of process shall be mailed by the Secretary of State to the LLC at Lombardi, Walsh, Wake-man, Harrison, Amodeo & Davenport, P.C., Ill Winners Circle, Albany, New York 12205. Purpose: for any lawful activity for which limited liability companies may be formed under the law. 78459 (D) (January 11, 2012)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY NAME: CJMJ LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on December 13, 2011. Office location: The Street Address of the limited liability company's office is 406 Kenwood Avenue, Delmar, New York 12054, County of Albany. 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 406 Kenwood Avenue, Delmar, New York 12054. For any lawful purpose. 78447 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Formation of BENDALY LLC. Arts. of Org. was filed with SSNY on 12/23/11. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC,

LEGAL NOTICE

46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. 78626 (D) (January 11, 2012)

LEGAL NOTICE

PERCEPTIVUM LLC was filed with the SSNY on 12/19/2011. Office: Albany. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: c/o CorpCo, 910 Foulk Rd, Ste 201, Wilmington, DE 19803. Purpose: any lawful purpose. 78629 (D) (January 11, 2012)

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC) The name of the LLC is Pratt & Associates, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on 12/21/2011. The purpose of the LLC is to own, operate and manage accounting and tax consulting company and also to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is PO Box 416, Delmar, NY 12054. 78639 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Formation of BOX-AURANT, LLC. Arts. of Org. was filed with SSNY on 12/28/11. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. 78640 (D) (January 11, 2012)

LEGAL NOTICE

LEGAL NOTICE

Notice of Organization of CAD on Pearl, LLC On December 29, 2011, CAD on Pearl, LLC (the "LLC") filed Articles of Organization with the New York State Department of State. The principal business location of the LLC is c/o 61 Briar Avenue, City and County of Albany, New York. The New York Secretary of State is designated as the agent upon whom process against the LLC may be served. The post office address to which the Secretary of State shall mail a copy of any process against the LLC served upon him or her to the LLC is c/o 61 Briar Avenue, Albany, New York 12203. The LLC is organized for the purpose of a restaurant/bar and any other lawful business. 78641 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Formation of NICOLE CARNEY LLC. Arts. of Org. was filed with SSNY on 12/29/11. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. 78642 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Formation of SWEET DWELLING LLC. Arts. of Org. was filed with SSNY on 12/29/11. Office location: Albany County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o The LLC, 46 State St., Albany, NY 12207. The registered agent is: USA Corporate Services Inc. at the same address. Purpose: all lawful activities. 78643 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Qualification of WILDCAT, LLC. App. for Auth. filed with Secy. of

LEGAL NOTICE

State of NY (SSNY) on 12/28/11. Fictitious name in NY State: WILDCAT, LLC OF PA. Off. loc.: Albany County. LLC formed in Pennsylvania (PA) on 4/25/07. 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. PA address of LLC: 1425 Mountain Drive North, Bethlehem, PA 18015. Arts. of Org. filed with PA Secy. of State, 401 North St., Ste. 206, Harrisburg, PA 17120. Purpose: any lawful act or activity. 78644 (D) (January 11, 2012)

LEGAL NOTICE

Notice of Formation of Elizabeth Donne, LLC. Articles of Organization filed with Secy. of State of NY (SSNY) on 10/31/11. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC, 52 Aldershot Lane, Manhasset, NY 11030. Purpose: any lawful act or activity. 78645 (D) (January 11, 2012)

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY 1. The name of the Limited Liability Company is 391-393 Madison Ave., LLC 2. The Articles of organization of the Limited Liability Company were filed on December 7, 2011 with the New York Secretary of State. 3. The office of the Limited Liability Company is located in Albany County. 4. Secretary of State is designated as agent of the Limited Liability Company upon whom process against it may be served. 5. The Secretary of State shall mail a copy of process served to the Limited Liability Company to 33 Murray Drive, Glenmont, New York 12077 6. The latest date to dissolve is indefinite. 7. The purpose of the Limited Liability Company is to conduct all lawful activity. 78648 (D) (January 11, 2012)



Readers

(From Page 24)

Burnt Hills/Ballston Spa and Niskayuna/Schenectady, which are both behind them in the standings.

All that S/C needs to do is keep playing the type of defense that has helped it move towards the top of the heap.

Elsewhere, give the Siena College athletic department credit for wanting to give fans of its men's basketball team everything they could want Sunday. Siena wanted to broadcast the NFL playoff game between the New York Giants and Atlanta Falcons live on the Times Union Center's video scoreboards during the MAAC game between the Saints and Niagara. Unfortunately, the NFL stepped in the morning of the game and said Siena couldn't do it.

It actually worked out for the best, though. Without the Giants' game on the video board, fans could focus on Siena's impressive 72-60 victory over Niagara that was fueled by O.D. Anosike's 11<sup>th</sup> consecutive double-double – a school record. Anosike, who spent part of last summer playing in the Capital District Basketball Association, netted 27 points and added 14 rebounds to help the Saints pull off two key league victories in a 36-hour period (Siena defeated Fairfield 73-60 Friday).

Siena fans won't have any conflicts of interest for the next home game. The Saints play Rider Thursday night at the Times Union Center, three days before the Giants visit Green Bay in the NFC divisional playoffs.

That's it for this week. If you have any comments or tips, e-mail me at jonasr@spotlightnews.com, and don't forget to follow me on Twitter at jonas\_spotlight.

Death

(From Page 24)

walk through a thigh-high river in the dark, there was a log-splitting station and there was a mountain climb while carrying a log that included memorizing a Bible verse word for word at the top and reciting it at the bottom. And that was only a partial list of what competitors needed to do during a 45-hour marathon.

"It's constant motion from one thing to the next without sleep," said Frasier. "You can go at your own pace."

So, how does one train for an event where you don't know what comes next? In Frasier's case, he trains by getting in half-hour runs at The Crossings in Colonie and lifting weights at home.

"I keep a lot of variety in my workouts," said Frasier. "I don't belong to a crossfit gym, but I follow a lot of the crossfit guidelines."

One thing Frasier is doing differently in preparing for the 2012 Spartan Death Race is running while wearing a chain mail shirt he made back in high school.

"What I'm hoping to

start this year is weighted runs ... because the most difficult thing about this race is weighted runs up and down a mountain," said Frasier.

Frasier's desire to compete in extreme events began several years ago when he was looking for a challenge that would motivate him to get in the best shape of his life. The first event he competed in was the annual Tough Guy Challenge in Great Britain. Then, he found the Spartan Death Race.

Frasier said that what attracted him was the variety of the challenges involved in these events.

"First of all, the obstacle course aspect of it can be fun – almost like a playground atmosphere," said Frasier. "It's like a giant playground for adults. There is something fun about it, and it isn't all about coming in first place either. There is usually a party aspect to it, too."

Still, Frasier is serious about completing the Spartan Death Race – an event that approximately 20 percent of all competitors manage to do every year.

"That's what I'm after – the satisfaction of completing the race," said Frasier.

Frasier has come close to completing the Spartan Death Race in his two attempts. He got through 23 hours of the 2010 race before pulling out, and he increased that time to 31 hours last year despite being hampered by a knee injury that limited his training. And though he failed to complete all the tasks those two years, Frasier said he got a lot out of his experiences.

"You really learn something about yourself that you might not have otherwise had the opportunity to learn," said Frasier. "Despite the difficulty of the race, it's a really awesome thing to do with this group of people."

The number of people that compete in the Spartan Death Race is rather small, but it is growing. Frasier said that last year's event drew approximately 200 competitors, which was nearly four times the number that took part in the 2009 event.

"The people signing up for it are looking for a particular challenge," said Frasier.

It's the challenge of completing the Spartan Death Race that Tom Frasier is hoping to meet in 2012.

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# Power

(From Page 24)

responded to the tying goal like it was the winning goal.”

S/C (4-1-0, 4-5-2) grabbed the lead on Egan’s sixth goal of the season 3:29 into the first period and had several chances to expand it, but Bethlehem goaltender Zachary Sanchez turned away several scoring bids.

Meanwhile, Bethlehem’s offense found it difficult to get anything on goal against an aggressive S/C defense. The Jets consistently placed bodies in the middle of the defensive zone and deflected several Bethlehem shots.

“For the most part, we out-skated them in the defensive zone ... but they crowded the front of the net,” said Rodrigue.

Bethlehem thought it had finally broken through when John Gosstola ripped a shot over S/C goaltender Kodi Riddell’s shoulder with 1.9 seconds showing on the clock. However, it was waved off when the referees learned that the clock had not started following a face-off with 10.6 seconds left in the first period. The clock did move, but only after several seconds should have come off, which resulted in the referees’

ruling that Gosstola’s shot would not have gotten off before the buzzer sounded.

Gosstola officially notched his team-leading 15th goal of the season in the second period when he ripped home a power play goal on a tough-angle shot. That goal gave Bethlehem some momentum heading into the third period.

After one potential Eagles’ goal was waved off early in the third period because the cage came loose, Bethlehem took a 2-1 lead when Matt State’s long, bouncing shot hopped past Riddell with 7:54 left in regulation.

“I had it,” said Riddell. “I saw it bouncing around me, and it just went over my pad.”

“It’s tough to work hard and then have the fruit of your labor wiped away almost immediately,” said Rodrigue. “But the thing is we had those two goals waved off, and we still scored the potential game winner.”

A series of Bethlehem penalties ultimately turned the tide in S/C’s favor, though. Cameron Shepardson and Nicholas Parente were sent to the penalty box within a 1:05 of each other, giving S/C a 5-on-3 advantage. Serafino scored the tying goal one second before Shepardson’s penalty expired, and Egan tallied one minute later to give the

Jets a 3-2 lead.

“I think our focus this season is that we know we can score,” said Hudak. “So [after State’s goal], we were like, ‘Don’t worry about it. We can get it back.’”

Three more Bethlehem penalties followed in the wake of Egan’s tally, which left the Eagles in no position to challenge for a tying goal. Sanchez made a pair of saves to prevent S/C from expanding its lead, but it couldn’t prevent the Jets from winning the game.

Sanchez made 30 saves for Bethlehem, while Riddell stopped 29 shots for S/C.

“I couldn’t have done this without [my defenders],” said Riddell, who picked up his second win as a starter this season. “They were a big help tonight.”

“He’s finally got some confidence,” Hudak said of his netminder. “He’s gotten used to starting now, which is big because this is only his second year of playing [varsity] hockey and he’d never started a game before this season.”

Both teams have six days off before their next CDHSHL games. S/C hosts Burnt Hills/Ballston Spa Friday, while Bethlehem meets league-leading Saratoga Springs at the Bethlehem Area YMCA.

## Going strong to the basket



Guilderland’s Kelsey Michele (22) collides with Ballston Spa’s Geena Gallo (33) while taking a shot during last Friday’s Suburban Council game in Guilderland. The Lady Dutch improved their league record to 4-3 with a 48-36 victory over the Scotties. Kelly Van Epps led Guilderland with 15 points.

Justin Cummings/Spotlight

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Sports in the Spotlight

# Power play goals fuel Jets' win

**Bethlehem loses lead in final 3:26 of the game**

By ROB JONAS  
jonasr@spotlightnews.com

A strong defensive effort and a pair of late power play goals fueled Shaker/Colonie's biggest win of the hockey season to date.

Andrew Serafino and Eric Egan scored with the man advantage late in the third period to help the Jets beat Bethlehem 3-2 in Saturday's Capital District High School Hockey League game at the Albany County Hockey Facility.

"It was a great team effort," said S/C coach Steve Hudak. "I think it's the first time all year

where we battled through [adversity] and came out on the other end [with a win]."

Bethlehem (4-1-0 league, 9-3-0 overall) had a rough night all around. The Eagles had two goals disallowed – one because of a clock malfunction, and the other when the goal came off its mooring before the shot went in – and their frustration boiled over in the final 3:26 in the form of four penalties and a misconduct call.

"We were frustrated," said Bethlehem coach Andre Rodrigue. "I think a lot of it was that what happened earlier in the game wore on us, but the fact of the matter is ... we didn't respond well when they tied the game. We

❑ Power Page 23



Goaltender Kodi Riddell (30) and the Shaker/Colonie defense thwart a Bethlehem scoring bid during Saturday's Capital District High School Hockey League game at the Albany County Hockey Facility. Robert Goo/Spotlight

## Readers make best watchdogs

I'm leading off this week's column with an apology to reader Sheri Murphy Morlock of Clifton Park, who pointed out that I forgot to mention the Shenendehowa girls volleyball team's second consecutive Section II Class AA title in last week's year-in-review article. I regret the oversight.

This does bring up a point that I've made to the occasional reader time and again over the last 11 years that I've been working here, though. Being responsible for covering 18 Section II high schools in every sport imaginable is very tough when you're the only full-time person doing it. Oversights are going to happen, no matter how diligent I am in trying to capture every achievement.

This is why I hope that you, my readers, will continue to point out varsity teams that deserve to be mentioned in our pages. I may not be able to write more than one article on that team given time and space constraints, but I will do my best to get something in when you ask for coverage. With your assistance, hopefully no varsity team's achievements will go unnoticed.

Moving on to the current sports season, those who thought that the word "defense" could not be used in association with the Shaker/Colonie hockey team might want to look at what the Jets have done over the last month. S/C has allowed two or fewer goals in five of its last six games – a stretch in which the Jets have gone 4-1-1. That followed a five-game stretch in which S/C allowed 26 goals.

Saturday's 3-2 Capital District High School Hockey League victory over Bethlehem was a prime example of how much the Jets have improved inside their blue line. S/C frustrated a high-scoring Bethlehem team (4.0 goals per game average entering the game) by clogging the front of the net and deflecting several shots that might otherwise have gotten on goal. Senior goaltender Kodi Riddell handled many of the ones that did reach him, stopping 29 of Bethlehem's 31 shots.

"Before this game, no one thought we could keep [teams] down," said Riddell, who earned only his second win in six starts. "I think teams are going to realize that [we have a good defense]."


Currently, S/C is in contention for a top-four seed in the Section II Division I playoffs. The Jets are in second place in the CDHSHL standings with a 4-1-0 league record and eight standings points – three points behind league-leading Saratoga Springs, which has also played three more league games than S/C. The Jets can make up more ground this weekend as they play

❑ Readers Page 22

From the

# Sports Desk

Rob Jonas



## Preparing for death race

**Frasier hopes to complete challenging event**

By ROB JONAS  
jonasr@spotlightnews.com

When you participate in an event where the website is called youmaydie.com, you know you're in for a challenge.

Albany resident Tom Frasier has tried to meet the challenge of Vermont's Spartan Death Race each of the past two years, only to fall short by several hours. So, Frasier is already training for this year's event, which takes place the weekend of June 12 and 13.

"There is something about it that makes me want to work towards a goal ... and put myself to the test," said Frasier.

The Spartan Death Race isn't about simply running. Event organizers Joe DeSena and Andy Weinberg set up an obstacle course on land that includes a mountain, a lake and a river with tasks that challenge both the body and the mind.

"Their goal was that the toughest people have a chink in their armor somewhere, and they were going to find it and exploit it," said Frasier.

What makes it tougher on the competitors is that they have no idea what the tasks may be. Organizers keep that aspect of the race secret until the competitors reach each station. The only information that the competitors receive prior to the race is a list of items they must bring with them.

"They do it differently every year, and there is



Albany resident Tom Frasier jogs while wearing a chain mail shirt at The Crossings in Colonie. Frasier is using the shirt to prepare for the weighted runs he will face at this June's Spartan Death Race in Vermont. Rob Jonas/Spotlight

a different theme every year," said Frasier. "Last year, the theme was world religions."

Frasier had to bring an axe, a hand drill, a hand saw, goggles, a Dixon Ticonderoga No. 1 pencil, a \$20 bill and two

\$1 bills to the 2011 race. Initially, competitors were asked to bring a live fish to the competition, but the requirement was changed to the \$20 bill.

"Turns out, the \$20 was for a fishing license, and the two \$1 bills were for

a donation to the church where the race began," said Frasier.

The tasks were as varied as the list of items that competitors needed. There was a seven-mile

❑ Death Page 22