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NEWS
Local hero

Delmar Fire volunteer earns distinguished award.

Story on Page 2

INDEX

Police, courts and calls 2
Sports 5-6
Entertainment..... B1-B20
Classifieds B17
Opinion 11
Crossword B8
Service Directory B14

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TOP STORY

Farm to table

Planning Board tables discussion on proposed Kleinke Farm development

By **DIEGO CAGARA**
cagarad@spotlightnews.com

ELSMERE — After an extensive discussion which endured until almost 10 p.m., the Planning Board voted unanimously to table a conservation subdivision application to be located at the historic Kleinke's Farm on 65 Kenwood Avenue.

The application

The applicant and landowner, Linda Kleinke, who did not attend the meeting; the involved developer, Cardona Development; and Schenectady-based engineering firm, Ingalls & Associates all seek to construct 46 single-family attached townhouse units, 10 single-family detached homes, and maintain the existing single-family farmhouse. The application had been shown to the Planning Board last year on June 19 and July 7.

The conservation subdivision would take up 67.19 acres, 31.12 acres of which is zoned as Residential A and 36.07 acres in the Rural zoning district. There are also

Continues on page 10



Open farmland that runs along the north side of Kenwood Avenue on Kleinke Farm. A representative from the developer said traffic should be no more than 40 additional visits in each the morning and evening.
Spotlight File Photo

ENTERTAINMENT



Freaking out

L.A. duo caught lightning in a bottle with 'Capsize' and is now setting sail with new album, tour.

Story on Page B1

SPORTS



BC gets by

Eagles and Dutchmen battled it out in lacrosse last week.

Story on Page 5



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■ POLICE, COURTS, and EMERGENCY CALLS



Our local hero

Delmar Fire Department's Michael Gervais earned the VFPASNY's Fire Police of the Year Award for his alert observation of a developing fire in the chimney of a local family's home. He quickly directed the family to safety, who was unaware of the fire, and called emergency response crews. The family, and the home, was saved.

Submitted photo

Murder-suicide

GUILDERLAND — Guilderland police reported that the two people found dead in a Schoolhouse Road home on Friday afternoon was the result of a murder/suicide involving a 27-year-old mother and her 5-year-old daughter.

Caitlin Melville shot her daughter before she killed herself in their home at 169 Schoolhouse Road, according to a statement Guilderland police released on Saturday afternoon. Police are continuing to investigate the situation. No motive behind the murder and suicide has been found. Melville's daughter was a student at Westmere Elementary School, said police. Marie Wiles, Guilderland Superintendent of Schools, described the community as "stunned," "saddened" and "grieving."

"In times like these, our first obligation is to support the health and safety of our students, faculty, and staff," Wiles stated in a press release. "A team of counselors, school

psychologists, and social workers will be on hand at Westmere Elementary School in the coming days to provide support to any student, faculty or staff member who might need assistance. Support will also be available throughout the district's other six school buildings and will remain in place as long as needed."

It was previously reported that the home was owned and occupied by Uwe M. Donaldson based on Albany County records from last year. Donaldson, however, died previous to Friday night's incident. The two-story house is located south of Western Avenue and north of the border shared between the towns of Bethlehem and Guilderland.

Guilderland police were reportedly called to 169 Schoolhouse Road at approximately 3 p.m. on Friday afternoon. Police presence soon escalated and persisted into the evening.

Animal cruelty

BETHLEHEM — On Tuesday, May 14, Bethlehem police arrested

two Selkirk residents in regards to an animal cruelty investigation.

Bethlehem police began an investigation into animal cruelty after receiving a report in April about a semi-conscious dog that was found in a plastic bag in Selkirk. The dog was immediately brought to a veterinary clinic where it passed away. The dog was found to be severely malnourished and had lacked any regular veterinary care.

As a result of the investigation, Bethlehem police charged Desirae A. Fantroy, 25, and Ta-Von D. McCall, 28, both of Selkirk, with one felony count of Aggravated Cruelty to Animals, and one misdemeanor count of Failure to Provide Proper Sustenance. Fantroy and McCall were issued appearance tickets and will appear in the Town of Bethlehem Court on Tuesday, May 21 at 5:30 p.m.

Anyone with more information about this case should contact Bethlehem police at 518-439-9973.

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■ COMMUNITY

Freihofer's Run for Women to award \$10,000 to two women-focused missions

ALBANY — Two local charities with women-focused missions will receive checks totaling \$10,000 from the 41st annual Freihofer's Run for Women event registration fees.

Freihofer's, a leading baker of delicious products, aims to foster the growth and recognition of women in sports and inspiring all generations of women to experience the benefits of exercise and nutritious eating.

Girls Inc. of the Great Capital

Region aims to inspire all girls to be strong, smart and bold. The organization, which has offices in Albany and Schenectady, serves more than 1,000 girls annually through its award-winning, research-based programs.

"Girls have the right to accept and appreciate their bodies and are entitled to thrive in communities that invest in their total physical, mental, and emotional wellness. Girls also need access to information, resources and skills to be effective

partners in promoting their own healthy development," said executive director Ashley Jeffrey Bouck. "We are so grateful that the Freihofer's Run for Women has chosen to partner with us and invest in our local girls."

Albany-based Caring Together, meanwhile, plays a leading role in the battle against ovarian cancer, the fifth leading cause of cancer-related deaths among women in the United States.

The group is dedicated to providing support, education, and advocacy for women with ovarian cancer and supporting research efforts aimed at finding an early detection test and a cure.

"We're very excited about the opportunity to work with the Capital Region's most time-honored and empowering sporting event," said president Maggi Royle. "The Caring Together community is full of wonderful people with inspirational stories of survival

and thriving despite dealing with ovarian cancer. We are extremely grateful to have another venue to spread awareness of ovarian cancer."

Girls Inc. and Caring Together will accept their checks at the Freihofer's Run for Women's Media Hour, on Friday, May 31 from 2 to 3 p.m. at the Renaissance Albany Hotel, 144 State St. in Albany.

For more information, visit freihoferstrun.com.

CAPITAL DISTRICT TRANSPORTATION COMMITTEE BUSINESS MEETING

June 6, 2019 • 3:00 p.m.
Capital District Transportation Committee
One Park Place, Albany, New York
www.cdtcmpo.org

CDTC is the Metropolitan Planning Organization for Albany, Rensselaer, Saratoga and Schenectady area. The public is welcome to comment on transportation related issues within the Capital District.

TO REGISTER TO SPEAK, CALL 518-458-2161

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EMS STRONG BEYOND THE CALL



National EMS Week – "Beyond the Call" Now thru May 26, 2019

On the occasion of National Emergency Medical Services (EMS) Week, we thank the dozens of everyday heroes who provide emergency medical service in the Town of Bethlehem. It is our privilege to salute the Emergency Medical Technicians (EMTs), Advanced EMTs, Paramedics, and ambulance operators of Delmar- Bethlehem EMS and the Albany County Sheriff's Office EMS Unit, as well as our partner emergency responders at Sabic Innovative Plastics in Selkirk.

The residents of our community benefit every day from the skill and commitment of our volunteer and career EMS professionals who are dedicated to saving lives and providing compassionate medical care. They are selfless professionals who dedicate the time, day and night, 365 days a year, to respond to the emergency needs of our community. Working together as partners, the members of Delmar-Bethlehem EMS and the employees of the Albany County Sheriff's Office EMS Unit answered more than 3,800 calls for medical assistance, emergencies, and accidents in the Town of Bethlehem during 2018.

Our agencies have worked together with the Town of Bethlehem to build an efficient and high-quality EMS system. This includes more than \$5 million in savings and 100,000 scheduled volunteer responder hours over the last six years. In addition, our EMS responders dedicate thousands of hours each year to practicing their skills, taking training classes, mentoring new responders, and maintaining equipment.

This year we celebrate the opening of the new Town of Bethlehem Ambulance Station at 114 Adams Street. We are grateful to the Town of Bethlehem for providing an exceptional facility to support emergency medical services in our community.

Our community is remarkably fortunate to have so many individuals who are committed to caring for their neighbors. Please join us in saluting our community's EMS professionals.

Sincerely,
 The Directors and Officers of Delmar-Bethlehem EMS and the Albany County Sheriff's Office EMS Unit



Steven Kroll, Executive Director and Chief
 David Scoons, President
 Delmar-Bethlehem EMS

Craig D. Apple, Sr.
 Albany County Sheriff

Delmar-Bethlehem EMS is made up of dedicated men and women who provide emergency medical ambulance service for the communities of Delmar, Elsmere, Glenmont, North Bethlehem, Selkirk, Slingerlands, and South Bethlehem, 24 hours a day, seven days a week. The Albany County Sheriff's Office provides Paramedic coverage and supplemental EMT staffing in the Town of Bethlehem.

www.DelmarEMS.org
<http://albanycounty.com/Government/Departments/CountySheriff/EmergencyMedicalServicesUnit.aspx>

Delmar-Bethlehem EMS and Albany County Sheriff's Office EMS Division on Facebook

COMMUNITY



Patriots take flight

Veterans and volunteers of the latest Patriot Flight to Washington D.C. at Arlington National Cemetery.

Submitted photo

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OBITUARY

Billie Helena Knott Dye

DELMAR — Billie Helena Knott Dye, 102, died May 12, 2019 at Delmar, NY. Born on November 17, 1916 in Carney's Point, NJ to the late William A. Knott and Ethelyn C. Casto Knott, she attended New Jersey schools and graduated from Pleasantville High School in 1934, then attended the Woman's Medical School at East Falls, PA.



Caroline, and Warren Dye; and Alexandra Breisacher. She was predeceased by her beloved husband of 71 years; a brother, Alan Knott; and sister, Phyllis Knott Dangler.

The family would like to thank the medical and Hospice staff and aides for their professional and loving care for Billie during the last few months of her life.

There will be no viewing hours. Family and friends are invited to attend a memorial service to be held at St. Stephen's Episcopal Church, 16 Elsmere Ave., Delmar, NY 12054 on Saturday, June 15, 2019 at 11:00 a.m. followed by inurnment in the church's columbarium. A reception will be held in the parish hall to greet the family and friends. In remembrance of Billie, those wishing may make contributions to St. Stephen's Church Memorial Fund, the Town of Bethlehem Senior Services, Northeast Assn. of the Blind at Albany (NABA) or WMHT/RISE.

Billie was married to the late Ernest Warren Dye on September 9, 1939 at St. Mark's Episcopal Church in Pleasantville, NJ. After living in Wantagh, NY, she was a resident of Delmar since 1972.

She served as president of the Episcopal Church Women of St. Stephen's Church in Delmar and was an instructor, lobbyist, and long-term advocate for the visually impaired through Northeast Association of the Blind at Albany; RISE, a reading service; and the Library for the Blind. In 2003 she was a recipient of the Lifetime Achievement

Award from the Capital District Senior Issues Forum.

Billie is survived by three loving sons: Mark C. Dye of Otego, NY; Christopher W. Dye (Mary) of Lancaster, PA; and Paul A. Dye (Christine) of Tucson, AZ; five grandchildren: Karen E. Dye Roos (Major Shannon) of Burke, VA; Adam W. Dye (Allison) of Nashville, TN; Bethany Dye Breisacher (David) of Paoli, PA; Craig G. Dye (Emily) of Tucson, AZ; and William E. Dye (Raena) of Frankfort, NY; and four great-grandchildren: Charlotte,

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May 22, 2019

Spotlight on Sports

www.spotlightnews.com PAGE 5



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■ HIGH SCHOOL SPORTS

Bethlehem gets by Guilderland

BETHLEHEM — The No. 2 seed Eagles boys lacrosse team got by Guilderland 10-7 in the first round of the Section II Class A tournament on Saturday, May 19, and will take on No. 3 seed Shen on Tuesday, May 21.

Against Guilderland, Ben Reilly had three goals while Liam Ferris had two goals and two assists and Ben LaVigne had two goals. Jackson Carroll, Justin Barnes and Connor Carroll each had a goal for the Eagles.

For the Dutch, seeded No. 7, Nick Cordins and Danny Machiarella had three goals each while Mitchell Mackissack had a goal.

Patrick Kelty had 17 saves for Guilderland while Matt Stento had nine for Bethlehem.

Shen got to the semis by beating No. 6 seed CBA 15-6.

Check out website for more photos of Saturday's game and coverage of Tuesday's game, which was played after this paper went to print.

— Jim Franco



■ HIGH SCHOOL SPORTS

Blackbirds advance to semis after OT win

VOORHEESVILLE — It took the No. 4 seed Blackbirds overtime to beat Cambridge 10-9 on Saturday, May 18 and advance to the semifinals of the Section II Class D tournament.

Ian Owns had three goals and three assists for Voorheesville while Jake Palmer had three goals. Josh Hanlon had two goals while Dan Kekis and Evan Clough had a goal each.

For Cambridge, the No. 5 seed, Gabriel Sgambettera had four goals and Jamie Olvera had three goals and three assists.

Voorheesville goalie Evan O'Connor had a dozen saves in the win.

The Blackbirds will play the No. 1 seed Schuylerville at Schuylerville on Tuesday, May 21 at 7 p.m., which is after this paper goes to print.

—Jim Franco



Eagles drop one to Burnt Hills

ALBANY — Despite scoring four runs in the bottom of the last, the Bethlehem baseball team dropped a suburban Council game to Burnt Hills 9-7 on Senior Day.

Nick Zigrosser went 3 for 4 with an RBI to lead the offense for Bethlehem while Mike Turoski and Andrew Voelker went 2 for 4. Josh Bein, Geo Ortega and Michael Mullen each had a hit.

Four players from Burnt Hills had a two-hit game: Derek Haughey, Sam Gardy, Zack Scribner and Alex Morse.

On a rare sunny day, the game originally scheduled for Monday, May 13, was played at UAlbany on Thursday, May 16, and a host of Bethlehem pitchers had a difficult time finding the strike zone, walking nine, and Burnt Hills committed five errors.

Bethlehem played at Saratoga on Monday, May 20 and finish out the regular season at Mohonasen a day later.

Sectional brackets are due out this week.

—Jim Franco



LEGALS**NOTICE OF LLC FORMATION**

1 OF 25 PRODUCTIONS LLC. Arts. of Org. filed with the SSNY on 02/12/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Mishi R. Torgove, 2 Northside Piers, Apt. 7D, Brooklyn, NY 11249. Purpose: Any lawful purpose. D-214782

NOTICE OF LLC FORMATION

100 SYLVIA LLC. Arts. of Org. filed with the SSNY on 04/08/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Trop Law Group LLP, 19-02 Whitestone Expressway, Suite 103, Whitestone, NY 11357. Purpose: Any lawful purpose. D-214944

NOTICE OF LLC FORMATION

105-08 32 LLC. Arts. of Org. filed with the SSNY on 04/10/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 182-20 Aberdeen Road, Jamaica, NY 11432. Purpose: Any lawful purpose. D-216637

NOTICE OF LLC FORMATION

106 LA CONTENTA, LLC. Arts. of Org. filed with the SSNY on 03/11/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 106 Norfolk Street, New York, NY 10002. Purpose: Any lawful purpose. D-216087

NOTICE OF LLC FORMATION

112 KINGSLAND AVE LLC. Arts. of Org. filed with the SSNY on 04/10/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Falcon Rappaport & Berkman PLLC, 265 Sunrise Highway, Suite 50, Rockville Centre, NY 11570. Purpose: Any lawful purpose. D-216020

NOTICE OF LLC FORMATION

118 PIZZA LLC. Arts. of Org. filed with the SSNY on 03/01/19, with an existence date of 04/19/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 6551 77th Street, Middle Village, NY 11378. Purpose: Any lawful purpose. D-215273

LEGALS**NOTICE OF LLC FORMATION**

122 GREENWICH AVE PHA LLC. Arts. of Org. filed with the SSNY on 05/01/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Stonepeak Partners, 55 Hudson Yards, 550 West 34th Street, 48 Floor, New York, NY 10001. Purpose: Any lawful purpose. D-218363

NOTICE OF LLC FORMATION

13 TOMPKINS AVENUE LLC. Arts. of Org. filed with the SSNY on 04/10/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 84 Bayview Avenue, Staten Island, NY 10309. Purpose: Any lawful purpose. D-215246

NOTICE OF LLC FORMATION

1656 DEKALB MEMBERS LLC. Arts. of Org. filed with the SSNY on 04/12/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Edward R. Smolka, 5 Tudor City Place, Lobby 11, New York, NY 10017. Purpose: Any lawful purpose. D-216555

NOTICE OF LLC FORMATION

199 NORTH 5th OWNER LLC. Arts. of Org. filed with the SSNY on 04/17/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 9728 3rd Avenue, Suite 133, Brooklyn, NY 11209. Purpose: Any lawful purpose. D-215946

NOTICE OF LLC FORMATION

203 GRANDVIEW AVE LLC. Arts. of Org. filed with the SSNY on 05/09/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 114 Shiloh Street, Staten Island, NY 10314. Purpose: Any lawful purpose. D-217917

NOTICE OF LLC FORMATION

209 GRANDVIEW AVE LLC. Arts. of Org. filed with the SSNY on 05/09/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 114 Shiloh Street, Staten Island, NY 10314. Purpose: Any lawful purpose. D-217924

NOTICE OF LLC FORMATION

214 WEST 88th STREET GARAGE LLC. Arts. of Org. filed with the SSNY on 04/19/19. Office: Al-

LEGALS

bany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 10 East 33rd Street, 11th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-216118

NOTICE OF LLC FORMATION

215 GRANDVIEW AVE LLC. Arts. of Org. filed with the SSNY on 05/09/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 114 Shiloh Street, Staten Island, NY 10314. Purpose: Any lawful purpose. D-217927

NOTICE OF LLC FORMATION

2268 WATERBURY REALTY LLC. Arts. of Org. filed with the SSNY on 04/24/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 2266 Waterbury Avenue, Bronx, NY 10462. Purpose: Any lawful purpose. D-216589

NOTICE OF LLC FORMATION

23-25 35th STREET LLC. Arts. of Org. filed with the SSNY on 05/15/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 23-25 35th Street, Astoria, NY 11103. Purpose: Any lawful purpose. D-218413

NOTICE OF LLC FORMATION

240 FLATBUSH LLC. Arts. of Org. filed with the SSNY on 03/22/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 1568 F.D.R. Station, New York, NY 10150. Purpose: Any lawful purpose. D-215482

NOTICE OF LP FORMATION

242 Tenth Owner LP. App. for Auth. filed with the SSNY on 04/08/19. Originally filed with Secretary of State of Delaware on 04/03/19. Date of duration is perpetual. Office: Albany County. SSNY designated as agent of the LP upon whom process against it may be served. SSNY shall mail copy of process to the LP, c/o Greenwich Village Capital, 30 East 9th Street, 3BB, New York, NY 10003. D-215275

NOTICE OF LLC FORMATION

249 PURDY LLC. Arts. of Org. filed with the SSNY on 04/18/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-

LEGALS

cess to the LLC, 638 Manor Road, Staten Island, NY 10314. Purpose: Any lawful purpose. D-217785

NOTICE OF LLC FORMATION

29 FIFTH LLC. Arts. of Org. filed with the SSNY on 05/01/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Steven L. Kroleski, Esq., 201 Wolfs Lane, Pelham, NY 10803. Purpose: Any lawful purpose. D-217382

NOTICE OF LLC FORMATION

29 WILLOUGHBY ST LLC. Arts. of Org. filed with the SSNY on 04/11/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 29 Willoughby Street, Brooklyn, NY 11201. Purpose: Any lawful purpose. D-216556

NOTICE OF LLC FORMATION

300 EAST 46TH STREET GARAGE LLC. Arts. of Org. filed with the SSNY on 04/12/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 10 East 33rd Street, 11th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-215500

NOTICE OF LLC FORMATION

3070 HULL REALTY CO. LLC. Arts. of Org. filed with the SSNY on 04/24/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Miller & Miller, 29 Locust Avenue, Rye, NY 10580. Purpose: Any lawful purpose. D-216708

NOTICE FOR LLC FORMATION

310 HOLDINGS, LLC. Arts. of Org. filed with the SSNY on 04/12/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 122 East 42nd Street, Suite 4705, New York, NY 10168. Purpose: Any lawful purpose. D-215514

NOTICE OF LLC FORMATION

317 HOLDINGS, LLC. Arts. of Org. filed with the SSNY on 04/12/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 122 East 42nd Street, Suite 4705, New York, NY 10168. Purpose: Any lawful purpose. D-215516

LEGALS**NOTICE OF LLC FORMATION**

36 CLAVER PLACE LLC. Arts. of Org. filed with the SSNY on 05/13/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Sophie Gimonet, 123 Colabar Rd, Montgomery, NY 12549. Purpose: Any lawful purpose. D-218140

NOTICE OF LLC FORMATION

36-05 DITMARS, LLC. Arts. of Org. filed with the SSNY on 05/06/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Kapsalis Associates P.C., 12-52 Clintonville Street, Suite 200, White-stone, NY 11357. Purpose: Any lawful purpose. D-217475

NOTICE OF LLC FORMATION

38 CANTON CT, LLC. Arts. of Org. filed with the SSNY on 04/27/17. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 1516 Park Road, Lake Placid, FL 33852. Purpose: Any lawful purpose. D-217057

NOTICE OF LLC FORMATION

44th DRIVE GROUP LLC. Arts. of Org. filed with the SSNY on 03/08/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Jacob Sebag & Associates, P.C., 20 East 74th Street, Suite 1B, New York, NY 10021. Purpose: Any lawful purpose. D-215477

NOTICE OF LLC FORMATION

44th STREET PROJECT, LLC. Arts. of Org. filed with the SSNY on 04/18/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 1634 47th Street, Brooklyn, NY 11204. Purpose: Any lawful purpose. D-216075

NOTICE OF LLC FORMATION

461 MYRTLE AVENUE FUNDING LLC. Arts. of Org. filed with the SSNY on 02/13/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Hirshmark Capital LLC, 15 West 26th Street, Suite 901, New York, NY 10010. Purpose: Any lawful purpose. D-215410

LEGALS**NOTICE OF LLC FORMATION**

52 SACKMAN STREET, LLC. Arts. of Org. filed with the SSNY on 03/20/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 404 Peninsula Boulevard, Hempstead, NY 11550. Purpose: Any lawful purpose. D-216091

NOTICE OF LLC FORMATION

55 WATER STREET LLC. Arts. of Org. filed with the SSNY on 05/08/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 55 Water Street, Brooklyn, NY 11201. Purpose: Any lawful purpose. D-217789

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

61-67 Morris, LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on September 2, 2016. Office location: County of Albany, State of New York. 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, 1971 Western Avenue, #246, Albany, New York 12203. For any lawful purpose. D-215147

NOTICE OF LLC FORMATION

6155 OREGON ROAD LLC. Arts. of Org. filed with the SSNY on 04/05/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Gordon & Petkos LLP, 1790 Broadway, Suite 710, New York, NY 10019. Purpose: Any lawful purpose. D-214867

NOTICE OF LLC FORMATION

6175 OREGON ROAD LLC. Arts. of Org. filed with the SSNY on 04/05/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Gordon & Petkos LLP, 1790 Broadway, Suite 710, New York, NY 10019. Purpose: Any lawful purpose. D-214869

NOTICE OF LLC FORMATION

639 E. 96th STREET LLC. Arts. of Org. filed with the SSNY on 03/22/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Doreen Sterling, 639 E. 96th Street, Brooklyn, NY 11236. Purpose: Any lawful purpose. D-218211

LEGALS**NOTICE OF LLC FORMATION**

63RD STREET COUSINS LLC. Arts. of Org. filed with the SSNY on 04/11/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Platzer, Swergold, Levine, Goldberg, Katz & Jaslow, LLP, 475 Park Avenue South, 18th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-215908

NOTICE OF LLC FORMATION

70C6F LLC. Arts. of Org. filed with the SSNY on 04/29/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 70 Charlton Street, Apartment 6F, New York, NY 10014. Purpose: Any lawful purpose. D-216835

NOTICE OF LLC FORMATION

80 MONROE FUNDING LLC. Arts. of Org. filed with the SSNY on 02/14/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Hirshmark Capital LLC, 15 West 26th Street, Suite 901, New York, NY 10010. Purpose: Any lawful purpose. D-215412

NOTICE OF LLC FORMATION

AC POWER 2, LLC. App. for Auth. filed with the SSNY on 01/22/18. Originally filed with Secretary of State of Delaware on 04/04/2017. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 465 Grand Street, Suite 5, New York, NY 10002. Purpose: Any lawful purpose. D-215487

NOTICE OF LLC FORMATION

AC POWER 3, LLC. App. for Auth. filed with the SSNY on 04/11/19. Originally filed with Secretary of State of Delaware on 01/02/2018. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 465 Grand Street, Suite 5, New York, NY 10002. Purpose: Any lawful purpose. D-215488

NOTICE OF LLC FORMATION

AC POWER 4, LLC. App. for Auth. filed with the SSNY on 04/11/19. Originally filed with Secretary of State of Delaware on 01/02/2018. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 465 Grand

LEGALS

Street, Suite 5, New York, NY 10002. Purpose: Any lawful purpose. D-215490

NOTICE OF LLC FORMATION

AC POWER 5 LLC. App. for Auth. filed with the SSNY on 04/11/19. Originally filed with Secretary of State of Delaware on 11/13/2018. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 465 Grand Street, Suite 5, New York, NY 10002. Purpose: Any lawful purpose. D-215492

NOTICE OF LLC FORMATION

ADEMO LLC. Arts. of Org. filed with the SSNY on 03/22/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Anthony Odubango, 435 Linden Boulevard, Apartment 2, Brooklyn, NY 11203. Purpose: Any lawful purpose. D-214805

NOTICE OF LLC FORMATION

AJI REALTY LLC. Arts. of Org. filed with the SSNY on 04/30/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 2415 Ocean Parkway, Brooklyn, NY 11235. Purpose: Any lawful purpose. D-217058

NOTICE OF LLC FORMATION

ALGO COOL PRODUCTIONS LLC. Arts. of Org. filed with the SSNY on 05/07/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 161 Mott Street, Apartment 11, New York, NY 10013. Purpose: Any lawful purpose. D-217762

NOTICE OF LLC FORMATION

AVE N PROPERTIES LLC. Arts. of Org. filed with the SSNY on 05/01/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 2740 Nostrand Avenue, Brooklyn, NY 11210. Purpose: Any lawful purpose. D-217169

NOTICE OF LLC FORMATION

AXIOS VENTURES LLC. Arts. of Org. filed with the SSNY on 08/09/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 42 Broadway, Suite 12-202, New York, NY 10004. Purpose: Any lawful purpose. D-217469

LEGAL

NOTICE OF LLC FORMATION

BADGER CLUBHOUSE LLC. Arts. of Org. filed with the SSNY on 05/10/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 415 Washington Street, Apartment 1B, New York, NY 10013. Purpose: Any lawful purpose. D-218034

NOTICE OF LLC FORMATION

BARKING DOG CPW LLC. Arts. of Org. filed with the SSNY on 12/26/17. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 7 Henley Place, Weehawken, NJ 07086. Purpose: Any lawful purpose. D-217375

NOTICE OF LLC FORMATION

BBH VENTURES LLC. Arts. of Org. filed with the SSNY on 04/23/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Law Offices of Katz & Matz, P.C., 1350 Avenue of the Americas, 3rd Floor, New York, NY 10019. Purpose: Any lawful purpose. D-216404

NOTICE OF LLC FORMATION

BELKIN CONSULTING LLC. Arts. of Org. filed with the SSNY on 01/23/19. Latest date to dissolve: 12/31/2119. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 420 Lexington Avenue, Suite 626, New York, NY 10170. Purpose: Any lawful purpose. D-215538

NOTICE OF LLC FORMATION

BESHERT ASSETS MANAGEMENT, LLC. Arts. of Org. filed with the SSNY on 03/05/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Daniels Norelli Cecere & Tavel, P.C., 272 Duffy Ave, Hicksville, NY 11801. Purpose: Any lawful purpose. D-217522

NOTICE OF LLC FORMATION

BH DISTRIBUTIONS, LLC. Arts. of Org. filed with the SSNY on 04/15/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 50 West 72nd Street Suite C6, New York, NY 10023. Purpose: Any lawful purpose. D-215584

LEGAL

NOTICE OF LLC FORMATION

BROOKLYN'S FAMOUS ITALIAN HEROES LLC. Arts. of Org. filed with the SSNY on 05/14/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 7803 15th Avenue, Brooklyn, NY 11228. Purpose: Any lawful purpose. D-218353

NOTICE OF LLC FORMATION

ByFleet Consultancy LLC. Arts. of Org. filed with the SSNY on 05/08/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 133 W. 22nd Street, 8C, New York, NY 10011. Purpose: Any lawful purpose. D-217786

NOTICE OF LLC FORMATION

C&D HOME MAINTENANCE AND SPECIAL EVENTS, LLC. Arts. of Org. filed with the SSNY on 05/13/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Mr. Diaz, 50-11 70th Street, 1st Floor, Woodside, NY 11377. Purpose: Any lawful purpose. D-218367

NOTICE OF LLC FORMATION

CASITA ENTERPRISES LLC. Arts. of Org. filed with the SSNY on 05/01/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 43 Glenwood Road, Upper Montclair, NJ 07043. Purpose: Any lawful purpose. D-217170

NOTICE OF LLC FORMATION

CD1 LLC. Arts. of Org. filed with the SSNY on 05/13/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Tesser, Ryan & Rochman, LLP, 509 Madison Avenue, New York, NY 10022. Purpose: Any lawful purpose. D-215243

NOTICE OF LLC FORMATION

CHIKARA HOLDINGS, LLC. Arts. of Org. filed with the SSNY on 05/14/19. Latest date to dissolve: 05/13/2049. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o James Esopo, 226 Beach 132nd Street, Belle Harbor, NY 11694. Purpose: Any lawful purpose. D-218275

NOTICE OF LLC FORMATION

CITY SMART BUILD LLC. Arts. of Org. filed with the SSNY on

LEGAL

04/15/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 35-01 Ditmars Boulevard, Astoria, NY 11105. Purpose: Any lawful purpose. D-216628

NOTICE OF LLC FORMATION

CPW EAGLE PARTNERS LLC. Arts. of Org. filed with the SSNY on 03/04/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Konner, Teitelbaum & Gallagher P.C., 462 Seventh Avenue, 12th Floor, New York, NY 10018. Purpose: Any lawful purpose. D-215271

NOTICE OF LLC FORMATION

CREATIVE REAL ESTATE ADVISORS, LLC. Arts. of Org. filed with the SSNY on 04/15/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 315 Madison Avenue, Apartment 801, New York, NY 10029. Purpose: Any lawful purpose. D-215587

NOTICE OF LLC FORMATION

CREATIVELY SJD LLC. Arts. of Org. filed with the SSNY on 04/16/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 100 Morton Street, Apartment 8DW, New York, NY 10014. Purpose: Any lawful purpose. D-215830

NOTICE OF LLC FORMATION

CSDboogieGSU, LLC. Arts. of Org. filed with the SSNY on 04/09/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Ryan & Rochman, LLP, 509 Madison Avenue, New York, NY 10022. Purpose: Any lawful purpose. D-215243

NOTICE OF LLC FORMATION

CURRENT WIRELESS SOLUTIONS LLC. Arts. of Org. filed with the SSNY on 04/22/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 86 Kean Street, West Babylon, NY 11704. Purpose: Any lawful purpose. D-216630

NOTICE OF LLC FORMATION

CUZINZ, LLC. Arts. of Org. filed with the SSNY on 04/17/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be

LEGAL

served. SSNY shall mail copy of process to the LLC, c/o Deluccia, 3195 Valhalla Drive, Bronx, NY 10465. Purpose: Any lawful purpose. D-215959

NOTICE OF LLC FORMATION

DARELAB L.L.C. Arts. of Org. filed with the SSNY on 01/02/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 220 E. 57th St., Apt. 16G, New York, NY 10022. Purpose: Any lawful purpose. D-214702

NOTICE OF LLC FORMATION

DARK ARCADE PRODUCTIONS, LLC. Arts. of Org. filed with the SSNY on 05/06/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Emmons, 102 Clinton Avenue, Apartment #4, Brooklyn, NY 11205. Purpose: Any lawful purpose. D-217474

NOTICE OF LLC FORMATION

DARLING SPRING, LLC. Arts. of Org. filed with the SSNY on 04/26/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 21 Montgomery Place, Apartment 2, Brooklyn, NY 11215. Purpose: Any lawful purpose. D-216771

NOTICE OF LLC FORMATION

DG GRC LLC. Arts. of Org. filed with the SSNY on 04/02/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o David Goldban, Pemmil Affordable LLC, 70 E 55th Street, 7th Floor, New York, NY 10022. Purpose: Any lawful purpose. D-215400

NOTICE OF LLC FORMATION

ELEVENFIVE PRODUCTIONS LLC. Arts. of Org. filed with the SSNY on 05/10/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 606 W. 57th Street, Apartment 3006, New York, NY 10019. Purpose: Any lawful purpose. D-218035

NOTICE OF LLC FORMATION

EYE EL OH WORKS LLC. Arts. of Org. filed with the SSNY on 05/14/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 10 Jagger Lane, Westhampton, NY 11977. Purpose: Any lawful purpose. D-218276

LEGAL

NOTICE OF LLC FORMATION

FALCON AND THE SNOWMAN, LLC. Arts. of Org. filed with the SSNY on 05/13/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 1 Rockefeller Plaza, 10th Floor, New York, NY 10020. Purpose: Any lawful purpose. D-218157

NOTICE OF PLLC FORMATION

FALLEK & FALLEK, PLLC. Arts. of Org. filed with the SSNY on 03/27/19. Office: Albany County. SSNY designated as agent of the PLLC upon whom process against it may be served. SSNY shall mail copy of process to the PLLC, One Battery Park Plaza, 32nd Floor, New York, NY 10004. Purpose: For the practice of the profession of Law. D-214826

NOTICE OF LLC FORMATION

FAYA EXECUTIVE ADVISORS LLC. Arts. of Org. filed with the SSNY on 04/30/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 117 Law Road, Briarcliff Manor, NY 10510. Purpose: Any lawful purpose. D-217061

NOTICE OF LLC FORMATION

FCSK HOLDINGS, LLC. Arts. of Org. filed with the SSNY on 04/24/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 11-05 44th Drive, Long Island City, NY 11101. Purpose: Any lawful purpose. D-216706

NOTICE OF LLC FORMATION

G5 CONCRETE LLC. Arts. of Org. filed with the SSNY on 04/11/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 56-10 Grand Avenue, Maspeth, NY 11378. Purpose: Any lawful purpose. D-215319

NOTICE OF LLC FORMATION

GIELING & KOLKMAN HOME LEASE LLC. Arts. of Org. filed with the SSNY on 05/10/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 55 Wall Street, Unit 733, New York, NY 10005. Purpose: Any lawful purpose. D-218038

NOTICE OF PLLC FORMATION

GILLIAN O'SHEA BROWN, LCSW, PLLC. Arts. of Org. filed with

LEGAL

the SSNY on 04/03/19. Office: Albany County. SSNY designated as agent of the PLLC upon whom process against it may be served. SSNY shall mail copy of process to the PLLC, 980 Broadway, Suite 400, New York, NY 10010. Purpose: For the practice of the profession of Licensed Clinical Social Work. D-214734

NOTICE OF LLC FORMATION

GLENWOOD 2705 LLC. Arts. of Org. filed with the SSNY on 05/06/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 107-34 71st Avenue, Forest Hills, NY 11375. Purpose: Any lawful purpose. D-217707

NOTICE OF LLC FORMATION

GLOBAL DIZARIS LLC. Arts. of Org. filed with the SSNY on 01/14/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 88 Morgan Street, #4405, Jersey City, NJ 07302. Purpose: Any lawful purpose. D-215221

NOTICE OF LLC FORMATION

GMH ROOSEVELT LLC. Arts. of Org. filed with the SSNY on 04/08/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 437 Bergen Street, Garden Apartment, Brooklyn, NY 11217. Purpose: Any lawful purpose. D-217521

NOTICE OF PLLC FORMATION

GREENE AVE DENTAL PLLC. Arts. of Org. filed with the SSNY on 04/05/19. Office: Albany County. SSNY designated as agent of the PLLC upon whom process against it may be served. SSNY shall mail copy of process to the PLLC, 335 Greene Avenue, Brooklyn, NY 11238. Purpose: For the practice of the profession of Dentistry. D-215507

NOTICE OF LLC FORMATION

GVC 242 TENTH SPONSOR INV LLC. Arts. of Org. filed with the SSNY on 04/04/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o David Goldban, Pemmil Affordable LLC, 70 E 55th Street, 7th Floor, New York, NY 10022. Purpose: Any lawful purpose. D-215404

NOTICE OF LLC FORMATION

HASHEM ACQUISITIONS LLC. Arts. of Org. filed with the SSNY on 03/27/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of

LEGAL

process to the LLC, c/o Mendel Steiner, 1422 47th Street, Brooklyn, NY 11219. Purpose: Any lawful purpose. D-215582

NOTICE OF PLLC FORMATION

HUDSON DENTAL SMILE DESIGN PLLC. Arts. of Org. filed with the SSNY on 04/12/19. Office: Albany County. SSNY designated as agent of the PLLC upon whom process against it may be served. SSNY shall mail copy of process to the PLLC, 2425 Haring Street, Apartment 6H, Brooklyn, NY 11235. Purpose: For the practice of the profession of Dentistry. EB-215728

NOTICE OF LLC FORMATION

JC GRC LLC. Arts. of Org. filed with the SSNY on 04/02/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o David Goldban, Pemmil Affordable LLC, 70 East 55th Street, 7th Floor, New York, NY 10022. Purpose: Any lawful purpose. D-215401

NOTICE OF LLC FORMATION

JHN CREATIVE LLC. Arts. of Org. filed with the SSNY on 05/06/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 437 Bergen Street, Garden Apartment, Brooklyn, NY 11217. Purpose: Any lawful purpose. D-217521

NOTICE OF LLC FORMATION

JONATHAN WHITESON LLC. Arts. of Org. filed with the SSNY on 04/09/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Ross Wisdom CPA, PLLC, 150 Broadway, Suite 1105, New York, NY 10038. Purpose: Any lawful purpose. D-215122

NOTICE OF LLC FORMATION

JT GRC LLC. Arts. of Org. filed with the SSNY on 04/02/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o David Goldban, Pemmil Affordable LLC, 70 E 55th Street, 7th Floor, New York, NY 10022. Purpose: Any lawful purpose. D-215404

NOTICE OF LLC FORMATION

JUSTIN SHERMAN ENTERPRISES LLC. Arts. of Org. filed with the SSNY on 05/02/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Justin Sherman, 32

LEGAL

Lambert Lane, New Rochelle, NY 10804. Purpose: Any lawful purpose. D-217380

NOTICE OF LLC FORMATION

KEEM NATA LLC. Arts. of Org. filed with the SSNY on 05/09/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 4E Dorrado Drive, Morristown, NJ 07960. Purpose: Any lawful purpose. D-217902

NOTICE OF PLLC FORMATION

KIM STAPLES PA, PLLC. Arts. of Org. filed with the SSNY on 04/03/19. Office: Albany County. SSNY designated as agent of the PLLC upon whom process against it may be served. SSNY shall mail copy of process to the PLLC, 11A Oelsner Drive, Northport, NY 11768. Purpose: For the practice of the profession of Physician Assistant. D-214708

NOTICE OF LLC FORMATION

KOLB REALTY LLC. Arts. of Org. filed with the SSNY on 04/19/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 600 West 239th Street, Apartment 7C, Bronx, NY 10463. Purpose: Any lawful purpose. D-216112

NOTICE OF LLC FORMATION

LAZARIDIS LLC. Arts. of Org. filed with the SSNY on 04/30/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 20-16 Parsons Boulevard, Whitestone, NY 11357. Purpose: Any lawful purpose. D-217065

NOTICE OF LLC FORMATION

LB PIZZA LLC. Arts. of Org. filed with the SSNY on 03/01/19, with an existence date of 04/19/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 6551 77th Street, Middle Village, NY 11378. Purpose: Any lawful purpose. D-215272

NOTICE OF LLC FORMATION

LINK GROWTH ADVISERS, LLC. App. for Auth. filed with the SSNY on 03/27/18. Originally filed with Secretary of State of Delaware on 02/22/2018. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 3 Hanover Road, Scarsdale, NY 10583. Purpose: Any lawful purpose. D-218033

LEGALS**NOTICE OF LLC FORMATION**

LJC GRC LLC. Arts. of Org. filed with the SSNY on 04/02/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o David Goldban, Pemmil Affordable LLC, 70 East 55th Street, 7th Floor, New York, NY 10022. Purpose: Any lawful purpose. D-215405

NOTICE OF LLC FORMATION

LJH CONSULTING LLC. Arts. of Org. filed with the SSNY on 05/01/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 30 West Street, #7, New York, NY 10004. Purpose: Any lawful purpose. D-217171

NOTICE OF LLC FORMATION

LOS TAMARINDOS LLC. Arts. of Org. filed with the SSNY on 04/17/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 509 East 118th Street, New York, NY 10035. Purpose: Any lawful purpose. D-215943

NOTICE OF LLC FORMATION

LT REALTY 123 LLC. Arts. of Org. filed with the SSNY on 04/12/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 2679 East 63rd Street, Brooklyn, NY 11234. Purpose: Any lawful purpose. D-215494

NOTICE OF LLC FORMATION

LUNA & KOLI LLC. Arts. of Org. filed with the SSNY on 12/13/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 4114 71st Street, Floor 1, Woodside, NY 11377. Purpose: Any lawful purpose. D-214806

NOTICE OF LLC FORMATION

MACARTHUR MON-
TAUK, LLC. Arts. of Org. filed with the SSNY on 04/04/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 140 East 56th Street, Suite 1D, New York, NY 10022. Purpose: Any lawful purpose. D-215431

NOTICE OF LLC FORMATION

MAD FOR CHICKEN SUNNYSIDE LLC. Arts. of Org. filed with the SSNY on 04/24/19. Office: Albany County. SSNY designated as agent of the LLC upon

LEGALS

whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Clinton Oh, 1035 Old Country Road, Westbury, NY 11590. Purpose: Any lawful purpose. D-216590

NOTICE OF LLC FORMATION

MADISON RED, LLC. Arts. of Org. filed with the SSNY on 04/18/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Graubard & Blumenfeld, P.C., 370 Lexington Avenue, 27th Floor, New York, NY 10017. Purpose: Any lawful purpose. D-216631

NOTICE OF LLC FORMATION

MAGGIO 76 REALTY LLC. Arts. of Org. filed with the SSNY on 04/08/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Trop Law Group LLP, 19-02 Whitestone Expressway, Suite 103, Whitestone, NY 11357. Purpose: Any lawful purpose. D-214943

NOTICE OF PLLC FORMATION

MANHATTAN INFECTIOUS DISEASE MEDICINE PLLC. Arts. of Org. filed with the SSNY on 05/08/19. Office: Albany County. SSNY designated as agent of the PLLC upon whom process against it may be served. SSNY shall mail copy of process to the PLLC, 320 W. 76th Street, Apartment 7DE, New York, NY 10023. Purpose: For the practice of the profession of Medicine. D-217787

NOTICE OF PLLC FORMATION

MATTHEW D. KATZ, C.P.A., PLLC. Arts. of Org. filed with the SSNY on 04/05/19. Office: Albany County. SSNY designated as agent of the PLLC upon whom process against it may be served. SSNY shall mail copy of process to the PLLC, 417 7th Avenue, Brooklyn, NY 11215. Purpose: For the practice of the profession of Public Accountancy. D-214864

NOTICE OF LLC FORMATION

MGM ADVISORY SERVICES LLC. Arts. of Org. filed with the SSNY on 04/23/19. Latest date to dissolve: 12/31/2069. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Matthew G. McCrosson, 40 Brook Manor, Pleasantville, NY 10570. Purpose: Any lawful purpose. D-216406

NOTICE OF LLC FORMATION

MIDTOWN SOUTH OWNER LLC. Arts. of Org. filed with the SSNY

LEGALS

on 04/30/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Masterworks Development Corporation, 4 Bryant Park, Suite 502, New York, NY 10018. Purpose: Any lawful purpose. D-217840

NOTICE OF LLC FORMATION

MIMA VENTURES, LLC. Arts. of Org. filed with the SSNY on 04/19/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o James Mongello, 100 Sunnyside Avenue, Pleasantville, NY 10570. Purpose: Any lawful purpose. D-216566

NOTICE OF LLC FORMATION

MINVA LLC. Arts. of Org. filed with the SSNY on 04/26/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 3590 Manor Road, Bethlehem, PA 18020. Purpose: Any lawful purpose. D-216769

NOTICE OF LLC FORMATION

MS SELECTIONS, LLC. Arts. of Org. filed with the SSNY on 03/27/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 55 Wall Street, Valhalla, NY 10595. Purpose: Any lawful purpose. D-216078

NOTICE OF LLC FORMATION

MTS HOSPITALITY LLC. Arts. of Org. filed with the SSNY on 05/13/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Seth P. Markowitz, P.C., 100 Garden City Plaza, Ste 500, Garden City, NY 11530. Purpose: Any lawful purpose. D-218138

NOTICE OF LLC FORMATION

NETWORK TRADING SOLUTIONS LLC. Arts. of Org. filed with the SSNY on 05/01/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 93 Greenway North, Forest Hills, NY 11375. Purpose: Any lawful purpose. D-217173

NOTICE OF LLC FORMATION

NEW EDGE PROPERTIES LLC. Arts. of Org. filed with the SSNY on 05/09/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of

LEGALS

process to the LLC, 42 Broadway, Suite 12-202, New York, NY 10004. Purpose: Any lawful purpose. D-217907

NOTICE OF LLC FORMATION

NEW MOUNT VERNON LLC. Arts. of Org. filed with the SSNY on 04/10/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 1737 Victor Street, Bronx, NY 10462. Purpose: Any lawful purpose. D-216019

NOTICE OF LLC FORMATION

NEWBOLD FUNDING LLC. Arts. of Org. filed with the SSNY on 03/15/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Hirshmark Capital LLC, 15 West 26th Street, Suite 901, New York, NY 10010. Purpose: Any lawful purpose. D-215409

NOTICE OF LLC FORMATION

NINTH GRADE ALGEBRA LLC. Arts. of Org. filed with the SSNY on 04/19/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 17 E. 12th Street, Apartment 6, New York, NY 10003. Purpose: Any lawful purpose. D-216114

NOTICE OF LLC FORMATION

ON THE DOCK LLC. Arts. of Org. filed with the SSNY on 04/17/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Pauline Levin, 27 Durham Lane, Bayport, NY 11705. Purpose: Any lawful purpose. D-216082

NOTICE OF LLC FORMATION

PADSTOW PROPERTIES LLC. Arts. of Org. filed with the SSNY on 05/08/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Victor Tawil, 29 West 36th Street, Suite 1100, New York, NY 10018. Purpose: Any lawful purpose. D-217788

NOTICE OF LLC FORMATION

PECORARO REALTY OF NYC, LLC. Arts. of Org. filed with the SSNY on 05/08/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC,

LEGALS

7512 18th Avenue, Brooklyn, NY 11214. Purpose: Any lawful purpose. D-218029

NOTICE OF LLC FORMATION

PERFECT SNACKS LLC. Arts. of Org. filed with the SSNY on 04/11/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 600 Third Avenue, 15th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-215539

NOTICE OF LLC FORMATION

PG GRC LLC. Arts. of Org. filed with the SSNY on 04/02/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o David Goldban, Pemmil Affordable LLC, 70 East 55th Street, 7th Floor, New York, NY 10022. Purpose: Any lawful purpose. D-215407

NOTICE OF LLC FORMATION

PICKETT FENCE PROPERTIES, LLC. Arts. of Org. filed with the SSNY on 04/01/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 73 Harvard Road, Watervliet, NY 12189. Purpose: Any lawful purpose. D-216707

NOTICE OF LLC FORMATION

PITAYA, LLC. Arts. of Org. filed with the SSNY on 04/29/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 158-12 84th Street, Howard Beach, NY 11414. Purpose: Any lawful purpose. D-216833

NOTICE OF LLC FORMATION

PRIMOS, 116 LLC. Arts. of Org. filed with the SSNY on 03/14/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 8118 13th Avenue, Brooklyn, NY 11228. Purpose: Any lawful purpose. D-214828

NOTICE OF LLC FORMATION

Q SARTORIAL LLC. Arts. of Org. filed with the SSNY on 04/05/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Margaret Nies, 112 Peninsula Drive, Port Jefferson, NY 11777. Purpose: Any lawful purpose. D-215274

LEGALS**NOTICE OF LLC FORMATION**

REIT INVEST LLC. Arts. of Org. filed with the SSNY on 04/15/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 412A Clinton Street, Brooklyn, NY 11231. Purpose: Any lawful purpose. D-215589

NOTICE OF LLC FORMATION

REIWA PROPERTIES LLC. Arts. of Org. filed with the SSNY on 05/14/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 228 East 45th Street, #1800, New York, NY 10017. Purpose: Any lawful purpose. D-218362

NOTICE OF LLC FORMATION

RIVERSIDE STUDIOS LLC. Arts. of Org. filed with the SSNY on 04/17/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 228 E. 45th Street, #1800, New York, NY 10017. Purpose: Any lawful purpose. D-215944

NOTICE OF LLC FORMATION

RVL SKIN CARE, LLC. Arts. of Org. filed with the SSNY on 05/07/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Halperin & Halperin, P.C., 18 East 48th Street, Suite 1001, New York, NY 10017. Purpose: Any lawful purpose. D-217708

NOTICE OF LLC FORMATION

SGC MANAGEMENT LLC. Arts. of Org. filed with the SSNY on 03/19/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Gerorgette Caruso, 488 Bradford Avenue, Staten Island, NY 10309. Purpose: Any lawful purpose. D-218212

NOTICE OF LLC FORMATION

SIGNAL THERAPIES, LLC. Arts. of Org. filed with the SSNY on 02/05/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Margaret Nies, 112 Peninsula Drive, Port Jefferson, NY 11777. Purpose: Any lawful purpose. D-215274

NOTICE OF LLC FORMATION

SIX ALPHA LLC. Arts. of Org. filed with the SSNY on 05/02/19. Office: Albany County. SSNY des-

LEGALS

ignated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Alma Realty, 31-10 37th Avenue, Suite 301, Long Island City, NY 11101. Purpose: Any lawful purpose. D-217258

NOTICE OF LLC FORMATION

SONARA GROUP LLC. Arts. of Org. filed with the SSNY on 05/10/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 19 West 26th Street, #4, New York, NY 10010. Purpose: Any lawful purpose. D-218044

NOTICE OF LLC FORMATION

SPIDER REALTY GROUP LLC. Arts. of Org. filed with the SSNY on 04/04/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 8 Beacon Lane, Rye Brook, NY 10573. Purpose: Any lawful purpose. D-214741

NOTICE OF LLC FORMATION

SRF HOLDING LLC. Arts. of Org. filed with the SSNY on 05/09/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 32 Longwood Drive, Huntington Station, NY 11746. Purpose: Any lawful purpose. D-217912

NOTICE OF LLC FORMATION

STAR DEVELOPMENT ENTERPRISE LLC. Arts. of Org. filed with the SSNY on 04/09/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 35 Beach 87th Street, Rockaway Beach, NY 11693. Purpose: Any lawful purpose. D-215686

NOTICE OF LLC FORMATION

TALOS ADVISORS LLC. Arts. of Org. filed with the SSNY on 04/19/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 240 57 68th Avenue, Douglaston, NY 11362. Purpose: Any lawful purpose. D-216116

NOTICE OF LLC FORMATION

TARJAN HOLDINGS LLC. Arts. of Org. filed with the SSNY on 04/05/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 29

LEGALS

West 36th Street, Suite 1100, New York, NY 10018. Purpose: Any lawful purpose. D-214865

NOTICE OF LLC FORMATION

The LARK Group LLC. Arts. of Org. filed with the SSNY on 04/23/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Mark Lojek, 300 Ashland Place, 24T, Brooklyn, NY 11217. Purpose: Any lawful purpose. D-216554

NOTICE OF PLLC FORMATION

THE LAW OFFICE OF HARA A. ROBRISH PLLC. Arts. of Org. filed with the SSNY on 04/05/19. Office: Albany County. SSNY designated as agent of the PLLC upon whom process against it may be served. SSNY shall mail copy of process to the PLLC, 305 Broadway, 7th Floor, New York, NY 10007. Purpose: For the practice of the profession of Law. D-215010

NOTICE OF LLC FORMATION

THE NARROWS LLC. Arts. of Org. filed with the SSNY on 04/09/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 49 Barlow Drive North, Brooklyn, NY 11234. Purpose: Any lawful purpose. D-215124

NOTICE OF LLC FORMATION

THREE CAN BE LLC. Arts. of Org. filed with the SSNY on 04/15/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 35 Beach 87th Street, Rockaway Beach, NY 11693. Purpose: Any lawful purpose. D-215686

BETHLEHEM CENTRAL SCHOOL DISTRICT NOTICE TO BIDDERS

The Board of Education of the Bethlehem Central School District hereby invites the submission of sealed bids in accordance with Section 103 of the General Municipal Law for the following.

TRANSPORTATION BUS PARTS

Specifications and bid forms will be available May 22, 2019 at the Bethlehem CSD Transportation Department, 82 Van Dyke Road, Delmar NY 12054.

Sealed Bids will be received until 11:00 a.m., prevailing time, on Wednesday June 12, 2019, at Bethlehem CSD Transportation Department, Attn: Director of Transportation, 82 Van Dyke Road, Delmar NY 12054, at which time all bids will be publicly opened. The Board of Education reserves the right to reject any or all bids. Any bids submitted will be binding from July 1,

From page 1 ... Farm to table

42.8 acres of open space, including wetlands and steep slopes within the site area, which have been divided into five areas, all of which are seeking ownership.

While the first three are located at the front and center of the site which includes the existing barn, the last two are to the rear where it is closer to National Grid power lines and the Albany County Rail Trail. According to submitted town documents, the application noted that “a mix of ownership [of these five open space areas] may be appropriate for this conservation subdivision.” Regardless of who or what owns them, they are “deed restricted from future residential development and only allow for recreation or agricultural uses.”

The Kleinke farm and its property had first developed in the 1850s or 1860s; William Kleinke and his family purchased it in 1915, having immigrated from Germany in 1880 originally. However, the property was not deemed eligible to be included in the National Register of Historic Places by the state Office of Parks, Recreation and Historic Preservation in May 2017, after viewing it just “as an individual feature.” It did note that the property still has local value though.

Public comments

Before the Planning Board could discuss the application, around two dozen residents appeared before them to voice their opposition towards the

application, with many believing it would hurt the local community character, the environment, not look aesthetically pleasing, bring in more unwanted traffic, lose a part of the town’s history, and more.

Ryan Kleinke Kitchen, the only present Kleinke family member to speak that night, said he had come up with a business plan to help preserve the farm and promote local agricultural tourism. Adding that his family had met with developer Anthony Cardona — who did not attend the meeting — to discuss the project already in 2016, Kitchen wanted to ensure that they can keep the door for further discussion open and perhaps look into his own business plan. According to Kitchen, Cardona did not have a conservation project in mind and he was not able to invest in Kitchen’s business plan.

“My family has been farming for over 100 years and we want to continue farming and want to incorporate agricultural tourism. Tourism into our business is a benefit to the Bethlehem town community at large,” he said. “It is our hope that the entire Kleinke property could be saved and we felt there are options that would enable us to preserve the family farm and legacy.” He closed his thoughts by saying 31 million acres of farms in the United States were lost to developers between 1992 and 2012. “That’s equal to 175 acres per hour or 3 acres per

minute. Just something to consider.”

Delmar resident Pam Skripak said she did not like “that there are people in this day who are greedy and lining their pockets with whatever they can get at the expense of a community ... we are tired of that greed and how it overrides the long-term perpetuity. We are in a crisis moment in our world. We hear so much of destruction of rainforests, savannahs, oceans, and arctic preserves. We have an opportunity to protect what we have here.” She did note her belief that landowners have the right to do as they wish with their properties but she said she wishes there are more options or opportunities to preserve the property.

Longtime Glenmont resident Barbara Hasselbach said she used to visit the farm many times as a child and she now takes her two young grandsons there. “To see the possibility of this farm not exist as it does today is heartwrenching. I’ve watched all the farmland in Glenmont, except three farms [including the Kleinke farm], be eaten up by developers in this town. There’s not much left.”

Delmar resident Paul Tick argued that the conservation subdivision goes against the town’s comprehensive plan which had noted the importance of preserving local historical sites, local farms and open spaces, decreasing potential traffic and preserving the town character. Tick quoted from the comprehensive plan that “the very elements that make the Town of Bethlehem an attractive community are currently at risk” and he added the

conservation subdivision “will do nothing except exacerbate the problems our town has already documented.”

Despite the overwhelming opposition, Delmar resident Mike Morelli, who said he was representing Linda Kleinke as a consultant, said that a town’s community character is a subjective term and he believed the subdivision proposal balances preservation and development. “It’s a 67-acre parcel and the back 36 acres will remain forever wild. The total set aside on this 67-acre proposal is that 42 acres, or 64 percent, of the site remains permanent open space at no cost to taxpayers,” he said, pointing out that the existing farmhouse and barn can stay within the conservation subdivision.

Board’s comments

Planning Board member Gianna Aiezza said to Dave Ingalls of Ingalls & Associates that she did not think the proposal was “consistent with the town’s comprehensive plan and community character. Most of the land designated as open space is not developable and I don’t think it meets the intention of the conservation subdivision because I don’t think it’s usable. I think it may add a benefit of open space but it’s undevelopable land anyway so I’m struggling with you getting the credit for land you couldn’t even use anyway, especially in the steep slopes. I think it’s very disproportionate to get the density bonus. You’re getting a density bonus on land you can’t develop anyways and I have a

fundamental problem with that.” Her commentary received immediate applause from the crowd of residents.

Fellow member Brian Gyory said the board feels the developer has not understood their concerns about the project’s potential effect on the community character and surrounding nature. Ingalls said his team was aware of how the open space areas are undevelopable but said they intend to protect these “environmentally sensitive areas,” referring to the wetlands and steep slopes found in the open space areas.

Aiezza also said she did not like how the developer has not been able to give an estimate of how much the housing would be, worrying it may become too expensive and people might as well buy houses elsewhere. “These people cannot afford \$350,000 townhouses so I’m curious if this more of the same of an unaffordable townhouse, that’s not meant to benefit the community and diversify the housing point,” she said, inducing applause from the crowd again.

When Ingalls said the project would offer “diversification,” Planning Board member Kate Powers expressed confusion in what Ingalls exactly meant with that word. “A mixture of housing types,” he answered, saying his team can provide more information in a future meeting. “Ten single family homes would be pretty much centered in the cul-de-sac toward the rear of the site and the other 46 townhomes are single family attached.”

Ingalls also brought

up that the landowner, Linda Kleinke, is a widow and “this is all part of her retirement plan and as long as what she does is zoning-compliant, I want to remind the board that it’s her application and right as a landowner, and to remind everyone else in the room about how did they get the house they are living in. It would be nice to give that opportunity to some new residents.”

A VHB representative spoke to the Planning Board too about how the proposed conservation subdivision would not cause an influx of unwanted traffic to the area, something many residents were concerned about. She said that VHB conducted a traffic impact and access study for the proposed conservation subdivision in 2017. VHB had also evaluated traffic at four nearby intersections, including Kenwood Avenue with the Delmar Bypass, and Elsmere Avenue with Kenwood Avenue.

“The proposed project is only anticipated to generate less than 40 trips per morning and evening peak hour,” the representative said, adding that Kenwood Avenue can tackle more traffic if needed since it is not a neighborhood street due to its proximity to the Delmar Bypass.

Gyory was concerned about the study’s accuracy since it was from 2017, over how accurate such future traffic evaluations are, and how Kenwood Avenue needs to be more accessible to cyclists and pedestrians. “It is imperative for this project to be connected to the town. ... Without that, I feel it’s very hard to move forward.”

LEGALS

2019 - June 30, 2020. Board of Education BRITTANY L. BARRETT District Clerk D-217937

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

1. The name of the Limited Liability Company is True Admin Partners, LLC.
2. The Articles of organization of the Limited Liability Company were filed on April 3, 2019 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

LEGALS

be served. 5. The Secretary of State shall mail a copy of process served to the Limited Liability Company to PO Box 326, Slingerlands, NY 12159. 6. The latest date to dissolve is indefinite. 7. The purpose of the Limited Liability Company is to conduct all lawful activity. D-217698

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

1. The name of the Limited Liability Company is True Business Partners, LLC.
2. The Articles of organization of the Limited Liability Company were filed on April 3, 2019 with the New York Secretary of State.

LEGALS

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 PO Box 326, Slingerlands, NY 12159. 6. The latest date to dissolve is indefinite. 7. The purpose of the Limited Liability Company is to conduct all lawful activity. D-217700

To place your Legal Notice: Call 439-4949

LEGALS

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

1. The name of the Limited Liability Company is True Finance Partners, LLC.
2. The Articles of organization of the Limited Liability Company were filed on April 3, 2019 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 Compa-

LEGALS

ny to PO Box 326, Slingerlands, NY 12159. 6. The latest date to dissolve is indefinite. 7. The purpose of the Limited Liability Company is to conduct all lawful activity. D-217702

NOTICE OF LLC FORMATION

VENTURE ROCK LLC. Arts. of Org. filed with the SSNY on 05/06/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 105 W. 73rd Street, Apartment 1AB, New York, NY 10023. Purpose: Any lawful purpose. C-218031

LEGALS

NOTICE OF LLC FORMATION

VINNY’S HOME INSPECTIONS LLC. Arts. of Org. filed with the SSNY on 04/19/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 58-26 254th Street, Little Neck, NY 11362. Purpose: Any lawful purpose. D-216117

NOTICE OF LLC FORMATION

VIOSLEUTH LLC. Arts. of Org. filed with the SSNY on 04/09/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY

LEGALS

shall mail copy of process to the LLC, c/o Irwin Siegel, 130 E 59th Street, 12th Floor, New York, NY 10022. Purpose: Any lawful purpose. D-215125

NOTICE OF LLC FORMATION

W.E.D. CAPITAL LLC. Arts. of Org. filed with the SSNY on 04/17/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 120 East 29th Street, Apartment 6B, New York, NY 10006. Purpose: Any lawful purpose. D-215945

LEGALS

NOTICE OF PLLC FORMATION

WOMEN CARING FOR WOMEN OB/GYN PLLC. Arts. of Org. filed with the SSNY on 04/10/19. Office: Albany County. SSNY designated as agent of the PLLC upon whom process against it may be served. SSNY shall mail copy of process to the PLLC, 367 Bay Ridge Parkway, Brooklyn, NY 11209. Purpose: For the practice of the profession of Medicine. D-215245

To place your Legal Notice: Call 439-4949



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Jim Franco @francospotlight

EDITORS: Michael Hallisey@mh_Spotlight

May 22, 2019

Spotlight on Opinion

www.spotlightnews.com PAGE 11

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LETTERS TO THE EDITOR

Reader thanks ASO, Maestro

Letter to the editor:

The Albany Symphony Orchestra is undoubtedly one of the great cultural treasures of the Capital District, not only for its large adult audiences, but also for its youngest concertgoers.

For 30 glorious minutes at several Tiny Tots concerts this week, Conductor David Alan Miller, (a/k/a Cowboy Dave) and his talented musicians captivated the minds and hearts of hundreds of pint sized listeners, many between 3 and 5 years old, with others somewhat older. In lieu of standard children's musical fare, the orchestra played excerpts from such diverse classics as Strauss' "Blue Danube Waltz," "Rossini's

William Tell Overture," Bizet's "Toreador Song," Brahms' "Hungarian Dance #5," and even the toddler hit "Baby Shark." The children were utterly enchanted - waving their arms, giggling, bouncing up and down, shivering during the "Big Hairy Scary Monster Dance," playing imaginary instruments, wriggling their entire bodies, and clapping joyfully after every single piece. The program not only introduced the children to majestic music, but educated them as well, with Miller demonstrating each of the orchestra's instruments with an appropriate piece, "Peter and the Wolf" style.

"Music can take you on the most exciting

adventures," enthused Maestro Miller. The children's comments as they exited indicated their agreement. "I love it when they play instruments," exclaimed 5-year-old Luca Hughes. "They're all so different!" "Can I please come back next week?" 3-year-old Elijah Joye begged his mother. "Please!" Quite a thrilling morning for these happy little ones, the backbone of the orchestra's future audience and perhaps its future musicians.

—Jill Rifkin
Delmar

Joanne has my vote

To the editor:

I write to let my friends and neighbors know why I am supporting my County Legislator Joanne Cunningham for re-election. When you see through the fog of the political season and get to heart of the matter, who is the best person to represent us, it's really a no-brainer.

Joanne is a tireless advocate for creating a safer, healthier and more vibrant future for our community. She has served on our school board to better the lives and educational experience of our children. As a county legislator she is working to help Albany County communities lower the costs and the environmental impacts of our trash and pressing to make Albany County the greenest in New York.

Her character and her commitment to making Albany County a better place to live, work and play are why I will be voting for her and looking forward to having her as my representative once again.

— Peter M. Iwanowicz
Delmar

LIBRARIES

Library closed for Memorial Day

In observance of Memorial Day, the Library will be closed Saturday, May 25, Sunday, May 26, and Monday, May 27. Regular hours will resume at 9:30 a.m. on Tuesday, May 28.

Downloading, Reading Digital Magazines

On Wednesday, May 29, join us at 10:30 a.m. to



learn about downloading and reading digital magazines through the Library! This class will familiarize patrons with Flipster, the digital magazine platform provided by the Upper Hudson Library System. Participants can bring their own devices, or use one of the Library's laptops. Please

register.

Family Bicycling Day

The fourth annual Voorheesville Family Bicycling Day will be held from 12 to 3 p.m., Sunday, June 2. (Rain date is June 9) The Voorheesville Family Bicycling Day is a community-wide event that provides families with a safe and fun day of bicycling and family-friendly

activities. This year we will have a true bicycle block party complete with music, food, fire trucks, a bounce house, storytime, craft time, a BMX demonstration, Family Yoga class on the lawn, pony rides and farm animals to pet from Ponies for Hire, and more! All activities will be on a closed bicycle loop (Grove Street and the Rail Trail). Come join the fun.

Learning 3D Printing and Modeling

Join us at 3:00pm on Friday, June 7 for this introductory class where we will cover the basics of how the Library's Lulzbot Mini2 3D Printer works. Then we will start personalizing our own designs using Tinkercad, a free and easy 3D design tool. The Library will print

your design, and you will be able to take it home. Open to everyone 13 years of age and older. Please register.

Registering

Unless otherwise indicated, registration is requested for all programs. You can register in person, by phone (518-765-2791) or online at voorheesvillelibrary.org/calendar.asp.

— Lynn Kobler



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LIBRARIES

Glimmerglass seats

There are still a few seats left for the Friends-sponsored bus trip to Glimmerglass Opera's "La Traviata" on Tuesday, July 30.

The Glimmerglass trips have been an annual summer tradition for many years, and they are a great way to enjoy an elegant outing while supporting the Friends. The bus will leave CDTA's Delaware Avenue park-and-ride lot next to Mercato's Restaurant at 9:30 a.m. on the day of the performance. The cost is \$135, which includes lunch at the Otesaga Hotel. Your check is your reservation — no refunds unless your seat is sold. For more information, contact Polly Hartman at 518-439-3291.

Reservation forms are available online at www.bethlehempubliclibrary.org.



Build empathy

How do we encourage empathy in young children? Believe it or not, playing and reading are important ways to build their emotional literacy skills. Want to know more?

On Thursday, May 30, at 10:30 a.m., a Capital District Child Care Council educator will be at the library to present "Exploring Feelings Through Books & Play" for caregivers of infants and toddlers. Learn fun ways to encourage empathy in children as you read to and play with them. Reading provides opportunities to talk about feelings, while caregiving play, such as taking care of dolls and grooming stuffed animals,

can be a fun way to encourage empathy and other friendship skills. Children are welcome.

BCN-TV

Bethlehem's public access station, BCN-TV, features productions that range from 30-second public service announcements to long-running series. Shows span a wide range of topics — poetry, religion, medicine, and more. Local school and town board meetings are cablecast, with a daily community calendar.

You can easily find out what is on and coming up on BCN-TV with our online guide. The listings are continually updated and project the schedule a week out. Find the new weekly BCN-TV guide online at www.bethlehempubliclibrary.org/webapps/tvschedule.asp.

— Kristen Roberts

Oscar films to stay

Due to popular demand, we'll screen more Oscar-worthy films Thursday nights:

"Green Book," shown on Thursday, May 23 at 6:30 p.m., tells the story of an Italian-American bouncer (Viggo Mortensen) from the Bronx who bonds with a world-class black pianist (Mahershala Ali) in 1962 while chauffeuring him around the Jim Crow South, relying on the "green book" to guide them to safe establishments. Academy Award winner for Best Picture; Best Original Screenplay; and Best Actor in a Supporting Role - Mahershala Ali.

"Vice," shown on Thursday, May 30 at 6:30 p.m., depicts how unassuming Washington insider Dick Cheney (Christian Bale) quietly wielded immense political power within the Bush



administration, becoming the most powerful vice president in American history. Amy Adams and Steve Carell also star. Eight Academy Award Nominations, including Best Picture.

Library closed

We will be closed: Saturday, May 25 through Monday, May 27 for Memorial Day weekend; and Thursday, June 6 for Staff Development Day.

Young nutrition

Are you transitioning your baby to solids? "Infant and Toddler Nutrition: Your Questions Answered!" may provide the guidance you seek. Patty Wukitsch, dietician at the Guilderland Hannaford, will be here Thursday, May 30 from 10 to 11 a.m. to answer your

questions. Toys will be available for babies and toddlers. Please register online, by phone, or in person.

Self-defense

Guilderland Police Department officers will conduct the Rape Aggression Defense (RAD) program for women ages 16 and up, starting Tuesday, June 4 from 5:30 to 9:30 p.m. The RAD course is 12 hours total, divided into three four-hour sessions (also on June 5 and 12). It is designed to teach how to survive attacks. Wear comfortable clothing and footwear, and consider bringing a light snack and water. No experience necessary; seats are limited. Attendance at all three sessions is mandatory. Please register for all sessions online, by phone, or in person.

— Luanne Nicholson

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TABLE OF CONTENTS



Ways to keep home safe

Home security tips for seniors

On page 5



Can tea be too hot?

Recent studies link hot beverages to cancer

On page 6



Give yourself a break

Five ways travel improves mood and personal health

On page 7



Matters of the heart

Improved health is a primary motivator among people who routinely exercise. Exercise can help people feel better about themselves and their appearance, and it has considerable effects on various parts of the body, including the heart. It's never too late to get with a fitness regimen to prevent or reverse cardiac episodes. Read out health related articles on pages 10-14.

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Bees are all the buzz

How to bring beneficial bees back



Bees, birds and butterflies play integral roles in pollinating many of the crops humans rely on for sustenance. The National Pollinator Garden Network, through the National Wildlife Federation, recently launched the Million Pollinator Garden Challenge, an effort to increase the amount of nectar and pollen food sources as the organization aims to reverse the alarming decline of pollinators such as honey bees, native bees and monarch butterflies.

Many people are afraid of bees because of their propensity to sting. Unlike their wasp and yellow-jacket cousins, honeybees and bumblebees are much more docile and content to hop from bloom to bloom without paying humans any mind. The only time such bees may resort to stinging is if someone inadvertently steps on them.

Bees are beneficial for yards. Gardener's Supply Company says one out of every three bites of food humans take depends on a pollinator. That's because about 150 crops grown in the United States depend on pollinators. Even though there are 4,000 species of native or wild bees in the continental United States, many populations are in decline. According to the Pollinator Partnership, various areas of North America have lost more than 50 percent of their managed honeybee colonies in the past 10 years.

Bringing these important pollinators back will take a little work, but it is possible.

- Plants that offer cover can be attractive to bees that desire a respite from the sun and heat. Coleus and other ground cover offerings can be handy.
- Offer water in shallow dishes, as even bees need a cool drink to stay hydrated.
- Bees like various plants, so plant more than one species. Some plants that bees tend to like include alyssum, aster, geranium, bee balm, poppies, and clover.



- When planting, include some native species.
 - Brush piles, dry grasses and dead woods offer nesting areas for bees.
 - The Gardener's Supply Company also says that bees find blue, purple and yellow flowers most appealing. Opt for more of these hues when planning gardens.
 - Above all, avoid using pesticides in the yard. Even organic ones can be toxic to bees and other pollinators, and they may contribute to colony collapse disorder.
- With these techniques in mind, homeowners can attract more bees to their yards and gardens, which can benefit bees and humans alike.

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Ways to keep home safe

Home security tips for seniors

Seniors are often targeted by criminals. Though many criminals target seniors from afar via telephone or internet scams, criminals seek to enter seniors' homes. The Bureau of Justice Statistics offers that, between 2003 and 2013, the ratio of property crime to violent crime was higher for the elderly and persons between the ages of 50 and 64 than it was for younger persons between the ages of 25 and 49.

Home security is important for people of all ages, but especially so for seniors and aging individuals living alone. By following certain safety tips and developing a home security plan, seniors can feel safer at home.

- Lock windows and doors. It may seem like common sense, but failure to repeatedly lock windows



and doors can, and often does, give burglars easy entry into the home.

- Think about a smart doorbell. Technology now enables doorbells to provide a video feed to a person's smartphone or tablet over WiFi. This allows residents to see who is at the door and speak to this person without having to open the door. Some products like Ring® will even register motion activity and record short videos from outside of the house.
- Don't share or leave keys. Avoid leaving keys under a mat or in a flower pot. Others may be watching your actions and gain access to your home while you are away.
- Ask for ID. When service people or other individuals come to the door, verify their credentials by asking to see some identification.
- Get a home security system. The best protection

against burglars is a home security alarm, states HomeSecurityResource.org. Such an alarm often deters burglars from breaking in.

- Install a lockable mailbox. Locked mailboxes restrict access to sensitive information, such as bank account numbers, sent in the mail. Make sure retirement checks or other payments are deposited directly into bank accounts instead of having them sent by check.
 - Use home automation. Home automation, or a "smart home," can be utilized to turn on lights, set the thermostat, lock doors, and much more.
 - Adopt a dog. Dogs can be an asset to seniors. Dogs provide companionship and can bark or alert seniors if someone is around or inside of the home.
- Home security is serious business for seniors who are vulnerable to criminals.

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Can tea be too hot?

Recent studies link hot beverages to cancer



A piping hot cup of tea is a morning staple for millions of people across the globe. But can tea be so hot as to adversely affect tea drinkers' overall health? A 2019 study from researchers with the American



Cancer Society found a link between drinking hot tea and esophageal cancer. The study, published in the International Journal of Cancer, examined more than 50,000 people between the ages of 40 and 75 in the Iranian province of Golestan for an average of 10 years. Researchers determined that tea drinkers who consumed their tea at temperatures higher than 140 F (60 C) and consumed about two large cups per day had a



“Hot drinks are an established risk factor for oesophageal cancer and it doesn’t take a scientist to appreciate that repeated irritation of any body surface increases your risk of cancer.”

— Dr. James Doidge, Senior Research Associate at University College London



90 percent higher risk of esophageal cancer compared to people who consumed less tea at cooler temperatures.

The authors of the study acknowledged more research is necessary to determine exactly why hot tea is linked with a higher risk of esophageal cancer. But scientists responding

to the study suspect it’s the temperature and not the tea that’s causing the elevated risk for cancer.

“This is valuable research but not a groundbreaking discovery,” Dr. James Doidge, Senior Research Associate, University College London, told the Science Media Centre. “Hot drinks are an established risk factor for oesophageal cancer and it doesn’t take a scientist to appreciate that repeated irritation of any body surface increases your risk of cancer.”

So should hot tea be avoided? It seems the answer is yes if the tea is 140 F or higher. But that same rule should be applied to any hot beverage, not just tea.

“Tea is the only drink consumed in the area (where the study was conducted), so the data relate to this beverage,” Stephen Evans, a professor of pharmacoepidemiology at the London School of Hygiene & Tropical Medicine, told the Science Media Centre. “It is also true that in this area of Iran, that tea is frequently drunk at high temperatures. They did not study any other drink, but other studies have, and it seems that it is the heat that is the issue rather than the actual beverage.”

Simply waiting until the tea cools down or adding a cooling agent like milk to make the tea cool down instantly can help people indulge their love of tea without necessarily increasing their risk for esophageal cancer.



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Give yourself a break

Five ways travel improves mood and personal health

Vacations can be great ways to see the world, soak up some culture and get away from the hustle and bustle of everyday life. But traveling can have benefits that last longer than a one- or two-week vacation.

Traveling can have a positive effect on personal health and well-being, as various studies point to how travel can boost one's state of mind and overall mood. The following are five ways that traveling can positively affect travelers' mood and health.

1. Increases happiness: People are happiest when they have a trip coming up, according to researchers at the University of Surrey in the United Kingdom. A 2014 study from researchers at Cornell University confirms the findings, noting people get more happiness from anticipating a travel experience than from an object they can acquire.

2. Enhances creativity: The brain is influenced by new environments and experiences, which is the hallmark of travel. Researchers at the Columbia Business School found that travel can encourage people to embrace different ways of living and influence their outlook on life.

3. Stress relief: Travel is a great way to get away from obligations at home and at work, allowing the mind to reset without having to make decisions beyond figuring out which activities to do during the day or which foods to grab along the way. The mental wellness site Psych Central adds that vacations take people away from the places and activities that contribute to their stress levels.

4. Fosters change: Remembering pleasurable experiences from vacations when one returns home can be a positive behavioral intervention. Dr. Tamara

Traveling can have a positive effect on personal health and well-being, as various studies point to how travel can boost one's state of mind and overall mood.



McClintock Greenberg, a San Francisco-based clinical psychologist, says you can incorporate those feelings into daily life by recreating food or experiences at home.

5. Encourages exercise: Vacations can be full of swimming, walking, sightseeing, or participating in other fitness pursuits. According to the World Heart Federation, moderate exercise lowers risk of heart attack by 30 to 50 percent, suggesting that traveling is good for the mind and the body. Exercise also has been shown to combat depression and help reduce stress and anxiety.

Traveling can improve one's mental health and overall well-being. Making time to take vacations is an important component of staying healthy.



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Ways to embrace retirement



It's not a race to the finish line, make sure you plan properly

Retirement is on the horizon for a significant number of people. Around 10,000 people retire each day in the United States, according to a study by Merrill Lynch and Age Wave, a consultancy studying the cultural and economic impacts of aging. But many soon-to-be retirees are not fully prepared for life after their work life ends. Shedding new light on this next chapter can make retirement something to look forward to even more.

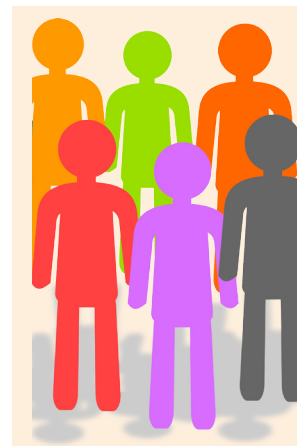
How retired are you?

Retirement may no longer mean what it once did. Some retirees remove themselves entirely from the active employment market,

while others prefer to keep at least one toe in the professional water. Some retirees change fields and do part-time work. Others may volunteer their time without getting paid. Still, some choose to use retirement as an opportunity to spearhead a new business venture that may not have been possible beforehand. Retirees should reflect on their goals, as well as their finances, and make plans accordingly.

Don't neglect health care

Retiring may involve finding health insurance and preparing for other types of health care later in life. The U.S. Census Bureau says that employment-based insurance covered 55.4 percent of the population



Around 10,000 people retire each day in the United States, according to a study by Merrill Lynch and Age Wave, a consultancy studying the cultural and economic impacts of aging. But many soon-to-be retirees are not fully prepared for life after their work life ends.

in 2015, the most recent years for figures, followed by Medicaid (19.5 percent) and Medicare (16 percent). Residents of other countries may be covered by government standardized health programs. It pays to know the rules of each plan to avoid unnecessary expenses that can eat into retirement dollars. For those Americans who will be relying solely on Medicare, find a counselor who can spell out the intricacies of the plan, or use the free tool on Medicare.gov.

It's a start, not the end

Quite often soon-to-be retirees focus on the end of a career or the end of a stage in life without putting enough focus on the possibilities ahead. This is a prime time to find a new social network, travel, join a ministry, and much more.

Choose your living space

Retirement can be an opportunity to shed an old skin and try on a new one — especially as it pertains to housing. There are options to downsize for empty-nesters or even to secure resources to “age in place.” According to United Income, a money management service, retirees should try out particular scenarios and locations prior to jumping in. Rent in a particular neighborhood, or house sit and try things on for size. Airbnb and other types of services can make this trial easy.

A new outlook on retirement can open up a world of opportunities.

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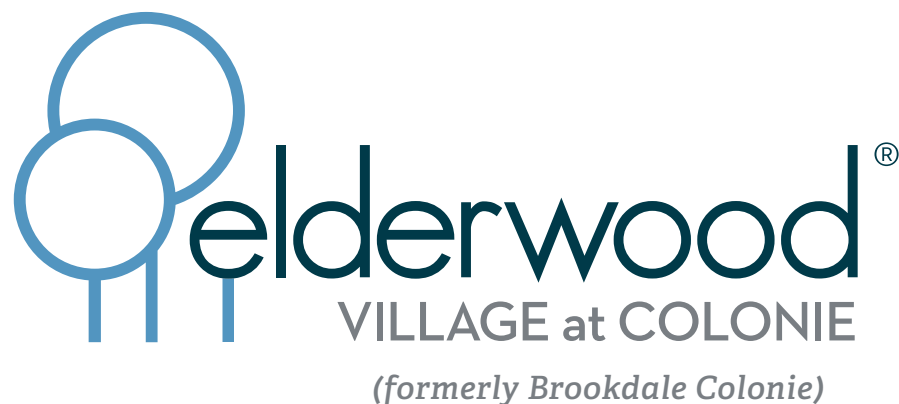
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Feeling it in your bones

The facts about osteoporosis



Osteoporosis is often seen as a problem for the elderly, and the National Osteoporosis Foundation notes that being over 50 is a major risk factor for osteoporosis. But that doesn't mean people younger than 50 can't develop the disease. The misconception that osteoporosis exclusively afflicts aging men and women only highlights the need to learn more about the disease.

What is osteoporosis?

Osteoporosis is a disease of the bones that occurs when the body loses too much bone, makes too little bone, or both. Because people cannot feel their bones weakening, osteoporosis is often called a "silent disease," notes the NOF. Despite its silence, osteoporosis is a serious threat, increasing a person's risk for bone breaks from falls.

What happens to bones when a person has osteoporosis?

The NOF notes that, under a microscope, healthy bones look like a honeycomb. When a person has osteoporosis, the holes and spaces in the honeycomb are considerably larger than in healthy bones. Osteoporotic bones are not as dense as healthy bones, and as they become less dense, they weaken and are more susceptible to breaks.

Is osteoporosis common?

Osteoporosis is common across the globe. According to the International Osteoporosis Foundation, one in three women over age 50 and one in five men over age 50 will experience osteoporotic fractures.



Controllable risk factors for osteoporosis include not eating enough fruits and vegetables; consuming too much protein, sodium and caffeine; a sedentary lifestyle; smoking; and excessive consumption of alcohol. Insufficient calcium and vitamin D intake is another controllable risk factor for osteoporosis. Speak with a physician about osteoporosis and the role that diet and exercise can play in prevention

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What are the risk factors for osteoporosis?

The NOF categorizes risk factors for osteoporosis as uncontrollable and controllable. Uncontrollable risk factors include age, family history, low body weight (being small and thin), and a history of broken bones. Gender also is an uncontrollable risk factor, as women are more likely than men to suffer from osteoporosis. In fact, the NOF notes that a woman's risk of breaking a hip due to osteoporosis is equal to her risk of breast, ovarian and uterine cancer.

Controllable risk factors for osteoporosis include not eating enough fruits and vegetables; consuming too much protein, sodium and caffeine; a sedentary lifestyle; smoking; and excessive consumption of alcohol. Insufficient calcium and vitamin D intake is another controllable risk factor for osteoporosis. Speak with a physician about osteoporosis and the role that diet and exercise can play in prevention.

Listening to your body

Health screenings every woman should get

Routine wellness exams are essential for women who want to maintain and/or improve their health. Women may not be familiar with all of the screening options that can keep them on the right track.

Preventative health screenings can shed light on risks for certain diseases and provide insight into patient behaviors that may be harmful. Screenings also may help save a life.

Healthy diets and daily exercise are hallmarks of healthy people, but routine wellness exams are just as important. The following are some screenings women should include in their health and wellness routines.

- **Blood pressure:** Doctors will typically test blood pressure at every visit. Women whose blood pressure is below 120/80 mmHg can go every two years between blood pressure readings up until age 20, advises The American Heart Association. Adults 40 or older, or those with conditions that put them at



risk for hypertension, should go annually or as advised by a doctor.

- **Cervical cytology:** The American College of Obstetricians and Gynecologists recommends routine pelvic examinations with cervical testing that includes Pap testing and HPV testing. Consult with an OB-GYN for testing frequency,

which depends on age.

- **Cholesterol:** Cholesterol levels alone are not indicative of one's overall health. However, a complete cholesterol test can determine a person's risk for heart disease. If levels are consistently normal, this test may only need to be performed every five years, advises the National Institutes of Health.

- **Mammogram:** Mammograms screen for breast cancer. Given the risk of false positives, debate continues as to how frequently women need these screenings. The most recent guidelines from the U.S. Preventive Services Task Force says mammograms are recommended starting at age 50, and should occur every two years. The American Cancer

Society advises starting at age 45 and having a mammogram annually through age 55.

- **Blood-glucose test:** The National Institute of Diabetes and Digestive Kidney Diseases says women should be screened regularly for prediabetes or diabetes beginning around age 45. Women can speak with their physicians to determine how often they should receive these screenings.

- **Osteoporosis screenings:** Bone density can be measured starting at age 65 or earlier if a woman has a high fracture risk, states Regis College.

- **Skin examination:** The American Academy of Dermatology suggests speaking with a dermatologist about skin exams. Self-examinations should be routine, but dermatologists may recommend more formal tests to women who meet certain criteria.

Women should speak to their doctors about personalized screenings based on family history and other risk factors.

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Supplements

Probiotics vs. Prebiotics

Those poised to begin a health regimen that includes probiotics would be wise to also educate themselves about the closely named, yet vastly different, “prebiotics” that are also beneficial to health. Prebiotics are to probiotics what fertilizer is to a vegetable garden. Prebiotics are essentially a special type of soluble fiber that is used by the beneficial bacteria as fuel, advises the prebiotic supplement company Prebiotin. Examples of good sources of prebiotics include bananas, onions,

garlic, Jerusalem artichokes, apple skins, beans, and chicory root. The prebiotic fiber moves through the small intestine undigested and fermented until it reaches the large intestine. Once there, beneficial bacteria break it down and use it as food. Thusly, the prebiotics can then multiply readily and improve the balance of good and bad bacteria in the gut. Eating prebiotic foods can fuel the process, but many probiotic supplements now have a combination formula that includes prebiotics in the recipe.

Safe dating

Let's be safe out there

For seniors, being alone can escalate feelings of isolation. As men and women age, their social circles may begin to shrink. The health resource Aging Care says 43 percent of seniors have a persistent sense of loneliness. For many, dating is helping them find renewed companionship, self-confidence and vigor. Despite the rush that one may feel when beginning a new relationship, it is important to put safety first. One of the key considerations is disease prevention. Statistics from the Centers for Disease Control and Prevention show that, between 2000 and 2008, there was a 45 percent increase in reported sexually transmitted diseases in Americans over the age of 40. Online dating may make seniors vulnerable to STDs. Furthermore, many STDs go unrecognized and thusly untreated in the senior community because they're simply not ex-



pected. Education can help keep seniors safe. Doctors can inquire about sexual activity as they would with other age groups. Seniors

themselves should always practice protected intimacy and get refresher courses on “safe sex” education.

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You too, boys

Health screenings men should discuss with their physicians

Routine doctor visits are a vital component of a healthy lifestyle. As noted by the U.S. National Library of Medicine, even men who feel healthy and live active lifestyles must make routine visits to their healthcare providers. Such visits can assess risk for future medical problems and offer men the opportunity to update vaccinations. Routine health checkups also give doctors a chance to screen for medical issues.

Doctors consider a man's age and other risk factors to determine when and how frequently he will need certain medical screenings. For example, while men between the ages of 40 and 64 are often advised to get blood pressure screenings at least once per year, those with diabetes, heart disease, kidney problems, and other conditions may need more frequent screenings.

No two men have the same medical histories, which only highlights the



need for men of all ages to schedule annual physical exams with their physicians. Such exams can reveal potential problems and also make for great opportunities to discuss more specific medical screenings with their physicians. The follow-

ing are some general screening tests and guidelines recommended for all men between the ages of 40 and 64, courtesy of the USNLM.

Prostate cancer

The USNLM notes that

most men age 50 or older should discuss screening for prostate cancer with their physicians. Ethnicity and family history are some of the recognized risk factors for prostate cancer. As a result, African American men and men with a family

history of prostate cancer in a first degree relative younger than 65 should discuss screenings beginning at age 45. There are pros and cons to prostate cancer screenings, and these should be part of men's discussions with their physicians.

Colorectal cancer

All men between the ages of 50 and 75 should be screened for colorectal cancer. Physicians may recommend colorectal screening for men under age 50 with a family history of colon cancer or polyps. In addition, physicians may consider screenings for men under 50 who have a history of inflammatory bowel disease.

Cholesterol

The USNLM advises men to have their cholesterol levels checked every five years. Men with certain conditions, such as diabetes and heart disease, may need to be checked more often.

Diabetes

Diabetes screenings are recommended every three years for men age 45 and older. Men who are overweight and younger than 45 should ask their physicians if they should be screened before they reach 45.

Osteoporosis

Women are more likely to develop osteoporosis than men, but that doesn't mean men are immune to this condition marked by a weakening of the bones due to tissue loss. Fractures after age 50, heavy alcohol use, smoking, and low body weight are some risk factors that can make men vulnerable to osteoporosis.

Health screenings can catch diseases and other conditions in their early stages when they're most treatable. Such screenings should be a vital part of men's health routines.

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Exercise and aging

How to work out safely after 50

In an ideal world, people young and old exercise each day. But as men and women age, finding time to work out is not so easy.



Commitments to work and family often take precedence over daily exercise. As a result, many people 50 and over might not have exercised regularly or at all in many years. But as children grow up or even move out, people facing down their golden years are often compelled to get back in the gym. That's a wise decision that can increase a person's chances of being healthy and happy in retirement. But before beginning a new exercise regimen, men and women over 50 should take heed of the following safety tips to ensure their efforts are not derailed by accident or injury.

• Speak with your physician. The National Institute on Ag-

ing notes that even people with chronic conditions such as heart disease, diabetes or arthritis can be physically active. However, anyone with such a condition and even those who don't fall into those categories should consult with their physicians and receive a full physical before exercising. Such a consultation and checkup can shed light on any unknown issues, and physicians can offer advice on how to safely manage

any problems that may arise.

• Begin with low-intensity exercises. Even if you feel great and have maintained a healthy weight, don't push yourself too hard at the start. Your body needs time to adjust to physical activity, so choose low-intensity exercises like walking and light strength training so your muscles, tendons and ligaments can adjust. Initially, exercise every other day so your



body has ample time to recover between workouts.

• Choose the right places to exercise outdoors. Exercising

outside provides the best of both worlds for many people, providing a chance to get healthy all while enjoying the great outdoors. When exercising outdoors, choose areas that are not remote and where others can see you and offer help if you suffer an injury or have an accident. Boardwalks, public parks and outdoor gyms are safer places to work out than wooded areas or other places well off the beaten path.

• Stay hydrated. The NIA notes that many people lose their sense of thirst as they age. But just because you aren't thirsty does not mean you don't need water, especially while exercising. Water regulates body temperature and lubricates the joints, thereby decreasing your risk of injury during exercise.

Exercising after 50 can help people live healthy well into retirement. But caution must be exercised when aging men and women return to exercise after a long break.

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The Caregiver's Conundrum

BY DAVID A. KUBIKIAN, ESQ.

When I meet with prospective clients who want to engage in estate or elder law planning, it is not uncommon to hear them forcefully tell me something along the lines of “I will never go to a nursing home” and/or hear them allude to preferring to take walk in the woods and ‘take matters into their own hands’, or something along those lines. I understand what they are saying. It should be nobody’s life goal to ever call a skilled nursing facility their home. Nonetheless, we don’t always have a choice in life and the truth is that with caring and compassionate skilled care, the quality of our life can greatly be enhanced, even in a nursing home. There is however, an alternative called “aging in place.”

Aging in place is a relatively old concept which has had new life in recent years, coinciding with the

increase in the elderly population and the stigma of nursing homes. The idea is simple. Keep your loved one in their most familiar environment, their home. All while balancing the needs for social interactions, rehab/exercise and the type of care they require on a day to day basis. After all, if a loved one has dementia, robbing them of their short term memory, why not surround them with pictures and furnishings that make them hopefully feel comfortable. Typically, aging in place requires not only a home that physically can accommodate a loved one (safety bars in bathrooms, larger hallways and doorways), but also someone ready, willing and able to provide the care. That brings us to one of the most overlooked parties in the long term care planning equation: the caregiver.

Earlier this month, the New York Times addressed the life of a caregiver in an article that told the heartbreaking, but increasingly familiar story of Mark Donham, the husband and now widower of his wife, Chris. Mark’s wife had early-onset Alzheimer’s and Mark stood by his wife’s side the entire time. As the article details, Mark quit his job in order to do the much harder job of being a 24-hour caregiver. Laundry, cleaning and later toileting, feeding, and transporting were all part of his new job description. By all accounts, Mark did everything he could until the disease took his wife. Along the way, his efforts had a negative impact on his life in more ways than just grief. The stresses of caring for his wife, whether financial, physical or emotional, took its toll. Know that help is out there.

When we do our educational Estate and Medicaid Planning seminars, it is routine for attendees to hear about “Community Medicaid” for the first time. A part of the federal Medicaid program, Community Medicaid is a vehicle through which people can get skilled nursing or home health aids in their own home. Community Medicaid can even include programs that get your loved one out of the house to get that valuable social contact. Similar to Medicaid coverage in nursing homes, Community Medicaid is a needs-based program and an applicant must be below certain resource levels in order to qualify. Unlike nursing home care however, Community Medicaid does not have a 5-year look back period meaning that it is never too late to get help caring for your loved one at home. In addition, with proper counsel, you can also use excess income you have for your expenses figuratively having your cake and eating it to, i.e. getting Medicaid to pay for hours of care for your loved one while using that loved one’s excess income for either additional care or paying other expenses.

Aging in place is a wonderful idea. Taking care of your loved one through their dementia is a good and noble thing. Doing it alone however is something you should try to avoid. Look into Community Medicaid for the sake of your loved one and yourself.

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Local Idol

Madison had a good, long run on American Idol, and we all enjoyed the ride.

Page B19



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PICK OF THE WEEK

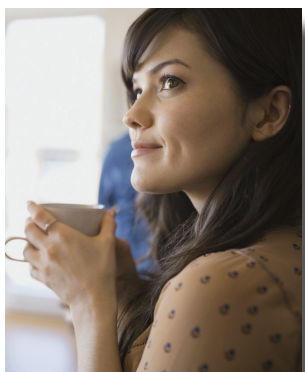


New at the Hall

The National Baseball Hall of Fame has a new exhibit opening this Saturday.

Page B5

INSIDE



Moral compass

Habits that can promote personal growth.

Page B4

Arts calendar

Pages B7-B10

ENTERTAINMENT

Freaking out

L.A. duo caught lightning in a bottle with 'Capsize' and is now setting sail with new album, tour

By **MICHAEL HALLISEY**
halliseym@spotlightnews.com

As we sit down to talk about Frenship's upcoming tour, it's about two days before they leave Los Angeles and James Sunderland is "freaking out."

James Sunderland and Brett Hite, otherwise known as the electro-pop duo Frenship, will be in Albany on Saturday, June 1.

Continues on page B16

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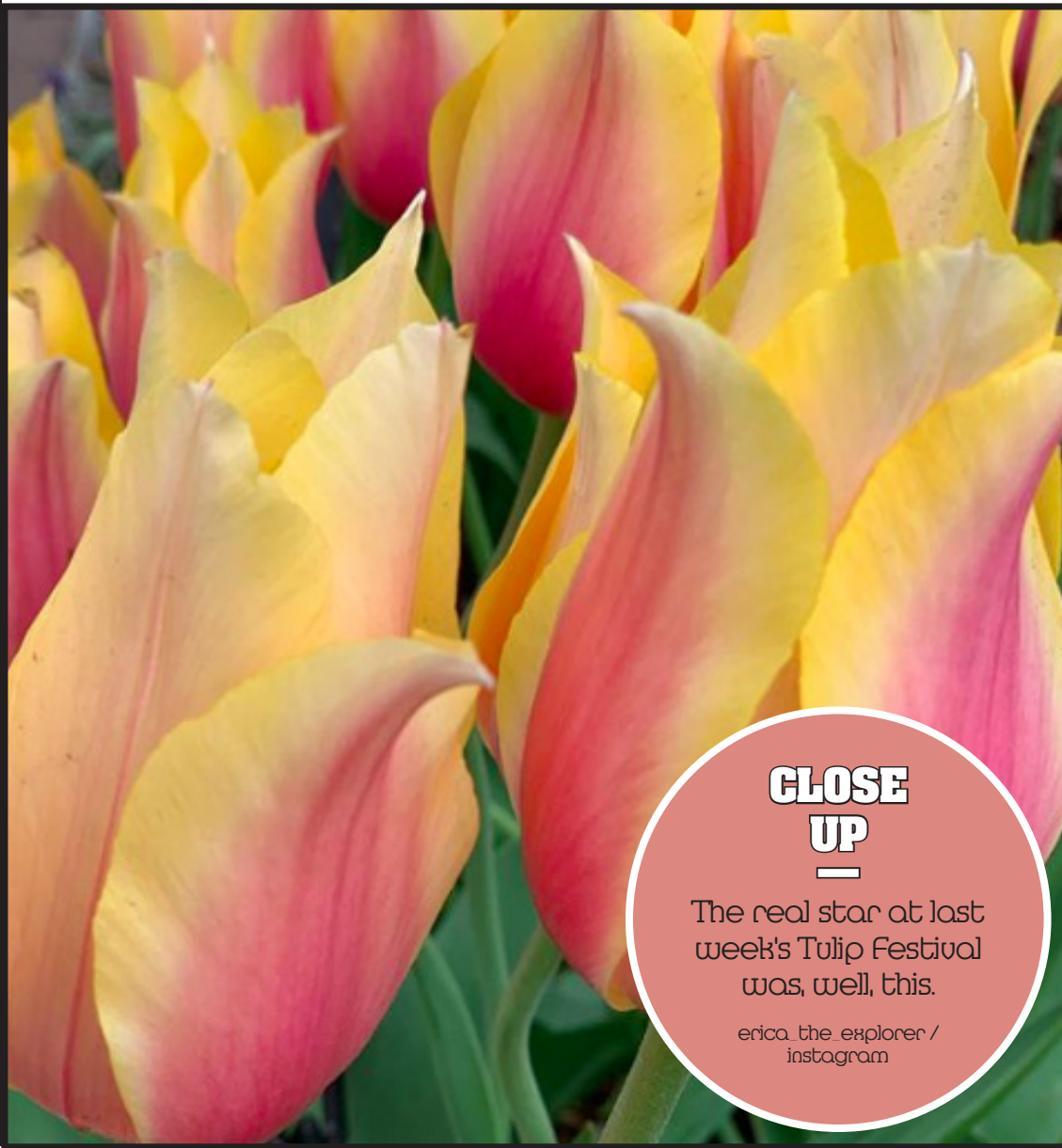
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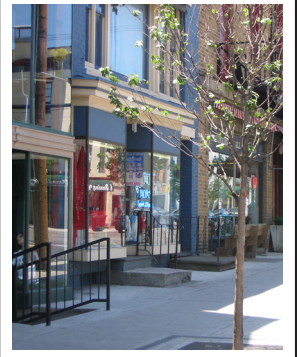


CLOSE UP
 The real star at last week's Tulip Festival was, well, this.
 erica.theexplorer / instagram

▶ **quote of the week**

"We're in the mindset of really hustling and doing the groundwork that never really got laid out when we had a song that went bonkers on pop radio and Spotify."




—Brett Hite, Frenship



contents

What's Happening B3-B6
 Feature B4
 Pick of the Week B5-B6
 Crossword Puzzle B8
 Arts Calendar B7-B10
 Reviews B13-B15
 Health & Fitness B12
 Service Directory B14
 Sudoku Puzzle B00
 Classifieds B17

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RECENTLY ANNOUNCED

Invite to secret gardens

Thursday's annual Hidden Garden Tour is dedicated to Nina Pattison

By **DUNCAN CRARY**
news@spotlightnews.com

TROY — The annual Hidden Garden Tour returns this week with more gardens and a special tribute to its late founder, Nina Pattison, who died peacefully in her sleep this spring at age 91.

"For this year only, our event will be specially named 'Nina's Troy Hidden Garden Tour,' in honor of Nina Pattison who helped organize the first hidden garden tour in Troy 20 years ago," said organizer Phyllis Conroy. "Nina so enjoyed her garden that she wanted everyone to see what she saw and loved about the gardens behind the houses in downtown Troy."

Now in its 20th year, the hidden garden tour is a fundraiser to benefit Troy's Prospect Park held rain or shine on Thursday, May 23, from 4 p.m. to 7:30 p.m.

Last year, the event attracted more than 1,000 tourgoers, a record. Attendance next week is expected to be even higher because of the growing excitement and interest in Troy. But organizers say there's always plenty of room for more people.

This year, the self-guided walking tour features 42 private backyard gardens -- 12 more than in previous years -- in the Historic Sage, Washington Park and adjoining neighborhoods of downtown Troy.

While most of the gardens are approximately the same size, about 20 feet by 30 feet, they vary greatly in style. Some of the gardens feature charming pathways, fountains and pools. Some are filled with flowers, while others have more plants and vegetables -- all lovingly tended by gardeners of all skill levels.

Tourgoers must check in at the Russell Sage College Parking lot on First St. to receive their hidden garden tour map indicating where the gardens on the tour are located. Because it is self-guided, tourgoers may check-in anytime after the tour's opening at 4 p.m. but should be mindful of the closing time at 7:30 p.m. The gardens may be visited in any order.

With 42 gardens now included, it is not likely that tourgoers will be able to visit every single garden. The map suggests four possible garden cluster tour routes, three of which are less than half a mile walking distance.

Continuing The Legacy

One of the gardens that is new to the tour this year is actually more than 40 years old.

Last year, Kathleen and Charlie Tesnakis purchased their home in Troy's Little Italy Neighborhood from Gerald Germano, who cultivated a garden there over four decades. The double-lot garden features a fruit bearing pear tree, vegetables, a 50-year old grape vine and roses. There is also a peace garden.

"What I love about this garden is that it represents how the families lived and cared for each other and produced food," said Tesnakis, noting that Germano was famous for his peach pies, though the garden no longer features a peach tree. "This is a really special special place."

Tesnakis and her husband own 'e ko logic, a downtown Troy-based company that uses recycled cashmere and post-consumer fabric to create one-of-a-kind hats, scarves, sweaters, dresses and skirts. As an environmentally friendly clothing designer, Tesnakis was thrilled to learn that Germano had used only organic means to tend to his garden.

"This is a legacy garden," Tesnakis said. "It's so wonderful to be able to hand your home over to the next owner, and leave this type of legacy that can be experienced and celebrated and shared by future generations. That's what Troy is all about."

Tesnakis said the garden features many roses loved by Germano's late wife. "The roses are thriving this year," she said. "We have a lot of buds on the vine that we hope will blossom in time for the tour."

Nina Pattison: Celebrating A Love Of Troy Gardens

For many years, Nina Pattison's garden was the first stop on the tour, and it remains on the tour to this day, now lovingly tended to by its new owners Mark Shipley and Sara Tack.

Pattison and her neighbors had been showing off their gardens for a few years in the late 1990s before they decided to formally organize the hidden gardens event for the public.

In a 2015 press release, Pattison explained that her garden thrived in sunny conditions.

"I have what people refer to as an English Cottage Garden, which means it's 'designed' according to my personal tastes," Pattison said. "If I like it, I grow it. And if it doesn't like me, we part company."

Before returning to Troy -- the city of her youth -- in 1987, Pattison had been living in Boston. "You could not find a piece of property like this in Boston even if you could afford it!" she said of her Second Street home and garden in Troy.

"It's a joy to see the Hidden Garden Tour's 20th Anniversary event named for my mother, Nina Pattison, one of the founders of the garden tours," said Martha Quinn, Pattison's daughter. "Two of my mother's passions were her beloved Troy, and making the world a beautiful place one garden at a time."

Quinn, 60, is one of the original five MTV video jockeys of the 1980s.

Peter Grimm, president of the Friends of Prospect Park, notes that Pattison was very proud to point out that people have purchased homes in downtown Troy after going on the hidden garden tour and seeing all the private backyard sanctuaries.

"This is a special kind of event that invites visitors into the hidden, green spaces of our city. It really showcases the humanity and livability of Troy," said Grimm. "The tour will not be the same without Nina's laugh, her smile and her beloved little dog Rosey at her feet. But she was so proud of this garden tour and of this city, there is no better way to honor her than to enjoy the simple pleasures and beauty of Troy's hidden gardens."

NEWS

Rockin' on the River lineup released

By **KAITLIN LEMBO**
lembok@spotlightnews.com

TROY — The Downtown Troy BID has released the 2019 schedule for Rockin' on the River, kicking off the season on Wednesday, June 5.

Rockin' on the River is 10 weeks of free family-friendly live music on sunset views of the Hudson River. The series will take place from 5 to 8:30 p.m. in Riverfront Park, located between historic downtown Troy and the scenic Hudson River. Music fans are welcome to shop, dine and explore downtown Troy before and after the concerts.

"Rockin' on the River is a staple in our community," said Katie Hammon, Executive Director of the Downtown Troy Business Improvement District. "This year's programming features a diverse array of musical genres and engages a broad audience with our vibrant downtown. We cannot wait to enjoy the summer events season with you."

2019 Rockin' on the River Lineup

Wednesday, June 5

Skeeter Creek,
Raquel & the Wildflowers

Wednesday, June 12

Live at the Fillmore – The Definitive Original Allman Brothers Band Tribute

Wednesday, June 19

Speedy Ortiz

Wednesday, June 26

Driftwood,
The Sea The Sea

Wednesday, July 3

The Broken Hearted – Tom Petty Tribute,
Sly Fox & The Hustlers

Wednesday, July 10

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Troy Music Academy Allstars

Wednesday, July 17

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■ WHAT'S HAPPENING NOW



Cary Morin

Acoustic Blues Open Mic & Jam w/s/g Cary Morin

Caffe Lena — Wednesday, May 22

SARATOGA SPRINGS — Caffe Lena will host an Acoustic Blues Open Mic & Jam w/s/g Cary Morin on Wednesday, May 22 at 7 p.m.

Described as “one of the best acoustic pickers on the scene today,” Cary Morin brings together the great musical traditions of America and beyond like no other. With deft fingerstyle guitar and vocals that alternately convey melodic elation and gritty world-weariness, Morin crafts an inimitable style often characterized as acoustic Native Americana with qualities of blues, bluegrass, jazz, jam, reggae, and dance.

Caffe Lena is located at 47 Phila St., Saratoga Springs.

■ LIFESTYLE

Find your moral compass

Habits that can promote personal growth

There's never a wrong time for personal reflection. Upon reflecting on our lives, many people resolve to change those lives for the better.

Making the most of opportunities for personal growth can help people enrich their lives and be happier. Embracing some habits and ditching others can contribute to personal growth and help people live full and fulfilling lives.

Wake up early

Many people can think of various things they would like to do if they only had more time. Reading more books, exercising more often or learning to cook are just a handful of activities that can enrich peoples' lives. By



Making the most of opportunities for personal growth can help people enrich their lives and be happier. Embracing some habits and ditching others can contribute to personal growth and help people live full and fulfilling lives.

waking up earlier each day, people can make better use of their mornings. Read a book while the morning coffee is brewing or run a little on the treadmill before the kids wake up. Waking up earlier also can give you a chance to get some chores done, opening up more time to pursue some new hobbies at night.

Quit smoking

The ill effects of smoking are many. Smokers may not know just how quickly after quitting their bodies will begin to recover. The American Lung Association notes that smokers' heart rates drop to a normal level 20 minutes after quitting. Twelve hours after quitting, the carbon monoxide levels in smokers' blood return to normal as well. Quitting also can provide people with more financial freedom. The resource Smokefree.org notes that, in early 2018, someone smoking a pack a day spent about \$177 per week on cigarettes. That amounts to roughly \$9,200 per year. Financial freedom can make it easier to pursue passions that promote personal growth, such as traveling.

was published in the journal Social Science and Medicine found that the more people volunteered, the happier they were. The researchers compared people who never volunteered to people who did, finding that the odds of being “very happy” increased by 7 percent among people who volunteered monthly. Those odds increased by 12 percent among people who volunteered every two to four weeks. Volunteering also provides opportunities to meet new people, including those from different backgrounds than your own. Such interactions can help people develop more well-rounded worldviews.

Turn off your devices

Numerous studies have discovered that the brain cannot multitask. Unfortunately, many people unknowingly try to force their brains to do just that by checking their devices. Avoiding devices during the workday can make you more productive, and turning them off when you arrive home at night can foster stronger relationships with your loved ones.

It's never too late to explore various ways to promote your personal growth.

Volunteer

A study from researchers at the London School of Economics that

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PJ DUO W/ TALIA DENIS, KATIE LOUISE
 MAY 25
 9:00 PM | \$5

START MAKING SENSE: A TRIBUTE TO TALKING HEADS W/ OLD FLAME
 MAY 31
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PICK OF THE WEEK

Cardboard heroes

Baseball Hall of Fame will open new card exhibit this Saturday

By **MICHAEL HALLISEY**
halliseym@spotlightnews.com

COOPERSTOWN — The National Baseball Hall of Fame will open an exhibit that pays homage to the cardboard product that helped launch the popularity of the game.

A baseball card exhibit opens on Saturday, May 25. The exhibit, spanning more than 700 square feet of space on the museum's third floor, will examine the history, design and production of cards, the 1980s boom that turned a child's hobby into a multi-million dollar industry and the joy and camaraderie that so many collectors

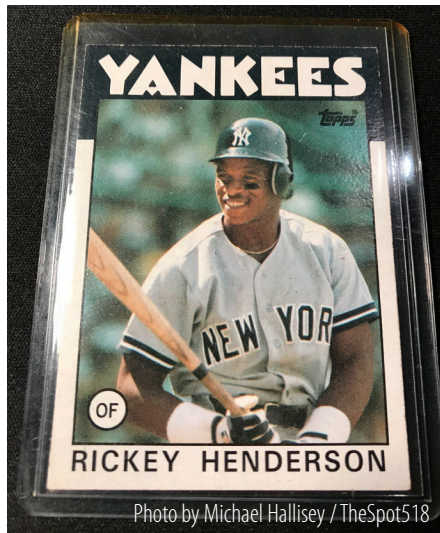


Photo by Michael Hallisey / TheSpot518

have found in the hobby.

As part of the festivities at Hall of Fame Classic Weekend, a ribbon-cutting ceremony for Shoebox Treasures will be held at 9:45 a.m., featuring Hall of Famers participating in that afternoon's Hall of Fame Classic.

that when we created this exhibit that it was going to be a deep dive, not just rows of cards in a case. We wanted visitors to see and learn about cards from the early days of 19th-century tobacco cards to today's glossy keepsakes. Finally, so many of our visitors have a

TRADE?
—
See what cards the Hall of Fame has.
Michael Hallisey / TheSpot518

passion for card collecting, and we wanted to acknowledge and celebrate their passion for these pocket-sized gems."

A fundraising campaign raised \$800,000 to design, build and maintain the exhibit.

The exhibit will be divided into four primary themes: An exploration of the long history of baseball cards; the evolution of baseball card design; how and why fans of all ages collect baseball cards; and those cards that are considered "Holy Grails."

Shoebox Treasures will feature more than 2,000 cards on display in vertical drawers that will allow visitors to explore a selection from the Museum's vast baseball card collection. Visitors can take a trip back in time by spinning a bicycle wheel with baseball cards in its spokes, and can make their own virtual baseball cards with six historic designs.

"For so many fans, including myself, learning to love the game came directly from our fascination with baseball cards," said Jeff Idelson, President of the National Baseball Hall of Fame and Museum. "Shoebox Treasures transports us back to the thrilling days of opening packs of cards, looking for our favorite players, devouring the gum, and absorbing every morsel of information on them. It's an exhibit that tells the story behind one of the most effective marketing campaigns ever conceived."

Continues on B6

WHAT'S HAPPENING NOW



Arlo Guthrie

Pete Seeger Centennial Concert ft. Arlo Guthrie

The Egg — Thursday, May 23

ALBANY — The Egg will host the Pete Seeger Centennial Concert ft. Arlo Guthrie on Thursday, May 23 at 7 p.m.

Arlo Guthrie will be joined by a baker's dozen of artists — including Amythyst Kiah, Cary Morin, Dan Zanes & Claudia Eliaza, Dar Williams, David Gonzalez, Guy Davis, Richie Stearns & Rosie Newton, Taina Asili, Tony Trischka, Toshi Reagon and Bill & Livia Vanaver — to keep his message alive for an evening of music, dance and poetry inspired by Pete Seeger in celebration of his centennial.

For tickets, visit www.theegg.org.

The Egg is located inside Empire State Plaza, Albany.

Chris Trapper

Caffe Lena — Thursday, May 23

SARATOGA SPRINGS — Chris Trapper will perform at Caffe Lena on Thursday, May 23 at 7 p.m.

Chris Trapper began his career as the front man for late-90's alternative rock band THE PUSH STARS (Capitol Records). With four CD releases and several high-profile national tours — including a run with Matchbox Twenty — The Push Stars served to establish Chris as an authentic talent. As a modern-day singer/songwriter, Chris is most known for his song "This Time," the No. 1 selling song on the Grammy nominated soundtrack for "August Rush."

For tickets, visit www.brownpapertickets.com.

Caffe Lena is located at 47 Phila St., Saratoga Springs.



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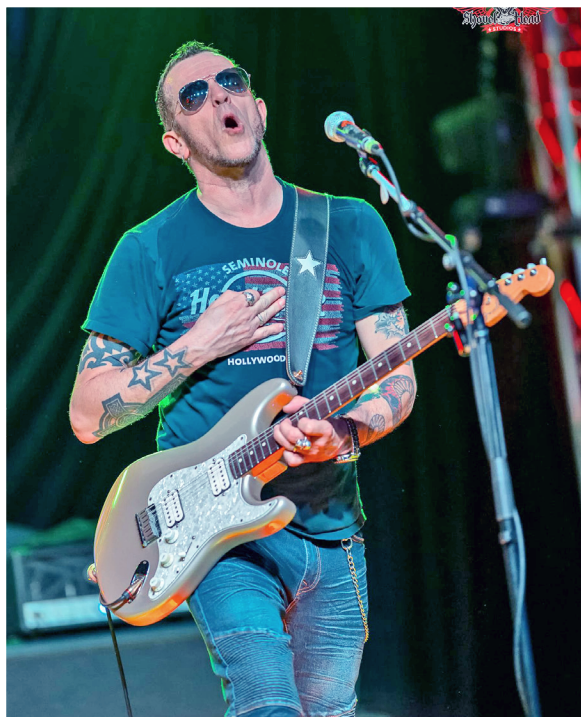
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WHAT'S HAPPENING NOW



Daniel Franzese

Gary Hoey

Skyloft — Thursday, May 23

ALBANY — Gary Hoey will perform at Skyloft on Thursday, May 23 at 8 p.m.

Neon Highway Blues, Gary's latest release, carries its 11 tracks with the confidence and assuredness of a veteran, and the freshness of someone who's still in the process of discovery and refinement —with the help of famous friends such as Eric Gales, Lance Lopez, Josh Smith and Hoey's 17-year-old son Ian Hoey. The release of Neon Highway Blues will, of course, take Gary Hoey back on the highways and byways for plenty of touring and playing, well, the blues —and more. He can't yet predict where the next road will take him, but Hoey is confident it will be an adventure.

For tickets, visit www.eventbrite.com.

Skyloft is located at 1 Crossgates Mall Road, Albany.



Photo by Michael Hallisey / TheSpot518

**From page B5 ...
Cardboard heroes**

The following is a list of beloved baseball cards from my personal collection. The worth of these cards are not measured by monetary value, but rather the memories they capture from my childhood.

**1980 Topps
Ralph Garr #272**

Webster doesn't see it this way, but the definition of cool is one's ability to own what is otherwise viewed as a ridiculous piece of fashion and making it look good. Ralph Garr had the misfortune of playing for the Chicago White Sox when team owner Bill Veeck decided to introduce shorts to baseball in 1976. The shorts quickly went away, but the butterfly collar Veeck brought in from the disco dance floor did not. Garr's 1980 card would be his last with Chicago. It captures the image of him trotting off the field, gold chains swaying side to side, looking every bit the modern outfielder.

**1980 Topps
Nolan Ryan #580**

Nothing captured the imagination of a 7-year-old boy more than baseball and speed, and that was Nolan Ryan. His 1980 card shows him in the midst of unleashing his "100.9 m.p.h." fastball in an Angels uniform. This card is what inspired me to play baseball. I wanted to be a pitcher. I wanted to be Nolan Ryan. His wind-up, his determined look and the added notation indicating he was an all-star helped me understand that he stood above everyone else.

**1990 Upper Deck
Bo Jackson #32**

Bo Jackson's professional career didn't last too long. The two-sport athlete played four full seasons of Major League Baseball and four abbreviated seasons in the National Football League. His playing days ended a quarter century

ago but fans still gush over his feats today: His leadoff home run in the All-Star game, running up the outfield wall in Baltimore after chasing down a fly ball, or throwing a perfect strike to the catcher from the outfield warning track in Seattle to throw out Harold Reynolds. He is a sports legend on par with the elite of Hall of Famers. This image captures both the power and grace of such an athlete.

**1978 Topps Dave
Winfield #530**

Dave Winfield was a young phenom for the San Diego Padres in the 70s. He was a rare athlete who garnered the attention of every major sport. He was selected by four teams in three different sports; basketball, baseball and football. He had a cannon for an arm, often throwing the ball into the stands behind home plate from the outfield. He often did the same thing using his bat and hitting home runs in the other direction. His 1978 card has him poised with his bat slung over his shoulder as he walks up the dugout steps. Something tells me no one had the guts to say anything negative about those V-shaped lambchops.

**1980 Topps
Astros Team #82**

Finding a team card in your wax pack of cards was often a letdown unless it was your favorite team. Even then, you felt cheated out of getting a star player to add to your collection. At some point card companies stopped printing them, but coming across these relics

today helps bring back memories like this card. No one had more colorful uniforms than the Astros. The Tequila Sunrise was bright and served as the team's home and away jersey for several years. It's a bold look you either love or hate; there is no in-between. I love it.

**1996 Bowman
First Cameron
Smith #182**

**1997 Topps Matt
Quatraro/Alex
Sanchez #252**

At 15, Cameron Smith owned a lively fastball. The ball didn't split through the air so much as it fought and bucked against every molecule in its path as it traveled in excess of 90 mph. I know because I had the misfortune of warming him up before one game while not wearing any protection. Nope. Not that either. In 1988, I played along with him and current Tampa Rays' bench coach Matt Quatraro with Bethlehem's Mickey Mantle team. Quatraro was one of Bethlehem Central's best athletes. The way pitches jumped off his bat for home runs brought scouts to our games throughout his high school years. I could say that my time on the field was limited because our team consisted of two future professionals and a handful of college All-Americans, which is true, but it would also highlight an altogether different talent of mine to which I'm better suited for today.

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Sat: Tyler Giroux & Lou Smaldone, 6 p.m.

9 Maple Avenue

9 Maple Ave., Saratoga Springs.
www.9mapleave.com
Fri: Steve Lambert Quartet, 9 p.m.
Sat: Alta Havana, 9 p.m.

Across The Street Pub

1238 Western Ave., Albany.
518-438-1718
Wed: Shipyard Brewing Spring Trivia,
6:30 p.m.

Arsenal City Tavern

795 3rd Ave., Watervliet.
518-874-1767
Fri: David J, 8 p.m.

Athos

1814 Western Ave., Albany.
518-608-6400
Fri: Al Santoro & Friends, 6:30 p.m.

Black Bear Inn

310 19th St., Watervliet.
518-272-9486
Wed: Trivia Night, 7:30 p.m.
Tues: Talent Scout Open Mic

Blue 82

82 N. Pearl St., Albany.
518-445-8082
Fri: Karaoke, 10 p.m.

Caffè Lena

47 Phila St., Saratoga Springs.
518-583-0022
Wed: Acoustic Blues Open Mic & Jam,
7 p.m.
Thurs: Chris Trapper, 7 p.m.
Fri: Sawyer Fredericks, 8 p.m.
Sat: Sawyer Fredericks, 8 p.m.
Sun: Sawyer Fredericks, 7 p.m.
Mon: Open Mic Night, 7 p.m.

Carney's Tavern

17 Main St., Ballston Lake.
518-280-7959
Thurs: Matty Finn, 6 p.m.
Fri: Matty Finn, 7:15 p.m.
Sat: Matty Finn, 7:15 p.m.

Centre Street Pub

308 Union St., Schenectady.
518-393-2337
Thurs: Justin Friello, 7 p.m.
Fri: The Shakedown, 9 p.m.
Sat: Lush Honey, 9 p.m.
Sun: Jeff Brisbin, 2 p.m.

City Sports Grille

1668 Route 9, Clifton Park
518-371-4000
Fri: The Smooze, 8 p.m.

Club Helsinki Hudson

405 Columbia St. Hudson
518-828-4800
Thurs: Blue Pro Jam, 8 p.m.

HOT SPOTS

EVENTS CALENDAR

**The Parting Glass**

40-42 Lake Ave., Saratoga Springs.
518-583-1916
Fri: Rick Rourke Duo, 8 p.m.
Tues: Science on Tap, 6:30 p.m.

Pauly's Hotel

337 Central Ave., Albany.
paulysshotel.com
Wed: D.R.I. / Paralysis / Corrode / Wet
Specimens / Pissing Match, 7 p.m.
Thurs: A Vulture Wake / After the Fall /
Smartbomb, 8 p.m.
Fri: Alter Ego, 7 p.m.
Sat: Hilltop, 8 p.m.
Sun: Mourning Dove / Cry Like Donna /
Fatshuggy / F-Balduci, 8:30 p.m.
Tues: Paperback / Vogon Poetry / + 1
TBA, 8:30 p.m.

Pearl Street Pub

59-61 No. Pearl St., Albany.
518-694-3100
Fri: Happy Hour Trivia, 5:30 p.m.

Provence

1475 Western Ave.,
Stuyvesant Plaza, Albany
518-689-7777
Thurs: TBA, 6 p.m.
Fri: Roben Kosek Jazz & Blues, 6 p.m.
Sat: Carl Alexandrov, 6 p.m.

Putnam Place

63a Putnam St., Saratoga Springs.
518-584-8066
Thurs: The Wheel, 8:30 p.m.
Fri: Amber Lin's B-day Bash, 8 p.m.
Sat: PJ Duo / Talia Denis / Katie Louise,
8 p.m.

Rustic Barn Pub

150 Speigletown Rd., Troy.
518-235-5858
Thurs: Open Mic w/ Danny Watson, 8
p.m.

Salt & Char

453 Broadway, Saratoga Springs.
518-450-7500
Every Sun: Hot Club
of Saratoga, Noon

Saratoga City Tavern

19-21 Caroline St., Saratoga Springs.
518-581-3230
Thurs: Karaoke, 9 p.m.
Mon: Bingo, 8 p.m.
Tues: Trivia, 8 p.m.

Skyloft

1 Crossgates Mall Rd., Albany.
518-869-5638
Thurs: Gary Hoey + Andrew Mirabile,
8 p.m.
Fri: X, 8 p.m.
Sat: The Fresh Kids of Bel-Air, 9 p.m.
• DJ Dread, 11 p.m.

Speakeasy 518

42 Howard St., Albany.
518-449-2332
Wed: Weekly Bartender Throwdown,
8 p.m.
Thurs: Swing Night w/ Mike Jenkins &
the Fat Ties, 9 p.m.



Taking up residence at Lena

Sawyer Fredericks will perform at Caffè Lena on May 24, 25 and 26 at 8 p.m., 8 p.m. and 7 p.m. respectively. His deep, beyond-his-years lyrics and melodies, raw, soulful vocals, and powerful live performances have attracted an ever growing number of devoted fans of all ages, selling out shows throughout the US.

Jeff Fasano / Sawyer Fredericks

Sat: The Sea The Sea, 9 p.m.

Eden Cafe

269 Osborne Road, Loudonville.
518-977-3771
Wed: Mike Miner, 4:30 p.m.
Thurs: Life's Guilty Pleasures Live Music
Happy Hour, 4:30 p.m.
Fri: Brian Edward's Network Jam, 6 p.m.
Sat: Shannon Peterson, 7:30 p.m.

Fort Orange Brewing

450 North Pearl St., Menands.
518-992-3103
Wed: Spring Corn Hole League, 6 p.m.
Thurs: Trivia, 6:30 p.m.
Fri: Big Crunch Bingo, 7 p.m.

Fuze Box

12 Central Ave., Albany.
518-703-8937
Fri: Cretin Hop, 9 p.m.
Sat: Throwback Dance Party, 9 p.m.

Gaffney's

16 Caroline St., Saratoga Springs.
518-587-7359
Tues: Open Mic Nights w/ Rick Bolton,
7 p.m.

Grappa '72

818 Central Ave., Albany.
518-482-7200
Wed: Hamilton Street Jazz Company,
6:30 p.m.
Thurs: Hamilton Street Jazz Company,
6:30 p.m.

Hamlet and Ghost

24 Caroline St., Saratoga Springs.
518-450-7287
Wed: Hot Club of Saratoga Trio, 7 p.m.

Hangar on the Hudson

675 River St., Troy
518-272-9740
Fri: Catharsis: A Darker Dance Party,
9 p.m.

The Hollow Bar + Kitchen

79 No. Pearl St., Albany.
518-426-8550
Sun: Bear Hands, 7 p.m.

IL FARO Restaurant

698 No. Pearl St., Albany
518-463-2208
Sat: Dinner and a Movie, 7 p.m.

J.J. Rafferty's

847 New Loudon Rd., Latham.
518-783-6800
Wed: Trivia, 7:30 p.m.
Fri: Karaoke, 7 p.m.
Sat: DJ Set, 9 p.m.

Jessica Stone's

738 New Loudon Rd., Latham.
518-785-8536
Wed: Talent Scout Open Mic, 8 p.m.
Thurs: Big Crunch Bingo, 7 p.m.
Fri: Trivia Live, 7 p.m.

Jupiter Hall

Lucky Strike Social,
1 Crossgates Mall Rd., Albany.
518-556-3350
Thurs: The Chaos Collective, 7 p.m.

The Low Beat

335 Central Ave., Albany.
518-432-6572
Wed: Maloy / West Means Home / &
more, 6 p.m.
Fri: Villainiers / Sam Reed / CK & The
Rising Tide, 8 p.m.

LT's Grill

2305 Nott St. E., Niskayuna.
518-374-7455
Wed: Catch the Mania Trivia, 7 p.m.
Thurs: TBA, 6:30 p.m.

Lucas Confectionery

12 2nd St. Troy
518-326-3450
Mon: Joe Barna Quintet, 7 p.m. & 8:45
p.m.

McGeary's Irish Pub

4 Clinton Square, Albany. 518-463-1455
Thurs: Open Mic Night, 8 p.m.
Every Sun: Blues Jam , 7:30 p.m.
Tues: Trivia Night, 8 p.m.

Mocha Lisa's Caffè

Clifton Park Center,
22 Clifton Country Road, Clifton Park.
518-383-5373
Wed: Open Mic Night, 6:30 p.m.

Thurs: Trivia, 7 p.m.

Sat: Abbey McGrath, 7 p.m.

Moon and River Cafe

11 S. Ferry St., Schenectady.
518-382-1938
Wed: Rockin Johnny Serrao, 7 p.m.
Thurs: Next Chapter, 7 p.m.
Fri: Kenny Kimball, 7 p.m.
Sat: John Birchler, 7 p.m.
Sun: Pearl, 2 p.m.
Mon: Nancy's Hootenanny, 7 p.m.
Tues: Jazz by Jamie, 7 p.m.

Mouzon House

1 York St., Saratoga Springs.
518-226-0014
Thurs: Hot Club of Saratoga Trio, 6 p.m.
Fri: Mark Tolstrup & The Dixie Boys, 6
p.m.
Sun: Shiri Zorn Trio, 6 p.m.

O'Slattery's Irish Restaurant & Pub

318 Delaware Ave., Delmar.
518-439-5634
Wed: Dan Sherwin, 6:30 p.m.
Thurs: Erin Harkes, 7 p.m.
Sat: Geo Doody, 7 p.m.

Panza's

129 So. Broadway, Saratoga Springs.
518-584-6882
Wed: Peg Delaney, 6 p.m.
Thurs: Azzaam Hameed, 6 p.m.
Sun: Tyler Giroux, 5 p.m.



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Not a drag

Bear Hands will perform at The Hollow on Sunday, May 26 at 7 p.m. Currently on a nationwide tour with Twenty One Pilots, Bear Hands makes a solo stop in Albany. For tickets, visit www.ticketmaster.com. The Hollow Bar and Kitchen is located at 79 N. Pearl St., Albany.

Jessica Lehman

Fri: Nate Giroux Quartet, 9 p.m.
Sat: TBA, 9 p.m.

Stockade Inn

1 No. Church St., Schenectady.
518-346-3400
Thurs: Kylie Houghtaling, 7 p.m.
Fri: Sonny & Perley, 7 p.m.

Van Slyck's

Rivers Casino & Resort
1 Rush St., Schenectady.
518-579-8800
Thurs: Rockaoke, 7 p.m.
Fri: Nine Deez Nite & DJ Ketchup, 8 p.m.
Mon: Rollin' on the River Car Show, 10 a.m.

Vapor Night Club

Saratoga Casino Hotel
342 Jefferson St., Saratoga Springs.
518-581-5775
Fri: The Accents, 8 p.m.

Waterworks Pub

76 Central Ave., Albany.
518-465-9079
Fri: Friday Nights, 11 p.m.
Sat: Saturday Nights, 11 p.m.

Wishing Well Restaurant

745 Saratoga Rd., Wilton.
518-584-7640
Fri: Rob Aronstein, 6 p.m.
Sat: Rob Aronstein, 6 p.m.

Wolff's Biergarten

165 Erie Blvd., Schenectady.
518-631-9517
Mon: Talent Scout Open Mic, 8 p.m.

Yono's

25 Chapel St., Albany.
518-436-7747
Fri: Hamilton Street Jazz Duo, 6:30 p.m.
Sat: Frank Mastan, 6:30 p.m.

MUSIC

Acoustic Blues Open Mic & Jam w/s/g Cary Morin

Caffe Lena will host an Acoustic Blues Open Mic & Jam w/s/g Cary Morin on Wednesday, May 22 at 7 p.m. Described as "one of the best acoustic pickers on the scene today," Cary Morin brings together the great musical traditions of America and beyond like no other. With deft fingerstyle guitar and vocals that alternately convey melodic elation and gritty world-weariness, Morin crafts an inimitable style often characterized as acoustic Native Americana with qualities of blues, bluegrass, jazz, jam, reggae, and dance. Caffe Lena is located at 47 Phila St., Saratoga Springs.

Amber Lin's B-day Bash w/s/g Mariahlynn

Putnam Place will host Amber Lin's B-day Bash w/s/g Mariahlynn on Friday, May 24 at 8 p.m. Join Putnam Place to celebrate Amber Lin's B-Day Bash presented by Clean You Off Entertainment! The night will feature special guest Mariahlynn, hostess Keisha Renee and Hot 99.1's hottest DJ's: DJ King Bully, DJ TGIF and DJ Show, who will be spinning the beats all night long! For tickets, visit www.putnamplace.com. Putnam Place is located at 63a Putnam St., Saratoga Springs.

Bear Hands

Bear Hands will perform at The Hollow on Sunday, May 26 at 7 p.m. Currently on a nationwide tour with Twenty One Pilots, Bear Hands makes a solo stop in Albany. For tickets, visit www.ticketmaster.com. The Hollow Bar and Kitchen is located at 79 N. Pearl St., Albany.

Brian Edward's Network Jam

Brian Edward's Network Jam will take place at Eden Cafe, with special guest Michael Farley, on Friday, May 24 at 6 p.m. If you are a music fan and are looking for the next wave in live entertainment you'll want to attend Brian Edward's Network Jam. Imagine an intimate setting

with great food, drinks, friends and music from a variety of artists. Talented local musicians spontaneously composing and creating unique sounds as you fuse with the music. Eden Cafe is located at 269 Osborne Road, Loudonville.

The Music of Caramel Snow

Eden Cafe will host The Music of Caramel Snow on Saturday, May 25 at 7:30 p.m. After years of training as a classical composer, Michael Farley began writing songs inspired by 90's Shoegaze and 80's Indiepop. His first set of completed songs were accepted for release by the notable Indiepop label, Series Two. Caramel Snow was invited by the label to the Nebraska Pop Festival. Subsequent recordings appeared on labels; Magic Rub Cassettes, Shiny Happy Records, and Jigsaw Records. Caramel Snow's album, Dicentra, was named one of the 25 best Dreampop/Shoegaze records of 2017 by Indievision. For tickets, visit www.eventbrite.com. Eden Cafe is located at 269 Osborne Road, Loudonville.

Catharsis: A Darker Dance Party

Hangar on the Hudson will host Catharsis: A Darker Dance Party on Friday, May 24 at 9 p.m. This will be the first installment of Catharsis: A Darker Dance Party! Come kick off your long weekend right! DJ's De(S)troit and Vellocet will be bringing you new and old from industrial, goth, post punk, trip hop, dark techno and more. There will be a \$5 cover charge. Hangar on the Hudson is located at 675 River St., Troy.

Sawyer Fredericks

Sawyer Fredericks will perform at Caffe Lena on May 24, 25 and 26 at 8 p.m., 8 p.m. and 7 p.m. respectively. Singer-songwriter Sawyer Fredericks, hailing from his family's farm in central New York, is fast establishing himself as an authentic original, Americana artist with an old soul. His deep, beyond-his-years lyrics and melodies, raw, soulful vocals, and powerful live performances have at-

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CLUES ACROSS

- Guitarists use them
- Makes less intense
- Julia Louis-Dreyfus series
- Once in a while
- Up to the time of
- A moon of Jupiter
- "Riddley Walker" writer
- Basketball's "Grandmama"
- Gallium
- Stocky sea duck
- Expressions of delight
- Albanian monetary unit
- Some are electric
- Refine
- Clusters
- Get rid of
- Female body part
- Passerine bird
- One who is killed for their religion
- Green (Spanish)
- Partner to awe
- Flightless, running Aussie birds
- One who breaks up the ground
- Sacred language of some Hindu texts
- Get free of
- Furnace of burning
- Sent in large quantities
- Type of medical patent (abbr.)
- Failure to follow the rules
- Egyptian unit of capacity
- A public promotion of some product or service
- Strongly scented subshrub
- Miserable in appearance
- Coagulated blood
- Boil at low temperature
- Republic of Ireland

CLUES DOWN

- Pull or tear away
- Dennis is one

- Gas
- Popular rec activities
- Owl genus
- Cries
- Morning
- Pass catcher
- Spirit of an era
- Suffix
- Megabyte
- In an expectant manner
- More curving
- Plural of thou
- Son with the same name
- Not one
- The woman
- Uncouth man
- Laugh
- Sustained viral response (abbr.)
- Between northeast and east
- In the matter of
- A tree that bears acorns
- Supervised
- Not quite a full earner
- Unpleasant substance
- Some are fake
- Hammer is a famous one
- Type of cup
- Poisonous Eurasian plant
- An alternative
- Belongs to he
- Bond actor's real name
- Ring-shaped objects
- One who reads in a church service
- Conceive
- One educated in Japan
- Rural delivery
- Robot smarts (abbr.)
- Women
- German river
- Delaware
- Automaker
- Mystic syllable

Answers on Pg. B17

tracted an ever growing number of devoted fans of all ages, selling out shows throughout the US. As a folk/blues singer-songwriter, who cut his teeth at local farmers markets and at Caffè Lena's open mic, Sawyer seemed an unlikely match for reality tv, but quickly won over broad audiences with his genuine delivery and unique arrangements of classic songs, going on to win season 8 of NBC's The Voice. For tickets, visit www.caffelena.org. Caffè Lena is located at 47 Phila St., Saratoga Springs.

The Fresh Kids of Bel-Air

Skyloft will host The Fresh Kids of Bel-Air on Saturday, May 25 at 8 p.m. Every Friday night at Le Poisson Rouge, the Fresh Kids take the stage and perform the hits you loved when you were still rocking butterfly clips and feeding your Furby. But the band doesn't stop at Fridays on Bleecker Street, they are taking the country by storm, playing legendary venues like The Capitol Theatre, The Paramount on Long Island, The Howard Theatre in DC, Union Transfer in Philly, Baltimore Soundstage and more! For tickets, visit www.eventbrite.com.

Gary Hoey

Gary Hoey will perform at Skyloft on Thursday, May 23 at 8 p.m. Neon Highway Blues, Gary's latest release, carries its 11 tracks with the confidence and assuredness of a veteran, and the freshness of someone who's still in the process of discovery and refinement —with the help of famous friends such as Eric Gales, Lance Lopez, Josh Smith and Hoey's 17-year-old son Ian Hoey. The release of Neon Highway Blues will, of course, take Gary Hoey back on the highways and byways for plenty of touring and playing, well, the blues —and more. He can't yet predict where the next road will take him, but Hoey is confident it

will be an adventure. For tickets, visit www.eventbrite.com. Skyloft is located at 1 Crossgates Mall Road, Albany.

Abbey McGrath

Abbey McGrath will perform at Mochalisa's Caffè on Saturday, May 25 at 7 p.m. McGrath wrote on her Facebook page that she "likes writing music to make you have so many emotions you just implode." She specializes in punk and rock music but loves to write about anything she can. Mochalisa's Caffè is located at 22 Clifton Country Road, Clifton Park. Skyloft is located at 1 Crossgates Mall Road, Albany.

Mike Miner

Mike Miner will perform at Eden Cafe on Wednesday, May 22 at 4:30 p.m. Miner has been writing songs and telling stories through his music for over 20 years. With over 200 original songs, he will be choosing those that have moved his listening audience. Eden Cafe is located at 269 Osborne Road, Albany.

Pete Seeger Centennial Concert ft. Arlo Guthrie

The Egg will host the Pete Seeger Centennial Concert ft. Arlo Guthrie on Thursday, May 23 at 7 p.m. Likely the best-known folk singer of all time, Pete Seeger's career as a musician was highlighted by great popular success with the group The Weavers and songs such as "Where Have All the Flowers Gone," "Turn, Turn, Turn" and "If I Had a Hammer"; Grammy Awards including a Lifetime Achievement Award, a National Medal of Arts, induction into the Rock 'n Roll Hall of Fame; and author of one of the most influential instrumental instruction books ever published "How to Play the 5-String Banjo." He used his music to further social, humanitarian and environmental causes — most nota-

bly in the founding of the Clearwater in an effort to save the Hudson River. One of his closest musical associates, Arlo Guthrie, will be joined by a baker's dozen of artists — including Amythyst Kiah, Cary Morin, Dan Zanes & Claudia Eliza, Dar Williams, David Gonzalez, Guy Davis, Richie Stearns & Rosie Newton, Taina Asili, Tony Trischka, Toshi Reagon and Bill & Livia Vanaver — to keep his message alive for an evening of music, dance and poetry inspired by Pete Seeger in celebration of his centennial. For tickets, visit www.theegg.org. The Egg is located inside Empire State Plaza, Albany.

Piedmont Melody Makers

Piedmont Melody Makers will perform at Proctors on Thursday, May 23 at 7 p.m. The Piedmont Melody Makers, unashamed purveyors of old-time blues, honky-tonk, country and bluegrass music, take their name from the Piedmont region of eastern North Carolina where three of the band now reside, a region known for the music they love and perform. For tickets, visit www.proctors.org. Proctors is located at 432 State St., Schenectady.

PJ Duo / Talia Denis / Katie Louise

PJ Duo, Talia Denis and Katie Louise will perform at Putnam Place on Saturday, May 25 at 8 p.m. Tickets are \$5 and will be available at the door on the night of the event. Putnam Place is located at 63a Putnam St., Saratoga Springs.

The Slaughterhouse Chorus record release

The Slaughterhouse Chorus will celebrate its newest record release on Friday, May 31 at 8 p.m. The soon-to-be-disbanded band throws a last bash in Albany for its newest record, ...in the name of progress. With special appear-



Speaking for himself

Albany Funny Bone will host Jay Mewes on Wednesday, May 29 at 6 p.m. Indie film icon, Jason Mewes, is perhaps best known as the vocal half of the on-screen comedic duo, Jay and Silent Bob. Mewes' has reprised his role as celebrated character, "Jay," in a number of hit films. With cult-fans following his controversial antics, Mewes has captured audiences with rebellious banter against his unspoken other half and longtime friend, Kevin Smith (Silent Bob). For tickets, visit albany.funnybone.com.

Jay Mewes

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Whatcha really, really want?

Skyloft will host The Fresh Kids of Bel-Air on Saturday, May 25 at 8 p.m. Every Friday night at Le Poisson Rouge, the Fresh Kids take the stage and perform the hits you loved when you were still rocking butterfly clips and feeding your Furby. But the band doesn't stop at Fridays on Blecker Street, they are taking the country by storm, playing legendary venues like The Capitol Theatre, The Paramount on Long Island, The Howard Theatre in DC, Union Transfer in Philly, Baltimore Soundstage and more! For tickets, visit www.eventbrite.com.

The Fresh Kids of Bel-Air

ances by Kimono Dragons, The Death Vacation and Surf n'Turf. The Hollow Bar and Kitchen is located at 79 N. Pearl St., Saratoga Springs.

Chris Trapper

Chris Trapper will perform at Caffe Lena on Thursday, May 23 at 7 p.m. Trapper began his career as the front man for late-90's alternative rock band THE PUSH STARS (Capitol Records). With four CD releases and several high-profile national tours — including a run with Matchbox Twenty — The Push Stars served to establish Chris as an authentic talent. As a modern-day singer/songwriter, Chris is most known for his song "This Time," the #1 selling song on the Grammy nominated soundtrack for "August Rush." For tickets, visit www.brownpapertickets.com. Caffe Lena is located at 47 Phila St., Saratoga Springs.

X

X will perform at Skyloft on Friday, May 24 at 8 p.m. Three decades after the inception of X, one thing is clear: X was not only one of the most influential bands to crash out of the punk movement of the late '70s, but the band's music continues to be sonically groundbreaking today. Songs written during the group's inception are as relevant and inventive today as they were in 1977. The fact is, no one sounds like X and no one ever will. For tickets, visit www.eventbrite.com. Skyloft is located at 1 Crossgates Mall Road, Albany.

DANCE

Cretin Hop

Fuze Box will host Cretin Hop on Friday, May 24 at 9 p.m. Cretin Hop is a subculture club night for anyone and everyone who likes to party. Fuze Box is located at 12 Central Ave., Albany.

Throwback Dance Party

Fuze Box will host a ThrowBack Dance Party on Saturday, May 25 at 9 p.m. Playing the best of the 80s, 90s, and early 2000s and all your requests, Fuze Box will be keepin' the dance floor movin' and the good times flowing all night long!

MISCELLANEOUS

Red, White and Brew Festival

Proctors will host its Red, White and Brew festival on Friday, June 7 at 5 p.m. Don't miss the Red, White & Brew Festival at Proctors! Enjoy beer tastings from local and national breweries, multiple food vendors, live music by Big Sky Country to dance the night away and so much more! This is a 21+ event and attendees must have proper ID. For tickets, visit www.proctors.org. Proctors is located at 432 State St., Schenectady.

THEATRE

Don Juan, the Libertine

The Ghent Playhouse will host several productions of Don Juan, the Libertine from May 24 to June 9. Don Juan's life of insolence, debauchery and philandering ways have left his valet (Sganerelle) believing that such behavior will bring his master to an evil end. While actually detesting Don Juan's actions, the valet has remained faithful, frequently cautioning his master. But how will God tolerate Don Juan's insolence and arrogance? This is one of Don Juan's greatest escapades. For tickets and showtimes, visit ghentplayhouse.org.

Broadway Camp: Les Misérables Musician Auditions

The School of Performing Arts at Proctors & theREP will host Broadway Camp

on June 4 and 5. In the pit orchestra students will work alongside fellow artists onstage and backstage for the summer MainStage show! This program includes rehearsals and performances in the orchestra of Les Misérables plus workshops to explore opportunities musical theatre offers musicians. For more information, visit school.proctors.org.

COMEDY

Pretty Much The Best Comedy Show

Proctors will host another installment of Pretty Much The Best Comedy Show on Saturday, May 25 at 8 p.m. Pretty Much The Best Comedy Show includes a host, feature act, and guest comedians, providing nearly two hours of entertainment at the Capital Region's premier alternative comedy room. Upstate New York's premiere stand-up showcase, Check back soon to find out more information about our headlining comedian! For tickets, visit www.proctors.org.

Jay Mewes & His A-Mewes-ing Stories

Albany Funny Bone will host Jay Mewes on Wednesday, May 29 at 6 p.m. Indie film icon, Jason Mewes, is perhaps best known as the vocal half of the on-screen comedic duo, Jay and Silent Bob. Mewes' has reprised his role as celebrated character, "Jay," in a number of hit films. With cult-fans following his controversial antics, Mewes has captured audiences with rebellious banter against his unspoken other half and longtime friend, Kevin Smith (Silent Bob). For tickets, visit albany.funnybone.com.

Please TAKE NOTE of our

Memorial Day

Early Deadlines

MAY 29, 2019 issue

Proof Advertising:

- > WED., 5/22 at Noon
- > The Spot 518: TUES., 5/21 at Noon

Services Directory Advertising:

- > TUES., 5/21 at 2 p.m.

Classified Advertising:

- > WED., 5/22 at 11 a.m.

Legal Notice Advertising:

- > THURS., 5/23 at 10 a.m.

Display Advertising:

- > THURS., 5/23 at 11 a.m.



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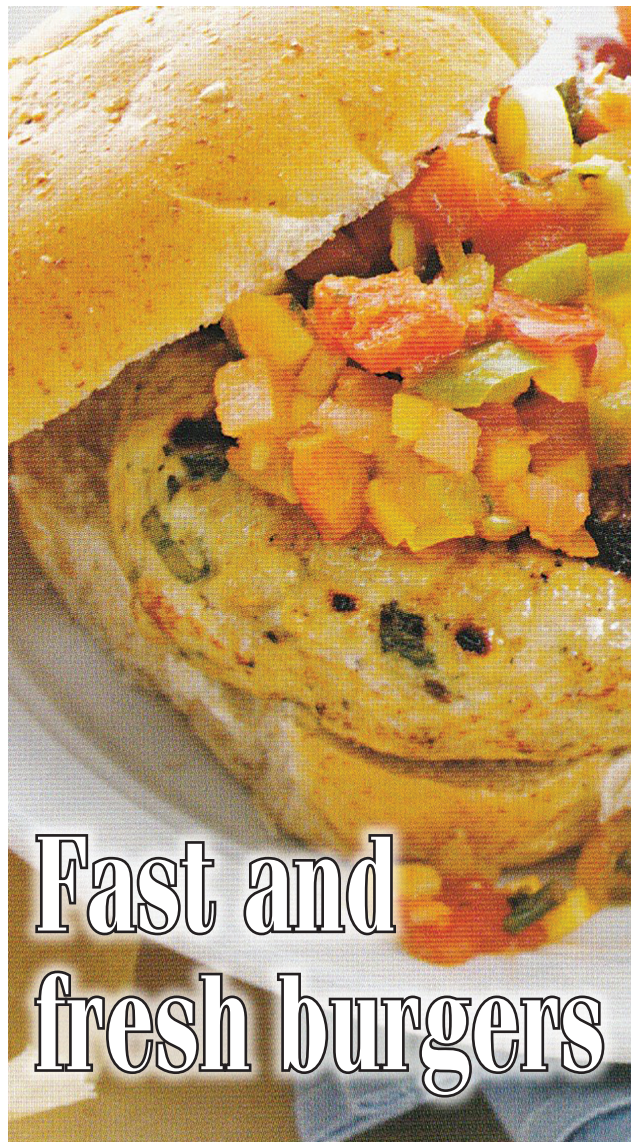
PLEASE NOTE: The Spotlight News offices will be CLOSED on Monday, May 27

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■ FOOD & VINO



Cookouts are on the horizon, and people are always on the lookout for delicious dishes that are easily cooked on the grill. Burgers are a staple of grilling season. Burgers might be relatively simple, but that does not mean they have to be ordinary.

Switching up the main ingredient (i.e., the ground meat) used as the basis for burgers is an easy way to add a new flavor profile to this familiar dish. Turkey is a versatile ingredient that can be flavored in many different ways with spices and other ingredients to add punch to turkey's relatively mild taste.

"Turkey Burgers with Mango Salsa" from "Taste of Home Healthy Cooking Cookbook" (Taste of Home Books) by the editors of Taste of Home adds a tropical spin to classic cookout menus. This recipe also offers a special treat by way of a spreadable cheese nestled right in the heart of the burger patties.

Turkey Burgers with Mango Salsa

Ingredients: Serves 6

- 1/2 cup dry bread crumbs
- 1/3 cup reduced-fat garlic-herb spreadable cheese
- 2 green onions, chopped
- 4 1/2 teaspoons lemon juice
- 1 1/2 teaspoons grated lemon peel
- 1 teaspoon minced fresh thyme or 1/4 teaspoon dry

thyme

- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 1/2 pounds lean ground turkey
- 6 whole wheat hamburger buns, split
- 3/4 cup premade mango salsa

Instructions:

In a large bowl, combine the first eight ingredients. Crumble turkey over mixture and mix well. Shape into six patties.

Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat the grill rack. Grill burgers, covered, over medium heat or broil 4 inches from the heat for 4 to 6 minutes on each side, or until a thermometer reads 165 F and juices run clear.

Grill buns, uncovered, for 1 to 2 minutes or until toasted. Place burgers on bun bottoms. Top with salsa. Replace bun tops.

Pairing:

Millbrook Winery Pinot Noir
Millbrook Vineyard — Hudson Valley, New York

Here's a medium-bodied red from our Hudson Valley region. It's smooth but has enough acidity to complement a your burger, especially should you top it with a nice slice of Swiss cheese.



■ WHAT'S HAPPENING

Cretin Hop

Fuze Box — Friday, May 24

ALBANY — Fuze Box will host Cretin Hop on Friday, May 24 at 9 p.m.

Cretin Hop is a subculture club night for anyone and everyone who likes to party.

Fuze Box is located at 12 Central Ave., Albany.

Brian Edward's Network Jam

Eden Cafe — Friday, May 24

LOUDONVILLE — Brian Edward's Network Jam will take place at Eden Cafe, with special guest Michael Farley, on Friday, May 24 at 6 p.m.

Imagine an intimate setting with great food, drinks, friends and music from a variety of artists. Talented local musicians spontaneously composing and creating unique sounds as you fuse with the music.

Eden Cafe is located at 269 Osborne Road, Loudonville.

Throwback Dance Party

Fuze Box — Saturday, May 25

ALBANY — Fuze Box will host a Throwback Dance Party on Saturday,

May 25 at 9 p.m.

Playing the best of the 80s, 90s, and early 2000s and all your requests, Fuze Box will be keepin' the dance floor movin' and the good times flowing all night long!

SUDOKU

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Answers on Pg. B17

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■ HEALTH & FITNESS

What's 'spinning disease'

Understanding the fitness-related 'rhabdo'

Have you heard of "rhabdo"? No, it's not the latest superfood seed imported from the heart of the rainforest. Also dubbed the "spinning disease," rhabdo, short for rhabdomyolysis, is a serious condition known to the medical world for years, but is only recently garnering more widespread attention thanks to the high-impact fitness craze.

According to the Harvard Medical School, rhabdo is a rare condition that occurs when muscle cells burst and leak their contents into the blood stream. This can cause kidney injury, dark or brown urine, weakness, and muscle soreness. Trauma, medication and drug or alcohol misuse can contribute to rhabdo, but so can intense physical activity.

The Mayo Clinic states that rhabdo has been seen in extreme athletes, such as weight lifters and marathon runners. Rhabdo also can afflict people new to fitness regimens who are attempting to push themselves too far, too quickly.

According to Dr. Leslie Hamlett, a nephrology specialist at Freeman Health System in Missouri, she's not surprised that those participating in intense workouts have been experiencing rhabdo. Dr. Hamlett feels that athletes crave the pain and burn — equating it to a job well done. However, the earliest symptoms of rhabdo mimic those of a really tough workout, making them easy to overlook.

The following tips can help people reduce their risk of developing rhabdomyolysis.



- Avoid alcohol and drug abuse.
- Seek prompt medical help after an accident or muscle trauma.
- Do not work out in excessive heat.
- Stay hydrated throughout a workout and attempt to maintain a normal body temperature. Fluids with electrolytes can be beneficial.
- When working out, gradually increase intensity, whether you're a seasoned athlete or a beginner.

Rhabdo is a serious medical condition that those engaging in extreme workouts should familiarize themselves with early on. Although rare, the condition is serious enough to warrant caution while exercising.

HOROSCOPES

May 2019
Week 4

ARIES - MAR 21/APR 20

Aries, you are a terrific planner, but something is getting in the way of plans to socialize in the days ahead. Commit to seeing friends regardless of the obstacles in your way.

TAURUS - APR 21/MAY 21

You can handle difficult situations with ease, Taurus. Others may think that you are uncaring, but you focus on the facts and not the emotions of the situation.

GEMINI - MAY 22/JUN 21

Others look to you for guidance this week, Gemini. Try to lead them in the right direction. If you do not have all of the answers, try to find them.

CANCER - JUN 22/JUL 22

Take some time to sort through personal issues that may be holding your career back, Cancer. Once you clear your mind, you can focus fully on your career.

LEO - JUL 23/AUG 23

If you find yourself spending more time with your social circle rather than family, you may have to reassess your priorities, Leo. Don't let responsibilities slide.

VIRGO - AUG 24/SEPT 22

Direct your energy toward work in the days ahead, Virgo. There is a possible promotion in the works, so now is a great time to put your nose to the grindstone.

LIBRA - SEPT 23/OCT 23

Sometimes the key to success is to know when to step back and take a break, Libra. Periodic respites from the daily grind can help you recharge and refocus.

SCORPIO - OCT 24/NOV 22

Scorpio, you may be looking for something new to keep yourself occupied. Try learning a new sport or a language. This is a fun way to meet new people and stay busy.

SAGITTARIUS - NOV 23/DEC 21

Sagittarius, if you have been procrastinating of late, keep in mind that you will ultimately need to get things done. Better to get back on track sooner rather than later.

CAPRICORN - DEC 22/JAN 20

Capricorn, support a reputable cause or charity. Doing so sets a positive example, and you will feel better for having done so. Even small efforts can make a profound impact.

AQUARIUS - JAN 21/FEB 18

It isn't enough to simply get the job done, Aquarius. You need to do everything to the best of your ability. If you do, you will have a sense of accomplishment and pride.

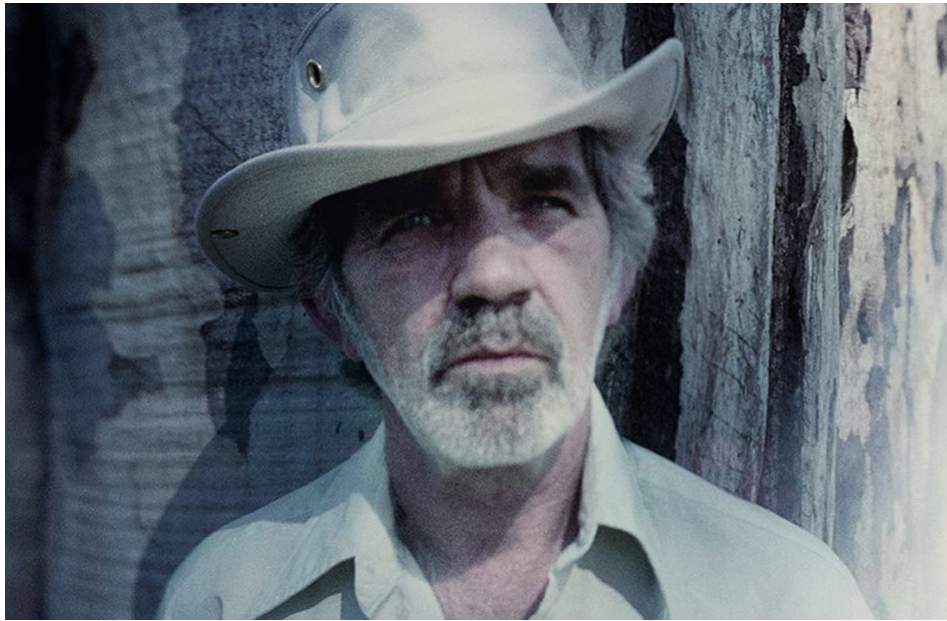
PISCES - FEB 19/MAR 20

Pisces, ask others for help if you are having any difficulties in your personal life. They can bring a new perspective to the situation.

MUSIC REVIEW

J.J. Cale's 'Stay Around'

Returning with unheard music to delight fans



J.J. Cale / Facebook

By **TIMOTHY J. BOPP**
nysmusic.com

Legendary songwriter, guitarist and singer, J.J. Cale, was taken from us back in 2013, but his musical legacy will live on forever.

His catalog of tunes have shaped lives, influenced musical styles and helped make the careers of more than one musical superstar.

With songs like "Cocaine," "After Midnight," and "They Call Me The Breeze," Cale's storied musical catalog will outlast many of today's contemporary artists. This fact is backed up by one, Mr. Eric Clapton, who has covered multiple J.J. songs and has described his 2006 Grammy award winning collaboration with Cale, "The Road to Escondido" as being, "the realization of what may have been my last ambition, to work with the man whose music has inspired me for as long as I can remember."

Luckily for fans, Cale isn't done providing new material just yet. With the posthumous release of "Stay Around", listeners are lucky to be provided with previously unreleased material that has been painstakingly compiled

by J.J.'s widow, musician Christine Lakeland-Cale; along with friend and longtime manager, Mike Kappus.

The result is a 15-track gem of an L.P. that includes unheard material penned by Cale with the exception of "My Baby Blues," which was written by Lakeland-Cale.

This track captures Cale's cool vocal style and sets the scene of a funky, smokey Juke Joint somewhere south of the Mason Dixon Line. The multi-layered rhythm guitar is interrupted by an oh-so-pleasing fuzzy guitar lead that effortlessly weaves itself in and out of the tune.

Another Gem on "Stay Around" is the tenth track, a stripped down soul cry titled "If We Try." Lyrically, the song describes one man's attempt at saving his relationship with his long term time lady by putting all of their mistakes in the past in an effort to give each other a fresh start.

The song features a solo Cale, starkly playing on the acoustic guitar, which creates a real feeling of intimacy, as if you were comfortably sitting in J.J.'s living room next to a fire while he performs the piece on his strumming guitar.

Another favorite is the wonderfully produced "Long About Sundown," the album's 13th track. They say imitation is the biggest form of flattery.

If you are familiar with Eric Clapton's long musical career you know that there was fundamental shift in his playing in the mid to late 1970s.

A good portion of that distinctive sound can be attributed to the fundamental core of Cale's musical aesthetic. Sundown perfectly illustrates those similarities with an arrangement that could be right off of Clapton's 1974 release 461 Ocean Boulevard.

J.J. Cale's life in music may be over, but his long musical career was one that he lived by on his own terms.

His rejection of the big corporate musical industry was the nexus of the man's music. Truth, honesty and a genuine love for the music that he readily embraced, yielded an enviable body of work that has forever changed contemporary music for the better.

"Stay Around" is a perfect summation of that incredible work by a legendary artist.

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Now Leasing Retail Space at the newest retail development in the Route 85 area – the Grove at Maple Point.

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Looking for unique retail shops. Desired retail tenants include: restaurant, coffee shop with bakery, bank, hair salon, medical, personal care services and other boutique style retail shops.

\$15 per SF rent plus NNN's.

FOR SALE



217 Wolf Road, Albany NY

Located at the corner of Wolf Road and Ulenski Drive near Exit 4 of I-87 with a traffic count of over 28,000 vehicles. Zoned COR permitted uses include: bakery, bank, fast-food establishment, health club, kennel, landscaping company, microbrewery brew pub, motor vehicle rental agency, motor vehicle repair, sales or service, professional or medical office, personal service business, pet grooming facility, restaurant, retail business, service business, veterinarian. **Asking Price is \$775,000.**

FOR LEASE

55 Mohawk Street, Cohoes, NY

Completely renovated Cohoes manufacturing building conveniently located at the entrance of I-787, the building offers over 300 spaces of free parking, private entrance suites and access to public transportation (CDTA). Ideal for any business, it offers 3 separate entrances, sleek and modern office designs with multiple suites and private office space. **Rent negotiable plus NNN's.**

9 Laura Drive, Cohoes, NY

WANTED NOT FOR PROFIT TENANT. Former school building available for lease. 5 Classrooms, 3 offices, full gymnasium and commercial kitchen. Private parking for 20 cars. **Rent is \$2,500/month plus utilities and janitorials.**

4 Springhurst Drive, East Greenbush, NY

Professional Commercial Office Building available for purchase and/or lease. Two suites available on the first floor: 2,431 SF and 1,760 SF Perfect for owner user to fill vacant space and maximize existing tenant income. Handicapped Accessible. Plenty of private parking. 6 months free base rent for qualified tenant 5 year lease. **\$10/SF rent plus NNN's.**

2 Oakwood Place, Delmar, NY

Beautifully maintained commercial house zoned for professional office and service business. First floor reception area, 2 offices, 1/2 bath and enclosed porch in both front and back. 2nd Floor has 3 offices and bathroom. Rental includes access to attic and basement for storage. Private parking for 5 cars. Located off Delaware Ave in the town of Bethlehem. Public transportation at corner of Delaware Ave. Located across from Main Square Shopping Plaza. Walk to restaurants, shopping and the Rail Trail. **Asking \$2,400/month plus utilities and janitorials.**

423 Kenwood Avenue, Delmar, NY

For Lease two room suite that can be rented for **\$600/month** (approximately 192 SF). Tenant is responsible for cleaning and to maintain their space.

LAND FOR SALE

McGinty Road Bethlehem NY

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29 Meader Road Greenwich, NY

Approximately 2.19 acres of commercial vacant land located across from Hannaford Supermarket. Uses allowed by site plan approval are: Auto or boat sales/repair, bank, bar/tavern, fast food restaurant, funeral home, medical/office/retail building, personal service establishment, religious use, restaurant, veterinary establishment, warehouse. Asking price \$274,999.

0 Route 9, Clifton Park, NY

Approximately 1.08+/-acre of industrial zoned land (LI-2). Permitted uses in the LI-2 area include: assembling/fabrication, processing or light manufacturing of products, storage, warehousing or distribution of manufactured products, transportation services, auto/truck rental and public garages, auto repair/body shop, warehousing public and private, public utility uses, animal-care facilities and emergency ambulance. facilities. Asking Price \$199,999.

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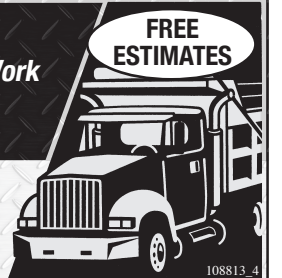
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MUSIC REVIEW

The Last Poets' 'Understand What Dub Is'

Be ready for a dub release to 2018's 'Understand What Black Is'

By JULIA WOLFE
nysmusic.com

If you were to construct a timeline showing the evolution of hip hop music, where would it begin? Some may think to credit the rhythmic jazz and blues of Bo Diddley, dating as far back as the 1950s. Some may say the birth of hip hop was in the creation of turntables and sampling, made popular with the scratching and beat matching of DJ Kool Herc and Grandmaster Flash in the 1970s. Beyond these names, and others that we've come to know

under the hip hop umbrella, nobody has stood the test of time more than The Last Poets – the spoken word masterminds of the late 1960s, and the true trailblazers of hip hop music.

Fifty years ago, The Last Poets began their ascension into the public sphere using moving poetry and smooth reggae backing tracks as a platform for voicing political activism, describing their experience as children of the civil rights movement. After decades of releasing albums and touring the world, the group released "Understand What Black Is" in 2018. While followers of the group are forever grateful for new music, it took the dubbing of the album by British producer Prince Fatty to bring this music – and the powerful message



The Last Poets / Facebook

of unity and peace – to a younger generation.

In the 2019 dub release of "Understand What Dub Is," Prince Fatty adds transient delay and reverb over The Last Poets' original tracks, keeping many of the album's elements the

same. From simple guitar riffs to decorative flute that decorates the spaces between each stanza, Prince Fatty keeps attention on the resonating lyrics of The Last Poets. At the same time, he tends to bring light to the 1970s -style rhythm

in "We Must Be Sacred," crisping those off beat drum hits. You can hear the chilling melody of "Certain Images" intensify with panning mastery, making it almost comparable to a hook in late hip hop.

It's clear that Prince

Fatty has a deep understanding of The Last Poets' immense impact on music and culture, as well as other creators of that era. His name, Prince Fatty, is an ode to Jamaican dub engineer, King Tubby, from the 1970s. Prince Fatty's other successes include working with The Sugarhill Gang, making their mark on Harlem shortly after The Last Poets, with the first organized rap song to date. There's no doubt that Prince Fatty developed a love for poetry at a young age, and followed this emergence of hip hop over the years, mixing and dubbing along the way. Understand What Dub Is is a tip-of-the-hat to the undefinable emergence of hip hop music, while bringing the inspiring voices of The Last Poets to center pan.

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■ WHAT'S HAPPENING

The Fresh Kids of Bel-Air Skyloft — Saturday, May 25

ALBANY — Skyloft will host The Fresh Kids of Bel-Air on Saturday, May 25 at 8 p.m.

Every Friday night at Le Poisson Rouge, the Fresh Kids take the stage and perform the hits you loved when you were still rocking butterfly clips and feeding your Furby. But the band doesn't stop at Fridays on Bleecker Street, they are taking the country by storm, playing legendary venues like The Capitol Theatre, The Paramount on Long Island, The Howard Theatre in DC, Union Transfer in Philly, Baltimore Soundstage and more!

For tickets, visit www.eventbrite.com. Skyloft is located at 1 Crossgates Mall Road in Albany.

PJ Duo / Talia Denis / Katie Louise

Putnam Place — Saturday, May 25

SARATOGA SPRINGS — PJ Duo, Talia Denis and Katie Louise will perform at Putnam Place on Saturday, May 25 at 8 p.m.

Tickets are \$5 and will be available at the door on the night of the event.

Putnam Place is located at 63a Putnam St., Saratoga Springs.

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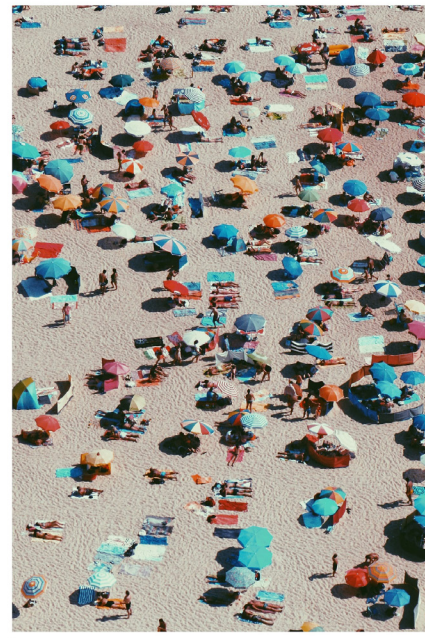
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VACATION



F R E N S H I P

From page B1 ... Frenship

The duo lives for live shows. After their 2017 tour with Bastille, Sunderland and Brett Hite returned to California and started writing more material so that they could get back on the road. They caught a taste of the vibe, that connection musicians often speak of when describing the high from live music. Performers play their music on stage and the crowd, strangers from towns they've never been to, sing the words back. That symbiosis has an effect.

When Spotify listeners caught on to "Capsize" in 2016, Sunderland and Hite were not ready for the success. In fact, they were about to break up. The few tracks they had dropped in their three-year career hardly made a ripple. The track was uploaded to the streaming service in April 2016, and in the first month, it garnered over 20 million plays. The song featured Emily Warren singing over a synth-pop sound they developed over the years. But, this time it caught on. It topped Hype Machine's list of popular music and led to Frenship being named Spotify's No. 2 breakout artist of 2016. Going into 2018, Hite told Spotify that as "Capsize" was peaking in popularity, he and Sunderland didn't quite know how to react. Sunderland said they weren't "even a live band" yet.

"We remember feeling like we finally made it," said Sunderland. "It felt damn good. We never could've predicted it taking off like it did. It's a great feeling knowing it connected with so many people because that's our goal: to share our music with as many people as possible. Most importantly, Capsize gave us hope again. It gave us the energy to push FRENSHIP forward into a lifetime career."

The success spurred a whirlwind of tour dates across both the U.S. and Europe, including Lollapalooza, Outside Lands and Life Is Beautiful as well as a support slot for Bastille performing to thousands. Today, the breakout track has more than 600,000 streams.

"We love the interaction with our fans when we're on the road," said Hite, "The love and appreciation is flowing but, when the tour is over, it's easy to wonder if that feeling will ever happen again. It can be an isolating feeling trying to figure out how to turn those amazing moments into something that will last."

Last week, the duo released its debut album "Vacations," a piece of work they started piecing together immediately after their successful 2018 tour. The first of those tracks, "Wanted A Name" features a collaboration with Brooklyn's Yoke Lore. By coincidence, he was in Los Angeles once Hite and Sunderland returned home, and the three got to work. The result is a track that explores the drive to re-capture those lightning-in-a-bottle moments of love, validation and pure creativity. Also on the 13-track album is "Remind You," which addresses the insecurities felt within a one-sided relationship, complete with layers of electro-pop synths, a laid-back groove and a bouncy melody. Be on the lookout for two curiously named tracks on the album that ultimately maps out a homage to each of the duo's respective hometowns.

"We're freaking out right now," said Sunderland, as the duo prepares to leave for San Francisco for the first night of an 18-date tour across the country. That tour stops here in Albany for Saturday, June 1, at Lucky Strike Social. The two just returned from a quick trip to across the pond to speak with label executives in London. Now, as they hammer out the technology and logistics for the upcoming tour, Sunderland said they are living the "reality television" drama. The question is, will they pull it off in time?

Despite the success on both Spotify and their most recent tour, Hite said the two are maintaining "the hustle" over the next month as they tour.

"Whether it's true or not, we're taking it from the ground up again," said Hite. "We're in the mindset of really hustling and doing the groundwork that never really got laid out when we had a song that went bonkers on pop radio and Spotify."

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| 2 | 1 | 8 | 5 | 7 | 6 | 3 | 9 | 4 |
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| A | M | P | S | | A | B | A | T | E | S | | | | | |
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WHAT'S HAPPENING

Piedmont Melody Makers

Proctors — Thursday, May 23

SCHENECTADY — Piedmont Melody Makers will perform at Proctors on Thursday, May 23 at 7 p.m.

The Piedmont Melody Makers, unashamed purveyors of old-time blues, honky-tonk, country and bluegrass music, take their name from the Piedmont region of eastern North Carolina where three of the band now reside, a region known for the music they love and perform.

For tickets, visit www.proctors.org.

Proctors is located at 432 State St., Schenectady.

Amber Lin's B-day Bash w/s/g Mariahlynn

Putnam Place — Friday, May 24

SARATOGA SPRINGS — Putnam Place will host Amber Lin's B-day Bash w/s/g Mariahlynn on Friday, May 24 at 8 p.m.

Join Putnam Place to celebrate Amber Lin's B-Day Bash presented by Clean You Off Entertainment! The night will feature special guest Mariahlynn, hostess Keisha Renee and Hot 99.1's hottest DJ's: DJ King Bully, DJ TGIF and DJ Show, who will be spinning the beats

all night long!

For tickets, visit www.putnamplace.com.

Putnam Place is located at 63a Putnam St., Saratoga Springs.

Catharsis: A Darker Dance Party

Hangar on the Hudson — Friday, May 24

TROY — Hangar on the Hudson will host Catharsis: A Darker Dance Party on Friday, May 24 at 9 p.m.

This will be the first installment of Catharsis: A Darker Dance Party!

Come kick off your long weekend right! DJ's De(S) troit and Velloct will be bringing you new and old from industrial, goth, post punk, trip hop, dark techno and more.

There will be a \$5 cover charge.

Hangar on the Hudson is located at 675 River St., Troy.

Sawyer Fredericks

Caffe Lena — May 24, 25, 26

SARATOGA SPRINGS — Sawyer Fredericks will perform at Caffe Lena on May 24, 25 and 26 at 8 p.m., 8

p.m. and 7 p.m. respectively.

As a folk/blues singer-songwriter, who cut his teeth at local farmers markets and at Caffe Lena's open mic, Sawyer Fredericks seemed an unlikely match for reality tv, but quickly won over broad audiences with his genuine delivery and unique arrangements of classic songs, going on to win season 8 of NBC's The Voice.

For tickets, visit www.caffelena.org.

Caffe Lena is located at 47 Phila St., Saratoga Springs.

X

Skyloft — Friday, May 24

ALBANY — X will perform at Skyloft on Friday, May 24 at 8 p.m.

Three decades after the inception of X, one thing is clear: X was not only one of the most influential bands to crash out of the punk movement of the late '70s, but the band's music continues to be sonically groundbreaking today. Songs written during the group's inception are as relevant and inventive today as they were in 1977. The fact is, no one sounds like X and no one ever will.

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