Serving Bethlehem, New Scotland & Guilderland





We've got a bridge for you

County Executive Dan McCoy announced a design for Slingerlands bridge.

Story on Page 2



Blue Ribbon for Glenmont

Elementary school earns national recognition.

Story on Page 2



Budget talks

Bethlehem has a tentative budget on the table for 2020.

Story on Page 4

TOP STORY



Bethlehem Central kicks off 11th annual Farm to You Fest this week

By DIEGO CAGARA

cagarad@spotlightnews.com

DELMAR — The Bethlehem Central School District is holding its 11th annual Farm to You Fest this week, with activities from Tuesday, Oct. 1 through Saturday, Oct. 5.

Part of a statewide initiative to celebrate local farms and

food, each Bethlehem school will take part in different ways but they all seek to appreciate locally-grown and fresh produce beneficial for good health. Farm to You Fest is also a collaboration between Delmar Farmers Market, Capital Roots and the school district's Food Services, Green Team and Healthy Kids Committee.

Continues on page 10

Bethlehem Central Middle School assistant principal Mark Warford offered a private tour of the school's gardens, showing how corn is among the many products being grown there.

Diego Cagara / Spotlight News

ENTERTAINMENT



Rocktoberfest

Rocktoberfest returns to rock Albany's Warehouse District, introduce area's newest hot artist.

Story on Page B1

SPORTS



Swimmingly well

Eagles continue with flawless season.

Story on Page 7



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ALBANY COUNTY

Rail Trail bridge design chosen



Submitted photo

By DIEGO CAGARA

cagarad@spotlightnews.com

SLINGERLANDS

— The final design for the "structurally-unsound" bridge along the Albany County Rail Trail near the intersection of New Scotland Road and Route 85 in Slingerlands was announced by Albany County Executive Dan McCoy on Monday, Sept.

The two-girder bridge would cost about

\$1.9 million and prefabricated truss would cost around \$1.8 million; this decision comes after two informational public meetings, multiple stakeholder meetings and a public comment period. Three design choices were considered in the decisionmaking process' final phase. One would rehabilitate the current structure, which could cost approximately \$3.2 million and would have an estimated 35year design life, with

additional costs for ongoing maintenance. Two other choices would replace the bridge, each with lifespans of at least 75 years.

"As the County
Executive, I take my roles
in upholding public safety
and being a responsible
steward of taxpayer dollars
extremely seriously. Our
choice of the two-girder
replacement addresses the
current ongoing structural
deterioration, potentially
saves over \$1 million in
construction costs and

incorporates community input with a design that blends in with the historical nature of the area," said McCoy.

The project's final design phase is set to be complete later this fall and construction is expected to start in spring or summer 2020.

To meet the state Department of Transportation's minimum required vertical clearance, the bridge will be raised to improve motorists' line of sight. It will also allow the Slingerlands Fire District to travel under the bridge and improve emergency response times. A wider, newly-ADA compliant sidewalk on the northern side will replace the southern sidewalk on State Route 85. This will make maintenance easier and less costly for the Town of Bethlehem during the winter months, while wider roadway shoulders will improve safety for cyclists.

EDUCATION

Glenmont Elementary School receives national honor



By DIEGO CAGARA

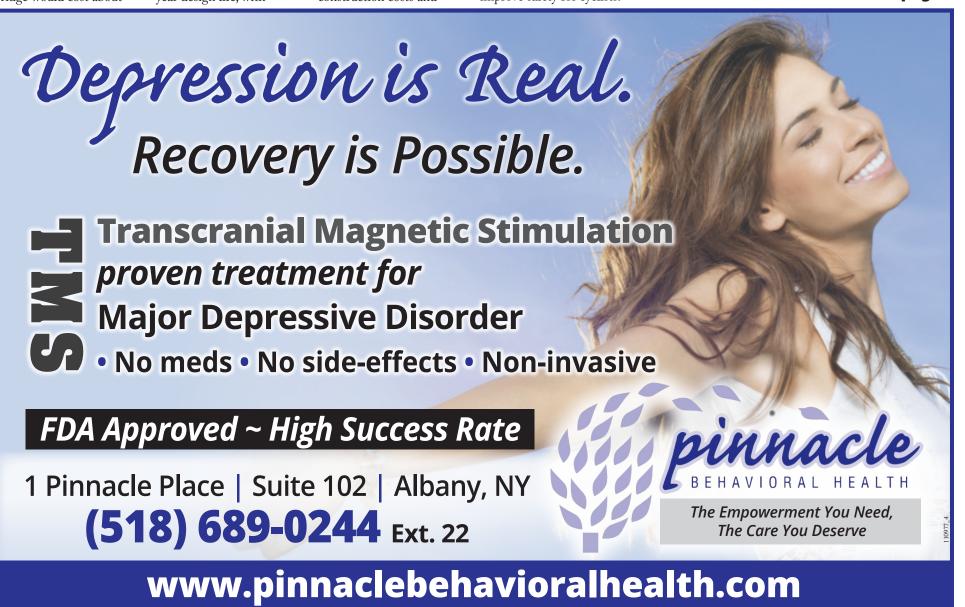
cagarad@spotlightnews.com

GLENMONT — Glenmont Elementary School was named a 2019 National Blue Ribbon School by the U.S. Department of Education on Thursday, Sept. 26.

The school is among 312 public schools in the country, among 19 New York state schools, and the only Capital Region school to receive this honor which recognizes schools for being "models of successful teaching and learning," according to a Bethlehem school district release.

While the award assesses public and private

Continues on page 4



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ENVIRONMENT

Town Board greenlights new fund

Farm and Forests Fund aids open space effort

By DIEGO CAGARA

cagarad@spotlightnews.com

BETHLEHEM — The

Town Board unanimously voted to approve a resolution to create the Farms and Forests Fund on Wednesday, Sept. 25 in a move that has been expected since the town's 2005 comprehensive plan's creation.

The new fund allows the town to purchase local agricultural easements and their development value from any interested landowners; purchased land would still be privately owned and can continue to be farmed but it would stop the property from being redeveloped. The fund is one way the town is taking an active step towards addressing issues like overdevelopment and land preservation.



The Farms and Forests Fund concept traces back to the town's 2005 comprehensive plan.

Town of Bethlehem

"In my view, active farms and working forests are important parts of Bethlehem," said Town Supervisor David VanLuven. "As we look into development patterns in town, we're too often seeing these landscapes convert into developments. If that is the direction landowners want to take, it's their right

and I respect that. But I believe we need to give landowners other options."

Prior to the Farms and Forests Fund's creation, the town already has two land protection options for interested landowners — the Term Conservation Easement Program and the Parkland Set Aside Fund. However, the Farms and Forests Fund gives the town a chance to partner with local non-profit land conservation organizations like Mohawk Hudson Land Conservancy and Scenic Hudson.

To read more about the fund's purpose and methodology, visit www. spotlightnews.com/ news/2019/09/25/ addressing-bethlehemsgrowing-developmentwith-a-new-option/.

Town Board member Dan Coffey said the town's original 2005 comprehensive plan envisioned a type of "open space fund" and he said, "It's a long time coming. ... I think it's consistent with the comprehensive plan and our town's goals of giving the town other tools in its arsenal, if you will, to go up against developers and try to preserve our spaces."

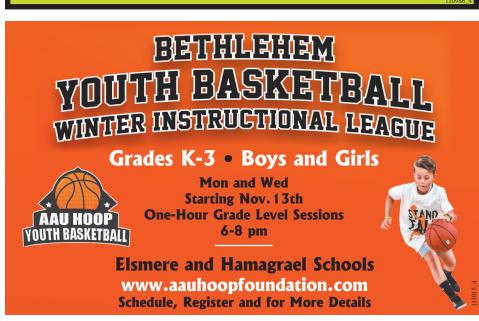
When Town Board member Maureen Cunningham asked if a formal application format has been finalized for any interested landowner, Robert Leslie, the town's Planning Division director, said a draft application is in the works. Cunningham later added, "In the resolution, it also says the town will not solicit or conduct fundraising

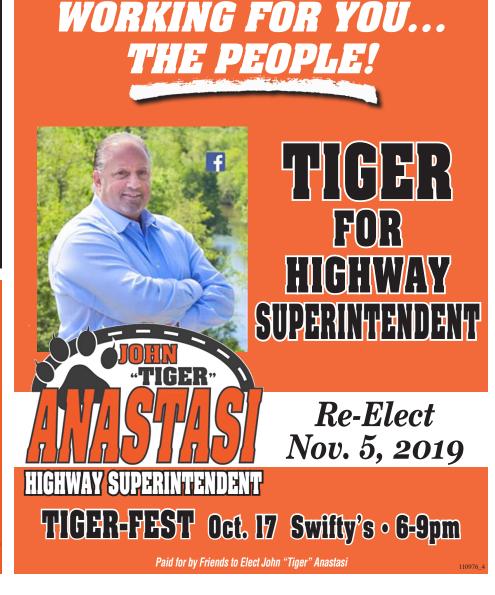
activities for this fund. However, separate entities such as a land trust or citizens group may solicit gifts and conduct fundraising activities, the proceeds of which may be donated to this fund."

Fellow Town Board member Jim Foster said he wanted the public to know that this Farms and Forests Fund will not be forced on any landowner, but rather it is available for anyone who is interested. He also noted that should any money be taken out of the Farms and Forests Fund for any other purpose, it would subject the Town Board to permissive referendum.

As the Town Board moved to unanimously vote for the resolution, Town Hall filled with applause from attending residents, many of whom were also in support of the fund. VanLuven held a thumbs up with a smile, "We've been working on that for a long time."







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TOWN GOVERNMENT

Tentative 2020 town budget

Final budget to be adopted on Nov. 13

By DIEGO CAGARA

cagarad@spotlightnews.com

BETHLEHEM

Comptroller Michael Cohen introduced the town's tentative \$45 million budget for 2020 at the Sept. 25 Town Board meeting.

The \$45 million figure marks an increase of \$2 million or 4.6 percent from 2019's \$43.1 million amount. When divided across the town's departments, it roughly comprises of \$8.6 million to police, \$0.9 million to parks and recreation, \$0.8 million between parks and highway departments, \$8.5 million to highway, \$14 million to public works and \$7.5 million to all other departments. Also, \$1.4 million will go to ambulance/EMS and \$3.3 million will go to debt service.

Among the reasons

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the town's budget would increase is because of the Clapper Road Water Treatment Plant's debt and how the money that goes to county EMS will increase by 13.9 percent, from \$1.1 million in 2019 to \$1.2 million in 2020. This relates to how county EMS was announced earlier in September that it would be moving to full-time staff.

In terms of taxpayer impact, the proposed 2020 town budget would raise the average property tax bill on a home assessed at \$260,000 by \$24.68 to

\$1,018.92, a slight increase from 2019's \$994.24 figure. From the \$1,018.92 amount in 2020, \$449.75 goes to the Highway Fund, \$235.92 to the General Fund, \$157.72 to the Water Fund, \$85.93 to the Sewer Fund, \$79.26 to the County EMS and \$10.34 to

The tax rate sees an increase of 2.5 percent and the tax cap is at 2 percent; the latter has happened once before since 2013. The tax levy is up by \$532,089.

Delmar-Bethlehem EMS.

Cohen's presentation had a slide which demonstrated

a \$1 bill as a metaphor for how residents would pay \$0.67 in taxes to the school district, \$0.12 to the county, \$0.04 to the public library, \$0.04 to the fire districts and just \$0.12 to the town. Cohen also noted that town staffing has decreased from 241 in 2008 to 220 in 2019, all while still providing the same services to residents.

Looking ahead, the Town Board can begin asking questions and discussing the tentative budget further in its Oct. 10 meeting. A public hearing on the budget will then be held on Oct. 23 and the final budget is set to be adopted on Nov. 13.

For more information on the tentative 2020 town budget, visit www. townofbethlehem. org/192/2020-Town-Budget. For more information on town budgets from years prior, visit www. townofbethlehem.org/ DocumentCenter/Index/37.

From page 2 ...

Glenmont Elementary School

elementary, middle and high schools, it is "intended to highlight and affirm the efforts of educators, families and communities in creating safe and welcoming schools where students master challenging and engaging content."

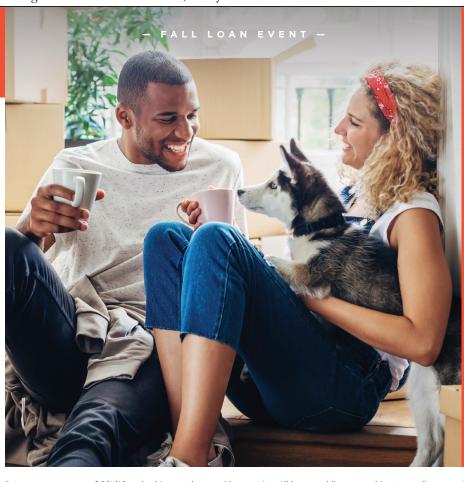
"I am thrilled that Glenmont has been named a Blue Ribbon School," said Laura Heffernan, the school's principal. "It is a testament to the hard work of a team that will do whatever it takes to meet the needs of each and every student. Our faculty and staff love what they do and it shows."

Glenmont is specifically recognized as an "Exemplary High Performing" school. This recognizes schools that rank among their state's highest performing schools in terms of state assessments.

"This is a well-deserved honor for the faculty, staff, students and the families of Glenmont School," said Jody Monroe, Bethlehem Central School District's superintendent. "It is especially meaningful for a school that back in 2013 found itself being challenged to close an unexpected achievement gap of its own. Building leaders, faculty and staff crafted a plan to erase that gap and carried it out successfully to ensure Glenmont's special education students would have every opportunity to succeed."

Glenmont Elementary School, serving 342 students in grades K through five, will be honored at a recognition ceremony on Nov. 14 and 15 in Washington D.C.; it had previously received this honor back in the 1989-1990 school year. Also, the Elsmere and Hamagrael elementary schools had achieved it in 2013 and 2009 respectively.

For more information, visit www2.ed.gov/ programs/nclbbrs/index.html.



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COMMUNITY

Take a walk down history again

Raising funds for historic burial vault

By DIEGO CAGARA

cagarad@spotlightnews.com

BETHLEHEM

The Friends of the Slingerland Family Burial Vault wants to continue inviting the public on a walking tour and raise awareness of the hamlet's history on Sunday, Oct. 6.

The tour will include local costumed actors, playing three longgone Slingerland family members — Rita Machin, Peter Crouse and Bill Douglas will portray Leah Britt Slingerland (1776 - 1863), William H. Slingerland (1830 - 1910) and John I. Slingerland (1804 - 1861) respectively. These individuals, who made significant contributions to local and national endeavors, are now buried at the burial vault on 1566 New Scotland Road behind the former Mangia property. They also belong to a centuriesspanning bloodline that originated from Teunis Cornelisz Slingerland who left Amsterdam, Holland for Beverwijck, present-day Albany, in around 1650.

The burial vault, originally built in 1851, has suffered from deterioration through the decades like vandalism and inadequate maintenance. With the Friends' overall goal of raising \$100,000 to improve the entire state of the vault, the aforementioned walking tour is one way the Friends wants help in raising money to repair the vault's entrance facade which would cost around \$50,000 to \$60,000, according to Frank Slingerland, a living indirect descendant.

Frank described himself as a fifth cousin to the aforementioned three Slingerland family members and being in the ninth or 10th generation of the Slingerland bloodline. He is also a member of the Friends of the Slingerland Family Burial Vault and will be assisting at the Oct. 6 event.

Besides the intimate portrayals of three



The Slingerland Family Burial Vault is among the attractions the public can visit during the Oct. 6 informative walking tour where they would meet some long-departed Slingerland family members and learn more about the hamlet's history. Diego Cagara / Spotlight News

Slingerland family members, the Oct. 6 tour will bring the public to a 1790s-era Slingerland home and the burial vault itself. Bethlehem Town Historian Susan Leath wrote in an email to Spotlight News that the which will bring up each of their historic contributions to help further inform the public about the hamlet's history.

The tour comes in three time slots — 3,3:30 and 4 p.m. — and will run for 45 minutes each. Preactors have scripts to follow registration for \$20 a ticket is recommended and can be done on Eventbrite at slingerlandvault.eventbrite. com. If there is still any ticket availability on the day of, they will be \$25 each. People would first meet, rain or shine, at the pavilion behind the Slingerlands Firehouse on

1520 New Scotland Road in Slingerlands 15 minutes before their scheduled tour begins.

In fact, a historic public walking tour already occurred back on June 28 which Frank said raised around \$1,000 and attracted 50 people. "Events like this are great to raise awareness and funds to rehabilitate the state of the vault," he said. "It's important for a community to have a sense of who the main characters were in its development. It gives a sense places and makes you a more balanced community.'

Leath wrote that over the summer, the vault's broken sarcophagus was repaired and new marble plaque was added, with the help of the June 28 walking tour's raised funds. She added, "Also, this time around, the entrance to the vault will be open, so participants may take a look slingerlandvault.org.

When asked which late descendant he would hypothetically like to meet, Frank said, "That's hard to choose, they're all great. But I'd say John I. Slingerland because he really was instrumental in starting the movement for the Homestead Act and other important legislation. By second choice would be William H. Slingerland because he was an engineer and I'm an architect so it's pretty similar."

Saying that he first realized he belonged to a significant historic bloodline when he was in his teens, Frank added with a laugh that he is looking forward to how "my deceased relatives will be talking" at the Oct. 6 event.

For more information, contact the Friends of the Slingerlands Family Burial Vault at friendsofthevault@ gmail.com or visit www.

Clip and Save



NOTICE TOWN OF BETHLEHEM WATER MAIN FLUSHING PROGRAM **FALL 2019**

AREA #1 – 9/23 to 10/11 Slingerlands, North Bethlehem, Town of New Scotland

> AREA #2 — 10/2 to 10/25 **Delmar, Elsmere**

> AREA #3 - 10/16 to 11/1 Glenmont, Selkirk

Some discoloration may be seen during this flushing program, which could result in staining of laundry. Run water until it clears before doing laundry.

Please post near washing machine.

Clip and Save

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LIBRARIES

Family history

s a retired **UAlbany** professor of Africana Studies, Delmar resident Dr. Maurice Thornton has spent many years sharing the stories of African Americans throughout history. Earlier this spring, he focused on the men and women who make up his own ancestral history, writing and publishing the 160-page "The Thornton Family."The book details the family's perseverance in the face of unemployment, segregation and the tumultuous Civil Rights Era, stretching back from the time of his great grandparents in the mid-1800s to the present day.

Thornton will be at the library Thursday, Oct. 10, at 7 p.m. to share some of these stories and talk about the work that went into researching, writing and publishing his family's history.



Thornton, a veteran of the Korean War, is also a leading member of the 369th Veterans Association, an organization dedicated to preserving and sharing the story of the all-African American 369th Infantry Regiment (the Harlem Hellfighters) and instrumental in obtaining the Medal of Honor for local WWI hero Henry Johnson. He was part of the Historic March on Washington in August 1962 during the Civil Rights Movement and attended President Barack Obama's State of the Union Address as Congressman Paul Tonko's official guest.

All ages are welcome to attend.

Sing along

Local musicians Phil

Teunim, Ron Tweedy and Will Vail, also known as the Delmariners, return to the library Friday, Oct. 4, for a folk concert sing-along. The performance is part of the Coffee and Conversation series, which features a variety of Friday afternoon performances and lectures for adults throughout the year. The concert begins at 1 p.m. and will be followed by light refreshments. Coffee and Conversation is co-sponsored by Bethlehem Senior Projects, Inc.

Eating well

Join us Wednesday, Oct. 9, at 6:30 p.m. for the first of four "Dining with Diabetes" sessions featuring a nutrition educator from Cornell Cooperative Extension. Learn ways for diabetics to manage their health through menu planning, carb counting, portion control and label reading. More "Dining with Diabetes" sessions will take place Oct. 16, 23 and 30.

— Kristen Roberts

Destination: Disney

hinking of heading down to Orlando? Professional Disney planner Colleen Parisi will be on hand Thurs. Oct. 3 at 6:00 p.m. to share valuable tips for saving time and money on a Disney vacation. Formulate a manageable game plan before you don your mouse ears! Please register online, by phone or in person.

Word Up!

Calling all teen and adult word masters! Assemble a team of fun-loving folks and join us Fri. Oct. 4 at 6:30 p.m. for an Adult/ Teen Spelling Bee. Full disclosure, this is not your average spelling bee -teams will go head-to-head playing various word games designed to keep everyone on their toes. The team with the most points at the conclusion of this lively word-based competition will be crowned the victors, while everyone enjoys a fun evening. Please register



online, by phone or in person.

Dungeons and Dragons intro

If you're in grades 8-12 and have always wanted to learn how to play Dungeons and Dragons, here's your chance! Plan to be here Sat. Oct. 5, 10:00 a.m.-3:30 p.m. and developing We'll share pizza, make our own characters, and review the basics of game play. After completing this first adventure, sign up for the five-part series starting Sat. Oct. 19. Please register online, by phone or in person.

The Night Diary

We're teaming up with Voorheesville Public Library on Sun. Oct. 6 at 1:30 p.m. to discuss the Newbery Honor-winning book for middle grade readers, The Night Diary.

Author Veera Hiranandani will visit us via Skype to tell us more about her book, while we sample delicious Indian/Pakistani snacks. This program is for grades 5-8 with a caregiver, and takes place at Voorheesville Public Library. Please register and pick up a copy of the book at either library.

Toddlers moving

Toddler Movement & Development This class meets every Monday in October at 1:30 p.m., starting Oct. 7, to help strengthen movement patterns for toddlers through props, handson techniques, and play activities. Socialization, cognitive thinking, and language acquisition are also enhanced. Please register online, by phone or in person.

— Luanne Nicholson

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HIGH SCHOOL SPORTS

Bethlehem swims to 4-0

BETHLEHEM — The Bethlehem girls swim and dive team are a perfect 4-0 after defeating Troy on Wednesday, Sept. 25 101-56.

It was the second meet in the renovated pool that includes some \$645,000 worth of work. On Friday, Sept. 20, the squad beat Guilderville 106-75

The team will next host Niskayuna on Wednesday, Oct. 2.



—Jim Franco









Bethlehem drops one to 'Toga

BETHLEHEM — The girls volleyball team lost to Saratoga in five sets on Tuesday, Sept. 24.

The Eagles, (1-6) won the first two sets, 18-25 and 17-25, then lost a heartbreaker of a third set 28-16. The fourth set went to Saratoga, 25-10, who also won the deciding fifth set 25-18.

For the Eagles, Aijah Garcia had 11 kills and two aces, Molly McGraw had 12 kills and Bella Perrotto had 27 assists and five aces.

Caroline Sablich had eight kills and two digs while Camile Sterling had nine kills, three aces, 10 blocks and three digs to lead Saratoga (3-4, 3-6.)

Bethlehem will next play at Troy on Wednesday Oct. 2.







The Dutch beat The Bison

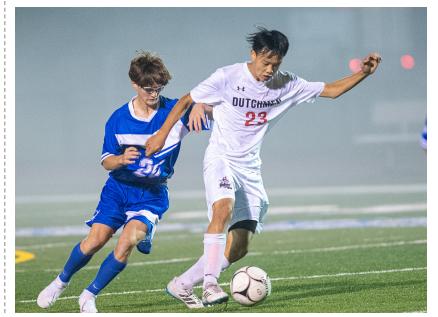


COLONIE — Guilderland went on the road on a foggy Thursday, Sept. 26 and beat Shaker under the lights by a score of 3-1.

Martin Madina scored twice for The Dutch (4-5, 5-5) and Shaun Francis added a goal. Ben Fitzgerald had a goal for The Bison (3-3, 4-3)

Ryan Kirchoff had six saves for Guilderland, including two leaping onehanders late in the game that could have tied it up for Shaker. Keeper Rohan Bagchi had three saves for Shaker.

—Jim Franco



LEGALS

Supplemental Summons and Notice of Object of Action SUPREME COURT OF THE STATE OF NEW YORK

COUNTY OF ALBANY Action to Foreclose a Mortgage INDEX #: 902803-19

MORTGAGED PREMIS-127 KNOWLES ROAD PRESTON HOLLOW, NY 12469

SBL #: 170. - 1 – 27 BANK OF AMERICA, N.A.

Plaintiff. MASCHI AS HEIR TO THE ESTATE OF DOLORES KOEHLER, WHO WAS THE SURVIV-ING SPOUSE OF KUNO KOEHLER, UNKNOWN HEIRS TO THE ESTATE OF DOLORES KOEHLER, WHO WAS SURVIVING SPOUSE OF KUNO KOEHLER, IF LIVING, HE/SHE ANY AND ALL ONS UNKNOWN DEAD PERSONS TO PLAINTIFF, CLAIM-ING, OR WHO MAY CLAIM TO HAVE AN IN-TEREST IN, OR GENER-UPON THE REAL PROP-ERTY DESCRIBED IN ACTION; UNKNOWN PERSONS

BEING HEREIN GENER-ALLY DESCRIBED AND INTENDED TO BE IN-CLUDED IN WIFE, WID-WID-OW. HUSBAND. OWER, HEIRS AT LAW, NEXT OF KIN, DESCEN-DANTS EXECUTORS, ADMINISTRATORS, DE-VISEES, CREDITORS, LEGATEES, COMMIT-TRUSTEES. TEES, LIENORS, AND ASSIGNEES OF SUCH DECEASED, ANY AND ALL PERSONS DERIV-INTEREST IN OR LIEN UPON, OR TITLE TO SAID REAL PROPER-BY, THROUGH OR UNDER THEM, OR EI-THER OF THEM, AND THEIR WIVES, WIDOWS, HUS-BANDS, WIDOWERS, HEIRS AT LAW, NEXT OF KIN, DESCENDANTS,

RESPECTIVE EXECUTORS, ADMINIS-TRATORS. DEVISEES LEGATEES, CREDITORS, TRUSTEES, COMMIT-TEES, LIENORS, AND ASSIGNS, ALL OF S, ALL OF AND WHOSE EXCEPT AS WHOM STATED, ARE UN-KNOWN TO PLAINTIFF; PEOPLE OF THE STATE OF NEW YORK, UNITED STATES OF AMERICA ACTING THROUGH THE IRS, UNITED STATES OF AMERICA ACTING THROUGH THE SECRE-TARY OF HOUSING AND URBAN DEVELOPMENT JOHN DOE (Those unknown tenants, occupants, persons or corporations or their heirs, distributees. executors. administrators, trustees, guardians, assignees, creditors or successors claiming an interest in the mortgaged premis-

To the above named De-

You are hereby summoned to answer the Complaint in this action, and to serve a copy of your answer, or, if the Complaint is not served with this Supplemental Summons, to serve a notice of appearance, on the Plaintiff(s) attorney

LEGALS

within twenty days after the service of this Supplemental Summons, exclusive of the day of service (or within 30 days after the service is complete if this Supplemental Summons is not personally delivered to you within the State of New York). In case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the Complaint. The Attorney for Plaintiff

has an office for business in the County of

Trial to be held in the County of Albany.
The basis of the venue designated above is the

location of the Mortgaged Premises. To Unknown Heirs to the Dolores

Koehler, who was surviving spouse of Kuno Koehler Defendant In Defendant In this Action.

The foregoing Supplemental Summons is served upon you by publication, pursuant to an order of HON. Denise Hartman of Supreme Court of the State of New York, dated Ninth day September, 2019 and filed with the Complaint in the Office of the Clerk of the County of Albany, in the City of Albany.

The object of this action is to foreclose a mortgage upon the premises described below, executed by Kuno Koehler died on October 11, 2015, a resident of the county of Albany State of New York) and Dolores Koehler (who died on November 19, 2018. a resident of the county of Albany, State of New York) dated the August 7, 2008, to sethe sum of \$262,500.00 recorded at Book 5736, Page 355 in the Office of the Albany County Clerk, on the September 10, 2008; The mortgage was subsequently assigned by an assignment executed April 9, 2010 and recorded on April 22, 2010, in the Office of the Albany County Clerk at Book 6033, Page 247. The mortgage was sub-sequently assigned by

an assignment executed February 21, 2019 and recorded on March 8, 2019, in the Office of the Albany County Clerk at Number Instrument R2019-4632. The property in question

is described as follows: 127 KNOWLES ROAD PRESTON HOLLOW, NY 12469 NOTICE YOU ARE IN DANGER OF LOSING YOUR HOME If you do not respond to this summons and com-

plaint by serving a copy of the answer on the attornev for the mortgage company who filed this against you and filing the answer with the court, a default judgment may be entered and you can lose your home.

Speak to an attorney or go to the court where your case is pending for further information on how to answer the summons and protect your

LEGALS

Sending a payment to vour mortgage company will not stop this foreclosure action.

YOU MUST RESPOND BY SERVING A COPY OF THE ANSWER ON THE ATTORNEY FOR THE PLAINTIFF (MORTGAGE COMPANY) AND FILING THE ANŚWER WITH THE COURT. DATED: September 13, 2019

Gross Polowy, LLC Attorney(s) For Plaintiff(s)

1775 Wehrle Drive, Suite 100 Williamsville, NY 14221 The law firm of Gross Polowy, LLC and the at-

torneys whom it employs are debt collectors who are attempting to collect a debt. Any information obtained by them will be used for that purpose. D-228558

NOTICE OF LLC

FORMATION 150 CHARLES 5CN LLC. Arts. of Org. filed with the SSNY on 09/10/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-cess to the LLC, 150 Charles Street, Unit 5CN, New York, NY 10014. Purpose: Any lawful pur-D-229409

NOTICE OF LLC

FORMATION 150E85 13D LLC. Arts. of Org. filed with the SSNY on 08/30/19. Office: SSNY Albany County. designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 150 85th Street, Unit 13D. New York, NY 10028. Purpose: lawful purpose. D-229221

NOTICE OF LLC

FORMATION 1725 YORK AVENUE GARAGE LLC. Arts. of Org. filed with the SSNY on 09/05/19. 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, 10 East 33rd East Street, 11th Floor, New NY 10016. Pur-York, pose: Any lawful pur-D-229232

NOTICE OF LLC

FORMATION 1814 WEST 5TH STREET LLC. Arts. of Org. filed with the SSNY on 08/26/19. 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 1927 F. 18th Street Brooklyn, NY 11229. Purpose: Any lawful purpose. D-227235

NOTICE OF LLC FORMATION

196 PRINCE ST. LLC. Arts. of Org. filed with the SSNY on 08/21/19. 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, c/o Business Filings Incorporated, 187 Wolf Road, Suite 101, Albany, NY 12205. Purpose: Any lawful purpose. D-226859

NOTICE OF LLC **FORMATION**

H MEMBER LLC. Arts. of Org. filed with the SSNY on 06/27/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it be served. SSNY shall mail copy of process to the LLC, 605 Third Avenue, 16th Floor, New York, NY 10158. Purpose: Any lawful purpose. D-227627

NOTICE OF LLC FORMATION

20 H REALTY LLC. Arts. Org. filed with the on 07/01/19. Of-Albany County. designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 605 Avenue, 16th New York, NY Third Floor, 10158. Purpose: Any lawful purpose. D-227629

> **NOTICE OF PUBLIC HEARING**

ON THE BUDGET NOTICE IS HEREBY GIV-EN that the Proposed Budget of the Slingerlands Fire District located in the Towns of Beth-lehem and New Scotland, Albany County, State of New York, will be presented to the Board of Fire Commissioners of the Slingerlands Fire District, for its consideration.

A PUBLIC HEARING will be held at 7:00 p.m. at the Slingerlands Fire District firehouse located at 1520 New Scotland Road, Slingerlands, New York 12159, for the Towns of Bethlehem and New Scotland, Albany County, State of New York on the 15th day of October, 2019.

Pursuant to Town Law §105, the Board of Fire Commissioners hold a public hearing on the budget, make the proposed budget available to the public prior to the public hearing, allow the public to comment on the budget at the public hearing. This public hearing must be held to allow maximum public participation in

the hearing. The purpose of the public hearing is to allow any person to be heard in favor of or against the proposed budget as it is submitted, or for or against any item or items contained in the proposed budget, and hearing all persons interested in the subject concerning same.

That a copy of the proposed budget is available at the Office of the Town Clerk's Office for the Town of Bethlehem at 445 Delaware Avenue, Delmar, New York and the Town of New Scotland at 2029 New Scotland Road, Slingerlands New York and the Fire District Secretary at the Slingerlands Fire Distric-

LEGALS

office hours. D-228283

D-229406

22-13 41ST STREET ASTORIA LLC. Arts. of Org. filed with the SSNY on 08/20/19. Office: Albany County. SSNY designated as agent of the LLC against it may be served. SSNY shall mail copy of process to the LLC, 129 Osceola Drive, Deer Park, NY 11729. Pur-pose: Any lawful pur-D-226886

NOTICE OF LLC **FORMATION**

241-243 NORTH 5th STREET LLC. Arts. of Org. filed with the SSNY on 05/09/18. 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 9728 3rd Avenue, Suite 133, Brooklyn, NY 11209. Purpose: Any lawful purpose. D-227397

FORMATION

E94TH STREET LLC. Arts. of Org. filed with the SSNY on 09/18/19. Office: Albany County. SSNY designat-ed as agent of the LLC against it may be served. SSNY shall mail copy of process to the LLC, 383 Kingston Avenue, Suite Brooklyn, 11213. Purpose: Any lawful purpose. D-229210

NOTICE OF LLC

FORMATION 2522 WEST 3rd STREET REALTY LLC. Arts. of Org. filed with the SSNY on 08/15/19. Office: Albany County. SSNY designated as agent of the ĽLC upon whom process against it may be served. SSNY shall mail copy of process to the 2522 West 3rd Street. Brooklyn, NY Purpose: 11223. Any lawful purpose. D-226447

NOTICE OF LLC **FORMATION**

26-46 29 STREET LLC. Arts of Org. filed with the SSNY on 08/30/19. Office: Albany County. designated as SSNY of the LLC upon agent whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Thomaidis & Lagoudis, P.C., 214-11 Northern Boulevard, Suite 200, Bayside, NY 11361. Purpose: Any lawful purpose.

To place your Legal Notice: Gall 439-4949

D-227712

LEGALS

NOTICE OF LLC

FORMATION

312 NORTH HOLLY LLC

Arts. of Org. filed with the SSNY on 07/26/19.

Office: Albany County.

agent of the LLC upon

whom process against it

may be served. SSNY

shall mail copy of pro-

cess to the LLC, c/o Kira

ment 1, Brooklyn, NY 11221. Purpose: Any

NOTICE OF LLC

FORMATION

41A MARION LLC. Arts.

of Org. filed with the SSNY on 08/23/19. Of-

Albany

SSNY designated as agent of the LLC upon

whom process against it

may be served. SSNY

shall mail copy of process to the LLC, 920

Metcalf Avenue, Suite #15J, Bronx, NY 10473.

Purpose: Any lawful pur-

NOTICE OF LLC

FORMATION

52 PARKWAY COURT

LLC. Arts. of Org. filed with the SSNY on 08/26/19. Office: Albany

County. SSNY designat-

ed as agent of the LLC

upon whom process

against it may be served.

SSNY shall mail copy of

process to the LLC.

Purpose: Any lawful pur-

NOTICE OF LLC

NY 11229.

E. 18th

Brooklyn,

D-227239

pose.

pose.

D-227078

Apart-

County.

Simon-Kennedy,

Greene Avenue,

lawful purpose.

D-229212

designated

t's firehouse where it may be inspected by an interested person during

NOTICE OF LLC FORMATION

215 WEST 138th STREET LLC. Arts. of 138th Org. filed with the SSNY on 09/06/19. Office: Albany County. SSNY designated as agent of the ĽLC upon whom process against it may be served. SSNY shall mail copy of process to the 60 Trailhead Lane, Tarrytown, NY 10591. Purpose: Any lawful pur-

NOTICE OF LLC **FORMATION**

whom process

FORMATION 5N72- 73 LLC. Arts. of

Org. filed with the SSNY on 05/31/19. Office: Al-NOTICE OF LLC 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, 662 10th Avenue, New York, NY 10036. whom process Purpose: Any lawful purpose. D-229340 NOTICE OF LLC FORMATION

717 GROUP, 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 pro-cess to the LLC, 237 Duffield Street, Apartment 7A, Brooklyn, NY 11201. Purpose: Any lawful purpose. D-229222

NOTICE OF LLC FORMATION 8 CENTRAL, LLC. Arts.

Org. filed with the SSNY on 09/12/19. Office: Albany County. designated as SSNY agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 70 Rhiehird Lane, Plain-Bluebird Lane, Plain-view, NY 11803. Purpose: Any lawful purpose. D-229633

NOTICE OF LLC

FORMATION
91 LEONARD ST LLC.
Arts. of Org. filed with
the SSNY on 09/06/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it

LEGALS

may be served. SSNY shall mail copy of pro-cess to the LLC, 87 Leonard Street, Unit 4, New York, NY 10013. Purpose: Any lawful pur-D-229407

NOTICE OF LLC FORMATION

ALEXANDRA CAPITAL, LLC. Arts. of Org. filed with the SSNY on 08/28/19. 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 Compass, 111 Fifth Avenue, New York, NY 10011. Purpose: Any lawful purpose. D-227948

TOWN BOARD TOWN OF BETHLEHEM **RESOLUTION TO AMEND LICENSE** AGREEMENT

NOTICE IS HEREBY GIV-EN that the Town Board of the Town of Bethlehem in the County of Albany, State of New York has on the 25 day of September 2019, duly adopted, subject to a permissive referendum, resolution as follows: WHEREAS, the Town Board of the Town of Bethlehem has determined that is necessary to amend a license agreement with T-Mobile (legal name of T-Mobile Northeast LLC, successor in interest to Omnipoint Communications, Inc) at Town owned parcel located at 504 Elm Avenue; and,

NOW, THEREFORE, BE IT RESOLVED, That the Town Board

authorizes the hereby execution of a License Amendment with T-Mobile.

BE IT FURTHER RE-SOLVED.

That the execution of License Amendment is subject to permissive referendum BE IT FURTHER RE-

SOLVED.

That the Supervisor is hereby authorized to execute the Amendment on behalf of the Town of Bethlehem. The motion to adopt the resolution was made by Councilwoman Becker. was seconded by Councilwoman Cunningham and duly adopted by the following vote: AYES: Supervisor Van-

Councilwoman Luven. Becker, Councilman Coffey, Councilwoman Cun-Councilman ningham, Foster NOES: none

ABSENT: none DATED: September 25, 2019 D-229581

NOTICE OF LLC **FORMATION** ANDREON SOLUTIONS

LLC. Arts. of Org. filed with the SSNY on 08/23/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. against it may be served.

SSNY shall mail copy of process to the LLC, 345

East 80th Street, Suite 33G, New York, NY 10075. Purpose: Any lawful purpose.

LEGALS NOTICE OF LLC FORMATION

BAHADUR ENTERPRISE LLC. Arts. of Org. filed with the SSNY on 07/29/19. 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, 119-19 150th Avenue, South Ozone Park, NY 11420. Purpose: Any lawful purpose. D-229200

NOTICE OF LLC FORMATION

BEAR ABOUT THE HOUSE, LLC. Arts. of Org. filed with the SSNY on 05/23/19. 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, 320 East 57th Street, Apartment New York, NY 10022. Purpose: Any lawful purpose. D-227614

NOTICE OF LLC **FORMATION**

BKLYN 151 LLC. Arts. of Org. filed with the SSNY on 09/16/19. 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, c/o G. Markman, 84 Montague Street, Brooklyn, NY 11201. Purpose: Any lawful purpose. D-229637

NOTICE OF LLC

FORMATION BODY ELEMENTZ LLC. Arts. of Org. filed with the SSNY on 08/23/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-cess to the LLC, 22-64 47th Street, Astoria, NY 11105. Purpose: Any lawful purpose. D-227076

NOTICE OF LLC FORMATION

Braggypants LLC. Arts. of Org. filed with the SSNY on 08/12/19. 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, 3 Noble Path, Albany, NY 11205. Purpose: Any lawful pur-D-227622

NOTICE OF LLC **FORMATION**

BRAVE INVESTORS LLC. Arts. of Org. filed with the SSNY on 08/16/19. 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, 234
East 23rd Street, New
York, NY 10010. Purpose: Any lawful purpose. SR-226472

NOTICE OF LLC

FORMATION Brooklyn OpZone Fund LLC. Arts. of Org. filed with the SSNY on 08/16/19. Office: Albany County. SSNY designat-ed as agent of the LLC upon whom process against it may be served.

LEGALS

SSNY shall mail copy of process to the LLC. c/o Andrew J. Epstein, c/o Easy Street Properties, 154 Grand Street York, NY 10013. Purpose: Any lawful purpose. D-226513

NOTICE OF LLC **FORMATION**

CHIRON CREATIVE LLC Arts. of Org. filed with the SSNY on 08/30/19. Office: Albany County. designated as agent of the LLC upon whom process against it be served. SSNY shall mail copy of pro-cess to the LLC, c/o William Archer, West 5th Street, 40th Floor, Los Angeles, CA 90071. Purpose: Any lawful purpose. D-227706

NOTICE OF LLC FORMATION

CP129, LLC. Arts. of Org. filed with the SSNY on 08/27/19. Office: Albany County. SSNY designated as agent of the cess against it may be served SSNY shall mail copy of process to the LLC, c/o Robert Peccia 13-24 138th Street, College Point, NY 11356. Purpose: Any lawful pur-D-227404

NOTICE OF LLC FORMATION

CYMALEX LLC. Arts. of Org. filed with the SSNY on 08/22/19. 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, PO Box 9337, New Haven, CT 06533. Purpose: Any lawful purpose. D-226934

NOTICE OF LLC

DeMcPat LLC. Arts. of Org. filed with the SSNY on 09/13/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be SSNY shall mail copy of process to the LLC, c/o Wexler & Kaufman PLLC, One Penn Plaza, Suite 3406, New York. NY 10119. Purpose: Any lawful purpose. D-229634

NOTICE OF LLC FORMATION

DINNER DATES MGMT LLC. Arts. of Org. filed with the SSNY on 09/06/19. 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, 17-32 Hancock Street, #3, Ridgewood, NY 11385. Purpose: Any lawful pur-D-229399

LEGALS

NOTICE OF LLC FORMATION

DOC BABE LLC. Arts. of Org. filed with the SSNY on 09/12/19. 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 Gordon & Petkos LLP, 1790 Broadway, Suite 710, New York, NY 10019. Purpose: Any lawful pur-D-229626

NOTICE OF LLC FORMATION

DUKE FIRE LLC. Arts. of Org. filed with the SSNY on 08/23/19. 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, 2117 Avenue T, Brooklyn, NY 11229. Purpose: Any lawful purpose. D-227077

NOTICE OF LLC FORMATION

DUTCHESS VALENTINA ART LLC. Arts. of Org. filed with the SSNY on 08/22/19. 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 Gordon & Petkos LLP 1790 Broadway, Suite 710, New York, NY Purpose: Any lawful purpose. D-226984

NOTICE OF LLC FORMATION

E & T NASSAU STREET LLC. Arts. of Org. filed with the SSNY on 09/04/19. Office: Albany County. SSNY designated as agent of the LIC whom process against it may be served. SSNY shall mail copy of process to the LLC 2184 East 5th Street Brooklyn, NY 11223 Purpose: Any lawful purpose. D-229201

NOTICE OF LLC FORMATION

EM 243-253 ST. JOHNS PLACE LLC. Arts. of Org. filed with the SSNY on 01/18/19. 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 9728 3rd Avenue, Suite Brooklyn, 11209. Purpose: lawful purpose. D-226811

NOTICE OF LLC FORMATION

ERIKSON 805 HOLD-INGS LLC. Arts. of Org. filed with the SSNY on 09/05/19. Office: Albany County. SSNY designated as agent of the LLC whom process against it may be served. SSNY shall mail copy of

LEGALS

West 37th Street, 12th Floor, New York, NY 10018. Purpose: Any lawful purpose. D-229337

NOTICE OF LLC FORMATION

FARMHOUSE 2A LLC. Arts. of Org. filed with the SSNY on 08/16/19. 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, 25 North Moore Street, 2A New York, NY 10013. Purpose: Any lawful pur-D-226475

NOTICE OF LLC FORMATION

IZ MANAGEMENT, LLC. Arts. of Org. filed with the SSNY on 08/12/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it be served. SSNY shall mail copy of pro-cess to the LLC, 305 Riverside Drive, #8D, Riverside Drive, #8D. New York, NY 10025 Purpose: Any lawful pur-

NOTICE OF LLC **FORMATION**

JDBC SOLUTIONS LLC. Arts. of Org. filed with the SSNY on 06/27/19 Office: Albany County. designated agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-cess to the LLC, 194 Bay 20th Street, Brooklyn, NÝ 11214. Purpose: Any lawful purpose. D-227150

NOTICE OF LLC FORMATION

JEMZ.NYC LLC. Arts. of Org. filed with the SSNY on 08/28/19. 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 53 Murray Street, New York, NY Purpose: Any 10007. lawful purpose. D-227673

NOTICE OF LLC **FORMATION**

JOINERY 605 LLC. Arts. of Org. filed with the SSNY on 04/18/19. Of-Albany County. SSNY designated as agent of the LLC upon whom process against it 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-226818

NOTICE OF LLC

FORMATION PROPERTIES LLC. Arts. of Org. filed with the SSNY on 08/27/19. Office: Albany County. SSNY designated as agent of the LLU

LEGALS

against it may be served. SSNY shall mail copy of process to the LLC, One Penn Plaza, Suite 3406, New York, NY 10119. Purpose: Any lawful pur-D-227407

NOTICE OF LLC FORMATION

KILKEE REALTY, LLC. Arts. of Org. filed with the SSNY on 09/10/19. Office: Albany County. designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 634 N. Broadway, Yonkers, NY 10701. Purpose: Any lawful purpose. D-229599

NOTICE OF LLC FORMATION

KORR LLC. Arts. of Org. filed with the SSNY on 08/29/19. Latest date to dissolve: 12/31/2049. Albany County. 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 La-Boddu, vanya Greenbriar Drive, Springfield, IL 62711. Purpose: Any lawful pur-D-229204

NOTICE OF LLC FORMATION

LASNYC LLC. Arts. Org. filed with the SSNY on 05/20/19. 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, 427 Bedford Av-#230, antville, NY 10570. Purpose: Any lawful purpose. D-229205

NOTICE OF LLC FORMATION

LEERFORM LLC. Arts. of Org. filed with the SSNY on 08/19/19. 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 c/o Edwin Wyatt 325 Clinton Av-Nash, enue, #5E, Brooklyn, NY 11205. Purpose: lawful purpose.

NOTICE OF LLC FORMATION

LEVEL3BBB, LLC. Arts. of Org. filed with the SSNY on 08/28/19. Of-Albany County. designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 450 7th Avenue, 40th Floor, New York, NY 10123. Purpose: Any lawful pur-

NOTICE OF LLC

FORMATION CT HOLDINGS, LLC. Arts. of Org. filed Goldgrub Law PLLC, 5 upon whom process with the SSNY on ciates, P.C., 350 Fifth served. SSNY shall mail

LEGALS

07/29/19. Office: Albany County. SSNY designat ed as agent of the LLC against it may be served. SSNY shall mail copy of process to the LLC, c/o Northwest Registered Agent LLC, 90 State St. Ste 700, Office 40, Albany, NY 12207, which is also the registered agent address. Purpose: ny lawful purpose. PO-227164

NOTICE OF LLC FORMATION

PROPERTY Arts. of Org. filed with the SSNY on 09/04/19. Office: Albany County. designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-cess to the LLC, 417 18th Street, Brooklyn, NY 11215. Purpose: Any lawful purpose. D-227979

NOTICE OF LLC FORMATION

MAYWIL LLC. Arts. of Org. filed with the SSNY on 08/16/19. Office: Albany County. SSNY designated as agent of the IIC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 66 South 6th Brooklyn, 11249. Purpose: Any lawful purpose. D-229207

NOTICE OF LLC **FORMATION**

MILLERS HOME REPAIR LLC. Arts. of Org. filed with the SSNY on 09/13/19. Office: Albany County. SSNY designat ed as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 9 Milton Street, Slinger-lands, NY 12159. Purpose: Any lawful pur-D-229636

NOTICE OF LLC FORMATION

MTJ CAFE LLC. Arts. of Org. filed with the SSNY on 08/29/19. 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, c/o Paleudis Law Firm, LLC, 100 Canal Pointe Blvd, Suite 125, Princeton, NJ 08540. Purpose: Any lawful pur-D-227651

NOTICE OF LLC FORMATION

NORI ROSE, LLC. Arts. of Org. filed with the SSNY on 01/25/18. Latest date to dissolve: 12/31/2107. 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 Aldad & Asso

LEGALS

Avenue, Suite 4309, New York, NY 10118. Purpose: Any lawful purpose. D-227401

NOTICE OF LLC FORMATION

NORTH MOORE LLC. Arts. of Org. filed with the SSNY on 08/15/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-cess to the LLC, 610 Broadway, 6th Floor, New York, NY 10012. Purpose: Any lawful pur-D-226439

NOTICE OF LLC FORMATION

PHLBO 82 LLC. Arts. of Org. filed with the SSNY on 08/19/19. Latest date to dissolve: 12/31/2119. Office: Albany County. designated agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-cess to the LLC, c/o Pavel Levter, 167 Baden Place, Staten Island, NY 10306. Purpose: Any lawful purpose.

NOTICE OF LLC FORMATION

PINE NECK LLC. Arts. of Org. filed with the SSNY on 08/29/19. 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, c/o Pine Neck LLC, P.O. Box 489, Sag Harbor, NY 11963. Purpose: Any lawful purpose. D-229209

NOTICE OF PUBLIC HEARING TOWN OF BETHLEHEM, **ALBANY COUNTY**

NOTICE IS HEREBY GIV-

EN that the Town Board

of the Town of Bethle-

hem, Albany County, New York will hold a County public hearing on Thursday, October 10, 2019 at 6:00pm, at Town Hall, 445 Delaware Avenue, Delmar, NY to solicit comment on the Local Law #3 Amending the of the Town of Bethlehem, Chapter 61, Article I, Sections 61-4, 61-5(H) and Section 61-5.1 to address allowing dogs in Town Parks, with restrictions. All parties in interest and citizens will have an opportunity to the said hearing. OPDFR OF THE portunity to be heard at BY ORDER TOWN BOARD

Nanci Moquin TOWN CLERK D-229578 **NOTICE OF LLC**

TOWN OF BETHLEHEM

FORMATION RIALIA LLC. Arts. of Org. filed with the SSNY on 09/12/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be

copy of process to the LLC, 23-58 Steinway Astoria, Purpose: Any lawful purpose. D-229631

NOTICE OF LLC

FORMATION RIMAWI PODIATRY PLLC. Arts. of Org. filed with the SSNY on 08/30/19. Latest date to dissolve: 06/29/2055. Office: Albany County. designated agent of the PLLC upon whom process against it may be served. SSNY shall mail copy of process to the PLLC, c/o Mohammad Rimawi. 23rd Avenue, Brooklyn, NY 11214. Purpose: For the practice of the profession of D-227710

NOTICE OF LLC FORMATION

RISING TIDE REVIVAL LLC. Arts. of Org. filed with the SSNY on 08/27/19. 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, c/o Steven L. Kroleski, Esq. 201 Wolfs Lane, Pelham, NY 10803. pose: Any lawful purpose D-227624

NOTICE OF LLC FORMATION

RODMAY MANAGE-MENT LLC. Arts. of Org. filed with the SSNY on 08/30/19. Office: Albany County. SSNY designate ed as agent of the LLC whom against it may be served. SSNY shall mail copy of process to the LLC, 66 6th Street, Brooklyn, NY 11249. Purpose: Any lawful purpose.

NOTICE OF LLC

FORMATION RONSON & SONS, LLC. Arts. of Org. filed with the SSNY on 08/08/19. 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, Whipple Street, Brent-wood, NY 11717. Purpose: Any lawful purpose. D-227618

NOTICE OF LLC FORMATION SAWA REAL ESTATE

LLC. Arts. of Org. filed with the SSNY on 08/15/19. 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 Leslie Avenue. Staten Ispose: Any lawful pur-

NOTICE OF LLC FORMATION

SCHILIRO & SONS RE-ALTY, LLC. Arts. of Org. filed with the SSNY on 08/07/19. 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 Schiliro & Sons Realty, 128 Whitman Yonkers, Purpose: lawful purpose. D-226239

NOTICE OF LLC FORMATION

SEYMOUR 3359 LLC Arts. of Org. filed with the SSNY on 09/09/19. Office: Albany County. designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 80-30 164th Street, 2nd Floor, Jamaica, NY 11432. Purpose: Any lawful pur-D-229534

NOTICE OF LLC FORMATION

SISTER EINSTEIN LLC. Arts. of Org. filed with the SSNY on 08/16/19 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, c/o Melanie Siben, 200 Central Park South, #17C, New York, NY 10019. Purpose: Any lawful purpose. D-227474

NOTICE OF LLC FORMATION

SMARTIE CAT LLC. Arts of Org. filed with the SSNY on 08/27/19. Of-Albany County. SSNY designated as agent of the LLC upon SSNY may be served. SSNY shall mail copy of pro-cess to the LLC, c/o Gordon & Petkos LLP, 1790 Broadway, Suite New York, Purpose: lawful purpose. C-227450

NOTICE OF LLC

FORMATION TCG NEW YORK LLC. Arts. of Org. filed with the SSNY on 08/15/19. 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 Lassar & Cowhey LLP, 750 Third Avenue, 11th Floor, New York, NY 10017. Purpose: lawful purpose. D-226985

NOTICE OF LLC FORMATION

THE HAKIMI LAW FIRM PLLC. Arts. of Org. filed with the SSNY on 09/05/19. Office: Albany County. SSNY designated as agent of the PLLC Legals continue on pg. 11

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THE SPOTLIGHT | October 2, 2019 www.spotlightnews.com

LETTER TO THE EDITOR

On immigration enforcement

eople migrate to the U.S. to escape violence, oppression and poverty. They also have a desire to improve their lives, to work, contribute to a community, and hopefully insure that their children have a better future, a goal familiar to parents everywhere. They come in the pursuit of happiness.

Not unlike citizens, most succeed in being able to provide for their basic needs. Many even prosper, and some fall short in certain areas and depend on the social safety net which did not exist 60 years ago.

Then, both citizens and immigrants had to work hard to provide for themselves and their family. Some now argue that only citizens should be provided assistance when

their efforts fall short.

Many who migrated legally were fortunate to have qualified because of sponsorships, quotas or specials provisions not available to all. Those with means could obtain assistance to complete the paperwork and navigate the instructions in an unfamiliar language. Some of the fortunate migrants now argue that those not so fortunate are undeserving.

Many immigrants, if they didn't commit any crime and kept a low profile, were able to become part of a community. The possibility of being deported is and was an incentive to obey the laws.

We have been told that the focus of immigration enforcement would be directed toward criminals. The reality is that

enforcement is driven by numbers and to reach the numbers, enforcement goes after the low hanging fruit. Occasionally someone is apprehended whose footprint in the community is such that influential people will speak out on their behalf. This happened recently in the City of Albany. Others, just as worthy, work, provide for their family, patronize local businesses and otherwise maintain a low profile, may be apprehended in the night with no one of influence to speak on their behalf.

Do immigrants take American jobs? Recent suggestions have been made that immigration policy should be focused more on the better educated. However, the better educated will and do compete for the jobs that American citizens

want or hold. Merely to ask the question implies that some people are more entitled to a job than others regardless of their talents or willingness to work competitively. Immigrants will often do the work that American labor will not. They are hungrier and jobs become available to those who are willing to work the hardest. No matter one's wishes, there is no right to any job that one is not willing to learn and work hard to meet its requirements.

Employers should not have to seek approval from any government agency to hire the person that they feel is best qualified to do the job. The money they earn and spend on rent, clothing, food and transportation fuels the economy and benefits all.

While there are valid concerns regarding border

security, assertions that hordes of murderers, rapists and other nefarious people are seeking entry is but a cover for bigotry, racial animosity, or an irrational fear of anyone viewed as different from oneself. Our security will not and cannot be 100 percent. We might just as well disarm all of our police until we can are sure not a single police officer is of an unstable mind.

Far removed from border security is the issue of children brought to America illegally. Most have little or no connection to any other country. Educated in our classrooms, they have the same aspirations as their classmates. This country has invested in their education. A great many Americans agree that it would be cruel to deport them or to deport

their parents. It is equally cruel to perpetuate their uncertainty.

Polls indicate significant support for resolution of this issue. There is no reason action should be coupled with any other immigration policy. The taking of human hostages is extortion.

We all bleed when we are cut. The principles that are conducive to peace include honesty, integrity, truth, justice, and personal freedom. These are fundamental to all people. We all have a right to life, liberty, and the pursuit of happiness which includes the right to be somewhere.

> William P. McMillen Delmar

From page 1 ... Food for thought

Mark Warford, BCMS' assistant principal, said, "The main message with Farm to You Fest is to support local farmers and raise awareness about local farming but at the same time, it's also asking kids to be aware of their footprint on the planet based on the food that they eat. Food that comes from thousands of miles away and that is grown using chemicals to kill bugs and weeds have a negative environmental

He added that when someone eats organicallygrown food that was picked fresh the day prior, "there is a huge difference."

impact."

During morning announcements on the first five days of October, BC Middle School students will have an "Agricultural Question" to answer to test their agriculture knowledge. Students with correct answers can win a gift bag of vegetables and decorative corn from the middle school's garden, as well as gift certificates from the Delmar Farmers Market. One sixth, seventh and eighth grade winner will be announced each day.

Throughout all five days too, students can support people in need with the "Squash Hunger" campaign where students and parents

can bring in fresh produce from their own gardens, a local farmer's market or farm stand, or a grocery store — to collection bins at each school. Any type of fresh produce is acceptable, including butternut squash, apples, carrots and onions. Designated volunteers will then take them to McCarroll's/ Delmar Marketplace as well as local soup kitchens or food pantries. "Squash Hunger" continues the school district's partnership with Capital Roots' Squash Hunger Program and since Farm to You Fest was originally created, over 4,800 pounds of produce has been donated by BC.

On Wednesday, Oct. 2, students can take part in "Guess the Weight of the Pumpkin," a contest

where four big pumpkins are located at different spots inside the middle school. Students whose weight guesses are the closest to the actual weight have a chance to take the pumpkins home with them.

On Friday, Oct. 4 in all lunch periods, the "Salads for Kids Day" will offer students free garden salads which are prepared by parent volunteers from PTO and the Healthy Kids Committee. Salads will mainly be produced from fresh lettuce, tomatoes, radishes, green beans and carrots, all of which are harvested from the middle school's garden. It aims to educate students about how the food they eat are sustainably- and locallygrown food. Salads for

Kids Day is a collaboration between the middle school's PTO and Garden Club, BC's Green Team and the Healthy Kids Committee.

Warford said in past years, he has received emails from parents that they initially had difficulty getting their children to eat vegetables at home but after experiencing Salads for Kids Day, they "now have buckets and buckets of fresh-picked vegetables which they typically wouldn't have before."

Students can visit the Delmar Farmers Market on Saturday, Oct. 5 for the "Farmers Market Scavenger Hunt" where they would do a scavenger hunt by asking local vendors questions. Forms for this scavenger hunt

are available in any school office or at the Farmers Market's main table; winning students can expect prizes in the end.

Cindy Ferrari, BC's Healthy Kids Committee's co-president, said preparations for this year's Farm to You Fest "is like a well-oiled machine at this point" since it has been happening for years now.

"For kids to know that the food they can generously donate to people in need is a great teacher to them in itself," she said.

Warford said he has a passion for environmental education. To develop an appreciation locallygrown and organic foods at school, "is just the perfect venue to be able to model that for kids.'

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www.spotlightnews.com October 2, 2019 | THE SPOTLIGHT 11

■ POLICE, COURTS, and EMERGENCY CALLS

BCHS student arrested

BETHLEHEM — A

17-year-old Bethlehem Central High School student was arrested on Wednesday, Sept. 25 in relation to circulating an email containing false information of a potential threat of violence which caused public alarm, said Bethlehem police.

According to police, the email's content was investigated and found to have been sent by another student to "a large number" of fellow high school students. The email had included false information about an eventual crime happening as well as potential violence to other students. The investigation led to an arrest of an individual student — his name was not disclosed — who was charged with falsely reporting an incident.



The student was arraigned in the Town of Bethlehem Court before Judge Andrew Kirby and was released under the supervision of probation. He will return to court on Oct. 15 at 4 p.m.

Jody Monroe, Bethlehem Central's superintendent, released a statement as well to inform the district's families that the email contained "an internet meme that included threatening

language. The email was sent to all students at the high school and was a response to an email from another student."The email exchange had happened on Tuesday, Sept. 24 and was brought to the attention of Dave Doemel, the high school's principal who immediately informed the

police. While the police investigation determined that there was no imminent threat of violence, Monroe

said parents, especially of students in middle and high school, should speak with their children about the importance of speaking up; practicing good judgment on social media and email; and fostering a safe environment in school.

"Students need to know

that it is never acceptable to even joke about threatening others. Perceived threats are serious matters and will be pursued as such,' Monroe wrote, adding that the district will follow disciplinary procedures that follow the school's code of conduct.

Both the police and school district commended the students and parents who reported the email to relevant school officials and

law enforcement quickly, showing that the "see something, say something" mindset was beneficial here.

Anyone with more information about the case but wish to remain anonymous may call 518-439-1503. Anyone else with further information may call Bethlehem police at 518-439-9973 and anyone with questions may contact Monroe at jmonroe@ bethlehemschools.org or 518-439-7098.

Host of charges

SELKIRK — A

27-year-old Selkirk man was arrested on a host of charges on Saturday, Sept. 21 at 12:28 a.m. on 385 Elm Ave. in Selkirk.

Bethlehem police observed and stopped a blue Honda Civic; its operator identified himself with his license as John Hector Delaney. While interviewing him, the police officer noted his bloodshot eyes and an odor of an

alcoholic beverage from his breath. After admitting he drank two beers prior, Delaney failed one field sobriety test and refused two others.

Delaney was placed in custody and transported back to the Bethlehem Police Department where he submitted to a breath test that revealed he had a BAC of 0.24 percent. He is scheduled to return to the Town of Bethlehem Court on Tuesday, Oct. 1, at 5:30 p.m.

Delaney was charged with a first offense of driving while intoxicated, operating a motor vehicle with a BAC of 0.08 or more, aggravated DWI with a BAC of 0.18 or more, having no/inadequate plate lamp, no/inadequate muffler or exhaust, no/ inadequate tail lamps, operating an uninspected motor vehicle, and having more than one New York state driver's licenses.

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To help offset the cost of gathering and delivering the news, beginning on Oct. 1, 2019, full access to spotlightnews.com will require a digital subscription.

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Some news will remain free on spotlightnews.com. The Spot 518 and our SPOTTED galleries will be as accessible as ever. Most importantly, public safety issues and breaking, need-to-know news will remain open to everyone. Our events calendar will also remain free.

We know this is a lot and we are here to help. The transition will be headed up by our publisher and circulation manager, John and Kaitlin. They'll be available to answer any questions and clarify anything you need.

We look forward to finishing 2019 strong and entering 2020 with a new look and new content. We look forward to your feedback as we move forward.

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Sincerely,

The Spotlight News team—

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Story to motion

Synergia Dance Project tells a story with help from The Sea The Sea, Girl Blue and Dark Page B6 Honey.

INSIDE



Stitched

Albany's largest fashion show was last Saturday night, and we captured it in pictures.

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Arts calendar

Pages B7-B11















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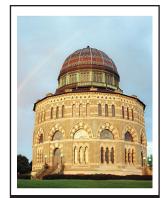
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quote of the week

"I really loved the process of working with [Chuck and Mira] and [Dark Blue Seal kind of came from that amazing experience. One night I texted Mira and asked her about it and she was down almost immediately."



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- Nadine Medina,

owner of Troy **Dance Factory** @spotnewsfeed





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RECENTLY ANNOUNCED

Troy's market is best

Collar City's farmers market named among best

TROY — Troy Waterfront Farmers Market was named as the national winner of the 2019 People's Choice award.

Last week maked the end of American Farmland Trust's of its 11th annual Farmers Market Celebration, a summer-long effort to promote the importance of local food and the farmers behind it.

"Troy, New York is a small American city with a great big heart and a whole lot of pride," said Zack Metzger, president of the Troy Waterfront Farmers Market which is now in its 20th season. "This celebration gave our customers the opportunity to think about why family farmers matter. Clearly, they are proud of this market and what we have achieved in our 20 years. And we are grateful for their support."

Americans across the country were invited this summer by the Trust to endorse their favorite local farmers market by casting a vote through the Trust's website, by creating social media posts using the #OnMyFork hashtag, or by taking the time to submit a personal essay on why their farmers market is important to their local food system.

The Trust recognizes the highest endorsed market in each of five regions, and additionally recognizes the market that received the highest overall community endorsement out of any region. Troy Waterfront Farmers Market was the No. 1. most endorsed market in New York State, the No. 1 most endorsed market in the Northeast Region, and the overall most endorsed market in the entire United States.

The top vote earning markets in other regions were: Kakaʻako Farmers' Market of Honolulu, Hawaii for the Pacific Region; City of Dripping Springs Farmers Market of Dripping Springs, Texas for the Southwest Region; Flint Farmers Market of Flint, Mich. for the Midwest Region; and Charlottesville City Market of Charlottesville, Va. for the Southeast Region.

"American Farmland Trust's annual Farmers Market Celebration is a great opportunity for consumers and farmers alike to share the value of local food and its impact on our communities," said Alex Johnson, AFT's



membership coordinator. "This year, the Troy Waterfront Farmers Market took this message to heart and empowered their attendees and patrons to share stories and vote for their market. Their efforts earned them the national People's Choice prize as well as the top market in New York state and the Northeast region."

The celebration is a national effort to promote the importance of local food and the role that agriculture plays in our communities while also raising awareness about the challenges facing America's farmland and farmers.

WHAT'S HAPPENING NOW



Wynonna & The Big Noise

Cohoes Music Hall — Wednesday, Oct. 2

COHOES — Wynonna will play the Cohoes Music Hall on Wednesday, Oct. 2, at 8 p.m.

Respected by the millions of fans who are drawn to her music and undeniable talent, Wynonna's rich and commanding voice has sold over 30-million albums worldwide spanning her remarkable 34-year career. As one-half of the legendary mother/daughter duo "The Judds," Wynonna was once dubbed by Rolling Stone as "the greatest female country singer since Patsy Cline." This iconic performer has received over 60 industry awards, with countless charting singles, including 20 No.1 hits such as "Mama He's Crazy," "Why Not me," and "Grandpa, (Tell Me 'Bout The Good Ole Days)."

Wynonna and her band The Big Noise, led by her husband/drummer/producer, Cactus Moser, released their debut full-length album in February 2016 via Curb Records to critical acclaim. Wynonna has described the new sound as "vintage yet modern" and a "return to the well." It's a rootsy work encompassing country, Americana, blues, soul and rock. The album features special guests Derek Trucks, Jason Isbell, Susan Tedeschi and Timothy B. Schmit.

Ticket prices start at \$39 each. For tickets and information, visit eventbrite.com.

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From page B1 ...

Rocktoberfest

"They kind of just pushed me on stage and made me sing 'One Headlight' by The Wallflowers, because I really liked that song," he said. His father's band would work the local scene around Binghamton, a college town in Central New York, just north of the Pennsylvania border. He had played in the band since Vince was born.

"I grew up in that environment. I can remember being 5-years old and coming downstairs with my dad playing the piano, playing a song, practicing with the band. He plays guitar, too. He sings as well. At some point, subconsciously probably, I realized I wanted to do that as well."

His father plays a lot of classic rock: "I grew up listening to Chicago, Rolling Stones, Billy Joel, The Wallflowers — "One Headlight."

"From as young as I can remember, I was always singing." said Palmeri. "Music was always there. It was always accessible. Not that it was anything. It's what kids do: Sing songs and play music, and stuff."

Palmeri had lived in the Capital District for the past two years, but the work schedule at his 9-to-5 job didn't allow him to sample the area's nightlife. While friends were at the club, he was at work. Rose and Andrew Gabriel met him through Ambassador Group's artist application program earlier this year.

Rose describes their singer as possessing a "soft" personality. He's confident, she said, but is approachable and well-grounded.

Ambassador Group launched Palmeri's video for his single "The Rush" two months ago. A catchy pop tune paired the visual of friends enjoying a day at the lake, and plenty of glimpses of Palmeri's Tiger Beat coverboy looks. It received more than 1,000 views within the first 24 hours.

singing." said Palmeri. "Vince creates pop "Music was always there. It music," Andrew said. "His

big thing is, 'Make Pop Great Again." Depending on who you ask, the Top-40 genre suffers from a lack of originality. Whether pop or country, one can find YouTube videos that expose the use of a tired formula shared throughout several hit songs; from the backbeat to the placement of the chorus, even the guitar solos. Placed sideby-side, the songs sound the same and it's been happening for years. "He just wants to bring it back to really good beats and catchy lyrics, and music you can really hold on to," said Andrew. "He does it in a really good way."

Ambassador Music Group will host its second annual Rocktoberfest music festival on Saturday, Oct. 5 as a benefit for Cohoes-based nonprofit Community Miracles In Action and CMA's Louder Dreams project. The free, family-friendly event will run from noon to 6 p.m. in the heart of Albany's Warehouse District, at 15 Pleasant St.

The successful launch of Rocktoberfest in 2018 featured three main-stage acts and two acoustic performances. This

WHAT'S HAPPENING NOW

Capital Walls Mural Pop-Up Party

The Olde English Pub — Wednesday, Oct. 2

ALBANY — Discover Albany is inviting you to its mid-week pop-up party to share the news of upcoming events in the Capital City on Wednesday, Oct. 2, at 5 p.m.

Albany Center Gallery, with mural partners Albany Barn and ParkAlbany (Albany Parking Authority), will host a Mural Pop-Up Party at Olde English Pub, on Wednesday, October 2, 2019, from 5:00-8:00p.m., as a continuation to Discover Albany's "Day of Discovery," which will highlight local events, organizations, and the launch of their 2020 Visitor's Guide.

This Mural Pop-up party is a celebration of the Capital Walls program and will highlight the newest murals by Arzu Fallahi, Nda Street Art, John Breiner and Vanessa Mastronardi. DJ Intell Hayesfield will be spinning beats for the duration of the event on the patio space at Olde English Pub. Food and drink vouchers will be provided to people who register for the event.

Visit albany.org for more information

The Olde English Pub is located at 683 Broadway in Albany.

Gratefully Yours with David Gans

Parish Public House — Thursday, Oct. 3

ALBANY — David Gans will play two sets at the Parish Public House on Thursday, Oct. 3, at 9 p.m.

David Gans will play a solo set and then join Gratefully Yours for a monster two sets.

A David Gans "solo electric" performance is likely to consist of several elements: country-blues-style fingerpicking; loop-based improvisations created live in the moment; sweetly-sung ballads, original or borrowed; Grateful Dead songs reinterpreted to suit his voice and guitar; wry observations of the music-festival subculture and the larger world; soulful and passionate political commentary.

Parish Public House is located at 388 Broadway.

Donna Tritico Band

Rustic Barn Pub — Friday, Oct. 4

TROY — The Donna Tritico Band will perform at the Rustic Barn Pub on Friday, Oct. 4, at 8 p.m.

Donna Tritico Band provides an eclectic mix of rockin' blues, R&B and rock

Rustic Barn Pub is located at 150 Speigletown Road in Troy.

www.thespot518.com October 2, 2019 | the spot 518 B5





year, Rocktoberfest will feature seven acts on the Louder Dreams main stage. Headliners include American Idol's Madison VanDenburg, Americanarock group C.K. & The



Rising Tide and indierockers El Modernist.
Rounding out the lineup are pop/indie/R&B artists
Vince Palmeri, Julia
Gargano, David Cuttino
& The Antiks and This



Strange Paradise.

Rocktoberfest is central to AMG's mission of featuring local musicians, partnering with and promoting local businesses,

and helping local nonprofits. Fulfilling the goal of helping local nonprofits, Rocktoberfest 2019 has partnered with Community Miracles in Action. CMA is a dropin teen center offering a safe place for kids to set and achieve goals, build meaningful relationships, and connect with adults who provide structure and compassion. In support of this collaboration and in support of teens, the "Louder Dreams" rock stage will feature special performances by CMA and Youth FX, another nonprofit organization helping students through film) youths in between main

Ambassador Music Group is an artist management company based in Albany. AMG's artists have performed on stages across New York and New England and benefit from a devoted management and PR team. While promoting their own roster, AMG reserves resources to support local musicians, partner with local businesses, and help children through music. Learn more at www. ambassadormusicgroup. com.

WHAT'S HAPPENING NOW

Fallbany

Tricentennial Park — Thursday, Oct. 3

ALBANY — The Capital City continues with its Fallbany series with art and live music at Tricentennial Park on Thursday, Oct. 3, at 11:30 a.m.

Each Thursday will feature live music and local vendors from 11:30 a.m. to 2 p.m. A midday showcase for local art, crafts, music and culture, Fallbany features exhibits and work available for purchase from regional mixed media artists and crafters, with a live music each week.

Tricentennial Park is located on Broadway in downtown Albany.

Drink Albany

New York State Museum — Friday, Oct. 4

ALBANY — Drink Albany 2019, an annual event showcasing the various craft beverages produced in the Capital District, comes back to the New York state Museum on Friday, Oct. 4, at 6 p.m.

The Capital Craft Beverage Trail presents its 5th annual Drink Albany, a pop-up New York State craft beverage market and tasting event.

General Admission tickets include a souvenir sample glass and the opportunity to sample world class libations produced right here in the Capital District and New York state. Additional products will be available for purchase by the can, bottle and growler to take home.

Tickets prices start at \$5 each. For tickets and information, visit eventbrite.com.

The New York state Museum is located at the Empire State Plaza in downtown Albany.





B6 the spot 518 | October 2, 2019 www.thespot518.com



PLOKOFTHE WEEK

A story set to motion

Synergia Dance Project tells a story with help from The Sea The Sea, Girl Blue and Dark Honey

By KAITLIN LEMBO

lembok@spotlightnews.com

ark Blue Sea aims to tell a story.

That's what dance is all about. If you visit the Troy Dance Factory's Facebook page, a cover video is shown of dancers executing a routine perfectly. The moves, seemingly easy to the viewer, is mixed with perfect coordination and cooperation between the dancers. For the dance company, this seems like a natural step.

Dark Blue Sea — an amalgam of The Sea The Sea, Dark Honey and Girl Blue — is a production featuring the three groups and Synergia Dance Project, a sevenperson dance company out of Troy Dance Factory. Nadine Medina, the owner of Troy Dance Factory, based the show from the quote, "Together, I lost myself with you."

Medina said the idea came from the ending of a long-term relationship. In the mix, she formed Synergia (synergy-a). The idea is to tell stories through collaborative means, such as choreography, live music and cinematic narratives.

However, this isn't the first time Troy Dance Factory has partnered with a local group for a show. In December, The Sea The Sea, which is comprised of married duo

Chuck and Mira Costa, visited the studio to talk to dancers about the inspiration behind their song, "All Go Right." According to the band's Instagram, the musicians and dancers were able to create something really beautiful.

"I really loved the process of working with [Chuck and Mira] and [Dark Blue Sea] kind of came from that amazing experience," Medina explained. "One night I texted Mira and asked her about it and she was down almost immediately."

Soon after Medina got the Costas on board, she was conversing with Girl Blue, aka Arielle O'Keefe, about another class idea she had. Medina admits she was nervous to pitch the idea about "Dark Blue Sea" to O'Keefe because they didn't know one another *super* well. Luckily, she didn't have to.

"Arielle mentioned that she thought it would be cool to do something like this and I was elated to hear her say that," she said. "She offered to use her music and it was amazing to hear her say that."

Dark Honey came later. When Medina first met the band in January through her boyfriend, who works at Chromoscope, it had about four songs out. Once Dark Honey agreed to join the show, it became a waiting game for new music it promised was coming in April. As the days ticked by and the band kept working, the days trickling into May, Medina was getting nervous. Would it work?

Continues on B28





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CLUBS

9 Maple Avenue

9 Maple Ave., Saratoga Springs. www.9mapleave.com Fri: Tim Olsen Quartet, 9 p.m. Sat: Pete Sweeney Group, 9 p.m.

Arsenal City Tavern

795 3rd Ave., Watervliet. 518-608-6400 Sat: Second Anniversary Block Party, 12 p.m.

Athos

1814 Western Ave., Albany. 518-608-6400 Fri: Fresh, 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

Caffè Lena

47 Phila St., Saratoga Springs. 518-583-0022 Wed: Poetry Discussions, 6 p.m. Thurs: Lucie Blue Tremblay, 7 p.m. Fri: Kolonien, 8 p.m. Sat: Darrell Scott w/ Matt Fowler, 8 p.m. Sun: Jeanne O'Connor & The New Standard, 7 p.m. Tues: Chuck Lamb Trio & Jim Snidero, 7 p.m.

Carney's Tavern

17 Main St., Ballston Lake. 518-280-7959 Thurs: Matty Finn, 6 p.m. Fri: Russ Kennedy, 7:15 p.m. Sat: E.j. Hopeck, 8 p.m.

Centre Street Pub 308 Union St., Schenectady.

518-393-2337

Club Helsinki Hudson

405 Columbia St., Hudson 518-828-4800 Wed: Sonny Landreth Trio, 8 p.m. Fri: Dark Blue Sea, 8 p.m. Sun: Glorious Strings, 7 p.m.

Eden Cafe

269 Osborne Road #3, Albany 518-977-3771 Sun: Brunch w/ Vicki Gayle, 11 a.m.

Emack & Bolio's

366 Delaware Ave., Albany. 518-512-5100 Fri: Iz Singer, 7 p.m. Sat: Vicki Gayle, 7 p.m. Sun: Kate McDonnell, 2 p.m. Tues: Open Mic, 7 p.m.

Fort Orange Brewing

450 North Pearl St., Menands. 518-992-3103 Wed: Fall Corn Hole League, 6 p.m. Sun: Yoga and a Pint, 11 a.m.

Fuze Box

12 Central Ave., Albany. 518-703-8937 Fri: REGEN w/ DJ Sawtooth, 9 p.m. Sat: Kharma / Reserving Dirtnaps / Adrenaline, 7 p.m.

Gaffney's

16 Caroline St., Saratoga Springs. 518-587-7359 Thurs: Comedy on Caroline!, 8 p.m. Sat: TPW, 4 p.m. Tues: Open Mic Nights w/ Rick Bolton,

HOT SPOTS EVENTS CALENDAR



Here in our room

Incubus is on tour to celebrate "20 Years of Make Yourself & Beyond" and stops at the Palace Theatre to play on Friday, Oct. 4, at 8 p.m. Ticket prices start at \$39.50 each. For tickets and information, visit ticketmaster.com. The Palace Theatre is located at 19 Clinton Ave. in Albany. Incubus

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. Fri: TBA, 6 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

The Hollow Bar + Kitchen

79 No. Pearl St., Albany. 518-426-8550 Wed: Sego, 8 p.m. Thurs: Magic Beans & Cycles, 8 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.

The Low Beat

335 Central Ave., Albany 518-432-6572

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 Trio or Quartet, 7 p.m.

McGeary's Irish Pub

4 Clinton Square, Albany. 518-463-1455 Sun: Amy Ryan Band, 8 p.m.

Mocha Lisa's Caffe

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

Moon and River Cafe

115 S. Ferry St., Schenectady 518-382-1938 Wed: Jazz by Jamie, 6 p.m. Thurs: Running the River, 7 p.m. Fri: Mohawk River Harmony, 7 p.m. Sat: Kat, 7 p.m. Sun: Rockstar Open Mic. 7:30 p.m. Mon: 'S Wonderful, 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 Thurs: Jim McArdle, 7 p.m.

Panza's

129 So. Broadway, Saratoga Springs. 518-584-6882 Sat: Michael Panza & Tyler Giroux Trio, 7 p.m.

Sun: Sinatra & Friends, 5 p.m.

The Parting Glass

40-42 Lake Ave., Saratoga Springs. 518-583-1916 Wed: Irish Celtic Session, 7 p.m. Mon: Irish Stepdancing Lessons, 5:30 p.m.

Tues: Dart League, 7 p.m.

Pauly's Hotel

337 Central Ave., Albany. paulyshotel.com Thurs: Oakheart / Roseview / Perfect Limbs, 7:30 p.m. Fri: Vogon Poetry / Wax Jaw / Brass Orchid, 8:30 p.m.

Pearl Street Pub

59-62 N. Pearl St., Albany 518-694-3100 Fri: Of The Trees, 10 p.m.

Provence

1475 Western Ave., Stuyvesant Plaza, Albany 518-689-7777 Fri: TBA, 6 p.m. Sat: Linda Harrison, 6 p.m.

Putnam Place 63a Putnam St., Saratoga Springs.

518-584-8066 Thurs: Kung Fu Vampire & K. Daver, 8 Fri: the New Deal, 8 p.m. Sat: Uncle Murda w/s/q DJ King Bully & more, 8 p.m.

Ravenswood Grill & Tavern

1021 NY 146, Clifton Park. 518-371-8771

Rustic Barn Pub

150 Speigletown Rd., Troy. 518-235-5858 Thurs: Open Mic w/ Leslie Barkman, 8 p.m. Fri: Donna Tritico Band, 8 p.m. Sat: The Deadbeats, 9 p.m.

Sake Japanese Steakhouse

611 Troy-Schenectady Rd., Latham. 518-785-7215 Sat: TBA, 7:30 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.

Savoy Taproom

301 Lark Street, Albany. 518-599-5140 Thurs: Nick Vivid "Blissed Out Across America," 8 p.m.

Skyloft

1 Crossgates Road, Albany. 518-869-5638 Fri: The Emo Nights Tour, 8:30 p.m. Sat: Unforgettable Trio (U2 tribute), 8

Speakeasy 518

42 Howard St., Albany. 518-449-2332 Thurs: TBA, 9 p.m. Fri: George Muscatello Trio, 9 p.m. Sat: Joe Finn Trio, 9 p.m.

Stockade Inn

1 North Church St., Schenectady. 518-346-3400 Thurs: TBA, 7 p.m. Fri: TBA, 7 p.m.

Upstate Concert Hall

Sat: GWAR - Use Your Illusion Tour, 7:30

Van Slyck's

Rivers Casino & Resort 1 Rush St., Schenectady. 518-579-8800 Wed: Rockaoke, 7 p.m. Fri: Country Weekend, 8 p.m. Sat: Country Weekend, 8 p.m.

Vapor Night Club

Saratoga Casino & Raceway 342 Jefferson St., Saratoga Springs 518-581-5775 Sat: Aquanett, 9 p.m.

Waterworks Pub

76 Central Ave., Albany. 518-465-9079 Wed: Wacky Wednesdays Drag Show, 11 p.m. Fri: Friday Nights, 11 p.m. Sat: October Jush Party, 11 p.m. Mon: Karao-Kiki Mondays, 10 p.m.

Wishing Well Restaurant

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



©OCT. 2 10AM-2PM **SOUTH CONCOURSE** FREE

TRADITIONAL GERMAN FOOD FROM WURSTHAUS III (\$) AUTHENTIC MUSIC BY HERBIE AND HIS ACCORD-A-TONES CRAFT VENDORS



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The real thing in Delmar

The Real McCoy is throwing its second Oktoberfest on Saturday, Oct. 5, starting at 11 a.m. Get a taste of The Real McCoy's unique craft beers and enjoy live music throughout the day. The Real McCoy is located at 20 Hallwood Road in Delmar.

The Real McCoy

FAMILY

Block-toberfest

It's Block-toberfest at the Arsenal City Tavern on Saturday, Oct. 5, at noon. Dealt The Blues headlines a night of music that also includes 18 Strings of Trouble, which kicks off at 3 p.m. Food, beverages and a 50/50 raffle to raise money for "Arsenal City Kids" will be on hand throughout the day. Arsenal City Tavern is located at 795 3rd Ave. in Watervliet

Delmar Farmers Market

Enjoy the fall weather and shop from various local vendors at the Delmar Farmers Market on Saturday, Oct. 5, from 9 a.m. to 1 p.m. The Delmar Farmers Market features local, organic and natural farm products, baked goods, local and fair trade crafts, and fine musical performances. All vendors come from within 35 miles of the market. and everyone is committed to sustainable production and packaging. The Delmar Farmers Market is open every Saturday, rain or shine, from 9 a.m. to 1 p.m., May through December, at the Bethlehem Central Middle School. The Delmar Farmers Market is located at the Bethlehem Central Middle School at 332 Kenwood Ave. in Delmar.

Fallbany

The Capital City continues with its Fallbany series with art and live music at Tricentennial Park on Thursday, Sept. 26, at 11:30 a.m. Each Thursday will feature live music and local vendors from 11:30 a.m. to 2 p.m. A midday showcase for local art, crafts, music and culture, Fallbany features exhibits and work available for purchase from regional mixed media artists and crafters, with a different live musical act providing the soundtrack each week. Tricentennial Park is located on Broadway in downtown Albany.

Night of the Walking Red VII

The League of Extraordinary Red Heads met again for its seventh annual meeting at Ryan's Wake on Tuesday, Oct. 8, at 5 p.m. The League of Extraordinary Red Heads was formed innocuously in January 2013 as a social get-together for those with reddish hair sprouting from their scalps and chins. From the moment of its inception, however, conspiracists around the globe have posited that the League is, in reality, "a drinking club with plans for world domination." Only those in the upper echelon of this clandestine fellowship know for sure its purpose. Headquartered in Troy, New York (a.k.a. "Ginger City, USA"), The League assembles twice a year under the guise of conviviality. Carrot tops, Cheez Doodle orangies, strawberry blondes, auburn-types, distinguished white heads ... all gingers are welcome to attend meetings of the League of Extraordinary Red Heads — and that includes transgingers, redbeards, friends and family of the fiery follicled, too! But only those who demonstrate true extraordinaryness shall receive the highly coveted "Member" card. Our ranks include award-winning authors and journalists, college presidents, politicians, mirth-makers, lawyers, biker dudes, farmers, activists, inactivists, actors, barflies, giants, wee people and folks from all walks of life. Previous year's events have attracted more than 200 red heads. Ryan's Wake is located at 403 River St. in Troy.

Troy Farmers Market

The Troy Farmers Market continues to take the streets this Saturday, Oct. 5, from 9 a.m. to 2 p.m. Now in its 20th outdoor season, the Troy Waterfront Farmers Market features more than 100 producer-only vendors, offering fresh local produce, organic dairy, heritage meats, fish, prepared food and craft beverages. New this summer, the market has added 15 additional vendors most

of whom can be found in a newly expanded area on Lower River Street. Additionally, the market has introduced a new layout that affords more space between vendors to promote clearer passage to certain storefronts and improved accessibility for all, while maintaining an urban street festival vibe. The Troy Waterfront Farmers Market is held year-round, every Saturday, rain or shine, from 9 a.m. to 2 p.m. The summer market is held outdoors, May through October, on River Street and around Monument Square in downtown Trov. For information, including a full vendor list, visit: https://www.troymarket.org/.

Windy Hill Orchard -**East Annual Apple Festival**

Windy Hill Orchard - East invites you to join them for its first apple festival on Saturday and Sunday, Oct. 5 and 6. Pick apples and pumpkins at a family event that includes bounce houses, clowns, face painting, wagon rides and a corn maze. Kyle Bourgault Band and Chris Dukes will provide live music on Saturday. Nelson Brothers Band will provide music on Sunday. Food options will include hamburgers, hot dogs, sausages and more. Fort Ogrange Brewing will pour from its collection of IPAs. Windy Hill Orchard - Fast is located at 1297 Brookview Station Road in Castletonon-Hudson.

COMEDY

Jim Breuer

Former Saturday Night Live funny man Jim Breuer will perform at the Troy Saving Bank Music Hall on Tuesday, Oct. 8, at 7:30 p.m. Breuer came to national attention during his years on "Saturday Night Live" and the cult classic film "Half Baked" with Dave Chappelle. Today, Breuer has become one of the top touring comedians, performing to sold out crowds across the globe, and most

10 12 13 15 14 18 16 17 19 20 21 22 24 23 28 25 26 27 29 30 34 32 33 35 31 36 37 38 39 40 42 43 44 45 48 46 47 50 51 52 53 55 56 57 59 58 60 62 61 63 64 65 67 68 66

CLUES ACROSS

- 1. Fertile desert spots 6. Married woman
- 9. Some animals travel in one
- 13. Fear
- 14. Hawaiian island
- 15. Fit to work
- 16. Electronic counter-countermeasures 17. Former Senator Specter
- 18. Cambodian currency
- 19. Dave Matthews Band hit 21. Lists ingredients
- 22. Endangered antelope
- 23. Jerry's TV partner
- 24. Blue grass state 25. Obstruct
- 28. Luke's mentor ___-Wan
- 29. Fencing swords
- 31. Oh. heavens! 33. Insensitive to changes in price
- 36. Hillsides
- 38. Brew
- 39. Gland secretion 41. A typical example
- 44. Get up
- 45. You put it on your pasta 46. Expresses surprise
- 48. News organization 49. Disorder of the lungs (abbr.)
- 51. One millionth of a gram
- 52. Some are of the "suit" variety 54. Group of organisms
- 60. Passage into a mine
- 61. __ and cheeses 62. Semitic fertility god
- 63. Dry or withered
- 64. Religious ceremony 65. __ Winger, actress
- 66. German river
- 67. Midway between northeast and east
- 68. Take something or somebody somewhere 65. Unit of loudness

CLUES DOWN

- 1. Lyric poems 2. Genus of saltwater clams
- 3. Ingroup
- 4. Type of lounge chair
- Memory card
- 6. Archipelago 7. Common Korean surname 8. It's up there
- 9. Quantity that helps to define
- 10. First month of the Jewish ecclesiastical year
- 11. Metal-headed golf club
- 12. A shade of green 14. Begin
- 17. A good thing to have
- 20. Language spoken in Laos
- 21. Loosely compacted sediment
- 23. Naturally occurring protein
- 25. Woman
- 26. Central Indian city 27. Volcanic craters
- 29. The largest existing land animals
- 30. Rumanian city 32. Equal to 10 meters
- 34. Historic Nevada city
- 35. A point of transition
- 37. Remove 40. Overwatch character
- 42. Records electric currents linked to the heart
- 43. Settles in calmly
- 47. Partner to his
- 49. Banking giant
- 52. End
- 53. Sword with a v-shaped blade 55. Fabric with smooth, shiny surface 56. Wild cherry tree
- 57. Traditional Japanese socks
- 58. Make of your hard work
- 59. Stony waste matter
- 61. Woman (French)

Answers on Pg. B25

www.thespot518.com October 2, 2019 | the spot 518 B9

recently with Metallica as part of their World Wired Tour in North America. For the last few years, Breuer has shared his dual passions for comedy and baseball through his Facebook video recaps of games. Their viral impact has been massive, with clips being featured on MLB Network and ESPN SportsCenter among others. This past spring, Breuer released a comedy album "Jim Breuer Live From Portland" which debuted at No. 1 on the iTunes Comedy Album chart and No. 5 on the Billboard Comedy Album chart. For tickets and information, visit tickets. troymusichall.org. Troy Saving Bank Music Hall is located at 32 2nd. St. in Troy.

MUSIC

Cold Lazarus

Cold Lazarus comes to play at Parish Public House on Saturday, Oct. 5, at 9 p.m. One of Western New York's hottest bands, this four-piece band plays a fusion of funk, psychedelic rock, reggae and soul. Parish Public House is located at 388 Broadway in Albany.

Dark Blue Sea

Synergia Dance Project, a new collaborative dance company out of Troy, performs at GE Theatre at Proctors on Thursday, Oct. 3. The concept of loss – loss of love, of faith, of self – is one that is often explored through all mediums of art. Singers sing about it, writers write about it, painters paint about it; without loss, and, to a greater extent, the overcoming of loss, some of the most powerful pieces of art we hold so dear would cease to exist. Combining the abstraction of dance with the raw power of live music and stunning multimedia visuals, Synergia offers its viewers the opportunity to experience and explore loss in a new, completely unique way.

Synergia Dance Project was founded in 2019 by Nadine Medina, owner and founder of Troy Dance Factory in Troy, NY. The inspiration behind the project, the first season of which will be centered around the above quote ("Together, I lost myself with you."), came to Medina after the dissolution of a long-term relationship, an experience that inspired her to delve into the work that must be done after you've lost a sense of who you truly are before a sense of self can be regained. Medina, a familiar and influential figure in the Troy art and dance scene, approached the ever-growing collective of Capital District artists to establish a collaborative partnership, combining the talents of local musicians, dancers, and filmmakers to create Synergia. The show as Medina first imagined it has blossomed through her partnerships with local bands Dark Honey, Girl Blue, and The Sea The Sea; a group of core dancers from Troy Dance Factory; and with Chromoscope Pictures, a Troy-based film company. Together, this collaboration makes up "Dark Blue Sea." a three-act narrative dance performance, featuring live music performed by the three bands, as well as multimedia elements filmed and directed by Chromoscope Pictures. Tickets cost \$29.50 each. For tickets and information ,visit tickets.proctors.org. The GE Theatre at Proctors is located at 432 State St. in Schenectady.

Donna Tritico Band

The Donna Tritico Band will perform at the Rustic Barn Pub on Friday, Oct. 4, at 8 p.m.Donna Tritico Band provides an eclectic mix of rockin' blues, R&B and rock. Rustic Barn Pub is located at 150 Speigletown Road in Troy.

Drank the Gold

Drank the Gold welcomes you to its album release performance at Caffé Lena on Sunday, Oct. 6, at 2 p.m. Drank the Gold is an old-time and Irish duo from Saratoga Springs that brings new perspectives and innovative arrangements to traditional folk music. With a focus on North Atlantic dance tunes and folk songs, Oona Grady (fiddle/viola/vocals) and James Gascoyne (guitar/banjo/ vocals) combine their diverse musical backgrounds for a sound that is uniquely their own. Oona & James will celebrate the release of their newest album, "Sipped The Silver." It's a culmination of their work together over the past four years. "Sipped The Silver" simultaneously features Oona's deep Irish fiddle roots; James' compositional talents; and their shared passion for digging deep into traditional music and finding something new to say. General admission costs \$12 for each person. For tickets and information, visit eventbrite.com. Caffé Lena is located at 47 Phila St. in Saratoga Springs.

Gratefully Yours with David Gans

David Gans will play two sets at the Parish Public House on Thursday, Oct. 3, at 9 p.m. David Gans will play a solo set and then join Gratefully Yours for a monster two sets. A David Gans "solo electric" performance is likely to consist of several elements: country-blues-style fingerpicking; loop-based improvisations created live in the moment; sweetly-sung ballads, original or borrowed; Grateful Dead songs reinterpreted to suit his voice and guitar; wry observations of the music-festival subculture and the larger world; soulful and passionate political commentary; favorites from the folk-



'Grate' day to be alive

David Gans will play two sets at the Parish Public House on Thursday, Oct. 3, at 9 p.m. David Gans will play a solo set and then join Gratefully Yours for a monster two sets. Parish Public House is located at 388 Broadway.

Gratefully Yours

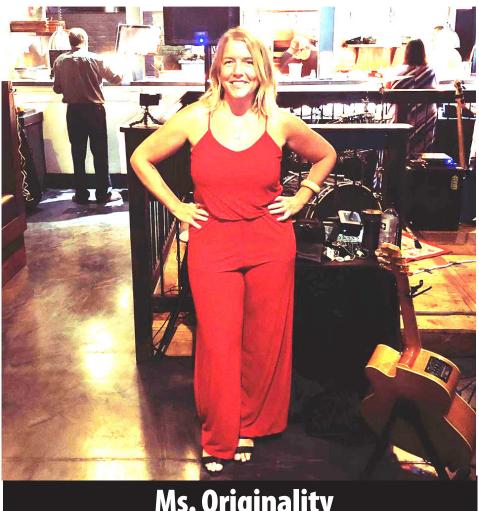


518.399.8359 • 336 Schauber Rd., Ballston Lake, NY www.lakesidefarmscidermill.com





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Ms. Originality

Erin Harkes performs her original music at Argyle Brewing Company on Sunday, Oct. 6, at 5 p.m. Tickets cost \$15 each. For tickets and information, visit brownpapertickets. com. Argyle Brewing Company is located at 6 Broad St. in Cambridge.

Erin Harkes

rock canon of the last 50 years. Mix and match - it's never the same show twice, but it's always worth a listen. Parish Public House is located at 388 Broadway.

Erin Harkes

Erin Harkes performs her original music at Argyle Brewing Company on Sunday, Oct. 6, at 5 p.m. Harkes is one of the most sought after performers in the Capital District. Her vocal ability and range, along with her powerful stage presence commands audiences large and small. Tickets cost \$15 each. For tickets and information, visit brownpapertickets.com. Argyle Brewing Company is located at 6 Broad St. in Cambridge.

Incubus

Incubus is on tour to celebrate "20 Years of Make Yourself & Beyond" and stops at the Palace Theatre to play on Friday, Oct. 4, at 8 p.m. The multi-platinum alternative rock band first obtained mainstream success after the 1999 release of "Make Yourself." The album, the band's third studio release, earned certified double platinum by the Recording Industry Association of America. It produced three singles that reached the top three of the Billboard Alternative Songs chart — "Pardon Me," "Stellar," and "Drive." "Drive" would also become the band's only Top Ten hit on the Billboard Hot 100 chart. Wild Belle is listed as the opening act. Ticket prices start at \$39.50 each. For tickets and information, visit ticketmaster.com. The Palace Theatre is located at 19 Clinton Ave. in Albany.

Lake Street Dive

Get your R&B swagger on Lake Street Dive plays the Palace Theatre on Sunday, Oct. 6, at 8 p.m. Lake Street Dive's "Free

HOT DATE

DRINK **A**LBANY

The hottest ticket in town allows you to enjoy the best craft beverages from the area at the State Museum on Friday, Oct. 4, at 6 p.m.

Yourself Up" is influenced by late sixtiesearly seventies R&B, AM pop, and FM rock with lyrics focused on contemporary life, politics and relationships in today's digital world. Ticket prices start at \$29.50 each. For tickets and information, visit ticketmaster.com The Palace Theatre is located at 19 Clinton Ave. in Albany.

Roots Scholar: Michael Eck

Eden Cafe's Local Legends Interview series continues with songwriter Michael Eck on Monday, Oct 7, at 4:30 p.m. Eden Cafe's Joe Ventura hosts a one-on-one interview with Eck, a nationally recognized musical roots scholar. Entertainment also includes palm readings from Kay Mercury, music from The Retrobilleze and a photo display from photographer Amy Modesti. Eden Cafe is located at Osborne Road in Loudonville.

Wynonna & The Big Noise

Wynonna will play the Cohoes Music Hall on Wednesday, Oct. 2, at 8 p.m. Respected by the millions of fans who are drawn to her music and undeniable talent, Wynonna's rich and commanding voice has sold over 30-million albums worldwide spanning her remarkable 34-year career. As one-half of the legendary mother/ daughter duo "The Judds," Wynonna was once dubbed by Rolling Stone as "the greatest female country singer since Patsy Cline." This iconic performer has received over 60 industry awards, with countless charting singles, including 20 No.1 hits such as "Mama He's Crazy," "Why Not me," and "Grandpa, (Tell Me'Bout The Good Ole Days)." Wynonna and her band The Big Noise, led by her husband/drummer/producer, Cactus Moser, released their debut full-length album in February 2016 via Curb Records to critical acclaim. Wynonna has described the new sound as "vintage yet modern" and a "return to the well." It's a rootsy work encompassing country, Americana, blues, soul and rock. The album features special guests Derek Trucks, Jason Isbell, Susan Tedeschi and Timothy B. Schmit. Ticket prices start at \$39 each. For tickets and information. visit eventbrite.com. Cohoes Music Hall is located at 58 Remsen St. in Cohoes.







October 2, 2019 | the spot 518 B11 www.thespot518.com

MISCELLANEOUS

Capital Walls Mural Pop-Up Party

Discover Albany is inviting you to its mid-week pop-up party to share the news of upcoming events in the Capital City on Wednesday, Oct. 2, at 5 p.m. Albany Center Gallery, with mural partners Albany Barn and ParkAlbany (Albany Parking Authority), will host a Mural Pop-Up Party at Olde English Pub, on Wednesday, October 2, 2019, from 5:00-8:00p.m., as a continuation to Discover Albany's "Day of Discovery," which will highlight local events, organizations, and the launch of their 2020 Visitor's Guide. This Mural Pop-up party is a celebration of the Capital Walls program and will highlight the newest murals by Arzu Fallahi, Nda Street Art, John Breiner and Vanessa Mastronardi. DJ Intell Hayesfield will be spinning beats for the duration of the event on the patio space at Olde English Pub. Food and drink vouchers will be provided to people who register for the event. Visit albany.org for more information. The Olde English Pub is located at 683 Broadway in Albany.

Drink Albany 2019

LINDA

Drink Albany 2019, an annual event showcasing the various craft beverages produced in the Capital District, comes back to the New York state Museum on Friday, Oct. 4, at 6 p.m. The Capital Craft Beverage Trail presents its 5th annual Drink Albany, a pop-up New York State craft beverage market and tasting event. General Admission tickets include a souvenir sample glass and the opportunity to sample world class libations produced right here in the Capital District and New York state. Additional products will be available for purchase by the can, bottle

and growler to take home. Tickets prices start at \$5 each. For tickets and information, visit eventbrite.com. The New York state Museum is located at the Empire State Plaza in downtown Albany.

Elixir16 Turns 2

Come celebrate as Elixir16 turns 2 on Friday, Oct. 4, at 7 p.m. Come raise a glass with us to a magical two years with an evening of happy hoopla, brewskis and merriment, refreshments, entertainment and a whole lot more. The upstairs event space and extended patio will be open for the festivities. Elixir16 is located at 45 2nd St. in Troy.

Fallapalooza 2019

Beer, music and face painting is promised at Fallapalooza 2019 at The Ruck on Saturday, Oct. 5, starting at noon. Brown's Brewing Company has teamed up with The Ruck to present one of its famous alley music fests. Beer, music, face painting for kids and adults, pumpkins and tasty food will be on hand. The Ruck is located at 104 3rd St. in Troy.

Frogtoberfest

Frog Alley Brewing Company puts its personal spin on Oktoberfest season with food, beer, vendors and music on Saturday, Oct. 5, at noon. Frogtoberfest 2019 presented by Frog Alley Brewing Company featuring three bands, food trucks, vendors, Games and a new fall beer release. Eastbound Jesus headlines a bill of music that includes Millington and Floodwood.

General admission tickets cost \$12 each. For tickets and information, visit eventbrite.com. For more information, visit frogtoberfest.com. Frog Alley Brewing is located at 108 State St. in Schenectady.

Oktoberfest at The Real McCoy

The Real McCoy is throwing its second Oktoberfest on Saturday, Oct. 5, starting at 11 a.m. Get a taste of The Real McCoy's unique craft beers and enjoy live music throughout the day. The Real McCoy is located at 20 Hallwood Road in Delmar.

Writing Life: **A Narrative Journey**

Five distinguished writers with ties to the Times Union share stories of life, love and loss at the Hearst Media Center on Tuesday, Oct. 8, at 6 p.m. Amy Biancolli, Akum Norder, Darryl Campagna, Howard Healy and Paul Grondahl touch upon the process of writing and how their journalistic experience influenced their published works. The conversation will be preceded by a reception featuring hors d'oeuvres and Hearst wine courtesy of Times Union Publisher and CEO George R. Hearst III. The Book House of Stuyvesant Plaza will be on hand so attendees may purchase -- and have signed -- each authors' books. Among the titles available will be Amy Biancolli's "Figuring Shit Out: Love, Laughter, Suicide, and Survival"; Akum Norder's "The History of Here: A House, the Pine Hills Neighborhood, and the City of Albany"; Paul Grondahl's political biography, "Mayor Corning: Albany Icon, Albany Enigma"; Darryl Campagna's "Flight Paths: A Field Journal of Hope, Heartbreak, and Miracles with New York's Bird People" and the book she co-edited with and Howard Healy, "I'll Be Home: The Writings of Jim McGrath." Tickets cost \$20 each. For tickets and information, visit eventbrite. com. The Hearst Media Center is located at 645 Albany Skaker Road in Albany.



Release the songs

Drank the Gold welcomes you to its album release performance at Caffé Lena on Sunday, Oct. 6, at 2 p.m. Drank the Gold is an old-time and Irish duo from Saratoga Springs that brings new perspectives and innovative arrangements to traditional folk music. General admission costs \$12 for each person. For tickets and information, visit eventbrite.com. Caffé Lena is located at 47 Phila St. in Saratoga Springs.

Drank the Gold





W YORK STATE





An Evening with Richard Shindell Oct 6 | 8 pm | \$25 in advance, \$30 at door

INTERNATIONAL FILM FESTIVAL DRAMA COMEDY ANIMATION

HORROR MUSIC VIDEO DOCUMENTARY EXPERIMENTAL

Oct 11-12



Mark Mulcahy w.s.g. Philip B. Price Oct 10 | 8 pm | \$16 in advance, \$18 at door



Jackie Venson Oct 16 | 8 pm | \$15 in advance, \$18 at door **B12** *the spot 518* | October 2, 2019 www.thespot518.com

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Answers on Pg. B25

FOOD & VINO

A taste of the vegan life

hether it be the holidays or Sunday over for football, it is a time when people open their homes to family and friends. Having a series of tested recipes on hand can fulfill a variety of needs when having people over for dinner parties or informal gatherings.

This recipe for "Creamy Cashew Spread" from "Vegan Cooking for Beginners" (Publications International Ltd.) by the editors of Publications International can meet various dietary needs, making it an ideal addition to the menu when hosting guests. Although a vegan recipe, it certainly can appeal to any guest who appreciates tasty dips and spreads.

Creamy Cashew Spread

Ingredients: Makes half a cup

- 1 cup raw cashews
- 2 tablespoons lemon juice
- 1 tablespoon tahini
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 teaspoons minced fresh herbs, such as basil, parsley or oregano (optional)

Assorted bread toasts and/or crackers

Rinse cashews and place in a medium bowl. Cover with water by at least 2 inches. Soak 4 hours or overnight. Drain cashews, reserving soaking water.

Place cashews, 2 tablespoons reserved water, lemon juice, tahini, salt, and pepper in food processor or blender; process for several minutes or until smooth. Add additional water, 1 tablespoon at a time, until desired consistency is reached.

Cover and refrigerate until ready to serve. Stir in herbs, if desired, just before serving. Serve with assorted bread toasts and/or crackers.

Tip: Use this dip as a spread for sandwiches or as a pasta topping. Thin it with additional liquid as needed. You can also use it in place of sour cream as a topping for tacos and chili.

Pairing:

Frog's Leap Sauvignon Blanc Frog's Leap — California

With cashews, you can go with a pinot grigio or a sancerre. We grabbed this bottle of sauvignon blanc from Frog's Leap. A white wine pairs best.

Frog's Leap is one of the most popular out of California's Napa Valley. There's the taste of peach blossom and white flower, followed by a crisp minerally flavor.



ARIES - MAR 21/APR 20

A hectic few weeks find you looking forward to some time off, Aries. You may have to finish some complicated tasks first to free up moments for relaxation.

TAURUS - APR 21/MAY 21

Taurus, this week, feelings that have been simmering just under the surface come to light. Clear the air and you'll discover everything was just miscommunication.

GEMINI - MAY 22/JUN 21

There's more going on with friends than meets the eye, Gemini. Do not rush to think something negative is going on. Keep an open mind and you could be surprised.

CANCER - JUN 22/JUL 22

Temporary responsibilities at work have you feeling a tad overwhelmed, Cancer. This project was put in your hands, so you will have to see it through to the end.

LEO - JUL 23/AUG 23

Talk things through with a close friend before you swing into action, Leo. Sometimes it is better to have a springboard for ideas to see if things are truly feasible.

VIRGO - AUG 24/SEPT 22

Virgo, you may be having doubts about just where the future will bring you. But you don't have to be looking too far ahead for the time being. Focus on the here and now.

LIBRA - SEPT 23/OCT 23

It is sometimes good to look at the world through rose-colored glasses, Libra. However, do not let this cloud reality to the point that you do not see the truth.

SCORPIO - OCT 24/NOV 22

You are so busy with various activities that it is impossible to be bored for the next several days, Scorpio. You may be able to eke out a little time to recharge if you delegate.

October 2019 Week 1

SAGITTARIUS - NOV 23/DEC 21

Sagittarius, new friends come into your life this week. It's an exciting opportunity to get to know new faces. You can benefit from expanding your social network.

CAPRICORN - DEC 22/JAN 20

Avoid a knee-jerk reaction to a stressful situation, Capricorn. You may find that not all stress is bad; some can spur you to accomplish things you never imagined.

AQUARIUS - JAN 21/FEB 18

Aquarius, miscommunication can be a tough hurdle to clear. Make a greater effort to communicate effectively in the coming days and weeks.

PISCES - FEB 19/MAR 20

Make family your top priority this week, Pisces. Everything else can take a back seat for the time being. There will be time to get everything done. www.thespot518.com October 2, 2019 | **the spot 518** B13



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Wednesday, October 16, 2019 10 am & 2 pm

Voorheesville Public Library

51 School Road, Voorheesville

Friday, October 11, 2019 10 am

Rensselaer County

East Greenbush Community Library

10 Community Way, East Greenbush

Monday, October 7, 2019 10 am
Tuesday, October 15, 2019 2 pm

Hilton Garden Inn

235 Hoosick Street, Troy

Tuesday, October 22, 2019 10 am & 2 pm

Saratoga County

Hampton Inn

620 Plank Road, Clifton Park

Monday, October 7, 2019 11 am & 2 pm

Holiday Inn

232 Broadway, Saratoga Springs

Friday, October 11, 2019 10 am

Saratoga Springs Public Library

49 Henry Street, Saratoga Springs

Thursday, October 10, 2019 10 am

Schenectady County

Glenville Senior Citizen Center

32 Worden Road, Schenectady

Friday, October 11, 2019 2 pm

Jewish Community Center

2565 Balltown Road, Schenectady

Wednesday, October 16, 2019 2 pm

Rotterdam Senior Center

2639 Hamburg Street, Rotterdam

Friday, October 18, 2019 10:30 am

To reserve your spot, call 1-833-368-4618

(TTY: 1-800-662-1220)

Monday–Friday, 8 am–6 pm Eastern Time.

October 1-March 31, Saturdays, 8 am-12 pm.

Or visit MovetoMVP.com

For accommodation of persons with special needs at meetings, call 1-833-368-4618.



The annual election period for MVP Health Care Medicare Advantage health plans is Oct. 15–Dec. 7, 2019. MVP Health Plan, Inc. is an HMO-POS/PPO/MSA organization with a Medicare contract. Enrollment in MVP Health Plan depends on contract renewal. Y0051_4476_M

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WHAT'S HAPPENING NOW

Incubus

Palace Theatre — Friday, Oct. 4

ALBANY — Incubus is on tour to celebrate "20 Years of Make Yourself & Beyond" and stops at the Palace Theatre to play on Friday, Oct. 4, at 8 p.m.

The multi-platinum alternative rock band first obtained mainstream success after the 1999 release of "Make Yourself." The album, the band's third studio release, earned certified double platinum by the Recording Industry Association of America. It produced three singles that reached the top three of the Billboard Alternative



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From the mouth of the Schoharie near Lock 12 of the NY State Canal System, Apgar-Smith captured the beauty along the Mohawk River by boat through 10 more locks leading into the Hudson River and south to the City of Troy and Monument Square.



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800-736-9629 NYImprovementFund.com Songs chart — "Pardon Me," "Stellar," and "Drive." "Drive" would also become the band's only Top Ten hit on the Billboard Hot 100 chart.

Wild Belle is listed as the opening act.

Ticket prices start at \$39.50 each. For tickets and information, visit ticketmaster.com.

The Palace Theatre is located at 19 Clinton Ave. in Albany.

Delmar Farmers Market

Bethlehem Central Middle School — Saturday, Oct. 5

DELMAR — Enjoy the fall weather and shop from various local vendors at the Delmar Farmers Market on Saturday, Oct. 5, from 9 a.m. to 1 p.m.

The Delmar Farmers Market features local, organic and natural farm products, baked goods, local and fair trade crafts, and fine musical performances. All vendors come from within 35 miles of the market, and everyone is committed to sustainable production and packaging.

The Delmar Farmers Market is open every Saturday, rain or shine, from 9 a.m. to 1 p.m., May through December, at the Bethlehem Central Middle School.

The Delmar Farmers Market is located at the Bethlehem Central Middle School at 332 Kenwood Ave. in Delmar.

Fallapalooza 2019

The Ruck — Saturday, Oct. 5

TROY — Beer, music and face painting is promised at Fallapalooza 2019 at The Ruck on Saturday, Oct. 5, starting at noon.



Workshops Oct. 12th-13th with Master William Ting All are welcome

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Brown's Brewing Company has teamed up with The Ruck to present one of its famous alley music fests. Beer, music, face painting for kids and adults, pumpkins and tasty food will be on hand.

The Ruck is located at 104 3rd St. in Troy.

Frogtobergest

Frog Alley Brewing Co — Saturday, Oct. 5

SCHENECTADY — Frog Alley Brewing Company puts its personal spin on Oktoberfest season with food, beer, vendors and music on Saturday, Oct. 5, at noon.

Frogtoberfest 2019 presented by Frog Alley Brewing Company featuring three bands, food trucks, vendors, Games and a new fall beer release.

Eastbound Jesus headlines a bill of music that includes Millington and Floodwood.

General admission tickets cost \$12 each. For tickets and information, visit eventbrite.com. For more information, visit frogtoberfest.com.

Frog Alley Brewing is located at 108 State St. in Schenectady.

Oktoberfest at The Real McCoy

The Real McCoy — Saturday, Oct. 5

DELMAR — The Real McCoy is throwing its second Oktoberfest on Saturday, Oct. 5, starting at 11 a.m.

Get a taste of The Real McCoy's unique craft beers and enjoy live music throughout the day.

The Real McCoy is located at 20 Hallwood Road in Delmar.







www.thespot518.com October 2, 2019 | the spot 518 B15



Breast Cancer & FALL HEALTH Awareness Month

Every year, 16,000 women in New York are diagnosed with breast cancer — one in eight women will be diagnosed in their lifetime.

Women's health and breast cancer awareness are issues we all care about.

A key to beating cancer is early detection. For screening sites, contact your local department of health.

Take charge of your health and get screened this October.

Debunking common breast cancer myths

ancer claims the lives of millions of people across the globe every year. But the fight against cancer is anything but hopeless, as the World Health Organization notes that between 30 and 50 percent of all cancer cases are preventable.

Learning about cancer is one of the best ways for people to protect themselves from this deadly disease. Researchers continue to learn more about cancer everyday and routinely discover that information once thought to be accurate was actually off-base.

Despite researchers' best efforts, some myths about cancer still prevail. Some

of these myths are about cancer in general, while others refer to specific cancers, including breast cancer. Myths about breast cancer can be as harmful as accurate information is helpful, so learning the truth and debunking those myths can be an important part of women's preventive approach to breast cancer.

• Myth: Drinking milk increases your risk for breast cancer. The American Cancer Society notes that early studies raised concerns that drinking milk from cows treated with hormones could increase a person's risk for breast cancer. However, ensuing research failed to find a clear link between the two. In fact,



a 2002 study published in the International Journal of Epidemiology found no significant association between dairy fluid intake and breast cancer risk.

• Myth: Lumps indicate breast cancer. The National Breast Cancer Foundation, Inc. says that only a small

percentage of breast lumps turn out to be cancer. However, abnormalities or changes in breast tissue should always be brought to the attention of a physician.

• Myth: Mammograms cause breast cancer to spread. This myth is rooted in the incorrect notion that

breast compression while getting a mammogram causes the cancer to spread. However, the NBCF insists that cannot happen. In fact, the National Cancer Institute touts the benefits of mammograms while the ACS recommends women between the ages of 45 and 54 get mammograms every year. For additional breast cancer screening guidelines, visit the ACS at www.cancer.org.

• Myth: Women with a family history of breast cancer are likely to develop breast cancer, too. This myth is dangerous because, if taken at face value, it can give women with no family history of breast cancer a false sense of security.

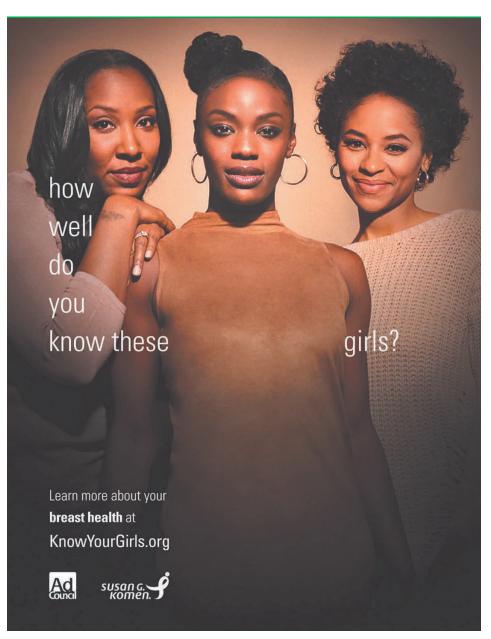
However, the NBCF notes that only about 10 percent of individuals diagnosed with breast cancer have a family history of the disease. The Centers for Disease Control and Prevention note that a woman's risk for breast cancer is higher if she has a first-degree relative, including a mother, sister, daughter, or even a male family member, who have had the disease. But breast cancer can affect anyone, regardless of their family history.

Information is a valuable asset in the fight against breast cancer. Learning to decipher between accurate and false information can be especially valuable.





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Breast cancer signs and symptoms

Breast cancer is a formidable foe. According to the World Health Organization, an estimated 627,000 women lost their lives to breast cancer in 2018. But women are not helpless in the fight against breast cancer, as the WHO notes early detection is critical and could potentially save thousands of lives each year.

A proactive approach is a key component of protecting oneself against breast cancer. While the National Breast Cancer Foundation, Inc.® notes that many breast cancer symptoms are invisible and not noticeable without a professional cancer screening, women can keep

an eye out for certain signs of breast cancer they might be able to detect on their own. Monthly self-exams can help women more easily identify changes in their breasts. During such self-exams, women can look for the following symptoms and at

for the following signs and symptoms and are advised to report any abnormalities they discover to their physicians immediately.

• Changes in how the breast or nipple feels: The NBCF says nipple tenderness or a lump or thickening in or near the breast or underarm could

indicate the presence of breast cancer. Some women may notice changes in the skin texture or an enlargement of the pores in the skin of their breast. In many instances, skin texture has been

described as being similar to the texture of an orange peel. Lumps in the breast also may indicate breast cancer, though not all lumps are cancerous.

• Change in appearance of the breast or nipple: Unexplained changes in the size or shape of the breast; dimpling anywhere on the breast; unexplained swelling or shrinking of the breast, particularly when the shrinking or swelling is exclusive to one side only; and a nipple that is turned slightly inward or inverted are some signs and symptoms of breast cancer that can affect the appearance of the breast or nipple. It is common for women's breasts to be asymmetrical, but sudden asymmetry should be brought to the attention of a physician.

• Discharge from the nipple: The NBCF notes that any discharge from the nipple, but particularly a clear or bloody discharge, could be a sign of breast cancer. The NBCF also advises women that a milky discharge when they are not breastfeeding is not linked to breast cancer but should be discussed with a physician.

Learning to recognize the signs and symptoms of breast cancer can increase the likelihood of early diagnosis, which greatly improves women's chances of surviving this disease.



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October 2, 2019 | the spot 518 B17 www.thespot518.com

Breast Cancer Awareness Month & FALL HEALTH



Health screenings every woman should get

outine 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

occur every two years. The

at age 50, and should

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.

ING ALL WARRIORS



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Breast Cancer & FALL HEALTH Awareness Month

Learning breast anatomy is important for health

he well-known breast cancer advocacy and research group Susan G. Komen indicates that, according to the most

TIGH ANNUAL

recent data available, 1.7 million new cases of breast cancer occurred among women worldwide in 2012. Western Europe, North America and northern

Europe have the highest breast cancer incidences in the world, according to the International Agency for Research on Cancer and the World Health

Organization.

Women diagnosed with breast cancer may want to begin their treatment journeys by educating themselves on the anatomy of the breast so they can better understand their disease and how it develops.

The structure of the breast is complex and comprised of fat, glandular tissue, connective tissue, lobes, lobules, ducts, lymph nodes, blood vessels, and ligaments. The following is a breakdown of the common components of the breast.

• Fat cells: The female breast is largely fat cells called adipose tissue. This tissue extends from the collarbone down to the underarm and across to the

middle of the rib cage. The main purpose of adipose tissue is to store energy in the form of fat and insulate the body.

• Lobules: Each breast contains several sections that branch out from the nipple. Lobule glands make milk and are often grouped together to form lobes. There may be between 15 and 20 lobes in each breast, says the Cleveland Clinic. Each lobe has roughly 20 to 40 lobules.

- Ducts: Connecting the lobules are small tubes called ducts. The ducts carry milk to the nipples of the breasts. There are around 10 duct systems in each breast, each with its own opening at the nipple.
- Nipple: The nipple may be the most recognizeable part of the breast. It is in the center of the breast. The lobules will squeeze milk into the ducts, which then transfer it to the nipples. Most nipples protrude outward, but according to Health magazine's medical editor Roshini Rajapaksa, MD, some women have flat or inverted nipples. The nipples do not have a singular hole for the milk to come out like an artificial bottle nipple. Rather, there are many lactiferous duct outlets in each nipple that correspond to the ducts in each breast.
- Lymph system: Snaking through the adipose tissue are lymph vessels and nodes. The lymph system distributes disease-fighting cells and fluids as part of the immune system, states the National Breast Cancer Foundation, Inc. Bean-shaped lymph nodes in fixed areas through the system filter abnormal cells away from healthy
- Areola: The areola is pigmented skin surrounding a nipple. The areola contains tubercles called Montgomery's glands, which secrete lubricating materials to make breastfeeding more comfortable.

Changes in any areas of the breast may be indicative of cancer. That is why women are urged to understand their breasts' "normal" appearance and feel so they can recognize any changes and address them with a doctor right away.



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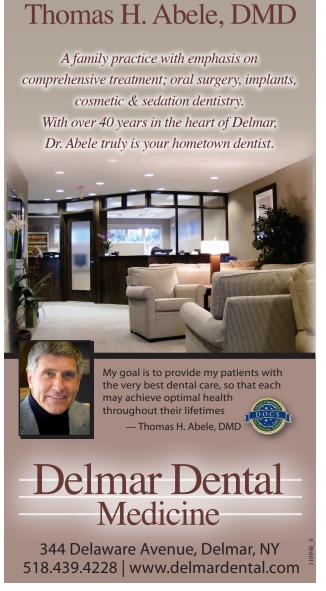
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HEALTH & FITNESS

Fear of committing to your diet?

Three strategies to stay loyal to your diet when dining out

he right diet is an essential component of a healthy lifestyle. Once people get into a routine, maintaining a healthy diet can be simple. However, when such routines are interrupted, such as on nights out on the town, it can be much more difficult to stay the dietary course.

Dining out is a great way to discover new foods. But when diners aren't careful, dining out can be detrimental to their overall health. According to the American Heart Association, portion sizes in fast food and sit-down restaurants have gotten considerably bigger over the last half-century. Many restaurants now list calorie counts on their menus, but it's easy to overlook such information and overindulge in a delicious meal while engaging in conversation. Thankfully, the following three strategies can help diners stay true to their diets while dining out.

Start simple.

Perhaps because they're shared with fellow diners, appetizers tend to be overlooked when counting



calories while dining out. But some appetizers, such as those that are fried or served with rich, creamy sauces, can be loaded with calories. That matters even if diners don't intend to eat a lot before their entrées arrive. When choosing a first course, EHE Health, a healthcare provider that emphasizes the power of preventive care, opt for a broth-based soup

and/or a salad with dressing on the side. Both options are low in calories but still satisfying.

Learn your menu lingo.

Before booking a reservation, take to the internet to find a restaurant that offers healthy fare.

The AHA notes that menus may provide certain clues indicating their meals are healthy. Look for menu items described as "light," "fresh," "fit," "skinny," and so on. Meals described in such terms tend to be low-calorie options that are steamed, broiled, baked, or cooked in other healthy ways. When reading menus, EHE Health advises against choosing foods described as "fried," "breaded," "buttered," or "stuffed."

Adults who dine out infrequently may not be adversely affected by the occasional indulgence in unhealthy fare. However, people who routinely dine out may need to be more selective, as certain foods, when eaten regularly, can increase a person's risk for high blood pressure, high cholesterol and other ailments. When dining out, the AHA advises diners to skip certain foods, such as bacon; salty meats; salty sauces, such as soy and teriyaki; French fries; white bread; white rice; and refined pasta, which is high in calories and low in fiber.

Dining out need not compromise a healthy diet. With a few simple strategies, diners can hit the town without derailing



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WHAT'S HAPPENING NOW

Erin Harkes

Argyle Brewing Company — Sunday, Oct. 6

CAMBRIDGE — Erin Harkes performs her original music at Argyle Brewing Company on Sunday, Oct. 6, at 5 p.m.

Harkes is one of the most sought after performers in the Capital District. Her vocal ability and range, along with her powerful stage presence commands audiences large and small.

Tickets cost \$15 each. For tickets and information, visit brownpapertickets.com.

Argyle Brewing Company is located at 6 Broad St. in Cambridge.

Lake Street Dive

Palace Theatre — Sunday, Oct. 6

ALBANY — Get your R&B swagger on s Lake Street Dive plays the Palace Theatre on Sunday, Oct. 6, at 8 p.m.

Lake Street Dive's "Free Yourself Up" is influenced by late sixties-early seventies R&B, AM pop, and FM rock with lyrics focused on contemporary life, politics and relationships in today's digital world.

Ticket prices start at \$29.50 each. For tickets and information, visit ticketmaster. com.

The Palace Theatre is located at 19 Clinton Ave. in Albany.

Roots Scholar: Michael Eck

Eden Cafe — Monday, Oct. 7

LOUDONVILLE — Eden Cafe's Local Legends Interview series continues with songwriter Michael Eck on Monday, Oct 7, at 4:30 p.m.

Eden Cafe's Joe Ventura hosts a oneon-one interview with Eck, a nationally recognized musical roots scholar.

Entertainment also includes palm readings from Kay Mercury, music from The Retrobilleze and a photo display from photographer Amy Modesti.

Eden Cafe is located at Osborne Road in Loudonville.

Jim Breuer

Troy Music Hall — Tuesday, Oct. 8

TROY — Former Saturday Night Live funny man Jim Breuer will perform at the Troy Saving Bank Music Hall on Tuesday, Oct. 8, at 7:30 p.m.

Breuer came to national attention during his years on "Saturday Night Live" and the cult classic film "Half Baked" with Dave Chappelle. Today, Breuer has become one of the top touring comedians, performing to sold out crowds across the globe, and most recently with Metallica as part of their World Wired Tour in North America.

For the last few years, Breuer has shared his dual passions for comedy and baseball through his Facebook video recaps of games. Their viral impact has been massive, with clips being featured on MLB Network and ESPN SportsCenter among others. This past spring, Breuer released a comedy album "Jim Breuer Live From Portland" which debuted at No. 1 on the iTunes Comedy Album chart and No. 5 on the Billboard Comedy Album chart.

For tickets and information, visit

tickets.troymusichall.org.

Troy Saving Bank Music Hall is located at 32 2nd. St. in Troy.

Night of the Walking Red VII ▶

Ryan's Wake — Tuesday, Oct. 8

TROY — The League of Extraordinary Red Heads met again for its seventh annual meeting at Ryan's Wake on Tuesday, Oct. 8, at 5 p.m.

The League of Extraordinary Red Heads was formed innocuously in January 2013 as a social get-together for those with reddish hair sprouting from their scalps and chins. From the moment of its inception, however, conspiracists around the globe have posited that the League is, in reality, "a drinking club with plans for world domination." Only those in the upper echelon of this clandestine fellowship know for sure its purpose.

Headquartered in Troy, New York (a.k.a. "Ginger City, USA"), The League assembles twice a year under the guise of conviviality.

Carrot tops, Cheez Doodle orangies, strPrevious year's events have attracted more than 200 red heads.

For more information and photos from previous years, visit: http://leagueofextraordinaryredheads.com.

Ryan's Wake is located at 403 River St. in Trov.

Writing Life: A Narrative Journey

Hearst Media Center — Tuesday, Oct .8

ALBANY — Five distinguished writers with ties to the Times Union share stories of life, love and loss at the Hearst Media Center on Tuesday, Oct. 8, at 6 p.m.

Amy Biancolli, Akum Norder, Darryl Campagna, Howard Healy and Paul Grondahl touch upon the process of writing and how their journalistic experience influenced their published works.

The conversation will be preceded by a reception featuring hors d'oeuvres and Hearst wine courtesy of Times Union Publisher and CEO George R. Hearst III.

The Book House of Stuyvesant Plaza will be on hand so attendees may purchase -- and have signed -- each authors' books. Among the titles available will be Amy Biancolli's "Figuring Shit Out: Love, Laughter, Suicide, and Survival"; Akum Norder's "The History of Here: A House, the Pine Hills Neighborhood, and the City of Albany"; Paul Grondahl's political biography, "Mayor Corning: Albany Icon, Albany Enigma"; Darryl Campagna's "Flight Paths: A Field Journal of Hope, Heartbreak, and Miracles with New York's Bird People" and the book she co-edited with and Howard Healy, "I'll Be Home: The Writings of Jim McGrath."

Tickets cost \$20 each. For tickets and information, visit eventbrite.com.

The Hearst Media Center is located at 645 Albany Skaker Road in Albany.





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FEATURE

What's old is new

Redburn Development will reopen old nightclub that frequently featured the likes of Frank Sinatra, Cab Calloway and Duke Ellington

By MICHAEL HALLISEY

halliseym@spotlightnews.com

ALBANY — Inside the expansive back room in the northwest corner of the old Kenmore Hotel hangs a drab, grey curtain concealing the last piece of history tied to the space.

The curtain protects a mural called "The Court of Cleopatra," painted on the wall above a modest stage on which Frank Sinatra, Tommy Dorsey, Cab Calloway and Duke Ellington played. It's a depiction of the Queen of Egypt, whose beauty was unparalleled and whose intelligence matched that of the powerful men she seduced, most notably Julius Caesar and Mark Antony. It's placement high upon the wall implied that this was the room in which the masters of the universe was expected to frolic.

The space is now in the midst of a

multi-million dollar renovation project that's breathing new life to the North Pearl eyesore. Modern day Dapper Dons in hardhats expose the promise of a bright future, and at the same time enhance the ghosts of the hotel's storied past.

When William Kennedy wrote about the Rain-Bo Room in "O'Albany," he was still able to observe a piano on that stage. He imagined someone playing "Happy Days and Lonely Nights," a tune Ruth Etting made popular in 1928, and a reported favorite of the Kenmore's most famous resident, Jack "Legs" Diamond.

Diamond's name was never mentioned during the press conference called by Redburn Development to announce the Rain-Bo Room's intended rebranding as the Kenmore Ballroom. Nor would it be expected. He was a New York City mobster, whose charges included burglary, kidnapping and bootlegging. Nonetheless,

REBORN

The Benmore
Ballroom opens
next year.
Michael Hallisey /
TheSpot518

he was a celebrity.

Diamond's vocation aside, his choice of haunts reveals that the Rain-Bo Room was Albany's top nightclub during the Roaring Twenties. Stars of the Big Band area would flock up the Hudson River to play there, especially lured by the prospect of broadcasting their live performances on the radio.

"The Kenmore Ballroom is the heart

of this building at the heart of this development," said Jeffrey Buell, principal of Redburn Development. "We want to fill the space with life, life that spills out into the surrounding streets and supports all of the Downtown."

Katie O'Malley Maloney and her husband Nate Maloney will manage The Kenmore Ballroom.

O'Malley Maloney has her own long















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history with the City of Albany. She served as the 50th Anniversary Tulip Queen and worked for the City of Albany planning events and fundraising under former mayor Jerry Jennings. She also owns and runs Katie O'Weddings and Events, an event planning firm celebrating its 10th anniversary later this year. Nate brings over 20 years of corporate and not-forprofit marketing, communications, and event experience to their first venture together. Katie will oversee the day-today operations along with Casey Benson, Vice President of Operations for the

"We are thrilled to be back in Albany and to be a part of the revitalization of Downtown" said O'Malley Maloney. "The Rain-Bo Room was once a vibrant centerpiece of Albany culture and society. We are excited to return the vibrancy of this historic space as the Kenmore Ballroom."

The Kenmore Ballroom will accommodate up to 300 people for a seated function. The ornate double staircase, demolished when the building was turned into offices, will be rebuilt as the



centerpiece of the space. It will also have a separate bar lounge and rooftop deck. For Elizabeth Young Jojo, she focused on the opulence of the room's past while choosing

all of its fixtures and accents.

"We chose an Art Nouveau inspiration," said Young Jojo, vice president at Redburn Developments. "That, mixed with some

super, super modern elements, as well." The Art Nouveau style was popular during the turn of the last century, a look characterised by curves and asymmetric shapes to provide the illusion of movement. The juxtaposition of elements, Young Jojo said, "I think will be very fresh, that there is no other space like that in the Capital Region."

"Projects like the revitalization of The Kenmore and its ballroom are transforming downtown Albany," said Albany Mayor Kathy Sheehan. "Thank you to Redburn for their commitment to Downtown, and to Katie O'Malley Maloney and Nate Maloney for believing in Albany and investing in Albany's newest neighborhood."

The Kenmore Building rehab project is part of a nine-building, \$82 million neighborhood revitalization that will bring 350 apartments and 11 commercial spaces to a three-block radius. The first phase of the multi-building project, The Knick at 16 Sheridan, will welcome new tenants this week. The Kenmore is expected to be open by October 2020.

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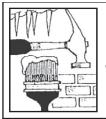


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Windy Hill Orchard - East — Saturday & Sunday, Oct. 5 & 6

CASTLETON-ON-HUDSON — Windy Hill Orchard - East invites you to join them for its first apple festival on Saturday and Sunday, Oct. 5 and 6.

Pick apples and pumpkins at a family event that includes bounce houses, clowns, face painting, wagon rides and a corn

Kyle Bourgault Band and Chris Dukes will provide live music on Saturday. Nelson Brothers Band will provide music on Sunday.

Food options will include hamburgers, hot dogs, sausages and more. Fort Ogrange Brewing will pour from its collection of IPAs.

Windy Hill Orchard - East is located at 1297 Brookview Station Road in Castleton-on-Hudson.

Trov Farmers Market

Monument Square — Saturday, Oct. 5

TROY — The Troy Farmers Market continues to take the streets this Saturday, Oct. 5, from 9 a.m. to 2 p.m.

Now in its 20th outdoor season, the Troy Waterfront Farmers Market features more than 100 producer-only vendors, offering fresh local produce, organic dairy, heritage meats, fish, prepared food and

craft beverages.

New this summer, the market has added 15 additional vendors most of whom can be found in a newly expanded area on Lower River Street.

Additionally, the market has introduced a new layout that affords more space between vendors to promote clearer passage to certain storefronts and improved accessibility for all, while maintaining an urban street festival vibe.

The Troy Waterfront Farmers Market is held year-round, every Saturday, rain or shine, from 9 a.m. to 2 p.m. The summer market is held outdoors, May through October, on River Street and around Monument Square in downtown Troy.

For information, including a full vendor list, visit: https://www.troymarket.org/.

Drank the Gold

Caffé Lena — Sunday, Oct. 6

SARATOGA SPRINGS — Drank the Gold welcomes you to its album release performance at Caffé Lena on Sunday, Oct. 6, at 2 p.m.

Drank the Gold is an old-time and Irish duo from Saratoga Springs. that brings new perspectives and innovative arrangements to traditional folk music.

General admission costs \$12 for each person. For tickets and information, visit eventbrite.com.

Caffé Lena is located at 47 Phila St.

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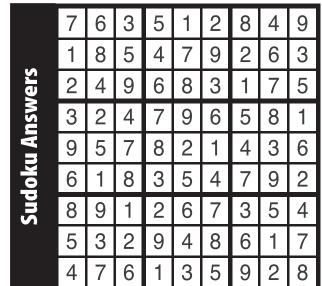
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From page B6 ... A story set to motion

"One day I was kind of getting anxious because I had put so much blind faith that this would work," she recalled. "I spoke with my team and one of them mentioned that we should allow Dark Honey, a group of men, to tell the story from a man's perspective. Instantly, I saw how great of an idea this was."

Luckily, once Medina heard some of Dark Honey's upcoming music, her fears evaporated. She said she was able to pull some "truly beautiful pieces" from the album.

"Originally I kept this pretty openended and it's evolved into this," Medina said. "What's amazing is how every single person on this team, which is around 20 people [if you count the bands, the dancers, Chromoscope and the venues] knows what they need to do."

Getting to Helsinki Hudson was another natural progression. Medina said all three acts have already performed at Helsinki, so when she pitched the idea to the venue, it jumped on board almost immediately.

After renting out Cohoes Music Hall for the Friday after and one-night purchase from Proctors for the night before Helsinki, "Dark Blue Sea" has three homes.

O'Keefe and Dark Honey have been able to work closely in the area. Even though The Sea The Sea has been touring

■ IF YOU GO

• What: Dark Blue Sea

 Who: Dark Honey, Girl Blue, The Sea The Sea, Troy Dance Factory

• **When:** Thursday, Oct. 3 at 7:30 p.m. (Proctors); Friday, Oct. 4 at 8 p.m. (Helsinki Hudson); Friday, Oct. 11 at 8 p.m. (Cohoes Music Hall)

 Where: Proctors, Helsinki Hudson, Cohoes Music Hall

• **How much:** \$25 to \$30

• Info: www.troydancefactory.org

the country all summer, the couple has been in "constant" contact with Medina through text and calls. Medina said she will send something to them and they will respond as soon as possible with super intricate, valuable feedback. While they aren't physically present, they've been every bit as involved as their peers who have been home.

"This is such an elevated experience from every single one of us," Medina concluded. "You'll be seeing us as you've never seen us before. I don't think we've ever put out this caliber of work. We've all pushed one another to create something amazing."

Troy Dance Factory is funded by donations, which help pay for overhead, stipends for the dancers and expenses. Donations can be made at www.troydancefactory.org.