

THE Spotlight

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October 9 - October 15, 2019

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A look at what's happening in Capital District businesses.



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Porco v. Lifetime

Convicted murderer continues battle with television network.

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TOP STORY

Caregivers in need

Strife over health benefits at Good Samaritan

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

DELMAR — Employees at Good Samaritan Nursing Home are worried about their and the facility's futures as they will lose their healthcare benefits in less than three weeks.

▲ Union workers representing caregivers at Good Samaritan Nursing Home gather in front of the facility last week.

Continues on page 4

Diego Cagara / Spotlight News

ENTERTAINMENT



Tater Salad

Ron White takes the Palace Theatre stage on Friday, Oct. 11.

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SPORTS



Homecoming

Bethlehem had Colonie over for its Homecoming Game this weekend.

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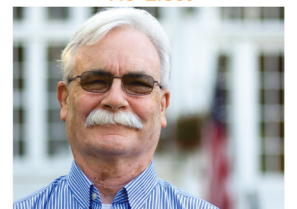
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COMMUNITY

Embrace the color pink



Local popular meteorologist Jason Gough, left, and Real McCoy co-owner Mike Bellini, right, want to raise money, awareness of breast cancer with a fundraiser on Oct. 12.

Diego Cagara / Spotlight News

Local fundraiser to support breast cancer awareness campaign

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

BETHLEHEM — Men. Pink. Money. Breast cancer. These four terms may not initially make sense together, but Real Men Wear Pink wants to educate people about how they can collaborate to foster change.

Real Men Wear Pink, a nationwide campaign that benefits the American Cancer Society, seeks to raise money and awareness about breast cancer, related resources and an avenue to find a potential cure. The Capital District has its own team of Real Men Wear Pink, where it has already raised over \$89,000 as of Friday, Oct. 4 with an ambitious goal of \$250,000 overall. In the

town of Bethlehem, people are encouraged to attend a contributing fundraiser at the Real McCoy Beer Co. on Saturday, Oct. 12 from 2 to 8 p.m.

Local longtime meteorologist Jason Gough, who worked numerous years at WNYT and now posts weather updates in the Times Union and his own website at JasonsWeather.com, is spearheading this fundraiser for the second consecutive year. “I thought it would be nice to have a fundraiser in a local place with good folks that run it and it’s like a community event that brings a lot of people together,” Gough said. “The location is great also for its proximity to the Rail Trail and many people already know about the Real McCoy. There’s a lot of open space and it all works out really well.”

Gough added that while over 220 people attended

“I thought it would be nice to have a fundraiser in a local place with good folks that run it and it’s like a community event that brings a lot of people together. ... There is no real goal amount this year but to raise as much money as we can.”

— Jason Gough, head of the Real Men Wear Pink fundraiser

last year’s fundraiser which generated around \$3,500, there “is no real goal amount this year but to raise as much money as we can.” This time, people can expect a small \$5 entrance fee and entertainment with food trucks, raffles,

a photobooth, live music from two local bands — Katsura and Rumble Kings — as well as glasses of beer. Numerous pint glasses come with a pink version of the Real McCoy’s logo to help continue raising awareness of the campaign.

Mike Bellini, co-owner of the Real McCoy, said his business is no stranger to hosting fundraisers and it helps lower costs by providing outdoor space for more people to come by. “It’s a way I can support the people that support me and anyone who’s asked us to host a fundraiser here has always been a customer,” he said. “I’m happy to do it for them.”

Gough and Bellini agreed that breast cancer not only affects women but men as well. Contrary to popular belief, men can also have breast cancer although it is naturally rare compared

Continues on page 15

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Diego Cagara / Spotlight News

From page 1 ... Caregivers in need

Employees first received a letter back on Sept. 24 that their benefits will expire on Oct. 24, giving them just a one-month notice. An emergency press conference was held in front of the facility on Friday, Oct. 4 at 10:30 a.m. where numerous employees held up signs expressing their demand for the return of their healthcare benefits and some also spoke about their dissatisfaction with their employer's, Lutheran Care Network — which operates the nursing home and the neighboring Kenwood Manor — handling of the situation.

A press release by 1199SEIU United Healthcare Workers East, the employees' union, indicated that Lutheran Care Network has been undergoing "financial difficulty and [is] trying to sell the facilities" as well as lacking enough staff and supplies to meet the nursing home residents' needs. It also reported that Lutheran Care Network "hasn't been paying into the

employee's contractually required Health Benefit Fund" which explains the eventual termination of their healthcare benefits.

Fears about the unknown future of the employees, nursing home residents and even the facility itself permeated the aforementioned press conference.

"It's very important that the homes remain viable and most specifically, from our vantage point, that the caregivers that provide such quality care for folks in the home remain here or can afford to remain here," said Greg Speller, the union's executive vice president. "That's one of the mainstays and what keeps a lot of the caregivers here — the folks that know the residents of the home intimately because they've taken care of them for years in many cases. It's a key ingredient to keeping the quality care here."

Spotlight News has reached out to Lutheran Care Network but did not receive comment at this

"It's very important that the homes remain viable and most specifically, from our vantage point, that the caregivers that provide such quality care for folks in the home remain here or can afford to remain here. That's one of the mainstays and what keeps a lot of the caregivers here — the folks that know the residents of the home intimately because they've taken care of them for years in many cases. It's a key ingredient to keeping the quality care here."

— Greg Speller,
executive vice
president 1199SEIU
United Healthcare
Workers East

time of publication.

John Makoyi, one of the employees who has worked there for 18 years

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now, expressed his concern that he would need to find a new job in order to get healthcare benefits again. "Most of us don't know what our futures are because with most of our full-time jobs, the first thing you look at is healthcare coverage and without that, we won't have a peace of mind," he said. "If the nursing home will have no staff because of this, I don't know where the residents will go either. It's going to have a big impact on the community."

Makoyi added that he hopes Lutheran Care Network comes up with a plan to support the employees at the nursing home. "We have our own families to take care of too and it's going to be hard for us to take care of the residents here if we can't even take care of our own family members," he said.

Teneisha Addison, a fellow employee who has been here for almost six years now, became emotional during the press

conference and said, "We have families, like [Makoyi] said, and I have a husband who's sick who needs medical attention and we can't afford to pay medical bills, you know, if we don't have insurance. We can't afford to pay them. We care about our residents, we care about our jobs."

"We have families... I have a husband who's sick who needs medical attention and we can't afford to pay medical bills, you know, if we don't have insurance. We can't afford to pay them. We care about our residents, we care about our jobs."

— Teneisha Addison, Lutheran Care Network employee

Addison added that the nursing home has been struggling with inadequate resources for over a year now and brought up how Lutheran Care Network's financial difficulties had led to many rental beds to be removed from rooms inside the nursing home. "It's really sad. It's the residents that I'm really concerned about and they paid their money to be here and they can't even get treated right," she said.

She connected this with how she herself would

feel unsafe working at the nursing home without health insurance, bringing up a hypothetical example where she may accidentally injure herself on the job but cannot even visit a doctor because she is not covered.

When the fact that the holiday season is approaching soon was

brought up, both Makoyi and Addison agreed that their situation's timing makes things harder for them and their fellow colleagues. "That's the time to be more with your families and kids but at this point, we're going to be worried about what is next. If something happens to my kids or myself, what will happen?"

Addison concluded, "I just really hope they know we're serious about our health insurance, that's all. We just want to be heard."



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AREA #1 – 9/23 to 10/11
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■ POLICE, COURTS, and EMERGENCY CALLS



National Coffee with a Cop Day

GLENMONT — The Bethlehem Police Department teamed up with the two Glenmont Cumberland Farms stores to celebrate National Coffee with a Cop Day on Wednesday, Oct. 2. This national trend encouraged local residents to approach and get to know police officers without needing to call 911. Several police officers were at the two stores, located at 68 Rte. 9W and 420 Rte. 9W, where free coffee and pastries were available for customers. BPD Commander Adam Hornick, far left, said he and his colleagues appreciated when residents felt comfortable and informed them about issues they were facing in their neighborhoods. Hornick added that it helped to continue a community dialogue about security and local law enforcement.

Diego Cagara / Spotlight News

Host of charges

BETHLEHEM — A 64-year-old Ravena man was arrested on a host of charges on Sunday, Sept. 29.

Bethlehem police responded to a call about a property damage motor vehicle accident on 709 River Road in Glenmont after 4 p.m. that day where they observed a man digging in the rear of his pickup truck's bed, according to police reports. The man, identified by his state license as Ricardo Edward Dorsey, was noted by police to have slurred speech, bloodshot eyes and urinated on himself. He refused two field sobriety tests but agreed to a third which he failed. Police also observed an open beer

bottle in Dorsey's truck's rear.

After being placed in custody, Dorsey was transported to the Bethlehem Police Department where a breath test revealed he had a BAC of 0.19 percent. He was processed and released on appearance tickets and uniform traffic tickets; he was scheduled to return to the Town of Bethlehem Court on Tuesday, Oct. 1 at 5:30 p.m.

Dorsey was charged with three felonies — aggravated DWI with a BAC of 0.18 percent or more, a previous DWI conviction and a prior DWI conviction with a BAC of 0.08 percent or more — and one infraction — moving from lane unsafely.

■ WHAT'S HAPPENING NOW

Slaid Cleaves

SARATOGA SPRINGS — Slaid Cleaves will perform at Caffe Lena on Thursday, Oct. 10 at 7 p.m.

Maine-born, Austin-based singer-songwriter Slaid Cleaves spins earthy ballads with a novelist's eye and a poet's heart.

More than two decades into his career, the celebrated songwriter delivers vivid, cinematic lyrics on themes ranging from life's toughest moments, to Texas pride, to tongue in cheek numbers.

His bittersweet melodies deliver equal measures of hope and resignation, effortlessly shading dark with light and wringing the most out of a melody.

For tickets, visit www.eventbrite.com.

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

Love Port & Townes

ALBANY — Love Port & Townes will perform at The Low Beat on Friday, Oct. 11 at 8 p.m.

The Low Beat is located at 335 Central Ave., Albany.

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■ BUSINESS

Let's keep nutrition in mind

New private practice offers counseling on nutrition and more

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

BETHLEHEM — LGC Nutrition, a new private practice just off the Four Corners in Delmar, wants to help clients understand that having a relationship with food does not always have to be a negative one.

LGC Nutrition owner Lindsey Cumoletti, a registered dietitian specializing in medical nutrition therapy, said she offers both one-on-one and family counseling regarding nutrition which can touch on topics including food allergies, obesity, diabetes, chronic kidney disease and hypertension. She said she can also help people question and change their eating behaviors as well as develop healthier eating habits.

“What’s the reason for having a bowl of ice cream every night? Are you stress eating, for example?” she said. “Trying to fix those underlying factors can help people lose weight, if that’s what they want, or help them eat healthier overall.” She added that people should not expect a one-and-be-all cure but instead receive assistance with treatments, potential meal plans and disease management.

Located on 125 Adams St. in Delmar, LGC Nutrition originally opened on Aug. 30 and now accepts insurance from CDPHP, MVP, UnitedHealthcare and Medicare and is looking to include Aetna in the coming weeks.

It also had its ribbon-cutting ceremony on Wednesday, Oct. 2, which was attended by numerous



LGC Nutrition owner Lindsey Cumoletti, center, is all smiles during her practice’s ribbon-cutting ceremony on Wednesday, Oct. 2. She said she hopes to help people develop a positive relationship with nutrition.

Diego Cagara / Spotlight News

local well-wishers, town officials and the Bethlehem Chamber of Commerce.

“As I’ve been in Bethlehem and I’m nearing almost a full year here at this chamber, I’ve noticed a lot of businesses with a focus on health and wellness and so your business has the right fit and your location, so close to the Rail Trail, also fits in with our healthy living,” said Maureen McGuinness, the chamber’s president. “Our chamber is going to be starting a strategic plan and one of the focuses we’re looking at is maybe branding Bethlehem as a healthy community. ... And I think this business and what you’re doing for the residents fits in nicely, so welcome to Bethlehem.”

Regarding the latter point, Cumoletti said she lives in Albany

but grew up in Guilderland. She said she has long enjoyed traveling to Bethlehem for its features like the library, Swifty’s and McCarroll’s. She also said she has had a longtime relationship with the topic of nutrition both personally and professionally.

Cumoletti brought up how she comes from a family, from her father’s side specifically, with a history of heart disease and high cholesterol although she “was lucky [she] did not get the cholesterol gene but some of [her] siblings did.” This meant that she is neither at risk of heart disease nor has high cholesterol.

She recalled, however, that her father had his first heart attack at 30 even though he was in great shape and played rugby, and many of his family members died from that. Her father then became a

vegan which led to Cumoletti growing up in a more vegetable-based household and her mother was also health-conscious.

“I knew a lot more about nutrition and medicine than the average kid did and I knew why because of my family’s history but I didn’t know the science behind it then,” she said. “When I graduated college, I started working at a doctor’s office ... and I started training for a marathon. I then fell in love with nutrition because I loved how much nutrition everyday affected how I ran.” Cumoletti studied human biology in college, and received a post-baccalaureate in nutrition sciences and a master’s of science degree in applied nutrition.

The path to making LGC Nutrition a reality began a year ago. Cumoletti said she

“I’m trying to make people feel comfortable while still eating healthy and maintaining a normal and sustainable lifestyle. Food and nutrition are not as hard as it seems. Think basic. A little bit of everything and everything in moderation helps. Everything’s a balance.”

— Lindsey Cumoletti,
LGC Nutrition owner
and registered dietitian

understood the importance of insurance in relation to medical nutrition therapy after doing her own focus group. She recalled going to a dietetic and entrepreneurial retreat in New York City this past March that was led by a dietician who owned her own private practice there. It was there that Cumoletti said she learned how to start her own business. She eventually developed LGC Nutrition’s website and found a location in Delmar to set up shop.

Looking ahead, she wants clients to also feel educated in a sense on nutrition when coming to LGC Nutrition. “Nutrition is something we all do. We eat all the time and we have to in order to survive but it’s not something we’re all educated in,” she said. “Most of us know our proteins, fats and carbohydrates but when it comes to managing disease states, we don’t really know how much we should have and there’s a lot of misinformation on social

Continues on page 15

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■ ALBANY COUNTY

A case of crime on Lifetime

By **JIM FRANCO**
francoj@spotlightnews.com

ALBANY — Christopher Porco, the man convicted of killing his father and maiming his mother with an axe in 2004, lost a legal round against Lifetime television network but the case will proceed.

According to his attorney, Alan J. Pierce, of the Syracuse law firm Hancock Estabrook, the Appellate Division did dismiss the case but essentially “punted” the issue of whether the 2013 movie chronicling the notorious killings violated Porco’s privacy and that of his mother, Joan Porco, who was added to the long-running lawsuit in 2017.

In 2006, a jury convicted Porco killing his father, Peter Porco, a popular law clerk, and trying to kill his mother while the couple slept in their Brockley Drive home. In 2012, Lifetime began making a movie about the killings



Christopher Porco, above, is notorious for killing his father and seriously injuring his mother with an axe in their Delmar home in 2004.

Spotlight file photo

and in 2013, Porco sued in an effort to stop “Romeo Killer: The Christopher Porco Story” from airing.

He lost the first round, which included a request for an injunction, his case was dismissed and the movie hit the airways in March 2013. Porco, acting as his own attorney, appealed and the decision to dismiss was reversed. In 2017, his mother was added to the case, which is

ultimately asking Lifetime to stop airing and selling the movie and monetary compensation for damage already done.

“What they did to Mrs. Porco in his movie is horrendous. She is in 12 scenes and all but one is completely fictional. They have her as a liar and a perjurer. They have her remembering the attack and she testified under oath she did not,” Pierce

said. “Christopher Porco is convicted of killing his father and seriously injuring his mother and they made him look worse than that.”

The issue of joining Joan Porco to the suit is barred by the one-year statute of limitations — the clock for that begins ticking at the premiere. The court rejected Pierce’s argument of a “relation back doctrine,” which can allow other parties to be added after the original filing and beyond the statute of limitations.

But, the ruling said, the statute of limitations could begin at the movie’s 2013 premiere and again each time it is aired or sold but that won’t be fully known until the discovery phase of the proceedings is complete so the case will continue with Lifetime scheduled to file paperwork later this month and Pierce slated to file his final volley in November, he said.

The movie — which stars Matt Barr as

Christopher Porco, Erin McCormick as Det. Sullivan and Lolita Davidovich as Joan Porco — was aired on a number of different television stations and is currently for sale on Amazon.

The court only ruled that Lifetime had a right to appeal an earlier decision that denied its motion to dismiss the case. It did not rule on the merits of the appeal, or if Porco’s original claim that his right to privacy was violated is valid.

Basically, the law states a business must get a person’s permission to use that person’s name, photograph or story for a profit. Porco claims the film was based in fiction rather than fact and thus the company needed his permission. If the film were fact based, according to the court’s earlier ruling, it would have been exempt from privacy laws.

“Mrs. Porco is being victimized all over again,” Pierce said. “If we prevail in this case, and I think we will, the longer it is available increases the damages.”

It was one of the most sensational murder cases in the history of the Capital District that involved a

well-known, successful family living in the quaint suburb of Delmar. Peter Porco was a law clerk to Anthony Cordona, the presiding justice on the Appellate Division, Third Department, and the trial to determine if his son murdered him was moved to Orange County.

Prosecutors painted Porco as a spoiled rich kid with money problems who lashed out at his father who refused to again bail him out. Porco’s defense maintained he was in Rochester attending college at the time of the murders and that it was an attack by someone possibly connected Peter Porco’s legal work.

There was testimony by first responders that Joan Porco, on the night of the murder, indicated it was Christopher who swung the axe. But she said, under oath during the trial, she had no memory of that night.

Porco, now 36, is currently serving 46 years to life in the Clinton County Correctional Facility and becomes eligible for parole in 2052.

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■ HIGH SCHOOL SPORTS

The Eagles crush Colonie 30-0

BETHLEHEM — In front of a large, loud homecoming crowd, The Eagles rolled over Colonie by a score of 30-0 on Saturday, Oct. 5.

Bethlehem moves to 3-2 with three games left and is on the bubble to make the Class AA playoffs with Guilderland also at 3-2 and CBA at 3-1.

Bethlehem will host the 4-1 team from Burnt Hills, who are playing in Class A, on Friday, Oct. 11. On Oct. 18, the team will travel to Niskayuna (0-5, 0-5) and will finish out the regular season on Oct. 25 in Schenectady (2-2, 3-2).

The game against the Raiders from Colonie (0-4, 0-5) could have been a bigger blowout.

The game started out with Nick Zigrosser sacking Colonie quarterback

Cameron Avery in the end zone for a two-point safety and then Bethlehem quarterback Derek Martelle scored a touchdown on a two-yard run to give The Eagles a 9-0 lead after the first quarter.

Nick Gicewicz scored two touchdowns, a seven-yard run and a two-yard run, in the second quarter to give Bethlehem a 23-0 lead at the half.

Martelle scored his second of the game on a seven-yard run in the fourth to round out the scoring.

Colonie will look for its first win of the season at home against Niskayuna on Friday, Oct. 11.

Visit our website for more photos of the game.

— Jim Franco



Bethlehem plays CBA to a tie

BETHLEHEM — In a steady rain, the Eagles played CBA, the No. 4 team in the state, to a 2-2 tie on Thursday, Oct. 3.

Josh Huckans and Jordan Proulx scored for The Brothers on assists by Connor Pierre and Jason Lambert, respectively, while Kenan Kanic and Kiran Sood had a goal each for Bethlehem. The teams did not score in two overtimes.

Brayden Karn had four saves for Bethlehem and Danny Kelly had four for CBA.

With less than two weeks left in the regular season CBA, which lost its first game of the season to Saratoga on Tuesday, Oct. 1, sits atop the Suburban Council Gold Division with a conference record of 8-1-1. Bethlehem is in fourth at 6-3-1.

Bethlehem host Nisky and CBA will play at Shaker on Thursday, Oct. 10.

— Jim Franco



■ HIGH SCHOOL SPORTS

The Dutch drop one to The Raiders

COLONIE – The Raiders volleyball team defeated Guilderland in three sets on Wednesday, Oct. 2.

The first set went to the equivalent of overtime and Colonie came out on top 28-26. Colonie won the second 25-12 and the third in the best of five by a count of 25-18.

The JV squad also won the match, two sets to one.

Colonie will play at Niskayuna and Guilderland will play at Saratoga on Friday, Oct. 11.

Check out our website for more photos of the match.

— Jim Franco



Voorheesville shut out by 'Vliet

VOORHEESVILLE — In a battle of Class C heavyweights, the Blackbirds ran into a tough Watervliet defense and a grinding offense on Saturday, Oct. 5.

Voorheesville lost the game 22-0 in front of a large homecoming crowd and moves to 2-2 in the Colonial South Division, a game behind the Canoneers of 'Vliet, who sit atop the division at 2-1.

The Blackbirds fell behind early, 14-0 going into the half, and 'Vliet just pounded the ball on the ground, chewing up the clock and keeping the ball away from Voorheesville's offense.

Fullback Kareem Duncan scored twice for 'Vliet on runs of three yards and two yards, respectively. Thomas Gordon hit Dominic Rogalo for another score and Diogenes George scored on a four-yard sprint to round out the scoring.

Voorheesville will travel to Cairo-Durham High School on Friday, Oct. 11.



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LEGALS**NOTICE OF LLC FORMATION**

108 LEONARD HOME LLC. Arts. of Org. filed with the SSNY on 09/23/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Goldgrub Law PLLC, 5 West 37th Street, 12th Floor, New York, NY 10018. Purpose: Any lawful purpose. D-229975

NOTICE OF LLC FORMATION

118 RESTAURANT 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, 381 Park Avenue South, 15th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-229969

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 process to the LLC, 150 Charles Street, Unit 5CN, New York, NY 10014. Purpose: Any lawful purpose. D-229409

NOTICE OF LLC FORMATION

150E85 13D LLC. Arts. of Org. filed with the SSNY on 08/30/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 150 East 85th Street, Unit 13D, New York, NY 10028. Purpose: Any 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 Street, 11th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-229232

NOTICE OF LLC FORMATION

1810 MCDONALD AVENUE LLC. Arts. of Org. filed with the SSNY on 09/20/19. 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, c/o Rosalie Vitale, 2332 National Drive, Brooklyn, NY 11234. Purpose: Any lawful purpose. D-229943

NOTICE OF LLC FORMATION

1814 WEST 5TH STREET LLC. Arts. of Org. filed with the SSNY on 08/26/19. Office: Albany County. SSNY des-

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ignated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 1927 E. 18th Street, Brooklyn, NY 11229. Purpose: Any lawful purpose. D-227235

NOTICE OF LLC FORMATION

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

NOTICE OF PUBLIC HEARING ON THE BUDGET

NOTICE IS HEREBY GIVEN that the Proposed Budget of the Slingerlands Fire District located in the Towns of Bethlehem 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 must 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 District

LEGALS

t's firehouse where it may be inspected by an interested person during office hours. D-228283

NOTICE OF LLC FORMATION

215 WEST 138th STREET 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, c/o Sean Mackin, c/o Maureen A. Tighe, Esq., 11 Hanover Square, 20th Floor, New York, NY 10005. Purpose: Any lawful purpose. D-229944

NOTICE OF LLC FORMATION

312 NORTH HOLLY LLC. Arts. of Org. filed with the SSNY on 07/26/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Kira Simon-Kennedy, 634 Greene Avenue, Apartment 1, Brooklyn, NY 11221. Purpose: Any lawful purpose. D-229212

NOTICE OF LLC FORMATION

318 56 STREET LLC. Arts. of Org. filed with the SSNY on 09/20/19. 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, 318 56th Street, Brooklyn, NY 11220. Purpose: Any lawful purpose. D-229947

NOTICE OF LLC FORMATION

365 88 STREET LLC. Arts. of Org. filed with the SSNY on 09/20/19. 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, 247 58th Street, Brooklyn, NY 11220. Purpose: Any lawful purpose. D-229946

NOTICE OF LLC FORMATION

250 E94TH STREET LLC. Arts. of Org. filed with the SSNY on 09/18/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 383 Kingston Avenue, Suite 331, Brooklyn, NY 11213. Purpose: Any lawful purpose. D-229210

NOTICE OF LLC FORMATION

26-46 29 STREET LLC. Arts. of Org. filed with the SSNY on 08/30/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Thomaidis & Lagoudis, P.C., 214-11 Northern Boulevard, Suite 200, Bayside, NY 11361. Purpose: Any lawful purpose. D-227712

LEGALS**NOTICE OF LLC FORMATION**

30 SPRAGUE ROAD LLC. Arts. of Org. filed with the SSNY on 09/20/19. 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, c/o Sean Mackin, c/o Maureen A. Tighe, Esq., 11 Hanover Square, 20th Floor, New York, NY 10005. Purpose: Any lawful purpose. D-229944

NOTICE OF LLC FORMATION

312 NORTH HOLLY LLC. Arts. of Org. filed with the SSNY on 07/26/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Kira Simon-Kennedy, 634 Greene Avenue, Apartment 1, Brooklyn, NY 11221. Purpose: Any lawful purpose. D-229212

NOTICE OF LLC FORMATION

318 56 STREET LLC. Arts. of Org. filed with the SSNY on 09/20/19. 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, 318 56th Street, Brooklyn, NY 11220. Purpose: Any lawful purpose. D-229947

NOTICE OF LLC FORMATION

365 88 STREET LLC. Arts. of Org. filed with the SSNY on 09/20/19. 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, 247 58th Street, Brooklyn, NY 11220. Purpose: Any lawful purpose. D-229946

TOWN OF BETHLEHEM Albany County - New York ZONING BOARD OF APPEALS NOTICE OF PUBLIC HEARING

Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a Public Hearing on Wednesday, October 16, 2019 at 6:00 PM, at the Town Offices, 445 Delaware Avenue, Delmar, New York, to take action on an application submitted by Eileen Thornberry for an Area Variance located at 39 Gladwish Road, Delmar. The Applicant is proposing to erect a fence that does not meet the Town Zoning Code requirements under Article VI, Section 128-47, Fences B (2) David Devaprasad Chairman Board of Appeals D-230139

NOTICE OF LLC FORMATION

41A MARION LLC. Arts. of Org. filed with the SSNY on 08/23/19. Office: Albany County.

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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 purpose. D-227078

NOTICE OF LLC FORMATION

434 45 STREET LLC. Arts. of Org. filed with the SSNY on 09/20/19. 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, 434 45th Street, Brooklyn, NY 11220. Purpose: Any lawful purpose. D-229949

NOTICE OF LLC FORMATION

434 HENRY STREET, LLC. Arts. of Org. filed with the SSNY on 09/30/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Allan Eisenberg, 434 Henry Street, Brooklyn, NY 11201. Purpose: Any lawful purpose. D-230076

NOTICE OF LLC FORMATION

471 56 STREET LLC. Arts. of Org. filed with the SSNY on 09/20/19. 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, 471 56th Street, Brooklyn, NY 11220. Purpose: Any lawful purpose. D-229950

NOTICE OF LLC FORMATION

52 PARKWAY COURT 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 LLC, 1927 E. 18th Street, Brooklyn, NY 11229. Purpose: Any lawful purpose. D-227239

NOTICE OF LLC FORMATION

5N72- 73 LLC. Arts. of Org. filed with the SSNY on 05/31/19. 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, 662 10th Avenue, New York, NY 10036. 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 process to the LLC, 237

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Duffield Street, Apartment 7A, Brooklyn, NY 11201. Purpose: Any lawful purpose. D-229222

NOTICE OF LLC FORMATION

8 CENTRAL, 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, 70 Bluebird Lane, Plainview, 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 may be served. SSNY shall mail copy of process to the LLC, 87 Leonard Street, Unit 4, New York, NY 10013. Purpose: Any lawful purpose. 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

NOTICE OF LLC FORMATION

ALLEGHENY HOLDINGS LLC. Arts. of Org. filed with the SSNY on 02/26/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 44 West 62nd Street, Apartment 3B, New York, NY 10023. Purpose: Any lawful purpose. D-230131

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. SSNY shall mail copy of process to the LLC, 345 East 80th Street, Suite 33G, New York, NY 10075. Purpose: Any lawful purpose. D-227075

Legal Notice

BETHLEHEM CEMETERY ASSOCIATION, INC.'S ANNUAL LOT OWNERS MEETING - November 4, 2019, at 7:00 p.m. at the Delmar Reformed Church, 386 Delaware Ave., Delmar, NY. Those wishing to vote must contact the Cemetery office by November 1, 2019, at 518-439-2394 for ownership verification. D-230078

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 8C, New York, NY 10022. Purpose: Any lawful purpose. D-227614

NOTICE OF LLC FORMATION

BK GRAND 62 LLC. Arts. of Org. filed with the SSNY on 10/02/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 10 Jagger Lane, Westhampton, NY 11977. Purpose: Any lawful purpose. D-230193

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 process 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 purpose. D-227622

NOTICE OF LLC FORMATION

CH RESOURCE LLC. Arts. of Org. filed with the SSNY on 09/26/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Wexler & Kaufman PLLC, One Penn Plaza, Suite 3406, New York, NY 10119. Purpose: Any lawful purpose. D-229634

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cess to the LLC, 311 West 127th Street, #1105, New York, NY 10027. Purpose: Any lawful purpose. D-230000

NOTICE OF LLC FORMATION

CHIRON CREATIVE LLC. Arts. of Org. filed with the SSNY on 08/30/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o William Archer, 633 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 LLC upon whom process 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 purpose. D-227404

NOTICE OF LLC FORMATION

CURVEBALL LLC. Arts. of Org. filed with the SSNY on 04/24/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 504 West 55th Street, New York, NY 10019. Purpose: Any lawful purpose. D-229954

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 FORMATION

DEAR EARTH PROJECT, LLC. Arts. of Org. filed with the SSNY on 09/17/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 255 West 94th Street, #17K, New York, NY 10025. Purpose: Any lawful purpose. D-229678

NOTICE OF LLC FORMATION

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 served. 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

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NOTICE OF LLC FORMATION

DFS CAFE, LLC. Arts. of Org. filed with the SSNY on 09/26/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Peter Dillon's on 36th, 385 5th Avenue, New York, NY 10016. Purpose: Any lawful purpose. D-230001

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 purpose. D-229399

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 purpose. D-229626

NOTICE OF LLC FORMATION

DP PROPERTY MANAGEMENT OF LONG ISLAND LLC. Arts. of Org. filed with the SSNY on 09/27/19. 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 Tuch & Cohen LLP, 1025 Old Country Road, Suite 411, Westbury, NY 11590. Purpose: Any lawful purpose. D-230049

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 10019. 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

LEGALS

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, 2184 East 5th Street, Brooklyn, NY 11223. Purpose: Any lawful purpose. D-229201

NOTICE OF LLC FORMATION

ERIKSON 805 HOLDINGS 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, c/o Goldgrub Law PLLC, 5 West 37th Street, 12th Floor, New York, NY 10018. Purpose: Any lawful purpose. D-229337

NOTICE OF LLC FORMATION

EFW CONSULTING, LLC. Arts. of Org. filed with the SSNY on 09/18/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Erica Woltz, 25 Murray Street, #4K, New York, NY 10007. Purpose: Any lawful purpose. D-229684

NOTICE OF LLC FORMATION

FASTBALL LLC. Arts. of Org. filed with the SSNY on 04/24/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 504 West 55th Street, New York, NY 10019. Purpose: Any lawful purpose. D-229956

NOTICE OF LLC FORMATION

GMPIDD, LLC. Arts. of Org. filed with the SSNY on 08/01/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 327 East 5th Street, Apt. 4A, New York, NY 10003. Purpose: Any lawful purpose. D-230074

NOTICE OF LLC FORMATION

JBBC SOLUTIONS 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 may be served. SSNY shall mail copy of process to the LLC, 194 Bay 20th Street, Brooklyn, NY 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 LLC, 53 Murray Street, Unit 1, New York, NY 10007. Purpose: Any lawful purpose. D-227673

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NOTICE OF LLC FORMATION

KANG PROPERTIES 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, One Penn Plaza, Suite 3406, New York, NY 10119. Purpose: Any lawful purpose. D-227407

NOTICE OF LLC FORMATION

KILKEE REALTY, 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 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. 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 Lavanya Boddu, 4541 Greenbriar Drive, Springfield, IL 62711. Purpose: Any lawful purpose. D-229204

NOTICE OF LLC FORMATION

LAMC GROUP LLC. Arts. of Org. filed with the SSNY on 09/26/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 335 Bond Street, Brooklyn, NY 11231. Purpose: Any lawful purpose. D-230002

NOTICE OF LLC FORMATION

LASNYC LLC. Arts. of 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 Avenue, #230, Pleasantville, NY 10570. Purpose: Any lawful purpose. D-229205

NOTICE OF LLC FORMATION

LEVEL3BBB, 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, 450 7th Avenue, 40th Floor, New York, NY 10123. Purpose: Any lawful purpose. D-227509

NOTICE OF LLC FORMATION

Lexico2 LLC. Arts. of Org. filed with the SSNY on 09/20/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be

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served. SSNY shall mail copy of process to the LLC, c/o Russell Putterman, 93 Linden Dr, Fair Haven, NJ 07704. Purpose: Any lawful purpose. D-229927

NOTICE OF LLC FORMATION

LGMCT HOLDINGS, 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, c/o Northwest Registered Agent LLC, 90 State St, Ste 700, Office 40, Albany, NY 12207, which is also the registered agent address. Purpose: Any lawful purpose. PO-227164

NOTICE OF LLC FORMATION

LINCOLN SQUARE PARTNERS, LLC. Arts. of Org. filed with the SSNY on 09/17/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Edward B. Safran, Esq., 88 Pine Street, 7th Floor, Wall Street Plaza, New York, NY 10005. Purpose: Any lawful purpose. D-229679

NOTICE OF LLC FORMATION

LINEUP MEDIA GROUP LLC. App. for Auth. filed with the SSNY on 09/27/19. Originally filed with Secretary of State of Delaware on 12/03/2015. 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 Garvey, Schubert & Barer, P.C., 100 Wall Street, 20th Floor, New York, NY 10005. Purpose: Any lawful purpose. D-230073

NOTICE OF LLC FORMATION

LJN PROPERTY LLC. Arts. of Org. filed with the SSNY on 09/04/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 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 LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 66 South 6th Street, Brooklyn, NY 11249. Purpose: Any lawful purpose. D-229207

NOTICE OF LLC FORMATION

MEERA FAMILY LLC. Arts. of Org. filed with the SSNY on 10/02/19. Office: Albany County. SSNY designated as

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agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 30 Riverside Boulevard, Apartment 30H, New York, NY 10069. Purpose: Any lawful purpose. D-230194

NOTICE OF LLC FORMATION

MILLERS HOME REPAIR 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 served. SSNY shall mail copy of process to the LLC, 9 Milton Street, Slingerlands, NY 12159. Purpose: Any lawful purpose. 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 purpose. D-227651

NOTICE OF LLC FORMATION

NAH LLC. Arts. of Org. filed with the SSNY on 10/02/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 683 4th Avenue, #3B, Brooklyn, NY 11232. Purpose: Any lawful purpose. D-230195

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 & Associates, P.C., 350 Fifth Avenue, Suite 4309, New York, NY 10118. Purpose: Any lawful purpose. D-227401

NOTICE OF LLC FORMATION

ORIANA REALTY HOLDINGS, LLC. Arts. of Org. filed with the SSNY on 09/20/19. 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, c/o Yovine, 1552 McDonald Street, Bronx, NY 10461. Purpose: Any lawful purpose. D-229941

NOTICE OF LLC FORMATION

PALIKARI REALTY LLC. Arts. of Org. filed with the SSNY on 09/17/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 157-

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14 Cryders Lane, White-stone, NY 11357. Purpose: Any lawful purpose. D-229973

NOTICE OF LC FORMATION

PARK AVENUE MEDICAL OFFICE, PLLC. Arts. of Org. filed with the SSNY on 09/18/19. Latest date to dissolve: 01/01/2100. Office: Albany County. SSNY designated as agent of the PLLC upon whom process against it may be served. SSNY shall mail copy of process to the PLLC, 642 Park Avenue, New York, NY 10065. Purpose: For the practice of the profession of Medicine. D-229686

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. 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 Pavel Levter, 167 Baden Place, Staten Island, NY 10306. Purpose: Any lawful purpose. D-227617

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 LLC FORMATION

PLANET EARTH EYEWEAR, LLC. Arts. of Org. filed with the SSNY on 09/18/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 77 East 119th Street, Apartment 2, New York, NY 10035. Purpose: Any lawful purpose. D-229687

NOTICE OF LLC FORMATION

QUEENSGIRL THEQUEEN1955, LLC. Arts. of Org. filed with the SSNY on 09/18/19. Latest date to dissolve: 12/31/2069. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Michael Rozins, 4 Robin Lane, Bedford, NY 10506. Purpose: Any lawful purpose. D-229695

NOTICE OF LLC FORMATION

REFORMULATION RESEARCH LABORATORY, LLC. Arts. of Org. filed with the SSNY on 09/23/19. 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, 157-

LEGALS

14 Cryders Lane, White-stone, NY 11357. Purpose: Any lawful purpose. D-229973

NOTICE OF LLC 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 served. SSNY shall mail copy of process to the LLC, 23-58 Steinway Street, Astoria, NY 11105. Purpose: Any lawful purpose. D-229631

NOTICE OF LLC FORMATION

RICHMARK PARTNERS LLC. Arts. of Org. filed with the SSNY on 09/18/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Robert Stahmer, 610 Birdsall Drive, Yorktown Heights, NY 10598. Purpose: Any lawful purpose. D-229685

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. SSNY designated as 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, 8789 23rd Avenue, Brooklyn, NY 11214. Purpose: For the practice of the profession of Podiatry. 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. Purpose: Any lawful purpose. D-227624

NOTICE OF LLC FORMATION

RODMAY MANAGEMENT LLC. Arts. of Org. filed with the SSNY on 08/30/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 66 S. 6th Street, Brooklyn, NY 11249. Purpose: Any lawful purpose. D-229208

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, 361 Whipple Street, Brentwood, NY 11717. Purpose: Any lawful purpose. D-227618

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NOTICE OF LLC FORMATION

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

NOTICE OF LLC FORMATION

SINKER LLC. Arts. of Org. filed with the SSNY on 04/24/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 504 West 55th Street, New York, NY 10019. Purpose: Any lawful purpose. D-229957

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. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Gordon & Petkos LLP, 1790 Broadway, Suite 710, New York, NY 10019. Purpose: Any lawful purpose. C-227450

NOTICE OF LLC FORMATION

SPLITTER LLC. Arts. of Org. filed with the SSNY on 04/24/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 504 West 55th Street, New York, NY 10019. Purpose: Any lawful purpose. D-229959

NOTICE OF LLC FORMATION

SUMMIT QUALITY PARTNERS 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, 6 Douglas Lane, Voorheesville, NY 12186. Purpose: Any lawful purpose. D-229953

NOTICE OF LLC FORMATION

SUSAN FINKEL LLC. Arts. of Org. filed with the SSNY on 06/19/19. Office: Albany County. SSNY designated as agent of the LLC upon

■ BUSINESS

Prepare to say hello to REI

New outdoor recreation retail store coming to the Capital District

By **JIM FRANCO**
francoj@spotlightnews.com

COLONIE — REI is coming to Colonie Center.

The hiking and outdoor co-op is looking to renovate some 21,500-square-foot of the interior of the old Sears store and enclose an additional 4,500-square-foot of where the garden center was located.

Joe LaCivita, director of the town's Planning and Economic Development Department, said the Washington state-based company is going through the change of tenant process now, but he said it should be a fairly simple process.

Retail is, obviously, within existing zoning and a demolition permit has been issued by the Building Department. Once the construction is complete, the town will need to inspect plumbing and electrical and then issue a CO.

"Everything should be done administratively," LaCivita said. "With what they are planning, the Town Board and Planning Board are not involved."

REI, which stands for Recreational Equipment Inc., is a co-op which, according to its website, returns more than 70 percent of its profits back to its some 18 million lifetime members.

Since it was formed in 1938 by a group of 23 hiking friends, it has grown to 155 stores in 35 states and the District of



Spotlight file photo

Columbia while boasting a huge online presence.

According to the company, in 1935 Lloyd and Mary Anderson were in the market for new ice axes.

The going price was about \$20, or about \$366 in 2018 dollars, at the ski shops around their Seattle, Washington home, so the couple decided to bypass the middle man and order them right from Austria for about \$3.50, including postage.

Their hiking and outdoorsy friends caught on and wanted in so the group pooled their money to get more buying power. In 1938, the charter members of the REI co-op chipped in a dollar each to become lifetime members.

The co-op began to sell their

gear off a shelf at a local grocery store with the Anderson's using their attic as storage.

Lloyd Anderson penned the organization's mission statement in November, 1938 and the company maintains it rings true today: "Intent of the founders of this organization was to secure sufficient membership to make group buying possible; to distribute the goods with as little overheads expense as possible, using membership cooperation with the work as much as possible; to gradually build up a reserve for purchasing stock; to have the membership fee (\$1.00) so that everyone interested will be financially able to join."

Today, a lifetime membership is \$20 and in addition to ice axes,

the company sells everything an outdoor enthusiast could possibly want to engage in any type of outdoor activity from mountain climbing to paddling and everything in between.

The nearest outlets to the Capital District are in West Hartford, Connecticut and Framingham, Massachusetts. In New York state there are outlets in Rochester, Long Island and in New York City.

"It's exciting to have a big brand name like that coming into the mall," LaCivita said. "These types of store help keep the mall vibrant and when they bring names like this into the area it helps the entire area. The new owners have really done a lot with Colonie Center."

Conceivable, the company could be open in time for the Christmas season, LaCivita said, but a timeline was not discussed with the town and it not the town's responsibility.

Colonie Center, the Capital District's first enclosed mall which was built in 1966, has undergone a number of changes over the years including a portion being sold to a new owner earlier this year.

The sprawling, 1.5 million-square-foot retail mecca actually has three owners. Macy's, an anchor when the mall was built, built a new three-story store in 1988 and owns that portion of the building. Seritage Growth Properties, the real estate arm of Sears, owns the southeast portion of the mall, where Sears used to be located and is currently home to

The company has renovated the former auto shop at the intersection of Wolf Road and Central Avenue to accommodate BJ's Restaurant and Warehouse and is looking for permission to build a Starbucks in the parking lot. In 2014, the company opened Whole Foods in a portion of the total 275,000-square-foot of space it owns in the mall.

The rest of the mall was sold by Feldman Mall Properties to KKR & Co, an investment firm out of New York City for \$106 million. That portion of the mall is currently back on the market.

One of the longstanding anchor tenants is LL Bean, itself a renowned outdoor company selling many of the same products as REI.

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whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Susan Finkel LLC, 161 West 75th St., #9F, New York, NY 10023. Purpose: Any lawful purpose. D-229677

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 Laszar & Cowhey LLP, 750 Third Avenue, 11th Floor, New York, NY 10017. Purpose: Any lawful purpose. D-226985

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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 upon whom process against it may be served. SSNY shall mail copy of process to the PLLC, 97-07 63rd Road, Suite 2B, Rego Park, NY 11374. Purpose: For the practice of the profession of Law. D-229231

NOTICE OF LLC FORMATION

TILT CONCEPTS LLC. Arts. of Org. filed with the SSNY on 09/24/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY

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shall mail copy of process to the LLC, 336 Devoe Street, Brooklyn, NY 11211. Purpose: Any lawful purpose. D-229984

NOTICE OF LLC FORMATION

TO THE MOON AND BACK 3 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 Zwiirn Law, PLLC, 163 Lenox Avenue, New York, NY 10026. Purpose: Any lawful purpose. D-226981

To place your Legal Notice: Call 439-4949

LEGALS

NOTICE OF LLC FORMATION

VALZEE LLC. Arts. of Org. filed with the SSNY on 09/09/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 240 East 10th Street, 5B, New York, NY 10003. Purpose: Any lawful purpose. D-229412

NOTICE OF LLC FORMATION

VANDERBILT AVENUE GARAGE 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

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LLC, 10 East 33rd Street, 11th Floor, New York, NY 10016. Purpose: Any lawful purpose. EB-229632

NOTICE OF LLC FORMATION

WHERE LITTLE MINDS GROW, 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 process to the LLC, 7 Rogers Place, Staten Island, NY 10312. Purpose: Any lawful purpose. D-229850

To place your Legal Notice: Call 439-4949

LEGALS

NOTICE OF PLLC FORMATION

WILLIAM LEE, CPA, PLLC. Arts. of Org. filed with the SSNY on 09/26/19. Office: Albany County. SSNY designated as agent of the PLLC upon whom process against it may be served. SSNY shall mail copy of process to the PLLC, c/o William Lee, CPA, 58-11A 43rd Avenue, Apartment BB, Woodside, NY 11377. Purpose: For the practice of the profession of Public Accountancy. D-230048

NOTICE OF LLC FORMATION

WINNER BK LLC. Arts. of Org. filed with the SSNY on 08/29/19. Office: Albany County. SSNY designated as agent of the LLC upon

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whom process against it may be served. SSNY shall mail copy of process to the LLC, 393 16th Street, Apartment #1, Brooklyn, NY 11215. Purpose: Any lawful purpose. D-227652

NOTICE OF LLC FORMATION

WMaya, 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, 275 West 96th Street, #PH B, New York, NY 10025. Purpose: Any lawful purpose. D-227655

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NOTICE OF LLC FORMATION

WOLF MANAGEMENT LLC. Arts. of Org. filed with the SSNY on 07/18/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 313 82nd Street, Brooklyn, NY 11209. Purpose: Any lawful purpose. D-227619

To place your Legal Notice: Call 518-439-4949

LIBRARIES

Storytime at the fire station

The fire station is always an exciting place, and it's the perfect setting to mark Fire Prevention Week with a special storytime.

One of our librarians will be joining the firefighters at the Elsmere Fire Station (15 W. Poplar Drive, Delmar) on Friday, Oct. 11, at 10:30 a.m. to share some stories, songs, a craft and an up-close look at the fire trucks.

Touring Theatre

When the kids are home from school on Columbus Day, the library is the place to be! On Monday, Oct. 14, Bright Star Touring Theatre will present "Little Red and the Big Bully Wolf" at 10



a.m. and 2:30 p.m.

Follow Little Red as she embarks on a visit to Grandmother's house, a trip fraught with trouble from the Big Bully Wolf. Wolf is a menace to everyone he encounters until Little Red teaches him that no one likes a bully. Seating is limited and available on a first-come basis.

This program is part of the Ann Seegal Memorial Storytelling Series.

Bright Star Touring Theatre, a national professional touring theater company based in Asheville, N.C., serves nearly 2,000

audiences in schools, theaters, libraries, museums and more across the country each year.

"Our actors join us from all over the country, and they sometimes visit 10 different cities each week, playing a wide variety of characters. It's a great way for them to flex their acting muscles," said casting director Emily Hubbard.

Python basics

Do you speak Python?

This general purpose programming language has many uses, including web development, data analysis, artificial intelligence and more.

On Saturday, Oct. 12, at 1 p.m. the BCHS Robotics team will present "Intro to

Python Coding" for those interested in learning some of the basics. Bring your own laptop; but a limited number will be available to borrow, if needed.

Sign up online at www.bethlehempubliclibrary.org or call 518-439-9314.

Please note if you need a laptop in your registration. This program is intended for adults and teens ages 12 and up.

An African-American family history

Retired UAlbany professor of Africana Studies and Delmar resident Dr. Maurice Thornton will be at the library Thursday, Oct. 10, at

7 p.m. to share some stories about the men and women who make up his own ancestral history.

He will talk about the work that went into researching, writing and publishing "The Thornton Family," a 160-page book detailing 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.

A time for questions will follow his talk. All ages are welcome to attend.

Diabetes and meal planning

Our "Dining with

Diabetes" series continues Wednesday, Oct. 16, at 6:30 p.m.

This is the second of four sessions featuring a nutrition educator from Cornell Cooperative Extension.

Learn multiple ways for diabetics to manage their health through menu planning, carb counting, portion control and label reading.

Food samples will be available.

Subsequent "Dining with Diabetes" sessions will take place Oct. 23 and 30. Come to one or more; there will be different topics and food samples to try each week.

— Kristen Roberts

Drop-in flu vaccine

We'll have a Rite Aide drop-in flu vaccine clinic at GPL on Thursday, Oct. 10 from 4 to 7 p.m. Both the regular vaccine and the high-dose option for people ages 65 and older will be available. The pharmacist on hand can vaccinate any child age 3 and older. Please bring your insurance card. For those without insurance, each vaccine costs \$39.99.

Civics 101: the Mueller Report

A distinguished panel will convene at GPL on Thursday, Oct. 10 at 7 p.m. to cover the key findings of the 448-page Mueller Report. Dr. Bruce Miroff, a



national expert on the American Presidency and American politics; Dr. Bruce Dearstyne, a local author and historian; and Professor of Law Christine Sgarlata Chung, co-director of the Institute for Financial Market Regulation, will all take part in our in-depth discussion. Please register online, by phone or in person.

Cabaret Night

Our new GPL Cabaret Night series debuts Friday, Oct. 11 at 6:30 p.m. Relax and enjoy an after-hours special performance of jazz standards, featuring the velvety vocal stylings of Jeanne O'Connor

and her trio of musicians. We'll be serving wine (with photo I.D.), appetizers and soothing music to get your weekend started on the right note. Please register online, by phone or in person; space is limited.

Barn Dance with WMHT

Join WMHT's Barbara Lukas on Saturday, Oct. 12 at 10:30 a.m. for a fun-filled family literacy program based on the classic picture book, *Barn Dance*. We'll enjoy the story and do some fun activities together based on the book. Geared for pre-K-Grade 2; all children must be accompanied by an adult caregiver. Please register online, by phone or in person.

— Luanne Nicholson

Soda Club

Please register at the Library for this seltzer taste test.

From 7 to 8:30 p.m., Thursday, Oct. 10, we'll be sampling several of the popular seltzer brands and flavors.

Which brand does it best? Can you tell what flavor it is? Which one will be your new favorite?

Le Voyage Dans La Lune

Join us from 2 to 4 p.m. on Sunday, Oct. 20, for the winning performances for our first ever Silent Film Score Challenge.

Local bands were challenged to compose an original score to George Melies' 1902 silent film "Le Voyage Dans la Lune" (A



Trip to the Moon).

Come support and enjoy some local talent.

Second Sunday Film

The next Sunday film is a 2016 PG-13 sci-fi comedy. "Following a ghost invasion of Manhattan, paranormal enthusiasts Erin Gilbert and Abby Yates, nuclear engineer Jillian Holtzmann, and subway worker Patty Tolan band together to stop the otherworldly threat." 1h 56m (IMDB)

Stop by the Library at 2 p.m. on Sunday, Oct. 13. No registration needed. Light refreshments will be served.

Costume Swap

Join us from 11 a.m. to 2 p.m. on Saturday, Oct. 12 for an all-ages costume swap! Bring what you can no longer use, take what you need now.

Please bring clean, gently used costumes and accessories. We will take donations starting Oct. 7, during regular Library hours. Anything left over will be donated.

Registration

Unless otherwise indicated, registration is requested for all programs.

Register in person, or at 518-765-2791 or use our online calendar at voorheesvillelibrary.org/calendar.asp.

— Lynn Kobler

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From page 3 ... The color pink

to women. While the American Cancer Society reported that the lifetime risk for men to get breast cancer is around 1 in 833, "breast cancer is about 100 times less common among white men than among white women. It is about 70 times less common among black men than black women."

Both men also said they have been personally affected by breast cancer too but in different ways.

Gough recalled how 15 years ago, his ex-wife had been diagnosed with stage three breast cancer when she was just 34. "I became, as much as I could, an expert on breast cancer, insurance and to be able to support her," he said, adding that many other men involved in Real Men Wear Pink have real-life ties to people who have faced the disease. "She was young and generally, the younger the woman is, the more aggressive breast cancer is, and that was her case. ... I took care of the household duties and everything else and my goal

was to make sure she was as comfortable as possible."

Although he said that she has been doing well lately, he reiterated the importance of people regularly getting checked like with mammograms and that they need a support system from their friends and family.

While Bellini said he finds it disheartening that he knows "too many people" who have faced breast cancer, he appreciates receiving immediate feedback from his customers who notice his pink pint glasses and "they know exactly what it's for and they do not hesitate to express how they think it's such a great idea to do that." He added, "We use those glasses every day and all year-round so it's a daily reminder for those people who come in who had an experience with breast cancer. It does affect so many people."

Gough concluded, "When you break things down, every little bit counts."

For more information, visit Gough's Facebook event page at www.facebook.com/events/400788520728830/.

From page 7... Nutrition

media and online."

Also, "diet" is a word Cumoletti hears often when people talk about nutrition and food.

"I even have people say, 'I want you to give me a meal plan,' and well, we can do that but we're going to do a lot of other things too," she said. "A diet, to me, is your life and it doesn't start and stop. Sure, anybody can go on

a diet, follow a meal plan and lose 10 pounds. But as soon as they stop and go back to their regular behaviors, they gain it back and that's what I see."

She added that the obesity epidemic in the U.S. includes people who go through "yo-yo diets" where people go through a cyclical process of losing weight, gaining weight, going on a diet, and repeating the overall process — a phenomenon that is not sustainable.

"We will not be doing

diets, we will be making lifestyle changes and sustainability," she said. "I'm also here to keep people accountable and check in with them once a month or so to help their motivation, keep them on track and find out the main drives causing their behavior."

She also brought up how it is not a sustainable mentality when someone immediately cuts out all sugar or grains, and it is easier if you take small steps and not feel like you are being judged if you

treat yourself every once in a while.

"I'm trying to make people feel comfortable while still eating healthy and maintaining a normal and sustainable lifestyle," Cumoletti concluded. "Food and nutrition are not as hard as it seems. Think basic. A little bit of everything and everything in moderation helps. Everything's a balance."

For more information, visit lgcnutrition.com.

WHAT'S HAPPENING NOW

Ron White

ALBANY — Ron White will perform at the Palace Theatre on Friday, Oct. 11 at 8 p.m.

Comedian Ron White first rose to fame as the cigar-smoking, scotch-drinking funnyman from the Blue Collar Comedy Tour phenomenon, has long since established himself as a star in his own right. Over the past 15 years, White has been one of the top grossing stand up comedians on tour in the country. His comedy recordings have sold over 14 million units (solo and with the Blue Collar Comedy Tour), he's been nominated for two Grammys, he was featured in the Cameron Crowe Showtime Series, "Roadies," and he even authored a book that appeared on the New York Times Best Seller List.

For tickets, visit www.ticketmaster.com. The Palace Theatre is located at 19 Clinton Ave., Albany.

Jerry Seinfeld

ALBANY — Jerry Seinfeld will perform at the Palace Theatre on Thursday, Oct. 10 at 7 p.m.

America's premier comedian, Jerry Seinfeld, has been hailed for his uncanny ability to joke about the little things in life that relate to audiences everywhere. His latest projects include the Emmy nominated web series, Comedians in Cars Getting Coffee, and his Netflix special, "Jerry Before Seinfeld."

For tickets, visit www.ticketmaster.com.

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

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Hello to our loyal *Spotlight* readers,

Nothing brings us more pride than putting out this paper each week. *Spotlight* has been a staple of the Bethlehem community (and beyond) for decades and we look forward to publishing a great community newspaper for many years to come.

Unfortunately, gathering news isn't cheap.

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**.

If you are currently a print subscriber, your print subscription to the newspaper will not change. You are automatically a premium subscriber under the new program. In order to gain full access to spotlightnews.com, you will need to create a digital account at no additional cost. Use the coupon code **lovemyspotlight** to activate your digital account. If you are uncomfortable with this process, please call Kaitlin from 8 a.m. to 4:30 p.m. Monday through Friday and she can assist.

Some news will remain free on spotlightnews.com. *TheSpot518* 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.

Life is better when you find the spot.

Sincerely,

The Spotlight News team—

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October 9, 2019

Spotlight
On
Business
PART FOUR
2019



Spotlight On Business 2019

miSci cooks up traveling exhibit

By **ROB JONAS**
news@spotlightnews.com

A miSci exhibit debuting in October showcases the history of how humans prepare their meals.

Insatiable: Cooking Up Innovation officially launches Saturday, Oct. 12, at the Schenectady-based museum. From there, the exhibit will travel across the United States in a modified format, beginning in 2020.

"It's an exhibit that pretty much everybody – men, women and people of all ages – can relate to," said miSci President Dr. Gina Gould. "It's the story of humans harnessing the use of fire and heat to cook their food."

Gould concocted the idea with Chris Hunter,

miSci's Vice President of Exhibitions and Collections, when she interviewed with Hunter for the president's position in early 2018.

"He took me down to see the collections, and I was struck by the history of these [cooking] gadgetry," said Gould. "We started talking about this history, and during the course of this conversation, we thought wouldn't this be a great subject for an exhibition."

"*Insatiable*" starts at the very beginning of human existence, showcasing how the earliest humans used heat to cook their food – a trait unique to our species.

"We sliced and cooked food on hot rocks," said Gould. "This was especially important with grains because grain is very

difficult to digest. So, humans used hot rocks to bake their bread."

Not many centuries later, humans began developing recipes utilizing standardized measurements to create their meals.

"The first recipes were recorded approximately 6,000 years ago on tablets, and this exhibition showcases how those recipes evolved," said Gould.

Insatiable also takes a look at the evolution of how humans preserved their food, and how the harnessing of electricity changed how they did so.

"We talk about everything from the use of fermentation, brining, sugaring and salting foods to the innovations that we came up with, such as refrigeration and freezing,"

said Gould. "We used to have to go to ice houses to pick up blocks of ice that we brought home to store in ice boxes, but with the invention of refrigeration, we no longer had a need for that."

Refrigerators aren't the only kitchen gadgets *Insatiable* showcases. From the earliest gadget – the toaster – to today's array of coffee makers, microwave ovens, juicers, blenders and more, the exhibit shows how humans developed the tools we use to cook our foods today.

"We investigate gadgetry – what gadgets were used before electricity and what were created after electricity," said Gould.

Insatiable concludes with a look at what humans eat and the carbon footprint that is involved from the

"Once you cook your food, you have more nutrients available to you. Animals that eat raw meat have to sleep a lot because of the energy required to digest the food. Cooking your food pre-digests your food, so you don't have to eat as much."

point where food is created to where it is consumed and processed by the body.

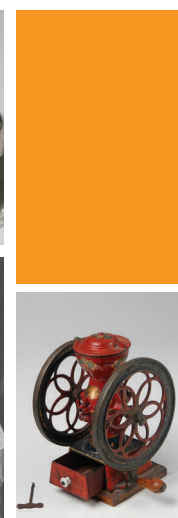
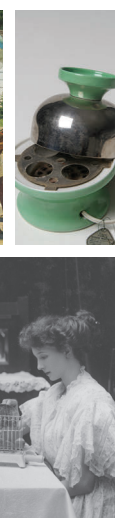
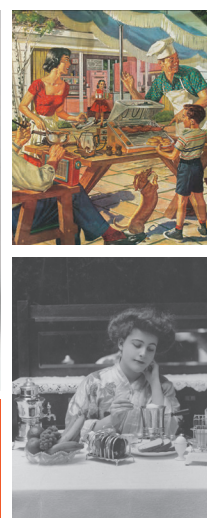
"Once you cook your food, you have more nutrients available to you," said Gould. "Animals that eat raw meat have to sleep a lot because of the energy required to digest the food. Cooking your food pre-digests your food, so you don't have to eat as much."

"*Insatiable: Cooking Up Innovation*" shows through the middle of January at miSci, which is located at 15 Nott Terrace Heights in Schenectady. Museum hours are 10 a.m. to 5 p.m. Tuesday through Saturday, and noon to 5 p.m. Sunday, closed Mondays. For more information, call 518-382-7890 or visit www.misci.org.

— Dr. Gina Gould,
miSci President

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Curated by miSci President Dr. Gina Gould and Vice President of Collections and Exhibitions Chris Hunter, with objects, images, and ephemera from the museum's own Collections and Archive.

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Spotlight On Business 2019

Size yourself up to a good scare

The Costumer has had your Halloween costume since 1917

By **ROB JONAS**
jonasr@spotlightnews.com

Halloween is to The Costumer what Christmas is to other retail stores. But, Halloween does not define The Costumer.

The century old business, with locations in Colonie and Schenectady, is the nation's leading source for providing costumes to scholastic theatre productions.

"During the 1970's, ownership recognized an under-served niche for costuming high school plays," said current owner

Bonnie Johnsen. "The costumes are designed and constructed at our Schenectady location, with a primary focus on scholastic theatre."

The Costumer has grown significantly from its humble beginnings in 1917. It started as a small costume shop in Schenectady by Anna White. She began the business by trading costumes for her daughter's dance lessons. The Johnsens are the fourth owners of this unique 103 year old business.

The Costumer has transformed to a business that costumes over 1,000 shows annually across the country. In addition to scholastic theatre, The Costumer's creations can be seen on TV, commercials and movies.



The Schenectady location is home to 160,000 costumes, as well as a year round retail shop. The Costumer Superstore is located at 1995 Central Ave. in Colonie.

Halloween is the most popular time of year for The Costumer's retail business, as people of all ages seek the right outfit for trick or treating and parties

associated with the season.

"As a locally owned and year round business, we set ourselves apart from the competition with our outstanding customer service," said Johnsen. "Our staff will work with you to find the right costume regardless of your budget. Customers can choose from a vast selection of packaged costumes, or work

with our staff to assemble and accessorize their own unique vision. We are the only place in the Capital Region where you can walk in and rent from a vast inventory of unique costumes. Make up, wigs and props are all available to complete the customer's vision."

To prepare for the Halloween season, staff

from The Costumer travels to an annual Halloween expo to learn about the upcoming year and discover inventory trends which help guide them. "Toy Story, Superheroes and Video Games (Mario, Luigi, Master Chief) are going to be popular with the kids this year," said Johnsen.

The Costumer's two retail locations, 1995 Central Avenue, Colonie and 1020-1030 Barrett Street are open seven days a week during the month of October with extended hours. For more information, call the Colonie store at 518-464-9031 or the Schenectady store at 518-374-7442. Additional information regarding store hours can be found on The Costumer's website, thecostumer.com.

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Spotlight On Business 2019

Client speaks of Organize Senior Moves



Our clients move for a lot of different reasons. Some are recent empty-nesters who have been planning all along to happily pack up and move the minute their kids are out of the house. Others have health issues or prefer a maintenance-free lifestyle. There are those who want to move closer to their adult children to see their grandchildren grow up. Then there are those who move because they lost a spouse and their house is too much to keep up with alone. This was the case with Mrs. O., who we recently moved from her Latham home to an apartment in Watervliet.

Q: Why did you decide it was time to downsize?

The yard work got to be

too much, as did shoveling the snow. Emotionally, it was hard to go into certain rooms because the memories were just too much.

Q: How long did it take you to find your new place at Hudson Preserve Apartments?

I planned the move for over a year, checking out many apartments and senior living facilities with my sister-in-law.

Q: Did you have a plan in place for the actual move?

I assumed I would start packing and hire a moving company to execute the move. Then a co-worker told me about Organize Senior Moves. I had a no idea a company like this existed.

Q: What made you

decide to hire OSM?

I didn't want to burden my family with helping me move. I would've had to purchase boxes, tape, bubble wrap and worried about when to find the time to pack up a house after working two part-time jobs. Hiring OSM solved all that. They provided all packing materials.

Q: Did anything surprise you about OSM?

I was surprised how everything was placed in as close to the same spot in my new apartment as it was in my house. It was the coolest thing.

Q: How was your Project Manager and team of workers?

They were very helpful. They have such a good rhythm and

routine. Nothing was broken. It also helped that they handled all of my husband's clothing donations to the Albany City Mission.

Q: Would you hire OSM again?

I would most certainly hire Organize Senior Moves again!

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Michelle Kavanaugh-Anastasi established Organize Senior Moves in 2012 to help seniors manage the transition from one home to another.

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Spotlight On Business 2019

Are you on The Spinney's waiting list?

The Spinney at Van Dyke has plans to expand its '55-and-better' neighborhood

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

DELMAR—The Spinney at Van Dyke continues to strive towards building a stronger neighborhood within its "55-and-better" community, and it's growing.

"Within the next few years, we are looking to add additional cottages," said Samantha Raynor, director of leasing and marketing at The Spinney Group. "This development — which is very exciting — and we are compiling a waitlist at this time for those future cottages. Because, we are at 100 percent occupancy here."

The Spinney at Van

Dyke is a neighborhood of its own, designed for the 55-and-better community that has retired into their next phase of lifestyle, or working professionals working towards that goal.

The location, for many of those who have established lives around this area, allows residents to stay in their hometown, said Raynor. It's still the same commute to the movies, the mall or the show downtown. And, your favorite pizza joint is still a phone call away.

"Both of our Spinney properties — we have one in Delmar and one in Schodack — are at 100 percent [occupancy]. So, if people are interested in the Spinney lifestyle, and

the unique concept that we have to offer, it's only good to get ahead of that because these are the only current plans that we have in place for building in the next few years," said Raynor.

What makes The Spinney so unique is its one-story living approach. All of its buildings are built this way so residents do not need to climb stairs in their homes again, allowing them to age in place. Another reason for this building technique is for the convenience of privacy. No one will ever live above or below them, unlike apartment buildings that are built floor upon floor. To add onto the attractiveness of this concept, most unit types

have attached, direct-access garages and private front porches and back patios, further mimicking the feel of a single-family home.

While Spinney cottages' amenities may make residents feel as if they're living in a single-family home, they will no longer feel the woes associated with homeownership. Think about regaining all the time spent on mowing the lawn, shoveling snow and fixing the plumbing, so you can focus on family, friends and hobbies — hobbies which can be further fostered by the group's community events calendar.

The 4,000 square-foot Spinney clubhouse provides a town square

"Both of our Spinney properties — we have one in Delmar and one in Schodack — are at 100 percent [occupancy]. So, if people are interested in the Spinney lifestyle, and the unique concept that we have to offer, it's only good to get ahead of that because these are the only current plans that we have in place for building in the next few years."

— **Samantha Raynor**, director of leasing and marketing at The Spinney Group

feel that allows residents to socialize and gather for events. During the warmer months, there's also a community garden complete with raised beds, that allow residing gardeners to plant and grow their favorite plants that can later be planted by the group's grounds keepers.

"At this point, we're talking to people about preparing their homes and their lifestyle to move here," said Raynor. "They need to downsize. The timeline that we have with prospective residents is pretty long. It's such a large life decision. At least people are coming to us early on, getting the information, getting on that waitlist and starting that process so that they can make the move here, hopefully, within the next few years."

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Spotlight On Business 2019

The quality of your day depends on you

Snap into a healthy perspective by visiting Pinnacle Behavioral Health

By **ROB JONAS**
news@spotlightnews.com

Some people look forward to the holiday season with anticipation and excitement. For others, though, it can create a sense of anxiety or sadness.

The latter carries the moniker “holiday blues,” and it can be physically and emotionally draining to those who suffer from it.

“It’s not just one thing [that causes it],” said Pinnacle Behavioral Health Director of Operations Rocco Pezzulo. “If there are family members who are no longer there whom they shared the holidays with, that can be a factor. Financial issues can be

another factor, if somebody is struggling. With the over abundance of food available at holiday parties, overeating can also play a role.”

Combating the holiday blues is challenging, said Pezzulo, especially since the shorter, colder days can create a mindset that leads to being less active. Without that high level of activity, people can develop chemicals within them that creates anxiety and depression.

“I believe the body can create chemicals that have amazing powers,” said Pezzulo. “If you can create amazing chemicals, you can also create chemicals that can harm you.”

To help combat the bad chemicals within one’s

body, Pezzulo said the starting point should be finding the good in the holiday season.

“One of the simple tips is to remind ourselves about the real meaning of the holidays – being together with our family and friends,” said Pezzulo. “It’s called cognitive restructuring. If you can reconfigure your thinking to remind yourself of the meaning behind the season, that can help you.

“Another component is taking time for yourself. Also, I would take more time to really connect with others in a truly meaningful way. You know how some people tend to put up facades when they are talking with people. Connecting with someone

in a meaningful way with real emotions, rather than facades, can really benefit you.”

Finding ways to get the body moving can also help people combat seasonal depression and anxiety. Pinnacle offers several classes utilizing exercises and martial arts developed over the centuries in Asia, such as yoga, Tai Chi and Qi Gong.

“[Eastern cultures] say that physical and mental illness is caused by the stagnation of energy,” said Pezzulo. “Things like Tai Chi and yoga help move the energy in your body around. Once you get the energy moving, it’s amazing what it can do for you.”

Pezzulo said he is

“I believe the body can create chemicals that have amazing powers. If you can create amazing chemicals, you can also create chemicals that can harm you.”

— Rocco Pezzulo,
Pinnacle Behavioral
Health Director of
Operations

especially impressed with the benefits of Qi Gong, a Chinese martial art that is defined as a combination of meditation, controlled

breathing and movement. “To me, that’s probably one of the most effective modalities without the need for taking medication that I can think of,” said Pezzulo.

Pezzulo said people should also take medications prescribed by their doctors in conjunction with any martial arts classes they take. However, they may be able to ween themselves off their medications if the classes are successful in improving their energy levels.

By changing one’s mindset and getting one’s body moving, people suffering from the holiday blues can put themselves in a better frame of mind.

“Once you gain that momentum, you can create those healthy chemicals and live a healthy life,” said Pezzulo.

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Spotlight On Business 2019

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George Brothers is run by Richard George and his wife Diane.

Richard has 35-plus years of experience in the masonry and concrete industry. He started his career at an early age working and learning from the best, his father, who in turn learned from his father. Diane has 35-plus years in both finance and business management. She joined her husband's business in early 2011.

George Brothers Inc, Increte of Albany has



been specializing in the masonry industry since the early '80s. With their focus on top-quality work and exceptional customer service their presence in the Capital District is both recognized and sought after. Not only does George Brother's provide noteworthy installations to both residential and commercial customers, they also are the only Increte System's distributor in the Capital District with a retail location which is open to both contractors and the public.

Their service product line consists of regular concrete: patios, pool decks, driveways, walkways, garage floors, steps and more.

Stamped Concrete: patios, pool decks, driveways, walkways, steps,

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Spotlight On Business 2019

A wellness clinic and a girl's best friend

CBD sparkles like diamonds for local jewelers

Because has become a second business for Sondra Stephens and her son, Anthony Kaczmarek.

Stephens, who opened Sondra's Fine Jewelry in Schenectady more than 22 years ago, and Kaczmarek opened Green Leaf Wellness Co. last December. They will be moving into their new clinical environment, which they have built adjacent to the Jewelry Store located at 1624 Union St., on Saturday, Oct. 12, which will be their soft opening.

Green Leaf Wellness

Co. offers CBD in a variety of forms, including oil tincture, gummies, gel capsules, teas, salve, beauty product, pet products, and CBD Flower, to name a few. "We have full spectrum CBD, which consists of all parts of the [hemp] plant, broad spectrum CBD and CBD isolate, which remove the THC" said Kaczmarek. "All of our 3rd Party Lab Results are on hand and at your disposal" Kaczmarek added. Green Leaf Wellness Co. only sells CBD Products of the highest quality, American grown, organic and safely extracted.

Green Leaf Wellness Co. grew out of Stephens' and Kaczmarek's advocacy for legalization medical marijuana for epileptic children and cancer

patients in New York. "We have always supported women's and children's health issues since our inception in 1997," said Stephens.

"When Colorado came to the Capitol to talk about their experiences with legalizing medical cannabis, we were there to listen," said Kaczmarek

Their involvement took another step forward last year when they began carrying Genifer M Luxury Cannabis Jewelry, developed by Dr. Genifer Murray – the lead microbiologist on the Charlotte's Web Project. This project is critical to the overall acceptance of CBD and medical marijuana as a viable, mainstream therapy. The jewelry was created to bring awareness and

show support for medical cannabis in a discreet and classy way, in the shape of THC and CBD molecules. Sondra's was the first fine jewelry store in the nation to carry this beautiful line as it had only been previously showcased in dispensaries on the West Coast.

On a conference call last December with Dr. Murray, she jokingly asked them why they were not carrying her family's CBD oil. "We took 10 bottles of her family's oil, called Desert Azee full spectrum CBD oil, which remains our flagship brand to this day," said Kaczmarek. "We put it on a shelf next to the diamonds and the journey began."

They then broke ground on a six-figure investment to Upper Union Street

in Schenectady, fueled by their passion for helping the community, and the overwhelming need for a safe, legitimate, legal clinic for people to purchase their CBD with full transparency and confidence. The next level in their growth recently took place with the acquisition of the Charlotte's Web brand of CBD oil, which was just issued the first patent for a hemp strain in history.

CBD has seen a rapid growth in the United States, fueled by studies that show that hemp-derived oil has helped patients dealing with a variety of ailments, such as pain and inflammation, stress and anxiety, depression and insomnia just to name a few. This is why he and his mother

felt strongly about opening Green Leaf Wellness Co. Stephens emphasized that CBD oil isn't a cure-all for every ailment, but she added that the benefits are only just beginning to be fully recognized by researchers.

"We are pioneers in this industry, doing cutting edge work and we are focused on what the future holds for this amazing plant," said Stephens.

Sondra's Fine Jewelry and Green Leaf Wellness Co. are open six days a week. Hours of operation are 10 a.m. to 6 p.m. Monday, Tuesday, Wednesday and Friday; 10 a.m. to 8 p.m. Thursday; and 10 a.m. to 4 p.m. Saturday. Appointments to meet Stephens or Kaczmarek can be made by calling 518-372-5853.

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Spotlight On Business 2019

Avoid buried costs

Meyers Funeral Home won't hide the cost to bury your loved ones

By **ROB JONAS**
news@spotlightnews.com

Planning a funeral can be very stressful on a family, especially when they start considering the cost for one.

Unless the funeral was prepaid, families have to find the financial resources to cover the cost. Fortunately, there are several resources families can tap into when they need to pay for a funeral, said Meyers Funeral Home director Stephen Meyers.

"Many counties offer benefits to help people afford funerals," said Meyers. "If a person passes in VA [Veterans Administration] care, the VA offers to cover most of the cost of the funeral. Some credit cards have

an allotment of \$1,000 or \$500 to help cover the cost. There are pensions and insurance policies that people can tap into."

In all cases, said Meyers, it's up to the families to look for these benefits.

1. "If you're entitled to a benefit, they won't come to you. You have to go to them," said Meyers. Another tip Meyers suggested families should do is calling several funeral homes to find out how much a funeral will cost.

2. "The biggest fear is not knowing the cost," said Meyers. "I suggest people call around. In fact, I encourage them to call around and then call me."

3. In talking with funeral directors, Meyers said families should discuss all of the associated costs of

the funeral before making their decision. There could be fees that show up on the final bill that were not discussed during the meeting.

"A lot of national chains have come into the area, and I have heard some horror stories about people who were charged more than they expected," said Meyers.

Meyers said he works with every family and every budget to ensure that their loved ones receive the funeral they deserve at a price that families can afford. And, he will recommend resources for financial aid that families might not have thought of.

"There's a lot of benefits out there ... we can accept as payment for a funeral," said Meyers.

A guiding hand

Daughters of Sarah has helped seniors through all stages of wellness

It's a fact: we will age. As we age, it is inevitable that over time our bodies will become less able to complete tasks that were once easy to accomplish.

We may become forgetful or confused. It is certain that many of us will one day find that we can no longer reside on our own without some daily support.

Thankfully, nursing centers and assisted living facilities are available for those who need them.

As a non-profit senior community, Daughters of Sarah has been caring for the elderly for more than 75 years. With

thresholds in Albany and Troy, Daughters of Sarah Community for Seniors continues to grow to meet the continuum needs of the region's elderly and their families. The Massry Residence at Daughters

bathrooms, and offers long-and short-term rehabilitation services, the Golub Family Memory Enhancement Center for individuals with Alzheimer's disease and other forms of

dementia, long-term skilled nursing care, and palliative care. Our Community for Seniors provides expanded opportunities for socialization, friendship, and

an active lifestyle, with an efficient delivery of services.

Daughters of Sarah is dedicated to helping seniors at all stages of wellness continue to live life safely, with dignity and respect, and to its fullest.




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Spotlight On Business 2019

Close to all, a world away

There's a 'meandering' connection between Starbuck Island and one famous novelist

If you've driven over the Green Island bridge in the past year, you've noticed that an exciting new development is changing the skyline of the historic area: Starbuck Island Apartments is the region's newest waterfront luxury community. Boasting modern amenities, SMART home technology, and tranquil views of the Hudson River and downtown Troy, Starbuck Island is all contemporary, but rooted in local history.

The name "Starbuck" is derived from the 1800s, when the original name of Center Island was Starbuck Island. Moby Dick author, the famous Herman Melville, grew up in the Albany area, and there is a meandering connection

between Starbuck Island and the writer. Book-worms remember that Captain Ahab's First Mate was none other than Starbuck; maybe Melville's way to pay tribute to his Albany roots. In the novel, Starbuck is the voice of reason and hope, and provides a fitting namesake for the newest name in luxury living.

Luizzi Companies' latest endeavor will feature a riverside restaurant, swimming pool, amphitheater, retail shops, boat slips, heated sidewalks, underground parking, and one building for residents 55 and over. The resident experience includes elegantly-designed interiors with upscale finishes, private balconies, scenic views, and an easy walk to Downtown Troy.

The location is splendid, as the Island is minutes from local restaurants and breweries, a farmers' market, and live music; yet provides residents with a welcome escape from the noise and hurried metropolitan life. Surrounded by stunning views, tranquil water, and unparalleled luxury, Starbuck Island is a home former sailor Herman Melville would have loved to experience.

Starbuck Island is proudly managed by Luizzi Property Management. The community is currently accepting applications and leasing the first two buildings that will be completed for November and February.

Visit www.StarbuckIsland.com to view floorplans, pricing and amenities.

Comprehensive dental care

Dr. Abele, a pioneer in dental sciences

DELMAR — "Building an oral health home for families where comprehensive, top-of-the-line dental services were easily accessible was my goal," said Dr. Thomas Abele, who, since 1969, has been a pioneer and leader in the dental sciences. "With the support of a talented and dedicated staff, I hope I have achieved that."

By offering a total spectrum of care for all ages, Abele eliminates the need for patients to move from doctor to doctor to achieve optimal oral health, comfort and beauty. Early on, he spent the additional hours of training to become qualified in dental implant technology and root canal

therapy. His reinvestment in his practice ensures that patients are offered the latest in minimally invasive approaches, digital imaging, laser power and sedation dentistry.

"Dental medicine, most pointedly when encompassing cosmetic dentistry, is definitely an art," said Abele. "Every aesthetic aspect of a patient's face must be taken into consideration when addressing reconstructive procedures, whether in the application of veneers and crowns or restorations with implants."

Because Abele works closely with the technicians of his on-site dental lab, issues such as tooth color and shape are seamlessly addressed. His deep experience in placing dental implants, including the latest in genetically coated bone grafting,

when required, and beautifully designed tooth restorations is renowned.

Citing the importance of patient education, Abele said, "Although I personally feel responsible for my patients' oral health, they have to 'buy in.' That requires helping them understand why compliance with good oral health habits, including attention to their gums, can make them healthier and happier. I enjoy taking the time needed to answer questions and provide ongoing support.

"As much as I have always enjoyed the research and ongoing education that dental medicine requires in order to stay at the top of the game," said Abele, "I most enjoy the results I see in my much valued patients. They are the ones who make me look good."

— Dr. Thomas Abele

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Spotlight On Business 2019

When back pain strikes

If you've got back pain, you can expect your chiropractor to examine your spine. But your feet?

"When a patient comes in with repeat or chronic pain, I look not only at their spine but at its foundation — the feet — for the cause," said Dr. Robert Golden of Delmar ChiroThin and Chiropractic Care. "It's not unusual for foot problems to be a contributing factor in back pain."

Studies show orthotics can reduce back pain by over 34 percent. They promote optimum posture and help maintain proper spinal alignment after chiropractic treatment.

However, Dr. Golden cautions, over-the-counter orthotics made for the "average" foot generally

support only one arch, so they usually offer limited relief at best.

"Each foot is unique," explains Dr. Golden. "Unlike generics, custom orthotics are made to precisely support your individual feet."

Dr. Golden has prescribed orthotics to complement his chiropractic care for over 30 years. He recently added a free, 3D-laser self-scanner in his office lobby in Delmar.

"You can come without an appointment, even outside office hours," he notes. "A touchscreen walks you through the short process, then you'll get a report by email. Afterward, I offer a no-charge consultation to discuss your results. It's very easy."

If you prefer, Dr.

Golden can perform the scan in his office, by appointment.

"If the scan and consultation show you'd benefit from orthotics, I can have them made for you by a 65-year-old company I've trusted for years," he says.

Custom orthotics can be made in any size, for dress shoes, comfort shoes, athletic shoes — they even make sandals. Some patients swear their golf shoe orthotics improve their game.

Prescription orthotics may be covered by your insurance, and they're a qualified expense for FSA/HSA accounts. A good reason to check your feet for the relief you're looking for.

Quality Amish craftwork

By **ROB JONAS**
news@spotlightnews.com

Backyard Sheds has two locations for the customers convenience when shopping for a high-quality shed, gazebo or custom garage — Selkirk is the original location at 1208 US Rt. 9W, Selkirk, and it's second location at 658 Saratoga Road in Burnt Hills.

Ryan Becker heads up the Burnt Hills location, he meets with customers to discuss their options and help them find the shed, gazebo or garage they are looking for.

Each item sold is built by our Amish craftsmen based in Pennsylvania. Sheds of all sizes are built in Pennsylvania and shipped directly to one of our lots. They are then

transported to your home by our experienced delivery team. For larger projects, the builders travel to the customer's home to build them on location. Free standing garages, pool house's and pavilions are built by our experienced crew with highest quality and value in mind.

Though the business got its start by selling sheds and gazebos it has expanded over the years to include Horse barns, chicken coops, play sets, he-shed's/ she-sheds and more. Customers can choose from many options to customize their purchase allowing them to create a one of a kind structure.

To assist homeowners with their choices, Backyard Sheds offer several guides on its website (www.backyardshedco.com). These guides can help

customers decide how big of a structure they need based on what they want to use it for, what style they want for their structure, plot out an area for where the structure will go and make them aware of steps they will need to take to receive a permit from their township or municipality. All of our sheds include: Ramp, oversized windows, vents, diamond plate door protection, and free delivery built in to every price.

Store hours are 10 a.m. to 5 p.m. Monday, Wednesday and Friday; 10 a.m. to 6 p.m. Tuesday and Thursday; and 10 a.m. to 4 p.m. Saturday. For more information, call 518-767-2671 to talk with Fred or Sue in Selkirk or call Ryan at 518 399 3160 in Burnt Hills. You can also visit www.backyardshedco.com.

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Spotlight On Business 2019

New you for 2020?

Luxurious hair is waiting for you at Purity Hair Design

By **ROB JONAS**
news@spotlightnews.com

No two customers are alike, so why should their hairstyles be alike?

At Purity Hair Design in Voorheesville, every stylist works with their clients to create a hairstyle they will love.

"The stylist will take the time to do a detailed, customized consultation with the client to discuss the cut and color that will fit into their lifestyle, their profession, their face shape and the amount of time they want to take to maintain that style," said Purity owner Amanda Scalzo.

Purity uses Aveda hair products on all of their

customers.

"It's a naturally derived product, which is why people come into our salon," said Scalzo.

All of Scalzo's stylists are trained to use Aveda products to produce the hair style and color that their customers are seeking.

"There's a level of knowledge that people can expect from our stylists," said Scalzo. "They'll walk the client through the whole process. It's all about creating an experience for our clients in the salon."

Aveda products are made in the United States, and they do not test their products on animals. Ninety-eight percent of the content in Aveda products are from natural

sources.

Purity Hair design also prides itself in being environmentally conscious. It recycles most of its waste to help reduce its carbon footprint. Because of their environmental practices, Purity is a certified member of Green Circle Salons.

Purity Hair Design works with women, men and children. It offers hair therapy treatments, hair coloring services, hair extensions, makeup services and waxing, along with its tradition cut and styling services.

Purity Hair Design is open from 10 a.m. to 8 p.m. Tuesday through Thursday, 10 a.m. to 6 p.m. Friday, and 9 a.m. to 5 p.m. Saturday.

A holiday with Maria

Want Thanksgiving? Start calling Maria's now

By **ROB JONAS**
news@spotlightnews.com

Not everyone likes to cook for the holidays. That's where Maria's Cafe and Catering can help.

The cafe on Union Street in Schenectady can create a traditional Thanksgiving meal for a family of 10 that includes all of the traditional fixings such as turkey, cranberry sauce and stuffing. They also cater office holiday parties and other special events such as birthday parties, weddings, anniversaries, graduations, baby showers and bridal showers.

Maria's Cafe and Catering is owned and operated by Maria

D'Angelo, who comes from a family of restaurateurs. She started working in her family's business when she was a child, and now her family works with her.

"I've always enjoyed working with my family," said D'Angelo.

D'Angelo started her own catering business four years ago and had to rent kitchen space to create her meals. The cafe she opened in 2017 grew out of her need to stop renting.

"It was difficult to find kitchens to rent," said D'Angelo. "I opened the cafe to have my own kitchen."

D'Angelo began the cafe as a breakfast and lunch spot, but she soon expanded her hours to include Saturday and Sunday brunches, as well as

Friday dinner service.

"Sundays were getting busy, and people started asking if we could start opening for Saturday brunches," said D'Angelo. "So I started opening on Saturdays, and we're getting good crowds."

In addition to the usual breakfast and lunch fare on the menu, D'Angelo creates brunch specials on the weekends. She said two of the more popular specials have been eggs Benedict and steak and eggs.

D'Angelo seeks out local sources for the food she serves at the cafe. "I do most of the shopping myself ... going to the local stores," she said.

Maria's Cafe and Catering is located at 412 Union St. in Schenectady.

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Spotlight On Business 2019

Trendy and traditional

Uncle Sam's All American Chocolate Factory keeps up

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

Chocolate is more than the creamy treat you have after a meal or during a busy workday — it's an entire business that Uncle Sam's All American Chocolate Factory has mastered.

2020 will be the 90th anniversary for the beloved chocolate shop. Uncle Sam's, which is named after the original owner, Sam Ashley, credits its longevity to the quality product and warm service it offers.

"We understand the history of this business and want to keep it the way it's always been, while still

staying trendy and modern," Erin Bagdriwicz said. "There are so many varieties and options for chocolate, but we are confident in our recipe and believe that's why we've lasted in this big-box society."

The Schenectady staple — that expanded to Newton Plaza in the last few years — is now experimenting with artisan chocolates. After acquiring the Chocolate Gecko in Albany, Uncle Sam's wants to branch from that creativity for flavor profiles you wouldn't expect. Each Wednesday during the summer, the staff sits down and dips "weird" things in chocolate, including jalapenos, avocados and cheetos.

"We really loved the innovation of Chocolate Gecko," Bagdriwicz said. "Even though we're phasing the CG logo out,

we are inspired by its creativity and continue to experiment with flavors that will satisfy everyone."

The artisan line is a great idea for the holidays. Uncle Sam's is known for its holiday services, including shipping chocolates right to giftees. Bagdriwicz said the staff will take extensive lists from customers, find what each will like and then ship it right to whoever will be receiving it.

"It takes the work away from the customer while still keeping them involved in gifting," Bagdriwicz concluded. "Our business model is making people happy. We're a want. We know if you don't want us, we don't need to be here."

Quilting and metaphors

By **ROB JONAS**
jonasr@spotlightnews.com

Quilting is a metaphor of living in the United States. It brings people of different backgrounds together to create something greater, and more beautiful than the sum of its parts.

That spirit of creating community is what drives The Joyful Quilter's owner, Susan Pettengill.

"I feel as a culture, we are getting more and more isolated," said Pettengill. "The store has brought people together. We're creating community through quilting."

The Joyful Quilter opened in 2007 with the goal of teaching people of all ages how to sew.

"We find people come here at transition points in

their lives," said Pettengill. "Whenever there's a birth or graduation or a wedding in a family — or divorce, or even a funeral — they come in because they want to mark the occasion. It's a way for them to make those life transitions easier on them."

Pettengill said she started sewing as a child, and she said there are several health benefits that come with it.

"It lowers the blood pressure, it reduces stress ... and we also try to make people laugh and have fun, which also lowers blood pressure and stress," said Pettengill.

The idea, said Pettengill, is to get people to re-engage with others through participating in a tactile activity, such as sewing.

"We offer something that is more unique

than anything they can find online — something that is deeper and more meaningful than what you can find on a [computer] screen," she said.

The Joyful Quilter offers classes and one-on-one instruction, as well as parties and other events. The shop also works with charities such as Quilts for Kids and Ryan's Case for Smiles.

"It's a way for people to get involved in the community without going online," said Pettengill.

The Joyful Quilter is located at 19 Glenridge Road in Glenville. The store is open 10 a.m. to 5 p.m. Monday, Tuesday, Thursday and Friday; 10 a.m. to 8 p.m. Wednesday; 10 a.m. to 4 p.m. Saturday; and 11 a.m. to 4 p.m. Sunday. For information, call 518-399-0128 or visit joyfulquilter.com.

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Spotlight On **Business** 2019

What's a business plan?

Business plans are helpful for entrepreneurs

Businesses large and small can benefit from drafting business plans before beginning operations. A business plan is a description of a business' projected future, and this document will spell out exactly what a business owner plans to do and how he or she will put that plan in motion.

Forbes says that entrepreneurs can benefit from business plans because the process of developing them will help business owners understand which type of business he or she would like to create and the type and amount of funding and other resources that will be needed to get the business functioning. Although business plans

may be optional, one instance in which they are often required is when entrepreneurs are seeking funding. That's because lenders often require business plans to weigh the risks and benefits of investing in a potential business.

Entrepreneurs can use templates to draft business plans and then fill in specific details. Here are some components to include in the plan.

- **Executive summary:** This is a synopsis of the entire plan with all of the essentials briefly discussed. Include the reasons why the business will be successful.
- **Business description:** In this section, entrepreneurs can provide a profile of the company. Information can include location, size, planned operations, and the target market.
- **Industry analysis:**

Here business owners discuss the market in which the business will be competing, including how large the market is and whether or not there are any trends affecting this type of endeavor.

- **Marketing, products and sales:** In this portion of the plan, owners mention the products or services being offered. Strategies for branding, marketing and how the product/services will be sold also are included.
- **Operations:** The operations portion of the plan will detail the processes the business needs to address on a daily basis to be successful.
- **The team:** In the business plan, entrepreneurs should also identify the personnel who will be helping to run the company, including why these people are qualified for the job.

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Spotlight On Business 2019

There is another way

Safe alternative pain treatment has arrived

Laura Brown believes no one has to live with chronic pain.

Laura is dually licensed as a physical and massage therapist with her own practice in Schenectady. Twenty three years in practice, she is very excited to add Calmare Therapy to her arsenal.

"I have spent two years researching and readying my practice for Calmare," Brown said. "This is a game-changer for people suffering with neuropathic pain. It is non-invasive and drug-free, making it the perfect alternative for opioids."

This device, US FDA 510(k) cleared, uses a biophysical, rather than a biochemical, approach. It gives therapists the

ability to simultaneously treat multiple areas of the body by applying surface electrodes directly to the skin. Calmare® then produces a no-pain signal, which becomes the dominant signal to the brain, overriding the sensation of pain.

With over 4,000 patients successfully treated worldwide, it has proven effective for neurological and oncologic pain. Compatible diagnoses include chemotherapy induced peripheral neuropathy, phantom limb syndrome, sciatica, low back pain, postherpetic neuralgia and chronic regional pain syndrome, among others.

For those wanting more information, Brown suggests visiting her website. Key factors to successful treatment with Calmare include a proper diagnosis from a neurologist or pain management

physician, communication with the referring physician with regards to medication weaning and strict adherence to the treatment protocol.

"Calmare is an accretive treatment," Brown said. "While patients should know within a couple of treatment sessions if it is working, consistent sessions daily are required until the new baseline of pain is reached."

Brown stated, "This is a wonderful and effective treatment for those who suffer chronic pain. Most have tried everything and are still suffering. This has worked where other treatments have not. I highly recommend looking into this treatment. To top it all off, it isn't even noxious. Many people fall asleep having their first relief-experience in a long time."

An appointment for you

Fringe offers top salon experience

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

LOUDONVILLE — "[Fringe] Hair Salon is bright, friendly and welcoming; good things are going to happen here."

If you scroll through Facebook reviews of Fringe, similar sentiments are the overwhelming majority. Clients love Fringe, and this makes owner Kristin Trance's mission one worth pursuing.

Trance, a native of Colonie, prides herself in the ultimate salon experience. She's worked at some beloved salons that host people with high expectations. When she worked at Vidal

"I work with people who have the same end goals as I do and value that high standard. It's important to me that the stylists who work here are as happy as the clients."

— Kristin Trance's, owner

Sassoon in New York City, her vision for the perfect salon clicked and she realized opening her own salon seemed inevitable.

"I loved how customers would come in [in NYC] and would have their coats hung up for them, a robe draped over them and for that appointment, everything was about them," she said. "I really love the idea of walking in and feeling like your time is centered around you. You were treated like royalty."

Trance works hard to make Fringe something her daughter, Livie, would be proud of. She does this by prioritizing what's important to her ultimate client experience.

"I work with people who have the same end goals as I do and value that high standard," she said. "It's important to me that the stylists who work here are as happy as the clients."


Fringe also hosts a space where stylists can teach classes and grow their craft. It's a space where education is encouraged, but the stylists are consistent in the services they provide.

"I don't have many rules," Trance said. "However, I do ask that stylists keep their work stations clean, focus on the client while they are in the chair, create a positive work environment and understand that teamwork makes the dream work."


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Spotlight On Business 2019

Baby's first selfie

See your baby at 2D, 4D and HD Live

By **ROB JONAS**
news@spotlightnews.com

Discovering the gender of a baby before he or she is born is a big deal these days. Expectant parents are increasingly holding gender reveal parties in their homes and on social media. The sooner they know, the sooner they can let their family and friends know.

Shannon Nelson took note of this increased interest in early gender identification. A sonographer who spent more than a decade working at hospitals and clinics in central New York, Nelson opened her own business called Baby's

Debut in 2013 outside of Utica and has expanded to Syracuse and, more recently, Colonie.

"When I was working at the hospital, I saw a lot of patients coming in, and they wanted to know what gender the baby was right away," said Nelson.

Baby's Debut is the only office in the region that uses 3D/4D/HD technology to create an image of the unborn baby as early as 15 weeks, which Nelson said is the time when the first indications of the baby's gender can be seen.

"We show it on a big screen television, so everyone can see the image," said Nelson. "We also create a DVD for the parents, so they can have a keepsake to take home with them."

It's not just the parents who are in the room, either. Nelson said family and friends can be invited by the expectant couple to view the gender reveal, which is something that can't be done at a doctor's office or a hospital.

"It's not diagnostic. It's purely for entertainment," said Nelson.

The response has been strong in the markets Nelson has entered. The Utica and Syracuse locations have been busy, and she said she is hoping for a similar response to her new location at 6 Automation Lane in Colonie.

"It's a bigger area [than Utica or Syracuse], so it's taking a little more time than usual to take off. But, the people who have come in have given us great reviews," said Nelson.

At your doorstep

Easy Lube On-Site Oil Change comes to you

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

Don DeMarco understands you have a busy life. He understands swinging into the quick change oil place can require an entire day of planning. He offers another solution.

The owner of Easy Lube On-Site Oil Change has been changing the Capital District car maintenance industry since May by allowing the busy working class more time to do life.

"Because I come to you, you don't have to take two hours away from your family or squeeze

an oil change into a busy weekday," DeMarco said. "Even if you're just chilling in the hot tub while I work, that's fine. I come to you."

DeMarco will show up in uniform at your place of work, your home, or anywhere you might be to change your oil and work on your car while you go about your day — and he will not leave a drop of oil behind.

"I focus on providing quality workmanship with integrity, respect and care so my customers enjoy a pleasant, organized and stress free experience. I use high quality USA made oil filters and API certified synthetic blend and full synthetic motor oil that allows your car more mileage between oil changes," DeMarco said.

Part of making sure your car is in great shape is his extensive checklist. DeMarco refers to his system as a 15-point service. Sure, he cleans your air filter and makes sure your fluids are topped off, but DeMarco is also looking at tire pressure, turn signals, front and back lights and more. All of DeMarco's services are cleanly laid out on his website along with his pricing, many reviews and more. He's honest and will not try to upsell you, but will be sure to let you know if he discovers a deficiency. "A properly maintained vehicle is vital for our on-the-go living, but more importantly, for you and your family's safety. If I notice a potential problem I want you to know about it," DeMarco concluded.

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Spotlight On Business 2019

Bringin' it old school

Friends of Chamber Music brings intimate music to Capital District

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

If you are a fan of live music, you have to appreciate what the Friends of Chamber Music brings to Kiggins Hall each year.

Now in its 71st year, the Friends of Chamber Music ushers in world-class musicians and ensembles to play in the intimate surroundings of Kiggins Hall at the gorgeous Emma Willard School in Troy.

Chamber music, or music in which only one instrument plays each line, is often called the music closest to the composer's heart, because it is written to be played and heard by confidants, friends and peers.

Founded in 1949 by composer and educator Martha Beck Carragan, Friends of Chamber Music of Troy, New York aims to expand the audience for a full range of chamber music — both the known and the new — played by world-class musicians and ensembles, many of whom we are introducing to the Capital District for the first time.

Friends of Chamber Music presents a series of five concerts each year, building on a tradition of showcasing excellent musicians and exceptional programming at prices that allow a diverse audience to experience this beautiful music.

Jennifer Laursen, the clerk of the programming committee, holds

the responsibility of scheduling the acts for each season. It's a unique experience, she said, as "everyone wraps around the performance. You're really close and personal," as patrons consume both the auditory magic and observe the non-verbal communication between the musicians as they perform.

In 2018, Friends of Chamber Music became a regular stop on the triennial Banff International String Quartet Winner's Tour.

The 2019-2020 season starts with a performance from the Kenari Quartet on Saturday, Oct. 12, at 7:30 p.m.

Take the load off

Flach Companies has the means to lift that load

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

SELKIRK — There are two things the Flach Companies have maintained since first opening in 1970: providing industrial and construction-oriented services to the Capital District and keeping it a family business.

Located on 1521 Route 9W in Selkirk, the companies are comprised of four companies within: Flach Crane & Rigging, Gould Erectors and Riggers, Inc., Flach Industries, Inc. and Flach Development. Mainly working with industrial and municipal clients, the

companies offer services including crane rentals, rigging, trucking, building erection, steel fabrication, plant maintenance and more.

Keith Flach, the first two companies' supervisor, said the companies have been run by three generations of Flach men — his grandfather, John



P. Flach; his father, John C. Flach Sr.; and himself. Since the end of last summer, they have been under a new generation of management, and have had a change in the administrative principles to adapt to what the future may bring. Although they are under a new generation of management, the family

always strives to offer the same quality of work and ethics that it has since 1970.

While the companies mostly work within an hour radius from the Capital District, Keith said it has sometimes done business as far as Vermont, Massachusetts and Connecticut. "Going above and beyond for what the customer needs was a core value my grandfather had started with, and we make sure we try to work on budget and on schedule," Keith said. "Our dedication to our customers' needs and our core family and business values are what set us apart from other businesses. We also take safety as a high priority in our work."

For more information, visit www.flachcompanies.com.

Friends of Chamber Music OF TROY, NEW YORK proudly presents our 2019-2020 season



Kenari Quartet
Sat., October 12, 2019 at 7:30 p.m.



Aizuri Quartet
Sat., November 23, 2019 at 7:30 p.m.



Miró Quartet
Sat., January 11, 2020 at 7:30 p.m.



St. Lawrence String Quartet
Sat., February 1, 2020 at 7:30 p.m.



Escher String Quartet
Sat., March 14, 2020 at 7:30 p.m.

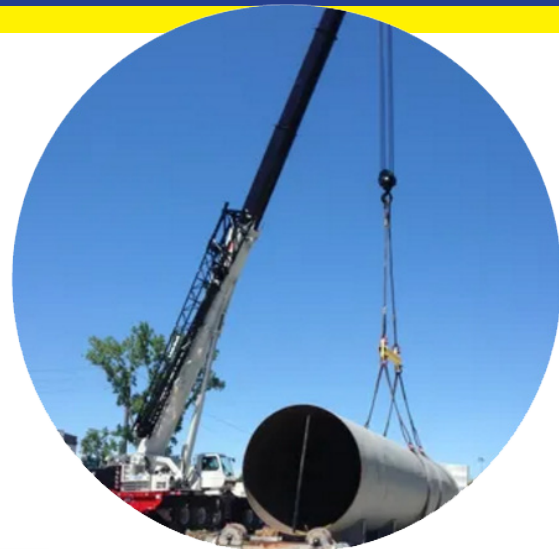


Sonnambula
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Spotlight On Business 2019

Where a dog has its day

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With two locations Shampoodle offers much more than that! If you have errands to do or just don't want to wash your pup you can make an appointment for our Professional Bathers to do it for you. Your pup will be ready to go home in approximately

an hour. Everything is done by hand — no cage dryers and the "We Will Wash" includes nail cutting also.

Shampoodle came in first in the Times Union's Readers Poll for the best non-chain grooming category. So, if your pup needs a groom we have exceptional groomers at both locations! Also there are no big walls that hide the grooming - you can see your pups getting groomed. No crates are used whether to keep them in or dry them in, and they can go home as soon as their new "look" is done. Just call either location and make an appointment.

Is your pup bored at home all day or stuck in a crate? Doggie Day Care is the answer! Clifton Park takes in all size pups — Delmar can only take smaller (under 50 pounds) pups for now. Day care is

open Monday-Friday from 6:45 a.m. to 7 p.m. Day Care pups are walked every two hours and in Clifton Park there's a fenced in area outside they play in for a couple hours a day (weather permitting).

Shampoodle loves our pups. Follow us on Facebook, Instagram & Twitter or Shampoodledogwash.com

Shampoodle Delmar — 266 Delaware Ave. Delmar 518-368-3260

Clifton Park 1536 Crescent Rd. Clifton Park 518-371-6600 (just off exit 8 of the Northway).

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All I want to do

How biking to work can benefit your overall health

Commuting is a fact of life for millions of professionals. The U.S. Census Bureau reports that the average person in the United States spends 26.1 minutes getting to work, while Statistics Canada notes the average Canadian spends 26.2 minutes getting to the office.

Few people enjoy commuting. In fact, a 2004 study published in the journal Science found that female commuters cited commuting as their least satisfying daily activity, ranking it below housework. Perhaps that's because commuting, whether commuters recognize it or not, tends to have adverse effects on their overall health. A 2012 study published in the Journal of Urban Health found that longer commutes are associated with behavioral patterns that may contribute to obesity and other negative health conditions.

Commuters who live close to work can counter some of the negative effects of commuting by cycling to work. Cycling is a healthy activity that the



Harvard Medical School notes can help people build muscle and increase bone density, which naturally decreases with age.

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Spotlight On Business 2019

Come back to center

Restore balance in your life at Sherri Paull's Salon & Spa

By **ROB JONAS**
news@spotlightnews.com

The number six figures prominently in the history of Sherri Paull's Salon and Spa.

Sherri Paull started her salon in 1996 on Albermarle Road in Scotia, across from Scotia-Glenville High School. She added spa services in 2006 when the salon was located on Glenridge Road in Glenville. In 2016, she moved the salon to its current location at 105 Mohawk Road in downtown Scotia.

Through all the changes, the one constant has been Paull's desire to help women look their best.

"It was just something I did for the art of it," said

Paull. "I've always had the vision of having a small spa where neighborhood women could come in and feel comfortable."

Paull and her staff work closely with their customers to determine not only what hairstyle looks best on a person, but also what hairstyle can be best maintained by that person.

"I want the hairstyle to be realistic in order for them to maintain it for themselves at home," said Paull.

Paull cited a recent example where a woman came into the salon with a picture of a hairstyle she wanted. Paull worked with the customer to create a hairstyle that the customer could easily replicate at home and showed her how to do it.

"Teaching her that skill

was part of that whole appointment," said Paull. "I can make it look like [the hairstyle in the picture], but can they make it look like that?"

The salon's spa services include full body waxing, Swedish and deep tissue massages, facials, skin treatments, manicures, pedicures and aromatherapy. There are two private rooms dedicated to spa services at the salon.

Sherri Paull's Salon and Spa is open from 10 a.m. to 6 p.m. Tuesday and Friday, 10 a.m. to 8 p.m. Wednesday and Thursday, and 10 a.m. to 3 p.m. Saturday. Additional hours are by appointment only. For more information, call 518-399-3556 or visit sherripaullssalon.com.

Your car-handy neighbor

Pick up and delivery service at Schenectady Auto Service

By **ROB JONAS**
news@spotlightnews.com

That chill in the air, those brightly colored leaves on the trees and those shorter days can only mean one thing: winter is coming.

A key component for getting through the winter is having a reliable vehicle that can get you through whatever Mother Nature throws at the Capital District. To ensure that your car, pickup truck, van or SUV is ready, Schenectady Auto Service is offering a seasonal package to examine your vehicle.

"For \$80, we check everything from front to back," said Schenectady Auto Service owner Nick Falvo. "This way, you get

a basic knowledge of how your car is running, and from there you can address any issues. It's a cheap price to see how your car will weather the winter season."

Tires are a key element to handling the winter weather. Falvo said a good all-season tire with an aggressive tread can help drivers deal with the snow, ice and rain that can fall in our region.

Another key component Falvo talked about is the condition of your vehicle's fluids. "Your antifreeze needs to be checked. It should be flushed every three to four years. Your transmission fluid should be up and clean for good running. Oil has to be clean and changed," he said.

The electrical system is another area of concern

as winter approaches. The battery, spark plugs and alternator must all be in good shape in order for the car to start when the temperature dips below freezing, as it frequently does.

"You don't want a dead battery at minus 10 degrees," said Falvo.

The car also needs to make reliable stops and steer through the snow and slush. To that end, Falvo and his staff will check your vehicle's brakes and front end to make certain there isn't too much wear and tear on them.

Schenectady Auto Service is located at 2401 Van Vranken Ave. in Schenectady. For more information or to schedule an appointment, call 518-372-7176 or visit quickautofix.com.

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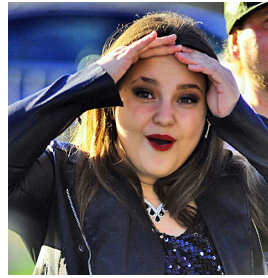
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Rocktoberfest

We captured images from the one-day music festival.

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Inside This Issue:

A look at what's happening in Capital District businesses.



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PICK OF THE WEEK

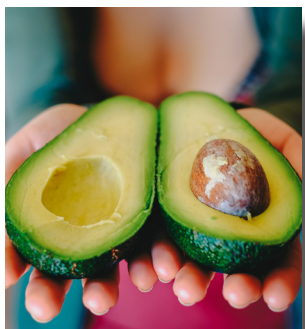


Jocelyn and Chris

Jocelyn and Chris Arndt will perform at Putnam Place on Friday, Oct. 11, at 8 p.m.

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INSIDE



Cleaner food?

Organic foods are often more expensive, but what are the health benefits.

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Arts calendar

Pages B7-B10

ENTERTAINMENT

Tater Salad and tequila



Ron White - and his tequila - takes the Palace Theatre stage on Friday, Oct. 11

By **MICHAEL HALLISEY**

halliseym@spotlightnews.com

It's 9 o'clock in the evening, and my phone rings. It's a phone number from Beverly Hills, and I don't know anyone in Beverly Hills. By the third ring, I recognize the number. It's Ron White.

Now, if you expected me to pick up the phone at this point, you'd be mistaken. I was scared. Now, it wasn't like I just published our interview, and this was an angry phone call protesting something about misinformation or fake news. I mean, you're just reading this now. No. I was scared that, if I pick up this unexpected phone call, what are the odds that it makes it into his next stage routine, somehow.

He left a voicemail. Kind of. It was 18 seconds of garbled noise. He butt-dialed me. Somewhere, there's a joke in there. Obviously, I'm not the one to tell it.

Continues on page B4



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A ROYAL FEAST
 Admiring beauty big and small while apple picking last week.
 Jessica Hallisey



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RECENTLY ANNOUNCED

Plans unveiled for theRep

Capital Repertory Theatre announces public phase of \$13.5 million campaign for new home

ALBANY— Capital Repertory Theatre announced Thursday, Oct. 3 the public phase of its \$13.5 million campaign to complete renovation on a new space at 251 N. Pearl Street.

At a press conference at the former National Biscuit Co. building, theREP's Board of Directors and Board President Harold N. Iselin unveiled the construction work underway and announced the goal of the public campaign as an additional \$650,000 in funding, in anticipation of a July 2020 opening of the venue with a production of the musical *Sister Act*.

Surrounded by Albany Mayor Kathy Sheehan, theREP's Producing Artistic Director Maggie Mancinelli-Cahill, Proctors Collaborative CEO Philip Morris; state, county and city elected officials; and Capital Repertory Theatre donors, subscribers and invited guests, Iselin said, "Today is the next step on a journey that began nearly 40 years ago."

"We take pride in our remarkable history while we move forward with our own building—a place to create, to nurture, to educate, a place we can truly call home."

Currently theREP—presenting Kenneth Lonergan's *Lobby Hero* through Oct. 20—is in its original digs, a rented space in a former Grand Cash Market at 111 N. Pearl Street that was recently acquired by Redburn Development.

"Capital Repertory Theatre began as a dream, in 1981," said Mancinelli-Cahill. "Now, just a few blocks up, we're

transforming a bakery into what will be a glorious arts institution and a place for the entire region to come together to share thoughts and ideas and to tell their stories."

The new facility, Mancinelli-Cahill delineated, will feature a 300-seat MainStage with improved sightlines and traffic flow as well as a 70-seat black box theatre—The Lauren and Harold Iselin Performing Arts Studio—which will house more intimate productions and serve as a MainStage rehearsal space. Improved amenities will include increased accessibility, a dozen restrooms, a full-time café, convenient ticketing and additional office and work space for creative and administrative staff.

"Most importantly," Mancinelli-Cahill added, "this new home will allow us to further expand our rich educational offerings and accomplish our goal of ensuring that every student in the Capital Region experiences live theatre before graduating from high school."

Sheehan said, "Today's announcement is an important step in the development of the new Capital Repertory Theatre. Transformative projects that make the arts more accessible, especially in mixed-income neighborhoods, are essential to our community, our city, and our region, and I commend the entire Capital Repertory Theatre organization for working toward fulfilling that vision."

Iselin noted that theREP—the only professional theatre company in a 14-county range—has leased land for a proposed parking lot just north of the Livingston Square location, in addition to plentiful on-street parking and a Quackenbush Garage shuttle.

WHAT'S HAPPENING NOW

Juiceboxxx & Girth Control

Skyloft — Wednesday, Oct. 9

ALBANY— Juiceboxxx & Girth Control will perform at Skyloft on Wednesday, Oct. 9 at 7 p.m.

Juiceboxxx is the rare artist who shares space with everyone from emo rappers to noise musicians to power pop bands. His music aims to cross genre lines and make an argument for the continued transcendent power of peak energy American music. Featuring special guest Girth Control.

Skyloft is located at 1 Crossgates Mall Road, Albany.

Warden & Co Album Release

Caffe Lena — Wednesday, Oct. 9

SARATOGA SPRINGS— Caffe Lena will host the Warden & Co Album Release on Wednesday, Oct. 9 at 7 p.m.

Singer-songwriter Seth Warden, percussionist Brian Melick and fiddler-vocalist Doug Moody are the heart of Warden & Company. Warden shows us a new side of his art with a collection of folk-rock songs that are tender, emotional and compelling. For this special album release concert, the trio will be joined by local luminaries Pete Poushoukos, Bob Buckley and Jim Mastroianni.

For tickets, visit www.eventbrite.com.

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

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WHAT'S HAPPENING NOW

Slaid Cleaves

Caffe Lena — Thursday, Oct. 10

SARATOGA SPRINGS — Slaid Cleaves will perform at Caffe Lena on Thursday, Oct. 10 at 7 p.m.

Maine-born, Austin-based singer-songwriter Slaid Cleaves spins earthy ballads with a novelist's eye and a poet's heart. More than two decades into his career, the celebrated songwriter delivers vivid, cinematic lyrics on themes ranging from life's toughest moments, to Texas pride, to tongue in cheek numbers. His bittersweet melodies deliver equal measures of hope and resignation, effortlessly shading dark with light and wringing the most out of a melody.

For tickets, visit www.eventbrite.com.

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

Humor For Healing: A Fundraiser for Equinox DV Services

Savoy Taproom — Thursday, Oct. 10

ALBANY — Savoy Taproom will host Humor for Healing: A Fundraiser for Equinox DV Services on Thursday, Oct. 10 at 7 p.m.

Please join us at Savoy Taproom for an evening of stand-up comedy in support of survivors of domestic violence and their families. \$10 suggest donation at the door. Nobody turned away for inability to pay. All proceeds to benefit Equinox Domestic Violence Services.

Savoy Taproom is located at 301 Lark St., Albany.

From page B1 ... Tater Salad and tequila

Ron White is a natural storyteller, and he's made a career out of it. It just so happens to be that he's funny. His stage presence is consistent with every show. You don't often see him without a cigar and a drink in his hand. Then, he proceeds to tell you something about himself. It never fails, that little something is off-color, embarrassingly personal or both. He's that best friend of yours who makes you laugh and shake your head, like the time he earned his nickname "Tater Salad."

"Well, I'm not saying that everything I say on stage is true," said White, with a laugh. "My goal is just to make you laugh."

White first rose to fame as the cigar-smoking, scotch-drinking funnyman from the Blue Collar Comedy Tour phenomenon. Today, he's a chart-topping Grammy-nominated comedian and a feature film actor. He's established himself as a star in his own right. His stories relay tales from his real life, ranging from growing up in a small town in Texas to sharing stories of his daily life to becoming one of the most successful comedians in America.

All four of his comedy albums charted No. 1 on the Billboard Comedy Charts. He has sold over 14 million albums (solo and with the Blue Collar Comedy Tour), been nominated for two Grammys, and over the past nine years (since 2004) been one of the top three grossing stand-up comedians on tour in America. He's in the middle of a tour now.

"Well, yeah. I don't know if it's the middle," said White. "It's been 33 years of non-stop touring, with a few weeks off every once in a while. It never stops."

White began performing comedy out of Dallas in 1986. He quickly earned opening acts for legendary comedians Sam Kinison and Jeff Foxworthy. After earning his own headlines, he joined Foxworthy for the Blue



Collar Comedy Tour, pairing him with alongside Bill Engvall and Larry the Cable Guy. The show toured for over three years to sold-out audiences in over 270 cities and grossed more than \$35 million.

White is not politically correct, and he has no plans to change. He avoids the college circuit. His audience can still laugh at Brooks, at Murphy, and at Larry the Cable Guy, who White traveled with under the Blue

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WOOTEN BROTHERS	MARCH 1, 7:30 p.m.
KAT EDMONSON	APRIL 25, 8 p.m.
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Collar Comedy Tour. One self-imposed rule he continues to follow, he won't bust out jokes on politics. The closet White came to breaking that rule was on a joke that involved Bill Cosby.

Cosby, who dominated primetime television in the 80s with his portrayal of Dr. Cliff Huxtable, was once the bastion of wholesome comedy. No sex. No swearing. He was as trusted as Walter Cronkite and safe as Saturday morning cartoons, in which he often appeared in the Fat Albert Show. That image was soiled, however, by accusations and his subsequent conviction on three counts of aggravated indecent assault as a sexually violent predator. White's joke touched upon that. It wasn't well received. A sign of how times change.

Now, Eddie Murphy finds himself apologizing for his old comedic routine. The Saturday Night Live alum once elicited laughs off homosexual slurs, derogatory statements towards women and misconceptions of AIDS. As people name Murphy as a possible Oscar candidate for "Dolemite is My Name," he continues to address the jokes he dropped more than 30 years ago. He recently told the *New York Times* that he "cringes" at his old material.

On the other hand, Mel Brooks recently called political correctness a threat to comedy. The Blazing Saddles director told *Telegraph* that society's "stupidly politically correct" ways will lead to the "death of comedy."

"It's not good for comedy," said Brooks. "Comedy has to walk a thin line, take risks. Comedy is the lecherous little elf whispering in the king's ear, always telling the truth about human behavior."

For White, that candidness may take the form of a confession that includes watching television while naked in a bean bag and eating Cheetos. There's a touch of self-deprecating humor that gives the audience a personal connection with him. His "Tater Salad" story is a common thread that ties together a few stories in which White supposedly had run-ins with the law. He has been honest of his past in regards to a 2008 arrest for possession of 7/8 of a gram of marijuana. "I call that being out of marijuana," he's said on stage. He's also said that instead of an organ donor's card on the back of his driver's licence, there's a list of organs he needs.

In November of 2003, White released his breakthrough comedy CD *Drunk In Public* followed by his first one-hour TV comedy special "They Call Me Tater Salad." The special had the highest viewership for a Sunday program in Comedy Central history. The DVD version was released in 2004 and reached No. 1 on the Billboard Comedy Chart. In 2005, White's second one-hour special "You Can't Fix Stupid" aired on Comedy Central to 4.5 million viewers, making it the third largest

"I had just started drinking tequila, and [Reymundo] and I just for fun went down to Tequila for a tour, go on a crawl. A buddy of his had been there his whole life and he knew of this one distillery, considered to be the best tequila in Mexico. It's an ugly, little, disgusting distillery with nearly dead dogs lying around. . . I didn't even want to go in. But, I went in there and tasted it and I was like, 'oh my god, I'm in Heaven.'"

— Ron White,
on the start of his Number Juan tequila

audience in Comedy Central's history and the No. 1 show on primetime basic cable. The CD reached No. 1 on the Billboard Comedy Charts and remained there for nine consecutive weeks.

In June 2006, Penguin Books released Ron's first book "Ron 'Tater Salad' White: I Had the Right to Remain Silent...But I Didn't Have the Ability," which landed him on the New York Times Best Seller List. In 2009, Ron released his third album "Behavioral Problems," which reached No. 1 on the Billboard Comedy Chart. In 2013 Ron's fourth album, "A Little Unprofessional," also reached No. 1 on the Billboard Comedy Chart. All of White's DVDs are certified Platinum.

White made the switch from scotch to tequila seven years ago, "just because it's a better drug." He now owns a tequila label, Number Juan, with fellow comedian Alex Reymundo. A bottle of it is on stage with him on every show. It's in his promotional shots. It's in the picture on our front page.

"I had just started drinking tequila, and [Reymundo] and I just for fun went down to Tequila for a tour, go on a crawl," said White. "A buddy of his had been there his whole life and he knew of this one distillery, considered to be the best tequila in Mexico. It's an ugly, little, disgusting distillery with nearly dead dogs lying around... I didn't even want to go in. But, I went in there and tasted it and I was like, 'oh my god, I'm in Heaven.'"

White serves as his label's best pitchman. It's available at TatersTequila.com, he said.

"I am true to my nature on stage," said White. "So, I'm Ron White off-stage, and when I walk on-stage it's just me and I do a show. Off stage, I go to a bar, buy a drink and listen to live music. So, all those things about me that you've heard are very, very true as far as I drink too much, and smoke too much, and probably won't live to see 61.

But, I'm already 62, so I beat all those people," he said.

WHAT'S HAPPENING NOW

Mark Mulcahy w/s/g Philip B. Price

The Linda — Thursday, Oct. 10

ALBANY — The Linda will host Mark Mulcahy w/s/g Philip B. Price on Thursday, Oct. 10 at 8 p.m.

Long heralded by contemporary luminaries like Radiohead's Thom Yorke and covered by touchstone artists such as The National and R.E.M.'s Michael Stipe, Mark Mulcahy refuses to rest on laurels and turn out the same type of album twice. Inspired to "up his lyrical game" while reading a collection of short fiction by George Saunders, The Gus finds the songwriter channeling his eclectic voice and ear for melody into the role of storyteller more than ever before. Best known as the lead singer and songwriter behind the acclaimed melancholic folk/pop band Winterpills, Philip B. Price celebrates the release of *Bone Almanac*, out November 8th on Signature Sounds. His first solo outing since 2004, Philip went into the studio in April of 2018 with Justin Pizzoferrato (Pixies, Sebadoh, Kim Gordon), 5 weirdly tuned acoustic guitars, a book full of dark, spare, apocalyptic songs, and little else.

For tickets, visit www.eventbrite.com.

The Linda is located at 339 Central Ave., Albany.

Jerry Seinfeld

Palace Theatre — Thursday, Oct. 10

ALBANY — Jerry Seinfeld will perform at the Palace Theatre on Thursday, Oct. 10 at 7 p.m.

America's premier comedian, Jerry Seinfeld, has been hailed for his uncanny ability to joke about the little things in life that relate to audiences everywhere. His latest projects include the Emmy nominated web series, *Comedians in Cars Getting Coffee*, and his Netflix special, "Jerry Before Seinfeld."

For tickets, visit www.ticketmaster.com.

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

SuicideGirls: Blackheart Burlesque

Skyloft — Thursday, Oct. 10

ALBANY — Skyloft will host SuicideGirls: Blackheart Burlesque on Thursday, Oct. 10 at 9 p.m.

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www.steinersskibike.com

WHAT'S HAPPENING NOW

SoDown

The Hollow Bar & Kitchen — Friday, Oct. 11

ALBANY — The Hollow Bar & Kitchen will host SoDown, DMVU, MENTALLY ILL and Since julEYE on Friday, Oct. 11 at 9 p.m.

To be SoDown is to seize every opportunity, explore new grounds, try new things and ultimately live the most epic life possible. This universe is far too beautiful and life is simply too short to not do what makes you happy. Unconditional love is the most powerful force in the world and Bass Music is my way of expressing it.

For tickets, visit www.eventbrite.com.

The Hollow Bar & Kitchen is located at 79 N. Pearl St., Albany.

The Minks & Hanzolo

Savoy Taproom — Friday, Oct. 11

ALBANY — Savoy Taproom will host The Minks and Hanzolo on Friday, Oct. 11 at 7 p.m.

The Minks are Nashville's "psychedelic-bloos" band, heavy on the rock and roll. We're talking low-down, all the way, purse-lipped, eyes-shut, head-whirling kind of rock and roll. Hanzolo is an alt-funk band from Cooperstown, New York, toting an explosive, electric, and emotional sound reminiscent of Motown and The Doobie Brothers.

Savoy Taproom is located at 301 Lark St., Albany.

Trampled by Turtles

Upstate Concert Hall — Friday, Oct. 11

CLIFTON PARK — Trampled by Turtles will perform at Upstate Concert Hall on Friday, Oct. 11 at 7 p.m.

PICK OF THE WEEK

Jocelyn and Chris returns



Bridge Road Entertainment

'The Fun in the Fight' has charted two songs on Billboard Triple A Top 40, and has topped Relix's Jambands Top 30 Album Chart

SARATOGA SPRINGS — Jocelyn and Chris Arndt will perform with Little Days at Putnam Place on Friday, Oct. 11, at 8 p.m.

With vocal comparisons to Janis Joplin and Grace Slick and guitar work likened to Jimi Hendrix and David Gilmour, Jocelyn & Chris Arndt took their new record to No. 1 on the Jambands Top 30, cracked the Billboard Triple A Top 40, and earned a national TV debut on NBC's Today Show.

Little Days is a spacey progressive pop rock duo fronted by Mini Diaz on vocals and guitar and bassist Jorgen Carlsson, re-surfing from a hiatus due to Carlsson joining Gov't Mule in 2008.

For tickets, visit www.eventbrite.com.

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

IF YOU GO

- **What:** Jocelyn and Chris Arndt
- **When:** 8 p.m. on Friday, Oct. 11
- **Where:** Putnam Place, 63a Putnam St., Saratoga Springs
- **How much:** \$15
- **Info:** eventbrite.com

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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 Dirtsaps /
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



Untethered angels

Dream Theater, the two-time Grammy Award nominees, come back to the Capital District to play the stage at the Palace Theater on Saturday, Oct. 12, at 8 p.m. The band is in the middle of its "The Distance Over Time" tour, celebrating 20 years of "Scenes From a Memory." For tickets and information, visit palacealbany.org.

Dream Theater

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
518-374-7455

LT's Grill

2305 Nott St. E., Niskayuna.
518-463-7455
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 Caffè

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

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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

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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
p.m.
Fri: theNewDeal, 8 p.m.
Sat: Uncle Murda w/s/g 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.

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Saratoga City Tavern

19-21 Caroline St., Saratoga Springs.
518-581-3230
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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
p.m.

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
p.m.

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.



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Answers on Pg. B18



The right side of a good thing

The Fleshtones are back in the Capital District and playing at the Hangar on the Hudson on Sunday, Oct. 13, at 4 p.m. The Fleshtones have been electrifying audiences since 1976 with a super-rock groove that makes you wanna dance, shout and sing. Opening act is The Chris Busone Band.

Jim Franco / TheSpot518

MUSIC

Crystal Bowersox

Crystal Bowersox will perform at Skyloft on Friday, Oct. 11 at 8 p.m. Crystal Bowersox, a northwest Ohio native currently calling Nashville home, has built her life around music. Crystal's love for music developed at an early age from a need to find peace in a chaotic world. Through art and creation, Crystal was able to direct her energy and emotion, finding a way to mend a mind in turmoil. For her, music was always the most effective form of catharsis, and she would play for anyone, anywhere. For tickets, visit www.eventbrite.com. Skyloft is located at 1 Crossgates Mall Road, Albany.

Dream Theater

Dream Theater will perform at the Palace Theatre on Saturday, Oct. 12 at 8 p.m. Two-time Grammy-nominated and millions-selling progressive music titans Dream Theater are currently in the middle of a successful European tour. With three weeks left on that run, the band is turning its attention back to North America with the announcement of the next leg of the acclaimed The Distance Over Time Tour – Celebrating 20 Years of Scenes From A Memory. For tickets, visit www.ticketmaster.com. The Palace Theatre is located at 19 Clinton Ave., Albany.

The Fleshtones

w/s/g Chris Busone Band

The Fleshtones and Chris Busone Band will perform at Hangar on the Hudson on Sunday, Oct. 13 at 4 p.m. The Fleshtones have been electrifying audiences since 1976 with a super-rock groove that makes you wanna dance, shout and sing. Opening act The Chris Busone Band is a bonafide soul and classic rock powerhouse. For tickets, visit www.brownpapertickets.com. Hangar on the Hudson is located at 675 River St., Troy.

Haunted Cat

The Low Beat will host Haunted Cat, Tines and Architrave on Saturday, Oct. 12 at

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CLUES ACROSS

- Google certification
- Cloths spread over coffins
- Disorderly
- "Star Wars" hero Solo
- Toward the rear
- The order of frogs
- Alternative pain treatment (abbr.)
- "Wolf of Wall Street" star
- Evoke
- Units of metrical time
- Helps to predict eclipses
- Some say they attract
- Pitching statistic
- Baseball box score (abbr.)
- Force unit
- Repaired shoe
- English theologian
- Commercial
- Exchange money for goods or services
- Give off
- One from Utah
- Computer department
- Begets
- English navigator
- C C C
- Of I
- Pouch
- Add notes to
- A way to fall into ruin
- Cunning intelligence
- Blood disorder
- Disgraced CBS newsman
- Tax collector
- Type of grass common to the Orient
- Cosmic intelligence
- No (Scottish)
- People who rely on things
- Stairs have them
- Mathematical term (abbr.)

CLUES DOWN

- Clarified butters
- Primitive Himalayan people
- Completely
- Steep cliffs along the Hudson River
- Assist
- Language spoken in Laos
- Type of screen
- An attempt to economize
- Volcanic craters
- Still outstanding
- Takes responsibility for another
- California think tank
- Former Rocket Ming
- A pigeon noise
- Central part of
- Academy Award statue
- Distinct unit of sound
- Relative on the female side of the family
- Passover feast and ceremony
- The brightest star in Virgo
- Made with oats
- Subjects to laser light
- Beloved Hollywood alien
- Neatly brief
- The Great Lakes State (abbr.)
- Soon to be released
- Swiss river
- Become involved in
- More dour
- They're on floors
- Boxing's GOAT
- Swarms with
- Quantum mechanics pioneer
- Facilitated
- As fast as can be done (abbr.)
- Regional French wine Grand
- Owns
- Tell on
- Precedes two

Answers on Pg. B18

7:30 p.m. The Low Beat is located at 335 Central Ave., Albany.

Jocelyn and Chris Arndt & Little Days

Jocelyn and Chris Arndt will perform with Little Days at Putnam Place on Friday, Oct. 11 at 8 p.m. With vocal comparisons to Janis Joplin and Grace Slick and guitar work likened to Jimi Hendrix and David Gilmour, Jocelyn & Chris Arndt took their new record to #1 on the Jambands Top 30, cracked the Billboard Triple A Top 40, and earned a national TV debut on NBC's Today Show. Little Days is a spacey progressive pop rock duo fronted by Mini Diaz on vocals & guitar and bassist Jorgen Carlsson, re-surfing from a hiatus due to Carlsson joining Gov't Mule in 2008. For tickets, visit www.eventbrite.com. Putnam Place is located at 63a Putnam St., Saratoga Springs.

Juiceboxxx & Girth Control

Juiceboxxx & Girth Control will perform at Skyloft on Wednesday, Oct. 9 at 7 p.m. Juiceboxxx is the rare artist who shares space with everyone from emo rappers to noise musicians to power pop bands. His music aims to cross genre lines and make an argument for the continued transcendent power of peak energy American music. Featuring special guest Girth Control. Skyloft is located at 1 Crossgates Mall Road, Albany.

Love Port & Townes

Love Port & Townes will perform at The Low Beat on Friday, Oct. 11 at 8 p.m. The Low Beat is located at 335 Central Ave., Albany.

Mark Mulcahy

w/s/g Philip B. Price

The Linda will host Mark Mulcahy w/s/g Philip B. Price on Thursday, Oct. 10 at 8 p.m. Long heralded by contemporary luminaries like Radiohead's Thom Yorke

and covered by touchstone artists such as The National and R.E.M.'s Michael Stipe, Mark Mulcahy refuses to rest on laurels and turn out the same type of album twice. Inspired to "up his lyrical game" while reading a collection of short fiction by George Saunders, The Gus finds the songwriter channeling his eclectic voice and ear for melody into the role of storyteller more than ever before. Best known as the lead singer and songwriter behind the acclaimed melancholic folk/pop band Winterpills, Philip B. Price celebrates the release of Bone Almanac, out November 8 on Signature Sounds. His first solo outing since 2004, Philip went into the studio in April of 2018 with Justin Pizzoferrato (Pixies, Sebadoh, Kim Gordon), five weirdly tuned acoustic guitars, a book full of dark, spare, apocalyptic songs, and little else. For tickets, visit www.eventbrite.com. The Linda is located at 339 Central Ave., Albany.

The Minks & Hanzolo

Savoy Taproom will host The Minks and Hanzolo on Friday, Oct. 11 at 7 p.m. The Minks are Nashville's "psychedelic-bloos" band, heavy on the rock and roll. We're talking low-down, all the way, purse-lipped, eyes-shut, head-whirling kind of rock and roll. Hanzolo is an alt-funk band from Cooperstown, New York, toting an explosive, electric, and emotional sound reminiscent of Motown and The Doobie Brothers. Savoy Taproom is located at 301 Lark St., Albany.

Professor Louie & The Crowmatix

Caffe Lena will host Professor Louie & the Crowmatix on Saturday, Oct. 12 at 8 p.m. This beloved Woodstock supergroup brings us another night of roadhouse blues, roots rock and sweet ballads played by Professor Louie on keyboards and accordion, joined by Miss Marie

(Commander Cody, Mercury Rev) on vocals and percussion, Gary Burke (Bob Dylan, Joe Jackson, Graham Parker) on drums, Frank Campbell (Levon Helm, Asleep At The Wheel) on bass, and John Platania (Van Morrison, Bonnie Raitt, Natalie Merchant) on guitar. For tickets, visit www.eventbrite.com. Caffe Lena is located at 47 Phila St., Saratoga Springs.

Warden & Co Album Release

Caffe Lena will host the Warden & Co Album Release on Wednesday, Oct. 9 at 7 p.m. Singer-songwriter Seth Warden, percussionist Brian Melick and fiddler-vocalist Doug Moody are the heart of Warden & Company. Warden shows us a new side of his art with a collection of folk-rock songs that are tender, emotional and compelling. For this special album release concert, the trio will be joined by local luminaries Pete Poushoukos, Bob Buckley and Jim Mastrianni. For tickets, visit www.eventbrite.com. Caffe Lena is located at 47 Phila St., Saratoga Springs.

Slaid Cleaves

Slaid Cleaves will perform at Caffe Lena on Thursday, Oct. 10 at 7 p.m. Maine-born, Austin-based singer-songwriter Slaid Cleaves spins earthy ballads with a novelist's eye and a poet's heart. More than two decades into his career, the celebrated songwriter delivers vivid, cinematic lyrics on themes ranging from life's toughest moments, to Texas pride, to tongue in cheek numbers. His bitter-sweet melodies deliver equal measures of hope and resignation, effortlessly shading dark with light and wringing the most out of a melody. For tickets, visit www.eventbrite.com. Caffe Lena is located at 47 Phila St., Saratoga Springs.

SoDown

The Hollow Bar & Kitchen will host SoDown, DMVU, MENTALLY ILL and Since julEYE on Friday, Oct. 11 at 9 p.m. To be



Hanzolo returns

The band that opened Pearlpalooza last month is back in town to take the stage at Savoy Taproom on Friday, Oct. 11, at 7 p.m. The night includes a set from The Minks, Nashville's "psychedelic-bloos" band, heavy on the rock and roll.

Michael Hallisey / TheSpot518



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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

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Town Mountain

Town Mountain will perform at Caffe Lena on Sunday, Oct. 13 at 7 p.m. Raw, soulful, and with plenty of swagger, Town Mountain has earned raves for their hard-driving sound, their in-house songwriting and the honky-tonk edge that permeates their exhilarating live performances. Town Mountain has built its sound from the roots of bluegrass, spiced with elements of country, old

school rock 'n' roll, and boogie-woogie. Featuring Robert Greer on guitar, Jesse Langlais on banjo, Phil Barker on mandolin, Bobby Britt on fiddle, and Zach Smith on bass, Town Mountain delivers music that thrives on the band's essential interaction and engaging attitude. For tickets, visit www.eventbrite.com. Caffe Lena is located at 47 Phila St., Saratoga Springs.

Trampled by Turtles

Trampled by Turtles will perform at Upstate Concert Hall on Friday, Oct. 11 at 7 p.m. For tickets, visit www.ticketweb.com. Upstate Concert Hall is located at 1208 Rt. 146, Clifton Park.

Vanilla Fudge

Vanilla Fudge will perform at Skyloft on Sunday, Oct. 13 at 7 p.m. Vanilla Fudge was one of the first American groups to infuse psychedelia into a heavy rock sound to create "psychedelic symphonic

rock" an eclectic genre which would, among its many offshoots, eventually morph into heavy metal. Although, at first, the band did not record original material, they were best known for their dramatic heavy, slowed-down arrangements of contemporary pop songs which they developed into works of epic proportion. For tickets, visit www.eventbrite.com. Skyloft is located at 1 Crossgates Mall Road, Albany.

COMEDY

Humor For Healing: A Fundraiser for Equinox DV Services

Savoy Taproom will host Humor for Healing: A Fundraiser for Equinox DV Services on Thursday, Oct. 10 at 7 p.m. Please join us at Savoy Taproom for an evening of stand-up comedy in support of survivors of domestic violence and

their families. \$10 suggest donation at the door. Nobody turned away for inability to pay. All proceeds to benefit Equinox Domestic Violence Services. Savoy Taproom is located at 301 Lark St., Albany.

Jerry Seinfeld

Jerry Seinfeld will perform at the Palace Theatre on Thursday, Oct. 10 at 7 p.m. America's premier comedian, Jerry Seinfeld, has been hailed for his uncanny ability to joke about the little things in life that relate to audiences everywhere. His latest projects include the Emmy nominated web series, Comedians in Cars Getting Coffee, and his Netflix special, "Jerry Before Seinfeld." For tickets, visit www.ticketmaster.com. The Palace Theatre is located at 19 Clinton Ave., Albany.

Ron White

Ron White will perform at the Palace Theatre on Friday, Oct. 11 at 8 p.m. Comedian Ron White first rose to fame as the cigar-smoking, scotch-drinking funnyman from the Blue Collar Comedy Tour phenomenon, has long since established himself as a star in his own right. Over the past 15 years, White has been one of the top grossing stand up comedians on tour in the country. His comedy recordings have sold over 14 million units (solo and with the Blue Collar Comedy Tour), he's been nominated for two Grammys, he was featured in the Cameron Crowe Showtime Series, "Roadies," and he

even authored a book that appeared on the New York Times Best Seller List. For tickets, visit www.ticketmaster.com. The Palace Theatre is located at 19 Clinton Ave., Albany.

FAMILY

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.

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

MISCELLANEOUS

SuicideGirls:

Blackheart Burlesque
Skyloft will host SuicideGirls: Blackheart Burlesque on Thursday, Oct. 10 at 9 p.m. The SuicideGirls: Blackheart Burlesque is unlike any other burlesque act you've ever seen, filled with pop culture references, a high energy indie soundtrack and the sexiest choreography that will make your inner nerd explode with glee. For tickets, visit www.eventbrite.com. Skyloft is located at 1 Crossgates Mall



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■ HEALTH & FITNESS

Is the fruit cleaner on the other side?

The benefits of organic foods

Modern grocery stores are unlike the ones many of today's adults encountered when they were children. Grocery stores are not only bigger today than they were years ago, but they're also stocked with items that weren't available until relatively recently.

One stroll through the produce section reveals just how different modern grocery stores are from those of yesteryear. Organic fruits and vegetables now take up ample real estate in grocery store produce sections. Many shoppers may wonder if they're better off choosing organic versus traditional products, and research suggests they are.

Organic foods contain less pesticides and toxic materials.

A 2014 meta-analysis published in the British Journal of Nutrition found that organically grown crops were less likely than conventionally grown crops to contain detectable levels of pesticides. The analysis also found that organically grown crops were 48 percent less likely to contain cadmium than conventionally grown crops. Cadmium is a toxic heavy metal that can accumulate in the liver and kidneys, which the Global Healing Center says can affect blood pressure, induce bone damage and affect renal and dopaminergic systems in children.

Organic crops contain more antioxidants than conventional crops.

The same analysis also found that organic crops had significantly higher levels of antioxidants, which promote strong immune systems, than conventionally grown crops. Organic

crops were found to contain 69 percent higher levels of flavanones and 51 percent higher levels of anthocyanins than their conventional counterparts. The extra antioxidants in organic foods is nothing to scoff at, as the National Cancer Institute notes that antioxidants neutralize free radicals, excess levels of which can potentially lead to the formation of various types of cancer and other diseases.

Organic products cannot contain synthetic hormones.

Conventionally raised animals are sometimes injected with synthetic growth hormones so they will gain weight more quickly and produce more milk. Residue from those substances, which cannot be used in the production of organic meat and dairy products, is believed to contribute to widespread antibiotic resistance, according to the Biodesign Center for Environmental Security at Arizona State University. In addition, some studies have suggested a strong connection between the hormones given to cattle and cancer in humans.

Organic dairy products can promote cardiovascular health.

A 2013 study from researchers affiliated with the Center for Sustaining Agriculture and Natural Resources found that organic milk contained 25 percent less omega-6 fatty acids and 62 percent more omega-3 fatty acids than conventional milk. The Organic Center notes that's a considerable benefit, as higher amounts of omega-3 and lower amounts of omega-6 fatty acids helps promote cardiovascular health and support the immune system.

When choosing organic products at the grocery store, consumers may be benefitting their overall health in various ways.

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■ FOOD & VINO

The versatile sandwich

History suggests that the sandwich — a go-to, lunch-hour staple — was named for John Montagu, the Fourth Earl of Sandwich. Lord Sandwich was an 18th century English aristocrat who asked his valet to bring him meat tucked between two pieces of bread while Sandwich was embroiled in a cribbage match he just had to play through.

Even though Lord Sandwich wasn't the first to enjoy meat or cheese between bread, he was the one to help solidify the moniker "sandwich." Since then, all types of sandwiches have been designed and enjoyed, and these portable meals are a favorite for breakfast, lunch and dinner. Enjoy this take on the sandwich, a "Grilled Adobo Turkey BBT Sandwich" from "Simply Scratch" (Avery) by Laurie McNamara.

Grilled Adobo Turkey BBT Sandwich

Ingredients: Makes four sandwiches

- 1 1/4 pounds turkey tenderloins
- 2 teaspoons olive oil
- 1 1/2 tablespoons Adobo Seasoning (see below)
- 9 slices thick slab bacon
- 4 tablespoons unsalted butter
- 8 slices sourdough bread
- 6 tablespoons romesco sauce
- 12 thin slices Manchego cheese
- 16 fresh basil leaves
- Thinly sliced tomato

Adobo Seasoning

- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 teaspoon freshly ground black pepper
- 1 teaspoon dried oregano, crushed in your palm
- 1/2 teaspoon ground turmeric

Combine all ingredients for the adobo seasoning. Place the turkey in a large bowl or resealable bag. Add the oil and seasoning, toss to coat and set aside on the counter to marinate.

In a large skillet, cook the bacon until crispy, about 30 minutes.

Heat a grill pan between medium and medium-high heat. Place the seasoned turkey on the pan and cook for 2 to 3 minutes per side, adjusting the heat so as to not burn, 12 to 14 minutes total. Transfer to a cutting board to rest for 5 minutes before slicing.

Reduce the heat under the grill pan to medium or medium-low. Butter one side of each piece of bread. On one of the unbuttered sides, spread 1 1/2 tablespoons of the romesco sauce. Place the bread, sauce-side up, on the grill pan and top with 2 slices of cheese, some basil, a few slices of tomato, bacon, sliced turkey, remaining cheese, and a second piece of buttered bread, sauce-side down. Grill for 3 to 4 minutes, or until grill marks form, then carefully flip and repeat.

Cut in half and serve with more romesco sauce for dipping.

LIVE @ THE HANGAR

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Catharsis: A Darker Dance Night for Halloween Friday, Oct. 25 9PM	MISS PAULA + The Twangbusters, The Nellies, BRULE CO. Badboys Sunday, Oct. 27 7PM
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HOROSCOPES

October 2019 Week 2

ARIES – MAR 21/APR 20

Take advantage of an opportunity that you have been considering, Aries. If you know what you want, go out and make it happen. Do what it takes to impress others.

TAURUS – APR 21/MAY 21

Taurus, you are always ready to defend your own turf and quick to offer your opinions, even if it means being blunt. You may have to play it a little cool this week.

GEMINI – MAY 22/JUN 21

Gemini, hiding your feelings for some time is a recipe for unhealthy pressure. Don't be afraid to speak your mind when your input is sought.

CANCER – JUN 22/JUL 22

Cancer, it is a good idea to give people the benefit of the doubt, but don't overlook your gut instincts. It is always a good idea to be cautious when meeting new people.

LEO – JUL 23/AUG 23

You may have to make a tough choice this week, Leo. It involves choosing to engage in some recreational activities or head to work to put in extra credit. Trust your judgment.

VIRGO – AUG 24/SEPT 22

Virgo, you don't have to have superhero levels of energy each and every day. If you are not feeling fully up to the tasks at hand this week, give yourself a well-earned breather.

LIBRA – SEPT 23/OCT 23

You are typically deft at keeping your emotions on a short leash, Libra. But every once in a while you can't fully rein things in. Others will understand an outburst is out of character.

SCORPIO – OCT 24/NOV 22

There is a fine line between being a devoted employee and a workaholic, Scorpio. Scale back some of your hours, especially if work is affecting your home life.

SAGITTARIUS – NOV 23/DEC 21

You may have been spreading your wings to see just how many new things you can accomplish, Sagittarius. This week one of your goals really gets traction.

CAPRICORN – DEC 22/JAN 20

Capricorn, you may be feeling footloose and flirty over the next couple of days. This is the perfect time to spend with a significant other or find a romantic interest if you are single.

AQUARIUS – JAN 21/FEB 18

Aquarius, you may be asked to be a peace-keeping referee when two people on the job need a mediator. Your thoughtful approach makes you an ideal person to handle the task.

PISCES – FEB 19/MAR 20

Volatile feelings can be calmed with the help of some good companionship this week, Pisces. Channel your energy into something fun.



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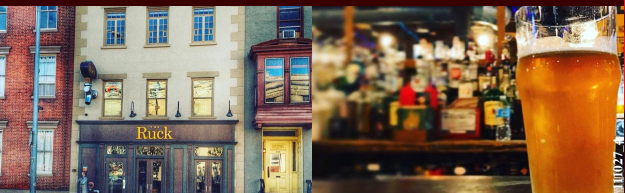
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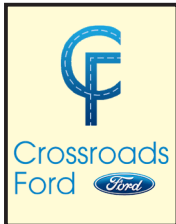
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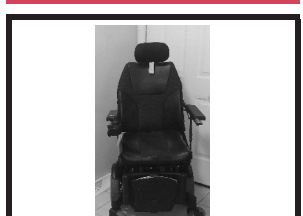
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