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NEWS Costco

Guilderland looks over proposal for big box store near historic community.

Story on Page 4



We've got spirit

Local cheer team ranks among nation's best in competition.

Story on Page 5

TOP STORY



Jennifer DeFazio walks through the hospital with husband Jason as she attends physical therapy after suffering through two strokes. Provided photo

Shocked by stroke

There are 600,000 first-time stroke victims in the U.S. each year and no one suspected her to be one

By DIEGO CAGARA

cagarad@spotlightnews.com

ennifer DeFazio projects a youthful disposition when you meet her. The soon-to-be 44-year-old already comes across as an accomplished woman, juggling duties as director of service operations at an IT company, a part-time group exercise instructor at the local YMCA, a certified health coach and a loving wife and mother.

Her lively character also stems from how she stays physically fit and regularly handles her nutrition, dieting, group exercise and personal training.

On her 43rd birthday last year, DeFazio said she felt like she "was in the best shape of [her] life." She was excited about the new year. But, like 600,000 Americans each year, she suffered a

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ENTERTAINMENT



Breaking illusions

The unlikely marriage of rap and bluegrass provides a lovely education in music, culture.

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SPORTS



Eagles edge Dutch

BC gymnasts prevailed against Guilderland last week.

Story on Page 7

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The Spotlight (USPS 396-630 is published each Wednesday by Community Media Group LLC, 341 Delaware Ave., Delmar, N.Y. 12054. Postage paid at Delmar, N.Y., and at additional mailing offices. Postmaster: send address changes to The Spotlight, P.O. Box 100, Delmar, N.Y. 12054. Subscription \$52, two years \$90. Subscriptions are not refundable.

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■ POLICE, COURTS and EMERGENCY CALLS

Thacher Park jumper recovering in Syracuse

NEW SCOTLAND — In 25-year-old Albany man is now at a burn center in Syracuse tending to frostbite he sustained after a failed suicide attempt left him waiting for help at Thacher Park last week.

According to police, Zachary Barrantes was dropped near the overlook section of Thacher Park on Tuesday, Dec. 31, at 11 p.m. He was found Friday afternoon, 300 feet below the overlook after an alleged suicide attempt. According to his mother, Daniela Filmer, Barrantes suffers from mental illness.

Rescue crews led by the Albany County Sheriff's Department searched for Barrantes after receiving reports he had ordered a shared ride service to the state park. With the use of dogs and drones, crews first found a shoe before later finding the Barrantes sitting upright against a tree. After four hours, Barrantes was recovered and transported to Albany Medical Center in a helicopter to treat two separated shoulders and frostbite.

Despite the injuries to his shoulders, Filmer said that her son was able to gather snow for water. She said her son is on 24-hour watch as he is treated for "minimal" frostbite injuries. She said that this was his third attempt on his life, and that she is seeking guardianship of her adult son.

"We are so appreciative of everyone's caring and interest in the progress of my son," stated Filmer on social media. "We are very much aware of the fact that many families are touched by mental illness and the stigma it carries. I love my son and I am not ashamed of him."

— Michael Hallisey

Ravena calls for Sheriff

Unruly behavior has Ravena, Coeymans looking for help

By MICHAEL HALLISEY halliseym@spotlightnews.com

RAVENA — A chain of unruly events have the respective boards for the village and town turning for

outside help.

The Coeymans Town Board will host a meeting to discuss plans that will double the police coverage within town through the help of the Albany County Sheriff's Department on Thursday, Jan. 9, at 7 p.m.

Supervisor George McHugh said the initial plan is to double the county's patrols through both the town and village. There is also a plan to establish an Albany County Sheriff substation in Town Hall. McHugh said the town's intention is to,

"In light of all the nonsense happening in our village and town over the last year, please take the time and attend this meeting,"

— Nancy Warner, Ravena village trustee

"increase public safety in our community with no increase to taxpayers."

Public officials took to social media to address public concern over what one village trustee described as "nonsense."

"In light of all the nonsense happening in our village and town over the last year, please take the time and attend this meeting," stated Nancy Warner, Ravena village trustee. Warner listed vandalism, fights, disorderly conduct and harassment in a litany of unruly behavior that appeared to come to a head when multiple agencies answered a call of a brawl in the center of the village on Thursday, Jan. 2.

At approximately 10 p.m, New York State Police, Albany County Sheriffs, Coeymans and Bethlehem police responded to a brawl on Main Street. Approximately 30 people were involved in the fracas, however no arrests were reportedly made.

On separate occasions, the village Christmas tree was reportedly damaged along with other trees throughout the village. Signage for the Ravena Coeymans Selkirk Community Library was also damaged, but has since been repaired.

Some residents have expressed concern that extending an invite to the

sheriff's department is a harbinger for dissolving the town's police department.

"I would never advocate dissolving CPD," said Warner. "The worst thing the village residents ever did was vote to dissolve the village police department several years ago."

According to the latest census, Ravena represents nearly half of the town's population of 7,418 residents. The predominantly rural community is just 13 miles away from the city of Albany and is at the southernmost point of the county.

"This is all about working together as a town with the village and the county to bring more public safety to Coeymans without added costs to the Coeymans taxpayer," said McHugh.

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Two brothers arrested

BETHLEHEM —

Bethlehem police arrested two brothers on separate incidents within 24 hours late last month.



AURELIO BERRIOS

Police first arrested Aurelio Berrios, 44, after he alledgely stolen a large screen TV from the Glenmont Walmart

on Sunday,

Dec. 29 at 9:30 a.m. He was transported to the Bethlehem Police Department where he was charged with petit larceny and is scheduled to return to the Town of Bethlehem Court on Tuesday, Jan. 7 at 4 p.m.

The television, however, remained missing until hours later when Bethlehem police received a report of a male individual removing a large boxed TV from the woods before covering it in a plastic bag near the Glenmont Walmart.

The suspect was found waiting for a bus on Route 9W in Glenmont but as police approached him, he fled the scene on foot.



MIGUEL BERRIOS

on foot.

The
man was
eventually
stopped and
arrested,
and was
identified as

Miguel A. Berrios, the 41-year-old brother of Aurelio, of

Albany. The boxed TV was determined to be the one Aurelio had allegedly stolen and Miguel was charged with criminal possession of stolen property.

Miguel had previously failed to appear in court multiple times so he was arraigned in the Town of Bethlehem Court. He was then released on his own cognizance and has a scheduled return appearance ticket for Jan. 21 at 4 p.m.

However, less than 12 hours later, at 4:21 a.m. on Monday, Dec. 30, Miguel was arrested by the City of Albany Police Department on South Pearl

Street in Albany, after they discovered him fleeing a burglary scene at Chicho Chicken Deli and Grocery on 333 South Pearl St.

Miguel was charged with a burglary felony and a petit larceny misdemeanor; he was arraigned in the City of Albany Court and released under supervision of the Albany County Probation Department.

Bethlehem police noted that the release without bail by Albany and Bethlehem Courts was required under 2020 bail reform laws.

Attempted rape

GLENMONT — A 25-year-old Troy man was arrested on an attempted rape incident on Monday, Dec. 30 at 8:42 p.m. in Delmar.

According to Bethlehem police, it received a report from a local mother who said her younger daughter left their house with her friends without permission that night — their names and ages were not disclosed in the police report. The mother's older daughter, also unnamed, informed her

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From page 1 ...

Stroke

DeFazio said she was having a conference call on speakerphone with her boss at Carousel Industries job when it happened. "I was really excited about the beginning of the year and I had accomplished a lot ITwise and thought it was a great start to 2019 like this is awesome," she recalled. "But then out of nowhere, I got severe vertigo and I lost the use of my legs and I collapsed on my desk. The door was shut but I could still yell."

But since her boss was calling from Rhode Island, he said he was not able to call 911 for her; he stayed on the line with her though and tried telling her to breathe. "Something was wrong and I couldn't breathe," she continued. "I reached up and I had two phones on my desk and I was screaming through the wall for help. Some employees came running in and thought I was having an allergic reaction or something.'

After finally calling for an ambulance, Colonie EMS responded to the scene within five minutes and DeFazio was transported to the Albany Medical Center at 2:30 p.m. However, she said that because of her youthful appearance, emergency personnel initially assumed she just had vertigo.

"So, the ambulance brought me in and I was sat in the waiting room for six hours. I just had a stroke and I hardly was able to use my legs," DeFazio said. "My husband would've had to carry me to the bathroom if I need it because I was having a hard time just trying to

walk. The ER doctor again told me that at my age, it's probably just vertigo but I said, 'Absolutely not. I'm not leaving without a CAT scan."

Eventually, DeFazio was approved to get a CAT scan which revealed that she had a vertebral dissected artery. According to the U.S. National Library of Medicine's National Center for Biotechnology Information, it is a tear in the inner lining of the vertebral artery that is found in the neck and it supplies blood to the brain. It can be caused by neck distortion or bending, blunt trauma or chiropractic manipulation. However, most cases resolve over time with no severe neurological effects; fatal cases are not common

An MRI, or magnetic resonance imaging scan, also confirmed that DeFazio had a stroke. By midnight, she was being seen by a neurologist, over eight hours since she was rushed to the hospital.

"They realized that the dissection was too big for me to just take Aspirin and go home and let my body naturally heal itself," DeFazio said. "There was a lot of damage and the blood clot shot through my brain, gave me a stroke and killed part of my cerebellum."

But just as the doctors recommended giving her a stent to remedy the dissected artery, DeFazio began having a second stroke. Doctors did an angioplasty procedure to widen her obstructed artery and to calm her body down.

Jennifer DeFazio stands behind her desk at Carousel Industries, where she is director of service operations for the IT company. It's here where, while she was on a conference call, she suffered her first stroke.

Provided photo

the U.S. Coast Guard in Key West, Florida, was able to fly home to visit and stay with her for a week at the hospital. "It was like everything was wonderful," she recalled. "My husband was there, my son was there and all of a sudden, my blood pressure was going high, low, high, low and there were lots of beeps on the monitor. I remember looking up at my husband and son and saying, 'I don't feel good."

She explained that when the doctors had been doing the angioplasty and placing a stent in her neck, they accidentally nicked another artery that went to her kidney. "So, I was bleeding out in my kidney and at that point, I was dying," she said.

DeFazio then had three blood transfusions and was placed in intensive care unit for five more days.

Cause

DeFazio said she does not know what directly caused the vertebral dissected artery in the first place but she and her doctors had their eyes on one suspect. "The doctors know it wasn't healthrelated but know some sort of trauma happened,



DeFazio recalled how she began experiencing neck pain several months before her severe health issues started. She said she also had been going to a massage therapist to alleviate that pain, including on the night before her first stroke.

DeFazio said on that night, she had gone with a coworker as part of her birthday present. "[My coworker] said [the massage therapist] had his elbow in [my] neck and thank God I told the ER doctor about this," she said, explaining this information was what spurred the doctors to allow her to get the CAT scan.

Though it's not clear whether or not the massage session contributed to her stroke, DeFazio said she has no plans to return to her massage therapist.

Recovery

The road to recovery has since been gradual.

While saying that she is not fully recovered to this day, she expressed optimism that within one more year, she could be. However, she remembered that the first three months in recovery were the hardest and she did a lot of physical therapy, including using a walker and a cane at times.

"The first month was specifically frustrating because being the active and hardworking person I was, this cut me in half and this has been a really tough year," DeFazio said. "I could only do so much and only go so far before I get tired easily."

DeFazio's determined nature was quickly evident as just three weeks after her strokes, numerous Carousel Industries technicians brought her work desk and belongings to her house. Her coworkers also provided a food service for her and she said, "There's this running joke that my husband can't cook so what they did was super great and supportive."

She returned to teaching at the Bethlehem YMCA seven months after her strokes, where she said it helps to distract her. "It keeps my brain not thinking that something bad is going to happen," she recalled. "That's the worst of it. And like at home, when it gets quiet, it gets scary. The dizziness is always there because what

happened to me affected my inner ear balance and part of my vision."

DeFazio related this to how it also took her seven months to stop having panic attacks over dizziness. She said that high ceilings, shadows, patterned floors and crowded places are some things that make her light-headed and need a quick break to breathe.

She also brought up that she has suffered from post-traumatic stress whenever she is at her work desk because it reminded her of being where she first collapsed. "I realized it was so much worse in the office," she said. "And it started becoming a pattern where everytime I see that everything in my office is at the same place, it's like the same scenario again and I would have to get off the phone immediately and go outside to make sure that what was going on was not real, because I kept thinking that it was going to happen."

To this day, DeFazio continues to have a few CAT scans, visit her doctor every three months, does physical therapy twice a week, play brain games and use balance balls. "As long as I keep working at it, it's getting better but it's not overnight," she said.

DeFazio said she has learned a lot from her experiences this past year and she expressed gratitude to her family, friends and colleagues for supporting her throughout.

"I truly don't want to end up being a victim out of all this," DeFazio concluded. "It's something that happened and I'm overcoming it. I want this to be something I survive and learn from, and it has made me better as a person."





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BUSINESS

Costco possibly coming to Guilderland

Part of a future proposed retail and residential hub

By DIEGO CAGARA

cagarad@spotlightnews.com

GUILDERLAND

— A new Costco store is proposed to open at the intersection of Western Avenue with Crossgates Mall and Rapp roads in Guilderland in the near future.

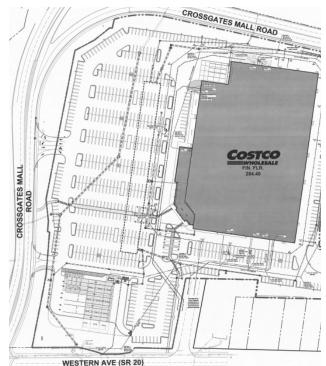
The store is set to take up around 160,000 square feet on a 16-acre parcel of land with several fuel pumps and 700 parking spaces. According to the town's website, the site currently contains 13 vacant homes which were bought by the Pyramid Companies, a real estate company that also owns the nearby Crossgates Mall, within the last 15 years. There, however, is one property still occupied by a homeowner on the

proposed site

The Costco store is set to be a part of Guilderland's Transit-Oriented District, a designated area that hopes to promote more pedestrian linkages and public transit. Along with Crossgates Mall, Costco is proposed to be accompanied by a nearby 222-unit apartment and townhome development combined with 3,900 square feet of commercial space on 19.7 acres; and a 11.3-acre site that may one day be home to 115,000 square feet of retail, 50,000 square feet of office space and 48 apartments.

Guilderland Town Planner Kenneth Kovalchik said the Planning Board has until Feb. 7 to review the Costco store proposal's draft environmental impact statement. The project, which was first submitted to the town in spring 2019, has also been referred to the Albany County Planning Board.

He said that since the



The proposed Costco store would be the first of its kind ever in the Capital District but it has yet to receive final approval.

Provided photo

project has not received final approval, Costco opening in Guilderland is still not a certainty. Guilderland Town Supervisor Peter Barber said Costco is a highlyrated company that gives people more choices for shopping and offers retail jobs for locals once it opens. He added that under the proposal's review, the town is working with the City of Albany to mitigate traffic impacts on nearby neighborhoods as well as hearing comments from local residents so far.

The town's website page on the proposed project includes around three dozen public comments from local residents and organizations which are available to view.

Barber said this would be the first time a Costco store would be located in the Capital District. "If you look around the country, there's typically just one Costco store in a metropolitan area, two in the largest ones," he said. "This new Costco store would probably be it here."

Barber added that the proposed site, along

with the greater Transit-Oriented District, seeks to take advantage of the CDTA public transport system and the nearby Interstate highways.

Kovalchik said given the Costco site's proximity to residential neighborhoods like the Rapp Road Community Historic District, concerns about potential increased traffic are being heard. "The [Rapp Road] neighborhood is within the City of Albany and there's only so much the town can do in terms of mitigating effects on that neighborhood," he said. "We're also working with some nearby neighborhoods in Albany and Guilderland and people have sent emails and letters on record to me about their concerns."

He continued, "There must be a coordinated effort between the city and town. The environmental impact statement will

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COMMUNITY

Local cheer team placed in top 10 nationally

Team reflects on accomplishment and what's next for them

By DIEGO CAGARA

cagarad@spotlightnews.com

BETHLEHEM

— The Bethlehem Pop Warner Cheerleading team is optimistic for the new year, after placing ninth at the national ESPN Wide World of Sports competition at Disney World in Orlando, Florida back on Dec. 13.

The team is comprised of six local girls whose ages range between eight and 10: Kezia Williams of A.W. Becker Elementary; Ruby Martell of Eagle Elementary; Briella Gardy of Slingerlands Elementary; Giana Bianchino of Hamagrael Elementary; Brooke Vogel of Eagle Elementary; and Lauryn Bradt of Hamagrael Elementary. They are led by four co-coaches, including

Lindsey Bradt and Katherine Wentworth, and they competed against 14 other teams in their division at Disney World.

Co-coach Lindsey Bradt expressed surprise at how, even with having the fewest number of girls allowed for the competition, they managed to place within the top 10 nationally. "I think it's remarkable for them to be at this age and accomplishing something like this, which some people take a lifetime to do such a thing," she said. "This was their first time competing together too. They have such an amazing team bond and they work well together on and off the mat."

Teammates Gardy and Vogel said they were initially nervous entering the competition at Disney World but once they were



The Bethlehem Pop Warner Cheerleading team expressed hope that more girls will join this year before they compete again this fall.

Lindsey Bradt

there, it did not feel as scary as they thought. They also said that the team's twoand-a-half minute routine only had a few minor missteps but they still felt proud and accomplished in

the end.

Teammate Martell said, "Seeing that this was our first time competing and two of our junior coaches were coaching for the first time, they made a routine that made us go all the way to nationals which is crazy."

Fellow teammate Bianchino said, "I think our coaches coach us really well. Every time we've done a stunt and we fell, the coaches would always tell us to get back up and we would. We keep on going."

Vogel chimed in, "In the end, it made me feel better knowing that we did place in the top 10 nationally."

The team had qualified to take part in the ESPN Wide World of Sports after competing at Pop Warner Regionals in Trenton, New Jersey in early November against 15 other teams.

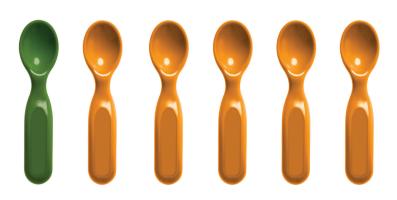
The trip to Disney World was also made possible after they raised around \$11,000 to reimburse the involved families for the costs of transporting the team and their co-coaches. The fundraising, which took

place in November, was done with raffles, face paintings, a coin drop, GoFundMe pages set up by involved parents and more.

Looking ahead, Bradt said most of the team are returning to to embark on its winter season at Hamagrael Elementary on Jan. 27 for eight weeks to continue developing their skills and perfecting their routine. They will not compete again until this fall and they hope they can compete nationally again. She added that there is still time for new girls, even those lacking any cheerleading experience, to join if they want.

When asked why they want to encourage more girls to sign up this year, the teammates collectively said, "It's so fun! It really is!"

For more information or if anyone is interested in joining, visit www. bethlehempopwarner. com or email at info@ bethlehempopwarner.com.



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COUNTY GOVERNMENT

Legislators take the oath

Joyce elected chair; Mauriello as minority leader

By JIM FRANCO

francoj@spotlightnews.com

ALBANY — At the annual organizational meeting on Wednesday, Jan. 1, the Democratic caucus on the County Legislature unanimously elected Andrew Joyce to another term as chair, and Republicans unanimously elected Frank Mauriello to serve a second term as leader of the minority caucus.

After the 2019 election that saw 11 new members elected to the 39-member panel, the Democrats added a seat to their overwhelming majority and enter the New Year with 30 members in the caucus.

Also, for the first time in 45 years, there will be a new clerk of the legislature.

"The first two years were a learning experience but I am excited to get started. ... We have an increasing list of items to get to, from the new programs addressing community needs added to our county budget, to the final rollout of our electronic management system."

— Andrew Joyce, County Legislature Chairman

Necole Chambers, who has been the first deputy clerk since 2016, will change positions with Paul Devane, who has been clerk since 1974.

Joyce, first elected chair two years ago, represents District 9 which includes



Andrew Joyce at a recent meeting of the legislature.

Jim Franco / Spotlight News

parts of the City of Albany and the Town of Bethlehem. He became the youngest person to hold the post during a shakeup in the Democratic Party, and quickly shook things up in the legislature, in part by giving Republicans

JOHN D. RUTSKI

positions as committee chairs for the first time in the legislature's 50-year history.

"The first two years were a learning experience but I am excited to get started," Joyce said. "We have 11 new individuals who are already bringing a whole breath of new ideas and momentum to the body. We have an increasing list of items to get to, from the new programs addressing community needs added to our county budget, to the final rollout of our electronic management system, which will not only reduce our reliance on paper, but also improve operations and provide better public access."

In 2019, Democrats took over a Republican seat in Colonie with the victory of Nathan Bruschi over Jeff LaMountain in District 24 to replace the retiring Peter Crouse, a Republican. And they picked up a seat in District 36, where Democrat Matthew Miller won a three way race to replace the retiring Republican Richard Mendick. In District 37, representing Coeymans, Republican George Langdon beat incumbent Democrat

Richard Touchette.

Despite the overwhelming minority, Mauriello said Republican lawmakers have pushed for more transparency and professionalism in the County Legislature.

"We have demanded the legislators and public be provided required, but routinely ignored, fiscal impact statements for proposed legislation, and that the whole legislature be given 48 hours to review changes to the Executive Budget before voting on it," he said. "We have successfully stopped ill-conceived laws such as an onerous paid sick leave mandate on small businesses; the Secondhand Dealer law which would've decimated local business including local eBay, Etsy and garage/antique sales; and an illegal mandate for fire sprinklers in all new residential structures."

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HIGH SCHOOL SPORTS

The Eagles edge the Dutch

GUILDERLAND — The Bethlehem gymnastics team edged The Lady Dutch on Saturday, Jan. 4 by a total of 157.2 to 149.7.

Bethlehem's Ali Gray earned the all-around most points with 33.05 at Lynnwood Elementary School. Trinity Walters came in second for Bethlehem with 31.7 points and Guilderland's Carli Rem placed third with 31.4 points.

Gray and teammate Mia Farley won the vault with an 8.3 each. Gray won the uneven bars with a score of 7.4, the balance beam with a score of 8.35 and the floor exercise with an even 9.

Guilderland will host Saratoga on Wednesday, Jan. 8 and Bethlehem will host Shaker on Tuesday, Jan. 7 and then travel to Shaker on Wednesday, Jan. 15.

Check out our website for more photos of the competition.

—Jim Franco













RAVENA — Arlington High School took home the team title of the Jamie Mormile Invitational on Saturday, Jan. 4, with a combined score of 218.

Tamarac wrestlers came in second with a combined 208.5 and the host team, Ravena-Coeymans-Selkirk, placed third with a combined 194. Coxsackie Athens came in fourth with a score of 163.5 followed by Guilderland with 150. Bethlehem placed eighth with 90 points.

Notable wins from schools in our circulation area include Kaden

Gransbury, of RCS, placing first in the 126-pound class, Bobby Pelletier, of RCS, placing first in the 132-pound class, Nick Gicewicz, of Bethlehem, placing first in the 182-pound class, Cameron Durant, of Guilderland, placing first in the 195-pound class

Fifteen teams competed in this year's The Jamie Mormile Invitation, named in honor of a longtime volunteer with the RCS wrestling program who died of Cystic Fibrosis at the age of 20 in 2010.











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NOTICE OF LLC FORMATION

ANTARES ADVISORY LLC. Arts. of Org. filed with the SSNY on 12/03/19. Office: Albany

County. SSNY designated as agent of the LLC

PROPERTIES

designated

be served. SSNY

lawful purpose.

D-236760

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pose.

D-235078

D-234912

INDUSTRY CITY

Arts. of Org. filed the SSNY on

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upon

pose.

LLC.

upon

D-236386

lawful purpose.

D-236109

designated

LEGALS

NOTICE OF LLC **FORMATION**

BRIDGE HILL LLC Arts. of Org. filed with the SSNY on 11/15/19. Office: Albany County. designated agent of the LLC upon whom process against it be served. SSNY may shall mail copy of pro-cess to the LLC, 1736 86th Street, Brooklyn, NY 11214. Purpose: Any lawful purpose. D-234573

NOTICE OF LLC FORMATION

14 MAPLE GWL LLC. Arts. of Org. filed with the SSNY on 12/06/19. Office: Albany County. designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-cess to the LLC, c/o Troia & Associates, 59 Maiden Lane, 41st Floor, New York, NY 10038. Purpose: Any lawful pur-

NOTICE OF LLC **FORMATION**

156 NEW YORK AVENUE, LLC. Arts. of Org. filed with the SSNY on 12/13/19. 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 Jack Zarif, 150 Girard Brooklyn, Purpose: Any 11235. lawful purpose. D-236281

NOTICE OF LLC FORMATION

GAY 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 Konner, Teitelbaum & Gallagher P.C. Seventh Avenue, 12th Floor, New York, NY 10018. Purpose: Any lawful purpose.

NOTICE OF LLC **FORMATION**

17 GAY MEMBER LLC Arts. of Org. filed with the SSNY on 09/17/19. Office: Albany County. designated as agent of the LLC upon whom process against it be served. SSNY shall mail copy of pro-cess to the LLC, c/o Konner Teitelbaum Gallagher, 462 Seventh Avenue, 12th Floor, New York, NY 10018. Purpose: Any lawful purpose. D-234691

NOTICE OF LLC **FORMATION**

CHAMBERS GARAGE LLC. Arts. of Org. filed with the SSNY on 12/03/19. Office: Albany County. designated agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-cess to the LLC, 10 East 33rd Street, 11th Floor, New York, NY 10016. Purpose: Any lawful pur-D-235320

NOTICE OF LLC **FORMATION**

2083 PACIFIC LLC. Arts. of Org. filed with the SSNY on 08/23/19. Of-

LEGALS

fice: SSNY Albany County. designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-cess to the LLC, 178 Quincy Street, 1st Floor, Brooklyn, NY 11216. Purpose: Any lawful pur-D-236251

NOTICE OF LLC **FORMATION**

282 GARFIFLD PLACE LLC. Arts. of Org. filed with the SSNY on 12/18/19. Office: Albany County. SSNY designated as agent of the LLC whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Law Office of Katz & Matz, P.C., 1350 Avenue of the Americas, 3rd Floor, 10019. New York, Any Purpose: lawful purpose.

NOTICE OF LLC **FORMATION**

3101 ASTORIA REAL ESTATE LLC. Arts. of Org. filed with the SSNY on 11/21/19. Office: Albany County. SSNY designated as agent of the IIC upon whom process against it may be SSNY shall mail copy of process to the LLC, c/o Stefano Troia, Aldershot Manhasset, NY 11030. Purpose: Any lawful pur-D-234620

NOTICE OF LLC FORMATION

311 W 4th LLC. Arts. of Org. filed with the SSNY on 11/25/19. 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, 217 Centre Street, New York, NY 10013. Purpose: Any lawful purpose.

NOTICE OF LLC **FORMATION**

MACDONOUGH Arts. of Org. filed the SSNY on 10/18/19. Office: Albany County. SSNY designate ed as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 14 Bower Place, Huntington, NY 11743. Purpose: Any lawful purpose. D-237612

NOTICE OF LLC FORMATION

40 WYCKOFF LLC. Arts. of Org. filed with the on 12/19/19. Of-SSNY Albany County. designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Jalen Management Co., Hamilton Fort Parkway, Brooklyn, NY 11228. Purpose: Any lawful purpose. D-237075

NOTICE OF LLC FORMATION

410 CENTRAL AVENUE LLC. Arts. of Org. filed with the SSNY on 12/03/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC,

LEGALS

2030 Ocean Parkway Brooklyn, NY 11223 Purpose: Any lawful pur-D-236792

NOTICE OF LLC **FORMATION**

424 44TH STREET RE-ALTY LLC. Arts. of Org. filed with the SSNY on 02/01/16. Office: Albany County. SSNY designated as agent of the LLC whom process against it may be served SSNY shall mail copy of process to the LLC, 424 44th Street, Brooklyn, NY 11215. Purpose: Any lawful purpose. D-236325

NOTICE OF LLC FORMATION

43.3 PROOF II LLC. Arts of Org. filed with the SSNY on 11/27/19. Of-Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o James McKenna, Avenue, NY 10704. Yonkers, Purpose: Any lawful pur-D-235173

NOTICE OF LLC

FORMATION 433 EMMUT PROPER-TIES LLC. App. for Auth. filed with the SSNY on 12/13/19. Originally filed with Secretary of State Delaware 12/06/19. Office: Albany County. SSNY designat ed as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 521 West 48th Street, Suite New York, 10036. Purpose: Any lawful purpose.

NOTICE OF LLC **FORMATION**

453W.21ST LLC. Arts of Org. filed with the SSNY on 11/25/19. 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, 1350 Avenue of the Americas, 3rd Floor, New York, NY 10019. Purpose: Any lawful purpose. D-234914

NOTICE OF LLC FORMATION

532 CLINTON LLC. Arts of Org. filed with the on 12/03/19. Of-SSNY Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-cess to the LLC, 9728 3rd Avenue, Suite 133, Brooklyn, NY 11209. Purpose: Any lawful pur-

NOTICE OF LLC FORMATION

599 CAFE LLC. Arts. of Org. filed with the SSNY bany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Paleudis Law Firm, LLC, 100 Canal Pointe Blvd., Suite 125, Princeton, NJ 08540. Purpose: Any lawful pur-

D-236107

LEGALS

whom process upon against it may be served. SSNY shall mail copy of process to the LLC, 145 81st Street, Apartment New York, 10028. Purpose: Any lawful purpose. D-235311

NOTICE OF LLC

ARTISTA HOLDINGS, LLC. Arts. of Org. filed with the SSNY on 11/25/19. 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 Gleich, Farkas Emouna LLP, 36 South Station Plaza, Great Neck, NY 11021. Purpose: Any lawful purpose. D-235801

NOTICE OF LLC

FORMATION
AVA REALTY SERVICES
GROUP LLC. Arts. of Org. filed with the SSNY on 12/03/19. 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, 151-69 134th Av-Jamaica. enue. 11434. Purpose: lawful purpose. D-235313

NOTICE OF LLC FORMATION

BARTAU LLC. Arts. of Org. filed with the SSNY on 07/24/19. 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, 1212 Woodrow Road, Staten Island, NY 10309. Purpose: Any lawful purpose.

NOTICE OF LLC FORMATION

BGnyc19 LLC. Arts. of Org. filed with the SSNY on 11/26/19. 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, 23 Shore Road, Westhampton Beach, NY Purpose: 11978. lawful purpose. D-235077

NOTICE OF LLC FORMATION

BOOK NOOK WEA LLC. Arts. of Org. filed with the SSNY on 11/27/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-cess to the LLC, c/o Book Nook, 23 Warren Street, Store No. 8, New York, NY 10007. Purpose: Any lawful purpose. D-234989

NOTICE OF LLC FORMATION

BRIJ LLC. Arts. of Org. filed with the SSNY on 12/06/19. 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, 115

To place your Legal Notice: Call 439-4949

NOTICE OF LLC FORMATION BUSHWICK

West

York.

D-235764

LEGALS

FUNDING LLC. Arts. of Org. filed with the SSNY **FORMATION** 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 c/o Hirschmark Capital LLC, 15 West 26th Street, Suite 901, New York NY 10010 Purpose: Any lawful purpose. D-236926 **NOTICE OF LLC**

FORMATION

CAKE LEGACY, LLC. Arts. of Org. filed with the SSNY on 12/19/17. Office: Albany County. SSNY designated agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-cess to the LLC, 6 Hardwick Place, Lake Grove, NY 11755. Purpose: Any lawful purpose. D-236436

NOTICE OF LLC FORMATION

CAMBURI LLC. Arts. of Org. filed with the SSNY 10/18/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the Beach Street, Unit PHD, New York, NY 10013. Purpose: Any lawful purpose. D-235538

NOTICE OF LLC FORMATION COL D'AUBISQUE LLC.

of Org. filed with the SSNY on 02/22/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-cess to the LLC, c/o The Greenwich Lane, 155 West 11th Street, Unit York, New 10011. Purpose: lawful purpose. D-235544

NOTICE OF LLC FORMATION

COLONIE KEYS, LLC. Arts. of Org. filed with the SSNY on 10/31/19. Office: Albany County. SSNY designated as SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-cess to the LLC, 12 Colby Street, Albany, NY 12206. Purpose: Any lawful purpose. D-235427

NOTICE OF LLC FORMATION

COMPLETE ADMISSION SOLUTIONS, LLC. Arts. SSNY on 12/06/19. 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, 115 West 29th Street, New York, NY 10001. Purpose: Any lawful purpose. D-235765

LEGALS

NOTICE OF PLLC 29th Street, New NY 10001. Pur-**FORMATION** DANIELE LEVINE OCCUpose: Any lawful pur-PATIONAL

PLLC. Arts. of Org. filed with the SSNY on 11/15/19. 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, 70 East 12th Street, Apartment 2A, New York, NY 10003. Purpose: Forthe

THERAPY

practice of the profession of Occupational Therapy. D-235608

NOTICE OF LLC FORMATION

DFFINITELY MAYBE DEFINITELY MAYBE LLC. Arts. of Org. filed with the SSNY on 12/19/19. Office: Albany County. SSNY designat-ed as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, Bluebird Lane, Plainview, NY 11803. Purpose: Any lawful pur-D-237060

NOTICE OF LLC FORMATION

CONSULTING GROUP LLC. Arts. of Org. filed with the SSNY on 11/27/19. 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, 3240 Henry Hudson Parkway, Apartment 4M, Bronx, NY 10463. Purpose: Any lawful pur-D-235690

NOTICE OF LLC FORMATION

DOWNTOWN HEALING COLLECTIVE LLC. Arts. of Org. filed with the SSNY on 11/25/19. Of-fice: 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 R. Ebert, Esq. of Barton, LLP, 711 Third Avenue, 14th Floor, New York, NY 10017. Purpose: Any lawful purpose. D-235656

NOTICE OF LLC FORMATION

ELIXIR 809 LLC. Arts. of Org. filed with the SSNY on 11/27/19. 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, 1020 Grand Concourse, Unit 19T, Bronx, NY 10451. Purpose: Any lawful purpose. D-235455

NOTICE OF LLC FORMATION

Arts. of Org. filed with the SSNY on 11/19/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 1559 E. 21st Street, Brooklyn, NY 11210. Purpose: Any lawful purpose.

LEGALS

NOTICE OF LLC **FORMATION**

ENVIRONMENTAL SAFE-TY ADVISORS LLC. Arts. of Org. filed with the SSNY on 10/15/19. Office: SSNY 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, 180 East 17th Street, Apartment 401, Brooklyn, NY 11226. Purpose: Any lawful purpose. D-234589

NOTICE OF LLC **FORMATION**

EPIC PARTNERS II, LLC. App. for Auth. filed with the SSNY on 05/15/19. Originally filed with Secretary of State Delaware 03/04/2005. 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, 116 West 23rd St, 5th Floor, New York, NY 10011. Purpose: Any lawful purpose.

NOTICE OF LLC **FORMATION**

EV TAXI LLC. Arts. of Org. filed with the SSNY on 11/07/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 31-07 90th Street, 2nd Floor, Elmhurst, NY 11369. Purpose: Any lawful purpose. D-237610

NOTICE OF LLC

FORMATION FITRUS, LLC. Arts. of Org. filed with the SSNY on 10/02/19. Office: Albany County. SSNY designated as agent of the ĽLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 114 First Avenue, New York, NY 10009. Purpose: Any lawful pur-D-234988

NOTICE OF LLC FORMATION

GRAND PAUSE LLC. Arts. of Org. filed with the SSNY on 12/09/19. 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, 825 W. 187th Street, Apartment 1B, New York, NY 10033. Purpose: Any lawful purpose. D-235951

NOTICE OF LLC **FORMATION**

GREENWELL COM-MERCE LLC. Arts. of Org. filed with the SSNY on 10/15/19. 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 Teerawee Unchalipongse, 630 First Avenue, Suite #25M, New York, NY 10016. Purpose: Any lawful purpose. D-236756

NOTICE OF LLC FORMATION

HAUS INVESTMENTS GROUP, LLC. App. for Auth. filed with the

LEGALS

SSNY on 11/22/19. Originally filed with Secretary of State of Utah on 08/14/19 Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Investments Group, LLC, ATTN: IIsoon Yang, 1 Broad Street, Unit 17A, Stamford, CT 06901. Purpose: Any lawful purpose. D-235399

> **NOTICE OF PLLC** FORMATION

FANG PLLC. Arts. of Org. filed with the SSNY on 10/15/19. 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, 136-20 38th Avenue, Suite 5C, Flushing, NY 11354. Purpose: For the practice of the profession of Dentistry.

> NOTICE OF LLC FORMATION

JEFF MCLAUGHLIN MU-SIC LLC. Arts. of Org. filed with the SSNY on 11/13/19. 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 Jeffrey McLaughlin, 101 Cooper Street, Apartment 6F, New York, NY 10034. Purpose: Any lawful purpose.

NOTICE OF LLC

JOE P HOLDINGS LLC. Arts. of Org. filed with the SSNY on 11/13/19. 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 Pietronuto, 917 Es-planade, Pelham Manor, NY 10803. Purpose: Any lawful purpose.

> NOTICE OF LLC FORMATION

JOHMOR LLC. Arts. of Org. filed with the SSNY on 12/11/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o KND Manage-2/0 KND IV... Co., Inc., 101 Street, Richardson Street, Brooklyn, NY 11211. Purpose: Any lawful pur-D-237606

FORMATION

JOHNSON LLC. Arts. of Org. filed with the SSNY on 12/11/19. Office: Albany County. designated as agent of the LLC upon whom process against it may be served. SSNY LLC. Arts. of Org. filed shall mail copy of pro- with the SSNY on

LEGALS

to the LLC, c/o Management Co., 101 Richardson Brooklyn, Purpose: Any 11211. lawful purpose. D-237608

> NOTICE OF LLC **FORMATION**

KORDAL LLC. Arts. of Org. filed with the SSNY on 06/26/19. 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, 45 Willoughby Av-Brooklyn, Purpose: Any lawful purpose. D-237058

NOTICE OF LLC

FORMATION PROPERTIES, LLC. Arts. of Org. filed with the SSNY on 11/27/19. Office: Albany County. SSNY designated as agent of the LLC whom process against it may be served. SSNY shall mail copy of process to the LLC, Moffitt Boulevard, Suite C, Bay Shore, NY 11706. Purpose: Any lawful pur-D-235149

NOTICE OF LLC

LUSYA CAB LLC. Arts. of Org. filed with the SSNY on 11/07/19. Of-County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-cess to the LLC, 2650 Ocean Parkway, Apartment 2N, Brooklyn, NY 11235. Purpose: Any lawful purpose.

> NOTICE OF LLC FORMATION

MAbad Realty LLC. Arts. of Org. filed with the SSNY on 11/13/19. Latest date to dissolve: 10/31/2119. 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 c/o Mary Abad, 1331 Mace Avenue, Bronx, NY 10469. Purpose: Any lawful pur-

NOTICE OF LLC

FORMATION MAPLE 14 GLENWOOD LLC. Arts. of Org. filed with the SSNY on with the SSNY on 12/06/19. Office: Albany County. SSNY designated as agent of the LLC whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Troia & Associates, 59 Maiden Lane, 41st Floor, New York, NY 10038. Purpose: Any lawful pur-

NOTICE OF LLC

D-235767

FORMATION

LEGALS

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, 212 East 47th Street, Unit #11E, New York, NY Purpose: Any lawful purpose. D-236929

NOTICE OF LLC **FORMATION**

MBT NYC REAL ESTATE, LLC. Arts. of Org. filed with the SSNY on 10/24/19. 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, 236 East 47th Street, #17-E, New York, NY 10017. Purpose: Any lawful purpose. D-235179

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY NAME: MEDICAL ARTS PHARMACY OF ALBANY, LLC

Articles of Organization were filed with the Secretary of State of New York (SSNY) on February 12, 2009. Office location: 360 Delaware Avenue, Delmar, County of SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, c/o Anthony V. Cardona, Jr., Esq., 22 Clinton Avenue, Albany, New York 12207 for any law-D-235051

FORMATION

MINTAKA PROPERTIES LLC. Arts. of Org. filed with the SSNY on 11/26/19. 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, Moffitt Boulevard, Suite C, Bay Shore, NY 11706. Purpose: Any lawful pur-D-235079

NOTICE OF LLC FORMATION MISFIT TOYS COMMU-NICATIONS LLC. Arts. of on 12/19/19. Office: Albany County, SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the c/o Diane Briskin, East 93rd Street, Suite 11D, New York, NY 10028. Purpose: Any lawful purpose.

NOTICE OF LLC FORMATION

MLO NEW YORK LLC. of Org. filed with the SSNY on 12/12/19. Latest date to dissolve: 12/11/2119. Office: AlLEGALS

cess against it may be served. SSNY shall mail copy of process to the LLC, 213-21 73rd Av. Unit B. Bayside, enue. NY 11364. Purpose: Any lawful purpose. D-236187

NOTICE OF LLC FORMATION

NICOLLS PLAZA LLC. Arts. of Org. filed with the SSNY on 11/21/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-cess to the LLC, 83-24 Cornish Avenue. Elmhurst, NY 11373. Purpose: Any lawful purpose. D-234694

NOTICE OF **NON-DISCRIMINATORY** POLICY

It is the policy of Bethlehem Commons Care Center not to discriminate on the basis of race, creed, religion, color, national origin, sex, gender, handicap, disability, blindness, source of sponsorship, source of payment, marital status, age, sexual preference, genetic predisposition, or carrier status in employment or in the admission, retention and care of residents and patients. All persons and organizations that have occasion to either refer prospective residents or patients to members of Bethlehem Commons Care Center, or recommend Bethlehem Commons Care Center to prospective residents or patients are advised to follow this non-discriminatory policy.

D-237589 NOTICE OF LLC **FORMATION**

OLISKY FAMILY LLC. Arts. of Org. filed with the SSNY on 12/19/19. Office: Albany County. designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 459 6th Avenue, Brooklyn, NY 11215. Purpose: Any lawful purpose. D-237052

NOTICE OF LLC

FORMATION FLUSHING LLC. Arts. of Org. filed with the SSNY on 10/30/19. Office: Albany County. SSNY designated as agent of the LLC whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Hirshmark Capital LLC, 1140 Broadway, Suite 304, New York, NY 10001. Purpose: Any lawful purpose. D-235057

NOTICE OF LLC

FORMATION PEACOCK GREEN, LLC. Arts. of Org. filed with the SSNY on 12/06/19. LLC upon whom pro- bany County. SSNY des**LEGALS**

ignated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Robert Satran, 228 East Post Road, White Plains, NY 10601. Purpose: Any lawful purpose. D-235773

> **NOTICE OF LLC** FORMATION

PLAYA REESE LLC. Arts. of Org. filed with the SSNY on 12/03/19. Of-Albany County. designated agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 40 Broad Street, Suite 605, New York, NY 10004 Purpose: Any lawful pur-D-235314

NOTICE OF LLC

FORMATION QB-68 PROPERTY LLC. Arts. of Org. filed with the SSNY on 12/17/19. 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 Band, Rosenbaum Martin, P.C., Certified Public Accountants, 440 Mamaroneck Avenue, Ste 508, Harrison, NY 10528. Purpose: Any lawful purpose. D-236764

NOTICE OF LLC FORMATION

QEMIRA, LLC. Arts. of Org. filed with the SSNY on 08/29/19. Office: Albany County. SSNY designated as agent of the ĽLC upon whom process against it may be served. SSNY shall mail copy of process to the c/o Marc Daniels, Esq., Law Offices of John H. Daniels, 114 Old Country Road, Suite 600, Mineola, NY 11501. Purpose: Any lawful purpose. D-235437

NOTICE OF LLC FORMATION QUINCY 3B LLC. Arts. of

Org. filed with the SSNY on 11/20/19. 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, 711 Third Avenue, 14th Floor, New York, NY 10017. Purpose: Any lawful purpose. D-235119

NOTICE OF LLC

FORMATION
ROBERT P. GALLIGAN
PSYCHOLOGY, PLLC.
Arts. of Org. filed with
the SSNY on 11/27/19. Office: Albany County. designated agent of the PLLC upon whom process against it may be served. SSNY

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Brooklyn, NY 11242. Purpose: For the practice of the profession of Psychology. D-235155

NOTICE OF LLC FORMATION

ROCKAWAY BOARD-WALK CLUB, LLC. Arts. of Org. filed with the SSNY on 11/19/19. Of-Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-cess to the LLC, 325 Beach 87th Street, Rockaway Beach, NY 11693. Purpose: Any lawful pur-D-234689

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

Articles of Organization of SBJ Properties LLC (the "LLC") were filed with the Secretary of State of New York "SSNY") on December 2019, effective upon the date of filing. Office Location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY may mail a copy of any process to the LLC 8 Delsmere Avenue, Delmar, New York 12054. The purpose for which the LLC is formed is to engage in the conduct within the purposes for which limited liability companies may formed under the Limited Liability Company Law of the State of New

D-235883

NOTICE OF LLC FORMATION Sportsexcitement, LLC. Arts. of Org. filed with the SSNY on 12/09/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-cess to the LLC, c/o An-Trujillo, Union Turnpike, Apart-ment 8-K, Kew Gardens, NY 11415. Purpose: Any

lawful purpose. D-235839 NOTICE OF LLC

FORMATION StuyHigh595 LLC. Arts. of Org. filed with the SSNY on 11/22/19. Office: SSNY Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Konner, Teitelbaum & Gallagher P.C., 462 Seventh Avenue, 12th Floor, New York, NY 10018. Purpose: Any lawful pur-

D-236788 NOTICE OF LLC FORMATION

TAKANIK LLC. Arts. of Org. filed with the SSNY on 11/26/19. Office: Albany County. SSNY desbany County. SSNY des-ignated as agent of the 12/31/2069. Office: Al-cess to the PLLC, 26 LLC upon whom pro-LLC. Arts. of Org. filed Court Street, Suite 2501, cess against it may be

LEGALS

served. SSNY shall mail copy of process to the LLC, c/o Razis & Ross, P.C., 23-09 31st Street Astoria, NY 11105. Purpose: Any lawful pur-D-235663

NOTICE OF LLC

FORMATION
TAKE IT EASY, LLC Arts. of Org. filed with the SSNY on 12/17/19. Office: Albany County. designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-cess to the LLC, 105 6th Avenue, Brooklyn, NY 11215. Purpose: Any lawful purpose. D-236766

NOTICE OF RECEIPT OF TAX ROLL AND WARRANT

TAKE NOTICE, that I. Alicia M. Roney, the undersigned Receiver of Taxes and Assessments for the Town of Bethlehem, have received the tax roll and warrant for the col-lection of taxes and will receive payments thereon Monday through Friday from 8:30 A.M. to 4:30 P.M. at the

Bethlehem Town Hall, 445 Delaware Avenue, Delmar, New York

For the properties as sessed upon such roll. NO COLLECTION FEE DURING JANUARY 1% collection fee during

February 2% collection fee during

TAKE FURTHER NOTICE, that pursuant to the provisions of law the tax roll of the Town of Bethlehem will be returned to the County of Albany Di-rector of Finance on April 1 2020. D-237415

NOTICE OF LLC

FORMATION
THE MAHLER COMMERCIAL LENDING GROUP LLC. Arts. of Org. filed with the SSNY on 10/25/19. 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 Keith E. Mahler Jr., 15 South Pearl Street, Al-NY 12207. Pur-Any lawful purpose: D-235398

> NOTICE OF LLC **FORMATION**

URBANISM ADVISORS LLC. Arts. of Org. filed with the SSNY on 11/27/19. Office: Albany County. SSNY designated as agent of the LLC whom process upon against it may be served. SSNY shall mail copy of process to the LLC, 140 E. 83rd Street, 18C, New York, NY 10028. Purpose: Any lawful pur-SP-235602

> **NOTICE OF LLC FORMATION**

LEGALS

12/03/19. 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, 12 43rd Avenue, Sunnyside, NY 11104. Purpose: Any lawful purpose. D-235176

NOTICE OF LLC

FORMATION WeNetworkNYC Arts. of Org. filed with the SSNY on 08/09/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it be served. SSNY mav shall mail copy of process to the LLC, 299 Chauncey Street, Apt. 2, Brooklyn, NY 11233. Purpose: Any lawful purpose. D-235221

NOTICE OF LLC

FORMATION
WEST CHELSEA HUDSON LLC. Arts. of Org. filed with the SSNY on 12/04/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Law Offices of Katz & Matz, P.C., 1350 Avenue of the Americas, Floor, New York, NY 10019. Purpose: Any lawful purpose.

> **NOTICE OF LLC** FORMATION

Arts. of Org. filed with the SSNY on 12/16/19. Office: Albany County. designated agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-cess to the LLC, 728 4th Avenue, Brooklyn, NY 11232. Purpose: Any lawful purpose. D-236385

> NOTICE OF LLC FORMATION

WICKSOUNDS Arts. of Org. filed with the SSNY on 11/27/19. Office: Albany County. designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-cess to the LLC, c/o Law Office of Fred Samuel, 60 East 42nd Street, Suite 4700, New York, NY 10165. Purpose: Any lawful purpose. D-235167

NOTICE OF LLC FORMATION
YPOGA LLC. Arts.

Org. filed with the SSNY on 12/03/19. Office: Albany County. SSNY designated as agent of the LC upon whom process against it may be served. SSNY shall mail copy of process to the 42-20 67th Street, Woodside, NY 11377. Purpose: Any lawful pur-

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LIBRARIES

Let's talk about books

o you enjoy talking about books with fellow readers? Are you stuck in a reading rut and in need of some inspiration? Then consider joining one of the library's three different book discussions for adults. There's Daybooks, which takes place monthly at 1:30 p.m on a Monday and a Thursday; Check 'Em Out Books, which meets at 7 p.m. every other month on a Monday; and AfterDinner Books, which alternates months with Check 'Em Out and takes place at 7 p.m. on a Tuesday night.

Daybooks will meet next on Monday, Jan. 13, or Thursday, Jan. 16, to discuss "The Book Woman of Troublesome Creek" by Kim Michele Richardson.

Check BETHLEHEM PUBLIC LIBRARY It Out

Discussions are facilitated by Bethlehem librarians, who carefully select books spanning a variety of topics and genres. Sometimes the authors even drop by to provide additional insight (such as Paul Castellani who will be joining us for the Feb. 11 "Natalie's Wars" discussion at AfterDinner Books). Pick up a bookmark or visit us online at www. bethlehempubliclibrary. org/programs/adult/bookdiscussionsfor additional 2020 titles.

New members are always welcome, and copies of the books are available at the Information Desk. Audio and downloadable

copies may also be available.

Annual report

Bethlehem Public Library's annual report for fiscal year 2018-19 is now available online at www. bethlehempubliclibrary. org. Printed copies are available as a bookmark in the literature rack at the Information Desk.

Learning Cricut

Don't forget to check out our Tech Room Makerspace and see all of the great new tools we've added recently.

Front and center is the Cricut Maker, which allows for precision cutting of paper, vinyl, fabric and other materials. This versatile tool is perfect for scrapbooking, quilting, creating custom cards, and

more. It can even letter and emboss for a polished text presentation. Patrons are responsible for bringing their own materials to use in the Cricut.

The Cricut joins the Makerbot 3D printer, a die cutter, laminator, button maker, light tracing board and sewing machine available for use anytime during library hours.

Want to see these tools in action? Drop by the library for a Tech Room Makerspace open house Monday, Jan. 20, from 2 to 4 p.m.

eMagazines

While some of your favorite eMagazines can still be found in Flipster, many UHLS digital magazines are now available from OverDrive, so you can get your eBooks, digital

audiobooks and magazines all in one place.

Bethlehem cardholders will have access to additional Flipster titles beyond the Upper Hudson collection. Visit the website at www. bethlehempubliclibrary. org and click on the eContent button to begin your search.

Storm and ice warning

In the event of inclement weather, the library's telephone system will provide information on a closing or delayed opening. Weather conditions can occasionally cause icing near the entrances that could lead to closure even when the town roadways are clear. Call ahead at 518-439-9314 if you are unsure. Information may also be available on our website at www. bethlehempubliclibrary.org.

Gaming

Join your friends to play Super Smash Bros. Ultimate on the Nintendo Switch on Friday, Jan. 10. Snacks provided, 3:45 p.m. For ages 9 and up.

Pajama-Rama

Enjoy some fun and stories before bedtime, 6:30 p.m. on Wednesday, Jan. 15. For children up to age 6 with caregiver.

Listening Parties

Does music require humorous lyrics to be funny or can it be evoked in the abstract? Listen to and discuss some examples, 7

- Kristen Roberts

GPL: Cabaret Night

ur next GPL Cabaret Night is on Friday, Jan. 10 at 6:30 p.m., and it's sure to once again fill to capacity. This after-hours special evening performance of jazz standards will feature the wonderful stylings of vocalist Teresa Broadwell and her accomplished quintet. Relax with a glass of wine, appetizers and soothing music to usher in the weekend on a pleasant note. Please register for this program online, by phone or in person (space is limited), and bring a photo I.D. if you're planning to enjoy a glass of wine.



Move It!

Children in grades 3-5 are invited to participate in this kinetic-based afterschool program as GPL Adventures encourages them to "Move It!" on Thurs. Jan. 9 at 3:30 p.m. Among the fun activities planned, we'll be running, jumping, competing for fun and working as a team with jump ropes, hula hoops, stretchy bands, and maybe even a parachute! Please register online, by phone or in person.

New streaming service

We're excited to launch RBDigital, the only library streaming service that allows you to binge-watch your favorites.

At your fingertips: AcornTV (British TV & film); IndieFlix (pop culture favorites, box office hits, award-winning films, documentaries, and

shorts); Stingray Qello (the world's largest collection of concert films and music documentaries); and The Great Courses (spanning scores of topics from wellness, food and finance to science, travel, language, hobbies and much more!)

Your Guilderland or Altamont library card grants you a seven-day loan, and downloads are unlimited during January.

Sign up for a one-onone session with a librarian to take full advantage of our digital options, and bring your library card and mobile device to the appointment.

Call 518-456-2400,

extension 3 for more information, or visit https://guilderlandlibrary. org/e-library-landingpage/#watchtv to get started.

Winter Reading Challenge

Can you help us read 4,000 books during the month of January? Over 1,000 libraries are taking part in Beanstack's Third Annual Winter Reading Challenge.

Last year we read 3,775 books, so this year we've raised the bar!

Log your completed books online at

guilderlandlibrary. beanstack.org. If we're a top reading library, we could win an author visit or other great prizes from Penguin Random House.

Happy Reading!

Knuffle Bunny

Join us for a fun readaloud and related art project on Friday, Jan. 10 at 3:30 p.m. as we enjoy the heartwarming story of Knuffle Bunny together.

This program is for pre-K through Grade 2, and registration is required. Be sure to dress for a mess!

— Luanne Nicholson

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LIBRARIES

Giving Tree

ring hope and warmth to others! Help the Voorheesville Public Library decorate our Giving Tree with handmade or store bought mittens, scarves, hats, and socks. The Library will be accepting donations from December 1 through January 13. All donations will be distributed to one or more local agencies that support children, families and adults who may not have the necessary winter outwear.

Winter STEAM

On Saturday, January 11, from 10:30 to 11:45 a.m., children ages 3 to K with caregiver will explore, play and learn at a STEAM program. Think cold, think cool, think chilly winter fun! Join Ms. Amy and Ms. Lisa for a snow-tastic day of winter themed STEAM! Stations may include snowman shape matching, playing with snow-dough, making



a neat optical illusion called a Thaumatrope, and as a special treat, ice cream making. Please register.

Fun for toddlers

Bring your toddler and join us for a fun, creative and playful FREE yoga class, from 6 to 6:30 p.m., Tuesday, January 14. Toddler Yoga & Music allows the youngest of beginners to use their imaginations as they learn simple yoga poses, playful breathing exercises and relaxation. The class incorporate songs, musical instruments, and games as an introduction to Yoga. Tricia Kandefer is a certified yoga instructor, who specializes in working with young children and families. For toddler ages 22 months through 3-years-old with parent/ caregiver. Please register.

— Lynn Kohler

■ WHAT'S HAPPENING NOW

Fast with Food

DELMAR — The Bethlehem Chamber will host a Fast with Food seminar at The Stram Center on Wednesday, Jan. 8, at 6 p.m.

Come and learn about this revitalizing process and the science behind a specialized ProLon diet.

Enhance your health with a five day meal program with the support of our dietician nutritionist, Janna Neitzel MS, RD, CDN.

Light refreshments will be served.

To register, visit business. bethlehemchamber.com.

The Stram Center is located at 90 Adams Place, Delmar.

Matt's Music Together

GUILDERLAND — Matt's Music Together will take place at Guilderland Public Library on Wednesday, Jan. 8, at 10:30 a.m.

Music Together classes encourage children and caregivers to explore music and movement together through songs, rhymes, fine and gross motor activities, and instrument play.

Local teacher Matt Yaeger will offer a free demo class, so you and your little one can experience the Music Together fun.

To register, visit guilderlandlibrary.org.

Guilderland Public Library

is located at 2228 Western Ave., Guilderland.

We Heard You

DELMAR — Bethlehem Public Library will host a meeting on Wednesday, Jan. 8, at 6 p.m.

In November, BPL asked friends and neighbors to take part in a public brainstorming workshop to talk about the evolution of library services and how the library's space can be used to best meet those needs.

Library architect Paul Mays returns to talk about those responses and what priorities emerged from that discussion.

Bethlehem Public Library is located at 451 Delaware Ave., Delmar.

Open PlaytimeVOORHEESVILLE —

Open Playtime will take place at Voorheesville Public Library on Thursday, Jan. 9, at 10:30 a.m.

Little ones, newborn to 30 months, can enjoy some open playtime with their parents/ caregivers and other babies and toddlers in the Library's large community room.

The library's wonderful collection of age-appropriate toys will be set up. Play and socialize after the 10 a.m. Library Tots program or feel free to just come

and play.

Voorheesville Public Library is located at 51 School Road, Voorheesville.

Cheese 101

ALBANY — The Bethlehem Chamber will host a Cheese 101 class at The Cheese Traveler on Thursday, Jan. 9, at 7 p.m.

This introductory class allows you to use all of your senses to learn the right styles of cheese.

Get your questions answered, learn the basics and gain more confidence at the cheese case.

Class includes cheese and accompaniment samples.

To register, call 518-443-0440.

The Cheese Traveler is located at 540 Delaware Ave., Albany.



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From page 2 ...

Crime Blotter

that the younger daughter intended to smoke marijuana with her friends.

The younger daughter was tracked down by police via her cellphone and was discovered as a passenger in a grey Chrysler driven by Paul Edward Gottlieb, 25, of Troy.

Gottlieb was interviewed by police who also searched him and his vehicle — around 0.4 grams of marijuana and rolling paper were found.

An investigation determined that Gottlieb picked the daughter up at her residence after talking with her on Snapchat; two of her friends joined them.

The group traveled to the dead end of Rockefeller Road with the intention of smoking marijuana and Gottlieb planned to engage in sexual intercourse.

Gottlieb was placed into custody and

transported to the Bethlehem Police Department to be interviewed.

Gottlieb was arraigned before Judge Andrew Kirby on Tuesday, Dec. 31 at 2:25 a.m. in the Town of Bethlehem Court and remanded to the Albany Court jail on \$5,000 cash or bond. He has a return court date on Jan. 21 at 4 p.m.

Gottlieb was charged with attempted rape, endangering the welfare of a child and unlawful possession of marijuana.

Two-vehicle crash

BETHLEHEM — Two people were injured in a two-vehicle crash at the intersection of Meads Lane and Feura Bush Road on Friday, Jan. 3 at 2:39 p.m.

According to police, a 2019 Mazda, operated by Alexandra F. Moreau, 23, of Nashville, Tennessee, was traveling northbound on Feura Bush Road and stopped with its directional on to make a left turn onto Meads Lane.

However, a 2013 Ford, driven by



The crash at the intersection of Meads Lane and Feura Bush Road left two people injured.

Tom Heffernan Sr. / Special to Spotlight News

Kenneth Stroud, 81, of Hannacroix, was also traveling northbound on Feura Bush Road but failed to see the stopped Mazda.

The Ford then struck the Nissan's rear.

The crash caused two passengers in Stroud's Ford — Wilhelmina Stroud, 83, and Wilhelmina Salamak, 74 — to sustain minor injuries and they were transported to St. Peter's Hospital by Delmar-

Bethlehem EMS. Bethlehem police, the Delmar Fire Department and Albany County Paramedics also responded to the

The crash also caused traffic delays in the area for one hour and the scene was investigated. Stroud was issued a traffic ticket for following too closely and is scheduled to appear at the Town of Bethlehem Court later this month.

From page 4 ...

Costco

further analyze the mitigation effort on the Rapp Road community."

Beverly Bardequez, the president of the Rapp Road Historical Association whose family has lived in that neighborhood for decades, said her main concern is the traffic impact. "Even now, we are inundated with too much traffic and people have a tendency to cut through Rapp Road, where the historic district is, to go to Crossgates or Western Avenue," she said. "People don't respect the speed limit and they come flying down here like a main thoroughfare. This road is not built to handle that volume of traffic."

The Rapp Road community is a quiet 14-acre residential neighborhood and its origins date back to the Great Migration in the early 1930s, a period where six million African-Americans left the South for urban areas in the Northeast, Midwest and West. Rapp Road eventually became one such destination and at its peak, 23

families lived on the road in the 1950s; over a dozen still do today.

Bardequez said she has been trying to work with the City of Albany to come up with a plan to mitigate traffic impact or close the Rapp Road Community Historic District somehow from general traffic. "I need something in place before construction begins and I have not heard any updates from the city since I met with them in summer 2019," she said.

She added that her Rapp Road neighbors are also aware of the Costco

store proposal and they are concerned about traffic too. "I plan to send out a letter to the Rapp Road residents soon to ask them what they want to do and also continue to inform them of the proposal," she said. "I'm hoping that everyone can put their heads together to decide how to move forward about this."

For more information, visit www. townofguilderland.org/planning-board/pages/environmental-impact-statement-rapp-road-residentialwestern-avenue-mixed-use.

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First Night 2020

We captured a few images at Bethlehem's First Night.

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INSIDE



Beer? Here?

The governor has an idea of allowing movie theaters to sell beer.

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MORE **INSIDE**



Best career path

STEM jobs rank as the highest paying and hottest trending jobs in the market.

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Arts calendar

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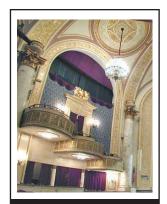


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quote of the week

"People have been using beats and electronics stuff in mainstream country for ten, fifteen years, now. So, you have to ask if somebody just starts complaining when a kid from Atlanta has a trap beat on it, why now? You have to ask those questions about whether there's certain ways that people have these cultural and racial conceptions of music get tripped up subconsciously, even."



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social media



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speaking of

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RECENTLY ANNOUNCED

A movie and a beer

Theater owners wait to learn whether State will allow sale of beer at the movies

By MICHAEL HALLISEY

halliseym@spotlightnews.com

theaters across the Empire State will be allowed The governor unveiled his intention to propose

hould Gov. Andrew Cuomo have his way, movie

an amendment last Friday, Jan. 3, for the upcoming State of the State address. Legislation would allow local movie theaters to serve alcohol. It's a means of providing yet another attraction to theaters competing against a stay-athome-and-stream-it community.

The amendment would not only help movie theaters sell alcoholic beverages, giving them more revenue and craft producers additional retail outlets, it would modernize New York's Alcoholic Beverage Control law to help higher education institutions train the next generation of the craft beverage workforce.

"New York's craft beverage industry is flourishing thanks to eight years of targeted investments and forwardthinking policies that are attracting new businesses and supporting our booming tourism industry," Cuomo said. "This measure will remove outdated Prohibitionera rules that hamper private sector investment, ensure we're training the next generation of workers in a critical industry and give more New Yorkers the opportunity to responsibly enjoy a drink at the movies."

As a way to boost the state craft beverage industry, Cuomo is proposing an amendment to the ABC law to allow the sale of beer, wine, cider, mead and spirits at

"We are thrilled that the governor and his team are adding this important initiative," said Joe Masher, president of NATO NYS and chief operating officer of Bow Tie Cinemas. "We have fought long and hard for movie theaters without full kitchens and permanent tables at every seat to have the ability to apply for a liquor license with the State Liquor Authority. Theaters all across the state will be able to provide an important amenity to its guests, promote New York State wine and craft beverages, and the tax revenue generated from alcohol sales will benefit the state."

Current state law only allows movie theaters with full kitchens and tables inside the screening rooms to offer the sale of alcohol to their adult customers. With increased competition and diversification of video content creation and consumption methods, movie theaters faced with competition have been investing in upgrades and advancements to the movie-going experience. While these investments are attracting new audiences, they have increased operating costs with many theaters struggling to pay for these upgrades without additional sources of revenue.

"I want to thank the governor for his continued support," said Lynn Kinsella, owner, The Aurora Theater. "With the changes to the industry such as the conversion to digital projection, fighting against piracy, new



streaming services and sophisticated HD home theaters, small movie theaters are facing even higher costs. To adapt, movie theatres are looking for new ways to enhance the movie going experience, including providing alcoholic beverages to offset these rising costs and retain employees. This proposal helps me do that and frankly without it, it will be hard to survive."

Under Cuomo's proposal, adults holding tickets to movies rated PG-13 or higher could purchase alcoholic beverages, provided only one drink could be sold to a customer at a time. This proposal will provide theater operators with additional revenues, assist in the economic development of downtowns, and provide New York craft producers with additional retail outlets.

'We are very excited that the governor will be making the alcohol proposal in movie theaters a priority in his State of the State," said Robert Sunshine, executive director of the National Theater Owners of New York State. "With all the competition coming from media and steaming services, it is critical for movie theaters to be able to offer this amenity to its customers. It is necessary for movie theaters to have this ability to serve alcohol so they can compete with other entertainment sectors."

The legislation should prove to be a boon for local craft beverage companies that have flourished in recent years. Over the past eight years, Cuomo has worked to modernize laws and has launched promotional campaigns to make it easier to start and grow new craft manufacturing businesses. Since the his first Wine, Beer and Spirits Summit, the number of farm-based licenses has increased by over 181 percent from 282 in October 2012 to 792 today.

New York now ranks in the top five in the U.S. for its number of craft beverage producers in every category. The state ranks first in U.S. for the number of hard cider producers, second in craft distillers, third in breweries, and fourth in the country for the total number of wineries.

However, the idea that Netflix and other streaming services are killing the movie theater industry rings hollow. Movie distributors and cinema owners at last year's CinemaCon were optimistic of the current consumer climate.

The domestic box office enjoyed a record-breaking year in 2018, racking in \$11.9 billion. Nearly 75 percent of the American population saw at least one movie, representing a 5 percent rise in the number of movie tickets sold.

WHAT'S HAPPENING NOW

Poetry Night Caffe Lena — Wednesday, Jan. 8

SARATOGA SPRINGS — Caffe Lena will host Poetry Night on Wednesday, Jan. 8, at 6 p.m.

Poetry Night is sponsored by Youth Harbor, a new Saratoga-based non-profit organization that provides space for tweens and teens with mental and emotional challenges to support one another in living creative, healthy lives. Warm up for Open Mic and get to know some fellow poetry lovers as Mary Ann Rockwell of Saratoga Springs Public Library leads a conversation about the work of a particular poet. No advance preparation needed. Poems will be provided.

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

Sean Kelly

Caffe Lena — Thursday, Jan. 9

SARATOGA SPRINGS — Sean Kelly will perform at Caffe Lena on Thursday, Jan. 9, at 7 p.m.

Melodic, intelligent and organic music from the beloved front man of the Samples. 25 years after starting his full fledged music career with The Samples, Sean Kelly continues to delight fans with music that transcends genres, age and shatters the rules of the established music industry. Throughout his career, Kelly has been the driving influence of 20 albums and over 1 million records sold. Kelly's timeless lyrics, striking voice and memorable melodies led to songs like "Little Silver Ring," "Feel Us Shaking" and "Wild River." For many fans, these aren't new songs or old songs, but anthems to their lives that represent the first time they met their wife or the joys of their times at college.

For tickets, visit eventbrite.com.

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

The Young Wildcats

The Low Beat — Thursday, Jan. 9

ALBANY — The Young Wildcats will perform at Putnam Place on Thursday, Jan. 9, at 7:30 p.m.

The Young Wildcats are a blues band made up of past and present students from Rocky's Music Studio. The band began as a tribute to the late Ernie Williams. Playing classic blues to blues rock with the occasional twist, The Young Wildcats were selected to represent the Capital Region Blues Network (CRBN) in the Youth Showcase at the 2020 International Blues Challenge in Memphis, Tennessee.

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

Casual Friday

MochaLisa's Caffe — Friday, Jan. 10

CLIFTON PARK — Casual Friday will perform at MochaLisa's Caffe on Friday, Jan. 10, at 7 p.m.

Casual Friday is a high-energy funk band that plays all your favorites. From Stevie Wonder to Bruno Mars to Chicago, it is sure to fill your night with great music and great fun.

MochaLisa's Caffe is located at 22 Clifton Country Road, Clifton Park.







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WHAT'S HAPPENING NOW

Knot Dead

Rustic Barn Pub — Friday, Jan. 10

TROY — Rustic Barn Pub will host Knot Dead on Friday, Dec. 10, at 8 p.m.

Knot Dead performs the music of the Grateful Dead and much more.

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

Red Molly

Caffe Lena — Friday, Jan. 10

SARATOGA SPRINGS — Red Mollly will perform two shows at Caffe Lena on Friday, Jan. 10, at 5:30 and 8 p.m.

The dynamic female trio that began as a happy accident around a campsite has captured the hearts of listeners for over 15 years. Combining the forces of three songwriters with unique character and style, Red Molly creates a show that is larger than the sum of its parts. Known for its gorgeous harmonies, crisp musicianship, infectious songwriting and warm, engaging stage presence, this powerhouse group weaves together the threads of American music—from folk roots to bluegrass, from heartbreaking ballads to barn-burning honky tonk. With Laurie MacAllister on bass, Abbie Gardner on dobro, and Molly Venter on guitar, Red Molly draws even back row listeners into a sense of intimacy.

For tickets, visit eventbrite.com. Caffe Lena is located at 47 Phila St.

Spotlightnews

From page B1 ...

Gangstagrass

Michael Hallisey: What's your first love: hip hop or bluegrass?

Rench: Uh. It's tough. Actually, probably going back to the start is really hip hop and honky-tonk.

Hallisey: Seriously?!

Rench: Yes.

Hallisey: How old are you, if you don't mind me asking?

Rench: I'm 44, if I'm doing my math right. I'd say, probably, on a baby-level, I was exposed to a lot of honkytonk. My dad being from Oklahoma. [There was] a lot of George Jones, kind of stuff. Johnny Cash. Willie Nelson. So that's definitely implanted there. That was on the stereo from the start. But, I would say hip hop, for me, goes to about second grade, third grade. Really having it take over the country. Beat Streets came out and all the break dancing movies, and all that. That's what I was doing with my friends during recess. It was about laying down some cardboard to do your backspins. So, that's pretty early on it really ingrained into my head the need for a block-rockin' beat.

Hallisey: With Ice-T in the Breakin' movie series. I remember that.

Rench: Yup.

Hallisey: Where abouts did you grow up: Did you grow up in New York City?

Rench: No. I grew up in California.

Hallisey: Okay, so you're all over the spectrum as far as the country.

Rench: I'm all over the spectrum. And, then I would spend some time going to Oklahoma to visit the grandparents there. Spent some time in New Mexico and then settled into Brooklyn.

Hallisey: So, you're like a cosmopolitan of sorts, and

it's important because you've been exposed to all the regions of the country. People can say the United States can be broken up into many different countries because there's different cultures, food and music. It sounds like you were exposed to all of that.

Rench: Yes. And, I definitely feel like in some ways it's a mission to show people how these things we feel are so different have so much common ground and how they can be appreciated, and not in contrast with one another in combination. Because, that's been my experience in life as how much you can go to these places that are very different and find at the core this common ground with humanity and how much we are all going through our human lives, and our struggles, and our finances, and our love lives. Everything. And, how these things resonate. In some ways, we have such an illusion: these different genres, these different cultures that we have now. But, if you trace it back, so much of it has such a common ancestor, in a way. That's a conversation that we've been having a lot with us, plus with Rhiannon Giddens and Dom Flemons of the Carolina Chocolate Drops. A lot of people are starting to look at how, when you first have recorded music being released, that this distinction between blues and country, for example, was really artificially implanted by the people who decided that the way for them to sell the music to a segregated audience was to give it different labels. Even though they were going into the South and recording all this Southern music that was just completely blended at the time.

Hallisey: Really? It's amazing to me because from talking to many artists, the artists who are creating the music oftentimes don't want to be pidgeon-holed into a certain genre because they are creating something from themselves. It's the record labels, it's everybody else who do it so they can market it and sell it. But, I still have to ask, what kind of genre would you put Gangstagrass in?

Rench: Oh, I don't mind talking about hip hop and bluegrass and genres, but it is definitely true what you're saying. On the artist's side, we see all of these lines and these overlaps that don't fit into trying to say that it fits into say this or that. And, I come from the fact that music





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has always been such a dialogue across different people and so much sharing with people. It's always been the instinct with musicians. Whatever label people want to put on it, we're not really stressing that much because the passion has always about getting in there and mixing it up.

Hallisey: Well, you love music. As a writer, if I read something of somebody else's — I like how he did that, or I like how she did that — I imagine musicians are the same way, they will take whatever...

Rench: Absolutely.

Hallisey: You had this epiphany — back in what,

2006, 2007? — you were listening to Ralph Stanley and the Clinch Mountain Boys and because of this worldly knowledge that you have you put something together not many people did at that time.

Rench: It's always been an urge of mine, even before that. I was doing honky-tonk-hip-hop projects as a band and as a solo artist, and then listening to bluegrass a lot in the early 2000s. Hearing just how easy it would be to put beats and rappers on it, because in the bluegrass tradition you don't have a drummer, really. But, you've got the instruments being really tight and rhythmic with each other. So, I thought that really lent itself to it being used in that way.

Hallisey: I know you put something together, you put it online and people ate it up. But, to go that one step further to create music with other musicians, what kind of looks were you getting?

Rench: The ones who think its crazy weren't really



invited in the first place. And, like we said, musicians generally have an open eye to how things can cross collaborate. There certainly has been a change over the years, finding people who really got into it to make it what they do. But, it was a big hurdle, in a way. Going from having it be a studio project, where I can pretty much just do it, to bringing in a live band and making it a band-based thing, because there were all the mechanics and logistics questions. How do these guys work together, and the process of starting to learn from each other about how it all fits together and starting to see that. It was one of those things like, this is more work but it's also more rewarding. Because, you get to experience that on the level of the musician really exploring it and going through the process of learning rather than me just whipping it together.

Hallisey: Did you ever get an opportunity to speak

Continues on B15

WHAT'S HAPPENING NOW

Abbey McGrath

MochaLisa's Caffe — Saturday, Jan. 11

CLIFTON PARK — MochaLisa's Caffe will host Abbey McGrath on Saturday, Jan. 11, at 7 p.m.

Abbey McGrath is a singer-songwriter currently based in Troy. The private music teacher aims to write music that makes you have so many emotions, you just implode.

MochaLisa's Caffe is located at 22 Clifton Country Road, Clifton Park.

Black Sabbitch

Upstate Concert Hall — Saturday, Jan. 11

CLIFTON PARK — Black Sabbitch will perform at Upstate Concert Hall on Saturday, Jan. 11, at 8 p.m.

Since 2011, Black Sabbitch have wowed even the most difficult to please Sabbath worshipers. It was hand picked by Sharon and Ozzy Osbourne to open the inaugural Ozzfiesta and by Nick Zinner of The Yeah Yeah Yeahs to headline his curated festival Bedrocktoberfest.

For tickets, visit ticketweb.com.

Upstate Concert Hall is located at 1208 NY-146.

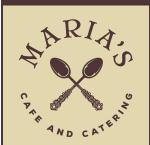
Blues Asylum

Rustic Barn Pub — Saturday, Jan. 11

TROY — Rustic Barn Pub will host Blues Asylum on Saturday, Jan. 11, at 8 p.m.

Blues Asylum will be playing a mix of soul, funk, and blues for the party people.

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



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If you have information regarding alleged abuse or its cover-up involving these men, CONTACT US.





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CLUBS

9 Maple Avenue

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

Athos

1814 Western Ave., Albany. 518-608-6400 Fri: TBA, 6:30 p.m.

Black Bear Inn

310 19th St., Watervliet. 518-272-9486 Wed: Trivia Night, 7:30 p.m. Tues: Open Mic, 8 p.m.

Caffè Lena

47 Phila St., Saratoga Springs. 518-583-0022 Wed: Poetry Night, 6 p.m. Thurs: Sean Kelly, 7 p.m. Fri: Red Molly, 8 p.m. Sat: Lost Leaders, 8 p.m. Sun: Sons of Serendip, 7:30 p.m. Mon: Open Mic, 7 p.m. Tues: Jazz Night, 7 p.m.

Carney's Tavern

17 Main St., Ballston Lake. 518-280-7959 Thurs: Matty Finn, 6 p.m. Fri: Take 2, 7:15 p.m. Sat: Scott Simpson, 7:15 p.m.

Centre Street Pub

308 Union St., Schenectady. 518-393-2337 Fri: 151, 9 p.m. Fri: Big Radio, 9 p.m.

Eden Cafe

269 Osborne Road #3, Albany 518-977-3771 Fri: Happy Hour, 5:30 p.m. Tues: Piano Bar, 5:30 p.m.

Emack & Bolio's

366 Delaware Ave., Albany. 518-512-5100 Fri: John Parsons, 7 p.m. Sat: Corry Loveday, 7 p.m. Tues: Open Mic, 7 p.m.

Fort Orange Brewing

450 North Pearl St., Menands. 518-992-3103 Thurs: Trivia, 6:30 p.m.

Fuze Box

12 Central Ave., Albany. 518-703-8937 Sat: 80s Dance Party, 9 p.m.

Gaffney's

16 Caroline St., Saratoga Springs. 518-587-7359 Thurs: Trivia, 8 p.m. Tues: Open Mic Nights w/ Rick Bolton,

Grappa '72

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

Hangar on the Hudson

675 River St., Troy 518-272-9740 Sat: Elvis Birthday Bash, 8 p.m.

HOT SPOTS EVENTS CALENDAR



Heartbreakers

Americana powerhouse vocal trio Red Molly is known for their gorgeous harmonies, crisp musicianship, infectious songwriting and warm, engagin stage presence. This trio will perform at Caffe Lena on Friday, Jan. 10 for two shows, one at 5:30 p.m. and another at 8 p.m.

J.J. Rafferty's

847 New Loudon Rd., Latham. 518-783-6800 Fri: True Grit Outlaws, 9 p.m.

Jessica Stone's

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

The Low Beat

335 Central Ave., Albany 518-432-6572 Thurs: The Young Wildcats, 7:30 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 Sq., Albany 518-463-1455 Mon: Skip Parsons' Riverboat Jazz Band, 7 p.m. Tues: Trivia Nights Live, 8 p.m.

Mocha Lisa's Caffe

Clifton Park Center, 22 Clifton Country Road, Clifton Park. 518-383-5373 Thurs: Game Night, 6 p.m. Fri: Casual Friday, 7 p.m. Sat: Abbey McGrath, 7 p.m.

Moon and River Cafe

115 S. Ferry St., Schenectady 518-382-1938

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.

The Night Owl

17 Maple Ave., Saratoga Springs 518-319-2300 Fri: Nate the Great, 10 p.m. Sat: Acadia Rae Fire, 10 p.m.

Panza's

129 So. Broadway, Saratoga Springs. 518-584-6882

Sat: TBA, 7 p.m. Sun: Sinatra & Friends, 5 p.m.

The Parting Glass

Fri: TBA, 7 p.m.

40-42 Lake Ave., Saratoga Springs. 518-583-1916 Wed: Irish Celtic Session, 7 p.m. Sat: Forthlin Road, 8 p.m. Mon: Irish Stepdancing Lessons, 5:30 p.m. Tues: Dart League, 7 p.m.

Putnam Place

63a Putnam St., Saratoga Springs. 518-584-8066 Sat: Seapods and Friends, 9 p.m.

Rustic Barn Pub

150 Speigletown Rd., Troy. 518-235-5858

Wed: Trivia and Ladies Night, 7 p.m. Fri: Knot Dead, 8 p.m. Sat: Blues Asylum, 8 p.m. Sun: Second Sunday Bluegrass Jam, 6

Sake Japanese Steakhouse

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

Salt & Char

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

Saratoga City Tavern

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

Skyloft

1 Crossgates Road, Albany. 518-869-5638 Sat: Old School R&B Night, 8 p.m.

Speakeasy 518

42 Howard St., Albany. 518-449-2332 Thurs: Swing Night w/ Mike Jenkins & the Fat Ties, 9 p.m. Fri: Chad McLoughlin Trio, 9 p.m. Sat: Joe Barna Trio, 9 p.m.

Stockade Inn

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

Upstate Concert Hall

1208 NY-146 Ste 2, Clifton Park 518-371-0012 Sat: Black Sabbitch, 8 p.m.

Van Dyck

237 Union St., Schenectady 518-348-7999 Thurs: Levin Brothers Band, 8 p.m.

Van Slyck's

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

Vapor Night Club

342 Jefferson St., Saratoga Springs 518-581-5775 Fri: Tompkins Drive, 8 p.m. Sat: Ten Most Wanted, 8 p.m.

Waterworks Pub

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

Wishing Well Restaurant 745 Saratoga Rd., Wilton.

518-584-7640 Fri: Rob Aronstein, 6 p.m. Sat: Rob Aronstein, 6 p.m. Sun: Dave Fisk Quintet, 4 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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Long live the King

Johnny Rabb, The Tichy Boys and special guests will celebrate Elvis Presley on what would have been the King of Rock and Roll's 85th birthday. Hangar on the Hudson will host an Elvis birthday bash on Saturday, Jan. 11, at 8 p.m. For tickets, visit brownpapertickets.com. Hangar on the Hudson is located at 675 River St., Troy.

SPOKEN WORD

Poetry Night

Caffe Lena will host Poetry Night on Wednesday, Jan. 8, at 6 p.m. Poetry Night is sponsored by Youth Harbor, a new Saratoga-based non-profit organization that provides space for tweens and teens with mental and emotional challenges to support one another in living creative, healthy lives. Warm up for Open Mic and get to know some fellow poetry lovers as Mary Ann Rockwell of Saratoga Springs Public Library leads a conversation about the work of a particular poet. No advance preparation needed. Poems will be provided. Caffe Lena is located at 47 Phila St., Saratoga Springs.

THEATRE

"Once on This Island"

Proctors will host three performances of "Once on This Island" on Friday, Jan. 17, and Wednesday, Jan. 18. The groundbreaking vision of two-time Tony Awardnominated director Michael Arden and acclaimed choreographer Camille A. Brown conjures up "a place where magic is possible and beauty is apparent for all to see," according to The Huffington Post. With a score that bursts with life from Lynn Ahrens and Stephen Flaherty, the Tony Award-winning songwriters of Anastasia and Ragtime, "Once on This Island" is a timeless testament to theater's unlimited possibilities. For tickets and showtimes, visit proctors.org. Proctors is located at 432 State St., Schenectady.

"We Shall Overcome"

Proctors will host We Shall Overcome on Sunday, Jan. 19, at 7 p.m. Inspired by the words and action of Dr. Martin Luther King, Jr., "We Shall Overcome" is a joyful celebration of music from across the African American music traditions that electrified generations of civil rights activists and defenders with interwoven spoken word from Dr. King's recorded speeches.

The production ties together a living lineage of music and culture that includes traditional gospel, modern gospel, classical, jazz, Broadway and spirituals. From Aretha Franklin to Wynton Marsalis; Duke Ellington to Stevie Wonder; Nina Simone to Donny Hathaway; and traditional spirituals and music from "the Wiz," Damien's unique understanding of each genre allows him to fluidly cover so much musical ground in a single performance. For tickets, visit proctors.org. Proctors is located at 432 State St., Schenectady.

FILM

"Flash Gordon"

The Palace Theatre will host a viewing of "Flash Gordon" on Monday, Jan. 13, at 7 p.m. Although NASA scientists are claiming the unexpected eclipse and strange "hot hail" are nothing to worry about, Dr. Hans Zarkov (Topol) knows better, and takes football star Flash Gordon (Sam Jones) and travel agent Dale Arden (Melody Anderson) with him into space to rectify things. For tickets, visit ticketmaster.com. The Palace Theatre is located at 19 Clinton Ave., Albany.

"The Land Before Time"

Proctors will host a viewing of "The Land Before Time" on Tuesday, Jan. 14, at 7 p.m. Presented by Steven Spielberg and George Lucas, "The Land Before Time" introduces us to dinosaur friends Littlefoot, Cera, Spike, Ducky and Petrie – following them on their first journey together - an exciting quest to find the lush, legendary Great Valley. Along the way, the prehistoric pals overcome many challenges and learn the value of teamwork and friendship. This delightful classic is the adventure that started it all and it continues to capture the hearts of viewers young and old. Rated G. 69 minutes. For tickets, visit proctors.org. Proctors is located at 432 State St., Schenectady.

MUSIC

The Big Show for Big Joe

Putnam Place will host The Big Show for Big Joe on Friday, Jan. 17, at 7 p.m. Dashboard Anthem will perform at this fundraiser in memory of Big Joe Shea, a beloved security staff member of the Adirondack Independence Music Festival. Shea was known for his loyalty and love, as well as his blunt outlook on life. There is a \$25 minimum donation. For tickets and donations, visit sheabenefit.bpt.me. Putnam Place is located at 63a Putnam St., Saratoga Springs.

Black Sabbitch

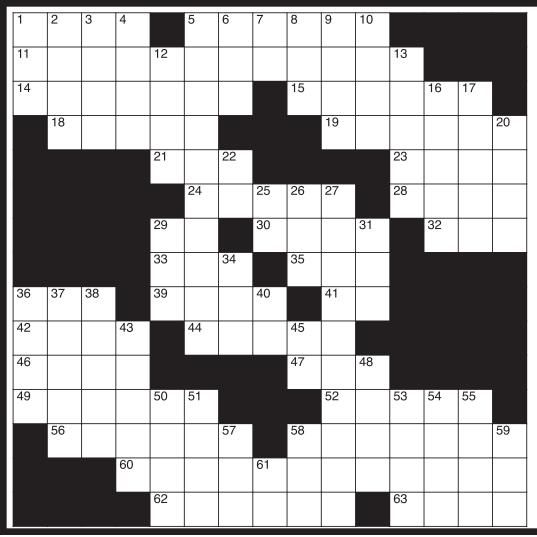
Black Sabbitch will perform at Upstate Concert Hall on Saturday, Jan. 11, at 8 p.m. Since 2011, Black Sabbitch have been selling out shows and wowing even the most difficult to please Sabbath worshipers, gaining a rabid fan base and the respect of critics, fans and musicians alike. It was hand picked by Sharon and Ozzy Osbourne to open the inaugural Ozzfiesta and by Nick Zinner of The Yeah Yeah Yeahs to headline his curated festival Bedrocktoberfest. For tickets, visit ticketweb.com. Upstate Concert Hall is located at 1208 NY-146, Clifton Park.

Bluegrass Jam with Schroon **River String Band**

Schroon River String Band will perform its bluegrass jam at Caffe Lena on Wednesday, Jan. 15, at 6:30 p.m. The monthly bluegrass jam, hosted by Schroon River String Band, is all about sharing songs, making new friends and enjoying a relaxing and casual evening of irresistible string band music. All are welcome to join the circle for an evening playing and listening to classic grass and new grass. Caffe Lena is located at 47 Phila St., Saratoga Springs.

Blues Asylum

Rustic Barn Pub will host Blues Asylum on Saturday, Jan. 11, at 8 p.m. Blues Asylum will be playing a mix of soul, funk,



CLUES ACROSS

- 1. Beer ingredient 5. Popular FOX TV show
- 11. Recurring from time to time
- 14. Criticized severely 15. Musician
- 18. German urban center
- 19. Quenched
- 21. Human gene
- 23. Indian music
- 24. Accumulate
- 28. One who graduated
- 29. Atomic #109
- 30. Semitic fertility god 32. Sportscaster Patrick
- 33. Child's dining accessory
- 35. Payment (abbr.)
- 36. Guitarist's tool
- 39. Dabbling ducks
- 41. Commercial
- 42. Style someone's hair
- 44. Biu-Mandara language
- 46. Actress Spelling
- 47. Large hole in the ground 49. One-masted sailboats
- 52. Tropical Asian plant
- 56. Concurs
- Latin term for charity
- 60. The number below the line in a fraction
- 62. Reddish browns
- 63. This (Spanish)

CLUES DOWN

- 1. Belong to he
- 2. One time only 3. Parent-teacher groups
- 4. Puts in place

- 6. In the course of
- 7. Helps injured people (abbr.)
- 8. OJ trial judge
- 9. Resist authority (slang)
- 10. Formerly alkenols
- 12. "Cheers" actress Perlman
- 13. Jewelled headdress
- 16. Viking Age poet
- 17. Vanuatu island
- 20. Wish harm upon
- 22. Unit of length
- 25. Blood type
- 26. Drain 27. Do-gooders
- 29. Advanced degree
- 31. Business designation
- 34. Chinese-American actress Ling
- 36. Performs on stage
- 37. Slang for money
- 38. Large Russian pie
- 40. The Mount Rushmore State
- 43. Narrow inlet
- 45. News organization (abbr.)
- 48. Scarlett's home
- 50. Micturates
- 51. Monetary unit
- 53. Any customary observance or practice
- 54. Sons of Poseidon
- 55. Facilitates grocery shopping
- 57. Standard operating procedure
- 58. Former OSS 59. Midway between south and southeast
- 61. The Wolverine State

Answers on Pg. B17

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January 8, 2020 | the spot 518 B9

and blues for the party people. Rustic Barn Pub is located at 150 Speigletown Road. Trov.

Casual Friday

Casual Friday will perform at MochaLisa's Caffe on Friday, Jan. 10, at 7 p.m. Casual Friday is a high-energy funk band that plays all your favorites. From Stevie Wonder to Bruno Mars to Chicago, it is sure to fill your night with great music and great fun. MochaLisa's Caffe is located at 22 Clifton Country Road, Clifton Park.

Dashboard Anthem with Rich Romano

Dashboard Anthem will perform at Nanola with Rich Romano on Saturday, Jan. 11, at 8 p.m. Dashboard Anthem is a six-piece casino showcase band covering classic rock focusing on stadium anthems from the 70s and early 80s. Nanola is located at 2639 Route 9, Malta.

Elvis Birthday Bash

Hangar on the Hudson will host an Elvis birthday bash on Saturday, Jan. 11, at 8 p.m. A celebration of the king featuring Johnny Rabb, The Tichy Boys and special guests. For tickets, visit brownpapertickets.com. Hangar on the Hudson is located at 675 River St., Troy.

Everyone Orchestra with Eggy

Putnam Place will host Everyone Orchestra and Eggy on Saturday, Jan. 18, at 8 p.m. Everyone Orchestra is a masterfully conducted, fully spontaneous explosion of live music created by a rotating cast of world renowned musicians and led by conductor Matt Butler. Each show is 100 percent unique, as a carefully curated lineup of performers is guided through high energy, creative, danceable grooves and beautiful songs that you won't believe are created on the fly under the creative leadership of Butler's cues and

improvised whiteboard directives. For tickets, visit eventbrite.com. Putnam Place is located at 63a Putnam St., Saratoga Springs.

Carla Fisk

Carla Fisk will join the "Music at Noon" roster at Troy Savings Bank Music Hall on Tuesday, Jan. 14, at noon. Soprano Carla Fisk, regional finalist of the Metropolitan Opera's National Council Auditions has performed in many operas in Europe and the United States. In Rome, Italy, she was chosen to sing on Italian National Television (RAI Uno), performing Hanna from "Die Lustige Witwe." She then went on to be a part of the Baltimore Opera's Young Artist Program singing the role of Beauty in Giannini's "Beauty and the Beast" (an Educational Outreach Opera) and performing the role of Despina in Mozart's "Cosi fan Tutte." Troy Savings Bank Music Hall is located at 32 Second St., Troy.

Dom Flemons with Nora Brown

Dom Flemons and Nora Brown will perform at Caffe Lena on Friday, Jan. 17, at 8 p.m. Grammy Award winner, two-time Emmy nominee, 2019 Wammie Award Winner Dom Flemons is "The American Songster." He mines 100-plus years of folklore, ballads and tunes to tell a story of America not often heard. In doing so, he has led a revival of traditional music for a new generation. He began this work with his Grammy-winning African-American string band, Carolina Chocolate Drops. Opener Nora Brown is a 14-yearold banjo prodigy who currently sits at No. 7 on the Billboard bluegrass-jazz charts. She's been playing old-time music since the age of six. For tickets, visit eventbrite.com. Caffe Lena is located at 47 Phila St., Saratoga Springs.

Jazz at Caffe Lena with Chuck

Lamb Trio and Chico Freeman

Chuck Lamb Trio and Chico Freeman will perform at Caffe Lena's jazz night on Tuesday, Jan. 14, at 7 p.m. Chuck Lamb, a member of the Brubeck Brothers Quartet since 2002, is not only an exciting and emotive pianist in his own right, but also a prolific composer of jazz, fusion, classical and world music. Most recently, Chuck and his band have released a CD of his original acoustic fusion music, titled North By Northeast. The CD has been receiving airplay on major jazz stations and garnering new fans and rave reviews worldwide. Heralded as one of the most important saxophonists of our time, composer and producer, Chico Freeman has perfected an immediately recognizable approach to music and composition, blending what he has experienced from his past and providing fluidity into a future of infinite musical possibilities. For tickets, visit eventbrite.com. Caffe Lena is located at 47 Phila St., Saratoga Springs.

Junior Watson and Dean Shot

Junior Watson and Dean Shot will perform at The Linda on Saturday, Jan. 18, at 7 p.m. Watson is a West Coast blues guitarist. He was a founding member of The Mighty Flyers and, starting in the early 1980s, he performed with the band for a decade. He also performed with Canned Heat throughout the 1990s. Vocal and guitar stylist Dean Shot is and has been for many years one of the East Coast's Premiere authentic blues artists. Born and raised in West Orange, New Jersey, Shot's mother played piano around the house and performed in summer stock plays as a youth. For tickets, visit eventbrite.com. The Linda is located at 339 Central Ave., Albany.

Sean Kelly

Sean Kelly will perform at Caffe Lena

intelligent and organic music from the beloved front man of the Samples. 25 years after starting his full fledged music career with The Samples, Sean Kelly continues to delight fans with music that transcends genres, age and shatters the rules of the established music industry. Throughout his career, Kelly has been the driving influence of 20 albums and over 1 million records sold. Kelly's timeless lyrics, striking voice and memorable melodies led to songs like "Little Silver Ring," "Feel Us Shaking" and "Wild River." For many fans, these aren't new songs or old songs, but anthems to their lives that represent the first time they met their wife or the joys of their times at college. For tickets, visit eventbrite.com. Caffe Lena is located at 47 Phila St., Saratoga

Knot Dead

Rustic Barn Pub will host Knot Dead on Friday, Dec. 10, at 8 p.m. Knot Dead performs the music of the Grateful Dead and much more. Rustic Barn Pub is located at 150 Speigletown Road, Troy.

Lost Leaders

Lost Leaders will perform at Caffe Lena on Saturday, Jan. 11, at 8 p.m. This duo is a major find. The group, comprised of New York City singer and irresistible personality, Peter Cole, along with two-time Grammy-winner Byron Isaacs (Olabelle, The Lumineers), has done weird and triumphant tours, placed lots of songs in film and TV and maintained a sense of humor and artistic authenticity throughout. On its 2019 release Promises, Promises, it stretched beyond Americana and entered a retro pop/rock universe. Its anthemic songs push the national zeitgeist through vintage synthesizers, guitar pedals and tea-soaked vocal cords to create

on Thursday, Jan. 9, at 7 p.m. Melodic, intelligent and organic music from the beloved front man of the Samples. 25 years after starting his full fledged mu-

Abbey McGrath

MochaLisa's Caffe will host Abbey McGrath on Saturday, Jan. 11, at 7 p.m. Abbey McGrath is a singer/songwriter currently based in Troy. She is also a private music teacher and teaches at a studio in Cohoes. She aims to write music that makes you have so many emotions, you just implode. MochaLisa's Caffe is located at 22 Clifton Country Road, Clifton Park.

Mark and Jill Sing the Blues

Caffe Lena will host Mark and Jill Sing the Blues on Saturday, Jan. 18, at 8 p.m. Steeped in the roots of gospel, jazz and blues, Mark and Jill is a new duo with new songs featuring seasoned Saratoga blues artist and New York Blues Hall of Fame inductee Mark Tolstrup, accompanied by sultry vocalist Jill Burnham. Burnham wraps her soulful voice around Mark's Delta slide guitar and tenor banjo, bringing out soft, haunting harmonies and Texas smoke. For tickets, visit event-brite.com. Caffe Lena is located at 47 Phila St., Saratoga Springs.

Major Player

Major Player will perform at Savoy Taproom on Saturday, Jan. 18, at 8 p.m. Major Player is the creation of songwriter and instrumentalist Jeffrey York. A native-born Upstate New Yorker, York has spent years writing in the indie rock vein, with influences that span from pop, R&B and jazz. Building on the success of previous projects such as the rock outfit Animal Pants, Major Player is rooted in indie rock, soul and hip hop idioms. Major Player found its footing in the early collaborations of York and drummer Liz Strodel. What began as an experiment

in hip-hop beat-making quickly transformed into an indie project rooted in sampling and pop hooks. Savoy Taproom is located at 301 Lark St., Albany.

Red Molly

Red Mollly will perform two shows at Caffe Lena on Friday, Jan. 10, at 5:30 and 8 p.m. The dynamic female trio that began as a happy accident around a campsite has captured the hearts of listeners for over 15 years. Combining the forces of three songwriters with unique character and style, Red Molly creates a show that is larger than the sum of its parts. Known for its gorgeous harmonies, crisp musicianship, infectious songwriting and warm, engaging stage presence, this powerhouse group weaves together the threads of American music— from folk roots to bluegrass, from heartbreaking ballads to barn-burning honky tonk. With Laurie MacAllister on bass, Abbie Gardner on dobro, and Molly Venter on guitar, Red Molly draws even back row listeners into a sense of intimacy. For tickets, visit eventbrite.com. Caffe Lena is located at 47 Phila St., Saratoga Springs.

Holly Near

Caffe Lena will host Holly Near on Sunday, Jan. 19, at 7 p.m. Holly Near is a musical ambassador for peace who integrates world consciousness, spiritual discovery, and theatricality. Her emotional ballads and inspiring anthems, sung in a beautiful voice, have opened minds and ignited hearts across the globe. Over the course of her five-decade career Holly has performed and recorded with Pete Seeger. Ronnie Gilbert, Arlo Guthrie, Mercedes Sosa, Bernice Johnson Reason, Bonnie Raitt, Jackson Browne, Joan Baez, Phil Ochs, Harry Belafonte and many others. For tickets, visit eventbrite.com. Caffe Lena is located at 47 Phila St., Saratoga



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Springs.

Sam Reider and The Human Hands

Sam Reider and The Human Hands will perform at Caffe Lena on Thursday, Jan. 16, at 7 p.m. Irresistible melodies, fiery improvisation and otherworldly sounds collide in what Songlines Magazine has dubbed "mash-up of the Klezmatics, Quintette du Hot Club de France and the Punch Brothers." Anchored by virtuosic accordionist Sam Reider, the band features a who's who of contemporary roots music: Alex Hargreaves (Live From Here, Sarah Jarosz) on violin, Eddie Barbash (Jon Batiste and Stay Human) on saxophone, Dominick Leslie (Hawktail, Ricky Skaggs) on mandolin, Roy Williams (Stephane Wrembel) on guitar and Dave Speranza (Jim Campilongo) on bass. For tickets, visit eventbrite.com. Caffe Lena is located at 47 Phila St., Saratoga Springs

Seapods and Friends

Seapods and Friends will perform at Putnam Place on Saturday, Jan. 11, at 9 p.m. A performance from Ominous Seapods (minus Dana). This year filling in for Dana will be Lo Faber of God Street Wine. For tickets, visit eventbrite.com. Putnam Place is located at 63a Putnam St., Saratoga Springs.

Second Sunday Bluegrass Jam

Rustic Barn Pub will host its Second Sunday Bluegrass Jam on Sunday, Jan. 12, at 6 p.m. Hosted by Jeff Wasbes and Zack Cohen in a round robin style jam. Jeff and Zack will start off with a few tunes then open the stage to lead their choice bluegrass music, backed up by other pickers. Rustic Barn Pub is located at 150 Speigletown Road, Troy.

Lonnie Shields

Lonnie Shields will perform at The Linda on Saturday, Jan. 11, at 8 p.m. Lonnie Shields is truly one of the finest of the next generation of the blues. He cut his blues teeth performing with The Jelly Roll Kings. His recording career has led him through a number of studios from Memphis and Clarksdale to tours all over the world. This Delta born guitarist, singer and songwriter's style is just the opposite of his demeanor. Lonnie comes across as a mild mannered southern gentleman with a laid back nature. On stage he is transformed into an extraordinary entertainer moving to his music and feeding off the energy of the audience. For tickets, visit eventbrite.com. The Linda is located at 339 Central Ave., Albany.

Shamarr Allen and The Underdawgs

Shamarr Allen and The Underdawgs will perform at Caffe Lena on Monday, Jan. 20, at 7 p.m. This band draws from the deep roots of New Orleans jazz, an African-American musical tradition that has had a profound influence on hip-hop, rock, funk, blues and country music. Hailing from the Lower Ninth Ward, Allen, formerly of the celebrated jazz fusion band Galactic, leads the Underdawgs with his trumpet, spreading New Orleans spice wherever he goes. This band's vibe is celebratory, loving, embracing and proud. For tickets, visit eventbrite.com. Caffe Lena is located at 47 Phila St., Saratoga Springs.

Sons of Serendip

Sons of Serendip will perform two shows at Caffe Lena on Sunday, Jan. 12, at 5 and 7:30 p.m. Genre-bending, classical-crossover group Sons of Serendip transform the songs you love into stunning classical arrangements. Combining harp, cello, piano and stunning vocals, their bread and butter is interpreting music that moves you - from Leonard Cohen's "Hallelujah" to Prince's "Purple Rain." Its

ingenious arrangements make anything it touches sound like an original. Made up of former Boston University graduate school classmates who came together after a number of serendipitous events, the quartet gained popularity after making it to the finals on season nine of "America's Got Talent." It has since made it onto a handful of Billboard Charts captivating listeners all over the country. For tickets, visit caffelena.org. Caffe Lena is located at 47 Phila St., Saratoga Springs.

Taimane and Her Trio

Taimane and Her Trio will perform at Proctors on Saturday, Jan. 11, at 8 p.m. Born and raised in Hawaii of hapa Samoan descent, Taimane is renowned for both her pyrotechnics on the four-string island staple and prowess in using music and movement to paint vibrant images that elicit deep emotional response. From Bach to rock, flamenco infernos to tribal hymns, Taimane lights up the stage like no other. For tickets, visit proctors. org. Proctors is located at 432 State St., Schenectady

The Young Wildcats

The Young Wildcats will perform at Putnam Place on Thursday, Jan. 9, at 7:30 p.m. The Young Wildcats are a blues band made up of past and present students from Rocky's Music Studio. The band began as a tribute to the late Ernie Williams. Playing classic blues to blues rock with the occasional twist, The Young Wildcats were selected to represent the Capital Region Blues Network (CRBN) in the Youth Showcase at the 2020 International Blues Challenge in Memphis, Tennessee. The Low Beat is located at 335 Central Ave., Albany.

EXHIBITS

2019 The Members' Show

The Members' Show will be held unti Friday, January 10. The Opening Reception will be held on Friday, December 6, from 5 p.m. to 8 p.m. in conjunction with the Fort Orange Holiday Market taking place in the Arcade Building hallway. At the Opening Reception, we will be awarding over \$300 in cash prizes, along with other prizes and awards. The show will be juried by Julie Lohnes of Union College. ACG's Members' Show highlights and recognizes a wide range of talented members, bringing together a dynamic crosssection of artists, diverse in medium and degree of establishment. Members vary from student and emerging artists to established and international artists, from painters and photographers to sculptors and mixed media artists. ACG sees this show as an opportunity for promotion and appreciation of all who have invested their time and energy in supporting ACG, making it what it is today. The Members' Show runs from now until Friday, Jan. 10, 2020. Albany Center Gallery is located at 488 Broadway, Suite 107, Albany.

A Brilliant Bit of Color: The

Work of Walter Launt Palmer
The Albany Institute of History & Art
holds the largest public collection of
works by artist Walter Launt Palmer
(1854–1932), son of Albany sculptor
Erastus Dow Palmer. It includes oil and
watercolor paintings, pastels, pencil
drawings, a rare painted ceramic cup, as
well as letters and photographs. A new
exhibition at the Albany Institute offers
a visual overview of Palmer's life, travels, and artistic output. The exhibition
includes works from all three of Palmer's
major series: the early interior views
where Palmer lavished attention on the

textiles, ceramics, furniture, and wall decorations that filled well-furnished homes; his Venetian scenes that capture the luxuriant colors of the sea, sky, and buildings of this island city; and the snow scenes that continue to enchant viewers with their masterful tonal subtleties. Drawings, photographs, and ceramics accompany the exhibition. A Brilliant Bit of Color: The Work of Walter Launt Palmer is on exhibit from now until Friday, June 7. Albany Institute of History and Art is located at 125 Washington Ave., Albany.

Ancient Egypt

Egyptologist and Guest Curator Dr. Peter Lacovara has incorporated the research and scientific discoveries revealed in the GE Presents: The Mystery of the Albany Mummies exhibition into a new exhibition about Ancient Egypt. Visitors to the museum will continue to enjoy the story of the Albany mummies, learn about the history of Ancient Egypt, and see how the intersection of new science, technology, and scholarship changes how we learn. In addition to the story of Mummy Ankhefenmut, theme and topics in the new galleries include: Egyptian History and Civilization; the Nile and the Environment: Crafts and Professions: Food and Drink; Gods and Goddesses; and Preparing for the Afterlife. The Jabbur Gallery now features the story of Albany's 3,000 year old mummy, Ankhefenmut, a priest and sculptor in the Temple of Mut, along with his recently discovered priest's robe, his coffin base from the museum's collection, and his beautiful coffin lid on loan from the Kunsthistoriches Museum, Vienna. The museum's Ptolemaic Period mummy and his coffin are now on view in the Heinrich Medicus Gallery with a selection of over seventy objects highlighting ancient Egyptian daily life, afterlife, and animal mummies. Joining objects from the museum's collection are loans from the Phoebe A. Hearst Museum of Anthropology, Museum of Natural History, the Metropolitan Museum of Art, Museum of Fine Arts, Boston, the Semitic Museum, Harvard University, University of Pennsylvania, Williams College, and a number of private collections. Also included are a timeline and a slide presentation highlighting the trip the Albany Mummies took to Albany Medical Center for x-rays and CT scans, which revealed new information about the age, gender, and occupation of these mummies. Ancient Egypt is an ongoing exhibit. Albany Institute of History and Art is located at 125 Washington Ave., Albany.

"a small fort, which our people call Fort Orange"

Fort Orange was the first permanent Dutch settlement in New Netherland, built as a trading post by the West India Company in 1624 at the location of present-day Albany along the Hudson River. Between 1624 and 1664, the fort's role in the development of New Netherland changed—from a point of contact and trade between Native Americans and Europeans, to an enclosure with dwellings and private enterprises, and finally an abandoned space consumed by the development of Albany. Centuries later, Fort Orange on the surface had long disappeared. But in a six-month period in 1970 and 1971—just ahead of Interstate 787 construction—a small archaeology team from the State Historic Trust (predecessor to the Office of Parks. Recreation and Historic Preservation, or OPRHP), headed by Paul Huey and composed mostly of volunteers, made remarkable discoveries about life in the Dutch colony at Fort Orange. In 2016, a collection of 36,000 artifacts from Fort Orange was transferred from OPRHP to





This information is intended for the sole purpose of fitting or selecting a hearing



these, have made a dent. — Kaitlin Lembo

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the New York State Museum. This exhibition examines the momentous discovery of Fort Orange and the lasting impact of events occurring there 400 years ago that shaped the character of the region, New York State, and the nation. The exhibition title is a quote taken from The New World by Johannes De Laet, a director of the Dutch West India Company, recorded in 1625. Select artifacts, film footage from the excavation, and four decades of historical and archaeological research are highlighted—including renderings of the fort by Historical Artist Len Tantillo. Dutch ceramics on loan from the Albany Institute of History & Art help bring life to the story. This exhibition is supported as part of the Dutch Culture USA program by the Consulate General of the Netherlands in New York and in partnership with Historic Albany Foundation. Special thanks to the New York State Office of Parks, Recreation and Historic Preservation for their support in promoting understanding of New York State history. "a small fort, which our people call Fort Orange" is presented in the Adirondack Hall from now until Tuesday, May 5, 2020. New York State Museum Cultural Education Center is located at 222 Madison Ave.,

Enterprising Waters: New York's Erie Canal (Phase Two)

The Erie Canal directed the course of New York and American history. When it opened in 1825, this "boldest and biggest American engineering project of its century" unlocked the Western interior for trade and settlement. Boomtowns sprang up along the canal's path and New York City, with its deep harbor connecting to the Hudson River, grew to be the nation's most powerful center of international trade. One of the largest public works projects in American history, the Erie Canal inspired a nation-wide transportation revolution. Thousands of people poured into New York to work on or along the canal, or just to pass through. Though the canal would eventually be superseded by the railroad, a heady mixture of innovation and determination, and the industrious seeking and creation of wealth, was cemented in the American character. In honor of the Bicentennial of the Erie Canal's construction, New York State's Office of Cultural Education will present this rich story with the first phase of Enterprising Waters: New York's Erie Canal at the New York State Museum. In collaboration with organizations on the canal corridor and across the state, the State Museum will tell the Erie Canal's story with unique objects, documents, and images. Dominating the exhibition space is a gigantic windlass—a pulley mechanism that easily lifted and lowered heavy cargo from both sides of a warehouse with only one or two men. From 1831 through 1866, this windlass operated in the H. G. Root and Company Warehouse in the Village of Mohawk on the Erie Canal. The owners of the warehouse, Humphrey G. and Elias Root, also ran a general store and other small businesses along the canal. Phase Two of Enterprising Waters continues the story of the Erie Canal with components on the Canal's growth, politics, industries, social reform, and the Canal legacy. Enterprising Waters: New York's Erie Canal (Phase Two) will be presented in the New York State Museum's Exhibition Hall from now until Sunday, Oct. 25, 2020. New York State Museum Cultural Education Center is located at 222 Madison Ave., Albany.

The Historic Woodstock Art Colony: The Arthur A. Anderson Collection

Long before the famous music festival in 1969, Woodstock was home to what is considered America's first intentionally created, year-round arts colonyfounded in 1902 and still thriving over 100 years later. Collecting the remarkable range of work produced there has been Arthur A. Anderson's focus for three decades, resulting in the largest comprehensive assemblage of its type. The artists represented in it reflect the diversity of those who came to Woodstock, including Birge Harrison, Konrad Cramer, George Bellows, Eugene Speicher, Peggy Bacon, Rolph Scarlett, and Yasuo Kuniyoshi, among many others. Anderson recently donated his entire collection—some 1,500 objects by almost 200 artists—to the New York State Museum. This exhibition introduces to the public for the first time just a sample of the highlights of this extraordinary collection, which represents a body of work

that together shaped art and culture in New York and forms a history of national and international significance. The Historic Woodstock Art Colony: The Arthur A. Anderson Collection is presented in the West Gallery of the New York State Museum from now until Tuesday, Dec. 31. New York State Museum Cultural Education Center is located at 222 Madison Ave., Albany. The Hudson River School: Landscape Paintings from the Albany Institute The Albany Institute holds a large and important collection of nineteenthcentury American landscape paintings, works often associated with the term "Hudson River School." They number more than ninety paintings and range in dimension from large wall-sized canvases to small business card-sized oil sketches on paper. We know from visitors the Hudson River School paintings are among the Institute's most popular collections, and other museums request to borrow them for exhibitions more often than other collections. With such great interest in these works of national significance, the Institute is making them more accessible. In the summer of 2017, the Institute opened a reinstallation of its Hudson River School paintings in the Hearst Gallery on the museum's third floor. For the first time, nearly all ninety paintings from this important collection is on view. These landscapes, painted by artists like Thomas Cole, Frederic Church, Jasper Cropsey, Asher Durand, and numerous others, capture America's scenic grandeur in all its magnificence from rugged coastal scenery to imposing mountains and rivers. Many paintings in the Institute's collection depict the nation during decades of transformation from a country of small towns and farms to one of industrial works and sprawling urban centers. The nation was also in the midst of rapid westward expansion and political conflict that reshaped its social identity and cultural outlook Develonments in transportation allowed artists to travel more widely, frequently beyond the nation's borders, to Europe and more distant corners of the globe, and return to their home country with sketchbooks full of inspiration and new ideas. The paintings on view, therefore, reveal a visual history of the United States during the nineteenth century, including



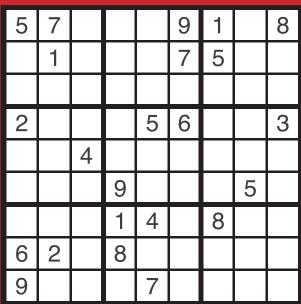
Flash Gordon has developed into a cult classic since it was first released in 1980. The Alex Raymond's sci-fi film is based off of the 1930s sci-fi comic strip of the same name. Starring Sam J. Jones as the star quarterback of the New York Jets (right?) turned hero out of necessity as Ming the Merciless sets his sights on destroying Earth. The movie has its easter eggs, such as Timothy Dalton before his days as James Bond, and an awesome soundtrack by Queen. The Palace Theatre will feature the film on Monday, Jan. 13, at 7 p.m. **Universal Pictures**

for a simpler and more harmonious past. The Hudson River School: Landscape Paintings from the Albany Institute is an ongoing exhibit. Albany Institute of History and Art is located at 125 Washington Ave., Albany.

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Answers on Pg. B17



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COMMUNITY

Growing pains

What to expect as you transition to a healthy diet

or many people, the road to a healthy lifestyle begins in the kitchen. People make changes to their diets of their own volition or at the recommendation of their doctors, and those changes can have a profound effect that might surprise even the most devoted of healthy eaters.

According to the Center for Advancement in Cancer Education, 90 percent of all cancer cases can be prevented through environmental and lifestyle choices like deciding to eat a healthy diet. In addition, the Office of Disease Prevention and Health Promotion, a division of the U.S. Department of Health and Human Services, notes that a history of poor eating is one of the biggest contributors to the various nutrition- and physical activity-related health challenges that now face the U.S. population. By simply altering their diets to make them more nutritious, millions of people across the globe can significantly reduce their risk for various chronic diseases, including cardiovascular disease and type 2 diabetes.

People who are committed to eating healthier should know that changing diets

can produce some adverse, but typically temporary, side effects. The CACE notes that such side effects are predictable, as they are essentially just manifestations of the body's adjustments as it responds to eating better. People adopting healthier diets should discuss the appearance of the following side effects with their physicians while recognizing that they are not necessarily a cause for concern.

Skin rashes

The CACE notes that people who have histories of recurring skin rashes or eruptions may experience such rashes as they adjust to healthy diets. That's because the skin is becoming more active and alive due to the healthy diet and expelling toxins that could potentially prove hazardous down the road. Doctors unfamiliar with patients' histories may mistake these rashes for food allergies, so it's important that patients be open and honest about their medical histories and remind their doctors that they are in the process of changing their diets for the better.

Colds or fevers

Colds or fevers can be another way the body indicates it's working hard to cleanse itself. Fevers should always be monitored closely, even while in the midst



of changing one's diet for the better. But the CACE notes that colds or fevers, while unpleasant, can serve as a natural form of housecleaning as the body adjusts to a healthy diet. Persistent colds and fevers should be brought to the attention of a physician.

Additional symptoms

Some people may experience withdrawal symptoms like headaches and irritability as they transition from unhealthy diets to healthy ones. Such

symptoms may be more likely to occur among people who suddenly adopt extreme diets. A gradual transition may help mitigate these symptoms, as can choosing a less extreme, balanced diet as opposed to one that demands certain foods be avoided entirely right off the bat.

Choosing to eat a healthier diet is a smart move that can pay long-term dividends. But the transition may require people to confront potentially uncomfortable side effects as their bodies adjust.

HOSOSCOPES (S)(S)(S)(S)(S)(S)(S)(S)

ARIES - MAR 21/APR 20

Aries, you have met some people who may have greatly influenced your attitude and partnerships. Even if people are pushing you one way, you have free will to go another.

TAURUS - APR 21/MAY 21

Taurus, if you want to modify something in your life, now is your chance to do it. This is the week to make some concrete changes that will benefit you.

GEMINI - MAY 22/JUN 21

You have several weeks to understand how recent changes will affect you, Gemini. You may need to get a few new friends in your circle of supporters.

CANCER - JUN 22/JUL 22

Cancer, do not expect any enormous revelations this week, as things will work a lot more slowly. But keep an eye on the sidelines for the little changes that may occur.

LEO - JUL 23/AUG 23

The week ahead should be fairly positive, Leo. As a new phase in your life progresses, you will have the opportunity to express yourself more and more.

VIRGO - AUG 24/SEPT 22

Expect some major movement in your career and love life, Virgo. The two may even be intertwined in some way. You may be floating on air in all this good news.

LIBRA - SEPT 23/OCT 23

Although no major events will come to fruition, this is an excellent week for you to simply sit back and breathe a little. Things will get busy in the weeks to come, however.

SCORPIO - OCT 24/NOV 22

Scorpio, look at events from a different perspective to fully take them all in. Over the next several days, you'll be on a mission to correct something in your past.

January 2020 Week 2

SAGITTARIUS - NOV 23/DEC 21

A feeling of newness and openness are driving your decisions, Sagittarius. Attend all of the events presented to you; you never know where opportunity lies.

CAPRICORN - DEC 22/JAN 20

A new person may come into your life this week, and this can potentially change things forever, Capricorn. Exercise caution but do not be opposed to trying something new.

AQUARIUS - JAN 21/FEB 18

A voyage to faraway lands might be on the table, Aquarius. A trip may be just what you need to find that extra energy as you look to shake things up.

PISCES - FEB 19/MAR 20

Pisces, if your romantic relationship lacks spark, you may have to speak up and express your hopes and desires. Embrace all ideas.

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FOOD & VINO



atmeal is a versatile ingredient found in desserts, breakfast foods, savory dishes, and so much more. While it is enjoyed in many different dishes, for cookie lovers, oatmeal shines brightest in cookie recipes.

Homemade cookies not only fill the kitchen with delicious aromas, they are a comfort food prepared and enjoyed with others. Many recipes are even passed down among generations. This recipe for "Pecan Toffee Oatmeal Cookies" from Laurie McNamara's "Simply Scratch: 120 Wholesome Homemade Recipes Made Easy" (Avery) could become a family favorite in no time.

Pecan Toffee Oatmeal Cookies

Ingredients: Makes 3 dozen cookies

- 1/2 cups unbleached all-purpose flour
- 1 teaspoon baking soda
- 3/4 teaspoon ground cinnamon
- 3/4 teaspoon kosher salt
- 1 cup unsalted butter
- 1 cup packed dark brown sugar
- 1/2 cup granulated sugar
- 1 teaspoon pure vanilla extract
- 2 large eggs
- 3 cups old-fashioned oats

3/4 cup chopped pecans, toasted 1 cup toffee pieces

Instructions

Preheat the oven to 350 F. Line two rimmed baking sheets with parchment paper or silicone liners.

In a medium bowl, combine the flour, baking soda, cinnamon, and salt and set aside.

In the bowl of a stand mixer fitted with the paddle attachment, cream together the butter and both sugars until light and fluffy, about 2 minutes. Add the vanilla. Add the eggs one at a time, mixing and scraping down the sides of the bowl after adding each egg. Gradually add the flour mixture until just combined.

With the mixer on low, stir in the oats, pecans and toffee bits.

Using a 2-tablespoon scoop, measure out the cookie dough onto the prepared baking sheets, spacing them 1/2 inch apart. Bake for 10 to 12 minutes, rotating the baking sheets halfway during bake time for even baking.

Let cool on the baking sheets for 5 minutes before using a spatula to transfer to a wire rack. Repeat with the remaining dough

These cookies are extra delicious when served warm.







at UPH
FEB 29: ROSANNE CASH
MAR 4: SOUNDS OF THE HALL
MAR 7: AN EVENING WITH CHRIS BOTTI
MAR 8: THE MARVELOUS MARQUISE
FAMILY CIRCUS
MAR 13: MEGAN HILTY
MAR 14: HOWARD JONES

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TAIMANE

Catch ukulele virtuoso and rising star, Taimane, in fresh and full blossom. From Bach to rock, flamenco infernos to tribal hymns, Taimane lights up the stage like no other.



ONCE ON THIS ISLAND

With a score that bursts with life, ONCE ON THIS ISLAND is a timeless testament to theater's unlimited possibilities



WE SHALL OVERCOME

Inspired by the words and action of Dr. Martin Luther King, Jr., this show is a joyful celebration of music from across the African American music traditions.



MANDY PATINKIN IN CONCERT DIARIES W/ ADAM BEN-DAVID ON PIANO

MANDY PATINKIN IN CONCERT: DIARIES, presents the acclaimed actor / singer / storyteller in his most electrifying role: concert performer.

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WHAT'S HAPPENING NOW

Dashboard Anthem with Rich Romano Nanola — Saturday, Jan. 11

MALTA — Dashboard Anthem will perform at Nanola with Rich Romano on Saturday, Jan. 11, at 8

Dashboard Anthem is a six-piece casino showcase band covering classic rock focusing on stadium anthems from the 70s and early 80s.

Nanola is located at 2639 Route 9, Malta.

Elvis Birthday Bash

Hangar on the Hudson — Saturday, Jan. 11

TROY — Hangar on the Hudson will host an Elvis birthday bash on Saturday, Jan. 11, at 8 p.m.

A celebration of the king featuring Johnny Rabb, The Tichy Boys and special guests.

For tickets, visit brownpapertickets.com. Hangar on the Hudson is located at 675 River St.

Lonnie Shields

The Linda — Saturday, Jan. 11

ALBANY — Lonnie Shields will perform at The Linda on Saturday, Jan. 11, at 8 p.m.

Lonnie Shields is truly one of the finest of the next generation of the blues. He cut his blues teeth performing with The Jelly Roll Kings. His recording career has led him through a number of studios from Memphis and Clarksdale to tours all over the world. This Delta born guitarist, singer and songwriter's style is just the opposite of his demeanor. Lonnie comes across as a mild mannered southern gentleman with a laid back nature. On stage he is transformed into an extraordinary entertainer moving to his music and feeding off the energy of the audience.



LIFESTYLE

STEM jobs are paying jobs

Tech careers continue to boom

echnology has changed the world in numerous ways, including creating entirely new industries and a vast array of career options that didn't exist as recently as two decades ago.

In its CyberstatesTM report, CompTIA, which publishes a steady stream of new research on IT topics, recently shared some key findings that's news for those who work in tech.

- Around 11.8 million people are employed in tech in the United States, and 261,000 new jobs were added in the past year.
- Software and web developers make up the largest and fastest-growing segment of tech jobs.
- The estimated direct economic output of the tech industry equals \$1.8 trillion.

The Bureau of Labor Statistics predicts technology careers are on the rise, with expected growth of 12 percent between 2014 and 2024. Specific fields within the tech industry are expected to experience even stronger growth, as high as 27 percent.

There's never been a better time to work in tech, particularly for those who have a knack for computer operations and networks. Here's a look at some of the promising tech careers, including some of the more lucrative, courtesy of U.S. News' "Best Technology Jobs of 2019" report. These jobs boast low employment rates and high salaries.

5. Database administrator: A database administrator

sets up databases. These highly trained individuals use specialized software to store and organize data. Some key roles include planning, installation, configuration, design, as well as migration. DBAs also will troubleshoot and enhance database security. Median pay is \$87,020.

- 4. Information security analyst: Concerns about security breaches continue to grow as criminals become ever more savvy. Information security analysts find the best security solutions and carry out measures to protect a company's networks and systems. The professionals maintain systems by updating software and recommending security updates to management. Median
- 3. IT manager: IT managers are in high demand thanks to increasingly digital workplaces. These individuals coordinate all computer-related activities for an organization. Some jobs include recommending software and hardware needs, securing networks, and searching for new technologies. Median salary is \$139,220.
- 2. Computer systems analyst: A computer systems analyst helps organizations utilize computer technology efficiently and effectively. They make suggestions on new technology. Sometimes called systems architects, computer systems analysts often study existing computer systems and design more efficient options. Median salary is \$88,270, lower than some other IT jobs, but there are 54,400 projected jobs in this area.
- 1. Software developer: These developers write new code, fix software bugs, find solutions to outdated programs, and must be both creative and technical. Median salary of \$101,790.

WHAT'S HAPPENING NOW

Lost Leaders

Caffe Lena — Saturday, Jan. 11

SARATOGA SPRINGS — Lost Leaders will perform at Caffe Lena on Saturday, Jan. 11, at 8 p.m.

This duo is a major find. The group, comprised of New York City singer and irresistible personality, Peter Cole, along with two-time Grammy-winner Byron Isaacs (Olabelle, The Lumineers), has done weird and triumphant tours, placed lots of songs in film and TV and maintained a sense of humor and artistic authenticity throughout.

On its 2019 release "Promises, Promises," it stretched beyond Americana and entered a retro pop/ rock universe. Its anthemic songs push the national zeitgeist through vintage synthesizers, guitar pedals and tea-soaked vocal cords to create songs that are triumphant, unguarded and singable.

For tickets, visit eventbrite.com.

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

Seapods and Friends

Putnam Place — Saturday, Jan. 11

SARATOGA SPRINGS — Seapods and Friends will perform at Putnam Place on Saturday, Jan. 11, at

A performance from Ominous Seapods (minus Dana). This year filling in for Dana will be Lo Faber of God Street Wine.

For tickets, visit eventbrite.com.

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





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From page B5 ...

Gangstagrass

with Ralph Stanley before he passed away?

Rench: No. No. I was always too off the radar. I'm over here in my little corner doing my thing.

Hallisey: I imagine you crossed paths with a few bluegrass artists.

Rench: It's true, and one of the early ones, I had already been a fan of, a band called the Dixie Bee-Liners. Just through luck and happenstance, was able to connect with them with their singer Brandi Hart. Which was a real thrill for me because I love her voice.

Hallisey: Now, do you get any blow back from people who say, this is country or this is bluegrass, what are you doing?

Rench: We do. We know that that's kind of a thin wedge of the audience. For the most part, overwhelmingly audiences have been into it and embraced it. The purists are just a pretty tiny faction there that complain about it, and we find them really amusing.

Hallisey: I could not help but to think about Lil Nas X's "Old Town Road" while preparing for this interview. That blew up and Billboard took it off their Country List because it just didn't fit the definition. They got a little blow back because of that. Thankfully it didn't deter from the success of that song.

Rench: It had the opposite effect, of course. Bringing a lot more attention to it.

Hallisey: Now, when you heard that, I imagine you had some thoughts. Especially with what kind of music you produce.

Rench: I have so many thoughts on it. But, a lot of it to me goes a lot deeper and into that historical stuff that I was mentioning; about why we have such a racialized

I definitely feel like in some ways it's a mission to show people how these things we feel are so different have so much common ground and how they can be appreciated, and not in contrast with one another in combination. Because, that's been my experience in life as how much you can go to these places that are very different and find at the core this common ground with humanity and how much we are all going through our human lives, and our struggles, and our finances, and our love lives. Everything. And, how these things resonate. In some ways, we have such an illusion: these different genres, these different cultures that we have now. But, if you trace it back, so much of it has such a common ancestor, in a way.

> — Rench, Gangstagrass

conception of our genres in the first place, why we have these genre boundaries themselves. The way that they're set up that basically give us this impression of things being from a certain part of the country, by a certain kind of people, that's sort of been imposed artificially. So, I think there's an impression of country music — a particular aspect of country music — that gets represented as country music as a whole, and people can easily forget about how much complexity there is within country music, and how much diversity there's actually been in country music, [and] where the roots of country music come from, in ways.

For example, a lot of people would not know that the banjo originally came from Africa. And, that's just

Continues on B17

WHAT'S HAPPENING NOW



Taimane

Taimane and Her Trio

Proctors — Saturday, Jan. 11

SCHENECTADY — Taimane and Her Trio will perform at Proctors on Saturday, Jan. 11, at 8 p.m.

Born and raised in Hawaii of Hapa Samoan descent, Taimane is renowned for both her pyrotechnics on the four-string island staple and prowess in using music and movement to paint vibrant images that elicit deep emotional response. From Bach to rock, flamenco infernos to tribal hymns, Taimane lights up the stage like no other.

For tickets, visit proctors.org. Proctors is located at 432 State St., Schenectady.

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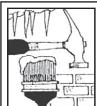
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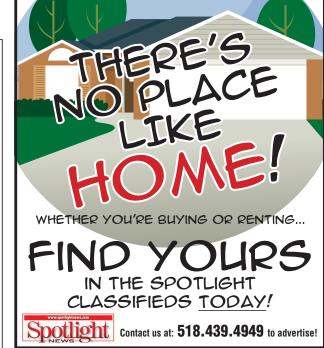


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From page B15 ...

Gangstagrass

tip of the iceberg. What's you go from there, you're looking at the original string bands in country, many of which were multi-racial. The way Jimmy Rogers learned his blue yodels were from black musicians. All these cross-pollinations that happened. And, then, the record labels started up, when they first started selling recorded music, sometimes they would sell the same album and put a different picture on it — of a white band or a black band. If they were marketing to the black audience it was called race music, and if they were marketing to the white audience it was called hillbilly music. But, at the time, to musicians in the South that was something they did not actually considered it, and a lot of times, they were all playing together.

And, of course, country music changes over time. For good and bad. And, being a bluegrass and honky-tonk fan, there are things I wish were more prominent on the radio these days, but they're not. In some respects, you sort of have to allow for things to be shifting. And, thinking that there's one definition that's going to be somehow a true, unchanging definition is just grasping at an illusion. People have been using beats and electronics stuff in mainstream country for ten, fifteen years, now. So, you have to ask if somebody just starts complaining when a kid from Atlanta has a trap beat on it, why now? You have to ask those questions about whether there's certain ways that people have these cultural and racial conceptions of

■ IF YOU GO

• What: Gangstagrass

• **When:** Friday, Jan. 10, at 7:30

• **Where:** Eighth Step at Proctors, Schenectady

• **How much:** \$28-\$50

• Info: tickets.proctors.org



music get tripped up subconsciously, even.

Hallisey: I have to admit that when I first heard of Gangstagrass a few years back, I didn't give it a chance. It was around the same time as when Big Smo and Colt Ford were blending rap in with county. I listen to rap and I listen to country, but I wasn't loving this. But, while preparing for this interview, I was listening to your work when "Peaches" came on. I was like, I like this. What the hell just happened?

Rench: Yeah, yeah. Well, there's something I would definitely want to make clear, when talking about country rap stuff, or Lil Nas X, is that there's so many ways to do this. Gangstagrass is a different formula than everybody else that's doing it. It's something I definitely feel is

missing in general. A lot of times, when people are trying to do this combination... The formula for Gangstagrass is to bring in bluegrass pickers and instrumentation, and bring in hip hop emcees. So, it's not just the idea of [mocking tone] 'Oh, the rapper has a drawl and he's rapping about trucks.' But, otherwise, it's indistinguishable from a hip hop song. Or, like, there's some rapping, but it just sounds like a pop song or a country song. The idea here is to have the instrumentation there. When you're hearing banjos and fiddles and dobros, and you're getting the full on treatment, it's not being left out when you're using the lowest common denominator, or just a sample. Just dipping your toe in. This is a full commitment to really exploring a country band, and hip hop emcees and beats being fully accounted for in the music.

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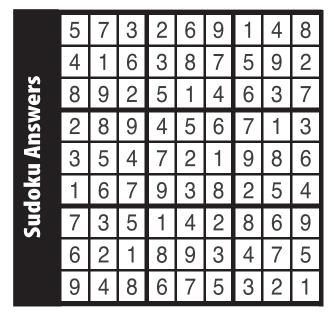
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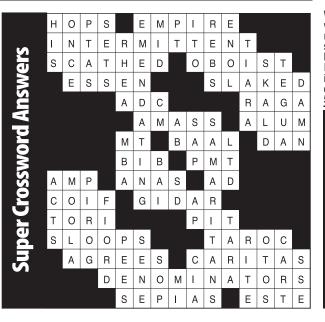
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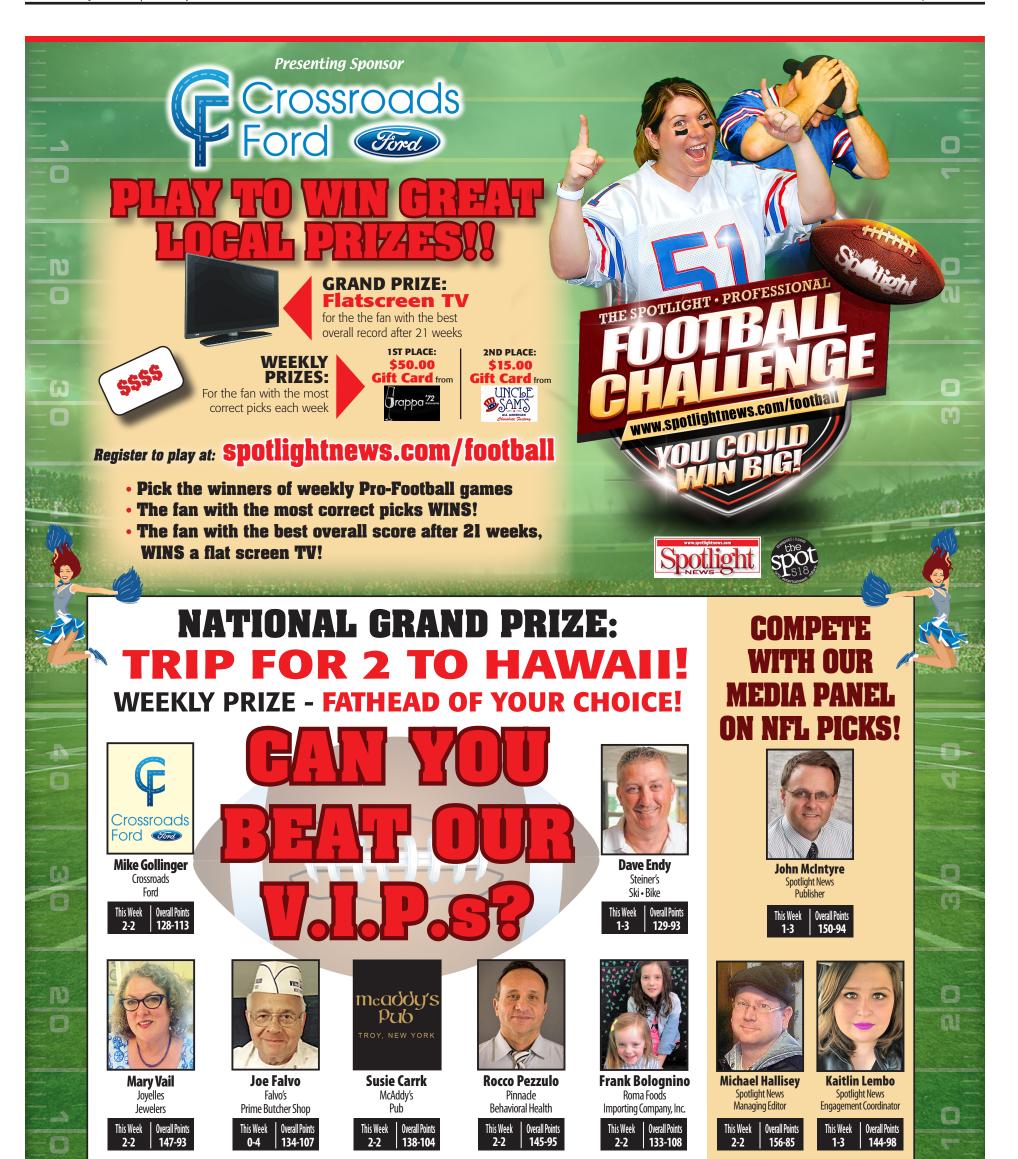
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WHAT'S HAPPENING NOW

Second Sunday Bluegrass Jam

Rustic Barn Pub — Sunday, Jan. 12

TROY - Rustic Barn Pub will host its Second Sunday Bluegrass Jam on Sunday, Jan. 12, at 6 p.m.

Hosted by Jeff Wasbes and Zack Cohen in a round robin style jam. Jeff and Zack will start off with a few tunes then open the stage to lead their choice bluegrass music, backed up by other pickers.

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

"Flash Gordon"

The Palace Theatre — Monday, Jan. 13

ALBANY — The Palace Theatre will host a viewing of "Flash Gordon" on Monday, Jan. 13, at 7 p.m.

For tickets, visit ticketmaster.com.

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

Carla Fisk

Troy Savings Bank Music Hall — Tuesday, Jan. 14

TROY — Carla Fisk will join the "Music at Noon" roster at Troy Savings Bank Music Hall on Tuesday, Jan. 14, at noon.

Soprano Carla Fisk, regional finalist of the Metropolitan Opera's National Council Auditions has performed in many operas in Europe and the United States. In Rome, Italy, she was chosen to sing on Italian National Television (RAI Uno), performing Hanna from "Die Lustige Witwe." She then went on to be a part of the Baltimore Opera's Young Artist Program singing the role of Beauty in Giannini's "Beauty and the Beast" (an Educational Outreach Opera) and performing the role of Despina in Mozart's "Cosi fan Tutte."

Troy Savings Bank Music Hall is located at 32 Second

Jazz at Caffe Lena with Chuck Lamb Trio and Chico Freeman

Caffe Lena — Tuesday, Jan. 14

SARATOGA SPRINGS — Chuck Lamb Trio and Chico Freeman will perform at Caffe Lena's jazz night on Tuesday, Jan. 14, at 7 p.m.

Chuck Lamb, a member of the Brubeck Brothers Quartet since 2002, is not only an exciting and emotive pianist in his own right, but also a prolific composer of jazz, fusion, classical and world music. Most recently, Chuck and his band have released a CD of his original acoustic fusion music, titled North By Northeast. The

CD has received airplay on major jazz stations and garnering new fans and rave reviews worldwide. Heralded as one of the most important saxophonists of our time, composer and producer, Chico Freeman has perfected an immediately recognizable approach to music and composition, blending what he has experienced from his past and providing fluidity into a future of infinite musical possibilities.

For tickets, visit eventbrite.com.

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

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Proctors — Tuesday, Jan. 14

SCHENECTADY — Proctors will host a viewing of "The Land Before Time" on Tuesday, Jan. 14, at 7 p.m.

Presented by Steven Spielberg and George Lucas, "The Land Before Time" introduces us to dinosaur friends Littlefoot, Cera, Spike, Ducky and Petrie - following them on their first journey together - an exciting quest to find the lush, legendary Great Valley. Along the way, the prehistoric pals overcome many challenges and learn the value of teamwork and friendship. This delightful classic is the adventure that started it all and it continues to capture the hearts of viewers young and old. Rated G. 69 minutes.

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