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TOP STORY



NEWS Sheriff in town

Coeymans welcomes additional patrols through town after recent mayhem.

Story on Page 2



Road map to communication

Town hires PR firm in light of upcoming projects.

Story on Page 3



Full of energy

Town residents speak their minds about CCA Program before Town Board

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

BETHLEHEM — More than a dozen residents offered mixed reactions to the regional Community Choice Aggregation program the town is exploring during a public hearing at Jan. 8 town board meeting.

The public hearing addressed the Town Board intending to pass a local law authorizing the creation of the CCA program. The town board will vote on the proposed law in its Jan. 22 meeting. This local law is needed so that Bethlehem can continue exploring the program, which it has since last October. However, it does not force the town to ultimately enroll in it. It is important to note that Bethlehem is exploring it for now but it has not officially enrolled in it and the town has the option to leave the CCA program down the road.

Continues on page 9

CULTURE



Dream team

New York State Industries for the Disabled, Inc. to sponsor Special Olympics New York Athlete Leadership Program.

Story on Page B1

SPORTS



Busy traffic

Bethlehem boys basketball served a loss in non-league competition.

Story on Page 7



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■ POLICE, COURTS and EMERGENCY CALLS

A new agreement with mixed reactions

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

COEYMANS — The Coeymans Police Department and Albany County Sheriff's Office will now provide nine dedicated patrols for the town daily.

This agreement became effective immediately after the Coeymans Town Board unanimously voted in favor in its Jan. 9 meeting. The town will also provide a substation for the Sheriff's Office and Town Supervisor George McHugh said the main objective is to increase public safety in Coeymans and Ravena.

"It's also about sharing resources between the Sheriff's Office and Coeymans Police Department to better train and support our law enforcement," he said. "It's about providing the Sheriff's Office with a more permanent presence in Coeymans and Ravena, to aid and support the

RCS Resource Officers as well as our own police officers."

He added that it would save the town around \$280,000 which can help remedy the Coeymans Police Department's outstanding budget last year; two Coeymans police officers' shifts will be cut though and its 21 part-time officers will see fewer shifts. However, no police officer would lose their job.

Albany County Sheriff Craig Apple said the agreement would also result in six deputies being placed in Coeymans in exchange for a substation, office and parking spaces. "The biggest hindrance to us, quite honestly, is that our closest station to here is in Clarksville," he said, explaining that having a more permanent outreach



in Coeymans can help them in the long run.

A few dozen residents attended the town board meeting with mixed views on the agreement.

One resident said, "If we are not spending any more money, if we are increasing our patrol, especially in this day and age, I don't see why it's a bad thing."

In contrast, another resident expressed concern that the shift cuts would hurt the part-time officers' income. "They count on that for a living, so whether you're going to let them go or keep them, you're going

to lose some of them just by doing this," he said.

Michael Case, a Coeymans police officer, also chimed in, "Some of our officers will receive a bi-weekly paycheck

for three days total, and the one question I ask is how can we expect someone to make a living or contribute to their families, especially in the state of New York, on this merit." He said he preferred the town board to leave it up to residents to vote on the matter instead.

Other concerns brought up included perceiving this agreement as a way to generate more tickets to increase revenue for the town and village courts, as well as whether the incoming Albany County Sheriff's patrol officers will take the time to connect

with the Coeymans community.

A resident who works at the local library said, "The officers from the Coeymans police force will stop by the library [even] when we haven't called them. They know the kids, they've been a tremendous resource. I can't say enough good things about them. And while I have respect for the sheriffs, I've never seen a Sheriff's officer swing by the library just to see how things are going."

Apple said, "I really understand that there's some angst attached to this. It's changed and nobody likes it but we're not here to harass anybody. ... I don't care about tickets, I'd rather give a warning. But if you do it again, then shame on you, and I'm going to give you a ticket. But it's not my job to funnel money into the town and states by writing tickets. That's not going to happen."

McHugh said the agreement's roots traced back to after last November's town election and he met with the Albany County Sheriff's Office to reintroduce himself as the newly-elected supervisor. The meeting lasted around two hours and "we came away from it believing we could benefit from having a substation in Coeymans and we could benefit with more police coverage," he said.

Moving forward, McHugh concluded, "It's about working together with our county law enforcement to increase public safety and patrols in Coeymans and Ravena, for the safety and security of its residents, property owners and business owners. ... It's not about dissolving the Coeymans Police Department because that is something not one person on this [town] board is in favor of now or, I believe, ever."



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■ TOWN GOVERNMENT

A new consultant to help communication

Crafting a new plan to think ahead for future roadway projects

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

BETHLEHEM — The Albany-based Baker Public Relations firm will work with the town and the Chamber of Commerce over the next three months to develop a strategic communications plan for upcoming roadway construction projects.

The agreement was authorized by Town Supervisor David VanLuven during the Jan. 8 town board meeting. Baker Public Relations would be a consultant to help the town and Chamber of Commerce communicate about the extent and timeline of major construction projects with businesses located near and residents living in areas that will see major construction work, as well provide tools to help businesses communicate with their customers.

The strategic communications plan will focus on the upcoming \$4.9 million Glenmont roundabout project. With construction set to start this spring, this will transform the four-way intersection of Feura Bush Road, Glenmont Road and Route 9W into a roundabout. The strategic communications plan would also serve as a template that the town can use with other future projects like the Delaware Avenue Complete Streets



Baker Public Relations will develop a strategic communications plan to benefit residents and businesses living and located near the Glenmont roundabout project's, above, construction zone. This plan will be a template for the town and Chamber of Commerce for other future roadway construction projects. Provided photo

and Road Diet Project. "In hearing feedback from the public about the Delaware Avenue construction work in 2017, there was some concern that the town did not communicate to business owners and residents there as best as they could, like about detours and construction schedules," said Robert Leslie, the town's director of planning. "So this effort is in response to that practice. We want to do a better job this time with the Glenmont roundabout project coming up, and we'll have a consultant assist us and communicate with the people."

Maureen McGuinness, the Chamber of Commerce's president, echoed Leslie's words, saying that town

communication with residents and business during the 2017 Delaware Avenue construction work was "poor."

She continued, "The road work had an impact on people and businesses there, some of which could have been mitigated. It's very clear something needs to be done differently as the town moves forward."

With Baker Public Relations, Leslie said under contract, the town is paying the firm \$18,000 for its services over three months.

In an email to *Spotlight News*, Jason Politi, the firm's public relations and marketing director, wrote that it has had years of prior experience working with municipalities, construction and real estate development. While it has worked with other local

municipalities already, this would be the first time working with the town of Bethlehem.

Town staff had sent out a Request for Proposals (RFP) last October to get local potential public relations firms' attention and received five responses by November. The town's Strategic Communications Plan Committee — comprising of Leslie; McGuinness; economic development coordinator Elizabeth Staubach; and the supervisor's executive assistant Robin Nagengast — reviewed them based on each firm's experience with similar projects, having qualified personnel and their ability to meet the desired three-month schedule.

Leslie said the committee had been set up

by the town's Economic Development & Planning Department last October.

The committee then interviewed three of the five firms and later unanimously voted for Baker Public Relations in December.

"While all three were qualified, we thought Baker [Public Relations] really gives us what we need in terms of communication with businesses and assisting them with tools and ways to communicate with their customers and clients," Leslie said.

Politi wrote that his firm was notified of the unanimous vote on Dec. 18 and it would later be approved by the town board at the Jan. 8 meeting. "We are very pleased to be selected by the town's Strategic Communications Plan Committee and grateful for the opportunity," he wrote. "We put a lot of thought into our proposal and subsequent presentation to the committee. We are excited to get to work and build a relationship with the town."

Politi added that his firm plans to submit the final strategic communications plan by April 1, which will be available to both the press and public. "We are eager to get underway with this project," he wrote. "The committee has clearly laid out its expectations for us and we will devote our best efforts to developing this plan."

Looking ahead, Leslie added that Baker Public Relations will meet

"In hearing feedback from the public about the Delaware Avenue construction work in 2017, there was some concern that the town did not communicate to business owners and residents as best as they could, like about detours and construction schedules. ... We want to do a better job this time with the Glenmont roundabout project coming up, and we'll have a consultant assist us and communicate with the people."

— Robert Leslie, Bethlehem Director of Planning

with him and the rest of Strategic Communications Plan Committee; Creighton Manning, the Glenmont roundabout project's engineering consultant; and residents and business owners by mid-February to discuss the anticipated construction schedule. "We'll have a kickoff meeting which includes a field visit to the intersection to look at the area," he said. "We'll also finalize the meeting date for when we meet with business owners."

Continues on 13



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■ EDUCATION

Elsmere Elementary gets new 21st century tools

Capital Region BOCES grant offers a new tech cart for students

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

BETHLEHEM — Elsmere Elementary School has received a \$3,500 grant to provide a special cart full of electronic tools to augment students' learning experience.

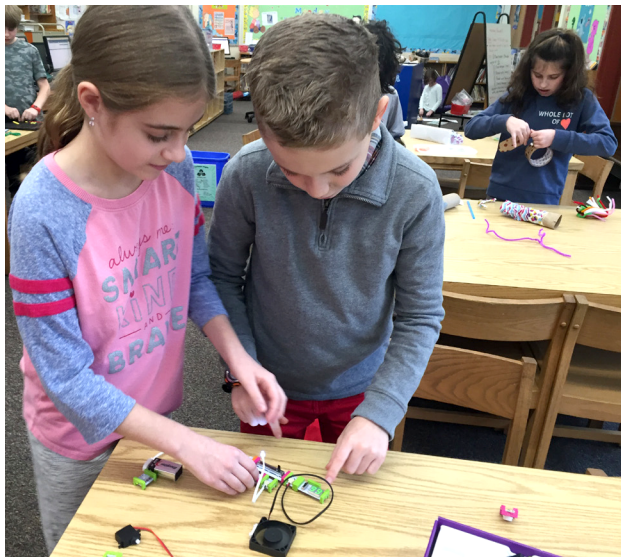
The cart contains sets and tools to help introduce K-5 students to robotics, coding, circuitry and design and it includes two Ozobots, two Dash robots, two Snap Circuits 300 projects, lesson plans, and more.

"It's a way in which students can get hands-on learning, use their critical thinking skills, collaborate, work together and solve problems — these are things they really are expected to have in the 21st

century," said Jaimee Meyer, Elsmere Elementary's school library media specialist. "To be creative, think outside of the box. We're constantly telling them what sort of things are expected of them in the future so it's a great way to do all of that in a setting."

The cart is the result of the INNOVATION! Grant, first announced last year by the Capital Region BOCES and it caught Meyer's attention. After she applied that fall, she found out that she and 15 other schools in the Capital District won the grant and a respective cart each in November. She said she was excited when the cart also came in that month and Capital Region BOCES trained her and the other schools in how to use the carts and make the most of it with students.

Elsmere Elementary Principal Kate Kloss wrote in an email to *Spotlight News* that "we are so



Elsmere Elementary's school library media specialist Jaimee Meyer said many students enjoy coming to work with the new tech sets and tools during recess.

Jaimee Meyer

fortunate to have the dedicated Mrs. Meyer as a part of Elsmere." She added that the cart's tools complement the materials and resources the library already offers and "students clearly enjoy combining their creativity and curiosity with technology."

Since then, Elsmere students — fourth and fifth graders for now — can come to the library on Mondays during recess to play and learn with the cart's tools and sets. "The sessions during recess are always full and they spend the time with me," Meyer

said. "They know the rules like cleaning up after themselves and everything is labeled in the cart. They now know the drill."

She added that she likes not giving the students too much instructions when handling the cart's contents. Instead, she makes herself available if any student has questions or needs help, and she likes giving them some independence and space to explore, troubleshoot and learn with the cart.

Meyer brought up plans of having an open house soon for Elsmere teachers to get to know the cart better and learn how it could benefit their students' education. "I don't know if teachers quite know what we have here yet," she said. "There are some teachers that I can immediately think of who would love to use this cart but there are some others who might need a little more prodding. But everyone here is open to learning and

"It's a way in which students can get hands-on learning, use their critical thinking skills, collaborate, work together and solve problems — these are things they really are expected to have in the 21st century."

— Jaimee Meyer,
Elsmere Elementary
School library
media specialist

collaborating."

The cart's tools and sets add to how Meyer had already begun her own cart of materials in the library for students. She said she started collecting materials for an older cart three years ago and it includes materials and items like

Continues on 13

Seasons at The Club

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OBITUARY

Mark Christopher Barrett: 1972 - 2019

DELMAR — Mark Christopher Barrett, 47, passed into the arms of Jesus on December 25, 2019, following an illness.

Born in Buffalo on October 30, 1972, to Timothy and Sandra (Carpenter) Barrett, Mark was raised in in Delmar.

A graduate of Christian Brothers Academy and Albany College of Pharmacy, Mark started his career at Rite Aid in Binghamton, N.Y. to be close to his beloved grandmother, the late Marion Carpenter. He soon discovered nearby Ithaca.

An avid outdoorsman and organic foodie, it didn't take him long to decide that this was home. It was there that he met the love of his life, Heidi. Mark's zest for life was inspirational.

Backpack in tow, he followed his passions around the globe making friends wherever he went. From back country skiing in the Alps to skydiving in Australia, he was never far from the kind of exhilarating experiences most of us watch on a screen.

When "he" became "we," the adventure continued, from the peaks of Machu Pichu to the beaches of Thailand, and from sea to shining sea. Over the years, Mark renovated a sailboat he called home each summer. He transformed a former restaurant into a home, custom-made for two. Gardening, healthy cooking and reading were among

his favorite pastimes.

In June, two became three when the happy couple welcomed a beautiful baby girl into their world. Six months later, God called Mark home for reasons that surpass our understanding.

While we will miss his physical presence beyond imagination, Mark's light will forever shine in our hearts, in the eyes of his precious child and in all the beautiful memories he left us with. There will never be another like him.

Carrying Mark's light is his beloved wife, Heidi (Morris) Barrett; daughter, Scarlett Marion; parents, Timothy and Sandra (Carpenter) Barrett; brother, Dan of Oregon; sister, Judy and her husband, Bryan Strauss of Voorheesville; nieces and nephews: Marlowe, Michael, Aidan, Cocoa and Jack; aunt, Pat (Barrett) Willie and her husband, Glen of Texas, and their sons, Jon (Abigail) and Todd (Ebru); and many loving cousins.

He was preceded in death by his maternal grandparents, Christopher and Marion (Brenner) Carpenter and paternal grandparents, Timothy and Martha (Knott) Barrett.

A memorial service was held on Friday, Jan. 10, at the Bethlehem Lutheran Church in Delmar. Donations in Mark's memory may be made to the Wounded Warrior Project.

COMMUNITY

Coffee chat with your legislators

DELMAR — The Bethlehem Chamber will host a Coffee and Conversation event at Bethlehem Town Hall on Thursday, Jan. 16, at 8:30 a.m.

Each presenter will share plans for 2020, with a focus on issues that could impact your business.

Attendees will be able to ask questions and discuss business related issues.

Representatives will include Assemblywoman Patricia Fahy, County Executive Daniel McCoy, Legislator Joanne Cunningham and Town Supervisor David VanLuven.

To register, visit business.bethlehemchamber.com.

Bethlehem Town Hall is located at 445 Delaware Ave., Delmar.

Supply, Demand

DELMAR — The Bethlehem Chamber of Commerce will partner with the New York State

Minority and Women's Business Development to host a webinar series on Thursday, Jan. 16, at 2 p.m.

Learn about our Supply and Demand Utilization (SDU) Initiative highlights industries that have been underutilized in state contracting.

Part of our efforts to address this is connecting specific industries directly with agency procurement.

This webinar focus will be on financial services. Join us to learn more about the SDU initiative and what financial procurement opportunities are out there from the New York State Insurance Fund.

To register, visit business.bethlehemchamber.com.

Waddler Time

GUILDERLAND — Guilderland Public Library will host Waddler Time on Thursday, Jan. 16, at 10:30 a.m.

This storytime provides bonding and early literacy learning for new walkers up to 24 months and their adult care-givers.

Books, music and movement, rhymes and bounces and fun with puppets are included each week.

The program concludes with time for play and socialization.

Guilderland Public Library is located at 2228 Western Ave., Guilderland.

Music with a Sense of Humor

DELMAR — Bethlehem Public Library will host a listening party on Thursday, Jan. 16, at 7 p.m.

Humor is often subjective.

Does music require humorous lyrics to be funny or can it be evoked in the abstract?

Listen to and discuss some examples. This event is for adults.

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

Strategies for Maximizing Social Security

DELMAR — The Bethlehem Chamber and Bryant Asset Management

will host a social security workshop at Adam's Station on Thursday, Jan. 16, at 5:30 p.m.

Join Reid Prinzo from Bryant Asset Management for a complimentary seminar on how to make the most of the Social Security Program.

We'll cover the basics of social security, incorporating social security into your retirement portfolio and strategies for maximizing the benefits you deserve.

To register, call 518-963-5800.

Adams Station is located at 1 Juniper Drive, Delmar.

Time to get in shape

DELMAR — Bethlehem Public Library will host Time To Get In Shape on Friday, Jan. 17, at 10 a.m.

We are learning about shapes with stories and activities. Please wear clothes that can get messy.

For children up to age 6 with caregiver.

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

Digital Library

GUILDERLAND — Guilderland Public Library will host Digital Library 101 on Wednesday, Jan. 15, at 2 p.m.

The library now offers streaming movies and tv shows, downloadable e-books and even e-magazines. How can you take advantage of all the library has to offer? Sign up today for a one-on-one session with a librarian expert. Please bring your library card and a mobile device to the appointment.

To register, call 518-456-2400, ext. 3.

Guilderland Public Library is located at 2228 Western Ave., Guilderland.

Cord Cutting

VOORHEESVILLE — Voorheesville Public Library will host Cord Cutting for Beginners on Wednesday, Jan. 15, at 1 p.m.

Find out if cutting the cable cord is the right move for you.

To register, visit voorheesvillelibrary.org.

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■ HIGH SCHOOL SPORTS

Mekeel beats Bethlehem

BETHLEHEM — The Eagles lost a non-conference game to Mekeel Christian Academy on Tuesday, Jan. 7, by a score of 78-49.

The Eagles are 4-0 in Suburban Council play, and 5-2 overall, and are near the top of the competitive Blue Division. Shen is also undefeated at 3-0 and Colonie is 5-1. Schenectady leads the Gray Division at 5-2.

Bethlehem hung with the squad from the Schenectady private school that plays independent along with Albany Academy and Green Tech, for the first half and were tied at one point midway through the second quarter. But the Eagles were outscored 17-12 in the third and 23-9 in the final.

Marko Gibbons had 11 to lead Bethlehem while Zach Zonca had 10, Orlando DiBacco had eight and Kendrick McCann had seven.

Alex Barnhill had 25 for Mekeel (1-0, 7-1) to lead all scorers while standout Ozzy DeJesus had 16.

Bethlehem followed up with a win over Columbia in a suburban Council matchup on Friday, Jan 10, by a score of 62-15 and will travel to Ballston Spa on Friday, Jan. 17.

Check out our website for more photos of the game.

— Jim Franco



Blackbirds fall to The Cadets

VOORHEESVILLE — The Blackbirds dropped a Colonial Council matchup to LaSalle on Tuesday, Jan. 7, by a score of 81-74.

The Cadets led wire to wire in a fast paced game featuring two top teams in the conference. After jumping out to a 10-point lead after the first, Voorheesville cut it to seven going into the half and were down four heading into the final quarter.

Voorheesville standout Zaveon Little had 33 to lead all scorers and Tanner Tedesco had 21 and Jack Barringer had seven. Bo Catherwood had 25 to lead LaSalle and Kaylon Dickson had 19.

Voorheesville stands at 3-1 in conference play, tied for first with Watervliet in the Patriot Division, while LaSalle is 5-0 atop the Liberty Division.

The Blackbirds will host Cohoes on Thursday, Jan. 16.

Check out our website for more photos of the game.

— Jim Franco



■ COUNTYWIDE NEWS

Albany airport victim of hacking

COLONIE — The Airport International Airport was the victim of a Christmas Day cyber attack but the breach was limited to administrative servers and did not impact operations.

The attack was reported to the Albany County Airport Authority by LogicalNet, the

Authority's Schenectady based computer management provider. A crypto virus entered the airport's system through LogicalNet's maintenance server and subsequently overcame the airport's anti-virus protection.

The Airport Authority notified the New York State Cyber Command, the FBI and sought assistance from ABS Solutions, a computer systems contractor. New York State Cyber Command advised the authority to shut down all connections with LogicalNet.

Airport staff were able to contain the attack so that no airport operations were effected. Subsequent analysis found that no Transportation Security Administration airline computers had been breached and no personal or travelers' information had been accessed.

The authority, working with ABS is in the process of a system redesign that will prevent such an attack in the future. The recommendations under consideration may include the purchase of new equipment and software as well as additional authority staff. — Jim Franco

CDTA rolls out electric fleet

\$3.9 million pilot to test effectiveness

By JIM FRANCO
francoj@spotlightnews.com

ALBANY — The Capital District Transportation Authority unveiled the first battery electric powered buses in upstate New York on Friday, Jan. 10.

The four buses, purchase from New Flyer of America, will be part of a pilot program and used to test the technology, range and charging infrastructure of zero emission mass transportation.

"We take pride in being a leader in innovation," said CDTA CEO Carm Basile. "These buses meet CDTA's goals to reduce the region's carbon footprint. These are exciting times and CDTA continues to be at the forefront of progress in New York state."

Under the pilot, the



CDTA CEO Carm Basile introduces the new electric buses at a press conference at the CDTA headquarters on Watervliet Avenue.

Photo submitted

buses will be rotated throughout the service area to ensure they operate in all types of conditions. Customer and employee's reaction to the vehicles will be included in the data sets that will be collected and analyzed as part of the pilot operation.

Each bus costs \$900,000

and each charger costs \$121,000. Training and tools needed for maintenance cost close to \$200,000, bringing the total cost of the pilot project to \$3.9 million. Grants covered the majority of the costs including \$950,000 in federal money and \$250,000 secured

by Assemblywoman Pat Fahy, D-Delmar. Another \$1.4 came from a massive settlement with Volkswagen over fake emission equipment and reporting and CDTA is using \$1.3 million from its vehicle replacement reserve.

The buses will produce zero emissions and also be quieter and are expected to yield lower operating costs than diesel and natural gas buses.

"Adding electric buses to our fleet is just one way we are staying current with the changing landscape of our business not just here at home but across the country," said CDTA Board of Directors Chairman Kayme Lahut.

New Flyer's Xcelsior CHARGE 40-foot buses will eliminate up to 175 tons of greenhouse gas emissions annually. This will also help the state reach its goal of transitioning to 100 percent renewable energy by 2040.

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St. Francis Chapel to close

Shortage of friar forced decision

By JIM FRANCO
francoj@spotlightnews.com

COLONIE — A popular chapel in a Wolf Road shopping plaza will close its doors this summer, according to the Franciscan Friars, Holy Name Province.

The St. Francis Chapel, which has called the Wolf Road Shoppers Park home since moving from the Northway Mall in 1998, is one of nine sites closing by the province because of a shortage of friars.

In 1985, Holy Name Province had 708 friars. That number dropped to 443 in 2001, and currently stands at a little less than 300. While there are a number of men in the initial formation process, just three friars have professed their solemn vows since August 2018, according to the Holy

Name Province.

The closures, called "withdrawing from fraternities in mission," come after a two-year process and represent nearly a third of the ministry's sites. The Colonie chapel is one of two in New York state closing, with the other being in New York City. Other closures include ministries in South Carolina, Georgia, Florida and New Jersey.

"The decision to withdraw from these faith communities was not taken lightly, and in fact it was very difficult and painful," said Fr. Kevin Mullen, provincial minister of the New York City-based Holy Name Province, in a press release dated Jan. 3. "But despite our long history and rich tradition — our friars have been present from three decades to nearly a century at most of these ministry sites — the reality of our declining numbers, and the challenges and strain it places on our ability to fulfill our fraternal

charism, made each of these decisions pragmatic and necessary."

The St. Francis Chapel was founded in 1970 in the Northway Mall but moved when that formerly enclosed mall was razed to make way for the open air mall that stands across Central Avenue from Colonie Center.

It is located within the Roman Catholic Diocese of Albany but is not a member parish. It is of the same province as friars at Siena College. The chapel's ministerial duties and undertakings will be transferred to the diocese.

"We are so grateful to the Franciscan Friars for their many years of ministry at St. Francis Chapel on Wolf Road. Although we are sorry to see the Wolf Road ministry end, we are happy to receive the people who regularly worship there into our local parishes," said the Roman Catholic Diocese of Albany in a statement.

From page 1 ... Full of energy

Municipal Electric and Gas Alliance is a local corporation that would manage the CCA and help residents (and businesses that use under 2,000 kilowatt hours a month) purchase electricity in bulk from renewable energy resources. MEGA intends to get most or all electricity from renewable sources like solar, hydro and wind. By default, National Grid supplies and delivers electricity to all customers unless they choose a separate provider, but under CCA, National Grid would still deliver electricity while a new supplier is chosen after a bidding process through MEGA and agreement from enrolled municipalities. While National Grid's supply price changes monthly, the price per kilowatt hour is fixed under CCA so residents know how much they will pay in advance for the energy they use.

The CCA program is regional in nature because 14 local municipalities, totaling over 90,000 households, have also joined to explore it, including the towns of Guilderland, New Scotland, Niskayuna and Knox, the villages of Kinderhook and Voorheesville, and the cities of Glens Falls, Troy, Watervliet and Saratoga Springs.

While the public hearing was initially meant to only happen on Jan. 8, Town Supervisor David VanLuvan said it is now extended to the Jan. 22 town board meeting because the local law was "inadvertently" not posted in the Jan. 8 agenda.

Residents who supported the program often brought up the importance of being environmental and the potential of seeing their bills reduced. Those who opposed or were hesitant about it generally disliked the opt-out feature and how there is not a 100

percent guarantee yet of seeing their bills reduced.

Under the regional CCA program, if a municipality enrolls in it after agreeing to a set supplier, its residents will get a letter in their mailbox, including information about the program, pricing and contract's terms as well as how to opt out of it, if they want. Residents have 30 days to opt out for free and if they don't, they are automatically enrolled in the program. But even after the program officially starts, residents can still opt out at any time with no penalty.

This caused some residents to be concerned that they would be forced into the program, have to take time and effort to learn how to opt out, and be worried that not everyone in town will be informed about the program in time or how to opt out.

"My opinion is that one should always have to opt in to choose something; they should never automatically be opted in to anything and if you want to get people in, opt in," said resident Frank Kuwik. "They should not force people to opt out of a choice. ... The town should have more regard for its residents and that they shouldn't be pulling a stunt on them. Instead of worrying how to get

The move towards renewable energy impacts some of the most unlikely of places. Both ports in Albany and Coeymans increased business due in part to the New York State Offshore Wind Master Plan that named them ideal locations to assemble windmills that are to be installed offshore.

Jim Franco / Spotlight News

opt-out information to everyone, instead it should be an opt-in situation, showing how great this is and why you should sign up."

Resident Linda Jasinski said, "This is not about the cheaper price for the people here. This is about your agenda for renewable resources and solar electricity. My agenda is a cheaper cost. Prove to me that it'll be a cheaper cost and I'll opt in." She added that having an opt-in feature would be better instead as it gives residents a choice to join something if they want.

In contrast, resident Pattie Beeler, who is involved in citizen action group Bethlehem Tomorrow, expressed support for the CCA program and amazement at how many municipalities



have joined to explore it so far. She said opting out "may be an extra step for some but maybe that extra step will give the pause necessary to think and educate and make the choice to not opt out."

She continued, "A 100 percent clean energy Community Choice Aggregation is of vital importance to this community, to farming, to our forests, to the protection of our water systems and our earth."

Eliza Compton, a Bethlehem High School sophomore and the secretary for its Students for Peace and Survival organization, said the environment is a top issue in the world now. She brought up the current Australian bushfires as an example which have devastated lands, killed

around one billion animals, are costly and more.

"Bethlehem is a town proud to lead by example in our county and our state. The CCA will allow us to show what the future can be like for towns across Albany County, New York and even the country," Compton said. "A vote for the CCA is a vote to continue Bethlehem's tradition of leadership. A vote for the CCA is a vote for the future of the youth of this town. And it is a vote that we can defeat the climate crisis together."

Louise Gava, the CCA project leader for MEGA, attended the meeting, briefly spoke about the program, listened to residents' comments on both sides and even spoke to some after the meeting. She said she was touched by Compton's words,

especially how she was a young student speaking at a full town board meeting.

In a phone interview, however, Gava said, "I think it's unfortunate that some folks who didn't like the program didn't get to attend an informational meeting or read the paper or whatnot. Some of their concerns come from how they don't understand the program but I'm always open to listening and answering questions."

She added that the concerns brought up in the meeting have similarly been discussed across other municipalities who have joined to explore the program too. "Almost all of the concerns I've heard so far are able to be managed," she said. "But what you can't manage are those who don't like the opt out option."

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NOTICE OF LLC FORMATION
115 ATLANTIC AVE. LLC. Arts. of Org. filed with the SSNY on 01/03/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 20 Vesey Street, Suite 210, New York, NY 10007. Purpose: Any lawful purpose. D-237810

NOTICE OF LLC FORMATION
14 MAPLE GWL 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, c/o Troia & Associates, 59 Maiden Lane, 41st Floor, New York, NY 10038. Purpose: Any lawful purpose. D-235769

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 Street, Brooklyn, NY 11235. Purpose: Any lawful purpose. D-236281

NOTICE OF LLC FORMATION
200 CHAMBERS STREET GARAGE 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, 10 East 33rd Street, 11th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-235320

NOTICE OF LLC FORMATION
2083 PACIFIC LLC. Arts. of Org. filed with the SSNY on 08/23/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 178 Quincy Street, 1st Floor, Brooklyn, NY 11216. Purpose: Any lawful purpose. D-236251

NOTICE OF LLC FORMATION
266 DE GRAW ST. LLC. Arts. of Org. filed with the SSNY on 01/03/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 20 Vesey Street, Suite 210, New York, NY 10007. Purpose: Any lawful purpose. D-237811

NOTICE OF LLC FORMATION
282 GARFIELD PLACE, LLC. Arts. of Org. filed with the SSNY on 12/18/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o James McKenna, 53

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ed 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 Office of Katz & Matz, P.C., 1350 Avenue of the Americas, 3rd Floor, New York, NY 10019. Purpose: Any lawful purpose. D-236912

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

NOTICE OF LLC FORMATION
323 FLATBUSH AVENUE LLC. Arts. of Org. filed with the SSNY on 12/20/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Bari Lepelstat, 323 Flatbush Avenue, Brooklyn, NY 11217. Purpose: Any lawful purpose. D-237701

NOTICE OF LLC FORMATION
40 WYCKOFF LLC. Arts. of Org. filed with the SSNY 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 LLC, c/o Jalen Management Co., 7018 Fort Hamilton 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, c/o Shiraz H. Rayani & Gulzar S. Rayani, 62-51 Booth Street, Rego Park, NY 11374. Purpose: Any lawful purpose. D-237714

NOTICE OF LLC FORMATION
424 44TH STREET REALTY LLC. Arts. of Org. filed with the SSNY on 02/01/16. Office: Albany County. SSNY designated as agent of the LLC upon 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. Office: Albany County. 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, 53

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Harding Avenue, Yonkers, NY 10704. Purpose: Any lawful purpose. D-235173

NOTICE OF LLC FORMATION
433 EMMUT PROPERTIES LLC. App. for Auth. filed with the SSNY on 12/13/19. Originally filed with Secretary of State of Delaware 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, 521 West 48th Street, Suite 1A, New York, NY 10036. Purpose: Any lawful purpose. D-236275

NOTICE OF LLC FORMATION
532 CLINTON 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, 9728 3rd Avenue, Suite 133, Brooklyn, NY 11209. Purpose: Any lawful purpose. D-235175

NOTICE OF LLC FORMATION
57 PENN ST., LLC. Arts. of Org. filed with the SSNY on 07/29/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, PO Box 127, Lake Grove, NY 11755. Purpose: Any lawful purpose. D-237920

NOTICE OF LLC FORMATION
599 CAFE 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 Shiraz H. Rayani & Gulzar S. Rayani, 62-51 Booth Street, Rego Park, NY 11374. Purpose: Any lawful purpose. D-237714

NOTICE OF LLC FORMATION
599 OWNER 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 Paleudis Law Firm, LLC, 100 Canal Pointe Blvd., Suite 125, Princeton, NJ 08540. Purpose: Any lawful purpose. D-236109

NOTICE OF LLC FORMATION
62-39 ALDERTON STREET REALTY LLC. Arts. of Org. filed with the SSNY on 12/20/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Shiraz H. Rayani & Gulzar

LEGALS

S. Rayani, 62-51 Booth Street, Rego Park, NY 11374. Purpose: Any lawful purpose. D-237710

NOTICE OF LLC FORMATION
6B200E21 LLC. Arts. of Org. filed with the SSNY on 11/15/19. 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, 92 Whitney Road, Short Hills, NJ 07078. Purpose: Any lawful purpose. D-235669

NOTICE OF LLC FORMATION
751 PRESIDENT STREET LLC. Arts. of Org. filed with the SSNY on 12/20/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Gleich, Farkas & Emouna LLP, 36 South Station Plaza, Great Neck, NY 11021. Purpose: Any lawful purpose. D-235801

NOTICE OF LLC FORMATION
79 MADISON STUDIO LLC. Arts. of Org. filed with the SSNY on 12/16/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 101 Chrystie Street, #24, New York, NY 10002. Purpose: Any lawful purpose. D-236386

NOTICE OF LLC FORMATION
90-19 63 AVENUE REALTY LLC. Arts. of Org. filed with the SSNY on 12/20/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Shiraz H. Rayani & Gulzar S. Rayani, 62-51 Booth Street, Rego Park, NY 11374. Purpose: Any lawful purpose. D-237714

NOTICE OF LLC FORMATION
960 INDUSTRY CITY 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, 960 3rd Avenue, Brooklyn, NY 11232. Purpose: Any lawful purpose. D-236760

NOTICE OF LLC FORMATION
ALGOL 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, 91 Moffitt Boulevard, Suite C, Bay Shore, NY 11706. Purpose: Any lawful purpose. D-235078

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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 upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 145 E. 81st Street, Apartment 8E, New York, NY 10028. Purpose: Any lawful purpose. D-235311

NOTICE OF LLC FORMATION
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 Avenue, Jamaica, NY 11434. Purpose: Any 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. D-235537

NOTICE OF LLC FORMATION
BEDSIDE WELLNESS, LLC. Arts. of Org. filed with the SSNY on 12/31/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 99 Prospect Park West, #4B, Brooklyn, NY 11215. Purpose: Any lawful purpose. D-237765

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 11978. Purpose: Any 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 process to the LLC, c/o The Greenwich Lane, 155

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agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 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 West 29th Street, New York, NY 10001. Purpose: Any lawful purpose. D-235764

NOTICE OF LLC FORMATION
BUSHWICK VARET FUNDING LLC. Arts. of Org. filed with the SSNY on 07/26/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Hirschmark Capital LLC, 15 West 26th Street, Suite 901, New York, NY 10010. Purpose: Any lawful purpose. D-236926

NOTICE OF LLC FORMATION
C&A NY VENTURES LLC. Arts. of Org. filed with the SSNY on 01/07/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 2113 East 74th Street, Brooklyn, NY 11234. Purpose: Any lawful purpose. D-238063

NOTICE OF LLC FORMATION
CAKE LEGACY, LLC. Arts. of Org. filed with the SSNY on 12/19/17. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 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 on 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 LLC, 11 Beach Street, Unit PHD, New York, NY 10013. Purpose: Any lawful purpose. D-235538

NOTICE OF LLC FORMATION
COL D'AUBISQUE LLC. Arts. 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 process to the LLC, c/o The Greenwich Lane, 155

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West 11th Street, Unit 135, New York, NY 10011. Purpose: Any 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 agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 12 Colby Street, Albany, NY 12206. Purpose: Any lawful purpose. D-235427

NOTICE OF LLC FORMATION
COMPLETE ADMISSION SOLUTIONS, 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 West 29th Street, New York, NY 10001. Purpose: Any lawful purpose. D-235765

NOTICE TO BIDDERS
NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Corrugated Metal Pipe for the use of said Town for the year 2020.

Bids will be received up to 11:00 a.m. on the 4th day of February 2020 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York.

Bids shall be submitted on Town of Bethlehem "Bid Sheets" and addressed to Nanci Moquin, Town Clerk of the Town of Bethlehem, 445 Delaware Avenue, Delmar, New York. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each bid shall be submitted.

Bid documents may be obtained at the Bethlehem Town Clerk's Office, 445 Delaware Avenue, Delmar, NY 12054. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division.

The Town Board reserves the right to waive any informalities in or to reject any or all bids. BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM NANCI MOQUIN TOWN CLERK Dated: January 9, 2020 D-238145

LEGALS

day of February 2020 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York.

Bids shall be addressed to Nanci Moquin, Town Clerk, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each shall be submitted.

Bid documents may be obtained at the Bethlehem Town Clerk's Office, 445 Delaware Avenue, Delmar, NY 12054. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division.

The Town Board reserves the right to waive any informalities in or to reject any or all bids. BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM NANCI MOQUIN TOWN CLERK Dated: January 9, 2020 D-238146

NOTICE OF PLLC FORMATION
DANIELE LEVINE OCCUPATIONAL THERAPY 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: For the practice of the profession of Occupational Therapy. D-235608

NOTICE OF LLC FORMATION
DEFINITELY MAYBE LLC. Arts. of Org. filed with the SSNY 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 LLC, 70 Bluebird Lane, Plainview, NY 11803. Purpose: Any lawful purpose. D-237060

NOTICE OF LLC FORMATION
DMR 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 purpose. D-235690

NOTICE OF LLC FORMATION
DONTOU LLC. Arts. of Org. filed with the SSNY on 01/07/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail

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copy of process to the LLC, 3605 28th Avenue, Astoria, NY 11103. Purpose: Any lawful purpose. D-238065

NOTICE OF LLC FORMATION

DOWNTOWN HEALING COLLECTIVE 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 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

DUENA, LLC. Arts. of Org. filed with the SSNY on 12/20/19. 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, 80-37 Cypress Avenue, Ridgewood, NY 11385. Purpose: Any lawful purpose. D-238093

NOTICE OF PLLC FORMATION

EDDIE PABON, LCSW, PLLC. Arts. of Org. filed with the SSNY on 01/02/20. Office: Albany County. SSNY designated as agent of the PLLC upon whom process against it may be served. SSNY shall mail copy of process to the PLLC, c/o Eddie Pabon, 3121 Middletown Road, Suite 4N, Bronx, NY 10461. Purpose: For the practice of the profession of Licensed Clinical Social Work. D-237903

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

ENFIELD SYSTEMS LLC. 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. D-235397

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 of Delaware on 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

LEGALS

LLC, 116 West 23rd St, 5th Floor, New York, NY 10011. Purpose: Any lawful purpose. D-235662

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 LLC 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 purpose. 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 TO BIDDERS

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Gravel for the use of said Town for the year 2020.

Bids will be received up to 11:00 a.m. on the 5th day of February 2020 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York.

Bids shall be addressed to Nanci Moquin, Town Clerk, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each shall be submitted.

Bid documents may be obtained at the Bethlehem Town Clerk's Office, 445 Delaware Avenue, Delmar, NY 12054. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division.

The Town Board reserves the right to waive any informalities in or to reject any or all bids. BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM NANCI MOQUIN TOWN CLERK Dated: January 9, 2020 D-238147

LEGALS**NOTICE OF LLC FORMATION**

GREENWELL COMMERCE 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 TO BIDDERS

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Guide Rail for the use of said Town for the year 2020.

Bids will be received up to 11:00 a.m. on the 4th day of February 2020 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York.

Bids shall be addressed to Nanci Moquin, Town Clerk, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division.

The Town Board reserves the right to waive any informalities in and/or to reject any or all bids. BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM NANCI MOQUIN TOWN CLERK Dated: January 9, 2020 D-238144

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which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York.

Bids shall be addressed to Nanci Moquin, Town Clerk, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each shall be submitted.

Bid documents may be obtained at the Bethlehem Town Clerk's Office, 445 Delaware Avenue, Delmar, NY 12054. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division.

The Town Board reserves the right to waive any informalities in and/or to reject any or all bids. BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM NANCI MOQUIN TOWN CLERK Dated: January 9, 2020 D-238144

NOTICE OF LLC FORMATION

HICKS STREET PROPERTIES, LLC. Arts. of Org. filed with the SSNY on 12/23/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 27 Prospect Park West, Suite 2A, Brooklyn, NY 11215. Purpose: Any lawful purpose. D-237722

NOTICE TO BIDDERS

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of In-Place Paving for the use of said Town for the year 2020.

Bids will be received up to 11:00 a.m. on the 5th day of February 2020 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York.

Bids shall be addressed to Nanci Moquin, Town Clerk, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each shall be submitted.

Bid documents may be obtained at the Bethlehem Town Clerk's Office, 445 Delaware Avenue, Delmar, NY 12054. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division.

NOTICE TO BIDDERS

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the Rental of Heavy Construction Equipment for the use of said Town for the year 2020.

Bids will be received up to 11:00 a.m. on the 4th day of February 2020 at

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The Town Board reserves the right to waive any informalities in or to reject any or all bids. BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM NANCI MOQUIN TOWN CLERK Dated: January 9, 2020 D-238149

NOTICE TO BIDDERS

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Iron Castings for the use of said Town for the year 2020.

Bids will be received up to 11:00 a.m. on the 5th day of February 2020 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York.

Bids shall be addressed to Nanci Moquin, Town Clerk, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each shall be submitted.

Bid documents may be obtained at the Bethlehem Town Clerk's Office, 445 Delaware Avenue, Delmar, NY 12054. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division.

The Town Board reserves the right to waive any informalities in and/or to reject any or all bids. BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM NANCI MOQUIN TOWN CLERK Dated: January 9, 2020 D-238150

NOTICE OF PLLC FORMATION

JAMES FANG DDS 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. D-236297

NOTICE OF LLC FORMATION

JEFF MCLAUGHLIN MUSIC 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. D-235782

LEGALS**NOTICE OF LLC FORMATION**

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 Esplanade, Pelham Manor, NY 10803. Purpose: Any lawful purpose. D-235056

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 Management Co., Inc., 101 Richardson Street, Brooklyn, NY 11211. Purpose: Any lawful purpose. D-237606

NOTICE OF LLC FORMATION

KANE JOHNSON 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 Management Co., Inc., 101 Richardson Street, Brooklyn, NY 11211. Purpose: Any lawful purpose. D-237608

NOTICE OF PLLC FORMATION

KIMBERLY HERTZ LCSW P.L.L.C. Arts. of Org. filed with the SSNY on 01/02/20. Office: Albany County. SSNY designated as agent of the PLLC upon whom process against it may be served. SSNY shall mail copy of process to the PLLC, c/o Law Offices of Thomas C. York PC, 85 Broad Street, 16th Floor, New York, NY 10004. Purpose: For the practice of the profession of Licensed Clinical Social Work. D-237877

NOTICE OF LLC FORMATION

KOBE81, LLC. Arts. of Org. filed with the SSNY on 12/18/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 1650 Margaret Street, Suite 305, Jacksonville, FL 32204. Purpose: Any lawful purpose. D-237776

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 Avenue, Brooklyn, NY 11205. Purpose: Any lawful purpose. D-237058

LEGALS**NOTICE OF LLC FORMATION**

KYPER PROPERTIES, 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, 91 Moffitt Boulevard, Suite C, Bay Shore, NY 11706. Purpose: Any lawful purpose. D-235149

NOTICE OF LLC FORMATION

LOVE DESIGN COACHING, LLC. Arts. of Org. filed with the SSNY on 12/31/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 350 Fifth Avenue, 68th Floor, New York, NY 10118. Purpose: Any lawful purpose. D-237792

NOTICE OF LLC FORMATION

LUSYA CAB 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, 2650 Ocean Parkway, Apartment 2N, Brooklyn, NY 11235. Purpose: Any lawful purpose. D-237611

NOTICE OF LLC FORMATION

MAPLE 14 GLENWOOD 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, c/o Troia & Associates, 59 Maiden Lane, 41st Floor, New York, NY 10038. Purpose: Any lawful purpose. D-235767

NOTICE OF LLC FORMATION

MATIN FAMILY NYC LLC. Arts. of Org. filed with the SSNY on 09/10/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 212 East 47th Street, Unit #11E, New York, NY 10017. 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 Sec-

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

NOTICE OF MEETING DATE CHANGE SLINGERLANDS FIRE DISTRICT

January 4, 2020

PLEASE TAKE NOTICE, that the January Commissioners Meeting will be held on the third Thursday for the month of January. Our meeting will be held January 21st at 7pm at the Slingerlands Fire House, located at 150 New Scotland Road, Slingerlands NY. We will resume our normal second Tuesday of the month in February. Emilie Moss Fire District Secretary Slingerlands Fire District D-237743

NOTICE TO BIDDERS

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Milling for the use of said Town for the year 2020.

Bids will be received up to 11:00 a.m. on the 5th day of February 2020 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York.

Bids shall be addressed to Nanci Moquin, Town Clerk, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each shall be submitted.

Bid documents may be obtained at the Bethlehem Town Clerk's Office, 445 Delaware Avenue, Delmar, NY 12054. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division.

The Town Board reserves the right to waive any informalities in or to reject any or all bids. BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM NANCI MOQUIN TOWN CLERK Dated: January 9, 2020 D-238151

NOTICE OF LLC 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, 91

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Moffitt Boulevard, Suite C, Bay Shore, NY 11706. Purpose: Any lawful purpose. D-235079

NOTICE OF LLC FORMATION

MISFIT TOYS COMMUNICATIONS LLC. Arts. of Org. filed with the SSNY 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 LLC, c/o Diane Briskin, 345 East 93rd Street, Suite 11D, New York, NY 10028. Purpose: Any lawful purpose. D-237051

NOTICE OF LLC FORMATION

MLO NEW YORK LLC. Arts. of Org. filed with the SSNY on 12/12/19. Latest date to dissolve: 12/11/2119. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 213-21 73rd Avenue, Unit B, Bayside, NY 11364. Purpose: Any lawful purpose. D-236187

NOTICE OF LLC FORMATION

MOSAIC FORTY NORTH LLC. Arts. of Org. filed with the SSNY on 12/27/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Wendy Lee, 907 Palmer Avenue, D1, Mamaroneck, NY 10543. Purpose: Any lawful purpose. D-237756

NOTICE OF LLC FORMATION

NEUGEBORN PR LLC. Arts. of Org. filed with the SSNY on 01/08/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 347 17th Street, Brooklyn, NY 11215. Purpose: Any lawful purpose. D-238138

NOTICE OF LLC FORMATION

NORTH JERUSALEM ASSOCIATES LLC. Arts. of Org. filed with the SSNY on 12/20/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Bari Lepelstat, 323 Flatbush Avenue, Brooklyn, NY 11217. Purpose: Any lawful purpose. D-237697

NOTICE OF LLC FORMATION

OBSSESSED NETWORK LLC. Arts. of Org. filed with the SSNY on 12/20/19. 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, 311 West 43rd Street, 12th Floor, New York, NY 10036. Purpose: Any lawful purpose. D-237729

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NOTICE OF LLC FORMATION

OLISKY FAMILY LLC. Arts. of Org. filed with the SSNY 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 LLC, 459 6th Avenue, Brooklyn, NY 11215. Purpose: Any lawful purpose. D-237052

NOTICE OF LLC FORMATION

PAPATZIDES LLC. Arts. of Org. filed with the SSNY on 01/07/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 3605 28th Avenue, Astoria, NY 11103. Purpose: Any lawful purpose. D-238068

NOTICE OF PLLC FORMATION

PARAS MEDICAL CONSULTING PLLC. Arts. of Org. filed with the SSNY on 01/02/20. Latest date to dissolve: 12/31/2119. 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, 209-43 38th Avenue, Bayside, NY 11361. Purpose: For the practice of the profession of Medicine. D-237809

NOTICE OF LLC FORMATION

PARSONS FLUSHING LLC. Arts. of Org. filed with the SSNY on 10/30/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o 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. Latest date to dissolve: 12/31/2069. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Robert Satran, 228 East Post Road, White Plains, NY 10601. Purpose: Any lawful purpose. D-235773

NOTICE TO BIDDERS

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Plastic Pipe for the use of said Town for year 2020. Bids will be received up to 11:00 a.m. on the 4th day of February 2020 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be submitted on Town of Bethlehem "Bid Sheets" and addressed to Nanci Mo-

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quin, Town Clerk of the Town of Bethlehem, 445 Delaware Avenue, Delmar, New York. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each bid shall be submitted. Bid documents may be obtained at the Bethlehem Town Clerk's Office, 445 Delaware Avenue, Delmar, NY 12054. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division. The Town Board reserves the right to waive any informalities in or to reject any or all bids. BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM NANCI MOQUIN TOWN CLERK Dated: January 9, 2020 D-238153

NOTICE OF LLC FORMATION

PLAYA REESE 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, 40 Broad Street, Suite 605, New York, NY 10004. Purpose: Any lawful purpose. 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 TO BIDDERS

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Precast Concrete Manholes for the use of said Town for the year 2020. Bids will be received up to 11:00 a.m. on the 5th day of February 2020, at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be submitted on Town of Bethlehem "Bid Sheets" and addressed to Nanci Moquin, Town Clerk of the Town of Bethlehem, 445 Delaware Avenue, Delmar, New York. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each bid shall be submitted. Bid documents may be obtained at the Bethlehem Town Clerk's Office, 445 Delaware Avenue, Delmar, NY 12054. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division. The Town Board reserves the right to waive any informalities in or to reject any or all bids. BY ORDER OF THE TOWN BOARD OF THE

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TOWN OF BETHLEHEM NANCI MOQUIN TOWN CLERK Dated: January 9, 2020 D-238154

NOTICE OF LLC FORMATION

PRESIDENT PLAZA ASSOCIATES LLC. Arts. of Org. filed with the SSNY on 12/20/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Bari Lepelstat, 323 Flatbush Avenue, Brooklyn, NY 11217. Purpose: Any lawful purpose. D-237699

NOTICE OF LLC FORMATION

ProCFO Partners LLC. Arts. of Org. filed with the SSNY on 12/23/19, with an existence date of 01/01/2020. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 1486 East 15th Street, Brooklyn, NY 11230. Purpose: Any lawful purpose. D-237837

NOTICE OF LLC FORMATION

ROBERTO'S GOURMET KITCHEN LLC. Arts. of Org. filed with the SSNY on 09/05/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 2048 Victory Boulevard, Space A & B, Staten Island, NY 10314. Purpose: Any lawful purpose. D-237778

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 LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Marc A. 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

LEGAL NOTICE R.F. Peck Air Filtration, LLC

Notice of formation of R.F. Peck Air Filtration, LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 1/3/2020. Office location: Albany County. The SSNY has

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been designated as agent of the LLC, upon whom process against it may be served. The SSNY shall mail a copy of any process to the LLC, 22 Computer Drive West, Albany, New York 12205. Purposes: any lawful activity. D-237911

NOTICE OF LLC FORMATION

ROBERT P. GALLIGAN PSYCHOLOGY, PLLC. Arts. of Org. filed with the SSNY on 11/27/19. Office: Albany County. SSNY designated as agent of the PLLC upon whom process against it may be served. SSNY shall mail copy of process to the PLLC, 26 Court Street, Suite 2501, Brooklyn, NY 11242. Purpose: For the practice of the profession of Psychology. D-235155

NOTICE OF LLC FORMATION

SIRIS COOMBS ARCHITECTURE PLLC. Arts. of Org. filed with the SSNY on 12/13/19. 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 LLC, c/o Razi & Ross, P.C., 23-09 31st Street, Astoria, NY 11105. Purpose: Any lawful purpose. D-235663

NOTICE OF LLC FORMATION

TAKANIK 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, c/o Razi & Ross, P.C., 23-09 31st Street, Astoria, NY 11105. Purpose: Any lawful purpose. D-235663

NOTICE OF RECEIPT OF TAX ROLL AND WARRANT

TAKE IT EASY, 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, 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 collection 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 assessed upon such roll. NO COLLECTION FEE DURING JANUARY 1% collection fee during February 2% collection fee during March 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 Director of Finance on April 1 2020. D-237415

NOTICE OF LLC FORMATION

STANLEY JAY FRIEDMAN LLC. Arts. of Org. filed with the SSNY on 12/20/19. 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, 200 East 71st Street, Suite 2F, New York, NY 10021. Purpose: Any lawful purpose. D-237707

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STANLEY JAY FRIEDMAN LLC. Arts. of Org. filed with the SSNY on 12/20/19. 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, 200 East 71st Street, Suite 2F, New York, NY 10021. Purpose: Any lawful purpose. D-237707

NOTICE OF LLC FORMATION

STRAFINCOCO LLC. Arts. of Org. filed with the SSNY on 12/23/19, with an existence date of 01/01/2020. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 1486 East 15th Street, Brooklyn, NY 11230. Purpose: Any lawful purpose. D-237839

NOTICE OF LLC FORMATION

STUDIO MBM, 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 Keith E. Mahler Jr., 15

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

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

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

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

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South Pearl Street, Albany, NY 12207. Purpose: Any lawful purpose. D-235398

NOTICE TO BIDDERS

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Topsoil for the use of said Town for the year 2020. Bids will be received up to 11:00 a.m. on the 5th day of February 2020 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Nanci Moquin, Town Clerk, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division. The Town Board reserves the right to waive any informalities in or to reject any or all bids. BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM NANCI MOQUIN TOWN CLERK Dated: January 9, 2020 D-238155

NOTICE OF LLC FORMATION

STUYHIGH595 LLC. Arts. of Org. filed with the SSNY on 11/22/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Konner, Teitelbaum & Gallagher P.C., 462 Seventh Avenue, 12th Floor, New York, NY 10018. Purpose: Any lawful purpose. D-236788

NOTICE OF LLC FORMATION

TAKE IT EASY, 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, 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 collection 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 assessed upon such roll. NO COLLECTION FEE DURING JANUARY 1% collection fee during February 2% collection fee during March 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 Director 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

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

■ BUSINESS

Consumers are confident

Poll sees strongest figures in a decade

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

COLONIE — Consumers ended 2019 on an optimistic note, according to the latest poll by the Siena College Research Institute.

The state Index of Consumer Sentiment in the fourth quarter of 2019 stands at 93, up 5.3 points from the third quarter of 2019. The state's index, though, is 6.3 points lower than the nation's index of 99.3, as compiled by the University of Michigan.

"Consumer sentiment, both nationally and in New York state, are at or within a couple of points of the highest readings we've seen in the last 10 years," said Don Levy, SCRI director. "The decade dawned with consumers pessimistic and reluctant to spend. By the end of 2014, New Yorkers had crossed the break even point and displayed growing optimism and now for the last three years, consumers have been strongly optimistic. Today's

index reading is 17 points above the break even point, 9 points above the end of 2014 and over 27 points higher than where the decade began."

Basically, the Index of Consumer Sentiment as calculated by the University of Michigan subtracts the percentage of unfavorable consumer replies from the favorable ones. Historically, it is based on variations of questions about current and future personal and household finances, the present and future financial condition of the nation as a whole and about plans to buy big ticket items like a home or a car.

In 2009, the year-end overall consumer sentiment in New York state was 65.8 while the current consumer sentiment was 63.7 and the future consumer sentiment was 67.2, according to SCRI. A decade later, the overall consumer sentiment is 93, while the current sentiment is 97.7 and the future sentiment is 90.

While overall consumer sentiment is up, 41 percent of New Yorkers say current gas prices and 58 percent say groceries bills are having a serious

or somewhat serious impact on their financial condition. Thirty-three percent of state residents say both gas and food are having either a somewhat or very serious impact on their financial condition, according to the poll.

"Concern over gasoline prices and food costs have varied across the decade with average concern over gas prices affecting 46 percent and food affecting 63 percent," Levy said. "Today, worries over affording those staples are below the decade average but above the lows of 27 percent for gas and 52 percent for food."

Republicans are more optimistic than Democrats, 105.9 to 85, and those under 55 years old are more confident than those over 55, 97 to 55. Men are more confident than women, 95.7 to 90.7, and those in New York City are more optimistic than those in upstate, 93.3 to 92.4. Not surprisingly, those making more than \$100,000 are more confident than those making less than \$50,000, 100.6 to 87.3.

The poll was conducted Nov. 19 to 22 by telephone.

From page 4 Elsmere

cardboard, duct tape, buttons, beads, wood skewers, popsicle sticks, yarn, string and more.

"Since we've had this set up already and I knew the kids were already excited about those materials, now having the cart and adding on to that is really exciting," said Meyer. "Students can continue to learn to build, team up if they want and more."

Both carts help students be more well-rounded, Meyer added. "The library still has tons of books too and I haven't given up on them. In fact, when I read to my students, I don't use tech at all," she said. "So, I don't think anybody has



Jaimee Meyer

the idea that libraries are getting taken over by tech. On the contrary, the kids still love the books and so

do I. It's great as long as you're well-rounded and that tech isn't our entire focus."

From page 3 Consultant

Politi wrote that his firm will meet with the Strategic Communications Plan Committee ideally this week, including for the field visit.

He added that a meeting with local business owners near the construction zone will be arranged in the next few

weeks.

McGuinness said such discussions should begin as soon as this week already.

"As Chamber president, I'm very pleased that there'll be strategies in place to communicate with businesses," she said. "This should help anytime we see roadwork happen in town ahead. The fact that we're giving tools to businesses is very forward-thinking."

Leslie concluded, "I think it shows the town is responsive to public comments and concerns regarding construction projects, and this is just one effort. Our goal is to utilize our plan for the Glenmont roundabout project and replicate it for other projects ahead. ... One takeaway from this is to limit the disturbance to residents and businesses during a roadway construction project."



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LEGALS

BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM NANCY MOQUIN TOWN CLERK Dated: January 9, 2020 D-238159

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 upon whom process 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 purpose. SP-235602

NOTICE TO BIDDERS NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites

LEGALS

sealed bids for Utility Repair Crews for the use of said Town for the year 2020. Bids will be received up to 11:00 a.m. on the 4th day of February 2020 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York.

Bids shall be addressed to Nancy Moquin, Town Clerk, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each shall be submitted. Bid documents may be obtained at the Bethle-

LEGALS

hem Town Clerk's Office, 445 Delaware Avenue, Delmar, NY 12054. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division.

The Town Board reserves the right to waive any informalities in or to reject any or all bids. BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM NANCY MOQUIN TOWN CLERK Dated: January 9, 2020 D-238160

NOTICE OF LLC FORMATION

VILLAGE HEALTH REALITY, LLC. Arts. of Org. filed with the SSNY on 01/08/20. Office: Albany

LEGALS

County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 124 East 40th Street, Suite 902, New York, NY 10016. Purpose: Any lawful purpose. D-238139

NOTICE OF LLC FORMATION

VRETOS FUNDING 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, 44-12 43rd Avenue, Sunnyside, NY 11104. Purpose: Any lawful purpose. D-235176

LEGALS

NOTICE OF LLC FORMATION

WeNetworkNYC LLC. 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 may be served. SSNY 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

LEGALS

Law Offices of Katz & Matz, P.C., 1350 Avenue of the Americas, 3rd Floor, New York, NY 10019. Purpose: Any lawful purpose. D-235316

NOTICE OF LLC FORMATION

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

NOTICE OF LLC FORMATION

WICKSOUNDS LLC. Arts. of Org. filed with the SSNY on 11/27/19. Office: Albany County.

LEGALS

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 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. 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, 42-20 67th Street, Woodside, NY 11377. Purpose: Any lawful purpose. D-235318

LEGALS

NOTICE OF LLC FORMATION

Z2 COOL COMICS LLC. Arts. of Org. filed with the SSNY on 01/06/20. Office: Albany County. 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 Joshua Frankel, 995 5th Avenue, Apartment 8S, New York, NY 10028. Purpose: Any lawful purpose. D-237905

To place your Legal Notice: Call 439-4949

LIBRARIES

Having study hall

Are you ready for Regents? The library has set aside dedicated group study space for Regents test prep from Tuesday, Jan. 14, through Thursday, Jan. 23.

Most study halls will take place in our community room, unless otherwise noted. Students and their tutors are welcome to drop in and stay as long as needed during scheduled hours. The full schedule is available at the library and online at www.bplteens.org.

The conversation continues

At the Jan. 8 We Heard You meeting, library architect Paul Mays outlined some of the ideas from the public that have emerged as priorities during the library's long-range planning discussion, and everyone who visits the library from now until the end of the month will get a chance to weigh in.

Inside the library, you'll see a pair of easels featuring the ideas that have been discussed. Get a sticker dot when you check out materials or talk to a staffer, and place it next to the concept that most aligns with your library priorities.

Big data at your fingertips

If you are looking to grow your business or seek out new career or marketing opportunities in the new year, get a head start with Bethlehem Public Library's powerful digital research tool, ReferenceUSA, a big data resource that grants access



to continuously updated business and residential information in the U.S. and Canada for research, marketing, job seeking and more.

Local small business owners and marketing professionals can get a leg up and optimize marketing prospects using the data on ReferenceUSA, as well as the site's sophisticated mapping tool that helps identify potential customers. Beyond the marketing and business possibilities, ReferenceUSA is a valuable tool for general research, such as locating individuals or information about healthcare professionals.

To access the site through Bethlehem Public Library, visit www.bethlehempubliclibrary.org and click on the "Research" tab. On the research page, you'll find ReferenceUSA listed in alphabetical order. The service is free for anyone to use on-site at the library, where the data collected can be downloaded and saved. Bethlehem patrons can also access the site remotely using a library card.

New life for old home movies

Do you have some old home movies on VHS that you would like to digitize? You can now borrow an analog video converter from our Library of Things. Make a digital copy of those precious memories from a VCR, camcorder or other analog sources using the Elgato Video Capture.

The device includes RCA and S-video cables, as well as a SCART adapter. They are available to borrow on a first-come basis, and must be picked up and dropped off at Bethlehem Public Library.

If you have a VHS tape but no longer the device to play it, you can reserve some time in the tech room to make a copy using the library's equipment. You will need to bring your own DVD-R.

Get creative at the library

The library's Tech Room Makerspace features the Cricut Maker, which allows for precision cutting of paper, vinyl, fabric and other materials. In addition to the Cricut, we've got the Makerbot 3D printer, a die cutter, laminator, button maker, light tracing board and sewing machine available for you to 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.

Pajama-Rama

Enjoy some fun and stories before bedtime, 6:30 p.m. on Thursday, Jan. 23. For children up to age 6 with caregiver.

Getting in shapes

Learn about shapes through stories and activities on Friday, Jan. 17 at 10 a.m. Dress for a mess. For children up to age six with caregiver.

— Kristen Roberts

LETTER TO THE EDITOR

In deep gratitude

Dear Editor,

On December 23, Delmar Reformed Church suffered frozen pipes, bursting at the worst time, in the worst part of our building!

Water flooded into our electrical room, which also includes the crucial parts of our organ.

As it poured out, we felt helpless on the day before we welcome our largest number of worshippers for the whole year. The power to our sanctuary and organ was in jeopardy.

Delmar firefighters responded quickly to the call, made sure everyone in the church was safely evacuated, and were able to shut down the electric and water, stopping further damage.

We were overwhelmed by the quick response and care of so many of our firefighters and town building officials that morning, as well as professionals from J.D. Warren Plumbing and CMK

Electric.

Due to their fast action and assistance, we were able to dry out the flooded areas. Though there is still work to be done, our worshippers the next day and night probably had no idea it even happened!

We are so grateful to all who came to our aid that day. Some say we were lucky; of course we also like to think we may have had someone watching out for us.

Yet, we can all agree, we would have suffered far greater damage and disruption to our Christmas Eve services without the care and quick response of our firefighters, public works, and town buildings employees. We are very thankful for them and all they do for our town.

Pastor Chris Vande Bunte
Delmar Reformed Church

COMMUNITY

Nursing home gets facelift

By JIM FRANCO
francoj@spotlightnews.com

COLONIE — Residents moved into the three new wings of the Shaker Place Rehabilitation and Nursing Center on Monday, Jan. 13.

Formerly known as the Albany County Nursing Home, the new wings at Shaker Place also have new names to honor well-known Albany Shakers: The Ann Lee, Father Joe Meacham and Father James Whittaker.

The nursing home is undergoing an \$80 million facelift including the new wings, which totals a 70,000-square-foot expansion.

The new wings feature bedrooms on the first floor for easy access, the first ever individual bedrooms for added privacy, country style kitchens and expanded common areas.

"Our residents at Shaker Place have worked hard throughout their lives, they've contributed to their



A new kitchen and dining area.

Photo provided

communities, some have even served in our military," said County Executive Dan McCoy. "They now have the modern facility that they deserve, one that truly looks and feels like a home, and one they and their families can be proud of," said County Executive McCoy.

Before the decision was made to renovate and expand the nursing home, what to do with the aged facility, built in 1971, that was losing \$20 million a year. The choices were to knock it down and re-build, privatize it or renovate.

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LIBRARIES

Something for everyone

This month, we're looking back 100 years to 1920 and the Prohibition Era.

The 18th Amendment prohibiting intoxicating liquors proved difficult to enforce, as bootlegging and speakeasies fueled the underground market.

Historically, Prohibition is fascinating – from its political and religious origins, to groups that vigorously opposed it, to its impact on social mores.

We hope you'll join us to mark this intriguing centennial with the following programs.

Healthy Eating

On Wednesday, Jan. 22 at 6:30 p.m., Health and Wellness Coach Rhonda Allen will cover key strategies for shopping smart, empowering us to master the grocery store, nutrition and our wallets.



Please register online, by phone or in person.

Saturday STEAM

Kids in grades two through five: make dancing snakes, gummy bear catapults and other fun projects that demonstrate the importance and power of energy at our next Saturday STEAM, scheduled for Saturday, Jan. 18 at 2 p.m. Please register online, by phone or in person.

Prohibition era

Richard F. Hamm, a history professor who has studied Prohibition for more than 35 years and is co-editor of a forthcoming book, Prohibition's Greatest Myths: The Distilled Truth About America's Anti-Alcohol Crusade, will cover some

of the common myths and misunderstandings about Prohibition, the 13-year failed "noble experiment." On Saturday, Jan. 18 at 2 p.m., beyond debunking, he will explain how Prohibition became such an important policy goal and was added to the Constitution.

Shake, Rattle and Roll!

Join Miss Rebecca on a weekly themed adventure filled with songs, rhymes, dance, and more, Tuesday, Jan. 21 at 10:30 a.m. This program is for children ages two through five with a caregiver. Guilderland Library patrons may register by calling 518-456-2400, ext. 4.

T(w)een and Parent Night

Join us for our new monthly event. Kids in

grades five through nine and a parent/guardian — enjoy night out with dessert and a fun activity on Tuesday, Jan. 21 at 7 p.m. We'll explore bullet journals, a creative and artistic way to combine a planner, to-do list, goal tracker, and diary. Register online, by phone or in person.

Take a Break Teen Reader Boxes

If you're in grades eight through 12, sign up for a personalized Take a Break Teen Reader Box for February School Break! You'll get a library book selected especially for you to check out, and an advanced reader paperback book to keep, plus some fun surprises. Return your box and sign up again for an April Break box!

— Luanne Nicholson

Returns

Return any late Library materials during the month of January, no questions asked, no fines charged. Start the year off with a clean record.



journey as we talk and taste our way through a cookbook.

The choice for January is "Magnolia Table" by Joanna Gaines. Cookbooks are available to purchase for \$5 or you can borrow a library copy. Program registration is requested.

Cord Cutting

The library will host Cord Cutting for Beginners on Wednesday, Jan. 15, at 1 p.m. Find out if cutting the cable cord is the right move for you.

Participants will learn the basics of cord cutting including how to access broadcast television, what equipment you need and popular streaming services.

Take and Taste Cookbook Club

Join us from 6:30 to 8:30 p.m. on Thursday, Jan. 23, for a foodie

Registration

Registering for programs helps us to determine supply needs. Unless otherwise indicated, registration is requested for all programs. You can register in person, by phone (518-765-2791) or using our online calendar at <http://voorheesvillelibrary.org/calendar.asp>.

— Lynn Kobler

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Gangsta-grass

Schenectady was treated to bluegrass music, on a rap tip.

Page B23

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CULTURE

PICK OF THE WEEK



90s trivia

Brown's Brewing Company is breaking down the 90s into a trivia game on Friday.

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INSIDE



Simply the best

NYS Music weighs in on who has the best music scene in the Empire State.

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Arts calendar

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Dream team

New York State Industries for the Disabled, Inc. to sponsor Special Olympics New York Athlete Leadership Program

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

Special Olympics New York President and CEO Stacey Hengsterman stands with Jude Killar, a graduate of the Special Olympics New York Athlete Leadership Program. Killar is a champion athlete, but an even better public speaker. *Provided photo*

able-bodied residents with disabilities face a strong opponent while seeking employment here in New York. In professional sports, strong opponents face off against savvy competitors who game plan and retool. That's just what's happening as two All Star agencies join forces.

Continues on page B4

<p>COHOES MUSIC HALL</p>	<p>MR. CHARLIE'S SOULSHINE TOUR</p> <p>FEB. 8 @ 7 PM</p>	<p>JERRY LEE LEWIS VERSUS JERRY LEE LEWIS</p> <p>PRESENTED BY PLAYHOUSE STAGE COMPANY</p> <p>FEB. 20 - MARCH 8</p>	<p>LADY DAY</p> <p>~ AT ~ EMERSON'S BAR AND GRILLE</p> <p>PRESENTED BY PLAYHOUSE STAGE COMPANY</p> <p>FEB. 27 - MARCH 15</p>	<p>MELVIN SEALS & JGB</p> <p>MARCH 19 @ 8 PM</p>	<p>TICKETS ON SALE NOW!</p> <p>Online thecohoesmusicall.org</p> <p>By Phone (518) 953-0630</p> <p>Box Office 10am-1pm weekdays or 2 hours prior to any show</p>
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POOR DUCK
—
Someone lost a feather.
photographinganna /
instagram

quote of the week

“Disabled people — intellectually disabled or disabled of any kind — don’t want charity. They don’t want a job out of charity. They don’t want to play a sport in which they always win. They just want to do what everybody else does.”




— Maureen O’Brien,
NYSID president
and CEO



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Michael Hallisey / The Spot 518

■ RECENTLY ANNOUNCED

Continuing the fight

Jocelyn and Chris Arndt tease track off upcoming new album due out February

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

ALBANY — Jocelyn and Chris Arndt premiered the first track off of their upcoming live album last week, revealing a unique acoustic release for 2020.

The sibling rockers released the video for “Mercy Me” through American Songwriter Magazine last Wednesday. The performance was recorded in front of an intimate crowd of friends, family and supporters last November at White Lake Music and Post.

The track will appear on the upcoming live album “One Night in November” once it drops in February. It’s the band’s second live album, and is a followup to a string of two releases that have produced Billboard charting tracks over the past three years. “One Night in November” features the performance of the full band, including Dan Zavadil on bass and David Bourgeois on drums. It also features the talents of Beau Sasser and Olivia Quillio, both of whom appear on the video playing the Hammond organ and singing harmony, respectively. Local saxophone player Jeff Nania, who also performed with the band that

night, could also make an appearance on the upcoming album.

“Mercy Me” also introduces the addition of a Breedlove acoustic guitar to Chris’ collection. Chris played a Signature Concert Copper CE exclusively during the night’s performance. Chris was also named the Oregon-based company’s artist of the month for January.

“One Night in November” is the first of two albums Jocelyn and Chris Arndt plan to release through Bridge Road Entertainment this year. The band broke the Top 40 on Billboard’s Adult Album Alternative with “Red Stops Traffic” off of its 2017-release “Go” in December of that year. Last February, the band released its third studio album “The Fun in the Fight.” It produced two Billboard AAA hits with “Outta My Head” and “Kill in the Cure,” the latter of which topped at No. 29.

“The Fun in the Fight” topped the Relix Jambands Top 30 Album Chart last year.

The local rockers have released a limited or full-length album nearly every year since their 2016 debut album “Edges.” Their sound has branched out from the jamband and Triple A formats through the years and received more radio play on alternative formats last year, including a performance on NBC’s Today Show.

The sister-brother duo will play Caffe Lena on Saturday, Feb. 29.

■ WHAT’S HAPPENING NOW



“Dancing with the Stars” Live
Palace Theatre — Wednesday, Jan. 15

ALBANY — The Palace Theatre will host “Dancing with the Stars” Live on Wednesday, Jan. 15, at 8 p.m.

“Dancing with the Stars” Live tours North America celebrating the year 2020 in classic style with your favorite dancers from the hit ABC show. The all-new production continues its legacy of wowing live audiences, performing fan-favorite routines from the TV series and new numbers choreographed just for the live audiences. The show will feature the professional dancers in a brand-new production showcasing every type of dance style ranging from Tango to Foxtrot, Cha-Cha to Waltz and everything in between. Audiences will have the opportunity to experience the excitement, glamour and glitz they see in the ballroom every Monday night live on stage in their hometown.

For tickets, visit ticketmaster.com.

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

Bluegrass Jam
with Schroon River String Band
Caffe Lena — Wednesday, Jan. 15

SARATOGA SPRINGS — 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.

Sam Reider and The Human Hands
Caffe Lena — Thursday, Jan. 16

SARATOGA SPRINGS — Sam Reider and The Human Hands will perform at Caffe Lena on Thursday, Jan. 16, at 7 p.m.

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WHAT'S HAPPENING NOW



Dom Flemons

Dom Flemons with Nora Brown
Caffe Lena — Friday, Jan. 17

SARATOGA SPRINGS — 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-year-old 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.

From page B1 ...

Dream team

New York State Industries for the Disabled, Inc. and Special Olympics New York recently announced a three-year \$90,000 grant to support an expansion of the Special Olympics NY Athlete Leadership Program, which empowers select athletes as messengers for the organization by providing public speaking training as well as opportunities to mentor their fellow athletes.

Drawing on NYSID’s expertise throughout the state, Special Olympics NY athletes will now also receive workforce training and internship opportunities through NYSID’s Preferred Source Program.

The Preferred Source Program was established under state finance law to address employment reform affecting people with disabilities. The program establishes social and economic goals. Under this law, when certain commodity or service offerings meet the purchasing needs of a state or local government agency, public benefit corporation and some public authorities, those purchases must be made through the Preferred Source Program. NYSID is a facilitating agency of the program.

People with defined disabilities are under employed, especially in New York state. According to Maureen O’Brien, NYSID president and CEO, the unemployment rate stands at 67 percent in New York. The Empire State ranks near last at 46th in employment for the disabled within the United States.

“NYSID and Special Olympics New York are removing boundaries for people with disabilities and putting them in a position to lead a higher quality life,” said O’Brien, “not only for themselves but for those around them. This grant is the beginning of a powerful long-term partnership between our organizations, one we are proud to have in place ahead of the 50th anniversary of Special Olympics New York.”

Special Olympics New York is the largest state chapter in the country, serving more than 67,000 athletes across

New York with year-round sports training, athletic competition, and health screenings. The organization also partners with more than 170 schools statewide to offer Unified Sports. All Special Olympics New York programs are offered at no cost to athletes, their families or caregivers.

“Special Olympics New York athletes are leading an inclusion revolution, showing the world all that’s possible when individuals, schools and communities choose to include people of all abilities,” said Special Olympics New York President & CEO Stacey Hengsterman. “Our Athlete Leadership Program fosters their dedication and commitment to the movement and positions athletes to put their talents to work as volunteers, coaches, fundraisers, and spokespeople. We are so grateful to Maureen O’Brien and NYSID for helping us grow this program and take it to the next level by creating new employment opportunities for our graduates.”

People with defined disabilities are under employed, especially in New York state. According to Maureen O’Brien, NYSID president and CEO, the unemployment rate stands at 67 percent in New York. The Empire State ranks near last at 46th in employment for the disabled within the United States.

Graduates of the six-week program often accompany Special Olympics New York executive leadership at speaking engagements, fundraise on behalf of the organization, are featured in media interviews, and encourage and support athletes in their region as they train, compete, and go for the gold.

Participation in Special Olympics New York sports helps people with intellectual disabilities achieve joy, acceptance, and success. The confidence they gain through athletic achievement impacts them beyond the playing field and helps them succeed

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succeed in all areas of life. The Special Olympics Athlete Leadership Program, carried out in partnership with local media outlets, colleges and universities, and public and private businesses, teaches athletes to effectively develop their personal story and present it to an audience.

Jude Killar graduated from the program immediately before landing a job. In sports, the Delmar native excels on both the basketball court and softball field. He's earned the trophies to back this claim, but he buries it in conversation. There's something else that gives the 23-year-old more pride.

Killar was born with Down Syndrome. It happens in about one in every 700 births. It means he's born with an extra chromosome. Those with it possess distinct characteristics. According to the Center for Disease Control, those traits include almond-shaped eyes, speech impediment, an IQ that measures on the lower scale, among other things. Nonetheless, it doesn't stop anyone from playing basketball, holding a job or speaking in front of hundreds of people.

Killar was introduced to public speaking while attending courses at Hudson Valley Community College. Speaking before an audience is a performance not unlike sports. There's the preparation and practice; developing the conscious control of body language, and making eye contact with the people in front of you. Then, there's showing those in front of you how ice runs through your veins while exhibiting flawless oratory skills.

Hengsterman recalls accompanying Killar to a speaking engagement in front of Google in New York City. While there, he shared his story as the evening's keynote speaker. Killar spoke before a crowd of nearly 700 people.



Provided photo

By the end of his speech, Hengsterman said Google was enamored. They asked how they could help, offered to help with technology, and later assigned a team to assist Special Olympics with its data problems. Today, a member of Google sits on the Special Olympics board of directors.

"It was an impressive couple of days," said Hengsterman, who had only just started her leadership duties at Special Olympics. She admitted, it was a weekend in which she looked forward to having an audience with the \$52 billion internet giant. She credited Killar with doing that. Afterwards, Hengsterman hired him.

"Because of the Athlete Leadership program, I have learned how to tell my story to companies like Google that want to support Special Olympics New York and athletes like me," said Killar. "It has also helped me become a valued employee. I am happy to be able to help support my fellow athletes by sharing what I have experienced by being a part of Special Olympics New York and the inclusion revolution."

WHAT'S HAPPENING NOW



The Refrigerators

The Refrigerators

Rustic Barn Pub — Friday, Jan. 17

TROY — The Refrigerators will perform at Rustic Barn Pub on Friday, Jan. 17, at 9 p.m.

The Refrigerators are a 9-piece, horn-fueled party band from the Capital District. Consistently a top draw for two decades, The Refrigerators are one of the most sought after bands in the area and beyond.

Rustic Barn is located at 150 Speigletown Road.

The Big Show for Big Joe

Putnam Place — Friday, Jan. 17

SARATOGA SPRINGS — 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.



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■ WHAT'S HAPPENING NOW

“Once on This Island”

Proctors — Friday, Jan. 17 and Saturday, Jan. 18

SCHENECTADY — 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 Award-nominated 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.

Everyone Orchestra with Eggy

Putnam Place — Saturday, Jan. 18

SARATOGA SPRINGS — 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.



NIGHTMARE

Furbies were all the rage in 1998, though some people found their eyes and incoherent language disconcerting.

■ PICK OF THE WEEK

Ready to go wayback?

Brown’s Brewing Company and Crown Royal team up on special Trivia Night this Friday

TROY — Celebrate your knowledge of the decade that taught proper parenting skills through Tamagotchi with 1990s Trivia Night & Purple Bag Project Event at Brown’s Brewing Company on Friday, Jan. 17, at 9 p.m.

Eric Bentley and Julie Borden host an evening of trivia, music and fun from Brown’s Troy taproom. Crown Royal representatives will provide bags and note cards for those who arrive early to trivia for the Purple Bag Project.

The Purple Bag Project involves packing and sending care packages to service members from 7 to 9 p.m.

Postcards will be available to write a personal message to included in each bag. Needed items for stuffing in bags include energy bars, toiletries, gum, snacks, batteries, stamps, hand warmers and powdered drink mixes.

Sing along to ‘90s hits and test your knowledge of the era. Take a bag, stuff with goodies, write a thank you note to a troop, and enjoy a Crown Royal cocktail. Bags collected at the end of event and will be delivered to USO Fort Drum in Watertown, NY.

Trivia teams should check in at 8 p.m. There is no cover charge, but participants should be 21 years old or older.



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CLUBS

9 Maple Avenue
9 Maple Ave., Saratoga Springs.
www.9mapleave.com
Fri: George Muscatello Group, 9 p.m.
Sat: Pat Attanasio Quartet, 9 p.m.

Arsenal City Tavern
795 3rd Ave., Watervliet
518-874-1767
Sat: Albertson & Co., 8 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: Bluegrass Jam w/ Schroon River String Band, 7 p.m.
Thurs: Sam Reider & His Human Hands, 7 p.m.
Fri: Dom Flemons & Nora Brown, 8 p.m.
Sat: Mark & Jill Sing The Blues, 8 p.m.
Sun: Holly Near, 7 p.m.
Mon: Shamarr Allen & The Underdawgs, 7 p.m.
Tues: Rochmon Record Club, 6 p.m.

Carney's Tavern
17 Main St., Ballston Lake.
518-280-7959
Thurs: Matty Finn, 6 p.m.
Fri: Tick Brothers, 7:15 p.m.
Sat: Craig Todd, 7:15 p.m.

Centre Street Pub
308 Union St., Schenectady.
518-393-2337
Fri: Brother Hemlock, 9 p.m.
Sat: Dead Lift & Heart Heath, 9:30 p.m.

City Sports Grille
c/o Spare Time Clifton Park
1668 U.S. 9, Clifton Park
518-371-4000
Sat: Hands of Time, 8 p.m.

Club Helsinki Hudson
405 Columbia St., Hudson
518-828-4800
Fri: Elvis Birthday Bash, 9 p.m.
Sat: Bindlestiff Family Circus, 9 p.m.

Eden Cafe
269 Osborne Road #3, Albany
518-977-3771
Wed: Dave Gallagher, 5:30 p.m.
Thurs: Happy Hour, 5:30 p.m.
Fri: Happy Hour, 5:30 p.m.
Sat: The Music of Serg, 7:30 p.m.
Sun: Carol Durant's Outliers Poetry Brunch, 11 a.m.
Mon: Happy Hour, 5:30 p.m.
Tues: Piano Bar, 5:30 p.m.

Emack & Bolio's
366 Delaware Ave., Albany.
518-512-5100
Fri: Forever Young, 7 p.m.
Sat: Alan Goldberg, 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.

HOT SPOTS EVENTS CALENDAR



Everyone is playing

Matt Butler returns with the Everyone Orchestra to Putnam Place on Saturday, Jan. 18. This supergroup will include bandmembers from Conehead Buddha (Shannon Lynch), Tauk (A.C. Carter), Snarky Puppy (Mike Maher and Chris Bullock), Galactic (Rob Mercurio) and .moe (Chuck Garvey, Vinnie Amico and Al Schnier).

Everyone Orchestra

Tues: HIIT The Taps, 5:30 p.m.

Fuze Box
12 Central Ave., Albany.
518-703-8937
Fri: Psymbionic / Zebbler Encanti Experience / Cosmal, 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, 7 p.m.

Grappa '72
818 Central Ave., Albany.
518-482-7200
Wed: Hamilton Street Jazz Company, 6:30 p.m.
Thurs: Hamilton Street Jazz Company, 6:30 p.m.
Fri: TBA, 6 p.m.

Il Faro Restaurant & Bar
698 N. Pearl St., Menands
518-463-2208

J.J. Rafferty's
847 New Loudon Rd., Latham.
518-783-6800
Wed: Trivia, 7 p.m.
Thurs: Karaoke w/ Al Bruno, 7:30 p.m.
Fri: Karaoke, 7 p.m.
Sat: DJ Set, 9 p.m.

Jessica Stone's

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

The Low Beat
335 Central Ave., Albany
518-432-6572
Fri: Anita's Birthday Celebration Show, 8 p.m.
Sat: Thalia Zedek / Hazel Atlas / Center / frthesun vs. parashi, 8 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
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.
Sat: Northgate Acoustic, 6:30 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: Shirri Zorn Trio, 6 p.m.

The Night Owl
17 Maple Ave., Saratoga Springs
518-319-2300
Fri: DJ Trumstr, 10 p.m.
Sat: Nate Da Great, 10 p.m.

O'Slattery's Irish Restaurant & Pub
318 Delaware Ave., Delmar
518-439-5634
Thurs: Jim McArdle, 6 p.m.

Panza's
129 So. Broadway, Saratoga Springs.
518-584-6882
Fri: Artie Mozeik Trio, 7 p.m.
Sat: Jeanne O'Connor & Azaam Hameed, 7 p.m.
Sun: Sinatra & Friends, 5 p.m.

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

Pearl Street Pub
59-61 N. Pearl St., Albany
518-694-3100
Wed: Bingo, 7 p.m.

Fri: Mechanical Bull Night, 9 p.m.

Putnam Place
63a Putnam St., Saratoga Springs.
518-584-8066
Fri: The Big Show for Big Joe, 7 p.m.
Sat: Everyone Orchestra w/s/g Egg, 8 p.m.

Ravenswood Grill & Tavern
3612 1021 NY 146, Clifton Park
518-371-8771
Sat: Hearts to Heroes Fundraiser, noon

Rustic Barn Pub
150 Speigletown Rd., Troy.
518-235-5858
Wed: Trivia and Ladies Night, 7 p.m.
Thurs: Open Mic Night w/ Kelly Maguire, 7:30 p.m.
Fri: The Refrigerators, 8 p.m.
Sat: Oobleck, 8:30 p.m.
Sun: Connecting / Intuitive Medium Christine, 4 p.m.

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

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518-450-7500
Every Sun: Hot Club of Saratoga, Noon

Saratoga City Tavern
19-21 Caroline St., Saratoga Springs.

518-581-3230
Thurs: Karaoke, 9 p.m.
Mon: Bingo, 8 p.m.
Tues: Trivia, 8 p.m.

Savoy Taproom
301 Lark Street, Albany.
518-599-5140
Fri: Major Player & The Age, 9 p.m.

Skyloft
1 Crossgates Road, Albany.
518-869-5638
Fri: The Deadbeats w/ special guests, 7 p.m.

Speakeasy 518
42 Howard St., Albany.
518-449-2332
Thurs: Swing Night w/ Bryan Brundige Trio, 9 p.m.
Fri: Tyler Giroux Trio, 9 p.m.
Sat: Rich Syracuse Trio, 9 p.m.

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

Van Dyck
237 Union St., Schenectady
518-348-7999
Thurs: Cliff Brucker's New Circle ft. Leo Russo, 8 p.m.

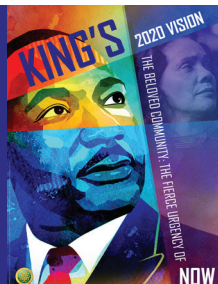
Van Slyck's
Rivers Casino & Resort
1 Rush St., Schenectady.
518-579-8800
Wed: Rockaoke, 7 p.m.
Sun: Joe, 7 p.m.

Vapor Night Club
342 Jefferson St., Saratoga Springs
518-581-5775
Fri: The Audiostars, 8 p.m.
Sat: Skeeter Creek, 9 p.m.

Waterworks Pub
76 Central Ave., Albany.
518-465-9079
Wed: Wacky Wednesday 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.
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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COMEDY

Jeff Dunham

Jeff Dunham will perform the local leg of his Seriously? tour on Wednesday, Jan. 22, at 7 p.m. For the past twelve years, Jeff Dunham and his somewhat-inappropriate-proteges, Peanut, Walter, José Jalapeño, Bubba J. and Achmed the Dead Terrorist, have filled arenas across the U.S. and the world with their multiple, blockbuster tours. For tickets, visit ticketmaster.com. The Times Union Center is located at 51 S. Pearl St., Albany.

THEATRE

“Dancing with the Stars” Live

The Palace Theatre will host “Dancing with the Stars” Live on Wednesday, Jan. 15, at 8 p.m. “Dancing with the Stars” Live tours North America celebrating the year 2020 in classic style with your favorite dancers from the hit ABC show. The all-new production continues its legacy of wowing live audiences, performing fan-favorite routines from the TV series and new numbers choreographed just for the live audiences. The show will feature the professional dancers in a brand-new production showcasing every type of dance style ranging from Tango to Foxtrot, Cha-Cha to Waltz and everything in between. Audiences will have the opportunity to experience the excitement, glamour and glitz they see in the ballroom every Monday night live on stage in their hometown. For tickets, visit ticketmaster.com. The Palace Theatre is located at 19 Clinton Ave., Albany.

“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 Award-nominated 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.

MISCELLANEOUS

2020 Capital District Mayor’s Cup

The Times Union Center will host the 2020 Capital District Mayor’s Cup on Saturday, Jan. 25, at 3 p.m. Join hockey fans for a double header between Union College and RPI. The women’s hockey game will begin at 3 p.m. and the men’s game starts at 6 p.m. Tickets are good for both games and there will be a fan fest featuring face painting and kids activities between games. For tickets, visit unionathleticstickets.universitytickets.com. The Times Union Center is located at 51 S. Pearl St., Albany.

Connecting with Intuitive Medium Christine

Rustic Barn Pub will host Intuitive Medium Christine on Sunday, Jan. 19, at 4 p.m. Join medium Christine Seebold in this uplifting event where she will reconnect audience members with their loved ones. Christine’s voyage as a medium started at the age of 2, and she has spent her life helping people to heal with touching messages from the other side. After the two hour event, a buffet dinner will be served with chicken parmesan, a vegetable dish, baked ziti, tossed salad, rolls, dessert, coffee and a soft drink. For tickets, visit brownpapertickets.com. Rustic Barn Pub is located at 150 Speigletown Road, Troy.

Microfringe: An Evening of Odd, Quirky and Funny

Eden Café will host Microfringe: An Evening of Odd, Quirky and Funny on Saturday, Jan. 25, at 7:30 p.m. Eden Cafe



HOT DATE

DOM FLEMONS

Hear a story seldom told of America by this Grammy Award-winner at Caffe Lena on Friday, Jan. 17, at 8 p.m.

brings its own fringe festival into one entertaining night. Enjoy the odd, quirky and funny with four way-out-of-the-box entertainers: Mike Ceconi, master of the loud and funny poetry-aka-one-man-voluminous stage show; Ed Smyth, progenitor of Oog Son of Ahg 30,000 BC, Moe Bot the Comedy Robot and Bronco Brad the Crooning Cowboy; Ragliacci, the hobo folk clown and his participatory musings; all hosted by Jerry “What The What” Dymond’s alt-world-renowned “Cheesy Pick Up Lines.” For tickets, visit eventbrite.com. Eden Café is located at 269 Osborne Road, Loudonville.

MUSIC

Danny Barnes

Caffe Lena will host Danny Barnes on

Sunday, Jan. 26, at 7 p.m. Part Southern gentleman, part humble artist, Danny Barnes is widely regarded as one of the most innovative and genre-bending artists of his craft. Barnes’ musical interests are both varied and adventurous, and he incorporates that versatility into a progressive approach to an instrument that is musically polarizing and steeped in tradition. Although he demonstrates an appreciation for the history of the bluegrass, country, and folk music from which the banjo’s reputation was born, his inventive take is what truly separates him from his contemporaries — using the banjo as his “weapon of choice” to play non-traditional music like rock, fusion and jazz with electronic percussion and loop elements. For tickets, visit eventbrite.com. Caffe Lena is located at 47 Phila St., Saratoga Springs.

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.

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.

Catharsis: A Dark Dance Night

Hangar on the Hudson will host Catharsis on Friday, Jan. 24, at 9 p.m. In the beginning of Aquarius season, your two favorite Aquari are bringing you dance floor warmth despite the cold. DJs Vellocet and De(S)troit will be bringing you new and old from industrial, goth, post punk, trip hop, dark techno and more. There is a \$5 cover charge and only those 21 and older with valid ID will be allowed in the venue. Hangar on the Hudson is located at 675 River St., Troy.

Dirty Grass Players

Dirty Grass Players will perform at Caffe Lena on Saturday, Jan. 25, at 8 p.m. Four young pickers from Baltimore get down and dirty in the bluegrass trenches. The group roams from festival to festival (including two appearances at regional superpower Grey Fox Bluegrass Festival) getting the audience pumped with blazing musicianship, down home tunes and spirited improvisation. Its setlists of traditional and original bluegrass are interspersed with Allman Brothers, Pink Floyd and southern rock classics for a show that’s hitting the sweet spot of roots music fans up and down the east coast. Comprised of Mikey Sallemi on Bass, Alex Berman on Banjo, Ben Kolkowski with the guitar and Ryan Rogers on mandolin, this quartet delivers a heated performance. For tickets, visit eventbrite.com. Caffe Lena is located at 47 Phila St., Saratoga Springs.

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-year-old 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.

Eclectic Rock Showcase No. 4

Helsinki Hudson will host an Eclectic Rock Showcase on Thursday, Jan. 23, at 8 p.m. Eclectic Rock Showcase brings the hottest up-and-coming regional artists to Helsinki Hudson. This version, Eclectic Rock Showcase No. 4, will astound and delight with energy and fun. Brasskill plays like a mutant marching band, The Wild Weeds have become local garage/surf legends and Burt Murder will entertain with a joyful, horror pop rock theater. For tickets, visit eventbrite.com. Helsinki Hudson is located at 405 Columbia St., Hudson.

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.

Ghost of Paul Revere with Saints and Liars

The Hollow will host Ghost of Paul Revere and Saints and Liars on Thursday, Jan. 23, at 8 p.m. The Portland, Maine-based band describes itself as “holler folk,” not because it involves a lot of

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CLUES ACROSS

- Recurring TV show
- Throws out
- Iberian Peninsula microstate
- Gossip
- Atomic #20
- Ivy League institution
- Of I
- “He Is ___!”: Scripture excerpt
- Musical genre
- Heavy cavalry sword
- Ancient Olympic Site
- Satisfies
- Popular flower
- Shared services center
- Drain
- A way to attack
- Urban Transit Authority
- Spiritual leader
- Postponed
- N. American plant with edible purple-black berries
- Gazes unpleasantly
- Gets up
- Capital of Ukraine
- Returned material authorization (abbr.)
- Golf score
- Superhigh frequency
- Swiss river
- Felons
- Succulent plants
- Soluble ribonucleic acid
- Deliberately setting fire to
- Infamous singer Zadora
- Anwar ___, Egyptian statesman
- Influential sports mag
- Aromatic Mediterranean plant
- Sixth note of a major scale
- Unit of explosive power
- Large watertight chamber
- Popular street
- A way of watering

CLUES DOWN

- Mollusks
- ___, denotes past
- Anchor ropes
- Large Middle Eastern country
- To make a mistake
- Ancient governor
- Extents
- Chinese surname
- NYC subway “residents”
- Essential oil used as perfume
- A way to treat injuries (abbr.)
- Session
- Units of land areas
- Goes over once more
- Where wrestlers work
- Italian islanders
- Avenue
- ___ Adams, U.S. President
- Rest with legs bent
- Type of flour
- The Golden State (abbr.)
- More (Spanish)
- Stinging, winged insect
- The use of irony to mock
- Arsenals
- Pouch
- 22nd letter of the Greek alphabet
- Violent seizure of property
- Restrict
- Something comparable to another
- Punishment device made from stems
- Soul and calypso songs
- Formerly OSS
- Athabaskan language
- ___ bene: observe carefully
- Six (Spanish)
- Read-only memory
- Chinese philosophical principle
- American conglomerate
- Tin

Answers on Pg. B22

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 SCOTIA - CONTACT RAVI MODASRA FOR MORE INFORMATION

Zoning allows for new owners to maximize existing concept with more modern touches and uses! Two stories - 11,650 SF, new roof and recently renovated bar and restaurant. Sale includes building contents.

Central Ave., Colonie Auto Body Shop - \$970,000
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Commercial lot with 4,225 SF building, private parking for 30 and excellent visibility - 110' frontage on Central Ave. Sale includes real estate, 48 year continuously operated auto body business, and all equipment. Commercial zoning.

Mediterranean Restaurant - \$160,000
 CONTACT BRIAN SIPPERLY FOR MORE INFORMATION

Restaurant with strong business history and loyal customers. Sale includes business name, recipes, website and social media accounts, fixtures, furniture and equipment. Lease assignable for 101 occupancy space with excellent parking.

Delmar Commercial Zoned House Perfect for Professional Services - \$220,000
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Rensselaer Professional Office with In-Town Accommodations - \$650,000
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3-stories of elegant professional offices just 2-blocks from Rensselaer Amtrak Station and minutes from downtown Albany. Parking for 13 with immediate access to I-787. Live/work or rent apartments for additional income.

FOR LEASE

Delmar Four Corners Office Space with Parking - 2,300 SF @ \$13/SF plus NNN
 CONTACT JESSICA RICHER FOR MORE INFORMATION

Rare to have retail location available at Four Corners and this space has 25 parking spaces. Outstanding opportunity for physician, dental or other professional services

Guiderland Commercial House - Perfect for Salon or Juice Bar - \$14.50/SF plus NNN
 CONTACT TRACY MURRAY FOR MORE INFORMATION

Just off Western Ave, adjacent to Starbucks, across from SUNY Albany. Parking for 6 with visible signage from Starbucks drive through. Open plan, kitchen, enclosed front porch and private rear entrance.

Cohoes Mohawk Professional Center
 CONTACT JESSICA RICHER FOR MORE INFORMATION

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LAND FOR SALE

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7 Route 236, Halfmoon - \$200,000 - Zoned C-1 highest possible uses - .5-acres residential, retail, office, fast food or mixed use. Located on busy stretch between Rt 9 and Guideboard Rd - across from Stewarts and Rite Aid.

Route 9, Clifton Park - \$75,000 - 1.08-acres of industrial zone land. Multiple permitted uses.

29 Meader Road, Greenwich - \$199,000 - 2.2-acres within the same plaza and across from Hannaford Supermarket. Multiple zoning opportunities but best suited for mixed use retail, restaurant and personal services.

McGinty Drive, Bethlehem - \$60,000 - 18-acres with visibility from NYS Thruway. Multifamily dwelling allowed subject to site plan approval. Rural zoning allows for residential and commercial uses.

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TomFest

Hangar on the Hudson will host TomFest on Sunday, Jan. 26, at 3 p.m. A celebration of the life of Tom D'Ambrose featuring music by Circle of Willis, The Lustre Kings w/ Erin Harkes, Lonesome Val w/ Todd Nelson, Johnny Rabb w/ the Tichy Boys, The Lazy Suns, Off the Record, Double B and the Drive-By Jazz Band, Lost Radio Rounders w/ Bowtie Blotto and Tom Corrigan. In addition to the music, there will be some of Tom's art work on display. Hangar on the Hudson is located at 675 River St., Troy.

Too Many Zooz with Birocratic

Too Many Zooz will perform with Birocratic at The Hollow on Tuesday, Jan. 28, at 8 p.m. The curious thing about being a fan of brasshouse? You're pretty much talking about being into one solitary but extremely unforgettable band: the amusingly monickered Too Many Zooz. The musical style was "branded" by drummer King of Sludge, who recognized that there was no worthy existing classification for the New York trio, whose other two members are the equally unclassifiable Leo P (saxophone) and Matt Doe (trumpet). For tickets, visit eventbrite.com. The Hollow is located at 79 N. Pearl St., Albany.

We Banjo 3

We Banjo 3 will perform two shows at Caffe Lena on Thursday, Jan. 23, at 5 and 7:30 p.m. We Banjo 3 is the gold standard of Irish and American roots music. One of the best live acts to come out of Ireland in recent years, the multi-award winning We Banjo 3 combine supergroup credentials with a breath-taking command of the emotive power of fiddle, guitar, mandolin and banjo. Contrary to the band's name, this Galway/Nashville-based quartet comprises two sets of brothers, Enda and Fergal Scahill and Martin and David Howley, on banjo, fiddle, mandolin, guitar, bodhran and percussion. Its music is a passionate blend of Americana, bluegrass, Celtic, world music and pop propelled by lead singer David Howley's emotive voice and the band's pitch perfect harmonies. Any single member of this group could electrify a venue with a solo performance, but together, in the joyous musical alchemy of We Banjo 3 the result is truly unforgettable. For tickets, visit caffelena.org. Caffe Lena is located at 47 Phila St., Saratoga Springs.

"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.

EXHIBITS

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



HOT DATE

MAJOR PLAYER, THE AGE

Treat yourself to a night of soul and R&B with these two on the bill. Both local acts are budding into major players in the area scene. It is worth a visit to Savoy Taproom to see them play on Saturday, Jan. 18, at 8 p.m.

(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 Kunsthistorisches 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 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., Albany.

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 colony—founded 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 nineteenth-century 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 can-

vases 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 reinstatement 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. Developments 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 its aspirations and growing nostalgia 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.



A woman's intuition

Christine's voyage as a medium started at the age of 2, and she has spent her life helping people to heal with touching messages from the other side. Rustic Barn Pub will host Intuitive Medium Christine on Sunday, Jan. 19, at 4 p.m.

Intuitive Medium Christine

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<p>2017 FORD EDGE SEL</p>  <p>AWD, 4dr Crossover, 3.5L V6, Auto, Black Leather Int, Navigation, Power Windows/Locks/Mirrors, 15,287 Miles. \$24,995</p>	<p>2011 FORD RANGER XL</p>  <p>4X4, SUPERCAB, V6, Auto, A/C, Tow Pkg, ARE Bed Cap, Ladder Rack, Test Drive Today! 89,343 Miles. \$11,995</p>
<p>2013 FORD F-150 4X4 XLT</p>  <p>SUPERCAB, 5.0L V8, 36 Gal Fuel Tank, XLT Chrome Pkg, 18 Chrome Clad Wheels, Power Drivers Seat, 37,971 Miles. \$22,995</p>	<p>2016 FORD EDGE TITANIUM</p>  <p>AWD, 4dr Crossover, Heated/Cooled/Power Black Leather Interior, Navigation, SATT Radio, Loaded! 18,749 Miles. \$24,995</p>

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FOOD & VINO

Many beloved dishes might be enjoyed more often if they were only a little healthier. Author and former personal chef Michelle Dudash was once asked by a client if she could make a healthier version of chicken parmesan. The result of that request is the following recipe for “Skinny Chicken Parmesan with Spinach,” which Dudash ultimately included in her book, “Clean Eating For Busy Families” (Fair Winds). The recipe was a hit with Dudash’s client and will surely be a hit at home cooks’ dinner tables as well.

Skinny Chicken Parmesan with Spinach

Ingredients: Makes 6 servings

For the sauce:

- 2 teaspoons extra-virgin olive oil
- 2 cloves garlic, sliced
- 1 28-ounce can whole tomatoes
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 2 pinches salt
- 2 pinches freshly ground black pepper
- 1/2 teaspoon honey

For the chicken:

- 3 tablespoons grated Parmesan cheese
- 2 tablespoons whole-wheat flour
- 1/2 teaspoon salt, divided

- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon dried basil
- 1 1/2 pounds chicken breast, cut into 6 pieces, pounded to 1/4 inch
- 2 tablespoons plus 2 teaspoons extra-virgin olive oil, divided
- 4 cups baby spinach
- 1 teaspoon lemon juice
- 3/4 cup fresh mozzarella cheese, sliced into 6 medallions (or shredded)
- 6 cups cooked whole-grain thin spaghetti tossed in 2 teaspoons olive oil

Instructions

Preheat oven to 375 F and coat the bottom of a 9 x 13-inch pan with olive oil spray.

To make the sauce: Heat a medium saucepan over medium heat. Add oil and garlic and cook gently for 30 seconds. Do not brown. With your hand, squeeze each tomato into the pan and add basil, oregano, salt, pepper, and honey. Reduce to medium heat and simmer for 20 minutes, lowering the heat as needed.

To make the chicken: Combine parmesan cheese, flour, salt, pepper, and basil in a medium dish and coat chicken with cheese mixture. Place a large skillet over medium heat and add 2 tablespoons of oil. When oil is shimmering, add chicken, rounded-side down, and cook until golden on one side, about 5 minutes. Arrange chicken in a baking pan. Pour remaining 2 teaspoons of oil into skillet and add spinach. Cook spinach for 1 to 2 minutes until wilted and swirl in lemon juice. Gently press spinach to release water and divide spinach on top of chicken. Spoon sauce around and over the chicken, place mozzarella on top, and sprinkle with 1/4 teaspoon salt. Bake for 15 minutes until chicken is cooked through. Serve over spaghetti.

HOROSCOPES

January 2020
Week 3

ARIES – MAR 21/APR 20

The stars pull you deeper into the cocoon of your mind, Aries. This may help you as you work on a project or work through thoughts and emotions.

TAURUS – APR 21/MAY 21

This is a week to take inventory of any goals that you may have put on a shelf, Taurus. Dust them off and create a plan of action because the time to pursue them is now.

GEMINI – MAY 22/JUN 21

Gemini, an ambitious week is on the horizon. Your professional house is booming, and you are ready to perhaps move your career to the next level.

CANCER – JUN 22/JUL 22

This week will get off to a social start, Cancer. Expect friends to bring other friends along if you are hosting a party. This is an exciting opportunity to expand your network.

LEO – JUL 23/AUG 23

Leo, put all of your cards on the table and begin discussions with others who are influencers in your life. Only then can you come up with a strategy to get things done.

VIRGO – AUG 24/SEPT 22

Make a point of being direct if you are upset, Virgo. Others need to know if they have stepped on your toes, even if it was accidental so they can make things right.

LIBRA – SEPT 23/OCT 23

Now is a key time to boost your bottom line, Libra. If you don’t already have a job, it’s time to get one. If you’re employed, you may need to seek out new revenue streams.

SCORPIO – OCT 24/NOV 22

Various ideas are swirling around in your head, Scorpio. You’re not sure which ones you want to see the light of day just yet. Partner up on a trial project first.

SAGITTARIUS – NOV 23/DEC 21

Sagittarius, if stress has been ruling your universe, it might be time to step back and reevaluate your priorities. Find out which tasks you can shed from your daily list.

CAPRICORN – DEC 22/JAN 20

Deep soul-searching and a sharing of hidden emotions might be on the docket this week, Capricorn. It is brave to own up to your feelings. You’ll find support in friends.

AQUARIUS – JAN 21/FEB 18

A deep cleaning or decluttering is in order, Aquarius. Start with one room in the house and then work your way onward as time permits. Decluttering can be liberating.

PISCES – FEB 19/MAR 20

You may soon encounter some awkward moments with some people you interact with regularly, Pisces. This will blow over quite quickly.



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■ WHAT'S HAPPENING NOW

Junior Watson and Dean Shot

The Linda — Saturday, Jan. 18

ALBANY — 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.

Major Player

Savoy Taproom — Saturday, Jan. 18

ALBANY — 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.

■ LOCAL SCENE

Facelift for Pauly's Hotel

Beloved live music venue received more than a fresh coat of paint under new ownership

By MICHAEL HALLISEY

halliseym@spotlightnews.com

ALBANY — Pauly's Hotel recently received a facelift and is ready for a revamped social life.

Albany's oldest tavern has been a go to for live music in the Capital City. Boasting live entertainment "seven days a week," its intimate stage has played host to various acts, both local and regional. In particular, the Washington Square venue has been a welcoming place for punk bands throughout the Northeast.

The pub has recently changed management, which has invested in a overhaul in both the appearance and performance of the live music venue.

Denis Entertainment Group was hired to upgrade the sound system and stage lighting. Improvements include room treatments to improve acoustics, additional amps, monitors and mixers and enhanced lighting.

"We have also reconfigured the stage lighting and added some fixtures and a DMX controller to properly light the performances," Denis Entertainment stated. "[Lighting] will be dramatically improved and Pauly's will be a great place for local and regional bands to play."

Pauly's Hotel has a long history of hosting live music. Marshall Crenshaw, Johnny Copeland and Dr. John were just a few acts to grace the stage in the 1980s. Some local Phish fans can boast seeing the venerable jamband play its first Albany show at Pauly's in 1989.



Pauly's Hotel

Pauly's, however, fell silent for more than a decade before it reopened in December 2010 under then-owner John Mancini. Last week, *Nippertown* reported that Pauly's new owner Kip Finck plans on reopening the Central Avenue venue soon. Finck, a longtime music promoter, formerly owned Northern Lights in Clifton Park.

Area promoter Joe Vonschinkel has been tapped to book shows on the redesigned stage. He stated on social media that Finck will continue to welcome the punk, rock and metal bands visitors are used to seeing there.

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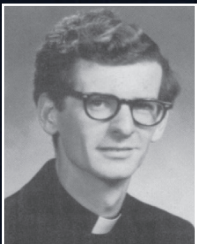
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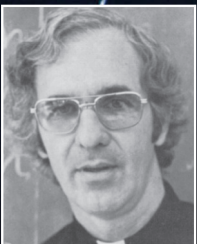
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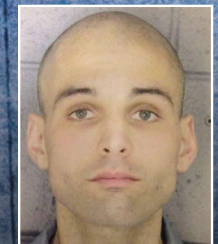
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WHAT'S HAPPENING NOW

Mark and Jill Sing the Blues

Caffe Lena — Saturday, Jan. 18

SARATOGA SPRINGS — 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 eventbrite.com.

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

Oobleck

Rustic Barn Pub — Saturday, Jan. 18

TROY — Rustic Barn Pub will host Oobleck on Saturday, Jan. 18, at 8:30 p.m.

Oobleck (ooo-bleck), founded in 2008, is an original, analog funk band out of the Capital District. Its funk is that raw, in your face, booty shaking funk. Gritty funk, like that forgotten 78 you just found in your basement. Mix that with the poly-rhythms of afrobeat, add spacey weirdness and improvisation, add the sensibilities of jazz and blues, the blast beats of hardcore, the distortion of grunge and you've just made Oobleck.

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

MUSIC SCENE

Local mando gets the call

Nick Piccininni starts the new year as Yonder Mountain String Band's new mandolinist

By **MIKE KOHLI**

nysmusic.com

Yonder Mountain String Band announced last December that its mandolinist, Jacob Jolliff was leaving the band after its New Year's Eve show at the Wheeler Opera House in Aspen, CO. Jolliff's exodus from the Colorado jamband opened the door for Central New York native, Nick Piccininni.

"We will be saying farewell to our brother and fellow musician, Jacob Jolliff," the band announced in a joint statement last December. "This comes to you as a deeply considered decision. We are grateful for the music, the memories and friendship we forged with Jake and are in full support of his future endeavors with The Jacob Jolliff Band. We hope to join forces with them down the road."

Piccininni, a native of Waterville, New York, joined the band as its new mandolinist with his first show last week in Utah. The multi-instrumentalist has been a part of several projects, one of them is Floodwood, which



PICCININNI

includes mandolinist Jason Barady, who also performed with Piccininni in Woodenspoon, moe. drummer Vinnie Amico and guitarist Chris Eves. Al Schnier of moe. is a former member of Floodwood. Piccininni also performs as a duo with Barady and in a recent project, Follow the Muse.

Piccininni sat in with Yonder Mountain at a few shows this past year, paving the way for his joining the veteran string band. He said that the foundation of this new opportunity has its roots in the Summer Camp Festival, an annual event jointly hosted by moe. and Umphrey's McGee in Chillicothe, IL each May.

"We used to run into the fiddle player, Allie Kral, at Summer Camp in Illinois when we would go out there with Floodwood," said Piccininni. "She made the suggestion to try me for the few shows I filled in this summer. I guess it went well enough that they felt comfortable with asking me along with this change! I felt really comfortable with everyone in the band and crew."

Piccininni has every intention of making this a permanent gig while still hoping to maintain time for his other projects.

"I will say that on both sides, I think the idea is to get into this winter tour to make sure the fit is right. But they have expressed that their first choice would be to just move forward with me as their new mandolinist. Piccininni continues, "Barring any personality conflicts, which I don't think any of us really see being an issue if this becomes my main gig it will be tough to maintain everything I already had going. But I do intend to do my best to keep up with it all. Yonder doesn't play a super intense schedule, so that does leave room for other projects, which is awesome."

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■ MUSIC SCENE

Hayley in the Water

Annie in the Water and Hayley Jane teaming up for 'Rumors' Tour

By **MIKE KOHLI**
nysmusic.com

Fleetwood Mac's Rumors is one of rock's iconic albums. Annie in the Water and Hayley Jane will be joining forces this winter to pay tribute to this classic album.

The Hayley in the Water Spread Rumors Tour begins Feb. 5 at the Waterhole in Saranac Lake and wraps in Burlington at Higher Ground. The tour will visit cities throughout the Northeast from Buffalo to Hartford, CT. Stops include Flour City Station in Rochester, the Buffalo Iron Works, Stone Church in Brattleboro, VT and the Disruption Network's third-anniversary party in Utica.

The full-set tribute to Rumors will be sandwiched between sets of original music from both acts, beginning with an acoustic solo set from Burlington's Hayley Jane. Annie in the Water closes each show with Hayley Jane sitting in.

Hayley Jane has recently collaborated with Ryan Montbleau in the duo Yes Darling, a project that presents a whimsical take on relationships with a Vaudevillian

Hayley in the Water Spreading Rumors Tour:

- Feb. 5 – The Waterhole**
Saranac Lake, NY
- Feb. 7 – Frog Alley Brewing Company**
Schenectady, NY
- Feb. 8 – Jewish Community Center**
Utica, NY
- Feb. 12 – Buffalo Iron Works**
Buffalo, NY
- Feb. 13 – Flour City Station**
Rochester, NY
- Feb. 15 – Stowe Cider**
Stowe, VT
- Feb. 19 – Stone Church**
Brattleboro, VT
- Feb. 20 – Arch Street Tavern**
Hartford, CT
- Feb. 21 – Electric Haze**
Worcester, MA
- Feb. 22 – Higher Ground**
Burlington, VT

vibe. Her solo set draws from folk, blues, musical theater, and '60s and '70s pop and rock. Her performance of "The Chain" with Montbleau and moe. at the 2017 moe. down was one of the highlights of that weekend.

Annie in the Water released its latest album Time to Play in June of this year. This is the band's second album overall and first since the 2011 debut Destination. They're riding a wave of tremendous success in 2019 which saw them performing at several festivals, including headlining Woods Fest in Westernville, NY this past August and the Shakori Hills

Festival of Music and Dance in Pittsboro, NC in October.

Prior to the February Hayley in the Water tour, Annie in the Water will finish the year with a two-date New Year's run that has them performing at the official moe. post-party, the Hometown Throwdown Dec. 30 at The Sanctuary in Utica with special guests. They'll ring in the new year with Raisinhead at the High Peaks Resort Ballroom in Lake Placid.

This feature appears as a special from NYSMusic.com.

NYS Music is an online magazine focused on the coverage of local music.

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NATIONAL GEOGRAPHIC LIVE
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■ WHAT'S HAPPENING NOW

Connecting with Intuitive Medium Christine

Rustic Barn Pub — Sunday, Jan. 19

TROY — Rustic Barn Pub will host Intuitive Medium Christine on Sunday, Jan. 19, at 4 p.m.

Join medium Christine Seebold in this uplifting event where she will reconnect audience members with their loved ones. Christine's voyage as a medium started at the age of 2, and she has spent her life helping people to heal with touching messages from the other side. After the two hour event, a buffet dinner will be served with chicken parmesan, a vegetable dish, baked ziti, tossed salad, rolls, dessert, coffee and a soft drink.

For tickets, visit brownpapertickets.com.

Rustic Barn is located at 150 Speigletown Road.

Holly Near

Caffe Lena — Sunday, Jan. 19

SARATOGA SPRINGS — 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.

editors' playlist



- I Cross My Heart**
George Strait
- I Believe In You**
Don Williams
- Peaches**
Gangstagrass
- Microphone Fiend**
Eric B. & Rakim
- Rock The Bells**
L.L. Cool J

We often marvel at the complexity behind a Monet but gloss over the bold play with contrasts in a simple black and white photo. There is beauty in the simple and that's what has me fixated on Don Williams lately. I remember Williams on the radio as a kid. Hearing this soft voice coming from a rough country boy amuses me like a first-grader sharing remarkable insight.

— Michael Hallisey



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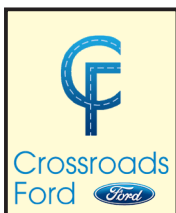
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John McIntyre
 Spotlight News Publisher

This Week: 3-1 | Overall Points: 153-95



Mary Vail
 Joyelles Jewelers

This Week: 2-2 | Overall Points: 149-95



Joe Falvo
 Falvo's Prime Butcher Shop

This Week: 2-2 | Overall Points: 136-109



Susie Carrk
 McAddy's Pub

This Week: 3-1 | Overall Points: 141-105



Rocco Pezzulo
 Pinnacle Behavioral Health

This Week: 3-1 | Overall Points: 148-96



Frank Bolognino
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This Week: 2-2 | Overall Points: 135-110



Michael Hallisey
 Spotlight News Managing Editor

This Week: 3-1 | Overall Points: 159-86



Kaitlin Lembo
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This Week: 3-1 | Overall Points: 147-99



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MUSIC SCENE

Albany is best music town

Best Of NYS Music 2019: Best Music Towns

By **MIKE KOHLI**
nysmusic.com

New York is a vast state with pockets of local scenes throughout. While a “scene” these days isn’t what it was in the ’80s or ’90s where bands of similar genres created scenes out of necessity, the music scenes of the 21st century are, more or less, regions where live music is simply a way of life. Some regions are even cross-pollinating. So while we aren’t seeing strictly area scenes, live music is no less prevalent around the state.

We polled our staff looking for the best music towns across the state and this year, our state’s capital came out on top. The Albany area’s diverse scene includes small venues such as Parish Public House, The Hollow Bar + Kitchen and The Low Beat, mid-size venues that include The Egg, Cohoes Music Hall and the Palace Theatre along with the storied Times Union Center.

The Times Union Center, then known as Knickerbocker Arena, was christened on January 30, 1990, by none other than Old Blue Eyes himself, Frank Sinatra. Other big-name acts that have performed at Kickerbocker/Pepsi Arena/Times Union Center over the years include the Grateful Dead, the Rolling Stones, Billy Joel, U2, Bruce Springsteen, Celine Dion and Phish.

The Palace Theatre opened in 1931 as a movie and vaudeville house and was placed on the National Register

The Hollow Bar + Kitchen has served as host for numerous Capital District acts as well as up-and-coming national acts. ... Add these venues to the varied acts in the local scene and you have a diverse music community.

of Historic Places in 1979. This not-for-profit building has also hosted the Stones and Springsteen and has been the New Year’s Eve home for moe. and Twiddle.

When it comes to smaller venues, Albany has plenty to choose from, attracting national and international acts that are on the rise. The Hollow Bar + Kitchen has served as host for numerous Capital District acts as well as up-and-coming national acts such as White Denim and Barns Courtney.

Add all these venues to the varied acts in the local scene and you have a diverse music community that draws from influences from all over.

Glass Pony, Wild Adriatic, Hartley’s Encore and Annie in the Water are spearheading the next wave of jambands not just in the Albany area but across the state and beyond. And while the term “jamband” may bring a certain style to mind, these bands are all unique in sound, all based in rock, but drawing from disparate influences.

When you look at Albany’s music history, venues such as Valentine’s come to mind. moe., the Ominous Seapods, God Street Wine and others of the third wave of jambands got their feet wet in and around the Albany scene.

WHAT’S HAPPENING NOW

‘We Shall Overcome’

Proctors — Sunday, Jan. 19

SCHENECTADY — 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.

For tickets, visit proctors.org.

Proctors is located at 432 State St., Schenectady.

Shamarr Allen and The Underdawgs

Caffe Lena — Monday, Jan. 20

SARATOGA SPRINGS — 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

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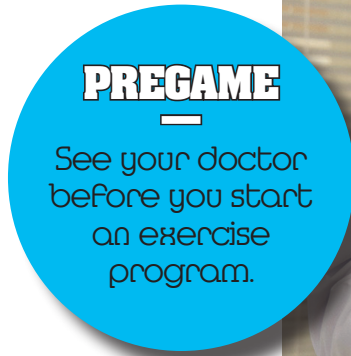
Doc before gym

The role screening should play before starting an exercise regimen

Exercise plays a significant role in disease prevention. According to the Centers for Disease Control and Prevention's National Center for Chronic Disease Prevention and Health Promotion, physical activity helps to reduce individuals' risk of chronic conditions, including type 2 diabetes, heart disease, various types of cancer, and dementia.

As vital as exercise is to a healthy lifestyle, many people simply are not getting enough of it. A 2018 report from the National Center for Health Statistics found that only about 23 percent of American adults between the ages of 18 and 64 are meeting the benchmarks for physical activity guidelines set forth by the U.S. Department of Health and Human Services. And that problem is not unique to the United States. A recent study from Statistics Canada found that only about 17 percent of adults in Canada were meeting the minimum guidelines for weekly physical activity established by the Canadian Society for Exercise Physiology.

Such figures illustrate the emphasis that many adults must place on getting more physical activity. But returning to physical activity after a long layoff or becoming physically active for the first time are not as simple as lacing up a pair of running shoes and hitting the road. In fact, the American College of Sports Medicine notes the importance of preparticipation health screening for adults about to engage in physical activity after a period of inactivity.



What is a preparticipation health screening?

A preparticipation health screening is an examination conducted by a physician that looks for particular issues that may interfere with one's ability to exercise. Doctors will likely ask patients about their medical histories and their family histories as well, as each of these factors can be used to determine whether a person is ready for physical activity or any restrictions need to be put in place to protect them.

What happens after a preparticipation health screening?

Once a physician conducts a health screening, he or she will conclude if an individual can exercise and how much he or she can exercise. Adults who are cleared to exercise but have never been physically active or have

gone years without exercising will likely be advised to take it slowly at first. Doctors may provide specific exercise recommendations or refer patients to a sports medicine professional who can help them devise an appropriate workout regimen. Doctors also may recommend followup appointments to track patients' progress. Such appointments can be invaluable, as they can help people whose overall health has improved after limited exercise ramp up the intensity of their workouts, which can help them continue on the course to a healthier life. However, it's important that people consult their physicians before increasing the intensity of their workouts. A second screening might even be worthwhile, helping people and their physicians alter workout regimens that reflect their improved overall health.

Many people aspire to exercise more. In many instances, a preparticipation screening is a vital component for people looking to become more physically active after a long layoff.

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WHAT'S HAPPENING SOON

We Banjo 3

Caffe Lena — Thursday, Jan. 23

SARATOGA SPRINGS — We Banjo 3 will perform two shows at Caffe Lena on Thursday, Jan. 23, at 5 and 7:30 p.m.

We Banjo 3 is the gold standard of Irish and American roots music. One of the best live acts to come out of Ireland in recent years, the multi-award winning We Banjo 3 combine supergroup credentials with a breath-taking command of the emotive power of fiddle, guitar, mandolin and banjo. Contrary to the band's name, this Galway/Nashville-based quartet comprises two sets of brothers, Enda and Fergal Scahill and Martin and David Howley, on banjo, fiddle, mandolin, guitar, bodhran and percussion.

For tickets, visit caffelena.org.

Bill Staines

Caffe Lena — Friday, Jan. 24

SARATOGA SPRINGS — Bill Staines will perform at Caffe Lena on Friday, Jan. 24, at 8 p.m.

New Hampshire troubadour Bill Staines has headlined the Caffe Lena stage twice a year since 1967. While our roster grows and flows, Staines is a folk music legend and he serves as an anchor to our heritage. His songs, including "River," "Roseville Fair" and dozens more, have become standards, recorded by artists ranging from Nanci Griffith and Jerry Jeff Walker to Grandpa Jones. Weaving a gentle blend of wit and humor into his performances, Staines intersperses his own songs with traditional tunes, contemporary country ballads and audience participation numbers.

For tickets, visit eventbrite.com.

Caffe Lena is located at 47 Phila St.

LIFESTYLE

Sever the tether

Finding balance in a tech-driven world

It is impossible to dispute the many ways technology has positively affected the world. Tech has made interacting and collaborating with people from all corners of the planet as convenient as conversing with a next door neighbor. Technology also has changed the face of education, making it possible for students from all walks of life to easily access a wealth of information at the click of a button.

For all of its many attributes, technology has its drawbacks as well. One of the notable detriments is the "always on" reality of tech, as well as the ability to become addicted to such instant gratification. Few adults and children can spend more than a few minutes without checking their devices.

According to a report in the Daily Telegraph, on average people are online 24 hours a week, twice as long as 10 years ago. One in five adults spends as much as 40 hours a week online. According to Common Sense Media, teens spend an average of nine hours a day online, compared to about six hours for kids between the ages of eight and 12 and 50 minutes for children eight years old and younger.

Technology also has blurred the lines that distinguish work and personal time. Gone are the days of leaving the office behind when the workday ends in early evening. Today's workers can take work home, work remotely and even check work emails or put in some hours while on vacation. Children, too, can pay a price as a result of engaging with technology. For example, various studies indicate more than half of adolescents and teens have been bullied online.

These tips may help adults and children regain control and find balance in a tech-driven world.

- **Set strict usage times.** According to Net Nanny, a technology and internet watchdog site, being plugged into devices, on an almost continual basis, directly affects the brain by keeping it in a state of constant stimulation. This can make it difficult for the brain to get the downtime it needs to recharge. Limit hours of screen time, and wind down at least an hour or so before bed.
- **Put devices on silent.** If you or your children cannot resist the lure of devices, set them on silent or put them out of sight and out of reach at key times during the day.
- **Beef up in-person socialization.** Instead of texting or emailing, speak with friends, family and coworkers in person.
- **Increase exercise.** Time spent outdoors away from computers or other devices can be beneficial to the mind and body.
- **Find alternative solutions.** Rather than running an internet search every time you have a question, look up answers in a book, travel to learn about new things, experience new hobbies, and immerse yourself in the physical world with renewed vigor.

Tech has changed the world, but it doesn't have to consume people's daily lives. With some mindfulness, individuals can find the right balance.

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A	R	I	S	E	S					K	I	E	V		
R	M	A		P	A	R			S	H	F		A	A	R
C	O	N	S		C	A	C	T	I		S	R	N	A	
A	R	S	O	N		P	I	A		S	A	D	A	T	
S	I		C	O	R	I	A	N	D	E	R		L	A	
M	E	G	A	T	O	N			C	A	I	S	S	O	N
	S	E	S	A	M	E			H	O	S	I	N	G	

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BLUEGRASS ON A RAP TIP

Music fans flocked to the GE Theatre at Proctors on Friday, Jan. 10 to see Gangstagrass perform an amazing hybrid of bluegrass and rap; complete with banjos, fiddles hip hop and the magic of prose.

Michael Hollisey / The Spot 518



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