

THE Spotlight

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February 12 -February 18, 2020

Inside This Issue:

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



NEWS

Town declares eminent domain

Landowner blocked town's access to Selkirk Wellfield.

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The shape of things to come

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TOP STORY

Helping Australia

RCS community pools together to help Australia after record bushfires

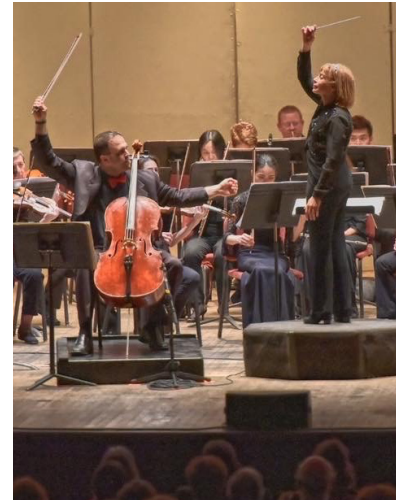
By **DIEGO CAGARA**
cagarad@spotlightnews.com

RAVENA — Ravena-Coeymans-Selkirk students, teachers and senior residents have been working together on two different initiatives to help support Australia in its battle against uncontrolled bushfires.

The fires began in June 2019 and have reportedly burned 72,000 square miles, destroyed 5,900 buildings, and killed at least one billion animals and 34 people. The country's tourism industry, air quality and economy have also been devastated.

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ENTERTAINMENT



What is love?

Renowned conductor JoAnn Falletta will lead Albany Symphony on Friday.

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SPORTS



Who has spirit?

Local cheer squads pitted their skills against one another last weekend.

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■ POLICE

Fatal crash

BETHLEHEM — A 44-year-old Syracuse woman was killed in a car crash on Monday morning, Feb. 10 on Interstate-87 southbound in Bethlehem.

According to New York State Police, the victim, Dakisha Brown, was driving a 2012 Kia Sedona when it drove off the the right shoulder for an unknown reason. It struck an earth embankment, turned over several times, went through a right-of-way fence and came to stop.

Brown was pronounced dead by the Albany County Coroner before she was transported to Ellis Hospital. State Police troopers, Bethlehem Fire Department, local EMS, Thruway maintenance and traffic safety responded to the scene at around 7:45 a.m. State Police are still investigating the crash.

Host of charges

GLENMONT — A 17-year-old Albany teen was arrested on a host of charges on Friday, Jan. 31, at 3:20 p.m.

According to police reports, My-Unique Destiny Mcqueen was involved in an incident at the Glenmont Marshalls store on 388 Feura Bush Road on Sept. 28, 2019. She responded to the Bethlehem Police Department due to an active arrest warrant, where she was processed and arraigned. She will return to the Bethlehem Town Court on Tuesday, Feb. 18 at 4 p.m. Mcqueen was charged with forgery, petit larceny and conspiracy.

Grand larceny

GLENMONT — A 28-year-old Catskill woman was arrested on grand larceny on Monday, Jan. 27, at 11:11 a.m.

According to police reports, Alicia Mary Kolonoski-Robinson was involved in an incident on Nov. 6, 2019 on 384 Bender Lane in Glenmont. She was arrested, taken into custody and processed at the Bethlehem Police Department.

Kolonoski-Robinson was charged with a grand larceny felony and scheduled to return to the Bethlehem Town Court on Tuesday, Feb. 4, at 5:30 p.m.

■ TOWN GOVERNMENT

Town takes action on land

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

BETHLEHEM — Town Hall has locked horns with the family who owns land on Poplar Island, exercising eminent domain in an effort to preserve access to a vital portion of its water infrastructure.

Last December, the town seized approximately seven acres of land where it established the Selkirk Wellfield off Dinmore Road. The New York Supreme Court will next evaluate the town's claim for full ownership. If the court agrees, each side will present its case to settle the land's worth.

Town Supervisor David VanLuven described an amicable relationship with the previous landowner who had leased it to the town since the the mid-90s.

The agreement allowed the town to access a wellfield that supplies a portion of the town's water. But the agreement appeared to deteriorate two summers ago after Daniel and Donna Ratner purchased the land.

VanLuven stated the town had started to discuss "securing permanent rights" to the wells in 2018.

Those talks failed, VanLuven said, after the town was issued a notice of trespass and was directed to speak with the Ratners' lawyer.

Dan Biersdorf, the landowners' lawyer, told WTEN his client's only argument is over the value of the land.

According to town records, the Ratners had quoted a \$400,000 asking price for the stretch of land that abuts the west bank of the Hudson River. The asking price reportedly far exceeds the town's expectation. The town has the land assessed at \$7,616.

Last February, VanLuven said the appraised fair market value was \$36,675.

"I am extremely disappointed that the landowner is refusing to talk to us," VanLuven said last February, as the situation dissolved to the point that the town first sought to take the land. "I come from the land-conservation world, so eminent domain are two of the filthiest words in my dictionary. But as much as I dislike the situation, we cannot play games with a public water supply that serves more than 11,600 residents and businesses and 1,670 fire hydrants. This is a critical public need, and one that had been

in place for about a decade before the new landowner even purchased the property."

Town records state the land has been under a permanent land conservation easement since 2011, restricting future development on the land.

Since 2005, the land has housed five drinking water wells. That water is treated at the Clapper Road water plant just north of the field.

The Selkirk Wellfield is one of four major sources that draws approximately 1.6 billion gallons of water each year. The town also receives water from the Vly Creek Reservoir and New Scotland Wellfield, and purchases water from the City of Albany, which comes from the Alcove Reservoir in the Town of Coeymans.

The act to seize the land came nearly a year after the town passed a resolution to proceed with eminent domain.

"As we have been through this entire process," stated VanLuven, "we are committed to paying the full market value for the property so that we, and the landowner, can move on."

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■ EDUCATION

Bethlehem Central capital project update

Renovations still underway to improve district facilities

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

BETHLEHEM — While work on the Bethlehem Central School District’s \$32 million Capital Improvement Project is set to finish this fall, several major projects have already been completed.

The capital project, approved by voters in 2016, seeks to improve the district’s schools regarding security upgrades, select windows improvement, office space and select classroom renovations, electrical and plumbing work, more ADA-compliant restrooms, new drainage, adding parking spaces and more.

Gregg Nolte, the district’s director of facilities and operations, and JoEllen Gardner, who handles communications, gave Spotlight News a private tour of the high school on Wednesday, Jan. 22, highlighting the capital project’s progress.

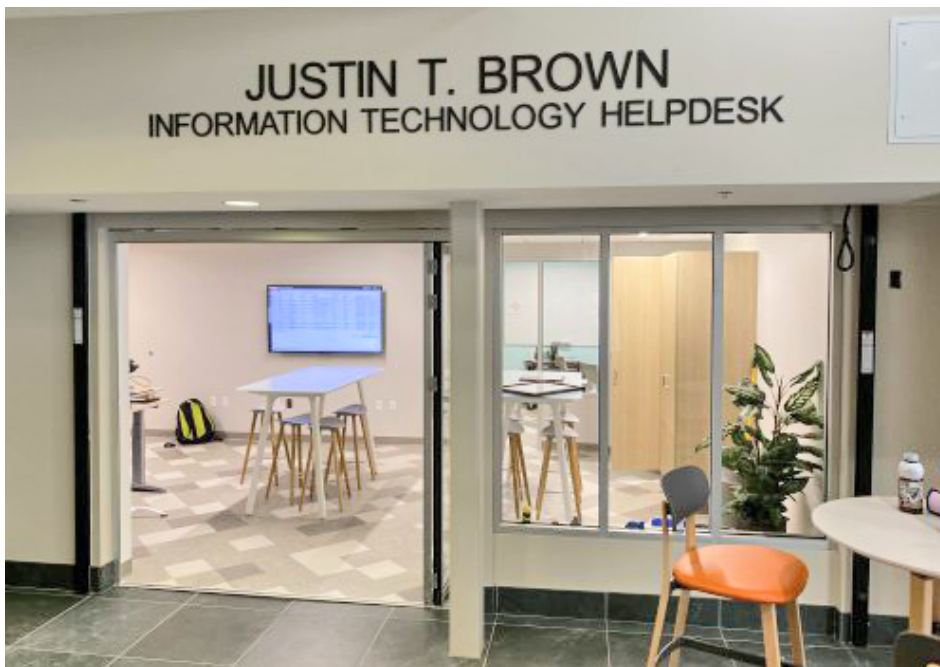
The improved high school swimming pool area had opened in early September 2019 before classes began. Redone to promote the school district’s black and orange color scheme, the pool retains its original depth of at least four feet as well as its accompanying bleachers. Improvements include new filters, color-coordinated

“The district held a memorial service in the fall of 2018 to celebrate [teacher] Justin [T. Brown]’s life and his impact on BC. ... More than a year later, the Justin T. Brown Information Technology Helpdesk now has a new permanent home, one that we hope he would be proud of.”

— Jody Monroe, Bethlehem Central School District superintendent

tiles and pumps. Nolte said the pool had been anticipated to open by mid-August but workers discovered that its old pipes and drainage needed to be fixed as well.

The high school’s auditorium, originally erected in 1952, is among the capital project’s biggest works and is set to open this June. As of late January, the space looked almost unrecognizable as there were many temporary metallic beams, wooden supportive planks suspended above, dusty ladders standing throughout and construction workers hauling equipment around. Nolte explained that the



Named in honor of a late Bethlehem Central teacher, the high school’s new student helpdesk, above, is the latest item completed as part of the district’s ongoing \$32 million Bethlehem Central School District capital project.

auditorium’s stage area is set to be raised to 25 feet and its proscenium will be widened to allow more space for users and theater productions.

The auditorium will also have renovated interior seating, new air-conditioning, be ADA-compliant, have a new production/director booth and improved acoustical ceiling and walls, which includes so-called white or grey “river rocks” being suspended from above.

The river rocks appear to be large almost-circular-like panels, inspired by rocks found at the Hudson River, according to Nolte. “A lot of the design revolved around the founding of Bethlehem which had a lot of influence from the Hudson River,”

he added. “These rocks above us will help with the sound and acoustics in the auditorium; some collect and some absorb.” During the tour, the river rocks were not yet completed but their skeletal-like structure are being installed.

A redesigned entrance will also require a user to open the entrance door from the main hallway outside; they would briefly walk straight and then make a left/right turn before actually reaching the auditorium itself. “Before this [capital] project, if a talking person or some light is right out in the hallway, people could see the light or hear the person talking from inside the auditorium,” Nolte said. “The new design is going

to block any outside light from getting in and you won’t hear as many sounds from outside. In turn, you wouldn’t hear stuff going on in the auditorium if you’re right out in the hallway.”

The high school’s Library Media Center was another area highlighted in the capital project.

Set to reopen soon, it has already been repainted in white, orange, yellow and turquoise to offer a more youthful glow but furniture, electronics and books have yet to be fully moved in. It will also feature a Makerspace studio space and a separate classroom for students and faculty.

Nolte noted a long-running orange ribbon design, which stretches across the LMC’s various

ceilings, as a prominent feature as well as how many walls have a wavy and fluid-like design.

“I think the soft lines throughout are meant to give off a calming effect to people,” Gardner said. Nolte said it makes the LMC look more modern and inviting, accompanied with how windows have been reworked to allow more natural light inside.

Since the LMC has been closed this past year, the high school converted a classroom — room B122 — into a temporary library space with select book collections, shelves and computers. Nolte said the temporary library would be converted into a conference meeting room after the LMC opens.

Nolte also showed how the Justin T. Brown Student Information Technology HelpDesk — run by 20 student interns and a few district technicians to offer assistance with electronics — has been moved from a dark room within the LMC to having a slightly bigger space and different layout beside the LMC’s entrance. “It’s going to be more inviting and accessible to students as opposed to having to previously walk into the LMC and find it,” he said, showcasing how the new Student Help Desk has its own entrance door that faces out to the main hallway outside.

The new helpdesk opened the week of Jan. 30 and is named after

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■ COMMUNITY

Guilderland to honor its hometown heroes

Calling all local veterans and those on active duty again

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

GUILDERLAND — The deadline to sponsor a Hometown Hero Banner, an initiative by the town and Chamber of Commerce to honor veterans and active duty servicemen, is March 9.

In its third year now, the Hometown Heroes Banner Project honors any current or former Guilderland, Altamont, Berne, Knox or Westerlo resident who has served or is now in the U.S. Armed Forces or National Guard, or military veteran who was honorably discharged — the person can be living or deceased.

Banners each bearing the individual's name, rank, photograph, area of service and years served



Dozens of local veterans and active military personnel have been honored with banners, like above, since the town of Guilderland and its chamber of commerce began the Hometown Heroes Banner Project three years ago.

will be unveiled across Guilderland, including Tawasentha Park and Town Hall.

Any interested individual, family, business or organization would pay \$150 to sponsor a banner. If

one does not know a local veteran or service person, the town and chamber can connect them with an eligible individual.

Danielle Walsh, the chamber's executive director, said its former

Guilderland Chamber of Commerce

president, Michelle Viola-Straight, started the project three years ago because she was very passionate about veterans and military affairs, and she has two sons in the military.

Carol Van Valkenburgh,

the chamber's membership associate, said members of her own family have served on duty, including her nephew who is an Army Ranger and her uncle who was in World War II. She said the project has since been a great collaboration with the town of Guilderland, appreciating how Town Supervisor Peter Barber was supportive since the beginning.

"We want to recognize the veterans and also their families and it's been a commitment to defend our country," Barber said. "Many people also served decades ago and it's great that this project doesn't just honor those living now. It's been a collective period of service over time."

In 2018, 29 banners were put up at Tawasentha Park and the public library's parking lot on poles the town already owns; in 2019, 17 banners were displayed. Whenever banners were first unveiled, there was

"I still think there's people that should be honored that haven't had a banner done for them so I think there's a lot more veterans out there who deserve the recognition."

— Carol VanValkenburgh, Guilderland Chamber of Commerce membership associate

a ceremony in late spring or early summer that the honored veteran, their family and friends, and the public attended.

"People greatly

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■ HIGH SCHOOL SPORTS

The Eagles and Dutch at the Raider Rumble

COLONIE — Bethlehem cheerleaders took home first place in the Large Varsity Division I of the Raider Rumble on Saturday, Feb. 8.

Forty-seven teams from across Section 2, including Guilderland, competed in the day-long event that featured a youth division and an exhibition by the Siena College Dance Team

Other high school winners are:

- Small Varsity Division 2: Mohonasen
- Small Varsity Division 1: Shaker
- Large Varsity Division 1: Bethlehem
- Large Varsity Division 2: Averill Park
- Coed: Saratoga
- Highest Score: Mohonasen

Check out our website for more photos of the competition.



■ BUSINESS

Macy's to close underperforming stores

Crossgates Mall store may be safe but Colonie Center's remains unknown

By MICHAEL HALLISEY
halliseym@spotlightnews.com

ALBANY — Questions loom over the fate of the area's two Macy's department stores after its corporate office announced it will close more than 100 underperforming stores within the next three years.

The nation's largest department store chain announced Tuesday, Feb. 4, a three-year plan to stabilize and grow profits. That strategy will involve shuttering 125 shopping mall stores and closing its San Francisco, downtown Cincinnati and Lorain, Ohio offices.

Jeff Gennette, chairman and CEO of Macy's, Inc., said the company will work to "lower cost" and "reduce duplicative work" over the next three years.

"This will be a tough week for our team as we say goodbye to great colleagues and good



The flagship Macy's department store on Herald Square in Manhattan has long exemplified the company's success but over 100 stores were found to be underperforming in recent years.

Macy's, Inc.

friends," Gennette said in a company statement. "The changes we are making are deep and impact every area of the business, but they are necessary. I know we will come out of this transition stronger, more agile and better fit to compete in today's retail environment."

Macy's has built a retail empire since opening its first storefront in New York City more than 160 years ago. It has erected stores or acquired smaller regional chains over the years, taking over such names as Filene's in 2005, Jordan Marsh in 1996 and several more along the way. Today, the

brand that currently includes Bloomingdale's boasts 842 locations.

The store chain's recent announcement noticeably referenced a New York dateline instead of Cincinnati. Macy's headquarters will move from Cincinnati, where it has been since 1994, to New York City.

Macy's completed an aggressive evaluation of its fleet of stores, including projected profitability of each location based on consumer trends and demographics. Stores identified as underperforming will be closed. In total, 125 locations are targeted, 30 of which are already in the process of closing. The stores slated to close represent approximately \$1.4 billion in annual sales.

The chain's new strategy addresses four components; strengthening customer relationships, curating quality fashion, accelerating digital growth and optimizing store portfolio. Part of that strategy was unveiled at Crossgates Mall last August.

The Crossgates Mall anchor

store went through a noticeable change last year as it prepared to open its newest Macy's Backstage. The 14,500-square-foot area within the store's first floor offers discount products, many of which line the aisle leading up to a cash register.

"Our customers expect convenience and a tailored experience across all channels," Gennette stated. "The more convenient, brand-right touchpoints we have, the greater loyalty and engagement we engender. This will enable us to grow with the next generation of American shoppers."

Gennette's announcement called the success of Macy's Backstage as one of the chain's "highlights." The company plans to open an additional 50 Backstage store-within-store locations this year with an additional seven freestanding, off-mall Backstage stores.

Citing Macy's Backstage as a success may quell fears of the Crossgates Mall location closing, but that still leaves the question

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LEGALS**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

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

Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a Public Hearing on Wednesday, February 19, 2020 at 6:00 PM, at the Town Offices, 445 Delaware Avenue, Delmar, New York, to take action on an application submitted by James Googas for an Area Variance located at 12 Googas Road, Slingerlands. The Applicant is proposing an addition that does not meet the lot occupancy requirements under the Towns Zoning Code Article V, Section 128-27 A. David Devaprasad Chairman Board of Appeals D-240073

NOTICE OF LLC FORMATION

133-01 ROCKAWAY BLVD REALTY 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, 150-39 128th Street, Jamaica, NY 11420. Purpose: Any lawful purpose. D-238352

NOTICE OF LLC FORMATION

160th STREET JAMAICA LLC. Arts. of Org. filed with the SSNY on 01/15/20. 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, 158 W. 15th Street, Apartment 2D, New York, NY 10011. Purpose: Any lawful purpose. D-240048

NOTICE OF LLC FORMATION

171 GATES AVENUE LLC. Arts. of Org. filed with the SSNY on 11/12/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 171 Gates Avenue, Brooklyn, NY 11238. Purpose: Any lawful purpose. D-238860

NOTICE OF LLC FORMATION

175W127E LLC. Arts. of Org. filed with the SSNY on 02/03/20. 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, 174 E. 74th Street, Apartment 9D, New York, NY 10021. Purpose: Any lawful purpose. D-239847

NOTICE OF LLC FORMATION

25-21 STEINWAY REALTY LLC. Arts. of Org. filed with the SSNY on 01/16/20. 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 Nijazija Mrkulic, 25-21 Steinway Street, Astoria, NY 11103. Purpose: Any lawful purpose. D-238851

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 MANAGER, LLC. Arts. of Org. filed with the SSNY on 01/31/20. 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 Law Offices of Katz & Matz, P.C., 1350 Avenue of the Americas, 3rd Floor, New York, NY 10019. Purpose: Any lawful purpose. D-239744

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

Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a Public Hearing on Wednesday, February 19, 2020 at 6:00 PM, at the Town Offices, 445 Delaware Avenue, Delmar, New York, to take action on an application submitted by Bohler Engineering on behalf of Silver Lining Development LLC for Area Variance(s) located at 294 Route 9W, Glenmont. The Applicant is proposing to redevelop the site to include a market, retail with remote (ATM), restaurant with drive-through, freestanding signs and parking that does not comply with the requirements of the Towns Zoning Code under the following sections: Article XIII, Use and Area Schedules, Section 128-100, Schedule of Area, Yard and Bulk Requirements, A.; Article VI, Supplementary Regulations, Section 128-59, Signs. G. Signs in the R, and C Districts (1); Article VI, Supplementary Regulations, Section 128-56, Off-street parking and loading, F & Section 128-56, Off-street park-

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ing and loading, G; Section 128-56, Off-street parking and loading, K. David Devaprasad Chairman Board of Appeals D-240075

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

346 BUTLER LLC. Arts. of Org. filed with the SSNY on 01/29/20. 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, 80 4th Street, Brooklyn, NY 11231. Purpose: Any lawful purpose. D-239589

NOTICE OF LLC FORMATION

346 UNION STREET LLC. Arts. of Org. filed with the SSNY on 01/16/20. 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 Sahin Cetinkaya, 116 Second Place, Brooklyn, NY 11231. Purpose: Any lawful purpose. D-239258

NOTICE OF LLC FORMATION

4085 VICTORY LLC. Arts. of Org. filed with the SSNY on 01/24/20. 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, 398 Manor Road, Staten Island, NY 10314. Purpose: Any lawful purpose. D-239306

NOTICE OF LLC FORMATION

422 EAST 72nd STREET GARAGE LLC. Arts. of Org. filed with the SSNY on 01/27/20. 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, 10 East 33rd Street, 11th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-239369

LEGALS**NOTICE OF LLC FORMATION**

4310 8 AVE LLC. Arts. of Org. filed with the SSNY on 01/16/20. 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, 218 Grand Street, #27, New York, NY 10013. Purpose: Any lawful purpose. D-238852

NOTICE OF LLC FORMATION

437 JJ & J ASSOCIATES, LLC. Arts. of Org. filed with the SSNY on 02/04/20. 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, 459 6th Avenue, Brooklyn, NY 11215. Purpose: Any lawful purpose. D-240016

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

587-91 THIRD RETAIL LLC. App. for Auth. filed with the SSNY on 01/27/20. Originally filed with Secretary of State of Delaware on 01/22/20. 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, 161 Chrystie Street, 2nd Floor, New York, NY 10002. Purpose: Any lawful purpose. D-239353

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

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 Bari Lepelstat, 323 Flatbush Avenue, Brooklyn, NY 11217. Purpose: Any lawful purpose. D-237703

LEGALS**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

AGRUSA REALTY HOLDINGS, LLC. Arts. of Org. filed with the SSNY on 01/10/20. 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, 42-31 157th Street, Flushing, NY 11355. Purpose: Any lawful purpose. D-238606

NOTICE OF LLC FORMATION

ALTA EDITORIAL LLC. Arts. of Org. filed with the SSNY on 01/28/20. 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, 155 Eckford Street, 1R, Brooklyn, NY 11222. Purpose: Any lawful purpose. D-239502

NOTICE OF LLC FORMATION

ARGENTUM OBLINIT LLC. Arts. of Org. filed with the SSNY on 02/04/20. 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, 150 Broadway, Suite 1703, New York, NY 10038. Purpose: Any lawful purpose. D-240010

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

BIGWR LLC. Arts. of Org. filed with the SSNY on 11/12/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 632 Broadway, Ste. 601, New York, NY 10012. Purpose: Any lawful purpose. D-238314

NOTICE OF LLC FORMATION

BOBO'S CRAB SHACK LLC. Arts. of Org. filed with the SSNY on 02/04/20. Office: Albany County. SSNY designated as agent of the LLC

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upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 2096 Starling Avenue, Bronx, NY 10462. Purpose: Any lawful purpose. D-240011

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

CALLA DAWN COLOR, LLC. Arts. of Org. filed with the SSNY on 01/24/20. 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, 113 1st Place, #4, Brooklyn, NY 11231. Purpose: Any lawful purpose. D-239303

NOTICE OF LLC FORMATION

CHALLENGER TELECOM, LLC. Arts. of Org. filed with the SSNY on 01/17/20. 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, 464 Tysens Lane, Staten Island, NY 10306-4242. Purpose: Any lawful purpose. D-239693

NOTICE OF LLC FORMATION

CHOCOLATE PICTURES LLC. Arts. of Org. filed with the SSNY on 02/04/20. 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 Benjamin Shweky, 2309 East 21st Street, Brooklyn, NY 11229. Purpose: Any lawful purpose. D-240013

NOTICE OF PLLC FORMATION

CHRISTOPHER SILARD DMD PLLC. Arts. of Org. filed with the SSNY on 01/17/20. 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, 320 W. 38th Street, Apartment #2330, New York, NY 10018. Purpose: For the practice of the profession of Dentistry. D-238948

NOTICE OF LLC FORMATION

CORNWALL PARTNERS, LLC. App. for Auth. filed with the SSNY on 02/04/20 under the fictitious name CORNWALL PARTNERS NY, LLC. Originally filed with Secretary of State of Delaware on 02/15/2006. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 632 Broadway, Ste. 601, New York, NY 10012. Purpose: Any lawful purpose. D-238314

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served. SSNY shall mail copy of process to the LLC, c/o Integrated Management Solutions USA LLC, 39 Broadway, Suite 3300, New York, NY 10006. Purpose: Any lawful purpose. D-240009

NOTICE OF LLC FORMATION

COUSU MAIN LLC. Arts. of Org. filed with the SSNY on 02/05/20. 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, 600 West 133rd Street, Apartment 3I New York, NY 10027. Purpose: Any lawful purpose. D-240091

NOTICE OF PLLC FORMATION

DAVID M GOLDBERG DDS PLLC. Arts. of Org. filed with the SSNY on 10/15/20. 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, 247-06 Union Turnpike, Bellerose, NY 11426. Purpose: For the practice of the profession of Dentistry. D-238656

NOTICE OF LLC FORMATION

DESIGN AND CREATE LLC. Arts. of Org. filed with the SSNY on 01/22/20. 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, 83-07 32nd Avenue, East Elmhurst, NY 11370. Purpose: Any lawful purpose. D-239127

NOTICE OF LLC FORMATION

DOG GROOMING BY ANDREA LLC. Arts. of Org. filed with the SSNY on 01/23/20. 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, 59-68 69th Street, Maspeth, NY 11378. Purpose: Any lawful purpose. D-239210

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

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

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DUJAMU PACIFIC, LLC. Arts. of Org. filed with the SSNY on 01/28/20. 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, 104 Avenue B, New York, NY 10009. Purpose: Any lawful purpose. D-239503

NOTICE OF LLC FORMATION

DYNAMIC HR SOLUTIONS 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, c/o Elliot Weinstein, 75-25 153rd Street, #909, Flushing, NY 11367. Purpose: Any lawful purpose. D-239255

NOTICE OF LLC FORMATION

ECWC LLC. Arts. of Org. filed with the SSNY on 01/31/20. 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 Howard Altman, Grant Tani, Barash & Altman, 9100 Wilshire Boulevard, 1000W, Beverly Hills, CA 90212. Purpose: Any lawful purpose. D-239740

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

ELBE CONSTRUCTION, LLC. Arts. of Org. filed with the SSNY on 01/23/20. 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 Muhammad A. Mahmood, 565 Liberty Avenue, Brooklyn, NY 11207. Purpose: Any lawful purpose. D-239211

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

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NOTICE OF LLC FORMATION

FORDHAM-WEBSTER ASSOCIATES, LLC. Arts. of Org. filed with the SSNY on 03/21/08. Office: Albany County. 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 Transworld Equities, 122 East 42nd Street, Suite 4705, New York, NY 10168. Purpose: Any lawful purpose. D-239370

NOTICE OF LLC FORMATION

FULHAM BROADWAY GROUP LLC. Arts. of Org. filed with the SSNY on 01/22/20. 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, 1215 McKee Street, Yorktown Heights, NY 10598. Purpose: Any lawful purpose. D-239128

NOTICE OF LLC FORMATION

GJ PLUMBING LLC. Arts. of Org. filed with the SSNY on 05/24/19. 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, 4419 Third Avenue, Suite 4A, Bronx, NY 10457. Purpose: Any lawful purpose. D-239256

NOTICE OF LLC FORMATION

GO TAKE A HIKE DOG WALKING LLC. Arts. of Org. filed with the SSNY on 01/15/20. 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 Elizabeth Dalesandro, 18 Pierce Drive, Pleasantville, NY 10570. Purpose: Any lawful purpose. D-239339

NOTICE OF LLC FORMATION

GOLDEN SHEPHERD REAL ESTATE LLC. Arts. of Org. filed with the SSNY on 01/22/20. 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, 301 West 57th Street, #18D, New York, NY 10019. Purpose: Any lawful purpose. D-239129

NOTICE OF LLC FORMATION

HAB STUDIO LLC. Arts. of Org. filed with the SSNY on 01/22/20. 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 Aaron Boehlert, 894 Union Street, Apartment 3, Brooklyn, NY 11215. Purpose: Any lawful purpose. D-240047

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NOTICE OF LLC FORMATION

HAMMERFIST 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, 465 West 23rd Street, Unit 12G, New York, NY 10011. Purpose: Any lawful purpose. D-238859

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 OF LLC FORMATION

HKST LLC. Arts. of Org. filed with the SSNY on 01/16/20. 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, 95 Horatio Street, Unit 67, New York, NY 10014. Purpose: Any lawful purpose. D-238847

NOTICE OF LLC FORMATION

J & I SHIBALA LLC. Arts. of Org. filed with the SSNY on 12/26/19. 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 Corporation Service Company, 80 State Street, Albany, NY 12207. Purpose: Any lawful purpose. D-239696

NOTICE OF LLC FORMATION

JAZ409 LLC. Arts. of Org. filed with the SSNY on 01/24/20. 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, 409 Union Street, Brooklyn, NY 11231. Purpose: Any lawful purpose. D-239304

NOTICE OF LLC FORMATION

JCNR EQUITIES LLC. Arts. of Org. filed with the SSNY on 01/16/20. 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, 291 Lincoln Avenue, New Rochelle, NY 10801. Purpose: Any lawful purpose. D-238848

NOTICE OF LLC FORMATION

JIRS 1024-2ND AVE REALTY LLC. Arts. of Org. filed with the SSNY on 01/23/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of

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process to the LLC, 17-01 Prospect Avenue, Fair Lawn, NJ 07410. Purpose: Any lawful purpose. D-239123

NOTICE OF LLC FORMATION

JMBG, LLC. Arts. of Org. filed with the SSNY on 01/21/20. 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, 101 Morsemer Avenue, Yonkers, NY 10703. Purpose: Any lawful purpose. D-239259

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

JURIEL LLC. Arts. of Org. filed with the SSNY on 10/08/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Corporation Service Company, 80 State Street, Albany, NY 12207. Purpose: Any lawful purpose. D-239696

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

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Street, Suite 305, Jacksonville, FL 32204. Purpose: Any lawful purpose. D-237776

NOTICE OF LLC FORMATION

LEADERSHIP ASPECTS, LLC. Arts. of Org. filed with the SSNY on 02/04/20. 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, 75-08 184th Street, Fresh Meadows, NY 11366. Purpose: Any lawful purpose. D-240014

NOTICE OF LLC FORMATION

LITTLE HOUSE PROPERTIES LLC. Arts. of Org. filed with the SSNY on 01/13/20. 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, 279 13th Street, Brooklyn, NY 11215. Purpose: Any lawful purpose. D-238380

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

LUCKNAUTH PROPERTIES, LLC. Arts. of Org. filed with the SSNY on 01/27/20. 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, 95-13 109th Street, South Richmond Hill, NY 11419. Purpose: Any lawful purpose. D-239354

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

M & H HOLDINGS LLC. Arts. of Org. filed with the SSNY on 01/13/20. 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, 106-28 157th Street, Jamaica, NY 11433. Purpose: Any lawful purpose. D-239257

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NOTICE OF LLC FORMATION

M.C.J.M., LLC. Arts. of Org. filed with the SSNY on 01/27/20. 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, 26 Crobeck Court, Brooklyn, NY 11223. Purpose: Any lawful purpose. D-239697

NOTICE OF LLC FORMATION

MACNAIR LACTATION, LLC. Arts. of Org. filed with the SSNY on 01/23/20. 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, 302 Lincoln Road, Apartment 2R, Brooklyn, NY 11225. Purpose: Any lawful purpose. D-239215

NOTICE OF LLC FORMATION

MADAROS REALTY LLC. Arts. of Org. filed with the SSNY on 01/16/20. 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 East 46th Street, Suite 1300, New York, NY 10017. Purpose: For the practice of the profession of Dentistry. D-239741

NOTICE OF LLC FORMATION

MARKI CREATIONS, LLC. Arts. of Org. filed with the SSNY on 01/23/20. 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, 935 Rocky Point Road, East Marion, NY 11939. Purpose: Any lawful purpose. D-239217

NOTICE OF LLC FORMATION

MICHAEL LENCHNER HOLDING 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, 104-20 Queens Boulevard, Professional Apartment 1-L, Forest Hills, NY 11375. Purpose: Any lawful purpose. D-238379

NOTICE OF LLC FORMATION

MINDWORX 17TH, LLC. Arts. of Org. filed with the SSNY on 01/23/20. 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, 2 Baron Place, Rye, NY 10580. Purpose: Any lawful purpose. D-239218

NOTICE OF LLC FORMATION

MMP CITY ISLAND AVE LLC. Arts. of Org. filed with the SSNY on 01/27/20. Office: Albany County. SSNY designated as agent of the LLC

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upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 240 City Island Avenue, Bronx, NY 10464. Purpose: Any lawful purpose. D-239355

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

NAILA MANJI DDS PLLC. Arts. of Org. filed with the SSNY on 01/31/20. 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 LLC, 20 East 46th Street, Suite 1300, New York, NY 10017. Purpose: For the practice of the profession of Dentistry. D-239741

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

NOLATTS, LLC. Arts. of Org. filed with the SSNY on 01/28/20. 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, 70 Charlton Street, Apartment 15C, New York, NY 10014. Purpose: Any lawful purpose. D-239504

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

OBSERVED 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

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West 43rd Street, 12th Floor, New York, NY 10036. Purpose: Any lawful purpose. D-237729

NOTICE OF LLC FORMATION

OLDHAM PROPERTIES LLC. Arts. of Org. filed with the SSNY on 02/05/20. 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, 29 W. 36th Street, Suite 1100, New York, NY 10018. Purpose: Any lawful purpose. D-240092

NOTICE OF LLC FORMATION

OUR NEW ADVENTURE LLC. Arts. of Org. filed with the SSNY on 01/28/20. 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 Gordon & Petkos LLP, 1790 Broadway, Suite 710, New York, NY 10019. Purpose: Any lawful purpose. D-239505

NOTICE OF LLC FORMATION

OxyGenesis 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, 1200 Waters Place, Suite 105, Bronx, NY 10461. Purpose: Any lawful purpose. D-238181

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, Bay-side, NY 11361. Purpose: For the practice of the profession of Medicine. D-237809

NOTICE OF LLC FORMATION

POTTER DIAGNOSTICS AND ALIGNMENTS, LLC. Arts. of Org. filed with the SSNY on 01/29/20. 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 Martin Goldsmith, 74 Potter Avenue, New Rochelle, NY 10801. Purpose: Any lawful purpose. D-239588

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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

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 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

REHFUSS LACROSSE, LLC. Arts. of Org. filed with the SSNY on 01/23/20. 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, 3 Carriage Hill Drive, Latham, NY 12110. Purpose: Any lawful purpose. D-239232

NOTICE TO BIDDERS

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for Rental of Portable Toilets. Bids will be received up to 11:00am, March 5, 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 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

From page 1 ... Helping Australia

The A.W. Becker Elementary School Council raised \$400 with a coin drop since last month, with all proceeds benefiting the Australia Wildfire Fund. Principal Debra Neubart said she sent a letter to students' homes on Jan. 13 regarding the ongoing Australian bushfires and the school's planned fundraising campaign. The coin-drop container is at the school's main office which also accepts donations in envelopes.

While this campaign concludes later this month, Neubart said, "Everyone has been very generous so far and if anyone still wants to contribute, we are still accepting donations." She added that some of the donations have been sent to the fund on the week of Feb. 2 and the next submission will be during the week of Feb. 16.

The aforementioned Jan. 13 letter also included a template for students to each draw and color a koala in support of Australia and to raise awareness of what's happening there. Around 150 students designed

their own koalas, which are posted as a giant mural in the school's main lobby.

Neubart said the school council's president was the one who brainstormed with her last month to find ways for the school to contribute to Australia's battle with its bushfires.

"She was passionate about doing something and I wanted to do something too," Neubart said. "She wanted something related to koalas and we didn't have to only donate to show support for the koalas. The koala mural will stay up until probably March."

Neubart said she first heard about the Australian bushfires in the news and felt a personal connection because she has extended family there and she has visited the country before.

"I spent several months touring the country and my extended family is okay," she said. "But it was quite devastating to hear."

"Everyone has been very generous and the students have been very passionate in wanting to learn more about the efforts in Australia and how they



Photo provided

could help," she said.

For more information, visit www.rcscsd.org/aw-becker-students-build-support-for-australia-wildlife-fund.

Joey Pouches

Also since last month, 15 RCS middle school and five high school students worked with six senior residents at the Van Allen Senior Apartments in

Glenmont to make around 125 Joey Pouches in response to the Australian bushfires.

According to the district's website, the Joey Pouches "are designed to protect and offer comfort to animals that were impacted by the crisis," inspired by joeys being nurtured inside their kangaroo mothers' pouches. There has been an international call from

Australia for people to make and donate Joey Pouches that mimic real-life kangaroo pouches; they will not just serve orphaned joeys but also other small affected animals like koalas.

Erin Sawyer, a middle school social studies teacher, said she and a colleague, Daria Carusone, run the STARS intergen program with Linda Bruno who heads it. The program connects RCS students with the aforementioned seniors so different generations can learn about one another through projects like teaching seniors how to use technology. When they learned that Joey Pouches are in demand in Australia, they decided to make it a project for their students and the participating seniors.

Sawyer said there was an online pre-made template for Joey Pouches so she, Carusone and Bruno bought the fabrics needed for the students and seniors.

"It was really cool to see them working together for a common cause, especially in terms of sewing because that's usually something teens and pre-teens don't have on their minds today," Sawyer said. "There was

some difficulty with the template initially and some mistakes were made cutting it. But some students stepped up and created like an assembly line to get the work done."

Sawyer added that the project was beneficial to the students because "when you're anywhere between 12 and 17 years old, it's easy to think about your own personal world. But this was an opportunity for them to care about something outside their community that has a true global impact. The kids were very excited."

Sawyer said the 125 Joey Pouches were recently sent off to Australia and the students also have been working on presentations to show the seniors about what they have learned about Australia.

"The students were surprised when we showed them just how big Australia is compared to the U.S. after we superimposed the two countries together on a map," she said. "Young people also often associate one or two things with a country and for Australia, it's often kangaroos and koalas. But it's good for them to know there's so much more there."

LEGALS

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 informality in or to reject any or all bids.
BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM
Nancy Moquin
TOWN CLERK
Dated: February 12, 2020
D-240065

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

RUSSO REALTY HOLDINGS, LLC. Arts. of Org. filed with the SSNY on 01/10/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served.

LEGALS

SSNY shall mail copy of process to the LLC, 32-12 155th Street, Flushing, NY 11354. Purpose: Any lawful purpose. D-238607

NOTICE OF LLC FORMATION

SEVEN BUCKS & FIFTY CENTS LLC. Arts. of Org. filed with the SSNY on 01/13/20. 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, 149 Sullivan Street, Unit 1C, New York, NY 10012. Purpose: Any lawful purpose. D-238381

NOTICE OF LLC FORMATION

SILVER PSYCHOLOGICAL SERVICES, PLLC. Arts. of Org. filed with the SSNY on 02/05/20. 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 Basha Silver, Psy.D., 244 Fifth Avenue, Suite 1000, New York, NY 10001. Purpose: For the practice of the profession of Psychology. D-240089

NOTICE OF PLLC FORMATION

SIRIS COOMBS ARCHITECTURE PLLC. Arts. of Org. filed with the SSNY

LEGALS

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 PLLC, 37A 9th Street, #3, Brooklyn, NY 11215. Purpose: For the practice of the profession of Architecture. D-238072

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

NOTICE OF LLC FORMATION

STEXX SERVICES LLC. Arts. of Org. filed with the SSNY on 02/04/20. 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 Wylie Stecklow PLLC, 233 Broadway, Suite 820, New York, NY 10279. Purpose: Any lawful purpose. D-240019

LEGALS

NOTICE OF LLC FORMATION

StratFinCo 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, 109 East 2nd Street, #11, New York, NY 10009. Purpose: Any lawful purpose. D-237779

NOTICE OF LLC FORMATION

T & P ZHENG LLC. Arts. of Org. filed with the SSNY on 01/24/20. 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, 25

LEGALS

Columbus Circle, Apartment 60F, New York, NY 10019. Purpose: Any lawful purpose. D-239305

NOTICE OF LLC FORMATION

TEELUCK NY, LLC. Arts. of Org. filed with the SSNY on 12/27/19, 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, 130 East 65th Street, New York, NY 10065. Purpose: Any lawful purpose. D-239698

NOTICE OF LLC FORMATION

TWO YAMS LLC. Arts. of Org. filed with the SSNY on 01/14/20. 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, 184 Kent Avenue, #C103, Brooklyn, NY 11249. Purpose: Any lawful purpose. D-238840

NOTICE OF LLC FORMATION

TZFANYA BROS. 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

LEGALS

may be served. SSNY shall mail copy of process to the LLC, 278 Clinton Street, Brooklyn, NY 11201. Purpose: Any lawful purpose. D-238189

NOTICE OF LLC FORMATION

VILLAGE HEALTH REALITY, 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, 124 East 40th Street, Suite 902, New York, NY 10016. Purpose: Any lawful purpose. D-238139

NOTICE OF LLC FORMATION

WALKER & ROSE LLC. Arts. of Org. filed with the SSNY on 01/10/20. 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, 387 Manhattan Avenue, 3B, Brooklyn, NY 11211. Purpose: Any lawful purpose. D-238401

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

LEGALS

Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a Public Hearing on Wednesday, February 19, 2020 at 6:00 PM, at the Town Offices, 445 Delaware Avenue, Delmar, New York, to take action on an application submitted by Tri Capital Realty LLC. The Applicant is proposing to subdivide a property into three lots with one proposed lot being a flag-pole lot that does not meet the Town zoning requirements under Article VI, Section 128-48 A. (10) Length of flag pole. The variance was previously approved in 2014. The property is located on Wemple Road, Glenmont (Parcel 109-1-36.2). David Devaprasad Chairman Board of Appeals D-240074

NOTICE OF LLC FORMATION

WideWelcome, LLC. Arts. of Org. filed with the SSNY on 01/23/20. 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, 210

LEGALS

West 19th Street, Apartment 6D, New York, NY 10011. Purpose: Any lawful purpose. D-239220

NOTICE OF LLC FORMATION

WILD ANGEL TREATS LLC. Arts. of Org. filed with the SSNY on 01/15/20. 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 Joseph Patrick, 620 West 149th Street, Suite 4E, New York, NY 10031. Purpose: Any lawful purpose. D-238877

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

Valentine's Day at BPL

Experience some library love this Valentine's Day with a pair of programs for the young and young at heart.

On Friday, Feb. 14, at 10 a.m., we're hosting "Sweetest Day" for children up to age 6 with caregiver.

Hear some sweet stories and stay to decorate a sweet treat!

Later that day, enjoy "Isn't It Romantic: Valentine's Day Songs," a concert featuring singers Eric and Linda Braun, along with Richard Nabozny.

They will be performing romantic songs from the Great American Songbook, as well as sing-a-longs and poetry.

The music start at 2 p.m.



Reptile Adventure

Things start out a little wild Monday, Feb. 17, with an educational program from Reptile Adventure featuring live snakes, lizards and turtles. The Capital Region-based Reptile Adventure strives to bring a cheerful and positive approach to educating with reptiles. No hype, tall tales or attempts to frighten the audience — just friendly animals, stranger-than-fiction facts and sensitive, knowledgeable educators. Seating is limited with programs at 10:30 a.m. OR 1:15 p.m.

Little Blue Truck

On Tuesday, Feb. 18, at 10 a.m. join us and our friends from Brightside Up (formerly the Capital District Child Care Council) for "Little Blue Truck: A Sensory Learning Experience." Children up to age 6 and their caregivers can share in the adventure of Little Blue and his animal friends as they work together to rescue a truck stuck in the mud. They will also have a chance to fill and dump in the sensory bin and try rugged truck painting while working as a team.

The Oregon Trail

On Tuesday, Feb. 18, teens in grades 6-12 can prepare to "Pass or Fail on the Oregon Trail" a Breakout EDU program

that is an Escape Room-like adventure where participants solve a series of puzzles that will help them and their friends travel westward on the Oregon Trail. This program requires registration.

Essential oils

On Wednesday, Feb. 19, children and teens ages 9 and up are invited to learn about the properties of a variety of essential oils and make an infused wooden bead necklace or bracelet. The program takes place at 2 p.m., and registration is required.

Stacking boxes

On Thursday, Feb. 20, at 10 a.m., we're building with boxes. Join us as we stack 'em up and see how big our box build can get — like blocks, but bigger. For kids

and families.

Book discussion

Get some reading in during the winter break and stop by the library Thursday, Feb. 20, at 2 p.m. for a family book discussion focusing on Lesa Cline-Ransome's "Finding Langston," a story about a family's move from Alabama to Chicago during the Great Migration.

Help Hansel and Gretel

On Friday, Feb. 21, at 10:30 a.m. we're hosting another Escape-room like adventure, but this time it is for kids in grades 2-5. For our "Breakout EDU: Help Hansel and Gretel," participants will use their code-breaking

skills to help Hansel and Gretel find their way home after visiting the not-so-scary witch. Registration required.

Sunday Cinema

On Sunday, Feb. 16, the library's film series continues with titles suitable for adult audiences. Visit www.bethlehempublib.org for a list of titles. Shown with Subtitling for the Deaf and Hard of Hearing when possible, 1 p.m. Please note new matinee start times.

Friends of the Library meet

New members are welcome on Monday, Feb. 17 at 6:30 p.m.

— Kristen Roberts

Writing as a grieving tool

Distinguished English professor Jeffrey Berman from the University at Albany, will discuss "Teaching and Writing about Grief" on Saturday, Feb. 15 at 2 p.m. He'll address the therapeutic value of writing about love and loss, and the important role grief memoirs can play in the healing process. Please register online, by phone or in person.

GPL Adventures

Our friends from Mad Science will help kids in grades three through five solve a chemical mystery ("che-mystery") on



Thursday, Feb. 13 at 3:30 p.m. We'll explore the wonders of physical and chemical changes and make our own very own super ball. Please register online, by phone or in person.

Clifford

Clifford returns to GPL to celebrate his birthday with us! Join the party with Barbara Lukas from WMHT as we watch a DVD, share fun crafts and get our photos taken with Clifford. This is a family /

all ages event.

Harriet

From her escape from slavery through the dangerous missions she led to liberate hundreds of slaves via the Underground Railroad, the story of heroic abolitionist Harriet

Tubman is depicted in the 2019 movie "Harriet". We're showing this film, rated PG-13, on our big screen Thursday, Feb. 13 at 6:30 p.m. — popcorn

included!

Movie tme

On Wednesday, Feb. 19 at 6:30 p.m., come enjoy a family film on our big screen, popcorn included! In "The Secret Life of Pets 2" (rated PG), Max and his pet friends explore the idyllic farm they now call home while the owner is absent. What unsupervised

Parent and T(w)een Night

On Tuesday, Feb. 18 at 7 p.m., students in grades five through nine and their parent/guardian are invited

for a fun night out together for our new monthly Parent & T(w)een Night.

We'll enjoy dessert and create a fused glass suncatcher project, led by the Studio for Art and Craft. Please register online, by phone or in person.

Building Challenges

On Wednesday, Feb. 19 from 2:30 to 4 p.m., students in grades two through five can try creating bold configurations with our open building challenges, working solo or together. We'll provide LEGOS, keva planks,

marble runs, and more! Stop by any time during this drop-in program.

Presidents' Day

The library will be closed on Monday, Feb. 17 for Presidents' Day.

Collage and cocoa

On Thursday, Feb. 20 at 3:30 p.m., tweens and teens are invited to turn old magazines into original art. We'll savor a relaxing, creative afternoon, sipping cocoa and creating unique collages. Please register online, by phone or in person.

— Luanne Nicholson

THE
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P.O. Box 100, 341 Delaware Ave., Delmar 12054 | OFFICE HOURS: 8:30 a.m. to 4 p.m. weekdays. Open until 5 p.m. on Thursdays

LIBRARIES

Fun with music

One of the talented instructors from our local dance, music, and yoga studio, Kind Performing Arts, will lead the children in a fun and interactive music and movement class from 10 to 11 a.m. on Thursday, Feb. 13. For infants to four-year-old children with a caregiver. Registration requested.



2 to 4 p.m., on Saturday, Feb. 22, for games of all sorts, board games, Switch videogames on the big screen, Magic the Gathering battles and Pokemon card trading. There will be snacks to enjoy too. All ages, elementary school to adults; please register.

M&M Taste Test

Do you consider yourself to be an M&M expert? Oh sure, you know the difference between regular and peanut M&M's, but can you identify some of the more obscure flavors? Stop by the Library at 2 p.m. on Sunday, Feb. 16, for a blind M&M taste test, and find out just how many flavors you will recognize. Please register.

Breakout

Have you ever wondered about those "Escape Rooms" you hear about? Is it something you might enjoy? Families, teens, and adults are all welcome to try and solve the Breakout Challenge beginning at 2 p.m. on Monday, Feb. 17. Form a team of four to six players and register to receive a 40-minute timeslot, or sign up solo and we'll group you with others.

Board? Games!

Bring friends and family along to the library from

LETTER TO THE EDITOR

Bethlehem Lions Club thanks you

The Bethlehem Lions Club recently completed its 33rd annual Christmas Tree and Wreath Sale. The sale was very successful in spite of a shorter season and extreme weather conditions. Funds from the sale will provide eyeglasses and hearing aids for those in need, scholarships for graduating seniors, projects with Bethlehem Senior Services such as the File of Life, sponsorship of a little league team and support for

other community organizations. Our thanks to 3D Rigging and Construction who once again provided the sale site on Route 9W; The Town of Bethlehem Highway Department who provided fencing; Our Towne Bethlehem magazine for advertising; and Young Landscapes for providing wooden pallets used for tree stands. A special note of thanks to Young Landscapes for clearing the heavy snow from the lot and to

the members of the Delmar Fire Department who gave up their Sunday morning to assist with the unloading of the trees. Thanks to everyone who supports the annual sale and continues to make it a success.

Daniel J. Ryan
Bethlehem Lions Club co-chair

WHAT'S HAPPENING NOW

NYS Shield Act

DELMAR — Delmar-Bethlehem EMS will host a Solutions by Design presentation on the state SHIELD Act on Thursday, Feb. 13, at 8:30 a.m. New York State's new SHIELD Act takes effect in March. SHIELD stands for Stop Hacks and Improve Electronic Data Security. The act requires businesses to implement safeguards to protect private

information on all New York State residents. This includes customers and employees. Visit bethlehemchamber.com to register. Delmar-Bethlehem EMS is located at 114 Adams St., Delmar. **Know Social Security** **SLINGERLANDS** — Bryant Asset Management will host Understanding Social Security on Thursday, Feb. 13, at 4:30 p.m. Understanding Social Security

is a complimentary seminar on how to make the most of the Social Security Program. It is hosted by Reid Prinzo. 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. Bryant Asset Management is located at 1208 New Scotland Ave., Slingerlands.

— Lynn Kohler

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From page 3...

BC capital project

Justin Brown, a former BC technology staff member who co-founded the original student helpdesk. The 32-year-old man had worked at the district for a decade before passing away in September, 2018.

“The district held a memorial service in the fall of 2018 to celebrate Justin’s life and his impact on BC. At that time, there was not a dry eye in the room when we announced the Student Helpdesk would be renamed in his honor,” said Superintendent Jody Monroe. “More than a year later, the Justin T. Brown Information Technology Helpdesk now has a new permanent home, one that we hope he would be proud of.”

Elsewhere, the high school kitchen has been improved to have a slightly higher ceiling, a few large windows to allow sunlight in, a redesigned dishwashing area, new office space for the district’s food service director and assistant, two new freezers and a new fridge. Restrooms are still undergoing renovations and will be ADA-compliant, and the old employee training space in the district’s transportation building is being redone too.

Although there is more work scheduled across the district through this summer, Nolte expressed optimism that everything will finish by this fall as scheduled and gratitude to students, faculty and parents for bearing with the ongoing construction work so far.

For more information on the capital project’s works, visit www.bethlehemschools.org/capital-project-update.

From page 6...

Macy’s

about the Colonie Center anchor store.

Sears vacated its Colonie Center location in September 2017. Its departure left behind Macy’s, Boscov’s, LL Bean and REI as the mall’s remaining anchor stores. Sears’ downfall was just further proof that the most recognizable brands are not too large to fail as brick-and-mortar stores fell

victim to online sales. According to Forbes, online sales outpaced brick-and-mortar retailers \$261.9 billion to \$179.9 billion in 2017.

Macy’s has continually addressed decreased sales in recent years. Last year, it announced it was phasing out its sale of fur, and announced a rental service at Bloomingdale’s, both to attract more millennial customers. The chain had also announced the planned closure of stores last February. Nonetheless, profits continued to decline for the department

chain. Revenue declined from \$5.4 billion to \$5.2 billion, which was short of expectations according to a survey by Zacks Investment Research.

KKR & Co. L.P and Colonie Pacific currently own Colonie Center. The group placed the 54-year-old shopping mall on the market early last year. Once sold, it will mark the third time since 2009 that the mall has changed ownership.

Macy’s continues to own its portion of the mall.

From page 4...

Hometown heroes

appreciate the emotional ceremony and I think it’s been universally positive,” Barber said. “It’s touching to see people see their loved ones’ names highlighted.”

VanValkenburgh said banners typically are removed in October due to the incoming winter weather and are either returned to the respective families during a retirement ceremony or placed indoors like at Crossgates Mall.

She added, “I still think there’s people that should be honored that haven’t had a banner done for them so I think there’s a lot more veterans out there who deserve the recognition.”

Walsh said seeing banners in town may cause people to recognize some of the honored individuals and think of others they know who have not been spotlighted yet.

For 2020, both women said they

are hoping to have 29 banners up. “It’s been predominantly men in the banners so far but every year, we’ve had a few women and that’s good. One was a World War II Navy veteran,” VanValkenburgh said. Walsh noted that honoring more female veterans could be an opportunity this year and beyond.

Barber and Walsh said they may reach out to the town’s fire departments this year about whether they know anyone who has served on duty or possibly putting the banners beside their buildings.

When asked if the project has faced any challenges, VanValkenburgh said there have been times when families did not provide all the necessary information — like proof of their service during a war, their names and ranks — needed for the chamber to process before honoring the individual with a banner. She added that some families had to search for good photos of their loved ones, some of which are limited or only available at a small size

that may not look optimal on a banner. “We like to get pictures of people in their military uniforms but that’s not always possible,” she said.

Walsh said it “would be a great problem for us to run into” if the chamber receives too many submissions from the public for banners to honor their loved ones, something that has not happened yet.

Looking ahead, Barber said that since the project has been successful since its first year, he does not see a reason to not have it continue for years to come. “It’s really important and it makes people aware of those around us who have defended our country,” he concluded. “We hope more people can take part.”

For more information or how to sponsor a banner by March 9, visit www.guilderlandchamber.com/guilderland/guilderland-hometown-hero, email at info@guilderlandchamber.com or call the chamber at 518-456-6611.

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Around the horn
 Images readers have shared from around town.

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PICK OF THE WEEK



Twiddle and friends

Twiddle takes the Palace and shapes Albany's nightlife this Valentine's Day.

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INSIDE



Names and awards

The Eddies named the players of our music scene for its upcoming award show.

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Arts calendar

Pages B7-B12



ENTERTAINMENT

What is love?

World-renowned conductor JoAnn Falletta will lead Albany Symphony on Friday

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

Music is love. There are a bazillion songs written about love. Don't bother looking that up. I made it up.

Grammy-winning conductor JoAnn Falletta has directed more than one hundred symphonies around the world.

I'm not even sure that a bazillion is an official metric of measure, but it sounds about right. When it comes to love, Haddaway asked what it was. There's a book *The Monotones* once referenced, but they never learned who wrote it. And, though Meat Loaf declared he'd do anything for love, some people still don't know what he wouldn't do.

Eric Berlin

Continues on page B4

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quote of the week

"I feel like I'm in the middle of a force field of energy. And, the talent surrounding me is astonishing. The musicians and what they can do, and how they play their instruments. So, for me, it feels like I'm almost levitating because of their energy and the sheer beauty that I'm in the middle of."

— JoAnn Falletta
Grammy Award-winning conductor describing the feeling of being in front of an orchestra



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RECENTLY ANNOUNCED

Nominations for Eddies

About 200 performers, professionals within local arts scene vying for annual award

SCHENECTADY — The nominees for the second annual Capital Region Thomas Edison Music Awards have been announced. Winners will be announced at an awards ceremony 6 p.m. Sunday, April 5 on the MainStage at Proctors in Schenectady.

This year's group includes a number of nominees and winners from last year's celebration, as well as some new entries including such well-known local artists as the blues/rock sibling duo Jocelyn & Chris Arndt, the folk group Lost Radio Rounders and country artist Marty Wendell.

This year's 34 categories reflect changes based on feedback from members of the music community. Several were eliminated and six new ones emerged: Metal / Hard Rock Artist of the Year, Country Cover Band of the Year, On the Verge Presenter of the Year, Best Hang, Music Recording Studio of the Year and Record Label of the Year.

"Adding the country cover band category allowed us to separate and nominate more country artists, and we separated metal and hard rock music from punk and hard core for similar reasons," said Jim Murphy, co-founder and co-organizer. "And the absence of recording studio and record label categories last year was an oversight we had to fix."

"The Best Hang category was something this year's judges mulled over and favored" according to Sal Prizio, co-founder and co-organizer. "It represents the favorite hangouts of people in the local music community when they are off duty."

The category On the Verge "represents recognition of promoters of smaller and/or fewer shows – but no less exciting and relevant – than others in the area," Prizio added.

One more change from last year – the Thomas Edison Music Hall of Fame induction ceremony is being held separately from the Eddies Music Awards. The Accents, Blotto, The Fidelitys, Hal Ketchum, Lena Spencer and John Sykes were recently announced as the Class of 2020 inductees. A dinner and induction ceremony will be held for this group on Sunday, March 9 at Universal Preservation Hall in Saratoga.

The Eddies Music Awards nomination process involved 40 members of the music community including artists, members of the media and others working in the music industry. "There were exactly 25 meetings in small groups over more than two months," said Rachel Hamlin, who is serving as administrator of this year's awards process. "The judges took the task very seriously."

Roughly 100 local members of the music community have been invited to vote for winners among the nominees.

The Eddies Music Awards event on April 5 will feature performances by a number of artists across many genres, including several collaborations between acts. Performers will be announced in March.



Eddie Award-nominee The Sea The Sea.

Michael Hallisey / The Spot 518

Solo or Duo Artist of the Year

The Age
Jocelyn & Chris Arndt
Taina Asili
The Parlor
Sean Rowe
The Sea The Sea

Record of the Year

"Good ol' Days" — Brother Hemlock
"You are the Future" — TJ Foster
"Cool Drink of Water" — Gibson Brothers
"Ghostlighting" — Honey Slider
"Nineteen + Won" — Charles O'More
"Prophet" — Sam Reed featuring The Heavenly Echos
"Long Way Home" — David Tyo
"What I'm Looking For" — Madison Vandenburg

Album of the Year

"The Fun in the Fight" — Jocelyn & Chris Arndt
"Resiliencia" — Taina Asili
"How's By You?" — Bright Dog Red
"Traumantic" — Candy Ambulance
"Shady Grove" — The Figgs
"Libations" — JB! a.k.a. Dirty Moses
"Real Stories and Other Tall Tales" — Jim Gaudet
"Cosmic Thrill Seekers" — Prince Daddy and the Hyena

WHAT'S HAPPENING NOW

Sarah Craig and Joe Duell

Caffe Lena — Wednesday, Feb. 12

SARATOGA SPRINGS — Caffe Lena will host Sarah Craig and Joe Duell on Wednesday, Feb. 12, at 6:30 p.m.

Twenty-five years ago, Saratoga Springs Public Library was just breaking ground, there was a dusty parking lot next to Caffe Lena, and an empty lot and fruit market across the street. Lena Spencer had been gone for six years, and the now non-profit venue was ready to hire its first executive director. The Board of Directors of perhaps the most famous folk music venue in the world took a chance hiring the 27-year-old Sarah Craig who had all of four years of work experience and a modest familiarity with folk music. After two and a half decades of trial and error, imagining possibilities, putting one foot in front of the other and believing that it's possible to save the world with music, Sarah has reached her silver anniversary and Caffe Lena is thriving.

For tickets, visit eventbrite.com.

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

California Guitar Trio and Montreal Guitar Trio

Caffe Lena — Thursday, Feb. 13

SARATOGA SPRINGS — California Guitar Trio and Montreal Guitar Trio will perform at Caffe Lena on Thursday, Feb. 13, at 7 p.m.

Featuring six virtuoso guitarists from four countries (Japan, Canada, Belgium and US), California Guitar Trio (CGT) and Montreal Guitar Trio (MG3) fuse over 45 years of combined performing experience into one unique six-by-six-string 'phenomensembles'. In a pleasantly surprising way, CGT's steel stringed-guitars blend naturally with MG3's nylon-stringed guitars, as each trios fret boards chase the others' original compositions and new arrangements of progressive rock, world, jazz and classical music.

For tickets, visit eventbrite.com.

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

The Deadbeats

Putnam Place — Thursday, Feb. 13

SARATOGA SPRINGS — The Deadbeats will perform at Putnam Place on Thursday, Feb. 13, at 9 p.m.


After revamping the band for a fresh new start in 2017, The Deadbeats are better than ever. *Saratoga Living Magazine* ranked it in the top five local tribute acts of 2019.

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

The Mallett Brothers Band with Union Grits

The Hollow Bar and Kitchen — Thursday, Feb. 13

ALBANY — The Hollow will host The Mallett Brothers Band and Union Grits on Thursday, Feb. 13, at 8 p.m.



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WHAT'S HAPPENING NOW

Lovestruck Balladeers

Caffe Lena — Friday, Feb. 14

SARATOGA SPRINGS — Caffe Lena will host the Lovestruck Balladeers on Friday, Feb. 14, at 8 p.m.

The Lovestruck Balladeers enchant audiences with its masterful performances and inspired repertoire of ragtime, jazz and beautiful songs from around the world. It might whip out a lost melody from a forgotten mandolin folio or it might play a Mexican waltz. It might push into a renegade rearrangement of a swing standard or get down with a country rag. Together or on its own paths, this stellar band of traveling musicians has traversed the country and the globe, carrying traditional styles into modern times. The versatile quintet features twin fiddles, clarinet, guitars, a mandolin trio, upright bass, banjo, piano and vocal harmonies.

For tickets, visit eventbrite.com.

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

Schism — A Tribute to Tool

Upstate Concert Hall — Friday, Feb. 14

CLIFTON PARK — Upstate Concert Hall will host Schism on Friday, Feb. 14, at 8 p.m.

Tool is an American rock band from Los Angeles. Formed in 1990, the band has released five studio albums, one EP and one box set. Tool has won four Grammy Awards, performed worldwide tours and produced albums topping the charts in several countries.

For tickets, visit ticketweb.com.

Upstate Concert Hall is located at 1208 NY-146, Clifton Park.

Twiddle with Wild Adriatic and Strange Machines

Palace Theatre — Friday, Feb. 14

ALBANY — Twiddle, Wild Adriatic and Strange Machines will perform at the Palace Theatre on Friday, Feb. 14, at 7:40 p.m.

For tickets, visit ticketmaster.com.

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

From page B1 ...

What is love?

Love sometimes proves to be an elusive thing this time of year, but JoAnn Falletta has a handle on it. The Grammy Award-winning conductor seems to describe it as she shares the “amazing” feeling of fronting an orchestra.

“I feel like I’m in the middle of a force field of energy,” Falletta said. “And, the talent surrounding me is astonishing. The musicians and what they can do, and how they play their instruments. So, for me, it feels like I’m almost levitating because of their energy and the sheer beauty that I’m in the middle of.”

On Valentine’s Day this Friday, Falletta steps up to the podium in front of the Albany Symphony as guest conductor. She will lead the orchestra through selections of Sergei Prokofiev’s “Romeo and Juliet” and other works at Proctors. It’s a special night to draw the Albany Symphony out of the Palace Theatre. It’s quite another feat to have someone else other than its own Grammy Award-winning conductor David Alan Miller at the podium.

Falletta is lauded in the global music scene as one of the best conductors in a generation. Washington Post’s music critic Joe Banno bestowed his respect upon her while she headed the Virginia Symphony Orchestra. It was 20 years ago when he watched her lead an “unusually young and fresh-faced lot” through its debut performance at Washington D.C.’s Kennedy Center.

“Few women have been able to establish high-profile conducting careers, and of those who have, fewer still have Falletta’s talent,” wrote Banno. “Toscanini’s tight control over ensemble, Walter’s affectionate balancing of inner voices and Stokowski’s gutsy showmanship.”

Name a city in the United States that has an orchestra

and Falletta has stood before it. Philadelphia. Los Angeles. San Francisco. Dallas. St. Louis. Milwaukee. Indianapolis. Seattle. San Diego. Detroit. The National Symphony too. She has guest conducted over one hundred orchestras in North America and many of the most prominent orchestras in Europe, Asia, South America and Africa. But while she’s not traveling, she returns to the City of Light, where she serves as music director of the Buffalo Philharmonic Orchestra.

The Buffalo Philharmonic Orchestra is the crown jewel of an arts and music scene Proctors CEO Philip Morris admires. At a December meeting of the Albany



Eric Berlin

Roundtable, Morris revered Buffalo’s efforts to maintain its “inherited” heirlooms from when it was the 15th largest city in the union a century ago. While addressing Proctors’ plans for the new home of Albany’s Capital Repertory Theater, he spoke of how the local arts community could aspire to own a similar scene.

“Buffalo has one big Broadway house. Buffalo has one professional orchestra. Buffalo has one unbelievably spectacular art museum,” said Morris. “How do we capture the fact that we are in this region, in such a way that in 10 years, we can actually compete with Buffalo?”

Kleinhans Music Hall, from which the Buffalo

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Philharmonic Orchestra performs, is one of those heirlooms.

Built in 1940, the Buffalo Philharmonic Orchestra christened Kleinhans Music Hall with its inaugural performance. Since then, the hall has experienced a few significant milestones. In 1967, Martin Luther King Jr. spoke there to help mend the city after a violent riot. From inside the hall, he said, "We are moving toward the day when we will judge a man by his character and ability instead of by the color of his skin." And in 1999, Falletta became the first female conductor to lead a major American ensemble when she was named music director of its orchestra.

"Especially when I first started, being a woman in a male-dominated career was something I became very, very aware of," said Falletta. "I wasn't aware when I first started to study, but I became very aware of it."

Falletta first fell in love with music when she was 7 and began studying classical guitar. She later earned her undergraduate degree from the Mannes School of Music and her master's and doctorate degrees from The Juilliard School. In addition to her accolades earned on the podium, she has appeared as guitarist, mandolinist and lutenist with several orchestras, including the New York Philharmonic, Metropolitan Opera Orchestra and the Juilliard Orchestra. She has received wide critical acclaim for her guitar chamber music recordings with the Virginia Arts Festival.

Throughout her career, Falletta has observed the music scene opening up and allowing more opportunities for women conductors. As an example, 33-year-old Mirga Gražinytė-Tyla was up for the 2020 Grammy Award for Best Orchestral Performance in January. Falletta had earned her first individual Grammy Award in 2019.

"I feel very lucky that I was able to study and be accepted as a woman," Falletta said. "Or, as a conductor, I should say. Not as a woman conductor, but as a conductor. But, I'm very happy to see that things are changing for women now."

The maestra said she looks forward to the end of her



Gary Gold

four-hour drive from Buffalo for the conversations and shared performances. She will share the stage with soloist Jill Levy on violin and with an orchestra she respects for "their open-mindedness and their energy."

"This is an orchestra that's done a lot of unusual things, and they're not daunted by anything," Falletta said with a laugh. "They've done everything and they're adventure seekers."

WHAT'S HAPPENING NOW

Dean Ford and The Beautiful Ones: A Tribute to Prince

Putnam Place — Saturday, Feb. 15

SARATOGA SPRINGS — Putnam Place will host Dean Ford and The Beautiful Ones on Saturday, Feb. 15, at 9:30 p.m.

Dressed to the nines, Dean Ford embodies Prince with every fiber of his being, giving you a show as close as you will ever get to the real thing. Ford and company perform all the hits you know and love, including the "Purple Rain" album in its entirety. But, it's more than just the songs. He's got the look, the moves, and the sounds down jaw-droppingly well. So well, you'll forget it's only a tribute.

For tickets, visit ticketbud.com.

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

Saint Motel

Upstate Concert Hall — Saturday, Feb. 15

CLIFTON PARK — Upstate Concert Hall will host Saint Motel on Saturday, Feb. 15, at 7 p.m.

Saint Motel is an American indie pop band from Los Angeles, whose music has been described as everything from "dream pop" to "indie prog." The band consists of A. J. Jackson (lead vocals, guitar, piano), Aaron Sharp (lead guitar), Dak Lerdamornpong (bass) and Greg Erwin (drums). Modeled after a classic movie story line — Act 1, Act 2, Act 3 — also known as the "hero's journey," the new Saint Motel album, *The Motion Picture Show*, will be released in three continuous parts.

For tickets, visit ticketweb.com.

Upstate Concert Hall is located at 1208 NY-146, Clifton Park.

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■ WHAT'S HAPPENING NOW

The Blue Stones with JJ Wilde

The Hollow Bar and Kitchen — Saturday, Feb. 15

ALBANY — The Blue Stones and JJ Wilde will perform at The Hollow on Saturday, Feb. 15, at 9 p.m.

Listening to the larger-than-life, dense, but precise, garage blues-rock of The Blue Stones on its debut, *Black Holes*, it is astonishing to discover all that sound and fury is created by just two people. Longtime friends, guitarist/vocalist/lyricist Tarek Jafar and percussionist/vocalist Justin Tessier, have known each other since meeting as teenagers in high school. It wasn't until almost five years later, while attending university together, that they decided to combine their talents on guitar and drums, respectively, into a musical project.

For tickets, visit eventbrite.com.

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

Tom Chapin

Caffe Lena — Saturday, Feb. 15

SARATOGA SPRINGS — Caffe Lena will host Tom Chapin on Saturday, Feb. 15, at 8 p.m.

Three-time Grammy winner Tom Chapin is a renowned singer-songwriter for both family and adult audiences. His career spans Broadway, TV, documentary and feature films, and the concert stage. With 24 recordings and hundreds of songs in his repertoire, Chapin delivers an irresistible concert of ballads, comedic and political songs, family music, sing-alongs, old-time folk classics and a favorite song or two of his late brother Harry's. Tom accompanies himself on guitar, banjo and autoharp.

For tickets, visit eventbrite.com.

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

■ PICK OF THE WEEK



The show in town

Twiddle, Wild Adriatic and Strange Machines

ALBANY — You know it's going to be a good time when surrounding venues promote an "after show" to the show you have a ticket for.

Twiddle, Wild Adriatic and Strange Machines will perform at the Palace Theatre on Friday, Feb. 14, at 7:40 p.m.

With 12 years of relentless touring behind it, Vermont-based rock band Twiddle has built an impressive resume spanning Red Rocks to Bonnaroo and multiple sellouts of historic rock venues including Port Chester, New York's Capitol Theatre and Washington D.C.'s 9:30 Club. With the second half of the band's third studio album, *Plump*, on the horizon, the band's career continues to catapult forward. Buoyed by the generous support of 359 Kickstarter donors, the 27-song album does more than showcase the group's beautiful music, but also tells an important story.

Rooted in the rowdy spirit of rock 'n' roll, Wild Adriatic has built an international audience on a combination of groove, grit, and guitar-heavy swagger.

With the power trio's newest album, *Feel*, bandmates Travis Gray, Rich Derbyshire, and Mateo Vosgian update the sound of their influences -- from Seventies rock to Motown to soul -- for a contemporary audience, taking influence from the past but never losing sight of the present.

For tickets, visit ticketmaster.com.



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Caffè Lena

47 Phila St., Saratoga Springs.
518-583-0022
Wed: Sarah Craig & Joe Deuel, 6:30 p.m.
Thurs: California Guitar Trio & Montreal Guitar Trio, 7 p.m.
Fri: Lovestruck Balladeers, 8 p.m.
Sat: Tom Chapin, 8 p.m.
Sun: The Ladybugs: Dance Flurry Competition, 7 p.m.
Mon: Open Mic Night, 7 p.m.

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17 Main St., Ballston Lake.
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518-977-3771
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Thurs: Happy Hour, 5:30 p.m.
Fri: Happy Hour, 5:30 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: John Frederick, 7 p.m.
Sat: Alan Goldberg, 7 p.m.

Fort Orange Brewing

450 North Pearl St., Menands.
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Thurs: Trivia, 6:30 p.m.
Fri: Big Crunch Bingo, 7:30 p.m.

Fuze Box

12 Central Ave., Albany.
518-703-8937
Fri: Emo Valentines, 9 p.m.
Sat: 90s Valentines Dance, 9 p.m.

HOT SPOTS

EVENTS CALENDAR



All hail Saint Motel

Saint Motel, the dream pop band out of Los Angeles, is out promoting its latest album, "The Motion Picture Show," and will hit the Capital District with a performance at Upstate concert Hall on Saturday, Feb. 15, at 7 p.m. For tickets and information, visit ticketweb.com.

Saint Motel

Gaffney's

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

Grappa '72

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

Hangar on the Hudson

675 River St., Troy
518-272-9740
Fri: A Valentines Ball, 8 p.m.

The Hollow Bar + Kitchen

79 No. Pearl St., Albany.
518-426-8550
Thurs: The Mallett Brothers Band w/ Union Grits, 8 p.m.
Sat: The Blue Stones w/ JJ Wilde, 9 p.m.

J.J. Rafferty's

847 New Loudon Rd., Latham.
518-783-6800

Wed: Trivia, 7:30 p.m.
Thurs: Karaoke w/ Al Bruno, 7:30 p.m.
Fri: Karaoke, 9 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
Sat: Valentine's Fallout, 7 p.m.

Lucas Confectionery

12 2nd St., Troy.
518-326-3450
Mon: Joe Barna Trio or Quartet, 7 p.m.

McGeary's Irish Pub

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518-463-1455
Friday: Hilltop, 11 p.m.
Sat: The Joints, 8:30 p.m.

Mocha Lisa's Caffe

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22 Clifton Country Road, Clifton Park.

518-383-5373
Thurs: Trivia, 7 p.m.
Sat: MDM Adult Showcase, 7 p.m.

Mouzon House

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

The Night Owl

17 Maple Ave., Saratoga Springs
518-319-2300
Fri: DJ Trumaster, 10 p.m.
Sat: DJ Trumaster, 10 p.m.

Panza's

129 So. Broadway, Saratoga Springs.
518-584-6882
Sat: Jeanne O'Connor & Azzaam 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: Country Night, 9 p.m.
Sun: Pop Up Brunch/Video, 9:30 a.m.

Putnam Place

63a Putnam St., Saratoga Springs.
518-584-8066
Thurs: The Deadbeats, 9 p.m.
Sat: Dean Ford & The Beautiful Ones, 9:30 p.m.

Rustic Barn Pub

150 Speigletown Rd., Troy.
518-235-5858
Wed: Trivia and Ladies Night, 7 p.m.
Thurs: Open Mic w/ Kelly Maguire, 7:30 p.m.
Fri: Moon Boot Lover, 9 p.m.
Sat: Failure to Adapt, 8 p.m.
Sun: Zach and Hannah, 3 p.m.

Sake Japanese Steakhouse

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

Salt & Char

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

Saratoga City Tavern

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

Savoy Taproom

301 Lark Street, Albany.
518-599-5140
Fri: Caitly Gallagher, 5 p.m.
Sat: The Endorphins / Va Va Voodoos / Galene, 9 p.m.
Tues: Savoy Wine Class, 6:30 p.m.

Skyloft

1 Crossgates Road, Albany.
518-869-5638
Thurs: Trivia, 6 p.m.
Sat: The Deadbeats & Friends, 8 p.m.

Speakeasy 518

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

Upstate Concert Hall

1208 NY-146 Ste 2, Clifton Park
518-371-0012
Fri: Schism, 8 p.m.
Sat: Saint Motel, 7 p.m.

Van Dyck

237 Union St., Schenectady
518-348-7999
Thurs: Keith Pray Quartet, 8 p.m.

Van Slyck's

Rivers Casino & Resort
1 Rush St., Schenectady.
518-579-8800
Thurs: 80s Strike Back, 7 p.m.
Fri: Live DJs, 9 p.m.
Sat: Al B. Sure, 8 p.m.

Vapor Night Club

342 Jefferson St., Saratoga Springs
518-581-5775
Fri: The Accents, 8 p.m.
Sat: Dashboard Anthem, 8 p.m.

Waterworks Pub

76 Central Ave., Albany.
518-465-9079
Wed: Wacky Wednesday Drag Show, 11 p.m.
Thurs: Thursday Nights, 11 p.m.
Fri: Friday Nights, 11 p.m.
Sat: Saturday Nights, 11 p.m.
Sun: Rosie's Retirement Bash, 4 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.

Empire State Plaza

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AT THE PLAZA



Family treasure

Grammy Award-winning singer-songwriter Tom Chapin will deliver a collection of ballads, comedic and political songs in an intimate show at Caffe Lena on Saturday, Feb. 15. For tickets and information, visit [eventbrite.com](https://www.eventbrite.com).

Tom Chapin

DANCE

Black History Month Step Show

The Palace Theatre will host Price Chopper's Black History Month Step Show on Sunday, Feb. 16, at 5 p.m. The Price Chopper Black History Month Step Show features some of the best step teams from the Capital Region and beyond for an afternoon of high energy performances. The step show is one of the most anticipated annual events in the area. For tickets, visit [ticketmaster.com](https://www.ticketmaster.com). The Palace Theatre is located at 19 Clinton Ave., Albany.

MUSIC

Big Frank and Bargin Bingers, The Mopar Cams

Two favorites come back to share the stage for another night of rockabilly music at the Ale House on Saturday, Feb. 15, at 9 p.m. Big Frank & The Bargain Bingers and The Mopar Cams will join forces to bring an audience some hard-hitting hillbilly and rockabilly tunes. Tickets cost \$5 each. The Ale House is located at 680 River St. in Troy.

The Blue Stones with JJ Wilde

The Blue Stones and JJ Wilde share the playbill for a performance at The Hollow Bar + Kitchen on Saturday, Feb. 15, at 9 p.m. Listening to the larger-than-life, dense, but precise, garage blues-rock of The Blue Stones on their debut, Black Holes, it is astonishing to discover all that sound and fury is created by just two people. Longtime friends, guitarist/vocalist/lyricist Tarek Jafar and percussionist/vocalist Justin Tessier, have known each other since meeting as teenagers in high school, but it wasn't until almost five years later, while attending university together, that they decided to combine their talents on guitar and drums, respectively, into a musical project. The Blue Stones are firmly in the tradition of other



HOT DATE

VIRTUOSOS

Together, California Guitar Trio and Montreal Guitar Trio will feature six virtuoso guitarists from four different countries, fusing more than 45 years of combined experience for one night at Caffe Lena on Thursday, Feb. 13, at 7 p.m.

such rambunctious duos such as The Black Keys, The White Stripes and Royal Blood, at once harking back to the glory daze of Led Zeppelin, Black Sabbath, Jimi Hendrix Experience and their Motor City rock 'n' roll models from the other side of the Detroit River, The Stooges, MC5 and Alice Cooper. Throw in modern influences

like Kentucky guitar-slingers, My Morning Jacket; and New Orleans' rhythmically tight MUTEMATH; rappers Jay Z, Kanye West and J. Cole, along with seminal blues giants Muddy Waters, Howling Wolf and B.B. King, and you get an idea of the Blue Stones' musically eclectic palette. When someone asked JJ Wilde to choose between music and a relationship, there's only ever been one answer: music. Music has permeated every part of JJ Wilde's life since childhood, and it's something she's held closely; an unwavering connection she's fought to foster. Tickets cost \$10 each. For tickets and information, visit [eventbrite.com](https://www.eventbrite.com). The Hollow is located at 79 N. Pearl St. in Albany.

Caity Gallagher, John Seltzer

A special night of live music is promised at Ama Cocina on Thursday, Feb. 13, at 6:30 p.m. Honey Slider's Caity Gallagher will perform, as will John Seltzer on mandolin, for a night of folk rock covers, original music and margaritas. Ama Cocina is located at 4-6 Sheridan Ave. in Albany.

California Guitar Trio and Montreal Guitar Trio

California Guitar Trio and Montreal Guitar Trio will perform at Caffe Lena on Thursday, Feb. 13, at 7 p.m. Featuring six virtuoso guitarists from four countries (Japan, Canada, Belgium and US), California Guitar Trio (CGT) and Montreal Guitar Trio (MG3) fuse over 45 years of combined performing experience into one unique six-by-six-string 'phenomensembles'. In a pleasantly surprising way, CGT's steel stringed-guitars blend naturally with MG3's nylon-stringed guitars, as each trios fret boards chase the others' original compositions and new arrangements of progressive rock, world, jazz and classical music. For tickets, visit [eventbrite.com](https://www.eventbrite.com). Caffe Lena is located at 47 Phila St., Saratoga Springs.

Tom Chapin

Caffe Lena will host Tom Chapin on Saturday, Feb. 15, at 8 p.m. Three-time Grammy winner Tom Chapin is a renowned

1	2	3		4	5	6	7	8		9	10	11	12	13
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68						69							70	

CLUES ACROSS

- Small deer
- Khoikhoi peoples
- South African statesman
- Keyboard key
- Remove
- A conspicuous constellation
- Data executive
- Retired NASCAR driver
- Tightens
- A picture of the Virgin Mary
- "The Mission" actor Jeremy
- Confidently
- More (Spanish)
- Sports highlight show (abbr.)
- Hand out cards
- Distinctive Asian antelope
- Arabic greeting
- Of I
- Hip hop trio
- Meat roll
- One's mother (Brit.)
- __-GYN
- Belgian city
- Plucks
- Leak slowly
- Denotes a particular region
- General's assistant (abbr.)
- Divides
- Kid
- Inland Empire Expanded Learning Symposium
- Engaged in conflict
- Former CBS sportscaster
- Characterized by unity
- Working-class
- Corners
- __ de plume
- Influential French artist
- "Very" in musical terms
- Financial account

CLUES DOWN

- Long, flat abdominal muscles
- Small Eurasian willow
- Justified in terms of profitability
- Required
- River that starts in Turkey
- Disfigure
- A way of communicating (abbr.)
- Leaks slowly
- Shady place under trees
- Made a speech
- Long, angry speech
- Mortar trough
- Autonomic nervous system
- Southern India island
- Grab quickly
- Ancient Mesopotamian city
- With three uneven sides
- Football visionary Hunt
- Primordial matters
- Facing towards the flow of a glacier
- "A Delicate Balance" writer
- Emits coherent radiation
- Commercial
- Groups of foot bones
- Out of print
- Partner to cheese
- German river
- Concluding speech
- Spanish dish
- Prominent California cape Point __
- Any high mountain
- Ethiopian lake
- Mr.
- Excessive fluid accumulation in tissues
- Large, flightless bird
- Oil industry term (abbr.)
- Something one can draw
- Officers in charge
- Greek island

Answers on Pg. B17

singer/songwriter for both family and adult audiences. His career spans Broadway, TV, documentary and feature films, and the concert stage. With 24 recordings and hundreds of songs in his repertoire, Chapin delivers an irresistible concert of ballads, comedic and political songs, family music, sing-alongs, old-time folk classics and a favorite song or two of his late brother Harry's. Tom accompanies himself on guitar, banjo and autoharp. For tickets, visit eventbrite.com. Caffe Lena is located at 47 Phila St., Saratoga Springs.

The Deadbeats

The Deadbeats perform at Putnam Place on Thursday, Feb. 13, at 9 p.m. After re-vamping the band for a fresh new start in 2017, The Deadbeats are better than ever. They added some positive vibes to the mix to help generate some fantastic energy. Saratoga Living Magazine ranked them in the Top Five Local Tribute acts of 2019. It was voted Best Jam Band of 2017 in The Capital Region, and it took second for Best Cover Band and Best Tribute Band. It's a "Pay What You Want" night. Attendees under 21 will be charged \$10. Putnam Place is located at 63a Putnam St. in Saratoga Springs.

Dean Ford & The Beautiful Ones

Spend the night with royalty as Dean Ford & The Beautiful Ones pay tribute to Prince at Putnam Place on Saturday, Feb. 15, at 9:30 p.m. Dressed 2 the 9's, Dean Ford embodies PRINCE with every fiber of his being, giving you a show as close as you will ever get to the real thing. Ford and company perform all the hits you know and love, including the "Purple Rain" album in its entirety. But, it's more than just the songs. He's got the look, the moves, and the sounds down jaw-droppingly well. So well, you'll forget it's



HOT DATE

GALENTINE'S DAY

Join Savoy Taproom for a special fundraiser to garner funds for Planned Parenthood. Jackie Jr. & The Checkmates headlines a night that includes music, comedy, raffles and more on Thursday, Feb. 13, from 6 to 10 p.m.



The sound and fury

The Blue Stones with JJ Wilde will hit The Hollow with a larger-than-life show dense, percise, garage blues rock on Saturday, Feb. 15, at 9 p.m.

The Blue Stones

only a tribute. It all started in 2011, when Dean Ford and his musician friends put on their first of many sold out tributes to the Purple One in Portland, Maine. The

show, lovingly entitled "Purple Brainz" is now held annually at the prestigious, Port City Music Hall. Past shows have featured Prince and The Revolution's own keyboardist Matt "Doctor" Fink. Lately, Ford has been sticking with a rotation of his core band, The Beautiful Ones. Though, he and the band have plenty of surprises up their frilled sleeves. Tickets cost \$20 each. For tickets and information, visit ticketbud.com.

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

Galentine's Day Fundraiser

Savoy Taproom's Galentine's Day Fundraiser kicks off on Thursday, Feb. 13, from 6 to 10 p.m. Savoy Taproom's fourth annual fundraiser for Planned Parenthood promises live music, comedy, raffles, hors d'oeuvres and an auction. Jackie Jr. & The Checkmates, a nu-retro band consisting of members of Hartley's Encore,

will provide live music starting at 9:15 p.m. Advance tickets cost \$20 each. For tickets and information, visit eventbrite.com. Savoy Taproom is located at 301 Lark St. in Albany.

Girl Blue with Stephen Babcock

Girl Blue returns to the Savoy Taproom stage with special guest Stephen Babcock on Sunday, Feb. 16, at 9 p.m. It's a special night of music featuring Eddie

Award-winning artist Girl Blue. She has captivated audiences both locally and digitally over the past few years, garnering a strong following since her "Fire Under Water" was featured on Spotify. Intimate songwriting and powerful live performances have earned the respect of many from the local music scene and she has developed into a favorite to perform.

Babcock is a songwriter all his own. Born

editors' playlist

- I Won't Back Down
Ronnie Dunn
- Riding My Thumb to Mexico
Ronnie Dunn
- Wonderful Tonight
Ronnie Dunn
- Brown Eyed Girl
Ronnie Dunn
- Against the Wind
Ronnie Dunn

My mother, brother and I have a very special place in our hearts for Brooks and Dunn. When my brother told me Ronnie Dunn had released 24 covers on a new album, I practically broke my phone from clicking into Apple Music so fast. Sure enough, he was right; the album is amazing. Here are some of my favorites from his newest release, Re-Dunn.

—Katie Lembo

LIVE @ THE HANGAR

HEY, GREASY & the ABYSSMALS present a **VALENTINES BALL**

Friday, Feb 14 at 8 PM - \$20
A show with real Heart! Ticket Includes a buffet and features music by FORSOOTH, THE ABYSSMALS and BEEF GORDON.

THE NATIONAL RESERVE wsg **THE LAZY SUNS**

Friday, Feb 21 at 8 PM - \$10
They are back for a fantastic show at the Hangar.

Across the Street @ The Ale House

OLD LADY, BRULE COUNTY BAD BOYS & ALEX PATRICK

Saturday, Feb 22 at 8 PM - \$10
HOW DO, FRIEND? BIG HONKY TONK NITE AT THE BEST HONKY TONK IN TOWN.

THE HANGAR 675 RIVER ST., TROY
ACROSS FROM THE ALE HOUSE

TICKETS AVAILABLE ON: Brownpapertickets.com

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*36 Months, tax, 10.5k year, Tags, 1st payment and acq fee rolled into payment structure. Tier 1 credit approval.

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to a family of four children (including a twin brother), Stephen has always used music to create his personal identity. After acquiring a love of songwriting from both his father (an avid piano player) and older brother (an avid music fan), Stephen began writing songs as early as 13 years old. After eight years of writing, touring and perfecting his craft, Stephen began recording what would become his first album, "Said & Done". The album became a mixture of youth and promise that helped begin Stephen's career as a singer-songwriter. There is no cover charge for this show. Savoy Taproom is located at 301 Lark St. in Albany.

Glass Pony

Glass Pony and Parish Public House are offering you a choice on Friday, Feb. 14. The popular psychedelic groove band is playing a double-header on Broadway

to bookend the Twiddle show at the Palace Theatre. First, there is the free Pre-Show party that starts at 6 p.m., followed by the Post-Show performance that's to start on 11 p.m. Glass Pony is a four-piece band out of Albany. The quartet offers a high-energy show they dub as a "psychedelic groove circus." Fronted by Eddie Hotaling at vocals and guitar, the band includes Greg Pittz on guitar, Jeff Picarazzi on bass, and Chanda Dewey on drums. Tickets for the Post-Show are \$10 each. For more information, visit GlassPonyBand.com. Parish Public House is located at 388 Broadway in Albany.

Hilltop

Continue to jam after the show across the street as Hilltop performs at McGeary's on Friday, Feb. 14. Hilltop is a four-piece jam band out of Albany. It's been performing original

music and covers in and around the Northeast since forming as college students in January 2018. This time, Hilltop will perform after Twiddle, just steps from the Palace Theatre. For more information, visit hilltopny.bandcamp.com. McGeary's Irish Pub is located at 4 Clinton Square in Albany.

Lovestruck Balladeers

Caffe Lena will host the Lovestruck Balladeers on Friday, Feb. 14, at 8 p.m. The Lovestruck Balladeers enchant audiences with its masterful performances and inspired repertoire of ragtime, jazz and beautiful songs from around the world. It might whip out a lost melody from a forgotten mandolin folio or it might play a Mexican waltz. It might push into a renegade rearrangement of a swing standard or get down with a country rag. Together or on its own paths, this stellar band of traveling musicians has

traversed the country and the globe, carrying traditional styles into modern times. The versatile quintet features twin fiddles, clarinet, guitars, a mandolin trio, upright bass, banjo, piano and vocal harmonies. For tickets, visit eventbrite.com. Caffe Lena is located at 47 Phila St., Saratoga Springs.

The Mallett Brothers Band with Union Grits

The Hollow will host The Mallett Brothers Band and Union Grits on Thursday, Feb. 13, at 8 p.m. The Mallett Brothers Band is an independent rock 'n' roll/Americana/country band from Maine. Its busy tour schedule since forming in 2009 has helped it build a dedicated fanbase across the U.S. and beyond while still calling the state of Maine its home. With a style that ranges from alt-country to Americana, country jam and roots rock, its style is a musical melting pot that's influenced equally by the singer/songwriter tradition as by harder rock, classic country and psychedelic sounds. For tickets, visit eventbrite.com. The Hollow is located at 79 N. Pearl St., Albany.

Saint Motel

Upstate Concert Hall will host Saint Motel on Saturday, Feb. 15, at 7 p.m. Saint Motel is an American indie pop band from Los Angeles, whose music has been described as everything from "dream pop" to "indie prog." The band consists of A. J. Jackson (lead vocals, guitar, piano), Aaron Sharp (lead guitar), Dak Lerdamornpong (bass) and Greg Erwin (drums). Modeled after a classic movie story line — Act 1, Act 2, Act 3 —



HOT DATE

WORKHORSE

Glass Pony, the local psychedelic groove circus band, brings its act to the Parish Public House on Friday, Feb. 14. It plans to bookend the Twiddle show down the road with two performances: a free show starts at 6 p.m. followed by an "Post Show" for \$10 at 11 p.m.

also known as the "hero's journey," the new Saint Motel album, The Motion Picture Show, will be released in three continuous parts. For tickets, visit ticketweb.com. Upstate Concert Hall is located at 1208 NY-146, Clifton Park.

Sarah Craig and Joe Duell

Caffe Lena will host Sarah Craig and Joe Duell on Wednesday, Feb. 12, at 6:30 p.m. Twenty-five years ago, Saratoga Springs Public Library was just breaking ground, there was a dusty parking lot next to Caffe Lena, and an empty lot and fruit market across the street. Lena Spencer had been gone for six years, and the now non-profit venue was ready to hire its first executive director. The Board of Directors of perhaps the most famous folk music venue in the world took a chance hiring the 27-year-old Sarah Craig who had all of four years of work experience and a modest familiarity with folk music. After two and a half decades of trial and error, imagining possibilities, putting one foot in front of the other and believing that it's possible to save the world with music, Sarah has reached her silver anniversary and Caffe Lena is thriving. For tickets, visit eventbrite.com. Caffe Lena is located at 47 Phila St., Saratoga Springs.

Schism — A Tribute to Tool

Upstate Concert Hall will host Schism on Friday, Feb. 14, at 8 p.m. Tool is an American rock band from Los Angeles. Formed in 1990, the band has released five studio albums, one EP and one box set. Tool has won four Grammy Awards, performed worldwide tours and produced albums topping the charts in several countries.

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FEBRUARY 18-23 **PROCTORS**

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FEBRUARY 26 **PROCTORS**

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FEBRUARY 27 **PROCTORS**

With a career at the pinnacle of traditional Irish music for nearly 35 years, Altan has achieved legendary status in a genre that has been equally shaped by the band's influence and genius.



BLUE MAN GROUP SPEECHLESS
FEB. 28 - MAR. 1 **PROCTORS**

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AN EVENING WITH CHRIS BOTTI
MARCH 6 **UPH**

Chris Botti has become the largest-selling American instrumental artist. Performing worldwide and selling more than four million albums, he has found a form of creative expression that begins in jazz and expands beyond the limits of any single genre.







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MAR 4: SOUNDS OF THE HALL
MAR 5: LOUIE ANDERSON
MAR 6: AN EVENING WITH CHRIS BOTTI
MAR 7: AN EVENING WITH CELEBRITY HOUSEWIVES
MAR 8: THE MARVELOUS MARQUISE FAMILY CIRCUS
MAR 13: MEGAN HILTY
MAR 14: HOWARD JONES ACOUSTIC TRIO

Visit universalpreservationhall.org for full schedule

112305_4



Politics are funny

Trevor Noah leaves the anchor desk of his Emmy and Peabody Award-winning comedy show "The Daily Show" to entertain an audience at the Times Union Center on Saturday, Feb. 15. For tickets and information, visit ticketmaster.com.

Trevor Noah

For tickets, visit ticketweb.com. Upstate Concert Hall is located at 1208 NY-146, Clifton Park.

Trevor Noah: Loud and Clear

Trevor Noah will perform at the Times Union Center on Saturday, Feb. 15, at 7:30 p.m. Trevor Noah is the host of the Emmy and Peabody Award-winning "The Daily Show" on Comedy Central. "The Daily Show with Trevor Noah" recently received two 2019 primetime Emmy nominations, including Outstanding Variety Talk Series and Outstanding Interactive Program. For tickets, visit ticketmaster.com. The Times Union Center is located at 51 S. Pearl St., Albany.

Twiddle with Wild Adriatic and Strange Machines

Twiddle, Wild Adriatic and Strange Machines will perform at the Palace Theatre on Friday, Feb. 14, at 7:40 p.m. With 12 years of relentless touring behind it, Vermont-based rock band Twiddle has built an impressive resume spanning Red Rocks to Bonnaroo and multiple sellouts of historic rock venues including Port Chester, New York's Capitol Theatre and Washington D.C.'s 9:30 Club. With the second half of the band's third studio album, Plump, on the horizon, the band's career continues to catapult forward. Buoyed by the generous support of 359 Kickstarter donors, the 27-song album does more than showcase the group's beautiful music, but also tells an important story. For tickets, visit ticketmaster.com. The



HOT DATE

ACROSS THE STREET

Local jamband Hilltop will capture the attention of music fans leaving the Palace Theatre as it performs at McGeary's on Friday, Feb. 14.

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

Twiddle After Show

Can't get enough of Twiddle, then head to Pearl Street Pub for the official after party on Friday, Feb. 14. Mihali Savoulidis and Zdenek Gubb of Twiddle will perform alongside Mike Gantzer and Rob Houk of Aqueous. Eggy, a four-piece band out of New Haven, Connecticut, will open the night. Eggy draws influences from Bruce Hornsby, CSNY and Herbie Hancock. An early bird online special offers tickets at \$15 each. The special ends on the night of the performance. For tickets and information, visit eventbrite.com. Pearl Street Pub is located at 1 Steuben Place in Albany.

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 (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 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 pres-

ent-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



Gets you there fast

Two favorites come back to share the stage together. Big Frank and The Bargain Bingers, and The Mopar Cams will preform at the Ale House on Saturday, Feb. 15, at 9 p.m.

The Mopar Cams

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Answers on Pg. B17

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She's blue

Stephen Babcock joined Girl Blue for an intimate night of wordsmiths and singers at Savoy taproom on Sunday, Feb. 16, at 9 p.m.

Girl Blue

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. 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



HOT DATE

LET'S GO CRAZY

Dressed to the nines, Dean Ford embodies Prince with every fiber of his being. He takes his tribute show to Saratoga Springs where he will perform at Putnam Place on Saturday, Feb. 15, at 9:30 p.m.

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. 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 canvases to small business card-sized oil sketches on paper. 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.

HOROSCOPES

February 2020 Week 2

ARIES - MAR 21/APR 20

Align yourself with the movers and shakers, Aries. Sometimes it's not what you know but who you know. Find a solid team and stick with them.

TAURUS - APR 21/MAY 21

Taurus, if you're already running on fumes, it may not be possible for you to tackle any additional tasks this week. Make some hard cuts and you'll be better for it.

GEMINI - MAY 22/JUN 21

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

CANCER - JUN 22/JUL 22

Cancer, don't be surprised when someone from your past approaches you for some advice. You may not have all the answers, but you can help guide this person in the right direction.

LEO - JUL 23/AUG 23

Leo, some new information has put you in a better position to make an important decision. These details have come just in the nick of time.

VIRGO - AUG 24/SEPT 22

Virgo, you may need to make some important decisions regarding your finances in the days ahead. It's now or never to square away your short- and long-term budget.

LIBRA - SEPT 23/OCT 23

An important relationship is on the cusp of reaching a milestone, Libra. Enjoy this special time and make every effort to commemorate it in a unique way.

SCORPIO - OCT 24/NOV 22

Find a way to cool your jets for the time being, Scorpio. Extra pressure may have you feeling the stress, and you may not be putting your best self forward.

SAGITTARIUS - NOV 23/DEC 21

Sagittarius, a passing comment rings true to you this week and commands your immediate attention. You do not want to let any opportunities pass over the next few days.

CAPRICORN - DEC 22/JAN 20

Learn how to count the small blessings in your life, Capricorn. Doing so will help you overcome a challenging issue that may pop up shortly.

AQUARIUS - JAN 21/FEB 18

You may need to look inward and make changes before you start suggesting others make their own modifications, Aquarius. Be honest in your personal assessment.

PISCES - FEB 19/MAR 20

There are a few things you are still trying to uncover about a new person in your life, Pisces. Keep digging because the reveal is worth it.



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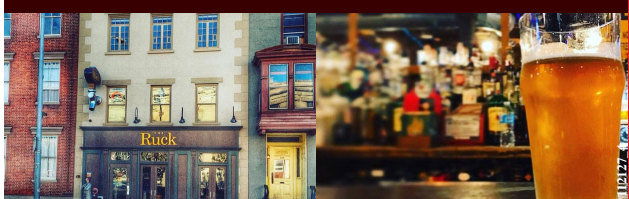
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Pancake puffs

FOOD & VINO

Pancakes are a beloved breakfast food. Fluffy and filling, pancakes can be soaked in syrup and/or topped with any number of fruits or nuts. Pancakes also can be turned into delicious desserts when paired with ice cream and other treats.

The Danish have a unique spin on traditional pancakes. Known as “aebleskivers,” these balls made from a pancake-type batter puff up in a special pan and end up resembling doughnut holes. They can be served for breakfast, snacks or desserts — making them as versatile as pancakes. Try aebleskivers for yourself with this recipe for “Aebleskivers” from “Small Sweet Treats” (Gibbs Smith) by Marguerite Marceau Henderson.

Aebleskivers

Ingredients: Makes about 3 dozen

- 1 Aebleskiver pan
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon ground cardamom
- 1/2 teaspoon kosher salt
- 1/2 cup sugar
- 3 large egg yolks
- 1 teaspoon vanilla extract

- 2 cups buttermilk
- 3 large egg whites
- 1 tablespoon unsalted butter
- Raspberry or strawberry preserves
- Powdered sugar

Instructions

In a medium bowl, combine the flour, baking powder, baking soda, cardamom, salt, and sugar.

In another bowl, beat the egg yolks, vanilla and buttermilk with a whisk or handheld mixer until frothy. Stir the dry ingredients into the wet ingredients just to combine.

In another bowl, beat the egg whites until frothy and stiff peaks form. Gently fold the egg whites into the batter.

Rub a little of the unsalted butter into each indentation of a well-heated aebleskivers pan. With a paper towel, remove excess butter. Place about 1 tablespoon batter in each indentation, top with about 1/2 teaspoon of preserves of choice, and add another tablespoon of batter on top. Cook until the sides are set and bottom is golden brown, about 2 minutes. Using two wooden skewers, carefully turn the aebleskivers over to cook the other side. Cook for 1 to 2 minutes more. Transfer to a platter, dust with powdered sugar, and serve hot. Repeat with remaining batter.



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How much octane is in that cup?

Caffeine content in popular coffees

Many people insist they cannot make it through a morning without their favorite cup of coffee. For some, the taste of the coffee might be a secondary consideration. In such instances, caffeine, and the jolt it provides on sleepy, earling mornings, is the true allure of that morning cup of joe.

Consuming caffeine in moderation should not have an adverse effect on many people's overall health. However, it's important to learn just how much caffeine is in your morning coffee. That's because the side effects of consuming too much caffeine can be severe. According to the U.S. National Library of Medicine, consuming more than 400 milligrams of coffee can be harmful. The potential side effects of overconsumption of caffeine include:

- restlessness and shakiness
- insomnia
- headaches
- dizziness
- rapid or abnormal heart rhythm
- dehydration
- anxiety

• dependency

Many working professionals pick up a cup of coffee on their way into work each morning, which can make it difficult to monitor their caffeine intake. Thankfully, the Center for Science in Public Interest has shared this breakdown of popular commercial coffees and their caffeine content to help consumers learn just how much caffeine they're consuming each day.

- Dunkin' Donuts Coffee with espresso shot: 20 oz., 398 mg
- Starbucks Coffee, Blonde Roast: 16 oz., 360 mg
- Dunkin' Donuts Iced Coffee, bottle — original: 12 oz., 327 mg
- Starbucks Coffee, Pike Place Roast: 16 oz., 310 mg
- Panera Coffee, Light Roast: 16 oz., 307 mg
- Starbucks Nitro Cold Brew: 16 oz., 280 mg
- Starbucks Plus 2X Caffeine Keurig K-Cup: 1 K-Cup, 260 mg
- Dunkin' Donuts Cappuccino: 20 oz., 252 mg
- Starbucks Caffe Americano: 16 oz., 225 mg
- Dunkin' Donuts Coffee: 14 oz.,



210 mg

- Starbucks Caffe Mocha: 16 oz., 175 mg
- Starbucks — Caffe Latte or Cappuccino: 16 oz., 150 mg
- Starbucks Salted Caramel Mocha,

bottle: 14 oz., 150 mg

- Keurig K-Cup, most varieties: 1 K-Cup, 75-150 mg

For a more complete list of popular coffees and their respective caffeine counts, visit www.cspinet.org.

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WHAT'S HAPPENING

Galentine's Day Fundraiser

Savoy Taproom — Thursday, Feb. 13

ALBANY — Savoy Taproom's Galentine's Day Fundraiser kicks off on Thursday, Feb. 13, from 6 to 10 p.m.

Savoy Taproom's fourth annual fundraiser for Planned Parenthood promises live music, comedy, raffles, hors d'oeuvres and an auction.

Jackie Jr. & The Checkmates, a nu-retro band consisting of members of Hartley's Encore, will provide live music starting at 9:15 p.m.

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

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

Twiddle After Show

Pearl Street Pub — Friday, Feb. 14

ALBANY — Can't get enough of Twiddle, then head to Pearl Street Pub for the official after party on Friday, Feb. 14.

Mihali Savoulidis and Zdenek Gubb of Twiddle will perform alongside Mike Gantzer and Rob Houk of Aqueous.

Eggy, a four-piece band out of New Haven, Connecticut, will open the night. Eggy draws influences

from Bruce Hornsby, CSNY and Herbie Hancock.

An early bird online special offers tickets at \$15 each. The special ends on the night of the performance.

For tickets and information, visit eventbrite.com.

Pearl Street Pub is located at 1 Steuben Place in Albany.

Glass Pony

Parish Public House — Friday, Feb. 14

ALBANY — Glass Pony and Parish Public House are offering you a choice on Friday, Feb. 14.

The popular psychedelic groove band is playing a double-header on Broadway to bookend the Twiddle show at the Palace Theatre.

First, there is the free Pre-Show party that starts at 6 p.m., followed by the Post-Show performance that's to start on 11 p.m.

Glass Pony is a four-piece band out of Albany. The quartet offers a high-energy show they dub as a "psychedelic groove circus." Fronted by Eddie Hotaling at vocals and guitar, the band includes Greg Pittz on guitar, Jeff Picarazzi on bass, and Chanda Dewey on drums.

Tickets for the Post-Show are \$10 each.

For more information, visit GlassPonyBand.com.

Parish Public House is located at 388 Broadway in

Albany.

Trevor Noah: Loud and Clear

Times Union Center — Saturday, Feb. 15

ALBANY — Trevor Noah will perform at the Times Union Center on Saturday, Feb. 15, at 7:30 p.m.

Trevor Noah is the host of the Emmy and Peabody Award-winning "The Daily Show" on Comedy Central. "The Daily Show with Trevor Noah" recently received two 2019 primetime Emmy nominations, including Outstanding Variety Talk Series and Outstanding Interactive Program.

For tickets, visit ticketmaster.com.

The Times Union Center is located at 51 S. Pearl St., Albany.

Black History Month Step Show

Palace Theatre — Sunday, Feb. 16

ALBANY — The Palace Theatre will host Price Chopper's Black History Month Step Show on Sunday, Feb. 16, at 5 p.m.

The Price Chopper Black History Month Step Show features some of the best step teams from the Capital Region and beyond for an afternoon of high energy performances. The step show is one of the most anticipated annual events in the area.

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4	8	2	9	7	6	3	1	5
8	5	3	4	2	7	1	6	9
1	7	4	8	6	9	5	3	2
2	9	6	3	1	5	8	4	7
7	2	8	6	4	1	9	5	3
9	4	1	5	8	3	7	2	6
6	3	5	7	9	2	4	8	1

Super Crossword Answers

R	O	E		N	A	M	A	S		B	O	T	H	A		
E	S	C		E	R	A	S	E		O	R	I	O	N		
C	I	O		C	A	R	L	E	D	W	A	R	D	S		
T	E	N	S	E	S				P	I	E	T	A			
I	R	O	N	S		A	S	S	U	R	E	D	L	Y		
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T	L	C		R	O	U	L	A	D	E			M	A	M	
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B	I	L	L	Y	P	A	C	K	E	R				O	N	E
P	R	O	L	E			N	O	O	K	S			N	O	M
D	E	G	A	S			A	S	S	A	I			I	R	A

■ **TECHNOLOGY**

Kicking the virtual tires

Tips before buying a car online

Car buying has come a long way since automobiles were first made available to the masses. Over time, drivers' options in regard to available vehicles have increased and the methods of paying for vehicles has changed. While many facets of the car buying process have slowly evolved over time, one relatively recent change has had a dramatic effect on how motorists shop for their vehicles.

The internet has changed much about how products are bought and sold, and cars are no exception. A 2017 study from Root & Associates/CDK found that 53 percent of consumers

said they were "very" or "extremely" likely to conduct an entire car purchase online. Some consumers feel there are advantages to buying vehicles online, but those who have never done so should keep a few pointers in mind as they shop for their next car or truck.

- Comparison shop in person. Comparison shopping is a savvy move for consumers regardless of what they're buying, and it can be especially beneficial to online car shoppers to begin doing so in person. According to the 2016 Beepi Consumer Automotive Index, 87 percent of Americans dislike something about car shopping at dealerships. In spite of that discomfort, visiting a dealership gives car buyers, even those who fully intend to buy online, a chance to test

drive various vehicles and experience certain features for themselves. Buyers can then use these visits to inform their online buying decisions.

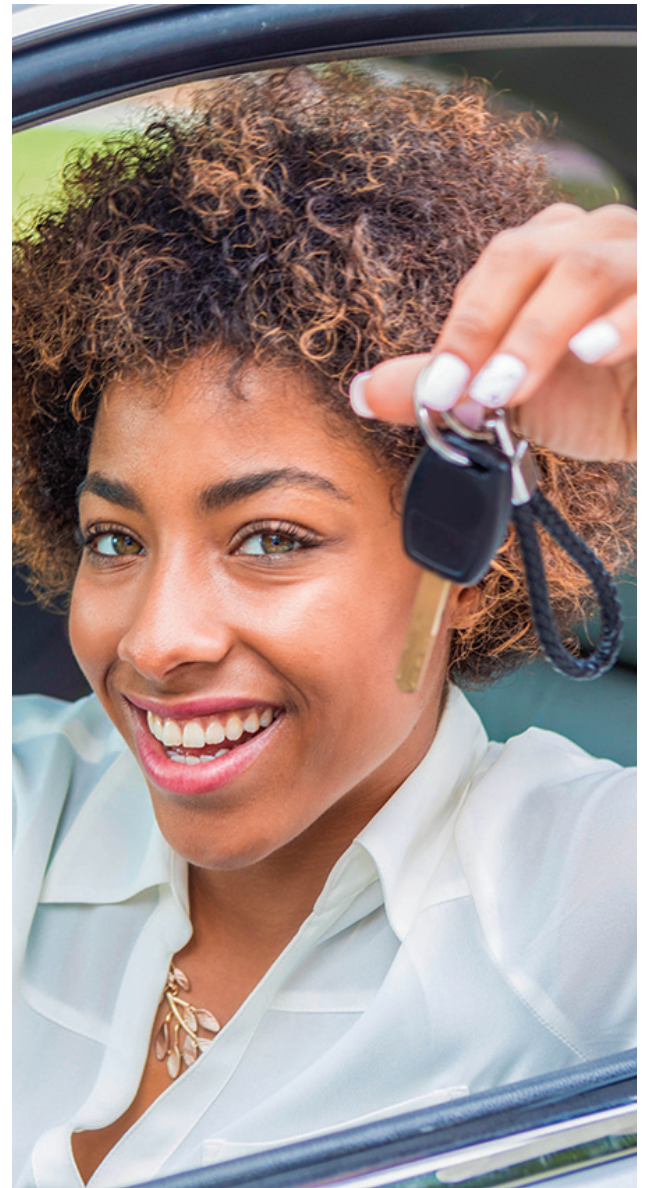
- Focus your search on local dealerships. The internet has connected consumers to businesses on the other side of the globe and vice versa. While buyers might find great deals on cars being sold by dealerships hundreds, if not thousands, of miles away, it's often wiser to focus searches on local dealerships. Dealers often offer incentives like free loaner cars or service discounts, but those incentives only benefit buyers if they live in close proximity to the dealerships where they purchased their vehicles.

- See the car in person. Looks can be deceiving, and that applies to vehicles

being sold online as much as anything else. If possible, buyers should see a car in person before buying it. Buyers who have found a car they're interested in should email the dealership that's selling the vehicle to arrange a test drive. Emailing tends to be the favored way to communicate, as buyers may find themselves inundated with calls if they contact dealers over the phone.

Buyers who cannot see a car in person but want to buy it anyway should familiarize themselves with return policies if the car does not meet their expectations upon delivery.

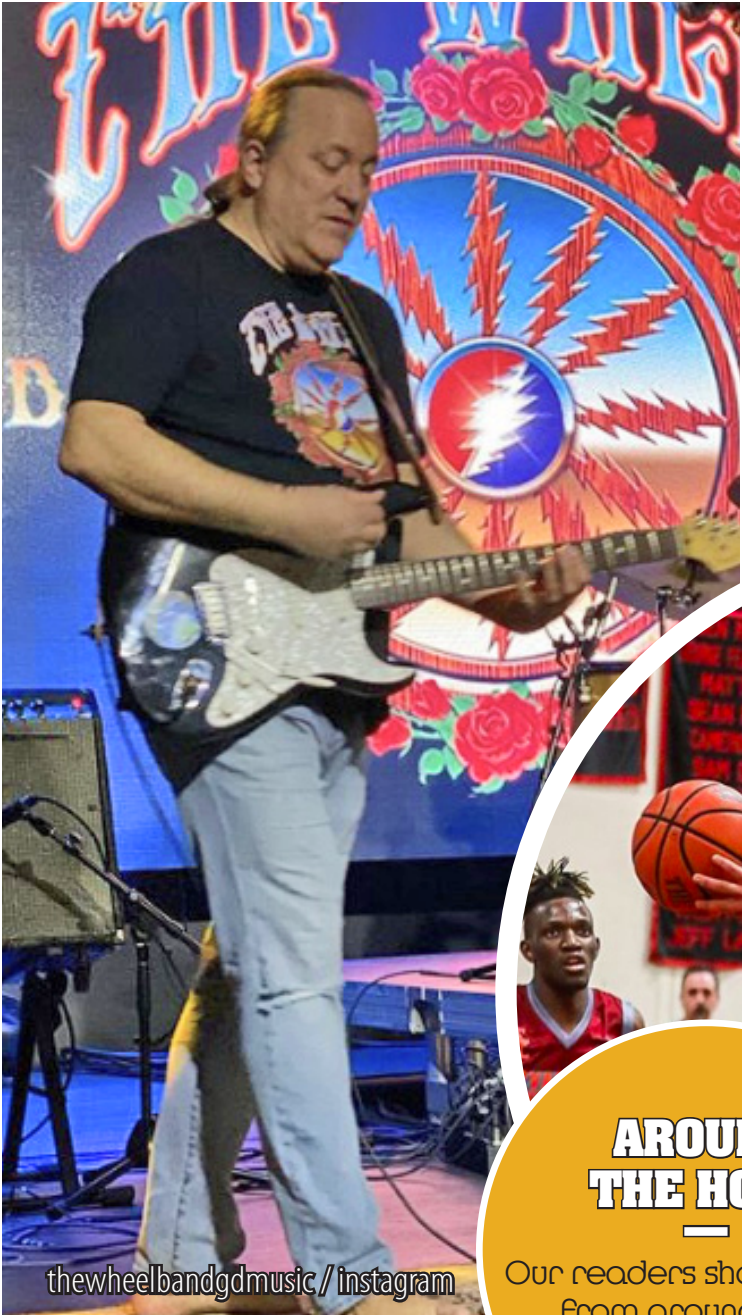
Savvy consumers can employ various strategies to make online car buying work for them.



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February 12, 2020

Spotlight
On
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Spotlight On Business 2020

Fun for the whole family



Apex Entertainment offers something for everyone

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

GUILDERLAND — Apex Entertainment at Crossgates Mall is not just a place to take the kids because there's something to do for the entire family.

The brand facility includes both traditional ten pin and candlepin bowling, sports simulators, Hologate a state of the art VR experience, escape rooms, an Albany themed laser tag arena, along with a 65-game arcade.

Apex Entertainment opened its first location in Marlborough, Mass., followed by our Destiny Mall Syracuse location, then cutting the ribbon on its Crossgates Mall location in January 2020.

One unique aspect to Apex Entertainment's offerings is candlepin bowling. This uniquely New England version of bowling involves knocking down narrow pins with a small ball, rather than the traditional bowling pins and ball. Each person gets three tries per frame to knock down all 10 pins, rather than two tries.

Hologate allows people to enter the world of virtual reality gaming. They can choose from a number of scenarios – from battling



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robots and dragons to having a virtual snowball fight.

There are two types of escape rooms available at Apex Entertainment. In one scenario, visitors must find a cure for the Zombyte virus that is creating robotic zombies. In the other scenario, visitors must prevent a submarine from sinking by closing all of the water-tight doors.

For those who wish to keep their athletic skills sharp, Apex Entertainment offers several sports simulators. Visitors can choose between golf, soccer, football, baseball, hockey and basketball, as well as cricket and rugby. Simulator

rentals also include the option to rent golf clubs so if your traveling there's no need to miss out.

Beyond the games, Apex offers a menu featuring appetizers, burgers, pizza, sandwiches and salads. There are gluten free and vegetarian options, as well.

Apex Entertainment offers visitors the option of signing up for its X-card, which includes free locker rentals and \$20 in arcade credits, as well as discounts on bowling. For hours of operation, pricing, and promos please call 518-426-8666 or visit apexentertainment.com/albany.



Pictures from Apex Entertainment





Empowering patients with scoliosis

ABLE Chiropractic keeps patients from feeling helpless against scoliosis

“From the time I found out I had scoliosis at age 13, there was never any hope for reducing the curve...until I met Dr. Chung,” a 29-year-old patient named Heather said.

Just like millions of Americans, one of Dr. Yejong Chung’s patients was screened for scoliosis in middle school during PE class. She was then referred to an orthopedic spine specialist by her primary doctor and was recommended to wear a brace at night -- hoping to prevent the progression of the curve, but not correcting it. Her family felt powerless towards scoliosis because there was

no other option to consider.

Dr. Chung of ABLE Corrective Chiropractic explained that there is hope for scoliosis patients.

“Scoliosis patients are not helpless against their spine,” Dr. Chung Said. “If caught early enough, it can be fully corrected as well through corrective chiropractic care integrated with Scolicare at ABLE.”

Scolicare is a truly custom-made 3D spinal brace for patients with scoliosis that has shown its effectiveness in multiple research studies. Along with Scolicare, Dr. Chung uses the most evidence-based technique in the profession called Chiropractic Biophysics (CBP). The technique helps patients achieve

“From the time I found out I had scoliosis at age 13, there was never any hope for reducing the curve...until I met Dr. Chung.”

— Heather,
ABLE Chiropractic
patient

the most optimal spine alignment through progress x-rays, mirror-imaging adjustments, and traction. Dr. Chung, who is the only CBP chiropractor in Latham, has been treating patients with arthritis, migraines, sciatica, numbness and tingling, Parkinson’s, fibromyalgia, and more since 2017. “As a veteran myself, I value family and health.,” he said.

Dr. Chung’s unique approach to scoliosis can bring real results to families who wish to change their child’s spinal alignment.

“I was skeptical at first, but we’ve seen improvement after just a few months,” Heather said. “I feel more empowered than ever about the future of my health and my body.” For more information, please visit ablexpierence.org.



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Spotlight On Business 2020

Are you on The Spinney's waiting list?

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

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

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

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

The Spinney at Van Dyke is a neighborhood of

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

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

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

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

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

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

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

The 4,000 square-foot Spinney clubhouse provides a town square feel that allows residents

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

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

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

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

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Spotlight On Business 2020



Word of mouth brings in the curious

Seniors are driving recent rise in popular CBD trade

It's no secret: The popularity of CBD has grown exponentially in recent years, and a significant part of the boom comes from seniors.

Faced with arthritis, back pain and other health issues, baby boomers are turning to CBD oil in their search for potential relief. But does CBD actually provide any health benefits?

So, what is fueling the popularity of CBD?

Chances are someone in your circle of acquaintances has used CBD: a co-worker, a family member or a friend. And chances are they've shared stories about how well it works for whatever ails them. Word of mouth, it turns out, has been a boon for CBD — especially among seniors.

"We have seen an increase in active seniors interested in CBD," said Gregory Henzel, one of the owners of Your CBD Store at 475 Albany Shaker Road, Loudonville. "Most of our customers come in from referrals by their friends who are taking CBD and sharing with them the results and benefits they are getting."

Henzel also says that some seniors pay Your CBD Store a visit after consulting with their doctor.



Photos provided

"Increasingly, we are also seeing seniors come in on the recommendation of their health care provider, directing them to us for the education we provide," he explained. "Seniors are becoming more educated about their physical health as they age. They are actually looking more into alternatives to their prescription medications for a variety of reasons."

In accordance with FDA

regulations, Your CBD Store and its employees do not make any medical claims when offering guidance about CBD products. In other words, because they are very focused on following and complying with all FDA regulations, they will not provide a laundry list of conditions or ailments whose sufferers might benefit from CBD products.

"There are many companies out there that do, in fact, in their

advertising, list conditions and make claims about the ability of their products to 'treat' or 'help with' these conditions," Henzel said. "This is in direct violation of FDA regulations, and should be considered when one is looking for a reputable company to buy their products from."

People unfamiliar with CBD may assume it gets users high like marijuana. However, CBD doesn't get users high, as another

cannabinoid — a psychoactive part of the marijuana plant known as THC — is responsible for that effect.

"Everyone, not just seniors, needs to understand that CBD is not marijuana," Henzel said. "The marijuana plant and the hemp plant are both cannabis plants, however people assume that when they hear cannabis, we mean marijuana. These plants are cousins. Our CBD products are derived from industrial hemp."

According to Your CBD Store, it all goes back to the consumer doing their due diligence and research. "Consumers today are being bombarded with plenty of options, and it can be very confusing," they admitted. "At Your CBD Store — we are a forum for education first, and retail second."

"All our locations provide free samples, without obligation," Henzel said, speaking about Your CBD Store. "Our goal is to be a compliant, pillar of the community. Seniors and others alike can feel comfortable coming into our store at any time to get the education they are seeking about hemp extracts (CBD oil)."

Our Six Capital Region locations are in Loudonville, Albany, Clifton Park, East Greenbush, Guilderland and Niskayuna.

Spotlight On **Business** 2020

Moving is easy with Organize Senior Moves

Senior Moving Managers go to work while you make the decisions

DELMAR — “Regardless of their age, the number one thing we hear when we meet a client for the first time is that they are overwhelmed and do not know where to begin,” said Michelle Kavanaugh-Anastasi, CEO and founder of Organize Senior Moves, LLC.

A member of the National Association of Senior Moving Managers, Organize Senior Moves (OSM) is an independently-owned senior move management company trained and certified to work with clients during what can often be an emotional time, particularly for those going through the process of downsizing their possessions late in life. This can apply to more than moving: OSM also offers organization services and can help you stage

your home for sale.

“After our free, one-hour assessment, we develop a plan of attack,” said Kavanaugh. “If you allow somebody to help you with the process, it can be done very quickly and efficiently. It won’t be as bad as a lot of our clients think it’s going to be.”

Working with the client and their family, OSM facilitates the move, while the client makes choices and directs the process. “Oftentimes, our clients are not only anxious about the move, but are also reluctant to say goodbye to some of their possessions,” said Kavanaugh. “Many of which they’ve had for many years.”

While stressful, Kavanaugh said change can also be exciting

and she and her team of 20 employees work to ensure that the experience is as positive as possible for their clients. The process, she said, is simple:



► First, the new space is measured and a layout is chosen;

► Then, they work with the client to decide which items they will keep, and which they will

sell, donate, give to family members or dispose of;

► The client is then packed;

► And, finally, unpacked in their new space — including

placement of furniture, hanging pictures, unpacking personal items, putting away dishes and making beds.

“On moving day, we aim to have the client completely unpacked and comfortable in their new home,” said Kavanaugh, clearly passionate about the work she does. “The

most exciting part of our job is the day we move clients. When we unpack them and set up their home. When our clients walk in to view their new home, the expressions on their faces are

priceless.”

OSM has access to a number of resources that may be needed during the moving process — auctioneers, realtors, movers and more. Kavanaugh’s project managers can identify and recommend services their clients may need, but no decision is ever made without the client’s input.

“Whatever the client needs to make the move easier and less stressful,” said Kavanaugh. “Our team is dedicated to creating the confidence that a client needs to make the necessary decisions during a difficult transition. We will work closely with our clients to ensure their comfort, happiness and peace of mind.”

It isn’t necessary to be a senior to take advantage of Organize Senior Moves’ services. Just visit their Delmar location at 125 Adams Street between 9 a.m. and 3 p.m., or call (518) 621-6568 to schedule a free, one-hour consultation.

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Spotlight On Business 2020

The Roost: A Family Destination

Upgraded amenities and reduced introductory membership rates

Since its inception more than a century ago, Wolferts Roost Country Club has provided the ultimate country club experience to the residents of New York's Capital Region. Wolferts Roost meticulously maintains a Tillinghast designed 18-hole championship golf course featuring panoramic views of the Berkshire Mountains.

The Roost's proud legacy is its unique ability to bring family and friends together, across generations, to enjoy the exceptional amenities that the Roost has to offer. The Roost offers golf leagues for men, women and juniors, and group and individual instruction from our professional staff on multiple practice areas. The

pro shop features the latest equipment, apparel and novelty items.

In addition to golf, members enjoy Har-Tru tennis courts, a swimming complex that includes a lap pool with diving board, kiddie pool, snack shack and changing facilities. Experience our newly renovated fitness center featuring state of the art equipment and adjacent locker rooms. Explore our unique children's summer program that incorporates golf, tennis, swimming and educational events focused on STEM, safety, and more. Themed family events on all major holidays, movie nights, a children's dining room, and a youth lounge provide ongoing family entertainment.

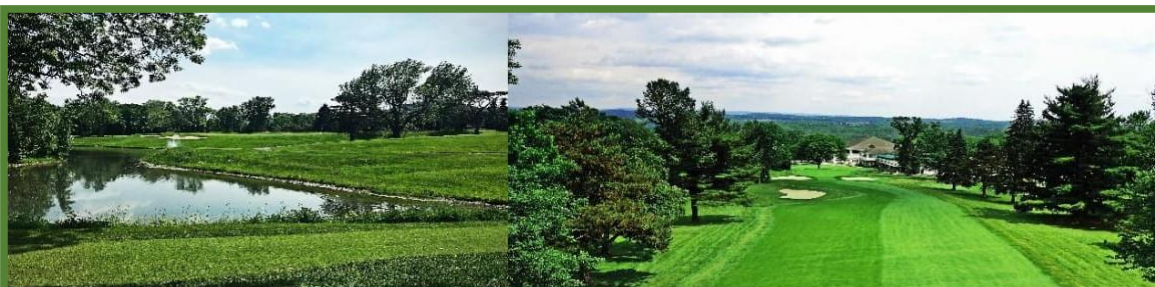
Executive Chef Charles

Bruculeri presents country club dining at its finest. The Roost offers exceptional casual dining (both indoors and al fresco on our spectacular patio and veranda bar), a well-appointed bar, and a spacious second floor ballroom with an outdoor terrace for special events. The firepit is a popular gathering place for cocktails and conversation.

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www.joinwolfertsroost.com

Spotlight On Business 2020



A companion to all

Dog brings joy, companionship to the Loudonville Assisted Living Residence

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

LOUDONVILLE — Penny might just be the most valuable member of The Loudonville Assisted Living Residence team.

She greets visitors at the door. She spends time with the residents. She spreads joy wherever she goes.

She also happens to be a 5-year-old, 45-pound English Golden Retriever who is certified through Therapy Dogs International.

Penny is Loudonville Assisted Living's therapy

dog – a role she was literally born to play.

"I brought Penny in when she was only eight weeks old," said Loudonville Assisted Living owner-operator Rhea O'Connor. "As soon as she was old enough to go out with me, she came with me to work."

O'Connor said she got the idea to bring Penny on board from reading about how therapy pets can help the elderly make a smooth transition into assisted living.

"Pets are such a tremendous part of people's lives, and the initial transition for a lot of older adults as they move to an assisted living facility means they have to give up a little of their independence – including pets," said O'Connor.

Penny's presence in the grand parlor contributes to providing a family atmosphere at Loudonville Assisted Living, said O'Connor.

"We're one of the few remaining independently owned and operated assisted living facilities in the Northeast," she said. "The owners are on site, and Penny can be considered one of the owners."

O'Connor was also born to serve the elderly. Her grandparents opened the assisted living center 50 years ago, and her father, Michael Levine, is also an owner. They have striven to make Loudonville Assisted Living feel as close to a grand home as possible.

"When you walk in, it really does feel like a home," said O'Connor.

"The staff is always so friendly. We have housekeepers who have been on staff for 30 years. It's even decorated to feel like a home."

The facility is divided into three centers, each of which serve a specific need for its residents.

"We have an assisted living, an enhanced assisted living and a memory care center," said O'Connor. "Having those three centers in one facility allows residents to age in place.

"While we have all the services necessary to age in place, it feels like a home," she added.

The Loudonville Assisted Living Residence is located at 298 Albany Shaker Road. For more information, visit loudonvillealr.com.

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Spotlight On Business 2020

The independent choice

Caring Wellness Pharmacy offers individualized service and fair prices

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

LATHAM — A new pharmacy offers local residents an independent option from the national chains.

Caring Wellness Pharmacy — opening soon on New Loudon Road — gives owner-operator Sam Awad the chance to provide individualized service with prices competitive with the national chains.

“I felt like there was no independent pharmacy in Latham,” said Awad. “There were

a couple of other pharmacies around, but no independent ones serving that part of Latham.”

Awad chose his location based on an available drive-thru window, which offers customers an option for picking up their prescriptions. He also plans to have a home delivery service for those customers who can't get to the store. The pharmacy will



carry both traditional and natural medicines. “I'm looking to carry products that

fit everyone in the community I serve, but I also want to carry products that I feel confident in. So, I will carry natural products for those who want them, and I will carry products for those who want to go a traditional [medicinal] route,” said Awad.

Awad immigrated to the United States to study medicine, but difficulty gaining a visa altered his path to practicing medicine.

“I postponed going to college for two years,” said Awad. “I wanted to become a doctor, but because of the delay, I decided to become a pharmacist.”

Awad said he is happy that he became a pharmacist. “I like how pharmacists have a lot more interaction with patients than doctors. We're easier to get a hold of. You can just call, and I will be the one to answer the phone,” he said.

What Awad said he wasn't happy about was working at a national chain. So, he decided to go his own way and created Caring Wellness Pharmacy.

“I think the biggest challenge is to educate people that independent pharmacies can

“I'm looking to carry products that fit everyone in the community I serve, but I also want to carry products that I feel confident in. So, I will carry natural products for those who want them, and I will carry products for those who want to go a traditional [medicinal] route.”

actually compete,” he said. “I can carry the same quality, if not better, than the chains. I can give discounts like the chains because I have the freedom and ability to purchase from different distributors.”

Caring Wellness Pharmacy is located at 1097 New Loudon Road in Latham. Store hours are 9 a.m. to 7 p.m. Monday through Friday, and 9 a.m. to 4 p.m. Saturday. Call 518-407-1746 to set up a new patient account. Once entered into the system, patients may call 518-783-1210 to refill prescriptions or to speak with Awad and his staff.

Caring Wellness Pharmacy's website offers additional assistance, such as setting up a mobile app to refill prescriptions, offering coupons for discounts on prescriptions and on-line wellness classes. For more information, visit caringwellnesspharmacy.com.

— Sam Awad, owner and operator

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— Sam Awad, PharmD



Spotlight On Business 2020

TMS helps clients overcome depression

Pinnacle's treatments: A Positive Impact

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

ALBANY — Pinnacle Behavioral Health's Transcranial Magnetic Stimulation (TMS) therapy has been a great success.

In its first year, there have been more than 3,000 TMS sessions at the McKown Road office, and the results have echoed those of other similar facilities across the United States.

"Over 80 percent of our clients showed significant improvement of their depression, and of that 80 percent, 50 percent went into full remission," said Rocco Pezzulo, Pinnacle's Director of Operations.

TMS treatment involves the use of an

electromagnetic coil located within the helmet which is then placed on the patient's head, directed at the left prefrontal cortex – the area of the brain that is associated with depression. Each session lasts about 20 minutes, during which, electromagnetic pulses are sent through the coil to the brain at two-second intervals, followed by 20 seconds of rest. The technician gradually increases the intensity of treatment until the therapeutic dose is reached to ensure the patient can tolerate the stimulation.

"It feels like a little tapping on the side of the head. We often describe the sound as being similar to that of a woodpecker," said Pezzulo. "For the first two

"It feels like a little tapping on the side of the head. We often describe the sound as being similar to that of a woodpecker. For the first two or three sessions, it can feel a little unusual, but by the fourth or fifth session, most find it very therapeutic and some even sleep through it."

— Rocco Pezzulo,
Pinnacle's Director
of Operations

or three sessions, it can feel a little unusual, but by the fourth or fifth session, most find it very therapeutic and some even sleep through it."

Patients go through seven to eight weeks of TMS sessions. During the first month, patients must visit every week day in order for the treatment to "train the brain and regulate mood," said Pezzulo. Then, treatments are typically scaled down to two to three times per week over the final two to four weeks, although patients have the option of continuing daily treatments if necessary.

"Pinnacle offers morning, afternoon and evening sessions in order to accommodate our patients' busy schedules" said Pezzulo. "People often ask us what our hours are. We're open from 8 a.m. to

7 p.m. Monday through Friday."

Pinnacle doesn't rely on TMS alone to treat patients experiencing severe depression. They complement TMS treatment with some of its other therapeutic programs, such as Tai Chi, yoga and Qi Gong as well as offering a weekly TMS Support Group. This group is open to any individual, family member or loved one who is interested in TMS, patients who are currently in the program and those who have completed treatment.

"Our results have been slightly better than the national average" as a result of pairing TMS with other services, said Pezzulo.

Although TMS is not the first line of treatment offered, patients who

have not had relief from medications or therapy are perfect candidates. For those who have received it, the difference can be striking, said Pezzulo. "By the time they complete treatment, patients appear brighter and have an overall improved quality of life."

Pinnacle Behavioral Health is located at 10 McKown Road in Albany, just off of Western Avenue. For more information about Pinnacle's TMS treatment and other behavioral health services, visit www.pinnaclebehavioralhealth.com. There are also video clips demonstrating TMS treatments on the website. To schedule an appointment, call 518-689-0244.

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Spotlight On Business 2020

Experience matters

Bausback & McGarry carries on the tradition of quality dental care

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

SLINGERLANDS — Experience is a large part of Bausback & McGarry Family Dental Practice's success.

Dr. Debra Bausback has been a part of the practice since 1994. Dr. Gabriel McGarry is the relative newcomer, having joined in 2007. Members of their staff have been with the practice since it was operated by Dr. Harold Wilson and Dr. Joseph Hart. Bausback said one member of her staff has been with the practice for more than 40 years – longer than it has been located in Slingerlands.

"They started the partnership in the 1970s and moved the practice to our current [Kenwood Avenue] location in 1986," said Bausback.

Because the staff has been together for a long time, there is greater communication between everyone at the practice.

"Some of the things I hear new patients say is how well the office is run," said McGarry. "I wouldn't use the term family, but I think it's because there's been so much longevity."

Bausback and McGarry are both Capital Region natives. Bausback graduated from Voorheesville High School and the University of Connecticut School of Dental Medicine before joining the practice in the mid 1990s. She was named a partner in 1999.

McGarry graduated from Burnt Hills-Ballston

Lake High School and Binghamton University before studying dentistry at the University at Buffalo. He completed a residency at St. Clare's Hospital in Schenectady and then joined another practice before coming to Slingerlands in 2007. He was named a partner in 2012.

Bausback & McGarry's staff treats each patient with care. They listen to each patient's needs and then come up with an individualized plan. They address everything from teeth cleaning and whitening to root canals and denture implants. Whatever the patient needs, Bausback & McGarry can perform.

Bausback & McGarry Family Dental Practice is located at 840 Kenwood Avenue in Slingerlands.

Putting community first

National Bank of Coxsackie has strong ties to Bethlehem

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

GLENMONT — National Bank of Coxsackie believes in supporting the communities it serves.

Its Glenmont branch is no exception. Since opening in 2014, the branch has sponsored youth league baseball teams, participated in the annual Battlefield & Beyond Parade, and worked with the Bethlehem Food Pantry.

"Every year, we close the office for half a day and go volunteer in the community," said Assistant Vice President/Manager/Business Development

Officer Jody Shaw. "Last year, we volunteered at the food pantry around Thanksgiving. We are looking to do that again this year."

Overall, the National Bank of Coxsackie has been around for 168 years. It started in the Greene County village it's named after in 1852, and has grown to include branches in Greenville, Ravena, West Coxsackie, Athens, Cairo, Middleburgh, and Glenmont.

"The [Glenmont] branch has been around for five years, but we've been a community bank for 168 years," said Shaw.

To honor its history, National Bank of Coxsackie has special interest rates for two of its Certificates of Deposit (CDs). "We have a 19-month CD with a 1.68 percent interest rate, and

we have a seven-month CD with a 0.68 percent interest rate," said Shaw.

As with its seven other branches, National Bank of Coxsackie's Glenmont branch develops strong relationships with its customers.

"We have an experienced staff of bankers. They have established one-on-one relationships with our customers," said Shaw. "A number of our staff also live in the community."

Besides its traditional in-branch banking services, National Bank of Coxsackie offers online and mobile app banking options.

"Even when they apply online, they will still be working with one of our bankers in their community," said Shaw.

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Spotlight On Business 2020

Annual favorite exhibit returns to miSci

Museum opens world climate and butterflies exhibits

SCHENECTADY — The Museum of Innovation and Science, (miSci) will be opening a new traveling exhibition, *Weather to Climate: Our Changing World*, alongside an annual favorite, the *Butterflies and Blooms* event.

Weather to Climate: Our Changing World opened on Friday, Feb. 7, and will run through Sunday, May 3. The exhibition was created by the Chicago Academy of Sciences and its Peggy Notebaert Nature Museum. It is toured internationally by Flying Fish.

This exhibition

presents the fundamentals of weather and climate and explains how the two phenomena are connected through fun interactives and engaging content. The exhibition connects weather to the science behind global climate changes and explores how it affects human and animal communities around the world.

“One of the difficulties in understanding climate change is understanding the difference between what drives weather and



what drives climate, as they are not necessarily the same,” says Dr. Gina C. Gould, President of miSci. “Complicated and multidisciplinary, climate change is one of the most

misunderstood sciences of our times and one of the most important. *Weather to Climate: Our Changing World* is an immersive interactive exhibition for people of all ages that

explains these differences and attempts to dispel the misconceptions many of us have about the causes of climate change.”

miSci’s annual favorite, entitled *Butterflies and Blooms*, opened on Saturday, Feb. 15 and run through April 19. An After Dark event entitled *Butterflies and Brews* will be held on Friday, April 3, from 6 to 8 p.m.

This exhibition provides participants with an opportunity to step into miSci’s indoor butterfly

house and walk among hundreds of brilliantly colored native butterflies.

Butterflies are shown at every stage of their life cycle – from egg to chrysalis chamber to adulthood. Different species of butterflies from the area are in the exhibition.

Participants will learn what butterflies eat and how scientists use them as examples for new technology. All of this occurs within a re-creation of the butterflies’ natural, outdoor habitat, which includes plants and flowers that butterflies require for food - all tended by masterful volunteer gardeners.

For Museum hours and ticket information, please visit www.misci.org.



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Spotlight On Business 2020



New fish in town

Goldfish Swim School Colonie offers swim lessons, water safety

There's a new fish in town! Goldfish Swim School Colonie provides indoor, year-round swim instruction to children ages four months to 12 years-old in a family-friendly setting with highly trained instructors, small class sizes (max 4:1 student to teacher ratio), shiver-free 90-degree pools, and a state-of-the-art water

purification system. Families with kids of different ages and skill levels can conveniently have all of their swimmers in the pool during the same half hour time slot and schedule makeup classes when necessary. Goldfish offers perpetual lessons and families can enroll at any time.

In addition to swim lessons, Goldfish Swim School offers weekly family swims (for both members and non-members) and birthday party packages. Facility highlights include an air conditioned viewing

gallery for parents to watch lessons, a spacious family dressing area with private changing rooms, snack bar, retail shop and warm, tropical décor.

The Goldfish Swim School Colonie team offers free water safety presentations to schools, day care facilities and any other interested group.

Families can register for lessons by visiting the website or calling 518-788-9700. For a limited time, Goldfish Swim School Colonie is offering a free trial lessons to new members.



It's about momentum, forward movement, growth.

While some resolutions are a might-do, swimming lessons are a must-do. Start the new year off right with swim lessons at Goldfish Swim School. Fresh perspectives, healthy habits, necessary skills. The best way to kick off a new year.

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New year, new space

New Scotland Physical Therapy sets up shop across the street

By ROB JONAS
news@spotlightnews.com

NEW SCOTLAND — New Scotland Physical Therapy is on the move, but is staying close to its roots.

After eight years at Stonewall Plaza, the physical therapy practice is now located at 1944B New Scotland Road – between Stewart's and New Scotland Auto Center, not far from the intersection of routes 85 and 85A.

"It was an exciting opportunity for us to stay close to the location where we have grown and thrived, while providing an improved space with better accessibility

for our patients," said New Scotland Physical Therapy owner and physical therapist Mollie Dambrocia.

Dambrocia said the new space is designed to allow her practice to expand into offering wellness related services and classes.

"We are honestly thrilled and look forward to continuing to provide high quality care in an even more improved space," said Dambrocia.

Though the practice is expanding its services, it remains focused on serving the communities of Voorheesville, New Scotland and Bethlehem. It will also continue to provide athletic training services to Voorheesville High School athletes.

"We love serving this community," said Dambrocia. "So many of

our patients have honestly become like extensions of our own family. It was important to me to stay close to the community we serve, while providing an improved space."

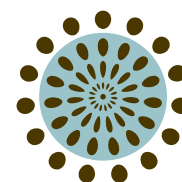
New Scotland Physical Therapy offers a wide modality of treatments to fit a patient's needs – from manual manipulation to exercises that can be done at home. New patients will receive a thorough evaluation from one of the physical therapists at the first session. From there, sessions vary from 30 to 60 minutes, depending on the patient's needs.

New Scotland Physical Therapy is open from 8 a.m. to 5 p.m. Mondays and Wednesdays; 9 a.m. to 7 p.m. Tuesdays and Thursdays; and 8 a.m. to 1:30 p.m. Fridays. The practice accepts most health insurance plans.

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Spotlight On Business 2020

Proactive with hearing

Being proactive with hearing as you age

As we get older, our bodies begin to go through changes, and our hearing health is not immune to this. In fact, hearing loss affects one in three people that are between the ages of 65 to 74. Although most are in denial hearing loss is a natural part of aging. So, the question is: how can we be proactive about our hearing health?

Practice safety at the workplace

If you work in noisy environments, such as in a factory or construction site, be sure to use proper ear protection. Being exposed to elevated levels of noise for various years

can permanently damage your hearing health.

Protect against loud equipment

This is essential, especially if you work on the outside of the house. Lawnmowers and other equipment can cause damage to your ears over time.

Careful with noisy devices

Be careful when listening to music, especially when using ear buds. Listening to music at loud levels can cause permanent hearing loss, because ear drums are placed so closely to the ear drum. Loud concerts can also have a negative effect on hearing, but taking precautions such as ear plugs can help as a barrier

to keep out noise.

Hearing pros are essential

Taking the above steps will allow you to be proactive with maintaining your hearing health. However, the most important step is to get regularly checked by a professional. A professional will be able to help you identify any potential hearing health issues and provide treatment if necessary.

Advanced Hearing Aid Centers is a trusted hearing aid clinic in Albany, NY and will be hosting a hearing health event on March 9 and 10. Simply call us at 518-776-1105 to schedule an appointment today.

Tradition with a twist

Elsmere FD adds lunch service to its fish fry

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

DELMAR — Bethlehem residents can't get enough of the Elsmere Fire Department's fish fry Fridays – so much so, that the department is adding lunch service to its annual tradition.

"We started out 15 years ago serving 200 to 300 fish fries each event, and now we're serving 600 to 700 dinners," said Commissioner Joe Catalano. "We decided to give [lunches] a try this year because it's something new and we are trying to build on our success."

Catalano is part of a core group at Elsmere Fire Department that has been

working on the dinners since the program began in 2004.

"Bill Webb – our past chief – was the first chairman of the committee responsible for the dinners, and has also been in charge of the fryer the entire time. He has worked the fryer every year since we started," said Catalano. "Lt. Don Ballard has been in charge of the fries. In fact, he wears a T-shirt that says 'Holding on Fries' on the back of it because we can't finish an order until he makes the fries."

As the fish fry's popularity grew, so did the crew helping to keep the meals coming.

"Past President John Murphy is also part of our core group, and has chaired the committee for the past 8 years," said Catalano. "He continues

to grow its success each year. He introduced new menu items including our delicious clam chowder, and is always thinking of new ways to expand our success, including lunches this year.

"We have an experienced wait staff, which includes many of our ladies auxiliary members, a top notch kitchen crew and even a clean-up crew. We have a whole assembly line [in the kitchen]. Some of our young Explorer members run up and down the stairs with tickets [for take-out orders]."

Catalano stated that his department feels blessed to be in a community that supports the Elsmere Fire Department so generously and they consider it an honor to serve them in any way possible.

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Spotlight On Business 2020

All I want to do

How biking to work can benefit your overall health

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

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

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



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

Comprehensive dental care

Dr. Abele, a pioneer in dental sciences

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

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

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

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

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

designed tooth restorations is renowned.

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

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

— Dr. Thomas Abele

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Spotlight On **Business** 2020

What's a business plan?

Business plans are helpful for entrepreneurs

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

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

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

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

• **Executive summary:** This is a synopsis of the entire plan with all of the essentials briefly discussed. Include the reasons why the business will be successful.

• **Business description:** In this section, entrepreneurs can provide a profile of the company. Information can include location, size, planned operations, and the target market.

• **Industry analysis:**

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

• **Marketing, products and sales:** In this portion of the plan, owners mention the products or services being offered. Strategies for branding, marketing and how the product/services will be sold also are included.

• **Operations:** The operations portion of the plan will detail the processes the business needs to address on a daily basis to be successful.

• **The team:** In the business plan, entrepreneurs should also identify the personnel who will be helping to run the company, including why these people are qualified for the job.



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Spotlight On Business 2020

Finding migraine relief

People with migraines demand more from their treatments

Migraines are more than just a headache. The World Health Organization (WHO) recently listed migraines as one of the world's most disabling illnesses, striking people most frequently during their prime working years and often significantly impairing a person's ability to function at work.

For the nearly 40 million Americans living with migraines, life is often a daily game of chance on whether a migraine will strike and impact their day. The stress and anxiety associated with the unpredictable nature of attacks is also

a tremendous burden to those who suffer from migraines.

Local Albany resident, Nancy Harris Bonk, has experienced migraines since she was a teenager. "Like so many patients, I have tried many different treatments – both medications and alternative therapies – but nothing completely stops the attack."

People with migraines are forced with a continued tradeoff of whether to push through the migraine or take medications that often come with unwelcome side effects. Research suggests people with migraines aren't getting the relief they want from currently available acute treatments, which are used to stop an attack at the onset.

People with migraines are demanding more from

their acute treatment.

"It's important for people with migraines to take a proactive approach to their treatment; we need to demand more from our treatments. Migraines affect each of us differently, yet all of us can benefit from an effective acute treatment to stop the attack," said Nancy.

A new campaign entitled, 'Demand More for Migraines' has recently been launched to the public, enabling patients to begin a dialogue with their healthcare professional about what they need from an acute treatment of migraines. The campaign was created by Biohaven Pharmaceuticals, a company dedicated to advancing neuroscience and migraines treatments.

It's play with purpose

Enrichment programs that support a child's development

Local businesswoman Sheri Canfield is purpose driven. That's the foundation of her latest venture that opened this past summer: The Bizzy Beez – A Sensory Adventure on Wolf Road in the Shopper Park of Wolf Road plaza. Bizzy Beez is a sensory gym that offers children of all abilities a safe environment to play and refine their skills to respond to sensory situations. The sensory gym employs licensed therapists who can provide pediatric therapy.

Canfield started the sensory gym because she saw a need that wasn't being filled in the community – that was for quality programs and services for children with sensory issues. Bizzy Beez -A Sensory Adventure offers that place for enrichment programs and workshops that directly support the child's development and empowers the family to have more

knowledge and understanding on how they can support their child.

Until recently, the Bizzy Beez – A Sensory Adventure was housed and part of the Spotted Zebra Learning Center, which is a contemporary, state of the art, year-round, integrated preschool that Canfield started about 15 years ago. From that preschool, families quickly started requesting more services, more support and more resources. Hence the Bizzy

Beez - A Sensory Adventure was reborn and relocated to its own new space.

Bizzy Beez has expanded its purpose. In addition to being a place where children can play with

purpose, it also offers private pediatric therapy, field trips, afterschool enrichment programming, summer programs and birthday parties.

The Bizzy Beez is open to the public Tuesday through Friday from 9 a.m. to 2 p.m. and Saturday from 9 a.m. to 1 p.m. Membership is not required. For more information, visit bizzybeezsensoryadventures.org.



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You should be able to count on your migraine treatment to provide lasting relief with minimal side effects. But in order to demand more for migraine, it's important to understand yours.

Visit DemandMoreForMigraine.com to learn more about the limitations of current treatments, and for access to free tools and resources that can help you talk to your doctor.

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More than a leap

Factors to consider before starting a business

Owning a business is a goal for many professionals. Being self-employed and having final say over business decisions can give people a sense of satisfaction and professional accomplishment.

The small business landscape continues to evolve and expand. The Small Business Administration says that more than 50 percent of the working population is employed in a small business. There are almost 30 million small businesses in the United States, with roughly 540,000 new start-ups each month.

While owning a small business can be rewarding, it's important that prospective business owners recognize that only around one-quarter of such businesses survive 15 years or more.

Taking heed of certain

factors and educating themselves about entrepreneurship can help prospective small business owners prepare for and overcome some of the ups and downs of owning their own business.

- Explore the nature of the business and if there is room in the industry/market for something of its type. Is industry oversaturated? Is there a need for this product or service?

- Understand who might be your target customer. Identify the people who will be drawn to your product or service, even if it is a small, niche market.

- Identify the best possible locations for the business. This is true whether the business will be brick and mortar or strictly an online business. Explore ways to position the company so it will attract as many potential customers as possible.

- Conduct an analysis of potential competitors to get an idea of the strategies they are employing. It also is helpful to know the other people providing similar

products and services so you'll understand what is necessary to set your business apart.

- Devise a plan for funding and establish a budget. You will need to properly identify your sources of capital to get the business up and running. If you are not good with numbers, establish who will help you with bookkeeping and accounting to ensure the business stays on track.

- No business is complete without an effective business plan. A plan puts all thoughts on paper and provides direction. Such plans spell out which steps you will take and when you will take them.

- Assess your expertise in the field. If this is something new to you, consider an apprenticeship or continuing education to obtain the skills necessary to help your business thrive.

Starting a new business can be an exciting venture. However, it should not begin without forethought and research.