

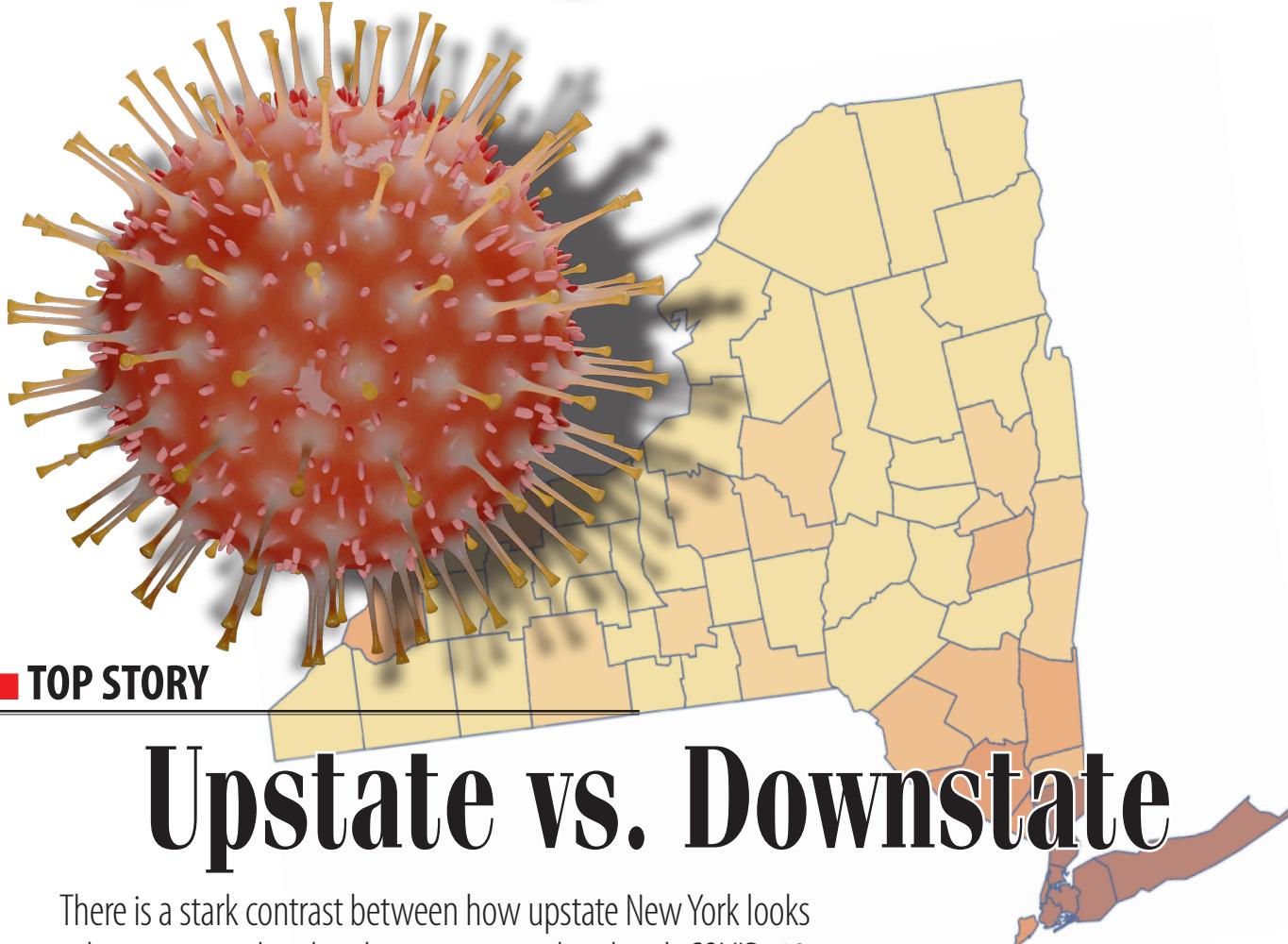
THE Spotlight

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■ TOP STORY

Upstate vs. Downstate

There is a stark contrast between how upstate New York looks when compared with a downstate inundated with COVID-19

By JIM FRANCO
francoj@spotlightnews.com

ALBANY—For a host of reasons, upstate has weathered the COVID-19 storm better than downstate and that has led to some discussion on whether or not areas of upstate should open sooner.

The numbers are indisputable, but the concept is more convoluted. And while there are more and more calls to open upstate, that decision is left up to state government and Gov. Andrew Cuomo. While he acknowledges the different situations between up and downstate, and seems to have an ongoing internal debate on what to do, he has given no

solid indication of any portion of the state opening without the rest.

"I think it's logical to think a re-opening plan take into consideration the differential of infection rates and overall hospitalization rates. We see that in certain states. If you have less of a problem you can open faster," said Gov. Andrew Cuomo during his daily briefing on Friday, April 17. "If you are in one state, and parts of the state are in a different situation than other parts of the state why can't those parts of the state open sooner? I think they can. How much sooner, when, how do you phase it in, in a way that doesn't complicate or compete with other parts of the state that aren't

doing it? That's when it gets granular and tricky and that is what we are working through."

A couple days later, though, the governor conveyed a story about a couple who drove up from New York City to the Capital District just to order Thai food and "to get out of the house" to illustrate how mobile the population is, and how easily an infected person could literally drive the virus north and infect upstate.

"Everything effects everything else," he said. "The first barber shop to open will have a line out the door," the governor said. "These decisions are all connected. If we don't coordinate this, it will make a

Continues on page 6



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TOWN GOVERNMENT

State of emergency extended

By DIEGO CAGARA

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BETHLEHEM — Town Supervisor David VanLuven extended Bethlehem's state of emergency on Friday, April 17, which will remain in effect until rescinded by a future order.

Originally declared on March 19, it was extended due to the ongoing COVID-19 pandemic.

VanLuven wrote that he is exercising his authority to "preserve the public safety and hereby render all required and available assistance vital to the

security, well-being, and health of the citizens of this municipality. I hereby direct all departments and agencies of the Town of Bethlehem to take whatever steps necessary to protect life and property, public infrastructure, and provide such emergency assistance as is deemed necessary."

To view the full declaration, visit our website.

For more information on how town departments are affected, visit www.townofbethlehem.org/AlertCenter.aspx?AID=TownBuildings-closed-to-public-Update-174.

POLICE and EMERGENCY CALLS

Trespassing on a private residence

BETHLEHEM — A 22-year-old Troy man was arrested for entering a Bethlehem residence on Hobbie Lane uninvited on Sunday, April 19 at 7:59 p.m.

According to reports, Kashawn Jackson walked into the victim's residence, whom

the latter did not recognize and called Bethlehem police. The police located Jackson on River Road and arrested him; he was charged with criminal trespass in the second degree, a class A misdemeanor. For security purposes, the victim's name and address were unnamed in the report.

Jackson is scheduled to appear at the Bethlehem Town Court on June 16 at 5:30 p.m.

COMMUNITY

Two farmers markets go online

By DIEGO CAGARA

cagarad@spotlightnews.com

GUILDERLAND — The Guilderland and Washington Park farmers markets will converge to launch an online market that will continue supporting vendors and the public amid the COVID-19 pandemic.

Orders can be placed on the Guilderland Farmer's Market website at www.guilderlandfarmersmarket.com and click "Online Market."

Curbside pickup will be available at Star Plaza at the corner of Route 155 and Western Avenue every Sunday at noon, starting on April 26 with no set end date for now.

Customers are encouraged to stay in their vehicles and their orders will be delivered to them.

Scott Abraham, the owner and creator of the two farmers markets, said he became inspired to launch the online market after hearing that many local mom-and-pop stores were closing down recently. He wanted to give an outlet for them and his markets' vendors to continue selling during the pandemic.

"I also saw a need because there are seniors who don't want to go to grocery stores and that groceries deliveries are overwhelmed," he said. "I know people are stressing out now and worrying about when their next paycheck comes. As long as I give them another avenue, it's worth all the time to do this."

As of Friday, April 17, participating vendors

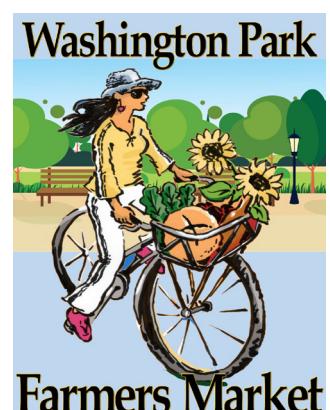
include Magic Forest Farms, Caffe Italia, Slingerland Family Farm, Sunshine Catering, Wild Hill Maple and Greener Pastures. Abraham noted, though, that the vendors are not just food-oriented and he's encouraging artists, crafters, farmers and distilleries to join in.

If interested in becoming a vendor, contact Abraham at 949-973-8785 or guilderlandfm@gmail.com.

The online market and curbside delivery help to maintain social distancing and Abraham said it is only available for people with vehicles for now — people cannot just walk or bike to the pickup location to line up. Abraham also said he's looking into delivering orders to a local senior community but did not offer more details as those plans are preliminary.

"If I find out there's a need for people that don't have a car, that would be something I may look into and figure out a way for people without cars to take advantage of this too," he said.

This article's full version is on our website.



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■ COMMUNITY

Printing headbands for face shields

Part of assembly line to make face shields for Albany Med

By DIEGO CAGARA
cagarad@spotlightnews.com

DELMAR — The Bethlehem Public Library's MakerBot 3D printer may not be human but its new job has a heart.

For the past two weeks, the library has been involved in two projects with two other libraries and two local colleges to use 3D printers to make and deliver protective face shields to Albany Medical Center healthcare workers.

The library is working with the Ravena-Coeymans-Selkirk Community Library, Albany Public Library and two SUNY Albany colleges — the College of Engineering and Applied Sciences; and the College of Emergency Preparedness, Homeland Security and Cybersecurity.

The Bethlehem library's 3D printer was moved to Head of IT John Love's house after the library temporarily closed on March 13 due to concerns for the COVID-19 pandemic.

With Love watching



The Bethlehem Public Library's 3D printer is temporarily in head of IT John Love's house who oversees its printing duties.

Bethlehem Public Library

over it, it is now printing headbands that will be given to the UAlbany colleges that will further assemble them to make

protective face shields with transparent report covers and more.

Geoffrey Kirkpatrick, the library's director, said

the 3D printer uses plastic filament to help create the headbands. He added that the library has "a good stock" of the plastic filament which also comes in different colors like pink and green, and Love keeps track of the inventory.

Love said he got started two weeks ago when Judith Wines, the RCS Community Library's director, connected him with the UAlbany College of Emergency Preparedness, Homeland Security and Cybersecurity, and learned about the headbands' designs. These headband designs are originally from the National Institute of Health's website.

Love said he has printed at least 30 headbands so far and noted it can range between 1 hour 15 minutes and 2 hours 45 minutes to print one, depending on their size. The library also gave 20 completed face shields to Delmar-Bethlehem EMS on Friday, April 2, after finding some plastic transparencies in its supply closet.

Kirkpatrick said the 3D printer was originally brought into the library in late 2014, was moved into its Studio Makerspace and is the older of two. "We have another 3D printer

that's currently not working and we're trying to get parts for it so that John can work on it and double the capacity of making headbands," he said. "We'll keep making headbands until we hear from UAlbany that the hospital has everything it needs."

He connected the benefits of the 3D printer with how the library continues to support its community, like with online resources for its patrons.

"We've expanded our ability to provide e-books and downloadable videos, music, comic books and much more," he said. "People have also come to our parking lots to use the Wi-Fi if they don't have internet access at home. It's imperfect but we're trying to supply our online resources as best as we can.

Just because we're deemed a non-essential business under executive orders, doesn't mean we're not important."

Kirkpatrick expressed gratitude for

Love's actions and ability to troubleshoot any of the printer's issues. "You can imagine how difficult it is for our staff working from home to troubleshoot account problems now but John volunteered to take the printer into his house and keep it running," he said. "He's been great and awesome."

Love said, "Right now, it's very important because we want to help and supplies for face shields are running low at this time. Granted the headbands we make are not medical-grade but it's better than nothing if we can produce these things and make it easier for them."



A collection of printed headbands by the library.

Bethlehem Public Library

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SPOTLIGHT ON FINANCE

Check the cape at the door: An interview with Lee Woodruff

By JENNIFER REGELSKI,
KeyBank

In January 2006, Lee Woodruff was at Disney World with her kids. She was in her 40s, her husband Bob recently landed the dream job of co-anchor of ABC World News Tonight and the life she thought she had worked hard for and earned was hers.

"There was a part of me that naively believed, and I don't know how deeply, that if you lived a good life and were kind life wouldn't throw you a curveball," Woodruff said in a conversation earlier this month. "Obviously, that's not how the world works."

The curveball for Woodruff was the phone call she received in her Disney hotel room. It was the president of ABC News. A roadside bomb hit an armored car Bob was riding in while covering the Iraq War. He was critically injured.

Woodruff was the keynote speaker for the 2019 Annual Key4Women Forum at the Albany Marriott. She shared her story of how overcoming the challenges along Bob's path to recovery taught her many lessons about relationships, growing a career in the face of adversity and shedding the idea that the mythical superwoman exists. Here, she shares some thoughts about women finding balance and success in their careers.

Jennifer Regelski: You often talk about life being messy. Can you talk about this in the context of expectations and how to realign, find balance and thrive when faced with a curveball?

Lee Woodruff: Everybody believes there's this mythical sense of career satisfaction. That there is a time when things will align. What I've come to realize is life comes in chapters and within those chapters you're never going to find balance and you're never going to be perfect. When life does have other plans and does throw that curveball, it's not a punishment for things you haven't done right. The key is the ability to survive. It's different for all of us, but that instinct to survive is strong.

Regelski: Following your husband's accident, you thought of yourself as "The General." This obviously por-



Lee Woodruff

trays an image of strength, particularly for your children. Why was this important to you? How does it juxtapose with the "Four Fs"—Friends, Family, Funny, and Faith—you credit for keeping you upright?

Woodruff: The general was me initially, when I had to give the kids the news and show them I was okay. From my outside body language, voice and words I needed them to know I would be alright and they would be alright.

The real me was relying on the "Four F's" in different percentages and different measures during that time and still today. We never get over something, we just get through it. I think everybody who's been through a trauma still has days it revisits them.

New York Times columnist David Brooks, who I love, recently wrote about the pursuit of elusive goals to bring us happiness when at the end of the day the real thing that brings us happiness and a sense of peace in the world is human connections. I leaned on connections. The chats or walks with a girlfriend were some of the most meaningful moments to get me past the fear of not knowing what was going to happen to us.

Regelski: During your husband's recovery, you kept a journal. Have you always been a journal writer? Why is/was it important to document what you were experiencing?

Woodruff: There are times I have journaled in my life, usually times that were more difficult than others. My first instinct with Bob was to start creating some order out of what was happening, because I knew if Bob lived he would want to know what happened. Life in an ICU is

moving so quick you don't remember anything, so it was a way to get some control over an uncontrollable situation. The writing became my therapy.

When we got to the point where we could sort of see a future, people started asking if I would be interested in writing a book. I remember Bob's neurosurgeon saying that somebody needs to write a book, because there are thousands of kids coming through military hospitals with these kinds of injuries and nobody knows about it. That really stuck with me. It became the basis of taking my messy journal and having a publisher say, "yes, we can do something with this."

Regelski: In addition to being a writer, you also have a business in which you help clients become better communicators. Why is storytelling so important to advancing a career or business?

Woodruff: If you think about it, storytelling has been important since the beginning of time. People sitting around a fire. It's important in any job to be a communicator. Everybody has a shot at grabbing someone's attention if you can tell your story. It's how you can define and encapsulate who you are in a short amount of time.

Regelski: Do women have any unique obstacles? What is the most important skill women should learn to become better communicators in the business environment?

Woodruff: I was doing some work with a client, and we were talking about connecting to your clients and finding those human moments before the conference call starts when you can chitchat. I used the example of talking about my kid's soccer game. One of the women immediately chimed in and said, "The minute I talk about kids I'm pegged as a woman." It made me sad. The fact that someone said that says a lot about where we are. We've come a super long way, but men and women sometimes approach situations differently. To amplify their presence, women still need to work a little harder and smarter... but a good sense of humor still works every time when a situation doesn't feel quite right.

Regelski: You say "Superwoman" is a myth. Who is this superwoman?

Woodruff: The mythical superwoman is the woman who has it all in balance... who can take care of her kids, make the perfect cupcakes for the birthday party, ace the proposal at work and have the house decorated for Christmas. Perpetuating the myth that some people can do all this without a support network of other family, babysitters, cleaning and shopping help is not fair to the rest of women. We all have places in our life that need better attention. You can't do it all well all the time.

Regelski: You also talk about checking the "cape" at the door. What does this mean to you?

Woodruff: It means being real with yourself. It means being real with your kids. There are many moments where I say that to my kids, "I'm kind of falling short here. I'm doing the best I can." It's a real view on life. We have choices on how to balance things, but everything has a price tag attached to it.

Regelski: What is the most important thing you want people to take away from the Key4Women Forum?

Woodruff: Other than the fact it has never been a better time to be a woman, it's to forgive yourself. We all need to embrace the imperfect in all of us. It's okay to leave the dishes and pick up a book to read with your child or grandchild, because the big lesson in my life is that in an instant it all can change. You don't want to look back and realize you prioritized the wrong things.

About the author: Jennifer Regelski is vice president, Business Banking, for KeyBank in the Capital Region. She may be reached at 518-218-2264 or Jennifer.L.Regelski@KeyBank.com.

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BUSINESS

Businesses concerned; Chamber offers resources

Recent Chamber survey shows town's business diversity

By DIEGO CAGARA
cagarad@spotlightnews.com

DELMAR — The Bethlehem Chamber has shared its recent survey's results regarding COVID-19's impact on local businesses with elected representatives at the town, county, state and federal levels, according to its president Maureen McGuinness.

Survey's purpose

"I've since had conversations with elected officials at the state level about what challenges local businesses are facing and with the survey's results, we'll continue to be in communication with elected officials from the local to federal levels," McGuinness said. "We were gathering information to assist in mitigating the impact on local businesses and connect them with any available tools and resources they may need."

Besides his Bethlehem Chamber duties, Vince Crisafulli has owned his own small tanning business, St. Croix Tan, since 2001 which is now temporarily closed due to the pandemic. Vince Crisafulli

Vince Crisafulli, a Bethlehem Chamber board member and the chair of its Government Relations Committee, said sharing the survey's results with officials "is not a way to complain to them but just to say what the impact has been."

He added that the survey's results have made the chamber feel better informed as it began connecting business with local officials via virtual forums and written statements, and providing resources like how to apply for small business-oriented loans like the Paycheck Protection Program (PPP), if available.

For more information on the chamber's resources and services, visit www.bethlehemchamber.com/government-affairs.

Crisafulli said the



Phillips Hardware, a family-owned business since 1886, began selling limited supplies of Lysol, Clorox wipes, toilet paper and more to try and stay financially viable during the pandemic.

members, from March 25 to April 8. With 90 businesses responding, 86 reported a negative economic impact, 40 are in danger of closing, 40 have laid off employees and 31 have experienced supply chain issues, including increased prices on supplies and shipping delays. Surveyed businesses were found to have operated for 21 years on average. The businesses were assured their names and specific responses would be kept confidential.

McGuinness said the 90 businesses come from diverse industries and pointed out, "It's very easy for people to picture businesses as just restaurants or retail stores. But in reality, we have a more robust business climate in town and I was pleased this survey reflected that."

The surveyed businesses came from the following industries:

- Agriculture (3 percent)

- Construction (7 percent)
- Manufacturing (2 percent)
- Wholesale (1 percent)
- Retail (11 percent)
- Finance and insurance (7 percent)
- Real estate and rental (9 percent)
- Professional services (9 percent)
- Health care and social assistance (9 percent)
- Arts and entertainment (6 percent)
- Accommodations and food services (5 percent)
- Others (31 percent)

Business owners' concerns

Robert Symmons, owner of Delmar-based Labbie Electrical Contractors which provides electrical services throughout the Capital District, said his family-owned business has been around for around two

Continues on 13

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From page 1 ...

Upstate vs. Downstate

situation worse for everyone."

The numbers are inarguable. As of Monday, April 20 there are 248,431 confirmed cases statewide with 18,298 deaths.

Of the total number of cases there were 220,000 in New York City, Long Island and Westchester County and of the deaths there are 17,220 in those downstate areas. If you add Rockland and Orange into the mix, you can add about 15,800 more cases and 550 more fatalities.

Even downstate, the extra hospital beds built or brought in remain empty. Across the state, the number of hospitalizations are dropping daily, the three day average of hospitalizations have steadily declined over the past week and the number of people on ventilators has also steadily decreased. Upstate hospitals, ordered to stop elective surgeries to increase bed capacity by 50 percent to make way for COVID-19 patients, were slated to begin those surgeries again on Tuesday.

If anything, though, while acknowledging the differences between upstate and downstate, Cuomo is pushing hard for a regional approach to opening back up rather than one segmented and based on numbers in smaller geographic regions. He did, last week, spearhead a coalition with other northeast states — Massachusetts, Connecticut, Rhode Island, Delaware, New Jersey and Pennsylvania — to coordinate lifting the

shutdown and re-opening non-essential businesses.

Pushback from upstate on re-opening has been, by and large silent since the lockdown went into effect more than a month ago. There were some upstate officials, like Rensselaer County Executive Steve McLaughlin, who were advocating for cutting off travel from downstate to the less populated areas of upstate to slow the rate of infection but those pleas fell on deaf ears in Albany as well.

There is some overall progress, like golf courses and marinas are now open and there is a widespread effort to test for antibodies across the state with the goal of finding out how many people were infected but did not show any symptoms. That data, will give a better idea of how widespread the infection rate actually is since it is largely unknown how many are infected but are asymptomatic.

At the start of this week, though, there have been some in upstate who are saying a cookie cutter approach is not the answer.

"While we understand the challenges of implementing a regional economic reboot, it is important for state officials to recognize the realities on the ground. State and local leaders have taken strong steps to stop the spread of the virus - reducing the health impact," according to a statement released by Unshackle Upstate. "The economic impact, however, has taken an extraordinary toll on an already struggling upstate economy. We urge Governor Cuomo and the economic council to work with upstate's business leaders to implement an Upstate-specific plan that protects the health of our people and our economy. A one-size-fits-all

strategy is simply not the best fit for Upstate New York."

There was a rally slated for Tuesday, April 22 calling on a relaxation of what are essentially stay-at-home orders that follow similar rallies across the country in states not as hard hit as New York.

Last week, President Donald Trump outlined guidance for states to open that include basically a downward trend of all cases over a 14-day period based on the number of tests administered and the ability of the health care system to manage the cases requiring hospitalization. His plan also incorporates increased testing to ensure the virus does not spread as things begin to re-open. He is, though, leaving the ultimate decision on how and when to open up to the governors.

It is difficult to determine if upstate does fits Trump's criteria because testing has been so limited. Community testing started back up in the Capital District at the University at Albany two weeks ago and last week three more sites were set up in Albany County with another to begin at Rite Aid in Colonie on Wednesday.

Prior to community testing, only those in the general public with symptoms bad enough to require hospitalization, health care workers and first responders were getting tested. Still, the community testing at the locations mentioned above are reserved for people with symptoms so of course the number of positive cases are going up.

As that number goes up, though, the hospitalization rate decreases because the majority of people do not require that level of care. As of Monday, in Albany

County, the hospitalization rate stands at about 5 percent those infected. The vast majority of those who have COVID-19 are told to go home and spend two weeks in isolation.

Despite the increased number of community testing sites in Albany County and across upstate, there has not been a huge jump in confirmed cases in Albany County.

While the number of positive cases are going up, it is not going up as rapidly as some had feared. From Sunday to Monday there were just five new cases bringing the total number to 656. Of the 23 people who died, 22 were over 60 and 22 had underlying health issues. Statewide, 89 percent of the fatalities had at least one underlying health issue such as hypertension, obesity or diabetes.

"Our numbers at the moment are steady," said Dr. Elizabeth Whalen, head of the Albany County Health Department. "We are getting positive cases but we are not moving towards a large spike and we are wondering what that means."

Albany County Dan McCoy has said little about re-opening the economy during his daily press briefings. He said, he would rather be remembered for erring on the safe side.

"There is no magic crystal ball. You can be mad as much as you want at the governor but they trying to do what is best for the health and safety of all New Yorkers," he said. "You'll get criticized if you open the floodgates too soon and people start dying."

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BUSINESS

Interstate Vapor closes; owner to start new biz

Interstate Vapor selling products online till June 30

By DIEGO CAGARA
cagarad@spotlightnews.com

DELMAR — One business falls while another rises.

Although Interstate Vapor temporarily closed its Delmar storefront last month due to growing concerns of the COVID-19 pandemic, owner Leo Carusone said he's since made the closure permanent.

"It was an emotional decision to close because we've met so many great people and loyal customers who have become our friends," Carusone said. "We took the business from nothing and made it pretty successful for five years. We kind of saw it coming though for the last few months."

Delmar's only standalone vape shop will continue selling its products online through June 30, but a March break-in and the state's upcoming ban on the sale of flavored vapor products prompted Carusone to close.

Carusone and his store fell victim to a break-in just prior to



Interstate Vapor owner Leo Carusone, right, thanked his loyal customers and encouraged them to shop online through June 30 instead. Facebook

Gov. Andrew Cuomo's mandate to shut down non-essential businesses last month. Bethlehem Police Department reported the arrest of three teenagers alleged to have stolen "multiple items" from Carusone's store on March 18. The vape shop was left ransacked.

Bethlehem Police Cmdr. Adam Hornick said the three also allegedly broke into the neighboring Delmar Wine and Liquor store and Bethlehem Central High School.

The unnamed teenagers were each charged with felony burglary, felony criminal mischief and misdemeanor petit larceny.

The store was also further hit when the State Assembly passed its anticipated ban on flavored vapor products in early April.

The law all but forces the closure of storefronts like Interstate Vapor by next month. It will also prevent the online sale of the vapor products starting July 1.

Continuing online sales

through June 30 was a way "to not leave our customers behind all high and dry," Carusone said. "It would also give them time and a chance to find other places."

First opened in 2015, Interstate Vapor was run by Carusone and his son, John. To shop Interstate Vapor products online, visit www.usvaporshop.com.

With the closing of one chapter, another one begins.

Carusone said he and his son have developed a new venture named Bethlehem Seamless Gutters that is to start operations on May 1. The father-son duo will offer seamless gutters installation, old gutters replacement, leaf protection and gutter cleaning.

Operating from their Selkirk house, Carusone said, "At the moment, we're just going out and getting people quotes and even with the pandemic, we've never had to do any face-to-face interaction if people don't want to. People can reach us online or by call or email."

He added that Bethlehem Seamless Gutters can function during the pandemic as the

state considers it an essential business among the "essential services necessary to maintain the safety, sanitation and essential operations of residences or other essential businesses."

He said home improvement is important as lack of gutter maintenance can lead to foundation damage or wood rot, for example.

Carusone said that while working on gutters, the homeowner does not necessarily interact physically and closely with him or his son, dispelling a concern about social distancing.

"We can do everything and chat with the homeowner over the phone or online and when we do the actual work, it's outside," he said.

Carusone expressed gratitude for the residents' support for years.

"It was definitely sad to close Interstate Vapor but I'm also looking forward to working with my son with our new business," Carusone said. "Working with my son was probably the best part of running Interstate Vapor and I think everything's going to work out."

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ALBANY COUNTY

Poll: CEOs do not expect quick economic recovery

By JIM FRANCO

francoj@spotlightnews.com

The majority of upstate business leaders do not think the state economy will come back anytime soon, according to a poll by the Siena Research Institute commissioned by the Business Council of New York State.

Of the CEOs polled, 40 percent said they have laid

off employees and 8 percent anticipate more layoffs by Aug. 1. Fifty-eight percent will purchase fewer fixed assets this than they planned on Jan. 1.

Just 31 percent of CEOs expect the economy to return to pre-COVID-19 levels of revenue and employment within the next six months, according to the poll, while 35 percent think their business

will recover within that timeframe.

Twenty-five percent say they expect a recovery by the end of 2020 while 35 percent don't think they will get back to pre-COVID levels until the end of 2021.

The vast majority of CEOs, 89 percent, predict less revenue in 2020 than initially projected and 87 percent are expecting to

expected; businesses are hurting, especially smaller businesses and those in sectors whose operations have been most impacted by the reasonable state-imposed restrictions," said Heather Briccetti, president & CEO of The Business Council of New York State. "The good news is, there's real opportunity for New York state to partner with the private sector, who

understands what it will require to ensure a stronger economy moving forward."

The COVID-19 poll was conducted April 3 through April 14 by internet interviews with 307 business leaders from across every region of upstate New York.

The full version of this article is available on our website.

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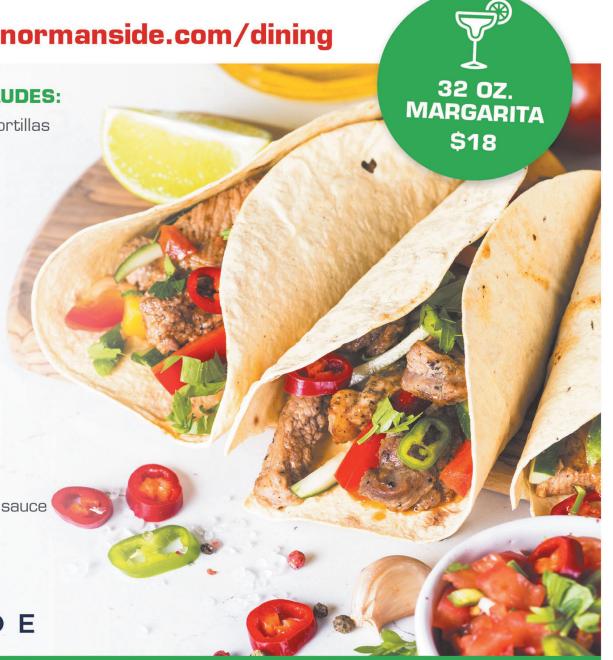
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■ COMMUNITY

Neighbors surprise local veteran with birthday parade



By DIEGO CAGARA
cagarad@spotlightnews.com

BETHLEHEM— Delmar resident Frank Murphy, who celebrated his 95th birthday on Monday, April 13, was surprised with a parade of around 10 cars outside his home on Pineview Avenue with friends and neighbors driving by to wish him well.

Despite the heavy rain, the parade went ahead at 4:13 p.m., to reflect on his date of birth. Murphy is a veteran, having served in World War II, the Korean War and Vietnam War.

Check out our website to view more photos of the parade.

Photos by Diego Cagara / Spotlight News



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BETHLEHEM BUSINESSES ARE OPEN & NEED SUPPORT

Small businesses need your support more now than ever. We are sharing information that we have at this time regarding Member shops, services & restaurants . Please support them and all our local businesses during these difficult and uncertain times. Last updated 4/19/20.

Together we can get through this.



SHOPS + SERVICES

AAA Hudson Valley: closed to the public in our locations, but operating Emergency Roadside Assistance and processing new and renewal memberships

A New England Nanny: still servicing our clients for housekeeping and childcare

A Phillips Hardware: offering delivery for those in need (min. order \$25), email or call to order (Altamont 518.861.5364, altamont@shopphillips.com; Delmar 518.439.9943, delmar@shopphillips.com; Voorheesville 518.765.2377, voorheesville@shopphillips.com); normal delivery fee waived w/in 3 miles of stores, over 3 miles reduced rate of \$15

Best Cleaners: Delmar shop open M-F 8am-2pm (Glenmont & Slingerlands currently closed), home delivery service running; sign up for delivery via website

Bethlehem Area YMCA: providing critically needed childcare to all essential workers, providing food for children in need, and connecting with seniors, families and children through virtual classes and social media messages

Bethlehem Food Pantry: open but with changes - taking appts. for the regular pantry hours. Call to make your appt., we will ask what essentials you need and what you do not want. Bags will be packed for you and food will be delivered at side door at the time of your appt. All calls are to be made to 518.439.4955 x 1173. We will try to get you food for three (3) days.

Crossfit Spur: loaning equipment to members, emailing/posting workouts and demo videos, started a quarantine fitness contest, and our yoga instructor (Barefoot Space) will be doing livestream class Sundays at 10am

Delmar Beverage: open as of March 18th, call ahead for curbside pick-up (518.439.7275)

Delmar Marketplace: open from 7am-8pm for grocery and 7am-3pm for deli; taking phone orders for curbside pick-up and delivery, call 518.439.3936

Delmar Wine & Liquor: open 12pm – 9pm

Dorsey Sign Company: open and offering parking lot pick-up for signage, contact Heather via phone or at info@dorseysignco.com

Free Movement Pilates: online classes via Zoom; join our studio and purchase a gift certificate (for every \$50 purchased, you will receive an additional \$5 to use yourself or to donate back – donations will go to fund for front line families impacted by the pandemic; gift cert offer valid through 4/30/20)

Four Corners Pharmacy: offering home delivery and drive-thru pick-up, call 518.439.8200

Glenmont Abbey Village: clubhouse is closed, but offering virtual tours for prospective residents

Gochee's Garage: open normal hours, Monday to Friday from 7:30am - 5:30pm

Hanna Commercial Real Estate - Jessica Richer: The Richer Team is available 24/7 via email at JessicaRicher@HannaCRE.com or via cell at 518.364.7406

Herzog & Primomo DDS - Dental Wellness of Albany: available for dental emergency appointments and phone consultations for existing and new patients in this time of need, call 518.427.2447

Integrative Studio: offering online vocal life, mindful movement, self-care development, and communication skills consulting (especially for how to communicate on camera); email melissa@mellissahurt.com

Joyelles Jewelers: gift certificates available, email joyellesjewlers@gmail.com to order & include your phone number so they can call you; gift certificates will be mailed or can be delivered

LGC Nutrition: we are virtual - visit our website to schedule an insurance covered appointment

McSharry and Associates Realty: available for virtual home showings and telephone or online appointments; info@mcsharryandassociates.com

Merriman & Pfister's Marketplace: order online for delivery, visit www.merrimanpfister.com

Metabolic Meltdown: members can access Metabolic Online Facebook Group, which offers 5 unique workouts per week (join by clicking link in bio)

Resolute Tattoo: e-gift cards available, visit Facebook for link to order

Robinson's Ace Hardware: home delivery and curbside pickup available, call 518.475.9483 for Slingerlands store or 518.456.7383 for Guilderland store

School's Out: Enrichment Center open to essential worker families, visit www.schoolsoutinc.org/about1-c1z94 for details and to register

Sawyer's Screen Printing & Embroidery: open and can process no-contact orders (order via phone or email with curbside pick-up); rob@sawyershirt.com

Steiner's Sports Ski & Bike: open and offering no contact appointments via curbside or delivery, call 518.427.2406

TACS Auto Body & Service: open but with limited hours 8am-4pm M-F, closed Saturdays; 518-462-3977 or email tacsautobodyservice@gmail.com

Tangora Technologies: offering services and products such as indoor air quality, humidifiers, dehumidifiers, heating and air conditioning installations and maintenance, hot water heaters, whole home generators, or any other technology related needs

The Cheese Traveler: open normal hours as of March 18th

The Wine Reserve: open as of March 18th

Uncrushable Nutrition: providing touch-free ordering – call 518.469.5411 to order

Upstate Wine & Spirits: curbside pick-up and delivery (\$25 minimum delivery order, Town of Bethlehem only at this time), call 518.439.4361

Wildbird Junction Backyard Nature Shoppe: offering curbside pick-up, call 518.478.9453

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Chontong Thai Restaurant** 155 Delaware Ave 518.915.1907	My Place & Co.** 241 Delaware Ave 518.439.7610	Sam's Italian American Restaurant* 125 Southern Blvd 518.463.3433	Taj Fine Indian Cuisine** 1365 New Scotland Rd 518.977.3050	*Take-Out Only **Take-Out + Delivery

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NOTICE OF LLC FORMATION 1065 PARK AVENUE GARAGE LLC. Arts. of Org. filed with the SSNY on 03/25/20. 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-243574	NOTICE OF LLC FORMATION tary of State of Delaware 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, 133 Norfolk Street, New York, NY 10002. Purpose: Any lawful purpose. D-242355	NOTICE OF LLC FORMATION 28-38 49 STREET LLC. Arts. of Org. filed with the SSNY on 03/10/20. 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, 40 Mercer Street, Apartment 23, New York, NY 10013. Purpose: Any lawful purpose. D-243595	NOTICE OF LLC FORMATION ASEGIC LLC. Arts. of Org. filed with the SSNY on 03/27/20. 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, 244 Fifth Avenue, #1599, New York, NY 10001. Purpose: Any lawful purpose. D-242617	NOTICE OF LLC FORMATION CHOPT COLONY SQUARE LLC. Arts. of Org. filed with the SSNY on 03/05/20. 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, 14 Latham, NY 12110. Purpose: Any lawful purpose. D-2424304	NOTICE OF LLC FORMATION FARMERS MARKET HOME DELIVERY, LLC. Arts. of Org. filed with the SSNY on 03/25/20. 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 Pavel Levter, 167 Baden Place, Staten Island, NY 10306. Purpose: Any lawful purpose. D-243702	NOTICE OF LLC FORMATION HUME ARCHITECTURE, PLLC. Arts. of Org. filed with the SSNY on 03/13/20. 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, 35-53 Steinway Street, Long Island City, NY 11101. Purpose: Any lawful purpose. D-242615
NOTICE OF LLC FORMATION 111 27 169 LLC. Arts. of Org. filed with the SSNY on 08/23/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Linden Laundry, 1314 Gipson Street, Far Rockaway, NY 11691. Purpose: Any lawful purpose. D-242688	NOTICE OF LLC FORMATION 198 PRINCE ST. LLC. Arts. of Org. filed with the SSNY on 03/30/20. 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 Percella Weinberg Partners LLC, 797 Fifth Avenue, New York, NY 10153. Purpose: Any lawful purpose. D-243524	NOTICE OF LLC FORMATION 5040 INDEPENDENCE AVENUE LLC. Arts. of Org. filed with the SSNY on 03/27/20. 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, 178 Orange Street, Albany, NY 12210. Purpose: Any lawful purpose. D-243525	NOTICE OF LLC FORMATION AVE J Q WORKS LLC. Arts. of Org. filed with the SSNY on 03/06/20. 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, 244 Fifth Avenue, #1599, New York, NY 10001. Purpose: Any lawful purpose. D-242359	NOTICE OF LLC FORMATION CHOPT VESTAVIA LLC. Arts. of Org. filed with the SSNY on 04/16/20. 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, 157 Columbus Avenue, Suite 408, New York, NY 10023. Purpose: Any lawful purpose. D-244260	NOTICE OF LLC FORMATION FITWAR HOLDINGS LLC. Arts. of Org. filed with the SSNY on 04/09/20. 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, 77 Flushing Avenue, Suite 1314, Brooklyn, NY 11205. Purpose: For the practice of the profession of Architecture. D-242834	NOTICE OF LLC FORMATION KION DEVELOPMENT LLC. Arts. of Org. filed with the SSNY on 02/19/20. 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, 182A Dixon Avenue, Staten Island, NY 10303. Purpose: Any lawful purpose. D-242385
NOTICE OF LLC FORMATION 111-29 169 STREET LLC. Arts. of Org. filed with the SSNY on 09/19/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Jasmine Umadevi Ragunandan, 111-29 169th Street, Jamaica, NY 11433. Purpose: Any lawful purpose. D-242691	NOTICE OF LLC FORMATION 200 MADISON STREET LLC. Arts. of Org. filed with the SSNY on 03/16/20. 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, 200 Madison Street, Brooklyn, NY 11216. Purpose: Any lawful purpose. D-243073	NOTICE OF LLC FORMATION 8419 HOLDINGS LLC. Arts. of Org. filed with the SSNY on 03/18/20. 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, 853 Broadway, Suite 606, New York, NY 10003. Purpose: Any lawful purpose. D-242354	NOTICE OF LLC FORMATION BARRON SOLUTIONS LLC. Arts. of Org. filed with the SSNY on 03/12/20. 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, 5 Smith Lane, Saint James, NY 11780. Purpose: Any lawful purpose. D-244464	NOTICE OF LLC FORMATION CONCHITA WIDJOJO LLC. Arts. of Org. filed with the SSNY on 02/11/20. 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, 135 Fingerboard Avenue, Staten Island, NY 10305. Purpose: Any lawful purpose. D-242925	NOTICE OF LLC FORMATION GOURMET ITALIAN DELIGHTS LLC. Arts. of Org. filed with the SSNY on 03/12/20. 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, 1170 Ocean Parkway, Apartment 7L, Brooklyn, NY 11230. Purpose: Any lawful purpose. D-242356	NOTICE OF LLC FORMATION JBKC DESIGNS LLC. Arts. of Org. filed with the SSNY on 04/15/20. 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, 290 West End Avenue, Apartment 6D, New York, NY 10023. Purpose: Any lawful purpose. D-242981
NOTICE OF LLC FORMATION 1258 DECATUR OWNER LLC. Arts. of Org. filed with the SSNY on 03/04/20. 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 Partners Path Capital LLC, 20 Jay Street, Suite 808, Brooklyn, NY 11201. Purpose: Any lawful purpose. D-242773	NOTICE OF LLC FORMATION 2082 FREDERICK DOUGLAS 1B LLC. Arts. of Org. filed with the SSNY on 03/03/20. 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 Ernie Kung, 75 Montgomery Street, #9D, New York, NY 10002. Purpose: Any lawful purpose. D-243470	NOTICE OF LLC FORMATION 98 DEKALB AVENUE GARAGE LLC. Arts. of Org. filed with the SSNY on 03/26/20. 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 E. 33rd Street, 11th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-243709	NOTICE OF LLC FORMATION BIG MEMO LLC. Arts. of Org. filed with the SSNY on 04/15/20. 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, 155 West 68th Street, #2029, New York, NY 10023. Purpose: Any lawful purpose. D-244393	NOTICE OF LLC FORMATION D&D 3194 LLC. Arts. of Org. filed with the SSNY on 05/19/14. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 3541 Clubside Drive, Boca Raton, FL 33496. Purpose: Any lawful purpose. D-243583	NOTICE OF LLC FORMATION GUTTMAN REALTY FUND VIII LLC. Arts. of Org. filed with the SSNY on 03/25/20. 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, 65 Bank Street, Apartment 7, New York, NY 10014. Purpose: Any lawful purpose. D-243697	NOTICE OF LLC FORMATION JDR GROUP LLC. Arts. of Org. filed with the SSNY on 04/15/20. 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, 1761 5th Avenue, Brooklyn, NY 11209. Purpose: Any lawful purpose. D-243072
NOTICE OF LLC FORMATION 1270 HOLDING ZHANG LLC. Arts. of Org. filed with the SSNY on 03/16/20. 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, 1366 Hobart Avenue, Bronx, NY 10461. Purpose: Any lawful purpose. D-242860	NOTICE OF LLC FORMATION 227 ROCK LLC. Arts. of Org. filed with the SSNY on 03/16/20. 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, 32-12 33rd Street, Astoria, NY 11106. Purpose: Any lawful purpose. D-243714	NOTICE OF LLC FORMATION BMTM MARKETING LLC. Arts. of Org. filed with the SSNY on 09/19/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 3186 Ave. V, Unit B, Brooklyn, NY 11229. Purpose: Any lawful purpose. D-242704	NOTICE OF LLC FORMATION DanFar 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, 137-31 75th Road, Flushing, NY 11367. Purpose: Any lawful purpose. D-242974	NOTICE OF LLC FORMATION HELENA GRAY JEWELS LLC. Arts. of Org. filed with the SSNY on 03/09/20. 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, 55 E. 9th Street, 8A, New York, NY 10003. Purpose: Any lawful purpose. D-244390	NOTICE OF LLC FORMATION HONEYWELL DALY, LLC. Arts. of Org. filed with the SSNY on 03/11/20. 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, 22 Gatling Place, Brooklyn, NY 11209. Purpose: Any lawful purpose. D-244278	NOTICE OF LLC FORMATION JIMMYS FASHION & STYLE LLC. Arts. of Org. filed with the SSNY on 04/13/20. 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, 20 West 20th Street, Suite 1102, New York, NY 10011. Purpose: Any lawful purpose. D-243575
NOTICE OF LLC FORMATION 131 W 69TH LLC. App. for Auth. filed with the SSNY on 01/30/20. Originally filed with Secre-	NOTICE OF LLC FORMATION 236 BUTLER CAFE LLC. Arts. of Org. filed with the SSNY on 03/06/20. 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, 22 East 65th Street, New York, NY 10065. Purpose: Any lawful purpose. D-242614	NOTICE OF LLC FORMATION CDK ROMERO LLC. Arts. of Org. filed with the SSNY on 02/18/20. 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, 130 Liberty Avenue, S. Richmond Hill, NY 11419. Purpose: Any lawful purpose. D-242974	NOTICE OF LLC FORMATION D-242974	NOTICE OF LLC FORMATION HONEYWELL DALY, LLC. Arts. of Org. filed with the SSNY on 03/11/20. 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, 22 Gatling Place, Brooklyn, NY 11209. Purpose: Any lawful purpose. D-244278	NOTICE OF LLC FORMATION LITD CONSULTANTS LLC. Arts. of Org. filed with the SSNY on 03/26/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process	NOTICE OF LLC FORMATION JOYCE 404 MARION LLC. Arts. of Org. filed with the SSNY on 03/11/20. 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, 487 Bainbridge Street, Brooklyn, NY 11233. Purpose: Any lawful purpose. D-242774

From page 5 ...

Businesses concerned

decades.

"But we've been drastically impacted by the pandemic and we went from our typical work week of 40 to 45 hours, or 60 to 65 hours in summer, to pretty much not working all," Symmons said. "It was like a light switch."

He understood why people wouldn't want him and his employees working to install or repair in their homes due to social distancing and COVID-19 concerns.

"For example, if I send one employee to a household, the issue is being close to the homeowner or their children," he said.

Symmons said he and his two full-time employees have continually sanitized their equipment and trucks; if working, they also wear respirators, disposable shoe covers, gloves and masks as well as use disinfecting wipes and Lysol.

Symmons said in early April, he applied for a PPP loan — ranging from \$30,000 to \$40,000 — and a \$10,000 Economic Injury Disaster Loan (EIDL) through the Small

Business Administration.

However, he has not received updates about each loan and when he found out PPP ran out of money on Thursday, April 16, he said, "It's frustrating and I'm in a very tough spot now."

He continued, "I know I could sustain for another month and a half without getting a loan and with no income coming in for now. I was really hoping the PPP loan would have come in and at this point, I have little faith for the [EIDL] loan too. I don't want to but I may have to tell my two employees to go on unemployment in time and maybe I will also file for it myself."

Jonathan Phillips — the fifth-generation owner of Phillips Hardware, a family-owned business since 1886 — said in addition to the typical products and services his business offers, he's chosen to start selling new limited products like Clorox wipes, toilet paper and disposable gloves.

He said he drives out to distribution centers to collect limited supplies and his business offers curbside pickup and free delivery.

"Regrettably, I can't give away these things for free because I got to make some kind of dollar to pay our bills and we're trying

to rebuild the business up after we're over this pandemic," Phillips said. "I feel for my family and employees but it's important for the general public to understand that brick and mortar stores and local businesses are losing business. I've been competing with Amazon and box stores, and now we're hit by this virus and suppliers don't always have supplies."

He noted his business has received a few negative comments on Facebook as some people perceived their limited products' prices as "too high," compared to those on Amazon, groceries or box stores.

While stressing he is not price gouging, Phillips explained his business needs to earn some type of money from those sales to try to stay financially viable and cover payroll and other important expenses. He encouraged concerned customers to call his store for price-related questions at 518-439-9943.

He brought up that not only does he drive to collect limited supplies, he is also mostly in charge of delivering ordered products to people's doorsteps for free.

"We're running our own truck with our gas to do the free deliveries. We've been collecting customers'

contact information so that we can call to let them know we have a new stock of virus-related products like Clorox," he said. "We need to make some dollars to offset costs and keep employees employed."

Speaking of employees, Phillips said there is a minimum of two sales associates on the floor and customers are still allowed to come into the stores but must practice social distancing.

"This time of year, we'd usually employ more people for the spring but with what's happening now, we've stuck to our full-time crew and even my kids have picked up shifts," he said. "I've been at work every single day and I'm very fortunate my employees still come in even with the fears of the virus."

Crisafulli, who's also the owner of St. Croix Tan, a 19-year-old tanning business with six locations across the Capital District, said it temporarily closed on March 21.

"It was frankly horrifying and you don't know what's going to come of it," he said. "It's hard to deliver our services through the internet or an app, and there are not many ways we can creatively serve our clients in this environment."



Vince Crisafulli, owner of St. Croix Tan, a local tanning business, is concerned about new possible mandated occupancy limit restrictions when it gets to reopen as it may not be financially viable.

Provided photo

Crisafulli also said the public should continue to recognize that not all local businesses are restaurants or retail, which are often places customers can easily go to and support by patronizing.

"For my business, I think there'll be a pent-up demand when this is over and people may want to use us to feel good or just want to go back," he said.

"But my larger concern is about how long until we can reopen and what kind of restrictions may come with that reopening."

He concluded, "I'm excited to open back up and anxious to see what will happen. I think people in our business community are anxiously waiting to get back too."

LEGALS
against it may be served. SSNY shall mail copy of process to the LLC, 67-56 78th Street, Middle Village, NY 11379. Purpose: Any lawful purpose. D-243466

NOTICE OF LLC FORMATION
LMNT LLC. Arts. of Org. filed with the SSNY on 04/03/20. 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 The Law Office of Thalia Feilen, PLLC, 928 Broadway, Suite 1000, New York, NY 10010. Purpose: Any lawful purpose. D-243936

NOTICE OF LLC FORMATION
MB ALPHA, LLC. Arts. of Org. filed with the SSNY on 03/05/20. 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, c/o Leonid Sherman, 2711 Whitman Drive, Brooklyn, NY 11234. Purpose: Any lawful purpose. D-242287

LEGALS
NOTICE OF LLC FORMATION MOE SNACKS LLC. Arts. of Org. filed with the SSNY on 03/09/20. 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 Registered Agents Inc., 90 State Street, Suite 700, Office 40, Albany, NY 12207. Purpose: Any lawful purpose. D-242465

NOTICE OF LLC FORMATION
NYANSAPO IMPACT CAPITAL, LLC. Arts. of Org. filed with the SSNY on 03/25/20. 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, 85 Stuyvesant Place, Staten Island, NY 10301. Purpose: Any lawful purpose. D-243622

NOTICE OF LLC FORMATION
PREMIER HOMES LLC. App. for Auth. filed with the SSNY on 09/26/19 under the fictitious name PREMIER NY HOMES LLC. Originally filed with Secretary of State of Nevada on 09/03/19. Of-

LEGALS
NOTICE OF LLC FORMATION PrevAdmServices LLC. Arts. of Org. filed with the SSNY on 04/07/20. 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, 85 Stuyvesant Place, Staten Island, NY 10301. Purpose: Any lawful purpose. D-242222

NOTICE OF LLC FORMATION
PREMIER HOMES LLC. App. for Auth. filed with the SSNY on 09/26/19 under the fictitious name PREMIER NY HOMES LLC. Originally filed with Secretary of State of Nevada on 09/03/19. Of-

NOTICE OF LLC FORMATION
PZ MECHANICAL LLC. Arts. of Org. filed with the SSNY on 03/10/20. 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, 150 Ce-

NOTICE OF LLC FORMATION
TAKE A HIKE DOG WALKING LLC. Arts. of Org. filed with the SSNY on 03/10/20. 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, 150 Ce-

LEGALS
NOTICE OF LLC FORMATION drus Avenue, East Northport, NY 11731. Purpose: Any lawful purpose. D-242616

NOTICE OF LLC FORMATION
SAMUEL LEWIS LANDSCAPES LLC. Arts. of Org. filed with the SSNY on 03/05/20. 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, 124 Bedford Road, Pleasantville, NY 10570. Purpose: Any lawful purpose. D-242222

NOTICE OF LLC FORMATION
SWIFT RENTAL PROPERTIES, LLC. Arts. of Org. filed with the SSNY on 03/12/20. 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 West 60th Street, Suite 39-N, New York, NY 10023. Purpose: Any lawful purpose. D-244007

NOTICE OF LLC FORMATION
UNITED BROTHERS 20 LLC. Arts. of Org. filed with the SSNY on 04/03/20. 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, 10 Swatling Road, Latham, NY 12110. Purpose: Any lawful purpose. D-2423560

NOTICE OF LLC FORMATION
TAKE A HIKE DOG WALKING LLC. Arts. of Org. filed with the SSNY on 03/10/20. 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, 150 Ce-

LEGALS
on 03/16/20. 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, 124 Bedford Road, Pleasantville, NY 10570. Purpose: Any lawful purpose. D-242466

NOTICE OF LLC FORMATION
VERTA LLC. Arts. of Org. filed with the SSNY on 04/02/20. 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, 168 Sterling Street, Brooklyn, NY 11225. Purpose: Any lawful purpose. D-244462

NOTICE OF LLC FORMATION
TIMESTRETCH HOLDINGS LLC. Arts. of Org. filed with the SSNY on 03/13/20. 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, 521 11th Street, Apartment 1, Brooklyn, NY 11215. Purpose: Any lawful purpose. D-242290

NOTICE OF LLC FORMATION
VICTORY CARS EAST LLC. Arts. of Org. filed with the SSNY on 04/13/20. Latest date to dissolve: 12/31/2119. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Daniel Raubolt, 424 Bedford Avenue, Brooklyn, NY 11249. Purpose: Any lawful purpose. D-242973

NOTICE OF LLC FORMATION
WALLEY FARMS, LLC. Arts. of Org. filed with the SSNY on 03/17/20. 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, 48-02 25th Avenue, #311, Astoria, NY 11103. Purpose: Any lawful purpose. D-242775

NOTICE OF LLC FORMATION
WONTANARA PRODUCTIONS LLC. Arts. of Org. filed with the SSNY on 04/09/20. 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, 1755 East Jericho Turnpike, Huntington, NY 11743. Purpose: Any lawful purpose. D-244277

NOTICE OF LLC FORMATION
WELLSPACE MANAGEMENT LLC. Arts. of Org. filed with the SSNY on 04/14/20. 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, 108 E. 4th Street, Apartment 12, New York, NY 10003. Purpose: Any lawful purpose. D-244177

LEGALS
NOTICE OF LLC FORMATION VONTELLE, LLC. Arts.

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Online Poetry Month contest

Celebrate National Poetry Month with us and channel your inner muse by participating in our online poetry contest.

Go the traditional route or try something a little different – like picture poetry.

All ages are welcome (and there will be prizes).

Go to bethpl.org/poetry-contest for details.

Budget vote delayed

The library's budget vote and trustee election originally scheduled for May 19 has been delayed by executive order. Further information regarding a rescheduled date is not available at this time, but we will keep you up to date as we know more.

Got questions?

Email us at information@bethpl.org, call the library at 518-439-9314 and leave a message.

— Kristen Roberts

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- **Hoopla**, a new digital platform offering 750,000+ audiobooks, movies, music, comics, eBooks, TV shows and more, has been acquired by Upper Hudson Library System for all 29 member libraries (including us!) to utilize. This means that in addition to Overdrive / Libby and RB Digital, you now have a fresh new collection of online materials to choose from.



Normally, patrons may borrow five titles per month, but Hoopla is offering extra "Bonus Borrows". Simply go to hoopladigital.com to start accessing these materials instantly.

- **Wilder Reads Book Club**, added to our Healthy at Home web page (see link on our main page). This Goodreads book group is moderated by GPL Librarians Dustin and Josalyn Wilder, the dynamic husband and wife duo who launched their He Read / She Read adult bookclub recently

and have now brought it online. Everyone ages 18+ is encouraged to join at guilderlandlibrary.org under "read, view and listen," or by going to goodreads.com and searching for "Wilder Reads Book Club."

- **Staff Bookshelf Picks** - Looking for book recommendations beyond the popular and familiar? These selections culled from our own home bookshelves are available in Overdrive as an eBook, audiobook or both. Visit our "Healthy at Home" page at guilderlandlibrary.org each week for new suggestions, and go to uhls.overdrive.org to download one of these

titles to your device.

Blood Drive

Blood and power red donations are greatly needed right now, perhaps more than ever. The American Red Cross will host a blood drive at the library on Tuesday, May 5 from 1 to 6 p.m.

Donors must pre-register in advance on redcross.org; no walk-ins. To schedule your donation appointment, go to rcblood.org/appt, enter the library zip code (12084) and search for Guilderland Public Library, May 5.

— Luanne Nicholson

From home

Hoopla is a new digital media service

offered by the Voorheesville Public Library. Hoopla lets you borrow movies, music, audiobooks, eBooks, comics, and TV shows instantly. No need to wait for a title to become available. All titles can be streamed immediately, or downloaded to phones or tablets, to enjoy offline. Check it out at www.voorpl.org. You'll need to create a free account, using your Voorheesville Library card.



New webpage

We have a new page on our website called "Library from Home". It's a wonderful resource for all of the students/parents now at home, distance learning. There are links to resources, projects, and more for all of your educational needs.

Improved Wi-Fi

The external WiFi at the VPL has expanded to all parts of the parking area. No password needed.

— Lynn Kohler

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City Line Bar & Grill 1200 Western Ave. 518-504-1200 citylinebar.com	Guilford Farmers Market 2050 Western Ave, Star Plaza guilfordfarmersmarket.com Online Market! Curbside pickup starts on April 26. Learn more on website!
Nirvana Indian Restaurant 5180 Western Turnpike. 518-355-2000 albanynirvana.com	Gade Farm 2479 Western Ave. 518-869-8019 gadefarm.com
Orchard Tavern West 2050 Western Ave. 518-672-3237 orchardtaverns.com	Offering donation matches to the Guilford Food Pantry! Visit Website to learn more!
Route 20 Café 1823 Western Ave. 518-456-4223 facebook.com/route20cafe	Phillips Hardware - Altamont 6495 NY-158 518-861-5364 shopphillips.com
Tesoro 2080 Western Ave. 518-456-8242 tesoritalianrestaurant.com	Robinson ACE Hardware 1874 Western Avenue 518-456-7383 robinsonhardware.com
The Ritual 518 - Take-Out Only 1800 Western Ave. 518-331-3595 theritual518.com	Slingerland Family Farm 241 Hilltop Rd. Greenville 518-662-0320 slingerlandfamilyfarm.shop
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Land of Confusion
Genesis

Desperado
The Eagles

Black
Pearl Jam

Let's Get Rocked
Def Leppard

Can't Stay Alone Tonight
Elton John

During my work errands, I won't plug my phone in my CarPlay port because I'm getting in and out of the car so much. Inevitably, I'll listen to the radio and I'll find some decent songs to add to my burgeoning playlist. Discovering a new song will always feel like a new candy store.

Katie Lembo



One town together
Bethlehem rallies under unique campaign.

Page B11



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CULTURE



Tip your bartender



Leaders in hospitality have devised ways to help support local servers

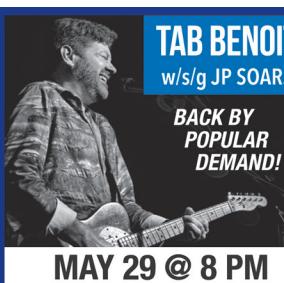
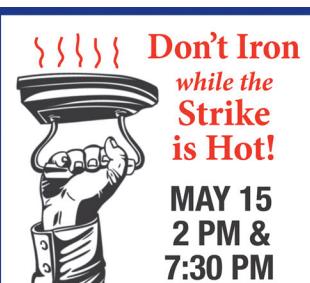
By MICHAEL HALLISEY

hallisem@spotlightnews.com

ALBANY — With your stimulus check on the way, you can put a small portion of it towards a kind gesture.

COVID-19 has shuttered bars and restaurants across the state since mid-March. Though some eateries have remained open to take out-only service, the shutdown has stolen the income away from the faces we often see most.

Continues on page B4



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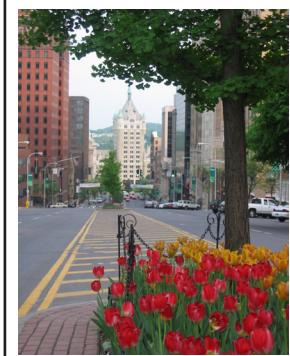
\$50.00 dinner for two <i>includes:</i> House Bread and Olive Tapenade 2 salads, choice of Mixed Greens or Caesar 2 Entrées from: Zio Anthony's Pasta, Penne Romanoff, Meditarraneo, Pesto Di, Chicken Parmigian, Chicken Antica, Chicken Cacciatore, and Chicken Saltimbocca One Bottle of House Red or White Wine	\$75.00 dinner for four <i>includes:</i> House Bread and Olive Tapenade 2 salads, choice of Mixed Greens or Caesar Pasta Course from: Penne Basilico and Penne Romanoff Family Style: Chicken Parmigian, Chicken Antica, Chicken Cacciatore, Chicken Saltimbocca, Veal Antica, Veal Pizzaiola, Veal Mari Monte, and Veal Piccata One Bottle of House Red or White Wine
--	---

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► quote of the week

"While we wait to see what the Summer has in store, let us deploy our poetic force fields together. I look forward to sharing with you those things of beauty that are providing me with strength, perspective and hope. And I look forward to hearing from you what brings you joy and light under the dark clouds of uncertainty."



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FOOD & DRINK



The Washington Tavern – For Sale \$725,000

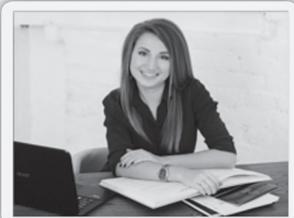
Decades old Albany college tavern with generations of loyal followers. Sale includes business name, furniture, fixtures and kitchen equipment, 2 income apartments and 26 space parking lot. Fall is just around the corner!

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Downtown Albany with Parking! - \$14/SF + Utilities

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Averill Park – Stunning Historic Barn with Lofts – Must See \$1,500/mo + Utilities

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Latham – Aviation Road - \$14/SF + Utilities

Just off Wolf Road, block from Colonie Center. 1,700 SF with plenty of private parking and minutes to I-787

Latham – Computer Drive - \$2,440/mo (sublease thru 9/22)

1,800 SF with 5 offices and kitchenette. Includes parking and utilities

Altamont - \$1,250/mo + Utilities (sublease thru 3/22)

3 private + 1 large center office, large reception with private parking



From page B1 ...

Tip your bartender

Local hospitality leaders have scrambled to provide support to the bartenders, servers and chefs by providing online services that help consumers get in contact with them.

One such attempt is a simple online spreadsheet of names and addresses for online payment accounts. The Google Doc was started by Jennifer "JC" Colletti. She tends bar at The Bishop, Tipsy Moose and Druthers Brewing Company in Albany. She compiled a list of names, both the server's and the establishment in which he or she is associated with, and a hyperlink towards either a PayPal, Venmo or CashApp account.

Colletti said she came across the idea after a friend found himself sending tips to his bartender friends over Venmo.

"He explained that if he had been drinking those beers in a bar — where he'd like to be — he'd be tipping his bartenders, so why not do so while having some drinks at home," she said.

After he suggested that he share the idea over social media, Colletti gathered names and composed the list on Google Docs. The idea caught on quickly, and her Facebook post was shared 200 times in a matter of a few days. Though it was intended to be just a local effort, she said servers in Virginia and Florida had asked to be added, too.

Approximately 80 million Americans are

expected to receive their stimulus checks this week. It's the federal government's attempt to help a country marred by empty classrooms, bare grocery store shelves and long unemployment lines.

The stay-at-home policies in New York and other states have taken a toll, akin to cabin fever for some. However, Colletti said she's hanging in by keeping busy. She bakes for friends, cooks meals for cancer patients and has even taken up yoga.

"Our friends do a lot of online meetings and happy hours to keep each other's spirits up," she said. "As everyone is saying 'we're all in this together,' we're all just trying to help each other out as much as possible."

The "Bar-Tender" spreadsheet is open for anyone to view without fear of someone erasing.

It's an ingenious way of getting the word out to people who seek to help. To access it, visit <https://bit.ly/BarTender518>.

No matter what venue or crowd, "tip your bartender" is a phrase uttered by musicians at every local show. The namaste moment shared between struggling artist and struggling bartender almost goes unnoticed, but it comes to mind now that we've endured a month without either.

The Hollow Bar and Kitchen is a popular joint in Albany for both food, drinks and live music. Sasha Blanket is an employee, and

like many, she said "we're not sure when we will be able to open back up, or when things will start to normalize again."

Blanket is one of scores of local servers who have connected to Tipyourbartender.online. It's another online service that adds a little incentive to those wishing to pay a tip.

Submit a receipt of \$5 or more from Venmo or Paypal to submit@Tipyourbartender.online. Every person you tip will count as a separate entry. Each tip will qualify a person a chance to win a free \$50 gift card to a restaurant in the Capital District.

The endeavor was launched from the start of the shutdown. It involved Jeff Buell and Jessica Sheridan, of Redburn Development Partners; Dominick Purnomo, of Yono's Restaurant; and Heidi Knoblauch, of Pioneer Bank. To visit the website, go to Tipyourbartender.online.

"Everyone in the industry is suffering right now so any little bit counts," Blanket states on her online profile. "I appreciate you and anything you are willing to contribute."

MUSIC

Capital Underground pushes out music

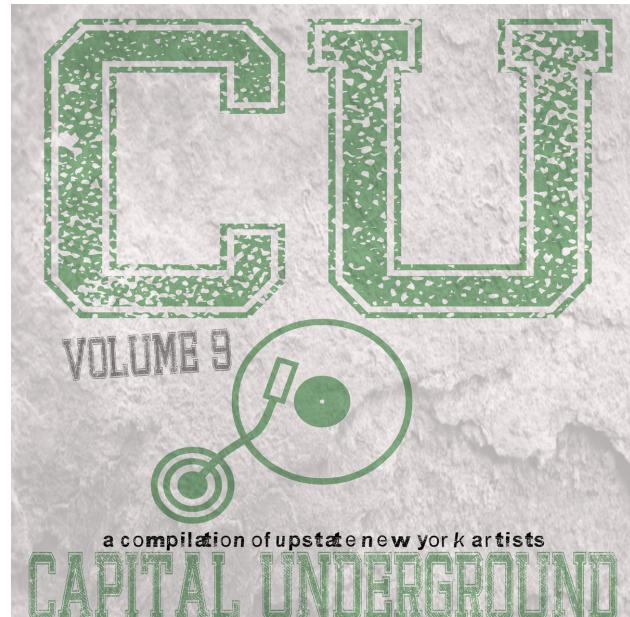
Online collection shines spotlight on local music

By MICHAEL HALLISEY
hallisem@spotlightnews.com

For the love of good music. Capital Underground has curated not one, but six music compilations featuring local bands. The playlists hosted on BandCamp.com include tracks from both contemporary bands and groups from the past.

Ralph Renna, a local musician and radio personality, put the song lists together. The frontman for Let Go Daylight is a veteran of the Troycore and regional scenes. He said getting the songs together, and receiving permission from the bands, was quick work.

"I woke up Monday morning," said Renna. "Started collecting songs. Messaging bands. And by 6



o'clock, the first volume was online."

"Capital Underground Volume 5" was uploaded and published on Monday, April 6. By the time hump day came to an end, two more volumes were made

available. And, Renna's not done. To date, there are six compilations available, including "Capital Underground Volume 9" and "Armageddon Upstate N.Y. Volume 1."

"The songs are free,"

said Renna. "People are encouraged to make a donation to the band directly or to donate to New York State COVID-19 relief."

Each of the 20-track "records" are available for download, featuring many of the musicians struggling with the stranglehold COVID-19 now has on social gatherings.

The music includes an eclectic array of talents that stretches across time. For example, "Volume 5" opens with Bendt's "Symptoms," which the band only just released in February. "Volume 8" features a track from China White, a pioneering heavy metal band that led the charge in the area's scene starting in the late 80s.

It's an impressive collection of music that includes several popular bands and acclaimed songs that have earned recent attention. Wild Adriatic appears on "Volume 7" with



Bendt

Michael Hallisey / The Spot 518

own, too.

"Thank God I'm fortunate enough to record at my house," he said. Renna sings and also plays guitar. "I thought I'd put out three releases in eight months. I've put out six in three weeks."

The original four volumes of Capital Underground were published several years ago in physical format. About 1,000 CDs were printed for each volume and handed out to music fans for free.



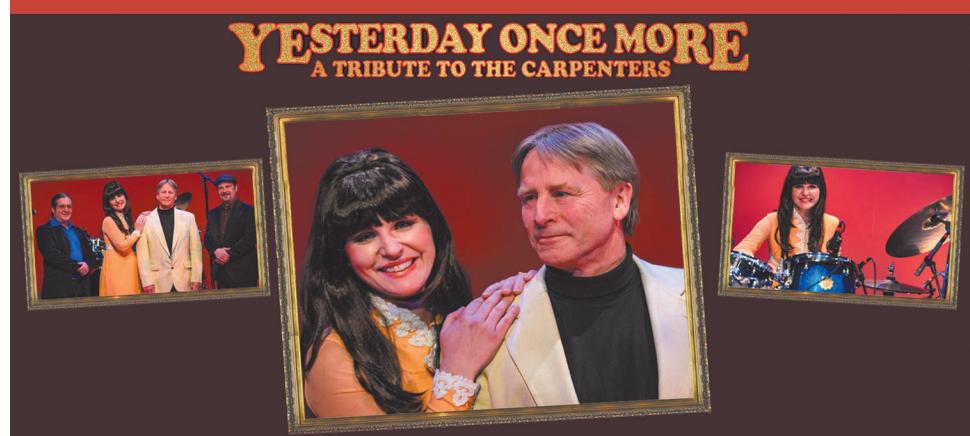
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The Furious Bongos Play Zappa
POSTPONED to OCT 31 at 8 pm | \$20 advance, \$25 day of show

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HOROSCOPES

April 2020
Week 4

ARIES - MAR 21/APR 20

Aries, reach out to someone who can help take some tasks off of your shoulders and help lighten your load. Realize you don't have to do everything yourself.

TAURUS - APR 21/MAY 21

Taurus, you might not be able to balance your budget this week, but you can still create a big picture analysis of where you want to be financially in the weeks ahead.

GEMINI - MAY 22/JUN 21

Your confidence and power of persuasion are elevated this week, Gemini. Any self-doubt will disappear so you can focus on things you want to accomplish.

CANCER - JUN 22/JUL 22

Cancer, you are erecting a protective shell around yourself. There doesn't seem to be any conflict on the horizon, so let your guard down and let others in.

LEO - JUL 23/AUG 23

You have a strong magnetic force about you this week, Leo. If you are looking for love and romance, now may be the time to attract someone new or reignite a preexisting spark.

VIRGO - AUG 24/SEPT 22

Virgo, you may not have realized that you have been hibernating away, but it is time to greet the world again. Focus on invites to any and all social events.

LIBRA - SEPT 23/OCT 23

Libra, this is a good week to put into practice the "work smarter not harder" mantra. Figure out what needs to get done and then put the people best suited to the jobs on it.

SCORPIO - OCT 24/NOV 22

It has been some time since you've let your hair down and had a good time, Scorpio. Push responsibilities aside for the time being and throw caution to the wind with friends.

SAGITTARIUS - NOV 23/DEC 21

You may need to clear the air with someone close to you, Sagittarius. Try to figure out a good time to have a heart-to-heart discussion in the next few days.

CAPRICORN - DEC 22/JAN 20

Focus on the people who lift your spirits, Capricorn. These people can help you get through tough times and reinspire the self-confidence that has made you such a success to date.

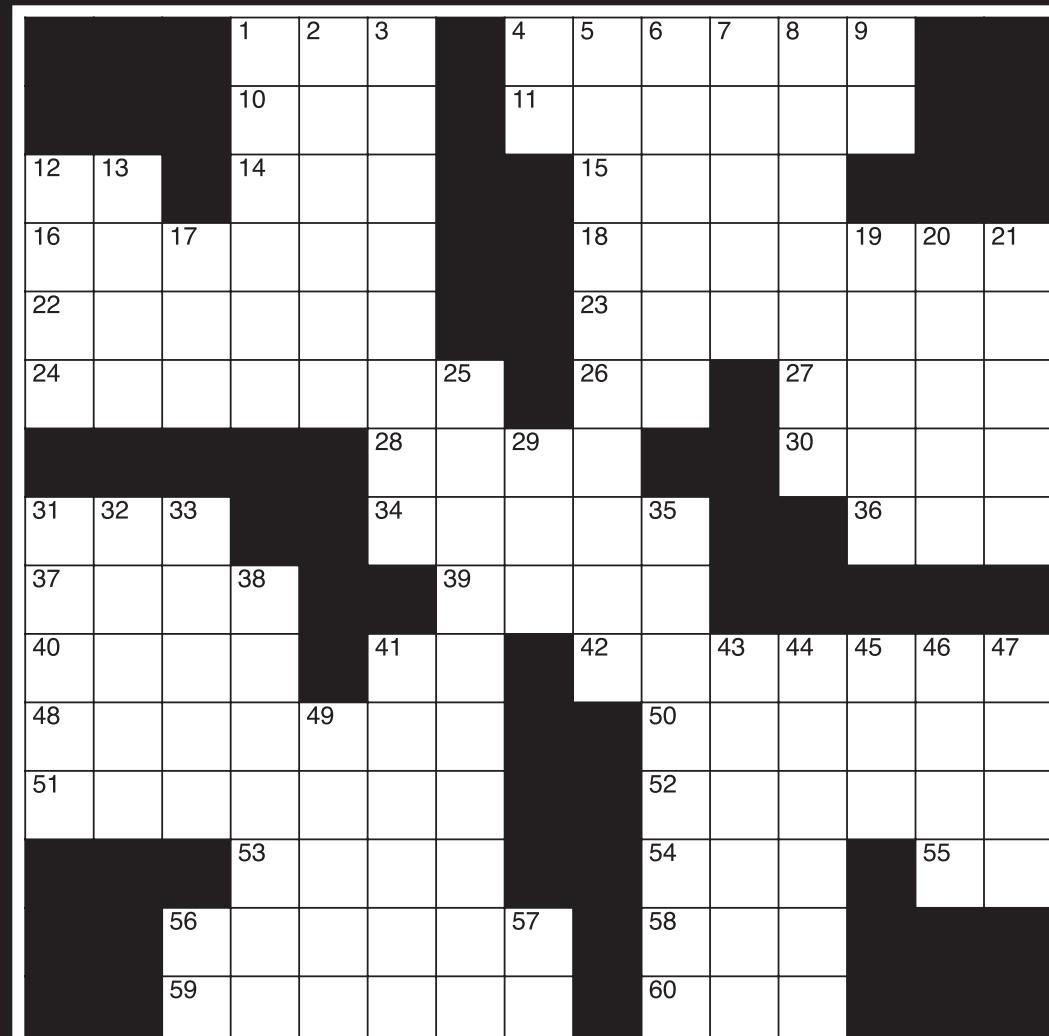
AQUARIUS - JAN 21/FEB 18

The spotlight is on your finances, Aquarius. Looks for ways to grow your savings so you can achieve some of your goals. It may take a few months to see real progress.

PISCES - FEB 19/MAR 20

It is time to update your brand, Pisces. That means reinventing yourself. Refresh your résumé and revamp your wardrobe.

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CLUES ACROSS

1. Revolutions per minute
4. Hymns
10. Brew
11. Did not acknowledge
12. Atomic #77
14. Partly digested food
15. Not one
16. Lesotho capital
18. Copyreading
22. Living organism that feeds on organic matter
23. One's biological father
24. An aggregate of molecules
26. Equally
27. Khoikhoi people
28. Jump in figure skating
30. Lantern
31. TV network
34. Georges ___, French philosopher
36. Sharp, shrill bark
37. Albanian monetary units
39. Launched Apollo
40. One who graduated
41. Exist
42. Passed by
48. Very unpleasant smell
50. Graduates
51. Seedless raisin
52. Self-protection
53. Clue
54. Life-savers
55. Ingest too much
56. Misrepresented
58. Small Eurasian deer
59. Most mocking
60. Soviet Socialist Republic

CLUES DOWN

1. Flower cluster
2. A form
3. Inner organ regions
4. Local law enforcement
5. A citizen of Senegal
6. Positively charged electrodes
7. Connects granules
8. Business practice
9. The Mount Rushmore State
12. Leader
13. Hindu queen
17. Proofreading mark
19. European country
20. Greek mythological nymph
21. Grandfather
25. Clears
29. Amount of time
31. Mollusks
32. German municipality
33. Body part
35. City of Angels hoopsters
38. Suffocate
41. Pleasing to the eye
43. Poplar trees (Spanish)
44. Ship officer
45. Individual investment account (abbr.)
46. Prefix meaning within
47. Ceased to live
49. Day by day
56. Not color
57. Condition of withdrawal (abbr.)

Answers on Pg. B10

■ NEW MUSIC

New music recently released by local artists



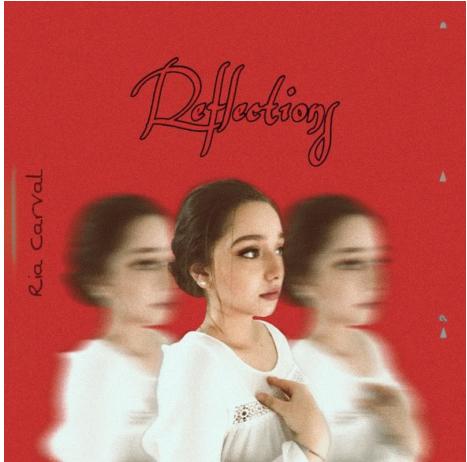
Dark Honey
Mustang '69

Dark Honey, those Collar City pop rockers, had eagerly awaited releasing a band new album to the public just before things turned south with COVID-19. However, fans aren't missing out. "Mustang '69" is the second release from the band's latest album. It was released on Spotify on Friday, April 17. This track continues to showcase Jimi Woodul's captivating storytelling. You can download both "Mustang '69" and "Why Don't We Drive" at <https://darkhoney.bandcamp.com/>.



Girl Blue
When Doves Cry

Girl Blue released a cover of Prince's "When Doves Cry" earlier this week. It's an upbeat version of the Purple One's 1984 hit. Mixed by fellow Capital District musician Nick "Scoops" Dardaris, this track replaces the synth style of the original with a more organic percussion sound that will inspire you to move. Download the track from her bandcamp account at <https://girlbluemusic.bandcamp.com/track/when-doves-cry>.



Ria Carval
Reflections

You haven't heard Ria Carval's name yet, but the College at Saint Rose sophomore is already busy with releasing her latest single, "Reflections." She said "the song is about seeing your faults and insecurities in another person as theirs are exactly the opposite of yours. Due to fate and destiny you two love each other but are forced to stay apart as you'll never achieve compatibility." Find it on Apple Music at <https://music.apple.com/us/album/reflections/1506665419?i=1506665420>.



Bendt
Symptoms

Before Bendt released "Brightness in the Barrens" in February, the quartet collaborated with Chromoscope Pictures to film a live, acoustic performance in Troy. That session featured three songs, one of which is available for download. "Symptoms" will sound familiar right off the rip but, just because it's acoustic won't make it sound any less aggressive from the original. You can find this track at <https://bendtmusic.bandcamp.com/>.

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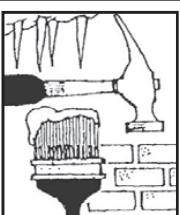
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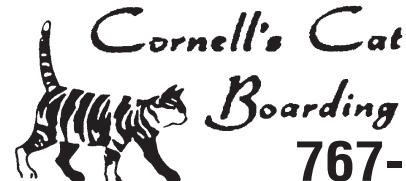
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Take a dip

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Diet and health go hand in hand. Perhaps that's why there's a growing interest in foods that are purportedly curative. Some people even choose foods in the hopes that they can help to reduce symptoms of allergies and inflammation.

As concerns about cognitive decline and diseases that attack the brain and memory grow, some people are seeking critical nutrients that can reduce their risk for Alzheimer's disease and other dementias. While there's no quick fix, consuming a wide variety of fresh, nutritiously diverse and not overly processed ingredients, like those found in this recipe for "Garden Vegetable Hummus" from "The Brain Boosting Diet" (Whitecap) by Noreen Gillett and Edward Wein, Ph.D.

Garden Vegetable Hummus

Ingredients: Makes 2 1/2 cups

- 1 19-ounce can chickpeas, drained and rinsed (preferably no-salt added)
- 3 to 4 cloves garlic
- 1/2 green bell pepper, cut into chunks
- 1/2 red bell pepper, cut into chunks
- 4 green onions (or 1 medium onion, cut into chunks)

1/4 cup chopped fresh basil or Italian parsley
2 tablespoons extra virgin olive oil
2 tablespoons lemon juice (preferably fresh)
2 to 3 tablespoons tahini
Salt and freshly ground black pepper
Chopped fresh parsley for garnish

Instructions

1. Combine all ingredients except parsley in a food processor fitted with the steel blade. Process with quick on/offs to start, then let the motor run until the mixture is very smooth, about 2 minutes, scraping down the sides of the bowl as needed.
2. Transfer the hummus to a serving bowl and sprinkle with parsley. Cover and chill for 1 to 2 hours before serving. (Hummus will thicken when refrigerated.)

Note: The tahini in the hummus is a very nutrient-dense ingredient because it has a very low moisture content. It is an excellent source of mono- and polyunsaturated fats, which are good fats, as well as an excellent source of protein, magnesium, zinc, manganese fiber, and potassium. Chickpeas are legumes that are also high in protein and fiber.

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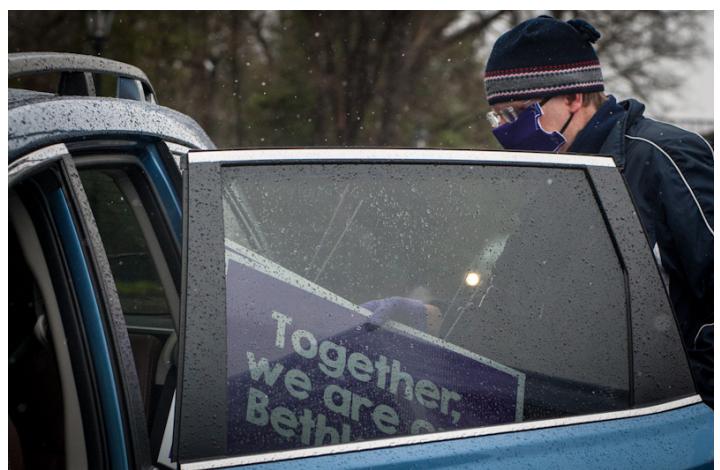
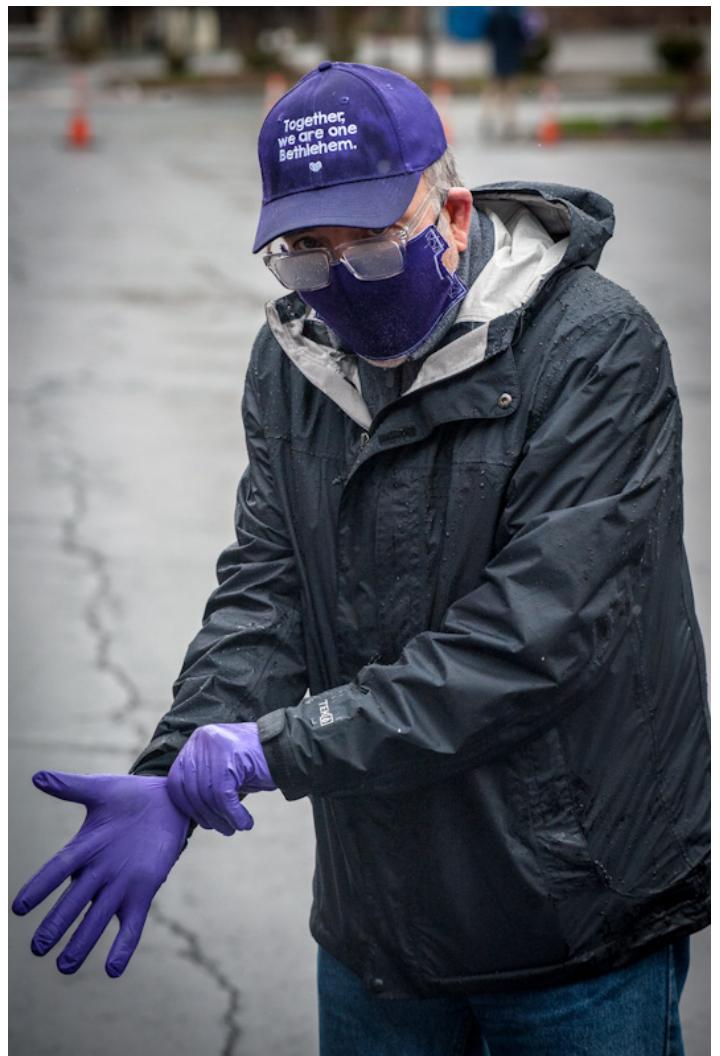
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