Vol. 63, #19 May 6 - May 12, 2020

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NEWS



Will drive-ins open?

Drive-in theaters feel ready to reopen.

Story on Page 6

CULTURE



A silent Saratoga?

The 'August place to be' may not be in a year marred by COVID-19.

Story on Page B1



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COMMUNITY

Farmers Market

BETHLEHEM — The Capital District Farmers Market Association announced that its farmers market began on Tuesday, May 5 at the First United Methodist Church in Delmar.

Taking place from 2:30 to 6 p.m., it will continue weekly until the last Tuesday before Thanksgiving.

The First United Methodist Church is located at 428 Kenwood Ave. in Delmar.

Craft Fair and Plant Sale

BETHLEHEM — The Bethlehem Grange 137's Craft Fair and Plant Sale will happen on Saturday, May 23 from 9 a.m. to 4 p.m.

Many crafters will be selling their products in indoor and outdoor booths. Parking will be

People are required to wear their masks at all times and maintain social distancing.

Bethlehem Grange 137 is located at 24 Bridge St. in Selkirk.

COVID-19

New testing site announced

By DIEGO CAGARA

cagarad@spotlightnews.com

GUILDERLAND —

Priority 1 Urgent Care is the newest coronavirus testing site, announced by Albany County Executive Dan McCoy on Tuesday, April 28, as part of a partnership with the county to handle the COVID-19 pandemic.

Priority 1 Urgent Care is located at 2080 Western Ave. in Hamilton Square in Guilderland and anyone interested in being tested there is encouraged to call 518-867-8040. According to a press release, testing will be reimbursed by an individual's health insurance and will only be done by appointments "after being screened for expanded CDC symptoms over the phone."

Jonathan Halpert, who owns the urgent care center, said staff are trained to conduct nasopharyngeal swab testing. "We're really appreciative of the fact that we can work with the county government to accomplish obtaining materials for testing and obtaining materials for



Priority 1 Urgent Care owner Jonathan Halpert said people interested in getting tested should call first to talk about their symptoms before visiting.

Diego Cagara / Spotlight News

personal protective equipment," "We treat patients inside the office which has immaculate He, however, noted that sanitation and cleaning standards," Halpert added. Priority 1 Urgent Care does not have a walk-up or drive-thru "People should call our office first facility, unlike numerous other to discuss symptoms they may coronavirus testing sites like at have as opposed to driving down

if they show symptoms like coughing and we bring them in to register them as patients before figuring out if they can benefit from a COVID-19 test."

Halpert said he first reached out to county Department of Health Commissioner Elizabeth Whalen in early April about wanting to get involved with increased COVID-19 testing. After getting approval, the county equipped his urgent care center with N95 masks and testing kits; COVID-19 testing then began in mid-April.

He acknowledged his hardworking staff "who understand their obligation as acute healthcare frontline providers. They've risen to the task really well and I think people in the Capital District who use our services can take pride and comfort in being taken care of."

For more information, visit www.priority1urgentcare.com or call 518-867-8040.





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COMMUNITY

Town issues first marriage license since shutdowns began in March

Town Clerk gets creative to continue her duties

By DIEGO CAGARA

cagarad@spotlightnews.com

BETHLEHEM

Town Clerk Nanci Moquin issued the first marriage license in the Town Hall parking lot on Tuesday, April 28, since the COVID-19 pandemic

She said that the couple stayed in their car while she used a clipboard attached to a long stick in order to continue maintaining social distancing.

"I attached the document to the clipboard and handed it off to them," she said. "I watched them sign it, then I signed it and I gave it back to them."

Moquin said she also used a mask and gloves at all times.

"It makes me feel good that I can continue to help residents the best I can. If you're smart and careful, you can continue with a certain amount of normalcy and make people feel a

little better as these are not normal times," she added. "That's my goal."

A marriage license costs \$40 in the town of Bethlehem; its cost is determined by the state, according to Moquin.

It is valid for 60 days and the couple must wait 24 hours before they can get married upon receiving the marriage license.

Before the pandemic, Moquin said couples could set up appointments and come into her office.

However, since COVID-19 spread, a couple would need to first mail all necessary documents — including a driver's license and birth certificates — into a dropbox in the Town Hall's parking lot, which can only be opened by town staff for security reasons.

She preferred this method to emailing the documents because they contain sensitive information.

Upon receiving the documents, Moquin can prepare the marriage license and the couple can visit the parking lot to sign and receive it.



Bethlehem Town Clerk Nanci Moquin, above, wore gloves and a mask while using a clipboard attached to a long stick to help issue a couple their marriage license last week.

Provided photo

"The couple thanked me a couple of times and we were happy we didn't send the documents electronically," Moquin said. "People can legally marry during the pandemic,

like on Zoom or with a very small gathering that spaces people out. A couple normally could get married in the town court but not now. Once I give the marriage license to a

couple, it's up to them how and where they can get married."

Besides handling marriage licenses, she said she is continuing her town clerk duties, including

"The couple thanked me a couple of times and we were happy we didn't send the documents electronically. ... A couple normally could get married in the town court but not now. Once I give the marriage license to a couple, it's up to them how and where they can get married."

— Nanci Moquin, Bethlehem **Town Clerk**

notarizing documents and handling licenses for dogs in town parks. "I'm here every day at least in the morning and life goes on," she said. "This too shall pass."

For more information, contact Moquin at nmoquin@ townofbethlehem.org or at 518-439-4955 ext. 1183.



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ALBANY COUNTY

312 nursing home patients, employees have COVID-19

COVID-19 cases jump by 103 cases from last week's figure of 209

By JIM FRANCO

francoj@spotlightnews.com

According to data released by the Albany County Health Department, there are 228 residents and 84 employees of eight nursing homes who have tested positive with COVID-19 as of Sunday, May 3.

Albany County operates Shaker Place, where there are 48 residents who have tested positive for the virus and 24 employees, said County Executive Dan McCoy during his daily briefing on Monday, May 4.

Five residents have died of the virus while two residents and two employees who tested positive have recovered.

Of the private nursing homes in Albany County, Hudson Park

FACILITY	RESIDENTS	EMPLOYEES			
Shaker Place:	48	24			
Daughters of Sarah in Albany:	6	1			
Eddy Village Green in Cohoes:	_	1			
Eddy Village Green in Slingerlands:	_	1			
The Grand in Altamont	27	8			
Hudson Park in Albany:	71	10			
Our Lady of Mercy in Guilderland:	47	16			
Teresian House in Albany:	29	23			

The nursing home facilities in Albany County as of Sunday, May 3 along with the number of residents and employees who tested positive according to the county Department of Health. The tabulation does not differentiate between asymptomatic, currently ill, recovered or died.

Rehabilitation and Nursing Center saw a sharp spike in the past week from 15 to 71 residents with confirmed cases of COVID-19 and 10 employees.

Our Lady of Mercy in Guilderland, which is operated by St. Peter's Health Partners, had 47 residents and 16 employees who tested positive as of Sunday, May 3.

The Teresian House, which is operated by the Roman Catholic Diocese of Albany, had 29 residents and 23 employees who tested positive.

The Grand, in Altamont, which is operated by The Grand Healthcare System based in Whitestone, has 27 residents and eight employees who tested positive.

The private nursing homes are regulated by the state Department of Health, and Gov. Andrew Cuomo has stated it is the nursing home's responsibility to maintain care of the patients in accordance with those regulations.

McCoy said the residents in the county-run nursing home who did test positive are isolated in a separate wing of Shaker Place, staff are required to be screened upon entry and the residents are being tested for COVID-19.

Since March 12, like nursing homes across the state, visitors were no longer allowed to enter Shaker Place.

Cuomo said if the private facilities cannot take care of the patients in accordance with state's regulations they should transfer the resident, or reach out to the state to help the find other accommodations for the resident.

Cuomo and his administration have come under fire for a March 25 directive mandating nursing homes take COVID-positive patients who are healthy enough to be discharged from the hospital as a way to free up beds for those in need of critical care in the hard hit areas of New York City and Long Island.

Three days later, the state mandated employees — those who tested positive for the virus but have not had a fever for 72 hours and who isolated for seven days — to return to work provided they wear the appropriate personal protective equipment and take other precautions.

"This crisis overwhelmed the nursing homes. You had a virus that preys on

the vulnerable people and there is a concentration of vulnerable people in a nursing home. But, the regulations still apply, even though you are in the middle of a global pandemic," Cuomo said. "That rules do not change. If you can't provide care to that patient because of this pandemic If you can't provide care you are not supposed to be keeping that person in the facility, period."

By executive order, Cuomo issued guidelines for all nursing homes that require staff wear PPE, isolate COVID patients, notify residents and their family within 24 hours of a COVID case within the facility or if there is a fatality related to COVID.

Nursing homes not in compliance could be fined up to \$10,000 per violation or lose their license.



The Capital District family has changed -- and we are changing too.

In recognition of the multi-generational nature of the modern household, we are merging Capital District Parent Pages with Senior Spotlight to create **Family Now**, a monthly publication with timely features for every age and stage of family life.

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Coming June 2020



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BUSINESS

Drive-in theaters feel ready to reopen

If allowed, drive-ins would have special regulations for social distancing

By DIEGO CAGARA

cagarad@spotlightnews.com

Although Capital District drive-in theaters remain closed amid COVID-19, a few owners found creative ways to operate them for other purposes and feel prepared if they can reopen.

Married couple Mike and Lisa Chenette, who own the 25-yearold Jericho Drive-In, continue to operate their Twist Ice Cream shop on its property since Valentine's Day.

"Although we do drive-thru only now, the community has been very supportive and very happy we've figured out a way to remain open," Lisa said. "Only one person, usually my husband or I, interacts with a coming vehicle and our employees stay inside the building. We accept cash and touchless credit cards at this time."The ice cream shop is open from 1 to 8 p.m. daily.



With audiences contained in their respective vehicles, Drive-in movie theaters seem to be a natural marriage between a society starving for Spotlight file photo entertainment and social distancing practices.

The drive-in hosted "a pretty decent turnout" for a special Easter Sunday service on April 12 where people listened to their pastor's sermon via their cars' radios; the pastor spoke into a

microphone on the drive-in's front lawn. "Everyone was really excited and thankful we could do this for them," Lisa said.

It also hosted Drive-In Day on April 7 where Ravena-

Coeymans-Selkirk Central School District teachers parked their vehicles — decked in the district's colors with supportive posters and signs — between the drive-in's 12 parking rows.

"Middle school kids then came to the drive-in with their parents who drove up and down each row, and waved at the teachers and administrators," Lisa said. "We had music playing over the radio for them and we had the ice cream stand open. But no one could get out of their cars."

Despite these creative initiatives, the Chenettes' request since mid-April to Empire State Development, the state's economic development organization, to reopen the drivein theater received no response.

If it can reopen, Lisa said they feel ready, "We've created an online ordering system so people can order and pay from their cars. If we do concession, we'll deliver to their cars, which we've done for the ice cream stand. We've also created an online ticket purchasing system on our website so there won't be any reason for

anyone to come up to the box office."

Ed Caro, who co-owns the 70-vear-old Malta Drive-In Theater with his brother, Tom, said they also applied to the state to reopen last month but have not received a response.

"If we reopen, I'm sure the state will mandate certain things like 50 percent capacity and we'll figure out how to make it safe for our employees and guests," Ed said. "We may consider doing online ticket sales with a barcode scanner on people's phones and do just card payments and eliminate cash. We could put in shields between cashiers and guests."

He continued, "Normally, we have two cars between each speaker post but now we could have just one. We may limit concessions entirely and develop an online ordering system for takeout. For restrooms, maybe one person goes in at a time only."

Unlike Jericho, the Malta Drive-In theater has not held any

Continues on page 15





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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 with changes: taking appts. for regular pantry hours. Call to make appt., we will asked what essentials you need & what you do not want. Bags will be packed for you & 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 a 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

Deluxe Nail & Spa + DL Nail Bar: gift certificates available, visit www.dlnailbar.com/ Home/egiftLink; 20% of proceeds from Deluxe or DL Nail Bar gift card purchases will be used to purchase restaurant or GC's for nurses & support workers fighting the Coronavirus

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)

 $\textbf{Four Corners Pharmacy:} \ offering \ home \ delivery \ and \ drive-thru \ pick-up, \ call \ 518.439.8200$

Gally's: open, call 518.432.3333

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

I Love Books: fulfilling orders via email and curbside pick-up, browse photos via their FB and email anovelady@aol.com

Herzog & Primomo DDS - Dental Wellness of Albany: available for dental emergency appts & phone consultations for existing & 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@melissahurt.com

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

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

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 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

Rocklein Physical Therapy: open & providing Physical Therapy services in clinic for those in need (only seeing 1 patient in clinic at a time, disinfecting all surfaces between patients; can also provide telehealth visits), call us or email info@rockleinphysicaltherapy.com

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 ay this time), call 518.439.4361

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Swifty's Restaurant & Pub** 367 Delaware Ave 518.475.1111

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From page 1 ...

Think of Mom

Kerber's stoe sells natural bar and liquid soaps, deodorants and hand sanitizers. She said she will reopen her Stuyvesant Plaza storefront this Friday, May 8 through Sunday, May 10 from 10 a.m. to 4 p.m. After this weekend, the storefront will be open for the same timeframe from Tuesdays to Saturdays; it will be closed on Sundays and Mondays.

Customers can order products from its website and either do curbside pickup or enter a designated section of the store to pick up their orders. Only four to five customers, who are required to wear masks, would be allowed inside the store at a time, with crosses on the floor indicating how much distance they must maintain between one another.

"We're going to do a lot for Mother's Day, like with our grand reopening, and we'll have creams, lotions, online packaging specials and more because we feel that moms should be treated," Kerber said. "Right now, moms have kids learning at home and have a lot to deal with. We believe moms teach kids about how to wash hands and everyone's washing their hands more than ever

She connected this with how mothers continue to rely on her business for natural products and the importance of observing Mother's Day, especially during the pandemic this year.

"Times will change but moms will be there forever who care about everything and I think they should be appreciated," she said. For more information, visit www.radsoap.com.

Balance Massage and Healing Arts, a Delmarbased massage studio since 2001, is selling gift certificates, wellness packages and online products which make for thoughtful Mother's Day gift ideas, according to its owner Denise Healy-Mason.

While gift certificates and wellness packages will be valid when the studio reopens in time, online products available now include eye pillows, crystals and jewelry. "I've also been making hand sugar scrubs which helps exfoliate and moisturize, and I also have rainbow room sprays which are scented gem waters that have little crystals, essential oils, lavender and tangerine inside," Healy-Mason said. "They help with stress and

"There's so much women do for their families and this time, it's stressful so giving your mother something is fantastic. Mothers are dealing with their children's online schooling and trying to get their work done but it's important now more than ever to spend time with your families, especially your mothers."

Sandra Dollard,
 Evoke Style owner





"Right now, moms have kids learning at home and have a lot to deal with. We believe moms teach kids about how to wash hands and everyone's washing their hands more than ever now. So, it's really nice to treat moms with nice smells and natural products."

"I believe that every day, mothers need to be celebrated."

— Denise Healy-Mason, owner of Balance Massage and Healing Arts

now. So, it's really nice to treat moms with nice smells and natural products."

RAD Soap Co.'s reopening this week marks the first time its doors will open since temporarily closing in March. "Because we make natural hand sanitizers and have been successful in that, [the state] let us stay open and consider us an essential business,' Kerber said. "The sales for that have been astronomical."

While saying that Mother's Day is one of her business' busiest times, Kerber brought up that she originally started RAD Soap Co. in 2009 partially because she wanted to make soap that could also help one of her two sons who struggled with eczema.

you can spray your room and they basically are room fresheners."

Offering only curbside pickup, the studio will reopen this Saturday, May 9, close the next day to observe Mother's Day and open again every day except Sundays afterwards. Customers cannot enter the studio but Healy-Mason, clad with a mask and gloves, will hand them their orders outside.

"Usually the week before Mother's Day is when people think they got to get something for their mothers and so far, we've sold gift cards and some wellness packages," she said. "I believe that every day, mothers need to be celebrated."

For information, visit



www.balancemassagestudio. com, email at balancemassagestudio@yahoo.com or call 518-475-9999.

Evoke Style, a
Stuyvesant Plaza women's clothing store that sells shoes, clothing and handbags with a target demographic of women aged 35 and up since 2010, has held several weekly raffles leading up to Mother's Day. Last week was a raffle for a \$400 shoe gift certificate while this week sees customers vying for a piece of jewelry priced at around \$400.

Owner Sandra
Dollard said each week,
a raffle ticket costs \$20
and customers can score
a ticket by emailing
at sandra@evokestyle.
com or calling 518-5125240. She announces the
weekly raffle on Tuesdays;
customers must pay over
the phone for raffle tickets
by Wednesdays; and the
winner is announced on
Facebook by Fridays.

— Susan Kerber, owner of RAD Soap Co.

Even if a customer does not win the prize, they would receive a \$20 gift certificate that they can use for any future purchase.

Dollard said the raffles have been "taking off" and "I'm so grateful for all my ladies and customers who are still supportive during this time." She added that since the pandemic began, Evoke Style's storefront temporarily closed but offers delivery and curbside pickup for online orders.

"There's so much women do for their families and this time, it's stressful so giving your mother something is fantastic," Dollard said. "Mothers are dealing with their children's online schooling and trying to get their work done but it's important now more than ever to spend time with your families, especially your mothers."

For more information, visit www.evokestyle.com.

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EDUCATION

Assistant Principal of the Year

BCMS' Mark Warford recognized at state and national levels

By DIEGO CAGARA

cagarad@spotlightnews.com

DELMAR —

Bethlehem Central Middle School assistant principal Mark Warford was named a 2020 New York State Assistant Principal of the Year by the School Administrators Association of New York State and the National Association of Elementary School Principals.

"It really is an honor and I feel really good," Warford said. "Naturally, I'm extremely fortunate to work in such a great district and supportive community."

He was swift in crediting several colleagues too — including Gregg Nolte, BCSD's director of facilities of operations, and Allissa Eiser, the district's food services director.

"Moving any initiative forward in a meaningful way is really a collaborative effort and there's so many administrators and teachers who support my work on academic intervention, environmental issues and sustainability," he added. "It's a testament of the district and community, and I'm happy to accept it on their behalf."

Warford has been an educator since 1995, including being a teacher in Guilderland's Farnsworth Middle School for seven years.

Since attaining his current position in 2008, he became involved in numerous programs and initiatives, like GROW (goal setting, responsibility, organization and work ethic). He said it provides academic support for students who struggle with time management and organization.

"GROW uses our teaching staff and teachers' aides to really help kids structure their days and remind them that work



Bethlehem Central Middle School assistant principal Mark Warford, above, has held his position since 2008 and has been an educator for 25 years now.

Provided photo

needs to be completed," Warford said. "It helps kids who fall through the cracks and it's not necessarily just for kids with special needs."

BCMS Principal
Michael Klugman
recognized Warford's efforts
and said, "He maintains
the highest expectations
of all students, and works
tirelessly alongside teachers
to demonstrate to students
what their potential is and
how they can reach it."

Warford also founded the Green Team, a districtwide committee that promotes sustainability and environmental initiatives.

It helped develop a small farm in the middle school which provides produce for district cafeterias, the Delmar Farmers Market and donates to the town's food pantry. It ceased the use of disposable trays, plastic cutlery, non-reusable plastic straws and Styrofoam containers. It also encourages the recycling of paper, glass, batteries, highlighters and more.

"The big picture for education is to prepare our students for the

"Some of the biggest issues this generation will face are environmental and sustainability problems. So, it's important that what we do can prepare them for the future."

— Mark Warford, BCMS assistant principal

future and give them tools and knowledge to solve problems," Warford said. "Some of the biggest issues this generation will face are environmental and sustainability problems. So, it's important that what we do can prepare them for the future."

While the awards ceremony has been postponed from May to the fall due to the COVID-19 pandemic, Warford said for now, "I'm just very thankful for the district and the community. I'm very pleased."

#SUPPORTLOCAL

GUILDERLAND SMALL BUSINESS HUB

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FOR OPEN BUSINESSES, LOCAL ONLINE SHOPS, AND SPECIAL OFFERS!











This information was up-to-date as of May 4.

TAKE-OUT + DELIVERY RESTAURANTS

Athos Restaurant

1814 Western Ave. 518-608-6400 athosrestaurant.com

Barcelona

1192 Western Ave. 518-438-1144 barcelona-albany.com Check out their to-go Margarita Kits!

City Line Bar & Grill

1200 Western Ave. 518-504-1200 citylinebar.com

Maggie McFlys - Take-out

1 Crossgates Mall Rd 518-608-5647 maggiemcflys.com

Nirvana Indian Restaurant

5180 Western Turnpike. 518-355-2000 albanynirvana.com

Orchard Tavern West

2050 Western Ave. 518-672-3237 orchardtaverns.com

Route 20 Café

1823 Western Ave. 518-456-4223 facebook.com/route20cafe

Via Fresca

1666 Western Ave 518-452-1179 viafresca.net

World of Beer

1 Crossgates Mall Rd. 518-207-0448 worldofbeer.com

RETAIL & OTHER SERVICES

CeCe's Wool Yarns & More

518-779-9985 ceceswool.com Online Only

Fazioli Aerial

fazioliphotography.com

Guilderland Farmers Market

2050 Western Ave, Star Plaza guilderlandfarmersmarket.com **Online Market!** Curbside pickup starts on April 26. Learn more on website!

Gade Farm

2479 Western Ave. 518-869-8019 gadefarm.com

Offering donation matches to the Guilderland Food Pantry! Visit Website to learn more!

Phillips Hardware - Altamont

6495 NY-158 518-861-5364 shopphillips.com

Robinson ACE Hardware

1874 Western Avenue 518-456-7383 robinsonshardware.com

Slingerland Family Farm

241 Hilltop Rd. Greenville 518-662-0320 slingerlandfamilyfarm.shop

The Spinning Room of Altamont

190 Main St. Altamont 518-861-0038 spinningroom.net Email and call in orders. Porch pickup or local delivery available.

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COMMUNITY

Giving thanks to local first responders

By MICHAEL HALLISEY

halliseym@spotlightnews.com

GLENMONT —

Employees of the local Lowe's retail store dropped off shrubs and trees at the latest distribution event for "Together, We Are One Bethlehem." on Saturday, May 2, at the Glenmont Plaza.

The donation will be planted at the entrance of the Kevin M. Shea Municipal Center on Center Road.

It's a gesture of gratitude towards local first responders shared by the "Together" group.

Members of each of the town's fire departments and rescue squads were in attendance to help receive the gift.

Michael Hallisey / Spotlight Newspapers











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LIBRARIES

Share a recipe

ave you been stress baking or spending a lot more time in the kitchen than usual?

Share your favorite recipe (with photos, if you can) for the Upper Hudson Library System Community Cookbook challenge.

Please include your name and your home library. Recipes will be collected through July 1 and compiled in a free downloadable cookbook.

Send your recipe submissions to Librarian Cathy Brenner at cathy@ bethpl.org.

Zoom storytimes

Check out our Zoom Family Storytime every Tuesday at 9:30 a.m. through May 26. Enjoy stories, songs and activities for children up to age 6 with caregiver.

To participate, go to:



bit.ly/3eIaek5 (password is 562837) at the scheduled time. Please note: Zoom storytimes require you to sign in using the password provided above.

Your e-mail and video will not be visible to other participants and your sound will be muted.

Library board meeting

The Library Board of Trustees will meet virtually Monday, May 11, at 6 p.m. You can watch the meeting live on the library's YouTube channel or website.

Public questions or comments can be directed to Library Director Geoffrey Kirkpatrick at director@bethpl.org. A draft of the minutes will be

available within 10 days of the meeting.

Our commitment to organizational transparency continues, even as group gathering guidelines and building closures pose a challenge to holding our monthly Board of Trustees meetings.

Please visit our Board of Trustees webpage at www. bethlehempubliclibrary. org/about-us/boardof-trustees for more information.

Got questions?

Reach out by email at information@bethpl.org and staff will assist you.

You can also call the library at 518-439-9314 and leave a message.

We will get back to you as soon as we are able, but please allow additional time for questions asked via voicemail.

— Kristen Roberts

Genealogy help

ur resident professional genealogist, Dougherty, is available for free family history consultations every Wednesday during May.

Get one-on-one help starting the process or making progress by visiting the Upstate NY Genealogy by Lisa Dougherty Facebook page.

For more information, visit her website at www. upstatenygenealogy.com. Right now, you can also access ancestry.com for free at www.uhls.org/ databases.asp.

Trivia Tuesdays

GPL Trivia returns...to your living room. Adults and teens are invited to put their heads together for three themed Trivia Tuesday nights in May at 7 p.m.

The themes are: Harry



Potter Trivia - May 12; '80s & '90s Trivia – May 19; and Disney/Star Wars Trivia - May 26.

Participants can play individually, as an in-house team, or with a virtual team to vie for bragging rights as a GPL Trivia Champion.

Team captains should be 16+ years old and will be responsible for communicating with the hosts on GoToMeeting.

Anyone needing login information, including Team Captains, should register on the Events tab on our website.

Writing contest

The deadline is fast approaching for our "Write at Home" writing contest. Grades four through adults are encouraged to submit their best work to us by Friday, May 15 at noon

GREAT

Winners receive a \$30 prize of their choice from the Book House, and all works submitted will be posted on our website with the author's permission.

All forms of poetry and prose are eligible. Participants must reside within the Guilderland School District or possess a Guilderland Public Library Card. Visit guilderlandlibrary.org/wfh for full details.

Board of Trustees to meet

On Thursday, May 21 at 6 p.m., the Guilderland Public Library Board of Trustees will hold a virtual business meeting, streamed live on the GPL Facebook page. Public commentary before and during the meeting may be directed to pio@ guilderlandpubliclibrary. org.

— Luanne Nicholson

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GIFT CARD: \$100 Visa Gift Card fulfilled by Protect Your Home through third-party provider, Mpell, upon installation of a security system and execution of monitoring contract. \$4.95 shipping and handling fee, gift cards can take up to 8 weeks to arrive after following the Mpell redemption process. **BASIC SYSTEM:** \$99 Parts and Install. 36-Month Monitoring Agreement required at \$27.99 per month (\$1,007.64). 24-Month Monitoring Agreement required at \$27.99 per month (\$671.76) for California. Offer applies to homeowners only. Basic system requires landline phone. Offer valid for new ADT Authorized Premier Provider customers only and not on purchases from ADT LLC. Cannot be combined with any other offer. The \$27.99 Offer does not include Quality Service Plan (QSP), ADT's Extended Limited Warranty. **ADT Pulse.** ADT Pulse entrees on a compatible computer, cell phone or PDA with Internet and email access. These ADT Pulse services on a not available with the various levels of ADT Pulse. All ADT Pulse services are not available in all geographic areas. You may be required to pay additional charges to purchase equipment required to utilize the ADT Pulse features you desire. **ADT PULSE Extractives** Plan (QSP). Doorbell camera may not be available in all all areas. **SEMENATION** and all areas. **SEMENATION** a

LEGALS

NOTICE OF LLC FORMATION

310 EAST 70TH STREET GARAGE LLC. Arts. of Org. filed with the SSNY on 04/20/20. 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-244598

NOTICE OF LLC **FORMATION**

104 W. 120TH ST. LLC. Arts. of Org. filed with the SSNY on 04/24/20. Office: Albany County. designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-cess to the LLC, 7 Mortar Rock Road, West-port, CT 06880. Purpose: Any lawful purpose. D-244937

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 pro-cess against it may be served. SSNY shall mail copy of process to the LLC, 10 East 33rd Street, 11th Floor, New NY 10016. Purpose: Any lawful purpose D-243574

NOTICE OF LLC FORMATION

MONTGOMERY 4P LLC. Arts. of Org. filed the SSNY 04/08/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SŠNY shall mail copy of process to the LLC, 301 E. 62nd Street, #15C, New York, NY 10065. Purpose: Any lawful pur-D-244173

NOTICE OF LLC FORMATION

131 W 69TH LLC. App. for Auth. filed with the SSNY on 01/30/20. Originally filed with Secretary of State of Delaware on 01/27/20. Office: Albany County. SSNY designated as agent of the cess against it may be served. SSNY shall mail copy of process to the 131 W. 69th Street, New York, NY 10023. Purpose: Any lawful pur-D-243595

NOTICE OF LLC FORMATION

1716 ADAMS LLC. Arts. of Ora, filed with the SSNY on 04/20/20. Of-Albany County. designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 605 Morris Park Avenue, Bronx, NY 10460. Purpose: Any lawful purpose. D-244597

NOTICE OF LLC FORMATION

178 ORANGE STREET REALTY LLC. Arts. of Org. filed with the SSNY on 03/26/20. Office: Al-

LEGALS

bany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 178 Orange Street, Albany, NY 12210. Purpose: Any lawful purpose. D-243525

NOTICE OF LLC FORMATION

PRINCE ST. LLC. of Org. filed with the SSNY on 03/30/20. Office: Albany County. designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-cess to the LLC, c/o Business Filings Incorporated, 187 Wolf Road, Suite 101, Albany, NY 12205. Purpose: Any lawful purpose.

NOTICE OF LLC FORMATION

220 RSB 25CD, LLC. Arts. of Org. filed with the SSNY on 03/05/20. Office: Albany County. designated SSNY agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 220 Boulevard, Riverside Apartment 25C, New York, NY 10069. Purpose: Any lawful pur-D-245020

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, c/o Edward R. Smolka, Esq., 5 Tudor City Place, Lobby 11, New York, NY 10017-6853. Purpose: Any lawful purpose. D-243597

NOTICE OF LLC FORMATION

402 ST. MARKS PLACE PARTNERS 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 25 Midland Avenue, Staten Island, NY Purpose: Any lawful purpose. D-244622

NOTICE OF LLC FORMATION

52nd STREET 41-29

Arts. of Org. filed with the SSNY on 04/24/20. Office: Albany County. designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Irhan Balic, 49 Victoria Lane, #1, Yonkers, NY 10701. Purpose: Any lawful purpose. D-244938

NOTICE OF MAY MEETING **SLINGERLANDS** FIRE DISTRICT

May 12, 2020 PLEASE TAKE NOTICE, that the May Commissioners Meeting will be held on the second Tuesday, May 12th via Zoom Meeting. For in-

LEGALS

formation regarding this meeting please contact the secretary at distric-t@slingerlandsfirerescue.org Emilie Moss

Fire District Secretary Slingerlands Fire District D-245252

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 c/o Percella Weinberg Partners LLC, 797 Fifth Avenue, New York, NY 10153. Purpose: Any lawful purpose. D-243524

NOTICE OF LLC FORMATION

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-243470

NOTICE OF LLC

FORMATION ACJP LLC. Arts. of Org. filed with the SSNY on 04/01/20. Office: Albany County. SSNY designat ed as agent of the LLC 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**

ANGEL DUFFY LLC. Arts. of Org. filed with the SSNY on 04/22/20. Of-Albany County. SSNY designated as agent of the LLC upon whom process against it be served. SSNY may shall mail copy of pro-cess to the LLC, 1160 Third Avenue, 5E, New NY 10065. Pur-York, pose: Any lawful purpose D-244719

NOTICE OF LLC **FORMATION**

ARIBURNU LLC. Arts. of Org. filed with the SSNY on 03/30/20. Office: Albany County. SSNY designated as agent of the ĽĽC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 40 Mercer Street, Apartment 23, NY 10013. Pur-York, Any lawful purpose: pose D-243589

NOTICE OF LLC **FORMATION**

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-243559

NOTICE OF LLC FORMATION BARRON SOLUTIONS LLC. Arts. of Org. filed with the SSNY on 03/12/20. Office: Albany County. SSNY designat-

ed as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 5 Smith Lane, Saint James, NY 11780. Purpose: Any lawful purnose D-243709

LEGALS

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

BLACK CLOUD PROPER-TIES, LLC. Arts. of Org. filed with the SSNY on 04/13/20. Office: Greene County. 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 506, Preston Hollow, NY 12469. Purpose: Any lawful purpose D-244899

NOTICE OF LLC **FORMATION**

MURRAY GLOBAL CONSULTING LLC. Arts. of Org. filed with the SSNY on 04/24/20. Office: Albany County. SSNY designated as agent of the LLC whom process upon against it may be served. SSNY shall mail copy of process to the LLC, 8 Slinger-Pauley Lane, NY 12159. Purlands, Any lawful purpose: pose D-244961

NOTICE OF LLC FORMATION

CANAM CAPITAL 595 WEA LLC. Arts. of Org. filed with the SSNY on 04/22/20. Office: Albany County. SSNY designated as agent of the LLC whom process against it may be served. SSNY shall mail copy of process to the LLC, 595 . West End Avenue, Ápartment 4/5, New York, NY 10024. Purpose: Any lawful purpose. D-244721

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, 3059 Milburn Avenue, Baldwin, NY 11510. Purpose: Any lawful purpose. D-243594

NOTICE OF LLC FORMATION

CHOPT VESTAVIA LLC. Arts. of Org. filed with the SSNY on 04/16/20. Office: Albany County.

LEGALS

SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 853 Broadway, Suite 606, New York, NY 10003. Purpose: Any lawful purpose. D-244464

NOTICE OF LLC FORMATION

COMFORT HOMES RE-ALTY, LLC. Arts. of Org. filed with the SSNY on 06/23/09. Latest date to dissolve: 01/01/2030.
Office: Albany County.
SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 2705 Eastchester Road, Bronx, NY 10469. Purpose: Any lawful purpose. D-245022

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, 65 Bank Street, Apartment 7, New York, NY 10014. Purpose: Any lawful purpose. D-243697

NOTICE OF LLC FORMATION

CROSBY 54 INVESTORS LLC. Arts. of Org. filed with the SSNY on 04/20/20. 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, 51 Wooster Street, Floor 3, New York, NY 10013. Purpose: Any lawful purpose. D-244591

NOTICE OF LLC FORMATION

DUTCH DISINFECT LLC. Arts. of Org. filed with the SSNY on 04/30/20. Office: Albany County. designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Thomas van de Veerdonk, 8 Lookout Pass, Valley, Purpose: Any 10579. lawful purpose. D-245179

NOTICE OF LLC **FORMATION**

EMPIRE LENDING SER-VICES 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, 3 . Howard Street, Albany, NY 12207. Purpose: Any lawful purpose. D-244277

NOTICE OF LLC **FORMATION**

FAB JDJ, LLC. Arts. of Org. filed with the SSNY on 04/17/20. 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

To place your Legal Notice: Call 439-4949

LEGALS

LLC, 100 Morton Street, Apartment 8DW, New York, NY 10014. Purpose: Any lawful purpose. D-244525

NOTICE OF LLC

FORATION FRS MARKET FARMERS HOME DELIVERY, LLC. Arts. of Org. filed with the SSNY on 03/25/20. Office: Albany County. designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, PO Box 14, Latham, NY 12110. Purpose: Any lawful purpose. D-244304

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, 157 Columbus Avenue, Suite 408, New York, 10023. Purpose: lawful purpose. D-244260

NOTICE OF LLC FORMATION

SPORTS CARDS LLC. Arts. of Org. filed with the SSNY on 04/22/20. 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, 120 85th Street, New NY 10028. Pur-East 85th York. pose: Any lawful purpose. D-244934

NOTICE OF LLC FORMATION

76 INVESTORS LLC. Arts. of Org. filed the SSNY with 04/20/20. 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, 51 Wooster Street, 3, New York, NY 10013. Purpose: Any lawful purpose. D-244592

NOTICE OF LLC FORMATION

GIANNIS REALTY LLC Arts. of Org. filed with the SSNY on 04/29/20. 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, 7916 5th Avenue, Brooklyn, NY 11209. Purpose: Any lawful purpose. D-245076

NOTICE OF LLC **FORMATION**

GUTTMAN REALTY 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, 3541 Clubside Drive, Boca Raton, FL 33496. Purpose: Any lawful purpose. D-243583

LEGALS

NOTICE OF LLC FORMATION

HOWARD 25 IN-VESTORS LLC. Arts. of Org. filed with the SSNY on 04/20/20. 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, 51 Wooster Street, Floor 3, New York, NY Purpose: Any lawful purpose. D-244593

NOTICE OF LLC FORMATION

HTOWN 65, LLC. Arts. Org. filed with the on 03/19/20. Of-SSNY Albany County. fice: 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: lawful purpose. D-243702

NOTICE OF PLLC
FORMATION
ISABEL JAY, LCSW,
PLLC. Arts. of Org. filed
with the SSNY on
04/22/20. 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, 119 Payson Avenue, New York, NY 10034. Purpose: For the practice of the profession of Licensed Clinical Social Work. D-245023

NOTICE OF LLC FORMATION

DESIGNS LLC. JBKC 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, 1474 Union Street, Brooklyn, NY 11213. Purpose: Any lawful purpose. D-244394

NOTICE OF LLC FORMATION

JDRE GROUP LLC. Arts. of Org. filed with the SSNY on 04/15/20. Of-Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 55 E. Street, 8A, , NY 10003. 9th New Any lawful purpose: pose D-244395

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, 22 Gatling Place, Brooklyn, NY 11209. Purpose: Any lawful purpose. D-244278

NOTICE OF LLC

FORMATION
JRHP REALTY LLC. Arts.
of Org. filed with the
SSNY on 04/22/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it

LEGALS

may be served. SSNY shall mail copy of pro-cess to the LLC, 7916 Avenue, Brooklyn, NY 11209. Purpose: Any lawful purpose. D-244725

NOTICE OF LLC FORMATION

LION HOUND FUNDING 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. 20 West 20th Street. Suite 1102, New York, NY 10011. Purpose: Any lawful purpose. D-243575

NOTICE OF LLC **FORMATION**

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 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 purose. D-243466

NOTICE OF LLC **FORMATION**

LMNT LLC. Arts. of Org. filed with the SSNY on 04/03/20. Office: Albany County. SSNY designat ed as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 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
MERCER 9 INVESTORS LLC. Arts. of Org. filed with the SSNY on 04/20/20. 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, . Wooster Street, Floor 3. New York, NY 10013. Purpose: Any lawful pur-D-244594

NOTICE OF LLC FORMATION

FLOWER FANTAS-TIC, LLC. Arts. of Org filed with the SSNY on 02/28/20. 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 Heller Horowitz & Feit P.C., 260 Madison Avenue. 17th Floor, New NY 10016. Pur-York. pose: Any lawful purpose.

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

May 6 - 12, 2020 | THE SPOTLIGHT 13 www.spotliahtnews.com

LIBRARIES

Book discussions

ibrary book discussions are going digital. Adult readers should join the Voorpl Book Group on Facebook.

There, we will host various formal book discussions and informal chatter about book related

Request to join this closed group and get accepted by VPL to get the private links to the discussion meetings.

- "Varina" by Charles Frazier will be discussed at the Books & Beyond Facebook meeting on Wednesday, May 20 at 11 a.m. The e-book and downloadable audiobook are available on Hoopla with your library card.
- The Talk & Taste Cookbook Group will meet on Thursday, May 28 at 6 p.m. to discuss "Cook Like a Pro" by Ina Garten and any recipes found

Voorheesville Public Library

> on her Barefoot Contessa website.

The Middle School Book Club will be discussing "Insignificant Events in the Life of a Cactus" by Dusti Bowling on Wednesday, May 13 at 2:30 p.m. This meeting will be conducted in Ms. Menetti's Middle School Library Google Classroom. Students should look there for information about this co-sponsored

Do you love your rescue pet?

Of course you do! Would you like the chance to have your rescue pet highlighted in an upcoming art show at the Voorheesville Public Library?

Megan Viscio, local artist and teacher, will

be selecting winners, whose pets will be made into mini-sculptures and featured in her art show.

To enter the contest, provide a short, heartwarming write-up about your rescue pet or rescue experience along with several photographs from which Megan will work.

The winners will get to keep the mini-sculptures after the show.

If interested or if you need more information, contact Megan at mviscio@nycap. rr.com or Gail Brown at gail.brown@voorpl.org.

Because the library is presently closed due to COVID-19, the art show may become virtual or it will wait until the library can safely open to offer public gatherings.

Visit Megan's art work at the studiohouse. blog.

— Lynn Kohler

Spotlight Newspapers **Community news**

Starts here

Gardening tips

ibrary Clerk and resident garden expert Amy has created three gardening videos that we've posted on the library's YouTube channel.

Get advice for dividing hosta and davlilies and how-to tips for pruning hydrangeas, roses, and junipers.

Next week, Amy will answer gardening questions submitted by you.

So whether it's a question about identifying a plant, what to plant in that shady spot, or a vegetable garden question - email us at info@ rcscommunitylibrary to Ask Amy.

Free books

We were just about out of books to give away when our friends at the Grace Methodist Book Nook stepped up to replenish our supply.

Weather permitting, Wednesdays, from 12 noon to 3 p.m., we'll continue to have a cart outside the library with Community Library

books for free.

No check out, no fines, and no returns.

Each bag has been created by a gloved staff member and has a selection of five to six similar books described on the bag.

We'll try to have an assortment for everyone, from picture books to romance to suspense, and

For the safety of all, please remember to keep a safe social distance (six feet) if others are there, please don't open the bags and only touch the bag you

Library storytimes at your house

Storytimes build early literacy and school readiness and they're fun.

Though we can't be together at the library for storytime, you can still enjoy virtual storytimes.

Tune in to our YouTube channel or click on our Facebook link to join our staffers, Miss Kathy and Miss Liz, as they read favorite books, sing songs, and share early literacy

New storytimes are posted every Thursday and Friday morning.

Library Kids Online

Library staffers have created Library Kids Online as a place for school-age kids to hang out with their friends virtually on the Google Meet platform and have

Last week we made invisible ink, had a LEGO challenge, and a Harry Potter trivia contest.

You can find out what we're doing each week by liking our Library Kids Online Event on Facebook or clicking on the link on our website.

— Carol Melewski

LEGALS

LLC, 1400 5th Avenue, Suite 8C, New York, NY 10026. Purpose: Any lawful purpose. D-243622

NOTICE OF LLC FORMATION PCV ONE, LLC. Arts. of Org. filed with the SSNY on 04/22/20. 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, 20 Aavelord Boulevard, Troy, NY 12180. Purpose: Any lawful pur-D-244736

NOTICE OF LLC **FORMATION**

PPE MEDICAL SUPPLY LLC. Arts. of Org. filed with the SSNY on 04/17/20. Office: Albany County. SSNY designated as agent of the LLC whom process against it may be served SSNY shall mail copy of process to the LLC. 300 Suburban Avenue, Deer Park, NY 11729. Purpose: Any lawful purpose. D-244526

NOTICE OF LLC **FORMATION**

PrevAdmServices LLC. Arts. of Org. filed with the SSNY on 04/07/20.

LEGALS

Albany County. SSNY designated as agent of the LLC upon whom process against it be served. SSNY mail copy of pro-to the LLC, 124 t 60th Street, Suite New York, NY Purpose: Any 10023. lawful purpose.

NOTICE OF LLC FORMATION

R&D ROYALS LLC. Arts. of Org. filed with the SSNY on 04/28/20. Of-Albany County. designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-cess to the LLC, c/o Robert Suyunov, 8133 165th Street, Jamaica, NY 11432. Purpose: Anv lawful purpose.

NOTICE OF LLC FORMATION

REALITY PARTNERS DE LLC. App. for Auth. filed with the SSNY on 04/16/20. Originally filed with Secretary of State Delaware 04/02/20. Office: Albany County. SSNY designat-ed as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of

LEGALS

to the LLC, 1713 Fifth Avenue, 2nd Floor, Bay Shore, NY 11706. Purpose: Any lawful purpose. D-244563

NOTICE OF LLC **FORMATION**

ROMBE LLC. Arts. of Org. filed with the SSNY on 04/28/20. 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 Roman Yakubov, 18432 Cam-bridge Road, Jamaica Estates, NY 11432. Pur-Any lawful pur-D-245036

NOTICE OF LLC **FORMATION**

SWIFT RENTAL PROP-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, 10 Swatling Road, Latham, NY 12110. Purpose: Any lawful purpose. D-243560

NOTICE OF LLC FORMATION

TAKE A HIKE DOG WALKING LLC. Arts. of Org. filed with the SSNY on 03/16/20. Office: Albany County. SSNY designated as agent of the LLC upon whom pro-cess against it may be served. SSNY shall mail copy of process to the LLC, 124 Bedford Road, Purpose: Any lawful pur-

NOTICE OF LLC

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TILAPIA NEON LLC.
Arts. of Org. filed with
the SSNY on 04/21/20. 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, 41-21 28th Street, Apartment 4F, Long Island City, NY 11101. Purpose: Any lawful purpose. D-244647

NOTICE OF LLC

FORMATION TRI-HILL STAFFING LLC. Arts. of Org. filed with the SSNY on 04/21/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process

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against it may be served. SSNY shall mail copy of process to the LLC, 346 Park Avenue South, 3rd Floor, New York, 10010. Purpose: lawful purpose. D-244712

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, c/o Abubakr Saidi, 2143 Tomlinson Avenue, Bronx, NY 10461. Purpose: Any lawful pur-

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UTSTEIN REAL ESTATE with the SSNY on 04/06/20. 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, 495 West End Avenue, Apartment 6D, New York, NY 10024. Purpose: Any lawful purpose. D-244713

NOTICE OF LLC FORMATION

VERTA LLC. Arts. 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, 330 Fast 38th LLC, 330 East 38th Street, Suite 23P, New NY 10016. Any lawful pur-

NOTICE OF LLC

FORMATION
VICTORY CARS EAST
LLC. Arts. of Org. filed
with the SSNY on
04/13/20. Latest date ti
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 1755 East Jericho Turnpike, Huntington, NY 11743. Purpose: Any lawful pur-D-244279

NOTICE OF LLC FORMATION

WELLSPACE MANAGE-MENT LLC. Arts. of Org. filed with the SSNY on 04/14/20. Office: Albany County. SSNY designat-

ed as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of

process to the LLC, 882 Warren Street, Floor 1, Albany, NY 12208. Purpose: Any lawful pur-D-244317 NOTICE OF LLC FORMATION

WEST 142nd REALTY LLC. Arts. of Org. filed with the SSNY on 03/19/20. 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, 48-02 25th Avenue, #311, Astoria, NY 11103. Purpose: Any lawful purpose D-243465

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TIONS 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, 108

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E. 4th Street, Apartment 12, New York, 10003. Purpose: lawful purpose. D-244179

NOTICE OF LLC FORMATION WOOSTER 39-41 IN-VESTORS LLC. Arts. of Org. filed with the SSNY on 04/20/20. 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, 51 Wooster Street, Floor 3, New York, NY 10013. Purpose: Any lawful purpose. D-244595

NOTICE OF LLC FORMATION

WOOSTER 76 IN-VESTORS LLC. Arts. of Org. filed with the SSNY on 04/20/20. Office: Albany County. ignated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 51 Wooster Street, Floor 3, New York, NY 10013. Purpose: Any lawful purpose. D-244596

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REPORTERS: Diego Cagara @dcspotlight1 Jim Franco @francospotlight

EDITORS: Michael Hallisey@mh_Spotlight

May 6 - 12, 2020



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FROM THE EDITOR'S DESK



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Our full letter policy can be viewed online at www. spotlightnews.com.

Spotlight Newspapers **Community news** Starts here

Keep up with good habits

xperts say it takes two weeks to establish a habit. This week marks eight weeks for a shutdown imposed by Gov. Andrew Cuomo to mitigate the number of COVID-19 virus related infections in New York. The shutdown is unlike many of the other states across the country. With that said, Americans across the board are feeling the effects.

The shutdown has impacted the economy in wavs we have never seen. Mind you, we've witnessed the 2008 Recession. A real estate bubble popped by unscrupulous mortgage practices spun our world in a financial disaster. We experienced layoffs that spiked the unemployment rate to a height of 10.2 percent. Gas prices soared above \$4 a gallon. As a result, the price of consumer goods went up with an inflation rate of nearly 4 percent. That was 2008, and it took years to crawl out from it.

Today, as restrictions choke business across the board, people are out of jobs. Prognosticators predict unprecedented numbers of people without work during this pandemic. The Federal Reserve Bank of St. Louis forecasts a figure of 30 percent, higher than the Great Depression or any recession that followed it. The number is staggering, and it's a

figure that has fueled the frustration of many to the point of storming state houses across the United States in protest.

The anger is real and it's not reserved to those protesting on the steps of our state Capitol Building. You can recognize both the temper in the faces we meet at our local grocery store. You see their faces. despite a statewide mandate that requires face masks. You come face-to-face with some as they push their carts the opposite way of marks left by store employees who are following suggestions from the Centers for Disease Control. That angst is shaping policy elsewhere.

There are places in the Great Plains and the Midwest that have attempted to get masks on their citizens, but open threats and protests have reversed the order. Ohio and Stillwater, Oklahoma have pushed their respective governments far enough to reverse mandates to wear protective masks. In the past two weeks, Albany has witnessed protests against the measures the Empire State has been under since March to control infection rates. They point to the latest numbers off of the internet, often pointing at a mortality rate as low as 2 percent — suggesting it's a risk worth taking to open New York back up again.

There is a great divide,

Online Editor | Jim Franco

Reporter | Diego Cagara

and it is defined by whose profession is deemed essential, and whose is not. Essential workers have retained their jobs. Many of them remain at home, able to pay bills while they maintain their professional duties from a laptop and cellphone. Many of them are also struggling to remain productive while stewarding their child's education. Our kids are entering their second month outside of their classrooms, and they're not going back this academic year. How kids advance to the next grade, and what's to be done next year, remains in limbo.

Hair salons and other pampering services are considered non-essential. Restaurants and hospitality services — nearly 80 percent of which are now closed — can't open for service. Anything that encourages people to congregate in mass or break the suggested six-feet of separation are not open. Not today. But, liquor stores are open. Grocery stores are open. It smells of some kind of conspiracy, some say. That the government wants to trigger a recession.

That sounds ludicrous, and smells of certain bias towards one party as we approach November on this election year.

As people struggle, our infrastructure is struggling. School districts are left scratching their heads when 1918 pandemic that killed

Susan O'Donnell

faced with unknowns. Can they open their building for summer learning programs? Will the new school year be on campus or at home? And, the funding? What kind of funding will they see from Albany. At this hour, counties outside of New York City are looking at a \$2 billion windfall from loss of sales tax. Those are county governments. The state level is looking at \$15 billion, according to Cuomo. Without, schools, police and first responders are just a few places impacted by a government that is relatively broke.

Despite the information resources made available to us through the internet, we are a people driven more by emotion and opinion than we are of logic and data. It has grown too apparent that it is difficult to distinguish between the opinion and fact within the internet's vast environment. However, it has become all too common for people who never too interest in science beyond fifth grade feel competent enough to discredit learned scholars who help our government shape policy.

The contempt against science and reason needs to stop. As summer approaches, as did with the Spanish Flu of 1918, the rate of infection from COVID-19 will likely go down as experts are saying. However, like the approximately 675 million Americans, it could resurge once the weather cools and our resolve wanes.

The 1918 flu has been used as our barometer for good behavior. The actions of the past has shaped what it is we are doing now. That flu closed theatres. It closed churches. It closed schools. But, not everyone practiced social distancing.

It sounds repetitive, probably because we've told this story before. The 1918 flu is often told as a tale between two cities. A plot line shared between the cities of St. Louis and Philadelphia. St. Louis is often credited with establishing the six-foot distance between people. Despite the practice, St. Louis residents still died at a rate of 358 per 100,000 people. That figure, however, is more than half of what Philadelphia suffered.

The City of Brotherly Love famously hosted a parade on Sept. 28, 1918. The idea flew in the face of the Pennsylvania governor who wanted social distancing. Days later, thousands flooded Philadelphia's hospitals.

Ironically, St. Louis' numbers could have been lower had it not relaxed social distancing and caused another spike in infections.

Keep up with your good habits.



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From page 6 ...

Drive-in theaters

special gatherings or events since the pandemic began.

"One thing we didn't take advantage of, which other drive-ins did, was hold Easter Sunday services," Ed said. "We were concerned about liability and insurance company notices regarding COVID-19 so we stayed away from it."



The Jericho Drive-In Theater hosted Ravena-Coeymans-Selkirk Central School District's Drive-In Day on April 7 where teachers stayed in their parked cars and greeted driving students and parents with posters and signs.

However, he expressed gratitude for people's supportive comments on the theater's Facebook page.

"It's been very heartwarming and good to see our guests miss us," he said. "As owners, this is our means of income so we miss it and look forward to getting it going again."

Frank Fisher, who took over owning Averill Park's 68-year-old Hollywood Drive-In Theater from his late father in 1968, also appreciated how people left comments on its Facebook page about missing the theater and wanting to come in droves if it reopens.

"Lots of people do want to support the

drive-in but I rather stay closed until I'm allowed to open so that people won't pass the virus to anyone else," Fisher said. "I'm not really complaining about the state government and all that because they're protecting us."

However, similar to Jericho, the Hollywood Drive-In plans to host a few Sunday services starting this week for the Brunswick Church, a Presbyterian church that Fisher goes to. The church services initially shifted to online sermons when the pandemic worsened in the Capital District.

Fisher said he brought up

the idea of using his drive-in as a place to temporarily hold services to his pastor.

"The cars will be roughly 18 to 20 feet from one another, so one vehicle will be between the two speaker poles," he said. "The priest will do the sermon on the premises while people use their vehicles' radios to listen. But no one will be able to leave their vehicles or use restrooms. We're going to try this and see what happens. It depends on the weather."

Fisher also feels prepared if the drive-in can reopen. His ideas include

can reopen. His ideas include requiring guests to remain in their vehicles when they drive up to the concession building to pay and pick up their orders; and having some employees sanitize the restrooms after one person uses it at a time.

If they can reopen, all three drive-in theaters noted that since no new major Hollywood films would be screened soon as such films are either postponed or made available online, they could screen old films, like those from last year or retro classics.

"Everyone is really itching to get out of the house so it almost doesn't matter what you put on the screen," Ed said.

Lisa and Caro revealed that eight schools reached out to them about possibly using their drive-in theaters to hold graduation ceremonies.

However, since these plans are not confirmed yet as of Sunday, May 3, they did not name the schools.

"Schools are looking for some kind of semblance of a graduation ceremony and they can't figure out how to do graduation at SPAC [Saratoga Performing Arts Center] without social distancing," said Ed

Lisa chimed in, "It's very early but as far as I know, we could do it as long as everyone stays in their cars. There can be a prerecorded message on the screen, speeches can be made on the microphone while each car listens on the radio, and the senior's name can be announced with a live video of them walking across a stage or their photo can be screened. We'd be happy to help schools if that's the way it has to be."



In Averill Park, the Hollywood Drive-In Theater has plans to temporarily host several Sunday services for a local Presbyterian church as a way to creatively use the premises and not compromise anyone's health.

Facebook



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Together, we are one Bethlehem.







Backyard shenanigans

The beauty and mischief found in spring.



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Dead and Gone

Zane Agnew, Julia Gargano

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Lolita *Girl Blue*

There's a clear sense that people are adapting to a new norm as we head into the warmer days of spring. People are still out of work. Going to the grocery store is a visit to the set of a twisted sci-fi movie. There is still unease. But, people are adapting. The music scene has a firm foothold to help it take the next step. Art always inspires the everyday life, and that's where we like to encourage you to go when the everyday seems a bit crazy. Go online to find our

Spotlify playlist at bit.ly/rolling518

— Michael Hallisey











JULY 18 @ 8 PM





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quote of the week

"I'm speechless. ... That might be my most favorite performance of the year. 12 out of 10."



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social media



— Luke Bryan,

commenting on

Julia Gargano's

performance on "American Idol"

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RECENTLY ANNOUNCED

Beth Hickox

Stop, smell the digital tulips

Albany moves Tulip Festival into the virtual realm for Saturday

ALBANY — The City of Albany announced last Friday it would hold a virtual Tulip Festival celebration on Saturday, May 9.

The virtual event will feature musical performances, Tulip garden tours, local business take out specials, prizes and more.

"While I join so many of you that are looking forward to getting back to celebrating the annual Tulip Fest the way we are accustom to, I am excited to participate in the first ever virtual Tulip Fest," said Albany Mayor Kathy Sheehan. "I want to thank the Office of Cultural Affairs for their commitment to reinventing this and many other traditional Albany events in light of the COVID-19 outbreak and hope you and your family and friends will virtually join us on May 9th."

The virtual Tulip Festival will feature musical performances from local talents like The Age, Erin Harkes, Hartley's Encore, Caity Gallagher and many others. City of Albany Gardeners will be taking you on a tour of the Tulip beds complete with their expert knowledge. Local businesses are celebrating the day with take-out specials. Plus Melvin the Magnificent will be putting on a magic show for the kids! The video will premiere on our YouTube Page Albany Events at noon on Saturday, May 9. You will also be able to find it on our social media channels



Eddie Quinn / Special to The Spot 518

@AlbanyNYevents! We encourage everyone to watch live and celebrate our community in the live chat.

Virtual Tulip Festival is presented by Citizens Bank and Discover Albany! We thank them for their commitment to our community during the ongoing global pandemic.

The 2020 Albany Tulip Queen and Court will be presented at a later date with their own celebration.

The City canceled the Washington Park tradition in March to be in accordance with Centers for Disease Control guidance recommending the cancellation of mass gatherings through May 10 due to the COVID-19 outbreak. We hope everyone remains safe and we look forward to seeing you all back in Washington Park in 2021!

Prevention Reminders

As a reminder, please visit the Centers for Disease Control, the New York State Department of Health and the Albany County Department of Health for the most recent guidelines regarding COVID-19 precautions and symptoms.

All individuals are urged to continue following social distancing protocols, including staying at home as much as possible, especially if you feel ill but even if you feel well, keeping at least 6 feet from other individuals, avoiding unnecessary appointments, regularly washing hands, covering coughs, avoiding the touching of face, eyes, mouth, nose, and ears, and taking special caution to avoid exposing the elderly and people with underlying health conditions.

You will also find a variety of City of Albany-specific COVID-19 response information, including information regarding where to access food or child care, school closures, and how to volunteer, by visiting https://www. albanyny.gov/Government/MayorsOffice/ COVID19ResourceGuide.aspx.



Gargano Top 11 in American Idol

ALBANY — Julia Gargano advanced to the top 11 of performers on ABC's "American Idol" on Sunday, May 3.

The 21-year-old wowed judges with her performance of Billy Joel's "New York State of Mind."

The Staten Island native, who is a junior at the College of St. Rose, joined her fellow contestants by performing from home. The show made famous by bringing unknown talent to Hollywood is sequestered at home due to virusrelated restrictions.

— Michael Hallisey



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Moving Forward, Together

While the full impact of COVID-19 remains to be seen, our Company believes there are better days ahead. In these uncertain times, our mission has never been clearer, the need to connect with our customers never greater, and the financial services we provide never more essential.

While we see the hardship brought on by COVID-19, we also see the resilience and strength of our communities. We will continue to do all we can to support our customers and communities. We are here for you.







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NEWS

Cohoes cuts contract with Music Hall

Music Hall hopes to cut new deal with city soon

By MICHAEL HALLISEY

halliseym@spotlightnews.com

COHOES — City Council terminated contracts with both Cohoes Music Hall and Park Playhouse on Tuesday, April 28.

The decision dealt a blow to an arts and music scene that used the historic playhouse as a quality venue able to attract crowds of up to 450 people. But, a silenced Cohoes Music Hall will likely cause substantial ripples across a city that just started to pull itself up from years of financial hardship.

Cohoes Mayor Bill Keeler had repeatedly said that the city can no longer support the two contracts. It's "not financially sustainable," he said.

Voiding the contracts, which each had two remaining years on their respective agreement, would have cost Cohoes approximately \$200,000 in 2020. The Music Hall was to receive a \$90,000 management fee this year, and in turn, the city would receive \$2.50 for each ticket sold. Last season, the city received \$38,000.

Holly Brown, the executive director of the Music Hall, said she understood the reason behind the city's decision, but pleaded to policymakers to look at the situation beyond the dollars and cents.

A revitalized Cohoes Music Hall has been the centerpiece to the Spindle City's rehabilitation. A \$10.7 million reconstruction of Cohoes Boulevard helped welcome visitors to the city from Albany and other points south. The Lofts at Harmony Mills was one of several housing developments within the city's limits. It had converted a former cotton mill along the Mohawk River into more than 300 luxury apartments. And the traffic on Remsen Street was restriped to slow the flow of traffic in front of struggling restaurants and businesses that looked to the success of its neighboring music hall.

Cohoes Music Hall has been shuttered by a statewide shutdown first implemented in mid-March. The shutdown was imposed upon all gathering halls, and was later extended to restaurants, bars and shopping malls.

The shutdown of restaurants, bars and retail stores leaves municipalities across the board without income from sales tax. According to New York state, counties outside of New York City are projected to lose a combined \$2 billion in revenue from sales tax this year.



Cohoes Music Hall

"We can't let this virus reverse all the progress we've made," said Brown.

Since its reopening, Cohoes Music Hall has been the home to various theater groups, comedy shows, and live concerts. Its grand opening was on Nov. 23, 1874, establishing it as the country's fourth oldest music hall in operation.

The City of Cohoes will serve the Music Hall's management team a 90-day notice of its decision. In that time, Brown

said she intends to design a new agreement with the city. If a management agreement is not established by the end of the notice period, Brown and her staff will have to vacate the Music Hall.

The Park Playhouse, which uses Cohoes Music Hall as its base of operations, also had its contract cut. With the voided contract and pandemic related restrictions still in order, it further leaves the production house in limbo on what should be its 32nd season.



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From page B1 ...

A silent Saratoga?

Since the novel coronavirus pandemic placed a strangle hold upon the Empire State, Saratoga has kept optimistic that the shutdown would not leach into the summer. Two of the largest barometers measuring this approach has been the Saratoga Race Course and Saratoga Performing Arts Center.

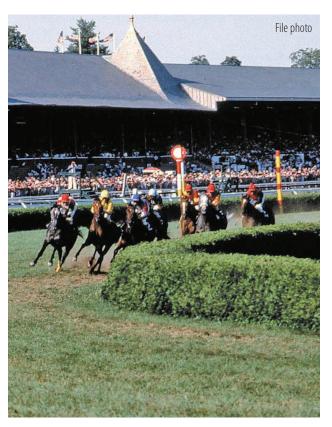
Overall, SPAC's summertime schedule has remained intact. A few dates have cleaved off as musical acts have outright canceled their respective tours. Gov. Andrew Cuomo had provided a glimmer of hope when first discussing the possibility of opening the state after May 15. The chance of that happening, however, is steeped in a thick soup of conditions in the form of a 12-step plan based on suggestions from the Centers for Disease Control.

Under that climate, The Lumineers canceled its June show last week. The band's decision came a day prior to the governor's announcement that state schools would remain closed for the remainder of the academic year. The governor's cautionary decision regarding the state's children extends shutdown measures to some degree until the end of June.

"We have to be smart about this - emotions can't drive our re-opening process - and we've come up with factual data points that each region must monitor as they begin to re-open," Cuomo said. The governor said businesses will reopen in phases; depending on the industry, its priority and perceived risk for spread. The state's tourist attractions factor into the latter, as the guideline specifically states "regions must not open attractions or businesses that would draw a large number of visitors from outside the local area."

This all leaves the possibility for a quiet summer in Saratoga quite plausible.

The New York Racing Association is already



"By closing to spectators and reducing employees and support staff to only those who are required under the rules of racing, the running of races would support the small businesses and hourly workers who form the backbone of the sport."

— New York Racing Association

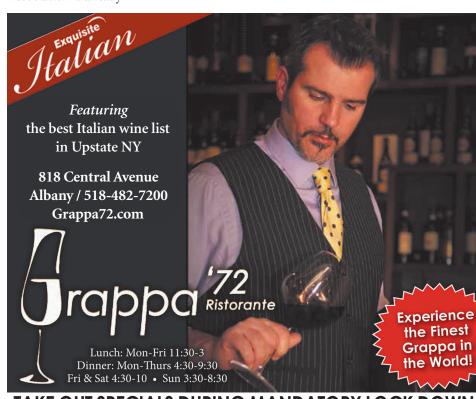


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looking at how it will salvage its racing season. Cuomo suggested that sport entities continue their respective schedules in empty stadiums. NYRA later responded, and the racing authority appears to be considering it.

"Horse racing is in a unique position as a sport that can be safely staged without attendees," NYRA announced in a statement, adding that Aqueduct Racetrack had temporarily operated under the same conditions before closing altogether on March 15. "By closing to spectators and reducing employees and support staff to only those who are required under the rules of racing, the running of races would support the small businesses and hourly workers who form the backbone of the sport."

NYRA stated that the effort to keep races running in Saratoga and beyond will help preserve an industry that generates \$3 billion in annual economic impact and more than 19,000 jobs across the state.

The goal behind Cuomo's 12-step program is to manage the rate of virus-related infections.

As the shutdown was to prevent overwhelming emergency resources at local hospitals, a staggered effort to reopen the state is meant to keep hospitalization rates below 70 percent. Based under the guidelines, which includes a two-week period of continuous decline in infection rates, some regions of the state could start to reopen by May 15. But, New York City won't likely be one of them, said the governor.

New York City continues to rank among entire countries in terms of number of virus infections and deaths. John Hopkins University & Medicine lists New York City, with a reported 18,069 deaths, as more than Belgium (7,703) and Germany (6,623) combined. With the city continuing to combat against those numbers, Cuomo said it would take "a miracle" to reopen Gotham and downstate by May 15.

Elizabeth Sobol expressed both optimism and caution in a recent statement posted on SPAC's website.

"The health and safety of everyone in our SPAC family and the community

are of critical importance to us," stated SPAC's president and CEO, "and we are adhering to guidelines set by the CDC, as well as consulting continuously with local and state health authorities about the safest path forward for the coming months."

Sobol added that shows canceled due to an emergency or in relation to COVID-19 will be refunded or credited.

"Alas, we find ourselves mourning the necessary closing of many of our most important and beloved arts organizations - both in the Capital Region - and around the world – with futures uncertain, to put it mildly," Sobol said.

Each summer, for at least a week, both the New York City Ballet and Philadelphia Orchestra call Saratoga home. The dance company's shows are still scheduled to go, starting with an opening night performance of "Swan Lake" on Tuesday, July 14. The orchestra, too, has yet to break off its plans to visit the Spa City this August. Its residency is to include a simultaneous showing of "Star Wars: The Empire Strikes Back" in

Cuomo's 12-Step Reopening Plan

CDC Guidelines: Once a region experiences a 14-day decline in the hospitalization rate they may begin a phased re-opening

Industries: Businesses in each region will re-open in phases. Phase One will include opening construction and manufacturing functions with low risk. Phase Two will open certain industries based on priority and risk level. Businesses considered "more essential" with inherent low risks of infection in the workplace and to customers will be prioritized, followed by other businesses considered "less essential" or those that present a higher risk of infection spread. Regions must not open attractions or businesses that would draw a large number of

Business Precautions: Each business and industry must have a plan to protect employees and consumers, make the physical work space safer and implement processes that lower risk of infection in the business.

Building Health Care Capacity: To maintain the phased re-opening plan, each region must have at least 30 percent of hospital beds and ICU beds available after elective surgeries resume.

Testing Regimen: Regions must implement a testing regimen that prioritizes symptomatic persons and individuals who came into contact with a known COVID-positive person, and conducts frequent tests of frontline and essential workers

Tracing System: There must be at least 30 contact tracers for every 100,000 people. The region must also monitor the regional infection rate throughout the

Isolation Facilities: Regions must present plans to have rooms available for people who test positive for COVID-19 and who cannot self-isolate

Regional Coordination: Regions must coordinate the re-opening of schools, transportation systems, testing and tracing with other surrounding

Re-imagining Tele-Medicine

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Regional Control Rooms: Each region must appoint an oversight institution as its control room to monitor regional indicators during the phased re-opening, including hospital capacity, rate of infection, PPE burn rate and businesses.

Protect and Respect Essential Workers: Regions must continue to ensure protections are in place for essential workers.

— Office of Governor Andrew Cuomo

its final night on Saturday, Aug. 8. It continues to show an entertainment industry stuck in a holding pattern, full of optimism, despite what's being said out of Albany. As the summer approaches, it's possible more shows will be canceled from SPAC's schedule, if not completely scrapped.

Another Saratoga staple made the tough decision to shutdown last Friday.

The Saratoga County Fair, considered one of the oldest running fairs in the country since it was first established in 1841, will not open in July.

Susan Rhoades, executive director of the Saratoga County Fair Grounds, had "hoped" against having to share news of the closing.

"Since 1841, we have only canceled the fair once," Rhoades stated on social media, "during the Civil War."

The fairground's board of directors decided just days after Cuomo extended statewide restrictions.

"I'm not going to trade off economics for life and death," Cuomo said. "Public health comes first. Life comes first."



POSTPONED - TBD

POSTPONED to OCT 29 at 7 pm | \$20 advance, \$25 day of show, \$15 seniors



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

An Evening with Mary Gauthier | Live at The Linda June 18 at 7pm | \$20

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					62							63			

CLUES ACROSS

- 1. Expression of sorrow or pity
- 5. Not bad
- 11. NYC Mayor
- 14. Essays
- 15. Walk lightly
- 18. Those who utilize
- 19. Actress Judd
- 21. One-time community of nations
- 23. Norwegian river
- 24. Unconscious states
- 28. Make muddy
- 29. Unit of volume
- 30. Consciousnesses
- 32. Envision
- 33. When you aim to get there
- 35. Electronic data processing
- 36. Passports are some 39. Snakelike fish
- 41. Military flyers (abbr.)
- 42. Popular computers
- 44. Ecological stage
- 46. Wings
- 47. Used in combination
- 49. Laid back
- 52. Princess's headgear
- 56. Musical composition
- 58. Famed Falls
- 60. Reiterations
- 62. Eras
- 63. Track event

CLUES DOWN

- 1. Defensive nuclear weapon (abbr.)
- 2. Instead
- 3. Gifts for the poor
- 4. A type of gin
- 5. Torments

- 6. One point south of due east
- 7. Actor Pacino
- 8. Feline
- 9. Chinese dynasty
- 10. Short cries for help
- 12. Straits can sometimes be this
- 13. Further
- 16. Variety shows
- 17. Supernatural
- 20. A university in Connecticut
- 22. Atomic #27
- 25. Of I
- 26. We all have one
- 27. Religious guilds
- 29. This can sting
- 31. Sunscreen rating
- 34. Brew
- 36. Religious leader
- 37. Indigo bush
- 38. Burn with a hot liquid
- 40. Jr.'s father
- 43. Ray-finned fish genus
- 45. Morning 48. Straight line passing from side to side
- (abbr.)
- 50. S-shaped line 51. Small bunch of hay
- 53. Ripened
- 54. Crater on Mars
- 55. Humanities
- 57. Of the ears
- 58. To the __ degree
- 59. Wood
- 61. Cools your home

Answers on Pg. B17



ARIES - MAR 21/APR 20

Confusion may come into the equation this week, Aries. In an effort to make sense of the situation, you seek the advice of others. Don't try to be in control; relax and let it run its course.

TAURUS - APR 21/MAY 21

You are on call for the next several days, Taurus. You are ready to spring into action. Just use a little caution when choosing which projects to take on.

GEMINI - MAY 22/JUN 21

It may be challenging to get to the heart of the matter between friends, Gemini. As hard as you try, solving this will take time. Be patient and consider any and all information.

CANCER - JUN 22/JUL 22

Cancer, enjoy a week in which you indulge in some of your favorite pastimes that have been on the back burner for awhile. Now is the perfect time to have a little fun and let loose.

LEO - JUL 23/AUG 23

You may be concerned with some people in your immediate circle, Leo. If you suspect something is amiss, team up with a spiritual leader or another helper.

VIRGO - AUG 24/SEPT 22

Virgo, this week is full of action and you may not be able to settle in to relax until later in the week. Take a step back and find some time to relax when a break arrives.

LIBRA - SEPT 23/OCT 23

You probably will have to roll with the punches at least one or two days this week, Libra. Don't take things too seriously, even when the rumor mill is in full force.

SCORPIO - OCT 24/NOV 22

Make sure your head is entirely in the game before you jump into action, Scorpio. Part of the problem is trying to juggle too many things at once and getting distracted.

May 2020 Week 1

SAGITTARIUS - NOV 23/DEC 21

Sagittarius, the more information that comes your way this week, the more confusing things may seem. You can ask someone to help filter extraneous messages first.

CAPRICORN - DEC 22/JAN 20

Capricorn, your fantasy world may mesh with your real world activities this week. You may experience some difficulty figuring out what is real and what isn't, but enjoy.

AQUARIUS - JAN 21/FEB 18

Aquarius, things may not feel like they are in place lately. You may be tempted to turn off your brain and retreat into a fantasy land. Don't avoid the situation.

PISCES - FEB 19/MAR 20

You may embrace physical vitality this week, and go with that, Pisces. Maybe switch up your workout to incorporate something new. **B9** *the spot 518* | May 6 - 12, 2020 www.thespot518.com

STYLISH DESIGNS • INNOVATIVE IDEAS
 HOME IMPROVEMENTS



Stock up on gardening essentials

to outfitting a gardening shed, gardeners will not want to be without certain tools and gear.

• Digging shovel: A

Then it comes to outfitting a gardening ers will as to excavate areas in a landscape.

rounded-blade digging shovel is needed to plant shrubs and trees as well as to excavate areas in a landscape.

• Rake: A rake can be used to clear the ground,

remove thatch and leaves from a lawn and level soil in a garden bed.

• Hand tools: Hand tools, such as a hand fork and trowel, are essential for small digging jobs,

especially when working with flower pots or containers.

• Edging spade: This flat-blade shovel is handy to have around because of its versatility.

Edging spades can slice turf, edge gardens and cut through roots.

• Pruners: Sharpened pruners can cut through stems and branches effortlessly.

• Hose: Choose a high-quality hose that is lightweight and durable, as hoses will always be necessary.

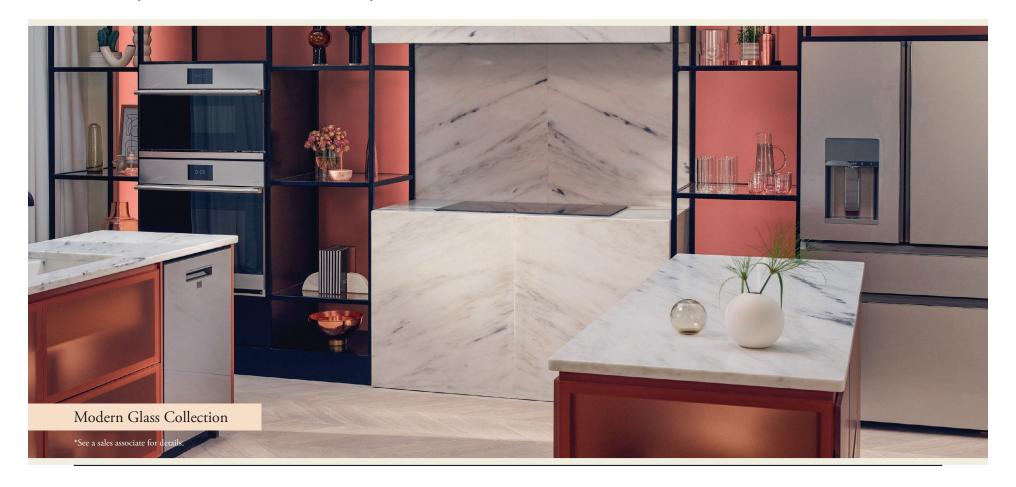


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• STYLISH DESIGNS • INNOVATIVE IDEAS HOME IMPROVEMENTS

Successful container gardening tips

ardening is beneficial in various ways. The AARP states that some of the health perks associated with gardening include improved mood,

increased vitamin D levels vegetables, it can be a (which benefits bones and immune system) and reduced risk of dementia. In addition, if gardening efforts include growing herbs, fruits and

cost-effective way to eat healthy.

For gardeners without sufficient space or for those with mobility issues, container gardening can

be an ideal way to grow everything from flowers to vegetables. Better Homes & Gardens says most plants are not fussy about the containers in which they grow so long as some of their

basic needs are met. This means watering correctly for the type of plant, and ensuring sufficient drainage.

The following are some other ways container



gardening efforts can prove successful.

- Watch water. Planet Natural Research Center says plants with thin leaves typically need ample water, and plants with thick leaves need less. Use this as a guideline to gauge water needs.
- Size correctly. Plants should be sized to the container. Consider dwarf varieties of certain plants if your containers are small.
- Choose the right soil. Fill containers

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greenery, Good Housekeeping says to include "a thriller, a spiller and a filler" as a good rule of thumb. The thriller is the focal point, the spiller a trailing plant, and a filler has smaller leaves or flowers to add bulk and color.

• Poke holes. Drainage

holes are essential so that soil will not become waterlogged. Holes don't need to be large, but there should be enough of them so that excess water can drain out readily.

• Select the right container material. Container materials may be affected by gardeners' budgets, personal taste and other factors. For those who live in hot climates, selecting a lightcolored container can help prevent further soil heat absorption.

Container gardening is a healthy and enjoyable activity that can pay dividends in various ways.

with a commercial potting soil rather than soil from the garden. Garden soil can dry into a solid mass, while commercial mixtures have amendments like peat moss, vermiculite, compost, and other ingredients to help with soil texture and moisture retention.

• Mix it up. When planting containers of flowers and other





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- Champagne cranberry salad, candied pecans, gorgonzola, dried cranberries, champagne vinaigrette

CHOICE OF 2

- Broccoli cheddar quiche
- Ham swiss quiche
- Roasted tomato goat cheese frittata
- White chocolate banana bread pudding, pecan caramel crème anglaise
- Baked French toast casserole, maple syrup
- Sugar waffles, maple syrup
- Cheese blintz, crepe, cream cheese filling, blueberry compote

A la carte or additional item: \$30

CHOICE OF 2

- Roasted red potatoes
- Sweet potato black bean hash
- Homefries, peppers, onions
- Bacon
- Sausage

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BRUNCH SIZE: 4-8 people: \$125

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- braised short ribs, sun-dried tomato demi
- salmon piccata, lemon caper white wine sauce

With:

- champagne cranberry salad
- seasonal vegetables
- stuffed rigatoni, pomodoro sauce
- au gratin potatoes
- honey whipped sweet potatoes
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- dinner rolls
- dutch apple pie, blueberry cobbler

A LA CARTE ITEMS:

- additional entrées \$75 per entrée
- salad \$30
- seasonal vegetables \$32
- stuffed rigatoni \$36au gratin potatoes \$36
- honey whipped sweet potatoes \$36
- dutch apple pie or blueberry cobbler \$18

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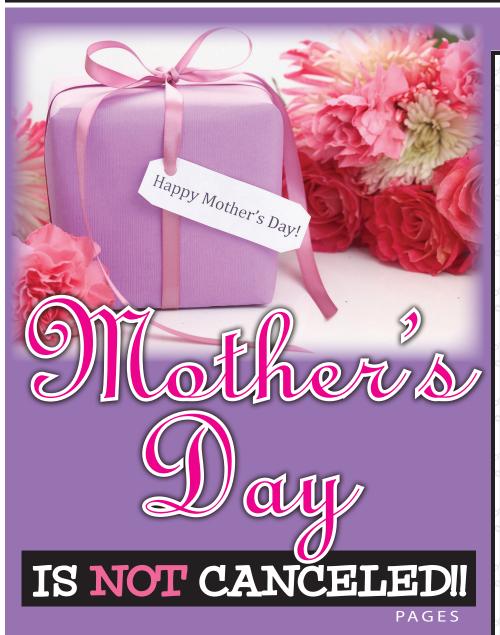
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Sydney Worthley

"Rose Colored Glasses" is Sydney Worthley's newest release. The five-track EP, her first release since her debut album "Strong," was mixed and mastered by John Naclerio at Nada Recording Studio in Montgomery. Naclerio has worked with My Chemical Romance, Senses Fail, Matchbook Romance, Midtown and Brand New in recent years.

Worthley has long shown an honest intimacy with her listeners. As "Strong" shared the story of her dealing with each of her two grandparents dying from cancer, in "Rose Colored Glasses," she opens up to how she deals with her own depression.

"I've dealt with depression for four or five years now," Worthley said. She also deals with anxiety, which she believes contributes to her shyness. The name of the EP addresses how she's felt with her own situation. She had ignored the "red flags" that triggered a recent lack of interest in music, a love she's had since she was 8 years old. She felt she wasn't turning into the person she wanted to be. "It's hard to see the red flags when you're wearing rose-colored glasses."

Worthley has been a proponent for mental health awareness. In 2018, she performed at Hope Rocks Festival. The annual music festival in Saugerties



Jocelyn and Chris Arndt collaborated with more than a dozen musicians across the globe in last week's video release of their cover of Alannah Myles'"Black Velvet." Video screen capture

intermingles music with crafts, sports and other activities to welcome those suffering from addiction and depression to attend. Worthley said she believes in the merits of therapy and medication. Depression, she said, "It's something you can't really get past on your own."

To purchase Worthley's music and merchandise, visit sydneyworthley.com/store.

Jocelyn and Chris Arndt

Jocelyn and Chris Arndt dropped a surprise upon fans last week with a giant,

collaborative effort involving more than a dozen musicians across the globe.

The sister-brother duo dropped a cover of Alannah Myles' "Black Velvet" on Sunday night. The video showcases the work of musicians from Albany to India, mixed and edited by David Bourgeois of White Lake Music & Post and Bridge Road Entertainment.

"Let me tell you, it was a heavy lift," said Bourgeois, who in addition to playing drums for Jocelyn and Chris, he manages the band.

Jocelyn and Chris are captured playing

from North Creek in upstate New York. Bourgeois is immediately featured from the studio in Albany, while bassist plays from yet another location in the Capital District. The span between band members is nothing compared to the distance separating their friends which includes: Emma Torncello (Miami, FL); Avanti Nagral (Mumbai, India); Jess Goggans, of the Jess Goggans Band (Mentone, AL); Scotty V and Chad Michael, of WICKED (Rochester, NY); Carl Foshay, of Subkonscious (Ringgold, GA); Nizar Osmani (Miami, FL); Jeff Nania (Albany, NY); Alyssa Forget, of Off Kilter (Tiverton, RI); Bernie Barlow (Los Angeles, CA); and Eric Halborg, of Dragondeer (Denver, CO).

"It was so fun," said Bourgeois.
"Everyone was great. From local friends to people like Bernie who tours with Moody Blues and Sarah McLachlan."

To purchase Jocelyn and Chris Arndt music, visit jocelynandchrismusic.com.

Hartley's Encore

Hartley's Encore once billed itself as the "house band at your dance party for the apocalypse." Well, that soulful band with an eye for the prophetic released a new single Monday, "Eyes Open."

Continues on next page





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From page B15 ...

New Music

The local boys with a flair for the New Orleans sound dropped both the song and a corresponding video. "Eyes Open" is the band's first single off its upcoming album "Neutral Ground." It's the follow-up to the band's 2018 debut. The new project took them back to Iron Wax Studios to be recorded and mixed by Alan Evans, of Soulive. The album was also mastered by

Tod Levine at Magnetic North Studio.

The video, captured by Nate Hallmark and Scotty Somerville, features the band jamming together in a candlelit apartment, with Luke Malamood playing behind a baby grand piano. Off-camera is Malamood playing a Hammond organ and Jeff Nania on saxophone.

To purchase Hartley's Encore music and merchandise, visit hartleysencore.com.

Three-Quarter North

Three-Quarter North, the bluegrass Americana band from the outskirts of

Albany County, recently released its fourth album, "Common Ground."

The nine-track album offers a gift to live music lovers. "Common Ground" was recorded, mixed and mastered by Josh Pechette at Pechette Studios in Albany. "Mr. Spacemen" and "Nellie Kane," however, were both recorded live at the Old Kinderhook Fall Festival in Kinderhook. The band said it liked how both tracks captured the energy and excitement of a Three-Quarter North performance, and it couldn't come at a better time.

The band acknowledges current events in the liner notes captured on its Bandcamp account. The album's second track, "Inside Walls," is a song they've played for years but never recorded in a studio. With Mark Smith and Dave Rhodes singing lead vocals, and a robust chorus, the band asks fans to picture themselves "outside listening around an evening campfire" while "we're all stuck inside due to the COVID-19 pandemic."

You can hear the tunes at threequarternorth.bandcamp.com/.

— Michael Hallisey













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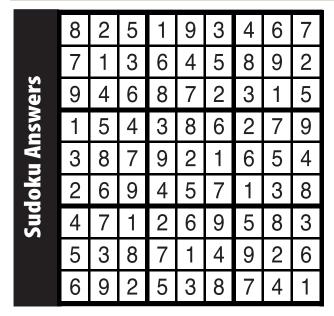
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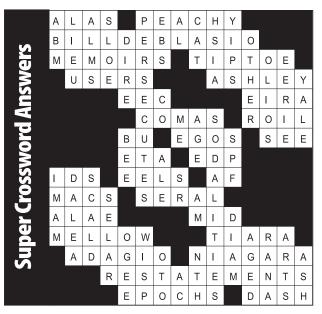
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FOOD & VINO

uicy, mouthwatering, hamburgers are a warm weather staple that taste perfect right off the grill. Everyone can benefit from having a tried-andtrue burger recipe in his or her repertoire when entertaining a backyard full of guests or enjoying a cozy weeknight meal with the family.

Many things constitute a great burger, including flavorful meat, the right ratio of fat content, a crispy roll or bun, and fresh, cold toppings and condiments. That's all guaranteed and more in this recipe for "The Great American Hamburger and Cheeseburger" from "Mastering the Grill: The Owner's Manual for Outdoor Cooking" (Chronicle Books), by Andrew Schloss & David

> The Great American Hamburger and Cheeseburger

Ingredients: Serves 6

- pounds ground beef chuck, 85 percent lean
- 5 tablespoons ice-cold water
- 1 teaspoon ketchup
- teaspoon ground black pepper Oil for coating grill grate
- slices good-quality American, provolone,

or cheddar cheese (optional) hamburger buns, split

Instructions

- 1. Heat the grill to 425 F for gas or achieve light ash for charcoal or light ash for wood.
- 2. Using your hands, mix the beef, water, ketchup, and pepper in a bowl until well blended; do not overmix. Using a light touch, form into 6 patties no more than 1 inch thick. Refrigerate the burgers until the grill is ready.
- 3. Brush the grill grate and coat it with oil. Put the burgers on the grill, cover and cook for 7 minutes, flipping after about 4 minutes, for medium-done (150 F, slightly pink). Add a minute per side for well-done (160 F).
- 4. If you are making cheeseburgers, put 2 slices of cheese on each burger 1 minute before the burgers are going to be done.
- 5. To toast the buns, put them cut-sides down directly over the fire for the last minute of cooking.
- 6. If serving the burgers directly from the grill, serve on the buns. If the burgers will sit, even for a few minutes, keep the buns and the burgers separate until just before

The best garnishes for burgers are the classics: a slice of ripe beefsteak tomato, a mound of sautéed onions, a leaf of romaine lettuce, a dollop of coleslaw, or a few slices of dill pickles.



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HEALTH and FITNESS

Avoiding COVID-19

How to exercise during the pandemic

ife changed overnight for millions of people across the globe in the wake of the COVID-19 outbreak, which shuttered businesses and forced many people to follow stay-at-home measures issued by their local governments. These measures not only affected the overall health of those infected with the virus, but also those who experienced no symptoms and even tested negative for COVID-19.

In recognition of the mental toll that social distancing and stay-at-home measures can take, the Centers for Disease Control and Prevention advised people to exercise regularly. But opportunities to exercise seemingly dried up when stayat-home guidelines were issued and gyms were shuttered. People without exercise equipment at home suddenly found themselves wondering how they could stay fit and keep their bodies in the best possible condition to fight a virus that has claimed thousands of lives. Thankfully, there are ways to stay fit and keep immune systems strong without violating stay-athome measures.

- Access online exercise programs. Many gyms that were forced to close to help stop the spread of the COVID-19 virus began offering exercise tutorials and classes via social media or websites such as YouTube. These videos can be invaluable resources, teaching people how to stay fit at home even if they don't have weights or other equipment on hand. In addition to gym-sponsored exercise tutorials, the internet is loaded with free exercise videos and advice that can help people without access to a gym get fit or maintain their fitness routines.
- Go back to the basics. Many people no doubt recall gym class from their school days. Such classes teach youngsters the basics of physical fitness without



employing dumbbells or advanced exercise machines. Those same basic exercises that work for youngsters, including push-ups, sit-ups and lunges, can be effective for adults as well. If it's been awhile since you've done your most recent push-up, access an online tutorial so you can be certain your form is correct.

- Do some yard work. It might not feel as high-intensity as a spinning class or a Pilates session, but yard work can be a great workout. Dust off the push mower the next time the grass needs to be cut, and get to work on pulling weeds in garden beds. The added benefit to yard work is it provides a great opportunity to get some fresh air without violating social distancing guidelines.
- Go for a jog. Perhaps the simplest way to exercise during the pandemic is to go for a daily jog. According to the Mayo Clinic, aerobic exercise repeatedly moves large muscles in the arms, legs and hips while engaging the immune system and helping it to ward off minor viral illnesses. That makes an early morning jog an especially valuable, not to mention easily accessible, way to exercise during the pandemic.

Exercise can help people maintain their immune systems in the wake of the COVID-19 outbreak, and there are many simple ways to fit in a little physical activity even while social distancing.