Vol. 63, #22 May 27 - June 2, 2020

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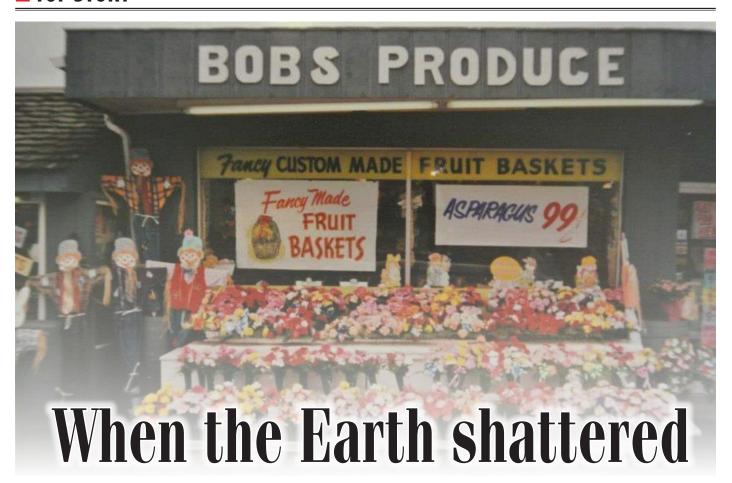
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TOP STORY



In 2000, a devastating landslide consumed a produce store and closed businesses off from Albany traffic while construction efforts secured Delaware Avenue

By DIEGO CAGARA

cagarad@spotlightnews.com

ELSMERE — It's been 20 years since a series of landslides swept more than 100,000 cubic feet of hillside land, several properties and half a parking lot along a stretch of Delaware Avenue in Delmar into the Normans Kill ravine.

The first major landslide happened on Tuesday, May 16, 2000 at around 2:30 p.m. between Delaware Plaza and the bridge between Bethlehem and Albany. The first signs of the landslide began at 11 a.m. that morning. A series of landslides occurred again between May 18 and June 10.

State Department of Transportation engineers attributed the landslides' cause to "a massive soil failure." Then-Bethlehem Town Supervisor Sheila Fuller declared a state of emergency two days after the first landslide and said, "Tuesday afternoon at 2:30 [p.m.], our lives changed."

Continues on page 7

NEWS



State of COVID-19

Bethlehem's town supervisor provides virus-related address to residents.

Story on Page 3

ENTERTAINMENT



Cruel summer

SPAC forced into closing its annual Classical Summer Season.

Story on Page B1

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2000.

Marketplace, formerly occupied by Bob's Produce until 1998, was a popular grocery store on Delaware Avenue before it slipped down the side of the embankment behind it

in a massive landslide in

The California Produce

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COMMUNITY

BC Class of '20 gifts \$10K

By MICHAEL HALLISEY

halliseym@spotlightnews.com

BETHLEHEM — Since state-mandated shutdowns, stories of suffering businesses have been prevalent, prompting communities to rally together to halo

Last week, the Bethlehem Chamber of Commerce announced it made grants to 10 local businesses through its Hardship Fund. While doing so, it also praised the support from future leaders planning to graduate high school later in June.

Bethlehem Central High School's senior class donated \$4,000 towards the chamber's fund. The money was raised during the Homecoming Dance and through spirit wear sales.

"The district's mission is built around four core values: academics, character, community and wellness," said Superintendent Jody Monroe. "This class has consistently demonstrated that they have embraced all four, and most memorably, in the way they giving back to others and supporting their community."

The class's generosity also extended to the South End Children's Cafe; the class' Senior Council donated \$6,000.

"The class of 2020 continues

to amaze me with their selfless acts and understanding of what is truly important," said high school principal David Doemel. "They are models for us all and deserve to be celebrated for all they have done in their time at BCHS."

Class president Taylor Roddy explained how the extraordinary events of the past few months have changed plans for everyone in the community. Because her classmates were not able to use the funds for traditional end-of-year celebrations such as their senior ball, she said they looked to how they could help the

community.

"These are the same businesses that have supported our Turkey Trots and athletic competitions, fundraisers and small clubs," Taylor said. "By donating to the Chamber's fund, we are showing a token of our appreciation for their generosity and services that they have provided us. The Hardship Fund is a reminder that our small, local businesses need us just as much as we need them."

For more information on the grant program or to apply, visit www.bethlehemchamber.com or call 518-439-0512.

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ANDREW M. CUOMO

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TOWN GOVERNMENT

The good and bad of COVID-19 in town

Special pandemicrelated State of the Town Address

By DIEGO CAGARA

cagarad@spotlightnews.com

BETHLEHEM —

Town Supervisor David VanLuven said COVID-19 will create challenges this summer. However, he also noted many positive things happening in town during a special pandemic-related State of the Town Address on Thursday, May 21 at 7 p.m.

Broadcast via Zoom, VanLuven said residents continuing to wear masks and maintain social distancing have helped to keep COVID-19 cases and deaths low in town.

He said under 100 residents have been infected since the pandemic began and despite not able to say the number of deaths so far, he said it is "very low."

He added as of May 21, there were 13 cases of people in mandatory quarantine in town.

Wearing masks and social distancing "are simple and they are vital. They are inconvenient and we're all thoroughly tired of them. ... But we must be vigilant and we must keep our masks on and our distance from each other," VanLuven said.

However, VanLuven said the Elm Avenue Park pool complex will be closed indefinitely for safety reasons although it may reopen if circumstances change and the state



Spotlight file photo

Department of Health offers guidance in the future.

"People can't swim in masks and we will not ask teenage lifeguards to perform mouth-to-mouth resuscitation on someone with COVID-19," he said. "This was a hard decision because we all love the pools but it is the right one for the safety of our residents and staff."

All full-day summer camps provided by the Parks and Recreation Department are canceled too; besides safety, it is also because of "heat and dehydration if staff and kids are wearing masks outside for eight to nine hours on hot days," he said.

However, he said the department is "working hard to find other solutions for kids, such as half-day sessions for small

groups with good social distancing."

Regarding the town budget, VanLuven said he is working with town staff to "strategically cut spending by delaying hires for vacant positions, further reducing overtime and seasonal staff spending and adjusting constantly as new information comes in. I don't anticipate having to furlough or lay off staff and we are working hard to avoid these drastic measures."

He added that the town is tracking its expenses carefully and looking to get federal funding if available to help offset known and projected revenue losses.

"Through it all, we need to remember that COVID-19 is a setback, not the end, and I, the town board and our town staff are working strategically to

continue delivering services that support our town while also limiting spending wherever possible," he said.

VanLuven encouraged residents to continue buying from local businesses as opposed to only shopping online, as well as support local businesses-centric campaigns like "Invest in Bethlehem."

That campaign aims to match up to \$4,000 in donations to help the Bethlehem Chamber and Bethlehem Community Fund distribute to local businesses.

He expressed appreciation for how the community has adapted and come together for numerous causes and acts of kindness.

Examples included residents enjoying neighborhood walks

"We need to remember that COVID-19 is a setback, not the end, and I, the town board and our town staff are working strategically to continue delivering services that support our town while also limiting spending wherever possible."

— David VanLuven, Bethlehem Town Supervisor

and the Albany County Rail Trail more; and Bethlehem Central High School seniors raising and donating \$4,000 to the Bethlehem Chamber's Business Hardship Fund and \$6,000 to the South End Children's Café in Albany.

"The Together, We Are One Bethlehem campaign has spread purple signs, shirts and tote bags throughout town as a powerful reminder that we're a stronger community of neighbors who care and support each other," he added.

While Town Hall remains closed to the public, VanLuven said the town government continues offering essential services like police on patrol, water delivery, sewage management, yard debris collection, site inspections and processing building

permit applications.

Town Clerk Nanci Moquin resumed issuing marriage licenses in the Town Hall parking lot since April 28.

Senior Services social workers connected volunteers with isolated seniors to check on them and help with shopping or groceries errands.

VanLuven said the town anticipates to keep parks open, including tennis courts.

A new 147-acre park called Normans Kill Ravines in Delmar and Elsmere is being planned by the town — around the same size as the Elm Avenue Park — and will include walking and biking trails.

Henry Hudson Park is also being expanded with two properties totaling 21 acres but the pandemic is preventing town staff from closing on the land transaction.

He explained that the town can take steps to create or expand parks during the pandemic because the land purchases are paid for by the Parkland Set Aside Fund, which is already paid by developers and the funds are only for creating and improving parks.

"Thanks to all of you for being patient, being courteous and being good neighbors," VanLuven concluded. "This is a terrible time but it's reminding me yet again what a great town Bethlehem is and how lucky we are to live in this community."



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5/30/20



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BUSINESS

Local drive-in theaters finally reopen

Some set to hold graduation ceremonies in June

By DIEGO CAGARA

cagarad@spotlightnews.com

Capital District drive-in theater owners are happy they can finally reopen this week, operating at 50 percent capacity, ensuring their employees wear masks, and some have scheduled to hold graduation ceremonies in June.

Reopening

In Glenmont, the Jericho Drive-In reopened on Friday, May 15. "It went really well and we even sold out on Saturday," said its co-owner Lisa Chenette. "We're really thankful of the community, town and customers' support. We wouldn't be able to do it without our employees too who are the best ever."

For now, Jericho will



Local drive-in theaters are anticipating large crowds at least during its first week of reopening but can only allow 50 percent capacity to continue maintaining social distancing.

Jim Franco / Spotlight News

be open on Friday and Saturday nights and mostly uses an online ticket and concessions sales system at jerichodrivein.square. site. Chenette said if a movie night is not sold out and someone happens to drive up to the box office, they may purchase tickets via credit, not cash. Once parked inside, a patron can order food and drinks online and they will be notified when the order is ready for pickup.

Only one person from every vehicle should leave their parked vehicle to pick up their orders and is required to wear masks when outside. Patrons must watch the movie from their vehicle, with no chairs or blankets outside allowed. Up to two people can use the restrooms simultaneously, with hand sanitizers available outside.

For more information,

"[Our May 15 reopening] went really well and we even sold out on Saturday [May 16]. We're really thankful of the community, town and customers' support. We wouldn't be able to do it without our employees too who are the best ever."

Lisa Chenette,
 Jericho Drive-In
 co-owner

visit www.jerichodrive-in.

The Malta Drive-In Theater, co-owned by Ed Caro, reopened on Friday, May 22. "I'm glad and I'm anxious about getting it done right," Caro said. "It's also great we pretty much have all our employees come back from last year and we're dedicated to making this work safely so that we can stay open."

Caro said it will be open on Fridays and weekends at least through the end of June and he is working on an online ticket sales system.

For now, patrons are strongly encouraged to use contactless payments like credit cards at the box office and if the movie night is sold out, employees would go out to the line of cars and inform them, something Caro said has been done before.

Caro added that the online concessions system is being finalized; it will allow patrons to order from their smartphones, get texts about their ready orders and they, wearing masks, will go to the walk-up snack bar window. A limited number of patrons will be allowed into the concessions building too where a clear shower curtain-like barrier will separate patrons and employees, with three square windows to receive their orders.

"It's all new to us and some people just don't know how to use technology at all so that's why we'll allow a handful of people through the concession line inside," Caro said. For more information, visit www. maltadrivein.com.

In Averill Park, the Hollywood Drive-In also reopened on Friday, May 22 and owner Frank Fisher said it will be open every







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Local drive-in theaters have set up new regulations like requiring patrons to wear masks when outside their vehicles and recommending just one person per vehicle to pick up concession orders.

Jim Franco / Spotlight News

night for at least its first week back.

"We usually open on the first week of April so we were getting nervous about when we could reopen this year," Fisher said. "We're excited now."

Unlike Jericho and Malta, Hollywood has no plans for an online ticket sales system.

"We found that online ticketing creates its own set of problems like how it can't reserve spaces and if someone comes late to the drive-in, they're late," he said. "We decided to stay old fashioned and people can just drive up to the box office and pay by credit or cash. But all employees will wear masks and gloves.

A restroom is sanitized after one person uses it and patrons must wear masks when leaving their vehicles.

For concessions, a maximum of 10 patrons at a time can line up to order at a designated window

and then walk to another window to pick their orders.

For more information, visit www.hollywooddrivein.com.

Graduations

Fisher, however, said he declined to host graduation ceremonies at the Hollywood Drive-In because of crowding concerns, not enough restrooms, and its technological limitations like the inability to connect thumb drives and CDs to the sound system to project videos onto the screen.

"We've had about 30 schools reach out to us and I had to say no," he said. "I tried to work around it but we don't have the capability to do it."

In contrast, the Jericho and Malta drive-in theaters have scheduled numerous high school graduation ceremonies throughout June.

At Jericho, Chenette said 11 schools have scheduled ceremonies but since most have not announced them yet, she only revealed that the Averill Park school district's will be on June 27.

Holding graduation ceremonies is personal to Chenette who said her son is an Averill Park senior and did not want him to miss out on an important rite of passage.

"We have a stage rented and

any school district could use it for seniors to cross it one at a time and 10 feet apart," Chenette said. "It's up to each school district as to what they want."

She added that schools are still planning how to best execute their ceremonies so details are being finalized.

"I'm basically closing the theater too to allow the high school students to graduate," she said.

At Malta, while a few tentative ceremonies have yet to be set, the confirmed schools and districts so far are Waldorf School of Saratoga Springs (June 8), Burnt Hills-Ballston Lake (June 22), Saratoga Springs City (June 23 and 24) and Niskayuna (June 25).

Schools will decide how to do their ceremonies but vehicles must remain in their parked spaces and people must remain inside.

Malta still plans to show movies on Fridays through Sundays and the ceremonies would be on Mondays through Thursdays.

"In some ways, I wish they could have their normal ceremonies but we're glad to help in some way," Caro said.



Jim Franco / Spotlight News

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ENVIRONMENT

Community Choice Aggregation affected

COVID-19 delays aggregate Capital District program

By DIEGO CAGARA

cagarad@spotlightnews.com

The Capital Region Community Choice Aggregation program is delaying its process of going out to bid to get competitive prices from electricity suppliers due to the COVID-19 pandemic.

The program, managed by Municipal Electric and Gas Alliance (MEGA), seeks to help 13 municipalities purchase electricity in bulk from renewable energy resources. The municipalities totaling 90,000 households that enrolled to explore the program are the cities of Albany, Schenectady, Troy, Glens Falls, Saratoga Springs and Watervliet; the towns of Bethlehem, Guilderland, New Scotland and Niskayuna; and the villages of Voorheesville, Altamont and Kinderhook.

"We're experiencing a slight delay but we're still moving forward and we expect it to be in place later in the fall," said CCA Project Organizer Nicole Correia.

Client Relationship Manager Katy Vescio said a major reason for the delay is because MEGA wants to be sensitive to how municipalities are facing the pandemic.

"We know that COVID-19 has overwhelmed people and we want to be sensitive to the fact that moving forward with CCA needs to be a conscious decision for all those participating," she said. "People are preoccupied with the public health crisis and we want to make sure the municipalities want to move forward with this program with a focus."

Correia and Vescio were

unsure how exactly energy and electricity prices are affected by the pandemic, saying that commodities are fluctuating and demand for electricity has declined. They said they wanted to wait until it is safe for the program to resume so that MEGA can go out to bid to get competitive prices; by then, they would have a better understanding of the state of electricity prices and electricity suppliers.

MEGA's website indicated that the CCA program was originally planned to in place by this September. MEGA now hopes to go out to bid in late summer, unlike May as originally intended.

As the program is on hold for now, MEGA has continued doing educational outreach to municipalities to explain what the CCA program is about, give updates and answer questions via Zoom webinars. To view the webinars or see when the

next one is scheduled, visit megacca.org.

"As we wait, we want to continue providing information for residents who either never heard of the program or knew about it since last winter," Vescio said. "The education is for everyone. It's good to refresh leaders and get people and businesses up to speed, so that we continue spreading awareness and maintaining understanding."

Prior to the pandemic affecting the CCA program, Correia said the program was "in really good shape," with all enrolled municipalities passing local laws to help move it forward and it received required approval from the state Department of Public Service.

They said municipality leaders were all notified of the delay and have kept in communication with them since the pandemic began.

Bethlehem Town

Supervisor David VanLuven wrote in an email to *Spotlight News*, "I'm disappointed that the energy market changed so dramatically, but I fully agree with the decision to postpone the bids. My core goal in CCA is to painlessly shift our residents to greener energy at competitive rates. We will be able to do this more effectively when the market stabilizes."

Guilderland Town Supervisor Peter Barber wrote, "Each of the municipalities has agreed that a delay was a good idea because of the pandemic and volatility in the energy industry. We are hoping to restart later in this year and are eager to advance the conversion to renewable energy as soon as possible."

Watervliet Mayor Charles Patricelli said, "I feel confident it's still a good program and I think [MEGA] will do what it can to get it moving. I'm OK with hanging in there and taking it one day at a time."

He added, "No residents have recently reached out to me to ask what's happened with the program because I think nobody has been really thinking about it, with everything going on now. It doesn't mean they're not interested but people have put bigger issues like the census on the back burner too. We're all just trying to make it through."

Correia said that once MEGA can go out to bid to get prices and present them to the municipalities to consider, any municipality can leave the program if it does not like any of the offers, meaning that the CCA program is not binding. The program can only move forward if enough municipalities totaling 40,000 households want to.

For more information, visit megacca.org/capital-region-aggregation.



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From page 1 ...

Earth shattered

The landslides forced commuters to take alternative routes temporarily, especially Route 9W, as the four-lane stretch of Delaware Avenue was reduced to two lanes only. This caused traffic congestion along Route 9W in the evening rush hour between 4 and 7 p.m. Delaware Avenue reopened to four lanes again on November 8.

Police also patrolled the site immediately until November 12 and by October 20, the constant patrol's overtime costs totaled more than \$291,000.

It took six months to stabilize and clean up the area at a cost of more than \$25 million.

The landslides also affected more than 250 businesses along that Delaware Avenue stretch. In the May 31, 2000 Spotlight News article on the landslides, then-Bethlehem Chamber President Marty Delaney said that the member businesses were deprived of 16,000 to 20,000 cars a day of drive-by traffic due to the road's partial closure.

"My lunch crowd has dropped down dramatically," said Delaware Plaza's Subway manager Haim Ben Eliezer in that article too. "About 40 percent of my business [came from Albany]. Now I know it's a lot of people. The moment they closed the road, I might as well have closed my doors."

Hoffman's Car Wash, Jiffy Lube and an Albany Medical Center finance



The scene is more tranquil than 20 years ago. The east bank of the Normans Kill still shows the work that helps secure the hill from eroding further.

Michael Hallisey / Spotlight News

department office building closed due to being just yards away from the most critical erosion — the latter lost about half of its parking lot too.

Resident Maria Buono-Dominitz wrote on Facebook last week that she remembered the California Produce Marketplace, a fruit and vegetable market owned by resident Anthony Battaglia at 65 Delaware Ave. that opened a week before the landslide.

"[It] was once there and was swept down with the landslide," she wrote. "It was there one day, then gone the next."

Before the California Produce Marketplace's short life, the property used to be where Bob's Produce was located, which sold fruits, vegetables, fruit baskets and Christmas trees.

Resident Sherri Shafer wrote on Facebook that her grandfather, Charles Shafer, originally opened Bob's Produce in 1952 in Albany and sold the business to her father, Robert Shafer, in 1979. It eventually moved to Delmar and was renamed Tri-Village Fruit Market.

However, it closed in 1998.

"The week prior to the landslide, I drove past with my boyfriend and said as a joke, 'there's my dad's old store, it'll be down the bank someday, don't [you] know," she wrote. "One of those moments that I just couldn't make up. I knew the bank would drop a little each year. I never would have imagined my joke would have become a reality."

A special business information meeting was hosted by Fuller and Delaney on May 25, 2000 at Town Hall, nine days after the first major landslide. Business owners expressed concerns about the lack of easy access via Delaware Avenue which discouraged customers from patronizing their businesses and affected their bottom lines.

About 35 businesses applied for emergency grants totaling \$290,000 under the Bethlehem Landslide Recovery Program that was announced by then-Gov. George Pataki.

The topic of local businesses worried about lane closures, less customer traffic and natural phenomena continues to this day, like with the Delaware Avenue Complete Streets Project and the COVID-19 pandemic.

Dozens of local business owners met with town officials during a town meeting at the Normanside Country Club earlier this March. Many were concerned about the Delaware Avenue Complete Streets Project, the road's upcoming construction, traffic rerouting, the road's restriping, road safety and the potential negative impact on their businesses.

Later in early April, the Bethlehem Chamber revealed that due to COVID-19, a survey found that 40 of 90 surveyed businesses were at risk of closing, 86 reported a negative economic impact, 40 had laid off employees and 31 were experiencing supply chain issues.

Despite the passage of time, it shows how important Delaware Avenue and local businesses, regardless of location, remain to the town and its residents.



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.

With *Family Now*, readers will find all the great columns and features they already enjoy every month, plus so much more.

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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 5/10/20.

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 certs available, visit www.dlnailbar.com/Home/egiftLink

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

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

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

Gally's: open, call 518.432.3333

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

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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

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

RESTAURANTS

385 Route 9W 518.434.8880

Akira**

Angela's Pizza & Pasta**
329 Glenmond Rd, Town Squire
518.427.7122

Bake for You*
5000 Dunhill Crt
518.207.5430

Bellinis Italian Eatery** 1365 New Scotland Rd 518.218.1105

Chontong Thai Restaurant** 155 Delaware Ave 518.915.1907 **Dunkin***232 Delaware Avenue
518.439.7661

Emma Cleary's Café** 1926 New Scotland Rd 518.439.8700

Los Panchos Mexican Grill & Bar** 180 Delaware Ave 518.729.4757

McCarroll's The Village Butcher** 406 Kenwood Ave 518.478.9651

My Place & Co.** 241 Delaware Ave 518.439.7610 Nicole's Restaurant & Catering** 556 Delaware Ave 518.436.4952

Normanside* 15 Salisbury Rd 518.439.4505

318 Delaware Ave 518.439.5634

O'Slattery's Irish Restaurant & Pub*

Perfect Blend Café and Bakery* 376 Delaware Ave 518.439.6537

Sam's Italian American Restaurant* 125 Southern Blvd 518.463.3433 Shogun Sushi & Sake Bar** 318 Delaware Ave 518.729.5727

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

The Real McCoy Beer Co.*
20 Hallwood Rd
518.698.9082
Taco Bell**

237 Route 9W 518.621.1857

Taj Fine Indian Cuisine** 1365 New Scotland Rd 518.977.3050

Tomo Asian Bistro** 1365 New Scotland Rd 518.439.8666

Track 32 Italian Restaurant & Pub**
1368 Indian Fields Rd
518.439.0032

Twisted Vine Wine & Tap**
384 Kenwood Ave

518.439.3241

Yanni's Too**

16 Marina Dr

518.756.7033

*Take-Out Only **Take-Out + Delivery

May 27 - June 2, 2020 | **THE SPOTLIGHT** 9 www.spotliahtnews.com

LIBRARIES

Graphic novels on Hoopla

ased on the number of new signups and downloads, Hoopla's on-demand access to popular e-books, audiobooks, streaming video and music has been a huge hit with our cardholders.

Many of you are also discovering one of the features that sets Hoopla apart from other digital services and enhances our collection as a whole - its vast selection of graphic novels and comics.

Fans of the genre will appreciate the diverse collection of 15,000+ titles from dozens of different publishers (not just big names like Marvel and DC) and including works spanning different genres and interests from the last 100 years.

Both fans and newcomers to graphic novels will like Hoopla's user-friendly browsability.

Check **SETHLEHEM** It Out

You can search by genre, publisher, audience or popularity, and you'll also find links to series pages with other volumes and editions listed.

The digital reading experience is also a plus, with Hoopla's built-in technology that enables full-page and panelby-panel views for an immersive experience.

If you haven't yet explored the world of graphic novels, Hoopla's expansive catalog gives you the perfect excuse to check it out!

Visit hoopladigital.com to get started.

Live tutoring with HelpNow

Does your child need a little help mastering the material required for their at-home schooling?

Bethlehem cardholders now have access to HelpNow by Brainfuse, an easy and intuitive learning resource for all ages and levels with personalized homework help in core subjects (math, reading, writing, science and social studies), as well as SAT preparation.

There is a skill-building tool for all types of learning styles - from flashcards to practice quizzes and videos.

Live one-on-one online tutoring is available in math, science, writing and other subjects for elementary, middle school, high school and college students from 2 to 11 p.m.

All Brainfuse tutors have at least a four-year degree and are background checked.

Find HelpNow on the library's Research

webpage (www. bethlehempubliclibrary. org/webapps/research. asp) along with these other learning tools for students:

- Britannica School
- Kids InfoBits
- Middle School Resources

Do you need an escape?

Are you dreaming of a vacation these days?

You may start rethinking that after our Virtual Escape Room for Adults: Get Me Home!

Our escape rooms, in-person and virtual, have long been popular with our younger patrons, but this time the grown-ups get a chance to test their problem-solving skills.

Participants will work together to open all the virtual locks before time runs out and they're stranded on vacation (and in this case, that's not a good thing).

The game starts precisely at 6 p.m. Wednesday, June

Please register anytime before 5:30 p.m. that day so we can e-mail you an invitation to access the Zoom meeting.

Sign up here: bit. ly/2T4Q0rE.

Meet the candidates for library trustee

The library budget and Board of Trustees vote has been rescheduled for Tuesday, June 9.

There are two seats on the ballot and six candidates, including one incumbent.

Visit www. bethlehempubliclibrary. org/about-us/board-oftrustees/2020-electionand-budget-vote to see who is running and to read

GREAT

their responses to a library questionnaire.

A virtual Meet the Candidates Night will be held Wednesday, May 27, at 6 p.m. live on the library's YouTube channel.

The vote will take place entirely by absentee ballot, which will be mailed to households in the Bethlehem Central School District in the coming days.

Go to www. bethlehempubliclibrary. org/about-us/board-oftrustees/2020-election-andbudget-vote for information about the library's proposed 2020-21 budget.

- Kristen Roberts

Spotlight Newspapers Community news

Starts here



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-\$299 VALUE! See all offer details below.

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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

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GUILDERLAND SMALL BUSINESS HUB

CHECK OUT

WWW.GUILDERLANDCHAMBER.COM/GUILDERLAND-SMALL-BUSINESS-HUB

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











This information was up-to-date as of May 17.

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

MezzaNotte

2026 Western Ave. 518-689-4433 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

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

Your CBD Store

2080 Western Ave 518-313-7019 cbdrx4u.com Curbside pick-up available!

GET CONNECTED WITH THE GUILDERLAND CHAMBER!



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@GuilderlandChamberofCommerce



@GuilderlandChamber

LIBRARIES

Reopening plans



The Guilderland Teachers' Association organized a food drive to benefit the Regional Food Bank at the Guilderland Public Library's parking lot on Thursday, May 21.

Guilderland Public Library

e are edging closer to our eventual phased reopening, diligently finalizing plans internally and in conjunction with the 28 other Upper Hudson libraries.

We miss you and we hope to see you in person soon! However, we must do so with utmost care.

Your patience is greatly appreciated as we strive to address several key considerations, in full compliance with New York State directives.

As always, the health and safety of our staff and patrons remains our top priority. Please see our:

- website here https:// guilderlandlibrary.org/gplreopening-plan/
 - Facebook page
 - Instagram account
- monthly newsletter (click "our newsletter" on www.guilderlandlibrary. org) and
- weekly e-news blasts (subscribe on our newsletter page)

for further updates on our reopening plans.

Summer Reading Program

Everyone loves a good story, and everyone has a



story....what's yours?

All ages are invited to join our literary journey to Imagine Your Story - our 2020 Summer Reading Program theme.

It's a great incentive to stay connected and keep our minds active over the summer months.

Once again, children, teens and adults can log their reading activities in Beanstack and earn chances to win prizes.

Sign up begins Monday, June 1 at: guilderlandlibrary. beanstack.org/reader365.

In addition, teens are invited to Read it Forward again this summer with two books to enjoy and then "Read it Forward" to a friend: "Croak" by Gina Damico and "Nimona" by Noelle Stevenson.

These titles may be downloaded as an eBook or audiobook from Libby or Hoopla.

Copies will also be available once libraries reopen, with no due dates and no late fees on these titles.

Budget, board candidate vote

Voting on our annual

budget and Board of Trustees candidates will be conducted solely by mail-in absentee ballot this year, due to the COVID-19 pandemic.

Guilderland Central School District will automatically mail absentee ballots with a prepaid return envelope to all qualified voters.

Completed ballots must be received to the school district by 5 p.m. on Tuesday, June 9.

Please see www. guilderlandschools.org for further details, including information on voter registration and eligibility.

Guilderland Public Library has five candidates for three open Board of Trustees positions — three incumbents and two firsttime candidates.

They are, in ballot order: Marcia Alazraki, Herbert Hennings, Mark Keeling, Philip Metzger, and Richard Rubin.

More information on these candidates, and our proposed budget, may be found by clicking on the last two links at the bottom of this web page: guilderlandlibrary.org/getto-know-us/people/board-of-trustees/.

— Luanne Nicholson

113220

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, Floor, New York, NY 10016. Purpose: Any lawful purpose. D-244598

NOTICE OF LLC FORMATION

59TH STREET LLC. Arts. of Org. filed with the SSNY on 05/08/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 201 Avenue P, Brooklyn, NY 11204. Purpose: Any lawful purpose. D-245636

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 SSNY 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 pur-D-244937

NOTICE OF LLC FORMATION

1716 ADAMS LLC. Arts. of Org. 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 pur-D-244597

NOTICE OF LLC FORMATION

176 IRVING AVENUE HOLDINGS, LLC. Arts. of Org. filed with the SSNY on 05/07/20. Office: Albany County, SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 176 Irving Avenue, Brooklyn, NY 11237. Purpose: Any lawful pur-D-245633

NOTICE OF LLC **FORMATION**

178 IRVING AVENUE HOLDINGS, LLC. Arts. of Org. filed with the SSNY on 05/07/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 178 Irving Avenue 178 Irving Avenue, Brooklyn, NY 11237. Purpose: Any lawful pur-D-245634

NOTICE OF LLC FORMATION

220 RSB 25CD, LLC. Arts. of Org. filed with the SSNY on 03/05/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY

shall mail copy of process to the LLC, 220 Boulevard Riverside Apartment York, NY 10069. Purpose: Any lawful pur-D-245020

TOWN OF BETHLEHEM Albany County ZONING BOARD OF APPEALS NOTICE OF PUBLIC HEARING

Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a Public Hearing on Wednesday, June 3 at 6:00 PM, at the Town Offices, 445 Delaware Delmar, New York, to take action on an application submitted Darrick Priester for Area Variance located at 35 Dover Drive. Delmar. The Applicant is proposing construction of a shed that does not meet the Town Zoning Code requirements under Article V, Section

128-30, C.(1) Due to the public health and safety concerns related to the novel Coronavirus (COVID-19) the Board will not be meeting in-person. In accordance with Executive Order 202.1, the meeting is being held electronically via video conference and a transcript will be provided at a lat-

er date. Plans and other materials received related to the proposed application are available on the town's website: townof-

bethlehem.org. Members of the public may view and listen to the meeting live by visiting the Town's Website and clicking on the MEETINGS bar along the left side of the page. Select Zoning Board of Ap-

peals as Meeting Group and click on video for the June 3, 2020 meeting date.

The public may also actively participate to provide comments during the public hearing by registering to attend the meeting via Zoom. A link to the registration and instructions can found on the CALENDAR located on the Town website by clicking the June 3rd meeting date for the Zoning Board of

Appeals meeting. Additionally, the public may submit comments to the Board in advance of the meeting. Public comments must be submitted via email to zon-

ingboardofappeals@townofbethlehem.org by 3 PM the day of the meeting in order for the comment to be read aloud by a Board Member during the public into the minutes. The Board will close the public hearing and accept additional comments via email up until 48 hours after the meeting to ensure the Board receives and reviews all public comments so submitted. Devaprasad, David

Chairman Board of Appeals

LEGALS

LEGALS 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 LLC, 25 Midland Avenue, Staten Island, NY 10306. Purpose: Any lawful purpose. D-244622

NOTICE OF LLC FORMATION

STREET 52nd

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

NOTICE OF LLC **FORMATION**

471 SAPPHIRE APART-MENTS LLC. Arts. of Org. filed with the SSNY on 05/12/20. 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, 417 7th Avenue, Brooklyn, NY 11215. Purpose: Any lawful pur-D-245787

TOWN OF BETHLEHEM Albany County -New York Zoning Board of **APPEALS NOTICE OF PUBLIC** HEARING

Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a Public Hearing on Wednesday, June 3 at 6:00 PM, at the Town Offices, 445 Delaware Avenue, Delmar, New York, to take action on an application submitted by Claudia Dean for an Area Variance located at Maple Slingerlands. The Applicant has an existing shed that does not meet

Avenue. the Town Zoning Code requirements under Article V, Section 128-30, C.

Due to the public health and safety concerns related to the novel Coron-(COVID-19) the avirus Board will not be meeting in-person. In accordance with Executive Order 202.1, the meeting is being held electronically via video conference and a transcript will be provided at a later date. Plans and other materials received related to the proposed application are available on town's website: the town ofbethlehe m.ora.

Members of the public may view and listen to the meeting live by visiting the Town's Website and clicking on the MEETINGS bar along the left side of the page. Select Zoning Board of Appeals as Meeting Group and click on video icon for the June 3, 2020

meeting date. The public may also ac-

LEGALS

tively participate to provide comments during the public hearing by registering to attend the meeting via Zoom. A link to the registration and instructions can found on the CALENDAR located on the Town website by clicking the June 3rd meeting date for the Zoning Board of

Appeals meeting. Additionally, the public may submit comments to the Board in advance of the meeting. Public comments must be submitted via email to zoningboardofappeals@-

townofbethlehem.org by PM the day of meeting in order for the comment to be read aloud by a Board Member during the public hearing and recorded into the minutes. The Board will close the public hearing and accept additional comments via email up until 48 hours after the meeting to ensure the Board receives and reviews all public comments so submitted. David Devaprasad,

Chairman Board of Appeals D-245893

NOTICE OF LLC FORMATION

71-04 LLC. Arts. of Org. filed with the SSNY on 05/04/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 141-08 70th Avenue, Flushing, NY 11367. Purpose: Any lawful purpose. D-245354

NOTICE OF LLC FORMATION

NEW DORP PLAZA LLC. Arts. of Org. filed with the SSNY on with the SSNY on 07/17/19. Office: Albany County. SSNY designated as agent of the LLC nogu whom process against it may be served. SSNY shall mail copy of process to the LLC, 91 New Dorp Plaza, 2nd Floor, Staten Island, NY 10306. Purpose: Any lawful purpose. D-245921

NOTICE OF LLC

FORMATION 93 KEYSTONE APART-MENTS LLC. Arts. of Org. filed with the SSNY on 05/12/20. 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, 417 7th Avenue, Brooklyn, NY 11215. Purpose: Any lawful pur-D-245788

NOTICE OF LLC **FORMATION**

A.LIVE WORLDWIDE, LLC. Arts. of Org. filed with the SSNY on 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 B. Berger, 8801 Shore Road, 2F East, Brooklyn, NY 11209. Purpose: Any lawful purpose.

LEGALS

NOTICE OF LLC FORMATION

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

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 #2029, Street, New 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 whom process upon against it may be served. SSNY shall mail copy of process to the LLC. PO Box 506, Preston Hol-NY 12469. Purpose: Any lawful purpose. D-244899

NOTICE OF LLC **FORMATION**

BRIAN P MURRAY GLOBAL CONSULTING LLC. Arts. of Org. filed with the SSNY on the 04/24/20. 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, 8 Pauley Lane, Slinger-lands, NY 12159. Pur-pose: Any lawful pur-D-244961

NOTICE OF LLC **FORMATION**

BRIDGEVIEW III E LLC Arts. of Org. filed with the SSNY on 05/15/20. Office: Albany County. designated as SSNY agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-cess to the LLC, 9322 Third Avenue, Suite 502, Brooklyn, NY 11209. Purpose: Any lawful pur-D-246105

NOTICE OF LLC

FORMATION BRIDGEVIEW III H LLC. Arts. of Org. filed with the SSNY on 05/15/20. 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, 9322 Third Avenue, Suite 502, Brooklyn, NY 11209. Purpose: Any lawful purpose. D-246106

LEGAL NOTICE OF PUBLIC HEARING, BUDGET VOTE AND ELECTION

NOTICE IS HEREBY GIV-EN, that a Virtual Public

To place your Legal Notice: Call 439-4949

LEGALS

Hearing on the proposed 2020-2021 Budget for the Bethlehem Central School District shall be conducted by the Bethlehem Central School District, located at 700 Delaware Avenue, Del-Albany County, York, on Wednes-May 27, 2020 at p.m., Prevailing mar, New 7:00 Time. The budget will be available for review commencing on Thursday, May 21, 2020 on the Bethlehem Central School Districts website, www.bethlehemschools.org. AND NOTICE IS FUR-

THER GIVEN that the election of candidates to the Bethlehem Central School Board of Education and the budget vote will be conducted via absentee ballot and ballots must be received by 5:00 p.m. on Tuesday, June 9, 2020 on the following items:

PŘOPOSITION #1 To adopt the annual budget of the Bethlehem School District Central for the fiscal year 2020-2021 and to authorize requisite portion therefore to be raised by taxation on the taxable property of the District.

PRÓPOSITION #2 To elect three (3) members of the Board of Education as follows: three at-large seats to a three (3) year term commencing on July 1, 2020, and expiring on June 30, 2023, for the seats held by Mrs. Christine Beck, Ms. Holly M. Dellenbaugh and Ms. Meredith Moriarty, whose terms expire on June 30, 2020.

PROPOSITION #3 Resolved, that the Board of Trustees of the Bethlehem Public Library be authorized to expend for the operation of such library for the fiscal year July 1, 2020 to June 30, 2021, the sum of: \$4,479,700 and that the Board of Education of Bethlehem School District of the Towns of Bethlehem and New Scotland, County of Albany, New York, authorized to levy the necessary tax therefor.

PROPOSITION #4 To elect two (2) trustee to the Board of Trustees of the Bethlehem Public Library, as follows: two (2) to a five (5) year term commencing on July 1, 2020 and expiring on June 30, 2025. PROPOSITION #5

RESOLVED, that the Board of Education of the Bethlehem Central School District, is hereby authorized to (1) acquire school vehicles at a cost not to exceed \$1,210,000 which is estimated to be the maximum cost thereof, (2) expend such sums for such purpose, (3) levy the tax necessary therefor, to be levied and collected in annual installnents in such vears and in such amounts as may be determined by the Board of Education, taking into account state aid received, and (4) in anticipation of the collection of such tax, to issue bonds and notes of the District at one time or from time to time in the principal amount not to exceed \$1,210,000,

LEGALS

or enter into a lease-purchase agreement at a principal amount not to exceed \$1,210,000 acquire such vehicles. To transact such other business as may properly come before the meeting pursuant to the Education Law of the State of New York.

The election and budget vote shall be solely by absentee ballot. Absentee ballots will be mailed to all voters who have voted in the school district elections in at least one of the last six years. The poll list can be found on the district's website. Eligible voters who are not on the poll list may request an absentee ballot by emailing VoterInfo@bethlehemschools.org or by calling the district at 518-694-3949 AND FURTHER NOTICE

IS HEREBY GIVEN that a copy of the statement of amount of money which will be required to fund the School District□s budget for the 2020-2021 school year, of public exclusive monies, and Basic STAR exemption impact report may be obtained on the School District Website and the Bethlehem Public Library website. AND FURTHER NOTICE

IS HEREBY GIVEN that petitions nominating candidates for the office of member of the Board of Education and for the office of Trustee of the Bethlehem Public Library shall be filed with the District Clerk at the District Clerk's office at the Bethlehem Central High School, Superintendent's Office, Delaware Avenue, Delmar, New York, not later than May 11, 2020 at 5:00 p.m. A copy of such nominating petitions may be obtained by emailing VoterInfo@bethlehemschools.org or by calling the district at 518-694-3949. AND FURTHER NOTICE

IS HEREBY GIVEN that requests for absentee ballots will be obtainable by emailing VoterInfo@bethlehemschools.org or by calling the district at 518-694-3949 hetween the hours of 8:00 a.m. and 4:30 p.m. Monday through Friday, ex-

cept holidays, from the District Clerk. Absentee ballots must be received by the District Clerk not later than 5:00 p.m. on June 9, 2020.

A list of all persons to whom absentee ballots shall have been issued may be requested from the District Clerk on each of the five days prior to the day of the elecexcept Saturday, June 6 and Sunday, June 7, 2020, and on the day set for the election. Any qualified voter may challenge the acceptance of the ballot of by making his/her challenge and reasons therefore known to the Chief Election Inspector be-fore 5:00

p.m. on June 9, 2020. AND FURTHER NOTICE IS HEREBY GIVEN that the qualified voters of the School District shall be entitled to vote by absentee ballot in said an-

LEGALS

nual vote and election. A qualified voter is one who is (1) a citizen of the United States of America, (2) eighteen (18) years of age or older, and (3) resident with the School District for a period of thirty (30) days preceding the anvote and election. The School District will require all persons submitting an absentee ballot to certify their eligibility to vote by signing the certification on the ballot envelope. School District may also require all persons offering to vote to provide their signature, name and address as per School District Policy 2120.2. AND FURTHER NOTICE

IS HEREBY GIVEN, that pursuant to a policy adopted by the Board of Education in accordance with Sections 2035 and 2008 of the Education law, any referenda or propositions to amend the budget, or otherwise to be submitted for voting at said vote and election, must be filed with the Board of Education at the Bethlehem Central School on or before May 11, 2020 at 5:00 p.m., prevailing time; must be typed or printed in the English language: shall be filed with the District Clerk at the District Clerk's office at the Bethlehem Central High School, Superintendent's Office, 700 Delaware Avenue, Delmar, New York, not later than May 11, 2020 at 5:00 p.m. Such referenda propositions may emailed to

VoterInfo@bethlehem-However. schools.org. the School Board will entertain or place before the voters any proposition if its purpose is beyond the power of the voters or is illegal, or any proposition requiring the expenditure of moneys which fails to include specific appropriations for all such expenditures required by the proposition or any proposition which must be included in this notice of the annual meeting and was not received at least 60 days prior to the annual

meeting. Date: May 6, 2020 Brittany L. Barrett Delmar, New York District Clerk, Bethlehem Central School District

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 upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 595 West End Avenue, Apartment 4/5, New York, NY 10024. Purpose: Any lawful purpose. D-244721

NOTICE OF LLC FORMATION

CASCADE CLEANING CONTRACTORS LLC.
Arts. of Org. filed with the SSNY on 05/14/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it

LEGALS

be served. SSNY may shall mail copy of pro-cess to the LLC, c/o Matt Flashner, 2 Averly Smithtown, NÝ Purpose: Any Place. 11787 lawful purpose. D-245946

NOTICE OF LLC FORMATION

CAYE JOAILLIER LLC. Arts. of Org. filed with the SSNY on 05/12/20. 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 to the Ayesha Mehta, 601 West 57th Street, Suite 30G New York, NY 10019 Purpose: Any lawful purpose. D-245780

NOTICE OF LLC FORMATION

CHOPT VESTAVIA LLC. Arts. of Org. filed with the SSNY on 04/16/20. 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, 853 Broadway, Suite 606, New York, NY 10003. Purpose: Any lawful pur-D-244464

NOTICE OF LLC FORMATION

CITYWIDE LOGISTICS LLC. Arts. of Org. filed with the SSNY on 05/19/20. 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, 1877 East 21st Street, Brooklyn, NY 11229. Purpose: Any lawful pur-D-246190

NOTICE OF LLC FORMATION

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

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 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 pur-D-244591

NOTICE OF LLC FORMATION CUSTOM DESIGN INNO-

VATIONS LLC. App. for Auth. filed with the SSNY on 03/05/20. Originally filed with Secretary of State of New Jersey on 04/18/2017. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-

LEGALS

cess to the LLC. 740 Poole Avenue, Hazlet, NJ Purpose: Any lawful purpose. D-245340

NOTICE OF LLC FORMATION

DoubleOhVii LLC. Arts. of Org. filed with the SSNY on 05/04/20. 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, 10 Jag-ger Lane, West Hampton, NY 11977. Purpose: Any lawful purpose. D-245353

NOTICE OF LLC FORMATION

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

NOTICE OF LLC FORMATION

PROPERTIES REAL ESTATE LLC. Arts. of Org. filed with the SSNY on 05/11/20. 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, 126 E. 10th Street, New York, NY 10003. Purpose: Any lawful purpose. D-245738

NOTICE OF LLC FORMATION

CONTRACTING LLC. Arts. of Org. filed with the SSNY on 05/07/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 20-Street, Whitestone, NY 11357. Purpose: Any lawful pur-

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
EMPR II LLC. Arts. of
Org. filed with the SSNY
on 05/11/20. 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 381 Park Avenue South, 15th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-245897

NOTICE OF LLC FORMATION

ERIPIO LLC. Arts. of Org. filed with the SSNY on 05/18/20. Office: Al-

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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, 36-05 28th Avenue, Astoria, NY 11103. Purpose: Any lawful pur-D-246123

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

NOTICE OF LLC

FORATION ERS 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 pro-cess to the LLC, PO Box 14, Latham, NY 12110. Purpose: Any lawful purpose. D-244304

NOTICE OF LLC FORMATION

FF GUERREROS DELI & GROCERY LLC. Arts. of Org. filed with the SSNY on 05/01/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be copy of process to the LLC, 440 Foster Avenue Brooklyn, NY 11230. Purpose: Any lawful pur-D-245280

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, NY 10023. Purpose: Any 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 whom process against it may be served. SSNY shall mail copy of process to the LLC, 120 East 85th Street, New York, NY 10028. Purpose: Any lawful pur-

NOTICE OF LLC FORMATION

GAIL 76 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

LEGALS

LLC, 51 Wooster Street, Floor 3, New York, NY Purpose: 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.

NOTICE OF LLC FORMATION

GREATER THINGS ROASTERS, LLC. Arts. of Org. 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, 2433 US Route 9W, Ravena, NY 12143. Purpose: Any lawful purpose. D-245453

NOTICE OF LLC FORMATION

HOWARD HOWARD 25 IN-VESTORS LLC. Arts. of Org. filed with the SSNY 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-244593

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 prac-tice of the profession of Licensed Clinical Social D-245023

NOTICE OF LLC **FORMATION**

J.E.T.L. REALTY LLC. Arts. of Org. filed with the SSNY on 01/09/09. Office: Albany County. designated as SSNY agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 869 Yonkers Ave, Yonkers, NY 10704. Purpose: Any lawful purpose.

NOTICE OF LLC FORMATION

JBKC DESIGNS LLC. Arts. of Org. filed with the SSNY on 04/15/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 1474 Union Street, Brooklyn. NY 11213. Purpose: Any lawful purpose. D-244394

LEGALS

NOTICE OF LLC **FORMATION** JDRE GROUP LLC. Arts. of Org. filed with the SSNY on 04/15/20. Of-

Albany County. SSNY 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. Pur-York, pose: Any lawful purpose 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**

JPM REAL ESTATE DE-VELOPMENT LLC. Arts. of Org. filed with the SSNY on 05/05/20. 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, c/o & Cohen LLP 1025 Old Country Road, Suite 411, Westbury, NY 11590. Purpose: Any lawful purpose. D-245398

NOTICE OF LLC FORMATION

JRHP REALTY 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 may be served. SSNY shall mail copy of process to the LLC, 7916 5th Avenue, Brooklyn, NY 11209. Purpose: Any lawful purpose. D-244725

NOTICE OF LLC FORMATION KAIA PARTNERS 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 pro-cess to the LLC, 308 East 38th Street, Unit 12, New York, NY 10016. Purpose: Any lawful pur-D-245279

NOTICE OF LLC FORMATION

LEPAS LLC. Arts. of Org. filed with the SSNY on 05/18/20. 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, 36-05 28th Avenue, Astoria, NY 11103. Purpose: Any lawful purpose. D-246124

NOTICE OF LLC FORMATION

LMS GOLF LLC. Arts. of Org. filed with the SSNY on 04/30/20. Office: Columbia County. SSNY designated as agent of the LLC upon whom process against it may

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LEGALS

be served. SSNY shall mail copy of process to the LLC, 2839 State Route 203, Valatie, NY 12184. Purpose: Any lawful purpose. D-245734

NOTICE OF LLC FORMATION

CONSTRUCTION LLC. Arts. of Org. filed with the SSNY on 05/12/20. 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, 13 Green Lake Road. PO Box 462, Leeds, NY 12451. Purpose: Any lawful purpose. D-245782

NOTICE OF LLC

FORMATION MERCER 9 INVESTORS LLC. Arts. of Org. filed with the SSNY on the 04/20/20. 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, 51 Wooster Street, Floor 3, New York, NY 10013. Purpose: Any lawful purpose. D-244594

NOTICE OF LLC FORMATION

MINDFUL MEDIATION LLC. Arts. of Org. filed with the SSNY on 05/12/20. 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, 9 Royden Road, Tenafly, NJ 07670. Purpose: Any lawful purpose. D-245783

NOTICE OF LLC

FORMATION FLOWER FANTAS LLC. Arts. of Org. filed with the SSNY on 02/28/20. Office: Albany County. SSNY designate ed as agent of the LLC whom process against it may be served. SSNY shall mail copy of process to the LLC, Heller Horowitz & Feit P.C., 260 Madison Av-17th Floor, New enue. NY 10016. York, pose: Any lawful purpose. D-244935

NOTICE OF LLC FORMATION

TILAPIA LLC. Arts. of Org. filed with the SSNY on 04/21/20. Office: Albany County. designated SSNY agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-cess to the LLC, 41-21 28th Street, Apartment 4F, Long Island City, NY 11101. Purpose: Any lawful purpose.

NOTICE OF LLC

NFWCO CAPITAL GROUP II LLC. App. for Auth. filed with the SSNY on 05/08/20. Originally filed with Secretary of State of Delaware on 05/05/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the

LEGALS

LLC, 90 Broad Street, Suite 903, New York, NY 10004. Purpose: Any lawful purpose. D-246293

NOTICE OF LLC FORMATION

NEWCO CAPITAL GROUP III LLC. App. for Auth. filed with the SSNY on 05/08/20. Originally filed with Secretary of State of Delaware on 05/05/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 90 Broad Street, Suite 903, New York, NY 10004. Purpose: Any lawful purpose.

NOTICE OF LLC FORMATION

CAPITAL NEWCO GROUP IV LLC. App. for Auth. filed with the SSNY on 05/08/20. Originally filed with Secretary of State of Delaware on 05/05/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the 90 Broad Street, Suite 903, New York, NY 10004. Purpose: Any lawful purpose. D-246295

NOTICE OF LLC

FORMATION CAPITAL GROUP LLC. App. for Auth. filed with the SSNY on 04/28/20. Originally filed with Secretary of State of Delaware on 04/16/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 90 Broad Street, Suite 903, New York, NY 10004. Purpose: Any lawful purpose. D-245383

NOTICE OF LLC

FORMATION LEISURE PASADENA CLUB LLC. Arts. of Org. filed with the SSNY on 05/12/20. 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, Broadway, 5th Floor, New York, NY 10012. Purpose: Any lawful pur-D-245784

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-244/36

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 upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 300

LEGALS

Suburban Avenue, Deer Park, NY 11729. Purpose: Any lawful pose. D-244526

NOTICE OF LLC FORMATION

R&D ROYALS LLC. Arts. Org. filed with the SSNY on 04/28/20. Of-fice: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Robert Suyunov, 8133 165th Street, Jamaica, NY 11432. Purpose: Any lawful purpose. D-245034

NOTICE OF LLC **FORMATION**

REALITY PARTNERS DE LLC. App. for Auth. filed the SSNY 04/16/20. Originally filed with Secretary of State Delaware 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, 1713 Fifth Avenue, 2nd Floor, Bay Shore, NY 11706. Purpose: 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 Cambridge Road, Jamaica Estates, NY 11432. Purpose: Any lawful pur-D-245036

NOTICE OF LLC FORMATION

SE ELITE MANAGEMENT LLC. Arts. of Org. filed with the SSNY on 05/07/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, Elsmere Place, Fort Lee, NJ 07024. Purpose: Any lawful purpose. D-245852

NOTICE OF LLC FORMATION

SLDR BURGER BAR LLC. Arts. of Org. filed the 05/07/20. Latest date to dissolve: 05/06/2120. Office: Albany County. SSNY designated agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-cess to the LLC, 33-19 Broadway, Apartment 4A, Astoria, NY 11106. Purpose: Any lawful purpose.

NOTICE OF LLC FORMATION

SQUIRE AGENCY, LLC. Arts. of Org. filed with the SSNY on 05/08/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-cess to the LLC, 40

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LIBRARIES

Big Library Read

he next Big Library Read kicks off on June 22, with "The Darwin Affair" by Tim Mason.

Voorheesville patrons are invited to join millions of others around the globe in reading this historical fiction thriller ebook. From June 22 through July 13, unlimited readers can borrow and read this ebook or audiobook from Overdrive, and join the book discussion online. For more information, go to www.voorpl.org, and look for the Big Library

The Friends of the Library annual meeting

The Friends of the Library Annual Meeting will be held on the GoToMeeting platform on Monday, June 1 at 7 p.m.

Voorheesville Public Library

If you are a member in good standing and can attend on line, please email the Friends at friends@ voorheesvillelibrary. org for details and instructions. There are open positions for members-at-large on the Board of Directors. If you are interested in serving with a fun and productive group, or would like more information, please email the Friends. The Board now meets on Monday evenings to accommodate folks who work or care for children at home during the day.

— Lynn Kohler

Spotlight Newspapers **Community news** Starts here

Reopening plan in stages

Coeymans-Selkirk Community Library

have been touched by the support and patience of our community.

As we near the point at which we reopen, we want to share an overview of what that process will look like.

Reopening will be gradual and guided by our desire to make the Library as safe as possible for our staff and the public.

Library staff will work as two teams, alternating weeks at home with weeks in our building in order to ensure physical distancing and in compliance with Executive Order 202.4.

As a result, hours will be reduced. Some steps may be a few days while others may be months

The Library will follow guidance from Community Library DISCOVER YOURSELF HERE

the CDC, state and local governments, and the Upper Hudson Library System. Masks will be required for staff and patrons in accordance with executive order 202.17

Preparation: The Library building will be deep-cleaned and staff will return to work to prepare the facility for socially distanced use.

Stage 1: The book drop will be opened for returns. Returns will be 'quarantined" for 72 hours, then cleaned and checkedin. There will be no fines on any material that was checked out before we

Stage 2: The Libray will provide outside pick-up. Staff will fill requests or select material for patrons, pick up will be by

Stage 3: The building will reopen to the public on a limited basis. Patrons will be able to browse the collection. There will be no programs or group activities. Equipment use will be limited. The children's play space will be closed. There will be a designated hour for seniors and at-risk patrons.

Stage 4: Return to normal hours and regular equipment use, although in a way that ensures physical distancing. Limited programming may be introduced.

Outcome: The resumption of full library service, including regular programming.

I Spy window at the library

Play I Spy at the Library, thanks to Library Clerk Deb, who made this fun game for everyone to play. You'll find it in a window

along Main Street. Stop by and see what you can find!

Budget vote

The Library's budget vote will be held in conjunction with RCS School District's vote. All voting will be done by mail; ballots will be arriving at district households in the coming days. Ballots will be counted on June 9. More information and a budget summary can be found on the Library's website.

Play Cinephile

Show off your movie knowledge on Friday, May 29 at 7 p.m. when we play Cinephile, a card-based party game for film buffs. Gather up your favorite film fanatics, virtually, of course, and test your knowledge; send us an email (info@ rcscommunitylibrary.org) and we'll send you the link to join.

— Carol Melewski



LEGALS

British American Boule-Latham, Purpose:

NOTICE OF LLC FORMATION

DOG A HIKE 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, 124 Bedford Road, Pleasantville, NY 10570. Purpose: Any lawful purpose. D-244462

NOTICE OF LLC FORMATION

THE HIP HOP ICE CREAM SHOP LLC. Arts. of Org. filed with the SSNY on 05/07/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 135 Fingerboard Avenue, Staten Island, NY 10305. Purpose: Any lawful purpose. D-245548

NOTICE OF LLC FORMATION

TranBonnans Brooklyn, LLC. Arts. of Org. filed with the SSNY on with the SSNY on 05/15/20. 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, 2003 East 21st Street, Brooklyn, NY 11229. Purpose: Any lawful purpose. D-246104

NOTICE OF LLC FORMATION

TRI-HILL REALTY GROUP Org. filed with the SSNY on 05/08/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 346 Park Avenue

South, 3rd Floor, New York, NY 10010. Purpose: Any lawful purpose. D-245635

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

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NOTICE OF LLC FORMATION

UTSTEIN REAL ESTATE LLC. Arts. of Org. filed 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.

NOTICE OF LLC FORMATION

VHG LLC. Arts. of Org. filed with the SSNY on 05/06/20. 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, 33 Vestry Street, Unit 4, New York, NY 10013. Purpose: Any lawful pur-. D-245737

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 purpose. 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 designated 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

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 pro-

cess against it may be served. SSNY shall mail copy of process to the LLC, 51 Wooster Street LLC, 51 Wooster Street, Floor 3, New York, NY 10013. Purpose: Any lawful purpose. D-244595

NOTICE OF LLC FORMATION WOOSTER 76 VESTORS LLC. Arts 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-244596



REPORTERS: Diego Cagara @dcspotlight1 Jim Franco @francospotlight

EDITORS: Michael Hallisey@mh_Spotlight

May 27 - June 2, 2020



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FROM THE EDITOR'S DESK

BC seniors have nothing but class

t seems that just as winter was on its wane and the coming spring promised bright days and metaphors of a prosperous future, we all got clubbed in the back of the head by a global pandemic the likes none of us have ever seen.

As we limp into June, it's simple for us to be able to sit back and count every aspect of our social lives that have been tossed away. Virus-related shutdowns

have done more than take away our bars, restaurants, live music events, our hairdressers — for 39 million Americans, there are no jobs. That's a heavy burden on the global economy. Though this has been our reality for the past two months, our businesses are starting to open up.

Nonetheless, we're not promised that the economy will pick back up. Let's not also forget that the virus will still be around

until we find a vaccine. But, eventually, we will recover from this. It will be a footnote in our personal histories that we can leave behind.

These days have impacted so many more people in other ways and we haven't always touched upon how. How we celebrate, grieve, work and play have been taken away from us, and that can't be stressed enough. But, this is a moment in which we

are going to reflect upon something beautiful despite personal loss.

High school seniors are living through times they've read about in history textbooks. The school doors have been closed. Gymnasiums are quiet. The initial reaction could be that these kids should be happy to dismiss such things. But, nothing could be further from the truth.

It's June. Schools are closed this academic year.

Students have worked from memories. home. Teammates shared time on the field for the last time. It goes beyond that. Remember those cringeworthy moments of flirting in the hallway, or mustering up the courage to ask someone to the ball. It was agonizing, embarrassing and sometimes emotionally scarring. But, they are our memories that, with so many years behind, make us smile. The Class of 2020 does not have such

Bethlehem Central's graduating class, however, did something beautiful. With the money it had saved with the intent of funding a senior ball that will never come, they donated it all to its community. Something in the tune of \$10,000 went to area businesses as a way of giving back to people who helped support them through the years.

It's dusty in here.

POINT OF VIEW

Michael Jordan inspired a generation beyond the court

port transcends the game, but in The Spotlight newsroom — the one I walked into more than 20 years ago — it was an abomination.

My then-editor, the late Susan Graves, told me she would eliminate the sports section from our newspaper if she could. Modern day sports, she said, sent the wrong message to children. Sport rewarded egos, encouraged bad behavior and did nothing to educate them. She was a teacher before she was an editor. Her liberal use of a red pen on my copy was a testament to her background. But, I could not help but wonder what

message she was sending to me at that moment. I was the paper's sports editor.

For the past several weeks, a sports-starved world sheltered in place by the novel coronavirus has enamored itself with an ESPN documentary. "The Last Dance" not only covered the last of a seven-year Chicago Bulls dynasty, it shed light on the backstory of the team's most electrifying player, Michael Jordan. But, if Susan was alive today, I can say with confidence she would not have been one of its estimated 6.1 million

In my office hangs a framed poster from my childhood. The one I had on my wall as a kid is long gone. I bought this one only months ago; partially bit by nostalgia, but driven more by a need. Of the four major sports popular in America — baseball, football, basketball, hockey - I can hardly pledge allegiance to basketball. But, Michael Jordan was different.

Michael Wilbon surmised it best in the documentary's first episode. The former sports columnist for The Washington Post and current ESPN analyst placed him in the exclusive company of Babe Ruth and Muhammad Ali. "At that point [1997-1998 NBA season], Michael Jordan is

already the ultimate sports' alpha male." Yet, somehow the world forgot that.

Prior to this documentary, Jordan's legacy was built upon a foundation of old media. Newspapers and magazines tried to paint with superlatives what most of America would see in a condensed, twominute segment on ESPN's SportsCenter. Today's youth neither picks up a Sports Illustrated nor watches ESPN. Both mediums now struggle, and the icons they helped build have faded with them. Kobe Bryant and LeBron James, the heroes who have shined brightest during the Internet Age

fuel debates on social media over who is GOAT. Those who drop Jordan's name are sometimes dismissed.

The NBA usually starts its season in late October, just as leaf peeping comes to an end in the Northeast. The vibrant crimson and golds have peaked and dropped to the ground. It is the closing act to Mother Nature's drama of seasons before the set is packed away for the winter. Say what you will about snow draped evergreens in the Adirondacks, the transition from fall to winter is unsurpassed.

As I held back from watching the documentary - I only just started watching it — I observed

the chatter on social media, and witnessed a change just as profound. The world remembered who Michael Jordan was. My news feed burst with videos and memes of No. 23 in his prime. The six world championships and five MVPs, once thought as evidence of a weak competition, was snapped into proper perspective: those accolades were earned within the brutal crucible of a physical NBA game not seen today. To survive, to excel and to reign over that world as Wilbon said, "the ultimate sports' alpha male," Jordan had to be

Continues next page



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LETTER TO THE EDITOR

Farmers Market gives thanks for town support

To The Editor

On behalf of the Board of Directors of the Delmar Farmers Market and Market Manager Ken Myer, I want to express our deep appreciation to the Town of Bethlehem and the Bethlehem community for your support for the opening of the market on May 16.

The DFM opening day was a huge success! With the help of Town Supervisor David VanLuven and town Parks Administrator Jason Gallo, we were able to overcome the closure of the middle school parking lot and relocate to Elm Avenue park. It would be easy to say that we just set up the tents and crossed our fingers hoping someone would show up. That's only partially true.

Last week's market opening day was the product of months of cooperation and collaboration with the town, the vendors, customers and the board of directors. We have been overwhelmed by the positive response, good wishes, and support from all corners of the town

We would also like to thank the community members that came out and supported our local farmers and other essential services vendors. Shoppers showed up with proper face masks, kept the flow of the market moving, used the proper distancing markers at each booth, and followed the one-way foot traffic pattern. All of these measures enabled us to create the safe and comfortable atmosphere we had worked to achieve.

We have always known that Bethlehem is a special place. The cooperation that was displayed, not to mention the community feeling that was so evident, only confirms our belief.

We look forward to many more successful Saturdays to come! Together, we are one Bethlehem.

Mark Warford, Chairman, Delmar Farmers Market Board of Directors

From page 14 ... Michael Jordan

something else.

The corporate world is now full of trite cliches to muster that same level of motivation. Photographs of nature accompanied with someone's definition of determination may hang on the wall. An executive may hold a copy of Sun Tzu's "The Art of War" in a desk drawer. Jordan embodied the inspiration sought after by all these tools. Challenging James Worthy to after-practice one-onones while at Chapel Hill. Defining his leadership through his performance on the court during his rookie year in Chicago. Seeking out adversity and attacking it with furious competitiveness. A league full of legends and "Bad Boys" would fear triggering a wrath Jay-Z later captured in song.

To be at an all-time high, perfect time to say goodbye. When I come back like Jordan, wearing the 4-5, it ain't to play games with you,

It's to aim at you, probably maim you.

A 20-something Michael Jordan hangs frozen in time on my office wall as inspiration. It is an iconic image snapped during the 1988 NBA Slam Dunk held at the Chicago Forum. The ball is hoisted above his head, his jaw clenched as he bites down on his lower lip. His feet, which launched him into flight from the foul line, dangle in the jetstream behind him. It was the dunk that earned him the contest's trophy over Dominique Wilkins.

I'm so many years removed from my playing days. Instead of writing for Sports Illustrated, I sit in Susan's old chair. Age has tempered my love for sports. Leagues are more expensive. The ties that once bound teammates behind the hometown name are now severed by elite youth leagues. The ugliness of social politics had always been present, but it's compounded by allowing more opportunities to families with money. Even the fear of litigation has killed the daily pick-up games once gathered on the diamond at Bethlehem Central Middle School. Nonetheless, sport has a place.

Sport transcends the games that are played. It provides one the opportunity to learn the sting of defeat and the humility to admit someone else is better. There will always be an opponent who will knock you down. Sport teaches us to always get back up. Competition unveils the fine line between arrogance and confidence; one breeds resentment while the other earns respect. It's okay to be confident, but just be careful not to grow arrogant. To succeed, you must first identify your obstacles and overcome them.

You don't have to love sports to be like Mike.

Michael Hallisey is managing editor of Spotlight Newspapers. Before pursuing a career in journalism, Hallisey had aspirations of becoming the next Nolan Ryan. If only for a few factors, the lack of talent and skill, he would have chosen to be a New York Yankee.



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Together, we are one Bethlehem.



Post 518 distribution of the content of the content



We miss live music

We wanted to share a few scenes from summers past.

Inside this issue:



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ARTS



Chapter 11

Iconic department store chain files for bankruptcy.

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BFF to your BFF?

The one person you turn to when your dog needs help.

Page B9



New music

Grammy-winners are linked to latest local releases.

Page B12





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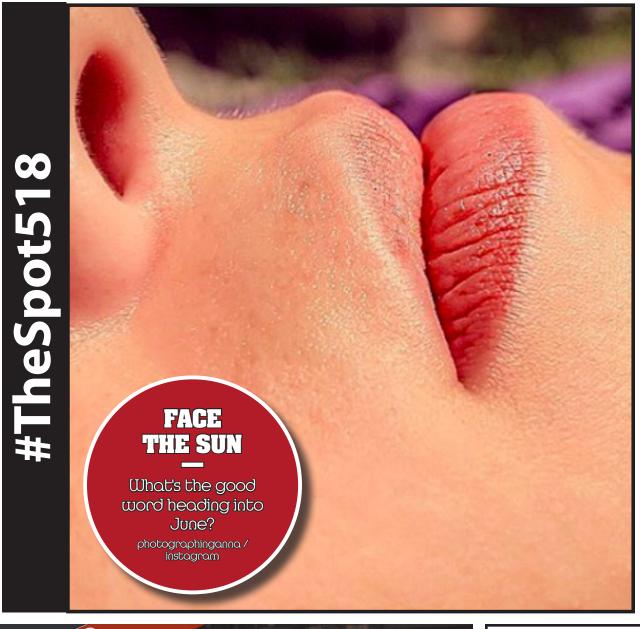
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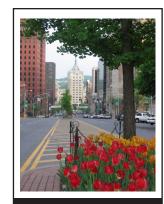
Box Office Temporarily closed for in-person sales

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quote of the week

"We all have that 'window with a view,' that dream of 'someday' — for some it means that peaceful release from life to the one beyond. Right now for most of us it's the dream of a future where we can feel freedom and see our friends and loved ones again without fear."



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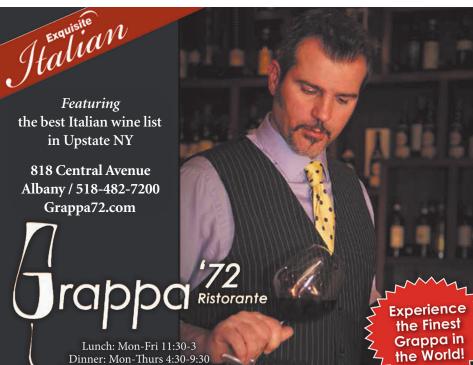
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Albany's newest casual fine dining experience. Traditional & contemporary Italian



From page B1...

Cruel summer

"So much thought, care, heart and soul go into crafting and preparing for our summer season that we truly think of it as a love letter to you, our beloved community," Sobol stated. "To find it necessary to cancel what would have been one of the most ambitious and artistically inspiring seasons to date is utterly gut-wrenching and inconceivable. But the indisputable truth is that, even with our park setting and our 5,200 seats, it would be simply impossible to find a way to keep the artists, staff and community safe in the face of the threats of the coronavirus pandemic."

Lost to the cancelation are performances is one week of performances from the New York City Ballet, another week of shows from the Philadelphia Orchestra and more.

The cancelation was speculated earlier this month after Gov. Andrew Cuomo shared his detailed 12-step plan to reopen a New York state shutdown since mid-March. The governor's mandate is opening state industries through different phases, lending acceptance to those less likely to spread the virus. Manufacturing, construction and limited retail businesses are among those businesses opening first. But, tourist attractions such as SPAC and the Saratoga Race Course, both of which encourage people to travel from other regions to gather into large crowds, will be the last to open.

"SPAC has been a beacon of hope, light and refuge for the community

— and the support of the community has been critical to its life and longevity," Sobol stated. "While our traditional season is unable to continue for 2020, we are deeply committed to continuing to provide, through every outlet available to us, the kind of inspiring and transformative experiences for which SPAC is known and loved. Our dedication to art, artists and community remains undimmed. If anything, we feel more urgently galvanized than ever to provide hope, sanctuary and inspiration for our community during this time of uncertainty and darkness.'

The New York City Ballet shared the news of Sobol's announcement with a poignant picture capturing dancer Violette Verdy posing before the construction of SPAC's amphitheater in 1965. The City Ballet has called SPAC its summer home since 1966. The company had stayed upstate for as long as three weeks as recently as 2003, but financial issues at SPAC ultimately chipped the residency down to one week. Sobol succeeded Marcia White's lead role in 2016 and has since continued a 15-year stretch of solvency for the theater.

But, that's in jeopardy. SPAC has yet to share projections as to how much it stands to lose from ticket sales this year. According to tax filings, the nonprofit group earned \$8,935,505 in revenue in 2017. Program services amounted to approximately \$3.2 million, or 35 percent



Jan Regan

Lawrence White

"The future of SPAC is the future of Saratoga. It is impossible to imagine one without the other. Today we grieve this profound loss with you. But, hand in hand, we will reimagine and celebrate our future together."

— Elizabeth Sobol,
 President and CEO
 of Saratoga Performing Arts Center

of that revenue. The City Ballet, however, has been unabashed with its candor in sharing it will lose around \$8 million from its canceled spring season, alone

"SPAC has been New York City Ballet's summer home since 1966 and this will be the first time in more than 50 years that the Company will not be performing in the capital region, which is devastating for all of us," City Ballet Executive Director Katherine Brown shared in a statement. "However, the health and safety of our artists, staff, and audiences is our number one priority at this time, and we support SPAC's decision to cancel this summer's performances. All of us at New York City Ballet look forward to returning to SPAC next summer to perform for the wonderful

and loyal fans who come to see us each summer in one of the country's most beautiful performing arts venues."

The Philadelphia Orchestra, The City Ballet, SPAC — most of the arts world is asking for support.

The New York Racing Association announced earlier this year that it was preparing a race season in Saratoga without spectators in the grandstand. That plan has since been approved by the governor. Nonetheless, SPAC's canceled season still paints a silent summer for Saratoga.

"The future of SPAC is the future of Saratoga," Sobol stated. "It is impossible to imagine one without the other. Today we grieve this profound loss with you. But, hand in hand, we will reimagine and celebrate our future together."





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editors's pot playlist \$25.8

Let Me Get By Tedeschi Trucks Band

Smile *Florida Georgia Line*

Wasted On You

Cryin' Aerosmith

Witness Jocelyn and Chris Arndt

Well, I gave you like six weeks without a Tedeschi Truck Band song and that glorious time has come to an end. Also, "Smile" has been a tune I can't stop playing. It actually does make me smile. I wouldn't have survived this pandemic mentally without music. What a form of therapy it is.

— Katie Lembo

RECENTLY ANNOUNCED

Familiar voices join EQX lineup

Proft takes mid-day air slot for alternative radio station



Joy Proft, who worked for the independently owned radio station in the 90s, replaces Ryan Bushee as midday host. Proft was recently the station's weekend host and occasional fill-in replacement. Prior to her return to the Manchester-based station, Proft had pursued a career on the West Coast in the record industry. In addition to her on-air presence, she previously owned a clothing business in Manchester.

Proft started her stint as midday host on Monday, May 25. The move marks an exit for Bushee, who has served the radio station as both the midday host



and local music director. He will, however, continue to host EQXPosure, the station's long-running local music show that airs from 7 to 9 p.m. each Sunday

night.

EQX veteran Joel Marshall will slide into the vacant Saturday afternoon time slot. He has served the station under several different capacities throughout the sations 35year history.

Jason Keller will step in

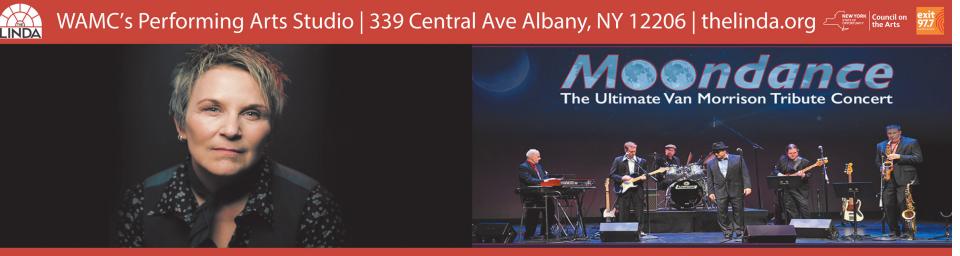
as host of the EQX Sunday Rewind segment. He will also continue to act as the station's evening rush hour host, and its production and imaging director.

Jeff Morad will continue to serve as the radio station's morning host.

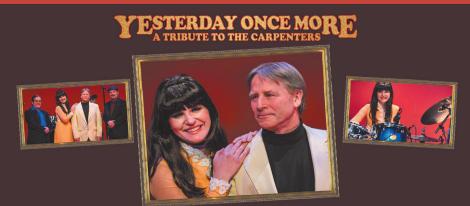
102.7 WEQX has been on-air since Nov. 14, 1984. The independently owned radio station broadcasts from a beautiful old house in Manchester, Vermont. At 50,000 watts, it is the strongest commercial FM radio signal in southern Vermont, reaching into upstate New York, Massachusetts and New Hampshire.

— Michael Hallisey

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

www.thespot518.com May 27 - June 2, 2020 | **the spot 518** B5



J. C. Penney Company, Inc.

RECENTLY ANNOUNCED

Blame it on corona

JCPenneys files bankruptcy, closing over 200 stores by 2022 in order to restructure debt

By MICHAEL HALLISEY

halliseym@spotlightnews.com

PLANO, Tex. — J. C. Penney Company, Inc. has filed for bankruptcy and will reportedly close more than 200 of its stores by

The department store chain announced Friday, May 15, that it had entered into a restructuring support agreement with lenders holding approximately 70 percent of the company's first lien debt. To orchestrate the reorganization plan, the company filed for Chapter 11 bankruptcy.

JCPenney CEO Jill Soltau said virus-related shutdowns across the country has created "a profoundly different new reality" for the American retail industry. This latest move, she said, is "to protect the safety of our associates and customers and the future of our company."

"The coronavirus pandemic has created unprecedented challenges for our families, our loved ones, our communities, and our country," Soltau shared in a statement.

The shutdowns forced JCPenney to furlough the majority of its 85,000 employees. A move that placed them in a lawsuit with cosmetic retailer Sephora, which provides an in-store boutique

experience for JCPenney shoppers. Though JCPenney furloughed employees allowing them to collect unemployment benefits, Sephora had not done the same in their stores. The latter viewed the move as a breach in contract. The two companies, however, settled their differences earlier this month.

JCPenney has approximately \$500 million in cash on hand as of the Chapter 11 filing date. The department store chain has received commitments for \$900 million in debtor-inpossession financing from its existing first lien lenders, which includes \$450 million of new money. The company will also explore additional opportunities to maximize value, including a third-party sale process.

The retail store has struggled over the years, competing against a paradigm shift in consumer behavior that has favored online shopping and bigbox discount stores. But, Soltau said her company's recent rebrand strategy was beginning to "pay off" when the pandemic struck the nation in March. The 118-year-old company had reported more than \$10 billion in net sales last year.

"While we had been working in parallel on options to strengthen our balance sheet and extend our financial runway, the closure of our stores due to the pandemic necessitated a more fulsome review to include the elimination of outstanding debt," she said.

The Texas-based company plans to close 192 stores by next February and another 50 in 2022. The chain has two storefronts in the Capital District, with one anchor store in Crossgates Mall and another at Clifton Park Center. The company has yet to announce the closure of specific locations.

Unemployment claims reached nearly 39 million across the nation last week according to the U.S. Labor Department.

J. C. Penney Company, Inc., one of the nation's largest apparel and home retailers, combines an expansive footprint of approximately 850 stores across the United States and Puerto Rico with a powerful e-commerce site, jcp.com, to deliver style and value for all hard-working American families. At every touchpoint, customers will discover stylish merchandise at incredible value from an extensive portfolio of private, exclusive and national brands. Reinforcing this shopping experience is the customer service and warrior spirit of nearly 85,000 associates across the globe, all driving toward the Company's mission to help customers find what they love for less time, money and effort. For additional information, please visit jcp.

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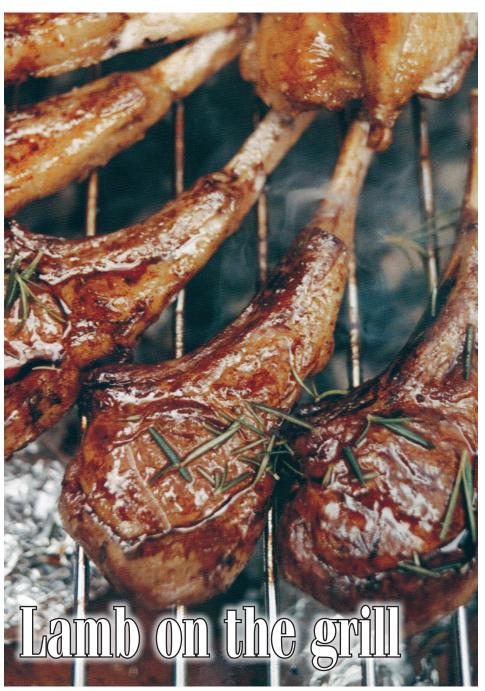
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FOOD & VINO

ombine your love for lamb with your love for grilling. This recipe for "Grilled Rosemary Lamb Chops" from Peggy Knickerbocker's "Simple Soirées: Seasonal Menus for Sensational Dinner Parties" (Stewart, Tabori & Chang) gives dinner hosts the opportunity to prepare the meal over an open flame, adding even more flavor to this beloved dish. The author says well-seasoned lamb is a can't-miss option. Plan for two chops per person and expand the recipe as needed.

Grilled Rosemary Lamb Chops

Ingredients: Serves 6

- 3 cloves garlic, minced
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 3 tablespoons fresh rosemary leaves, chopped
- 2 tablespoons extra-virgin olive oil
 Pinch of crushed red pepper flakes, optional
- 12 loin or rib lamb chops Rosemary sprigs for garnish

CLUES ACROSS
1. Common request

Instructions

Make the marinade: In a small bowl, whisk together all the marinade ingredients. Rub the marinade on the chops, and refrigerate for at least 30 minutes or overnight.

Prepare a fire and allow the coals to die down to a medium-hot temperature or preheat a gas grill to medium-high.

Cook the chops for 6 to 7 minutes per side, or until firm and resilient to the touch for medium, about 5 minutes per side for rare-pink. Make a slit into one of the chops to test for doneness to your liking, but take them off the grill while still slightly pink as they will continue to cook as they rest. Transfer them to a platter and serve with a rosemary sprig on top.



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65. Feels concern 66. Sportscaster Andrews 67. Subway dwellers 68. Astrological aspect 69. You may take one

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oman	CLUES DOWN 1. Swedish rock group 2. Serbian 3. Away from wind 4. Actor Oliver 5. Helps little firms 6. Intricately decorative 7. American state 8. Type of tumor 9. Midway between east and southeast 10. On a line at right angles to a ship's length 11. Fruit of the service tree
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	37. Gateway (Arabic) 38. Fundraising political group (abbr.) 40. Well-known 41. Satisfies
	43. ' death do us part 44. Jailhouse informant 46. French river 47. A cotton fabric with a satiny finish 49. Drenches 50. Clouds
	51. Companies need to make them 52. Created from seaweed 53. One's school: mater 54. A type of act 57. Member of Russian people
	58. Neutralizes alkalis 59. Monetary unit 61. Play a role 62. Midway between south and southeast
Answers	s on Pg. B13

HEALTH & FITNESS

These cursed days in the sun

How to be safe in the sun

relaxing day outdoors soaking up some of the sun's rays is how many people prefer to spend their free time when the weather allows.

While the very vision of a warm summer afternoon spent outdoors can invoke positive feelings, it's important that people take protective measures before going outside and continue to do so while they're out there.

According to the American Cancer Society, most skin cancers are the result of exposure to ultraviolet rays in sunlight.

UV rays are a type of radiation that do not have enough energy to penetrate deeply into the body. As a result, they primarily affect the skin. Overexposure to these rays can lead to skin cancer.



Protection from UV rays

The ACS notes that there are no safe UV rays, so it's imperative that people take UV protection seriously. The following are some of the many ways to protect yourself while still enjoying sunny days outdoors. • Go out at the right times of day. The ACS notes that UV rays are at their strongest in the middle of the day between the hours of 10 a.m. and 4 p.m., so staying inside during these hours can protect your skin. This is especially important in the spring and summer, as the ACS says UV rays

According to the American Cancer Society, most skin cancers are the result of exposure to ultraviolet rays in sunlight.

are stronger during these seasons than other times of year.

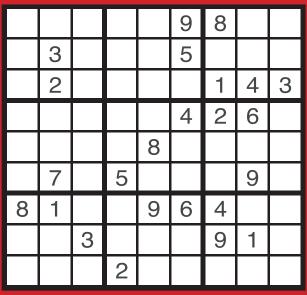
- Employ the shadow test when going outside. It may not seem especially scientific, but the shadow test is a simple way for anyone to gauge how strong UV rays from the sun are at any given moment. According to the ACS, if your shadow is shorter than you, that means the sun's rays are at their strongest. This simple test can help people immediately determine how strong the sun's rays are, compelling them to be extra cautious if necessary.
- Apply sunscreen early and reapply often. The ACS recommends using sunscreens with broad spectrum protection that protect the skin from both UVA and UVB rays, and applying them before leaving the house and reapplying often while outdoors. When choosing a sunscreen, choose one with a minimum sun protection factor, or SPF, of 30. Understanding

SPF can help people recognize the importance of reapplication. When an SPF 30 product is applied correctly, a person gets the equivalent of one minute of UVB ray exposure for each 30 minutes he or she spends in the sun. So one hour in the sun wearing SPF 30 sunscreen is the same as spending two minutes totally unprotected. Reapplying SPF 30 sunscreen often can ensure you are protected at all times.

• Wear a hat. Hats with a brim that is at least two to three inches all around protects vulnerable areas such as the eyes, forehead, nose, ears, and scalp. Choose a hat with a dark, non-reflective underside, as such a hat can lower the amount of UV rays that reach the face from reflective surfaces such as water.

Sun protection is important year-round, and especially so during spring and summer.





Answers on Pg. B13







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FAMILY

In pursuit of peace amidst Covid

By LAURA DAPOLITO

nippertown.com

eace is more than simply the absence of conflict and disturbance. It is the presence of tranquility, the feeling of calm that washes over you when everything feels just as it should be.

Being in a pandemic, Jim and I thought it might be the right time to go in search of our own little peace in the world. And while the backyard does create some peace for us, we hopped in the car to drive to Grafton's Peace Pagoda to see what it was all about.

The Grafton Peace Pagoda is a Japanese Buddhist temple of the Nipponzan Myohoji order, built on Mohican scared land. And while the indoor portions of the pagoda are closed to protect people from sharing COVID with one another, the grounds are open for wandering, meditating, and even some light nature walking.

If you are unfamiliar with the Peace Pagoda, it is a gorgeous site nestled nearby Grafton Park. Since the Japanese Nipponzan Myohoji order is not permitted to solicit money for any reason, the Pagoda was built entirely with donated labor, funds and materials. Many volunteers

contributed tens of thousands of hours of labor to complete the Pagoda. Recycled materials and tools also found new life during construction of the project.

As you approach the property, there is a small parking lot on the right, with little signs showing you the wandering nature path to the Pagoda. If walking in the woods is challenging for you, or you have physical obstacles, you can drive up a main driveway.

The sign announces a prayer for peace: Na-Mu-Myo-Ho-Ren-Ge-Kyo.

No dogs are allowed on the property, as it is a sanctuary for birds. So Jim decided I needed to go the path alone, as I was the one most seeking some tranquility. He would wait in the car with our two golden retrievers.

As I wandered up the nature path, I took note of the many stone monuments built along the way and listened to the singing birds overhead. A gentle breeze cooled my skin, and I found it impossible not to be grounded in my senses. The fresh mossy smell of the forest surrounded me, and while I knew I wasn't far from my car and civilization, for a brief moment my mind was completely centered in the here and now of the cool wooded grove. I struggled to remember the chant for peace I had just read, and was instead immersed

in my surroundings. Even wearing my face mask out of courtesy should I meet other peace seekers along the way, I could taste the pollen on the air and earthy smell to the woods.

At the crest of the stone and rooted path, I saw the dome shaped pagoda, much larger than I expected, shadowing over me. I had to pause, not just due to the steep last climb, but a bit in awe.

Peace Pagodas are a symbol of non-violence dating as far back as 2000 years ago. During that time, the Emperor Ashoka of India, a notoriously bloody warlord, was approached after a particularly wretched battle by a Buddhist Monk who admonished him for his wrong doings. From that time on, Ashoka became a became a fervent believer in Buddhism. After his conversion, he gave up his warlike ways and began erecting Peace Pagodas.

This pagoda was built over the course of 8 years, completed in 1993. Its white walls and blue steps seemed to float into the sky, as the day was gray and I struggled to distinguish the lines of the building.

I wandered the property for a while, discovering quiet corners to rest, ponds to ponder, and statues erected to remind us of the Japanese Buddhist nun, Jun Yasuda, who walked to raise awareness of the need

for peace for our Native Americans.

Pagodas are empty inside, which is something to consider when looking at the domed top. I found my breath deeper considering the space the peace pagoda had carved out in the woods for us to hold for tranquility. Although it is closed, I walked the circles around it, following the story of the pagoda.

When I came back down the hill, stopping to photograph some daffodils for my mother only briefly, I found Jim in the car with the dogs waiting patiently for me. He quickly asked with a smile, "Did you find the pagoda? Did you find what you were looking for?"

I showed him the pictures, and we both sighed in delight to bring this back to you. And the peace back to ourselves as we traveled back to Nippertown, carrying the loving and kind vibe of the Grafton Peace Pagoda with us.

There is only one other Peace Pagoda at present in the United States. It is near Leverett, MA (close to Amherst). A third is being built in the mountains of Tennessee. The Grafton Peace Pagoda is a wonder being so close to home, and such a gift and gentle reminder to us all to treat others with gentle kindness.

This feature appears as a special from Nippertown.com



ARIES - MAR 21/APR 20

Something is stirring in your life, but you can't zero in on what needs to get done at this point in time, Aries. But you will get your focus and be able to zero in on the tasks at hand.

TAURUS - APR 21/MAY 21

A conflict between your personal values and those of a larger group may not make you popular with everyone, Taurus. That is alright, as you need to stick to your beliefs and feelings.

GEMINI - MAY 22/JUN 21

Hold your tongue when others ask for your opinion this week, Gemini. You may not be able to take things back once the words are said. Bow out graciously instead.

CANCER - JUN 22/JUL 22

Cancer, do not feel bad about caring for yourself this week, even if you must put your needs above the needs of others. How can you help others without first helping yourself?

LEO - JUL 23/AUG 23

It is okay to be skeptical from time to time, Leo. Just do not let negative perceptions bog you down. Realize there are moments when things are right and you can forge ahead.

VIRGO - AUG 24/SEPT 22

Virgo, you may have an idea of what your relationship should look like, but it may be built on unreasonable perceptions. Get to the heart of your partner this week.

LIBRA - SEPT 23/OCT 23

Libra, it may take a leap of faith to get to the next level in your career. Instead of taking the safe path, you might need to change things up a bit to ensure action.

SCORPIO - OCT 24/NOV 22

A project that once inspired you, Scorpio, may no longer seem worthy of your time. You're not fickle; you just want to maximize productivity. Something new will turn up.

May 2020 Week 4

SAGITTARIUS - NOV 23/DEC 21

Love isn't always easy, Sagittarius. Oftentimes you have to work at it to make it stronger. If you're willing to put in the effort, you will reap the rewards.

CAPRICORN - DEC 22/JAN 20

Clear and concise conversations will compel others to see your side of the story, Capricorn. You will probably gain a few extra supporters in the process.

AQUARIUS - JAN 21/FEB 18

This week you will get a chance to express your values in a new way, Aquarius. Convey your feelings with gusto so that you can get the message out to as many people as possible

PISCES - FEB 19/MAR 20

How you are feeling inside may be at odds with the way you are portraying yourself on the outside. You don't always have to hide feelings, Pisces.

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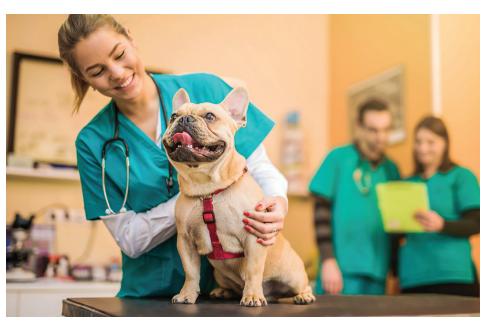
FAMILY

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Veterinary technicians are like nurses for animals

urses are members of the medical community. While it is easy to think of nurses in the traditional health care setting — administering to adults and children in need — nursing disciplines extend beyond human health care. Veterinary technicians, who are petitioning to change their title to veterinary nurses, care for animals in much the same way that nurses care for people.

In 2015, the National Association of Veterinary Technicians in America initiated a conversation about changing the title of veterinary technicians to "veterinary nurse" and establishing a national licensure process similar



to that used for registered nurses. As of 2018, 12 states did not specify duties that veterinary technicians can perform. Many states certify, register or license vet techs, while others do not recognize them at all. This can make it challenging for veterinary technicians, who are highly educated, credentialed and skilled,

to find consistent work and earn the recognition they deserve. According to Ginny Nystrom, president of the Tennessee Veterinary Technicians Association, vet techs "dedicate themselves to assisting animals and society by providing care and service for animals, alleviating suffering, and promoting public health." Nystrom attests that vet techs are to animals what traditional nurses are to people.

The animal welfare resource Vetstreet says that vet techs play a vital role in the well-being of pets. Vet techs' responsibilities vary, and their responsibilities require dedication and compassion. Vet techs can draw blood, place catheters, assist in surgery, manage anesthesia, and administer medications. Vet techs are not allowed to prescribe medications, make diagnoses or perform surgeries.

Vet techs work in private veterinary offices, animal hospitals, zoos, and labs. According to the United States Bureau of Labor Statistics, the demand for veterinary nurses was expected to increase by 52 percent between the years 2010 and 2020.

Vet techs require the right educational background and credentials. Credentials vary depending on where a person lives, but generally speaking a candidate must be 18 years of age or older. One typically enrolls in an accredited veterinary technology training program recognized and approved by the American Veterinary Medical
Association. In Canada, a
person may need to have a
secondary school diploma
with prerequisite courses in
English, biology, chemistry,
and mathematics. He
or she should complete
a two-year program in
animal health technology,
accredited by the Canadian
Veterinary Medical
Association.

Vet techs may be required to pass an exam before they can work. Onthe-job volunteer hours can additionally provide a potential vet tech with invaluable experience and also may be a component of licensure.

Veterinary techs provide care to animals much in the same way nurses tend to the human population, showcasing not only their intellect but also their compassion.

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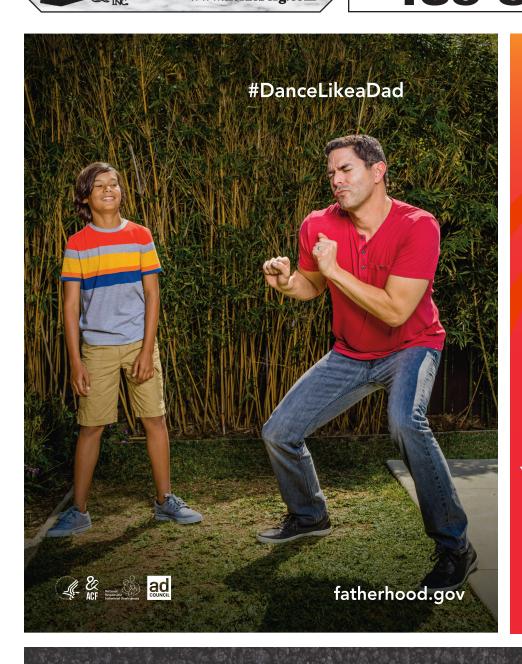
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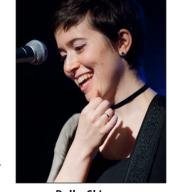
LOCAL MUSIC

Grammys attached to latest releases

Belle-Skinner

Before the apocalypse overtook our lives, Belle-Skinner would split her time between performing here and in New York City.

The latter is where we find Belle-Skinner performing in her latest video for "Big City Blues" set in what she called "the underbelly and rooftops" of Gotham "pre-coronavirus." The track is off of her debut



Belle-Skinner

album "Violets," and she said she wrote the song while she was feeling "trapped in the city."

"I wrote this when I was feeling trapped in the city, and was dreaming of a better life somewhere else," she said. "With time I realized that it wasn't the place or the situation I was in, but my own attitude and perspective that were the problem."

Directed by Shlomo Franklin, the video captures Belle-Skinner in black and white predominantly as she walks about an underground subway station in Lower Manhattan. She said the song is meant to capture the spirit of the city, where everyone is focused on obtaining a better life for themselves.

"With time, the meaning of the song changed for me; and became something beyond the literal scope of a city or location or situation - it became a metaphor for life itself," she said. "We all have that 'window with a view,' that dream of 'someday' — for some it means that peaceful release from life to the one beyond. Right now for most of us it's the dream of a future where we can feel freedom and see our friends and loved ones again without fear."

"Big City Blues" was engineered by Jason Brown Starling Studios. The song features Eric Margan playing cello, bass and flute. Margan also mixed and co-produced the music. The song also features Jon Freeman on violin. Music was mastered by Grammy award-winning engineer Alan Douches at West West Side Music.

"Violets" drops on Tuesday, May 26. You can purchase the album at https://belle-skinner.bandcamp.com/album/violets

Michael Daugherty, Dogs of Desire

Naxos Records recently released "This Land Sings: Inspired by the Life and Times of Woody Guthrie," the world-premiere recording of multi-Grammy Award-winning composer Michael Daugherty's musical tribute to the singer-songwriter and political activist Woody Guthrie.

The album features performances by the Albany Symphony's new music



Daugherty, Miller

ensemble Dogs of Desire led by Grammy Award-winning conductor David Alan Miller, with vocal soloists, soprano Annika Socolofsky and baritone John Daugherty. For this release, Daugherty collaborated with Grammy Award-winning producer Silas Brown, to create a recording which re-creates a vintage Capital Records 1950s soundscape.

"Traveling America from coast to coast with his acoustic guitar and harmonica, Woody Guthrie performed folk songs of love, wandering and social justice, including his famous anthem 'This Land Is Your Land,' at Workers Union gatherings, on radio stations and street corners, and in farm fields and concert halls during the Great Depression and the Second World War," Daugherty wrote in his introduction to the album.

To prepare for his musical tribute to this "Dust Bowl troubadour," Daugherty drove for several weeks along the dusty backroads of Oklahoma and Texas where Guthrie once roamed, while listening to just about everything the singer-songwriter recorded. The composer also spent time at the Woody Guthrie Center in Tulsa, Oklahoma, researching his life and wide-ranging artistic output.

After returning to his studio in Ann Arbor, Michigan, Daugherty began to compose original songs and instrumental interludes inspired both by Guthrie and his recent travels through Oklahoma and Texas. He eventually structured the work into seventeen vocal and instrumental numbers.

To purchase, visit naxos.com/feature/This-Land-Sings. asp.

Continues on page B14

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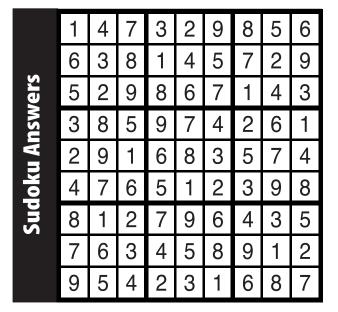
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From page B12 ...

New music

Haunted Cat

Haunted Cat is a four-piece, electro-glam proto-punk band out of the Capital District — and that's a genre worthy of a listen.

The quartet just dropped its second album, "Third Degree Moonburns." It's a project they've been working on since the summer of 2018, and It's a fun ride. There are some recognizable influences from both the glam and punk rock movements of the 70s. For example, you can hear a touch of Brian May as a guitar opens for the third song, "Cartoon Queen." But, I think the band's own description is telling of the kind of atmosphere you can expect as you sit down to listen.

"The album is an ambitious maelstrom of seemingly contradictory extremes, a pendulum that swings from brutal vengeance to most-likely sincere messages of positive living; punishing portraits of comeuppance to fantasies of great and horrifying wealth. Packed with triumphant horn sections, ominous ragtime piano, spaghetti western disco morality tales, screaming guitars, soaring power ballads for the karaokephiles, and other bloody nose fun house horrors, the sprawling saga also finds time to make peace with Tchaikovsky and war with

Dale Carnegie."

To purchase the album, visit https://hauntedcat.bandcamp.com/.

The Erotics

The Erotics has been keeping it dirty with its stylings of "straightforward" rock and roll since 1997. That was when the Albany quartet dropped "Born to Destroy," and they haven't looked back since.

With their sleazy antics of straightforward rock & roll, The Erotics bring forth their lyrical dealings of drinking, drugs, and all other arrays of political incorrectness. The Dead Boys, Johnny Thunders and Alice Cooper are the primary inspirations of this band.

"Head of the Low Class" is the band's latest single off of a new album set to release in July. It's a live recording, which is only evident at the sound of applause from a pleased crowd at the end of the song. Musically, it remains true to the hard rocking troupes that influenced them from the start.

More than 20 years removed for it's debut album, The Erotics don't show any sign of slowing down. The new album is a follow-up "The Songs

The Erotics

The Line of the Control of the Control

Remain Deranged," another full-length album released just last year. Visit the band's ReverNation page for more.







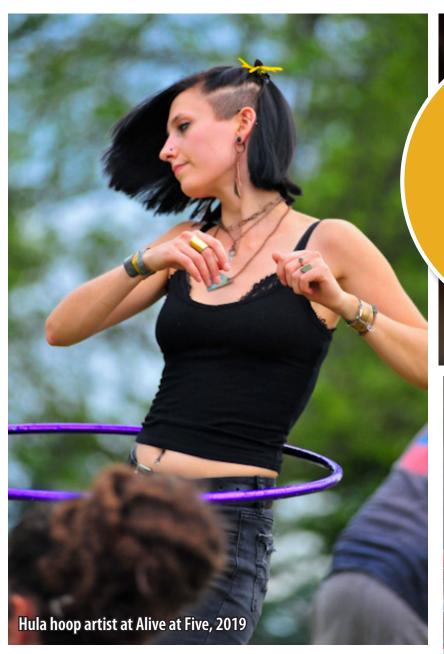








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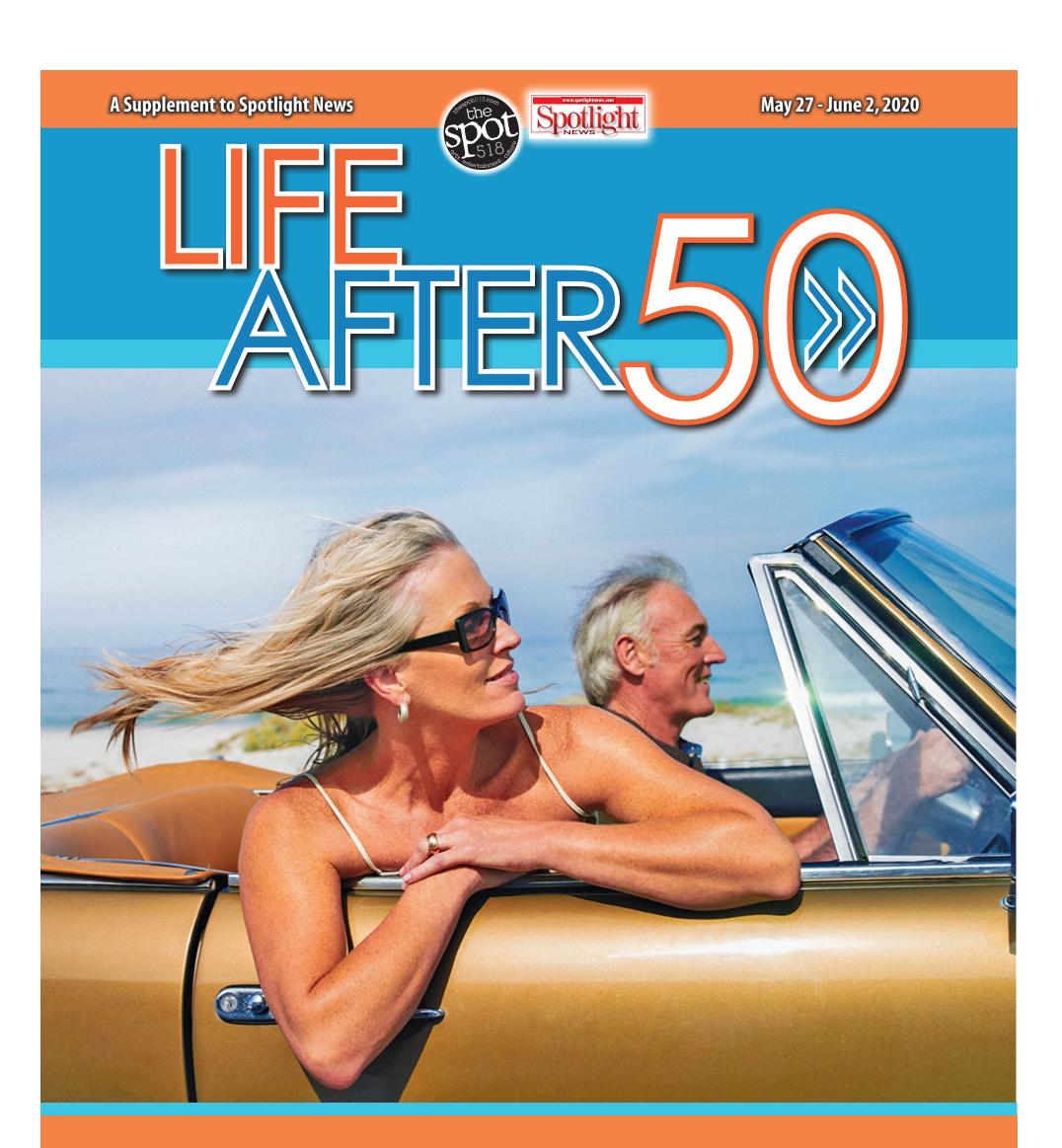




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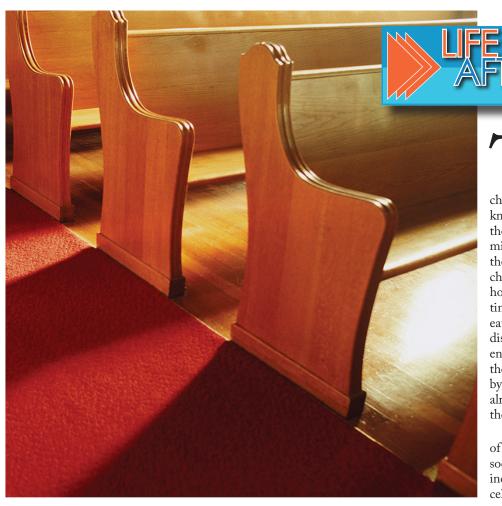
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Health be with you

How religous organizations are confronting social distancing



he outbreak of the novel coronavirus COVID-19 changed life as people know it. In the wake of the outbreak, hundreds of millions of people across the globe were forced to change how they work, how they spend their free time and even how they eat their meals as social distancing measures were enacted in an effort to stop the spread of a virus that, by late-March 2020, had already claimed the lives of thousands of people.

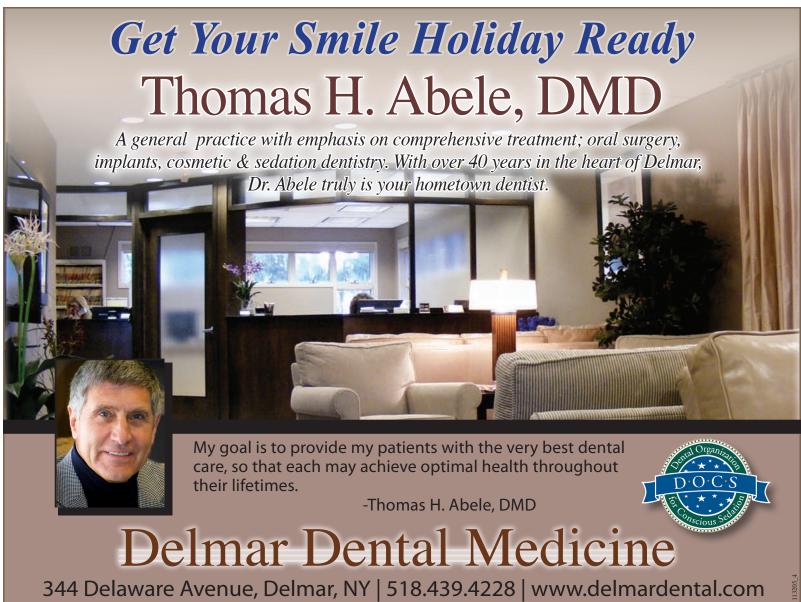
Seemingly no aspect of life was unaffected by social distancing measures, including how people celebrate their faith.

To prevent the spread of COVID-19, many religious organizations were forced to reconsider how they interact with their congregants. For example, in recognition of changes within the religious realm prompted by the COVID-19 outbreak, the United Synagogue of Conservative Judaism provided a free list of tools and resources (www.uscj. org/synagogue-resources) to help synagogues operate more effectively. Similarly, in accordance with an executive order from New York Governor Andrew Cuomo limiting social gatherings, the Roman Catholic Diocese of Albany canceled all public liturgies, but also announced measures to livestream Masses and even provided a schedule of those masses through its website (www. rcda.org/livemass).

Livestream religious services allow people of faith to continue to

celebrate their faith. Such services also provide access to non-members who might nonetheless be looking for guidance during a time that is unlike any many people alive today have ever experienced. The uplifting messages offered at religious services can help people confront and overcome feelings like depression and anxiety, which the American Psychological Association notes researchers have linked to social distancing. Being part of a community, even if that community is operating exclusively online, can provide a lift to those struggling with the potentially isolating consequences of social distancing.

People interested in engaging in faith-based services and programs while social distancing are urged to contact a local religious organization to see how it is providing spiritual guidance during this unique time.





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— Michael Hallisey



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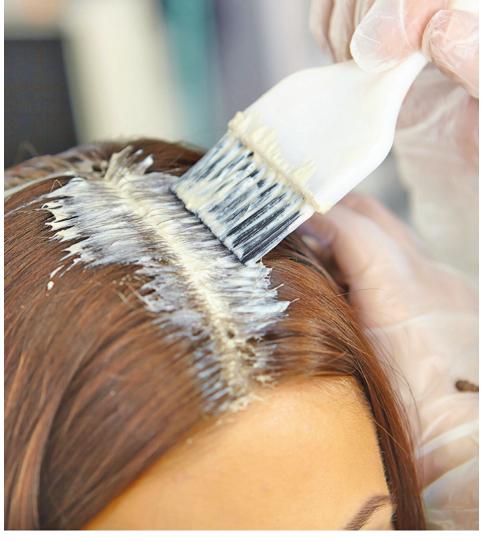
How I miss my hairdresser

Hair color tips and tricks

air coloring serves various purposes. Some women use differently hued tresses to make dramatic statements, while others want to conceal some gray hairs. Still, some appreciate how hair color can plump up hair follicles and contribute to fullness.

The experts at Good Housekeeping say roughly 43 million women in the United States have dyed their hair in the past six months. A survey from the haircare products manufacturer John Frieda Canada found 58 percent of Canadian women regularly color their hair as well.

Many women take to the at-home color kits or the salon every three weeks or more to keep locks looking ideal. According to Fash, a company that connects millions of customers to the best local professionals, salon coloring and highlights cost between \$60 and \$150



on average. Boxed color kits can cost anywhere from \$6 to \$15.

With so much coloring going on, it can be helpful to learn the basics and some coloring tips and techniques to improve the appearance and health of your hair.

- Color results will vary from the box model. Athome color kits only reflect the color on the box if you have never before dyed your hair and if your hair is lighter than the color on the box. Hair that has already been dyed may turn up a different shade.
- Beware of "hot roots." People who regularly touch up their hair to combat roots or new gray growth may end up with "hot roots." This happens when the scalp glows brighter and reflects a warmer tone than the rest of the hair since it is virgin hair and reacts differently to the lift and deposit of color. In general, using a color that's the same level or darker than existing color-treated hair can help women avoid hot roots.
 - Save major color

changes for the salon. One of the biggest mistakes people who dye their hair at home make is trying a dramatic transition on their own. Celebrity colorist Kari Hill advises women to stay within two shades, lighter or darker, of their current color when dabbling at home. More dramatic shifts require multiple processes that are best left to professional colorists.

- Try a balayage technique. Many women extend time between salon visits by investing in balayage instead of traditional highlights. This technique does not usually go all the way to the root of the hair, making it appear more natural as hair grows out. Ombre techniques also can help camouflage root growth.
- Invest in a sulfatefree shampoo. After dying, sulfate-free products can help extend the life of the color.

Many women color their hair. Learning the right techniques and employing some helpful hints can improve the end result.



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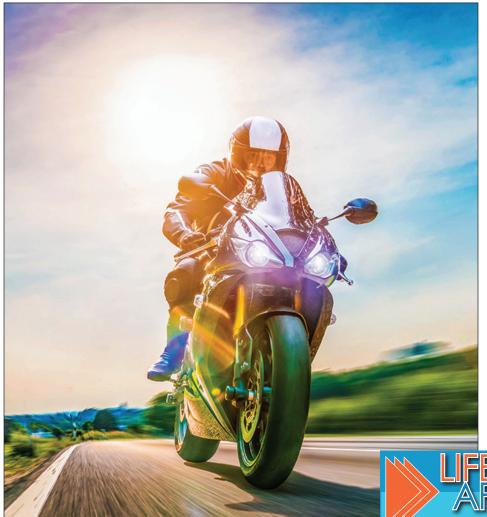
Freedom on the open road

How motorcycle riders can stay safe

arm weather and road trips often go hand-in-hand, and spring and summer are prime seasons for motorcycle riders to get out on the highway.

Motorcycle riders are at an extreme disadvantage when sharing the road with cars and trucks. In the event of a collision, motorcycle riders can be seriously injured and are far less protected than those in a car or truck. The latest data indicates motorcyclists are about 28 times as likely as passenger car occupants to die in a motor vehicle crash, states the National Highway Traffic Safety Administration.

Motorcycle riders face greater hazards from debris on the road or other road conditions. Despite all this, the NHTSA says the number of motorcyclists killed in



crashes dropped to 4,985 in 2018, marking an almost 5 percent decrease from their most recent study on motor-cycling fatalities. Continuing to be safe, and educating oneself about motorcycle safety — whether you are a rider or someone sharing the road — can continue to keep injuries and accidents low.

• Wear protective gear. The NHTSA says the right helmet can mean the difference between life and death. From shape to style to fit, riders can work with helmet companies and outfitters to find the right helmet for them. Long pants, eye protection, riding gloves, and a waterproof jacket also make for effective and protective gear.

• Take a class. Novices would be wise to enroll in classes to go over motorcycling basics and safety guidelines that can keep them alive and well on the

road. Check with your local motor vehicle commission or driving schools about classes that may be available.

• Avoid blind spots. Motorcycles are difficult to see on the road. Try to stay out of vehicles' blind spots as much as possible and maintain safe distances between your bike and others on the road.

• Make yourself visible. Wear something bright or use reflective or nylon tape and mesh to make yourself more visible to fellow motorists.

• Never ride tired or intoxicated. Fatigue and/ or alcohol reduces reaction time and could find you making costly mistakes that put your life in danger.

• Share the road responsibly. Drivers of cars and trucks need to be diligent in keeping their eyes and ears open for motorcycle riders, allowing them a wide berth.

Motorcyclists will be taking to the roads in increasing numbers, and safety should be their top priority.

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Beneath the COVID headlines

Big changes to Long-Term Care

By DAVID A. KUBIKIAN, Esq. herzog law firm

etting old is not easy. Not now, not ever (but

especially not

now)

Our World, Country, State, County and Community have been dealing with the ramifications of the COVID-19 virus. Besides the fact that the virus tends to negatively impact the elderly and immune-deficient, the virus has wreaked havoc on the ability for our needy seniors to receive long term care. This impact has ranged from lock-downs of assisted living and nursing homes to making it much harder for home healthcare aids to reach their clients who so badly need the assistance. As if this immediate impact of COVID was not bad enough, the economic impact to our society at-large has and will prove more



devastating to the long-term care landscape.

Even before COVID, Medicaid, which is the largest payer for long-term care services, had been under attack. In New York in particular, the Governor had created a Medicaid Redesign Team tasked with finding ways to make the Medicaid Program more efficient. Translated, the real question was, "Where could money be saved?"

After months of suggestions and proposals, last month, the New York State legislature passed a budget implementing some of the suggestions made by the redesign team. The result is one that changes the long-term care landscape entirely.

Historically, there have been two parts to Medicaid's long-term care coverage: Care in a Nursing Home (Custodial Medicaid) and Care at Home (Community Medicaid). For Custodial Medicaid, we have become quite accustomed to the "Five-Year Lookback Period" and the imperative

that you need to plan ahead of time for the possibility of a nursing home need later in life.

However, for Community Medicaid and the ability to receive long-term care services in your home, apartment, senior living community or even your daughter's home, there has been no look back period. Where there is no look-back period, it quite literally means that financial qualification for long-term care help can be achieved in a few days, not five years.

The new New York State budget does away with this last-second planning luxury. Starting October 1, 2020, applications for Medicaid coverage for long-term care assistance at 'home' will require 30 months of documentation and implementation of a two-and-ahalf-year look-back. This change will simultaneously make qualifying for home care services harder while also making the importance of planning ahead that much more so.

The change will also have the impact of increasing the number of Medicaid application filings seeking home care between now and October 1st as currently, there is no look-back period.

In addition to the new look-back, the Community Medicaid changes include making it harder (from a need standpoint) to qualify for services in that unless there are diagnosed cognitive impairments, those seeking Community Medicaid will need help with three activities of daily living whether they be transporting, toileting, bathing, eating, or other activites.

Such changes during normal times would result in a confusing and stressful time for the long-term care needy, especially between now and October 1st. Such a change during COVID has resulted in something different: a lack of awareness.

It is important to contact your elder law attorney to discuss how these changes will impact you and your family.

Those first steps towards a new path

How to embrace retirement

etirement is on the horizon for a significant number of people. Around 10,000 people retire each day in the United States, according to a study by Merrill Lynch and Age Wave, a consultancy studying the cultural and economic impacts of aging. But many soon-to-be retirees are not fully prepared for life after their work life ends. Shedding new light on this next chapter can make retirement something to look forward to even more.

How retired are you?

Retirement may no longer mean what it once did. Some retirees remove themselves entirely from the active employment market, while others prefer to keep at least one toe in the professional water. Some retirees change fields and do part-time work. Others may volunteer their time without getting paid. Still, some choose to use retirement as an opportunity to spearhead a new business venture that may not have been possible beforehand. Retirees should reflect on their goals, as well as their finances, and make plans accordingly.

Don't neglect health care

Retiring may involve finding health insurance and preparing for other types of health care later in life. The U.S. Census Bureau says that employment-based insur-

ance covered 55.4 percent of the population in 2015, the most recent years for figures, followed by Medicaid (19.5 percent) and Medicare (16 percent). Residents of other countries may be covered by government standardized health programs. It pays to know the rules of each plan to avoid unnecessary expenses that can eat into retirement dollars. For those Americans who will be relying solely on Medicare, find a counselor who can spell out the intricacies of the plan, or use the free tool on Medicare.gov.

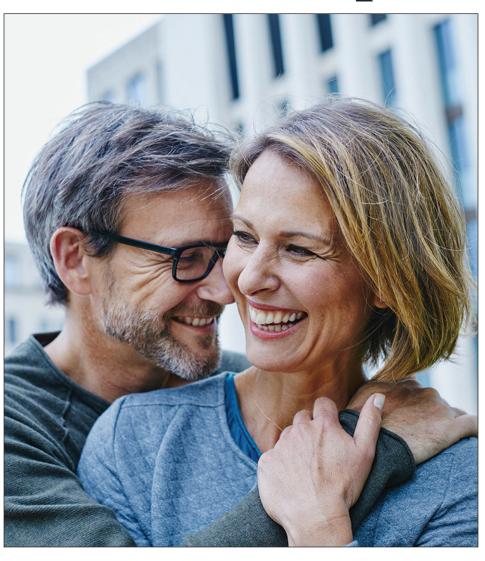
Retirement is a beginning

Quite often soon-to-be retirees focus on the end of a career or the end of a stage in life without putting enough focus on the possibilities ahead. This is a prime time to find a new social network, travel, join a ministry, and much more.

Choose your living space

Retirement can be an opportunity to shed an old skin and try on a new one — especially as it pertains to housing. There are options to downsize for empty-nesters or even to secure resources to "age in place." According to United Income, a money management service, retirees should try out particular scenarios and locations prior to jumping in. Rent in a particular neighborhood, or house sit and try things on for size. Airbnb and other types of services can make this trial easy.

A new outlook on retirement can open up a world of opportunities.



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Post-intensive care syndrome

Why patients may face issues after recovery

cancer diagnosis can be a life-changing moment marked by uncertainty. As patients and their families prepare for treatment, they may not know what to expect, though it's important to remember that the five-year survival rates for many types of cancer have risen dramatically over the last several decades.

A remission or recovery from cancer can bring about great happiness and relief. However, for some people, it may be the beginning of another set of hurdles, particularly if treatment involved time spent in intensive care.

According to the Cleveland Clinic, anyone who survives a critical illness that warranted admission to an intensive care unit may be susceptible to a condition called post-intensive care



syndrome, or PICS. PICS is a series of physical, mental and emotional symptoms that persist after a patient leaves the ICU. Medical professionals have recently begun to delve further into tracking patients and their recoveries, especially longterm outcomes of survivors of critical illnesses. The Cleveland Clinic says that, even as the rate of ICU survival has improved, patients do not always return to their previous levels of function, noting it can take anywhere from weeks to even years to get back to normal.

The Society of Critical Care Medicine offers that PICS symptoms can include thoughts or feelings that affect emotional well-being and ICU-acquired muscle weakness. The SCCM says 33 percent of patients on ventilators, 50 percent of all patients admitted with severe sepsis and up to 50 percent of patients who stay in the ICU for at least one week will experience PICS.

Some with PICS may have memory issues, trouble solving problems, issues speaking, and difficulties working on complex tasks. Anywhere from 30 to 80 percent of those who have been in the ICU may experience these kinds of problems. The health resource After the ICU states that PICS can contribute to mental health issues, including anxiety, depression, post-traumatic stress disorder, and nightmares/trouble sleeping.

Health professionals believe that PICS occurs due to the intense, often stressful level of treatment in the ICU. The Cleveland Clinic says the use of lifesustaining equipment as well as medicines geared toward managing pain that can cause sedation or other mind-altering effects may result in PICS. Doctors will use various cognitive impairment screening tests and physical diagnoses to uncover any physical, mental and cognitive issues associated with PICS.

Individuals or caregivers who recognize symptoms should discuss them with their physicians.

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A better chance to beat cancer

A blood test may detect cancer?

ancer diagnoses are often made only after patients self-report symptoms to their general practitioners. But what if there was a way to test the average person to see if cancer might be lurking? Such a test may uncover tumors when they would be most

treatable. According to the "Circulating Cell-Free Genome Atlas" study, published in Annals of Oncology, a novel blood test accurately detected more than 50 types of cancer with a specificity of 99.3 percent. Researchers behind the study say the test uses targeted methylation analysis of circulating cell-free DNA to look for chemical changes to bits of genetic code that leak from tumors into the bloodstream.

Researchers from the Dana-Farber Cancer Institute and Harvard Medical



School, in conjunction with colleagues from The Francis Crick Institute and University College London, tested more than 4,000 samples

A novel blood test accurately detected more than 50 types of cancer with a specificity of 99.3 percent.

from patients, some of which had cancer and others that did not. Cancers of the bowel, lung and ovaries, as well as more than 50 other cancers, were included in the study. Data indicates that, in 96 percent of the samples, the test accurately detected the type of cancer.

"This blood test seems to have all the features needed to be used on population scale, as a multi-cancer screening test," said professor Geoff Oxnard, a lead researcher on the study.

Doctors advise that the ability to detect multiple deadly cancers in a single test with a relatively low false-positive rate can be essential for prompt diagnosis and treatment. It also may be a method to screen at-risk populations. Early detection also can lead to better treatment outcomes due to prompt treatment and/or reduce treatment morbidity.

This type of test is still in its infancy, and will need to go through rigorous clinical studies to fully understand test performance and potential. However, there is hope that this will soon be a viable option and that broad blood-based cancer detection will become the new normal.







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Keeping germs at bay

How to avoid spreading illnesses at home

amily companionship invaluable. Spending time together with loved ones is an important component of daily life. However, when an illness affects one person of the household, that highly coveted closeness can put others at risk.

Infectious diseases are equal opportunity hitchhikers. Should a person be waylaid by influenza, strep throat, mono-

nucleosis, or COVID-19, casual contact may be all it takes to pass the illness to someone else. The Centers for Disease Control and Prevention says that CO-VID-19 is primarily spread from person-to-person among people who are in close contact with one another (within about six feet). Respiratory droplets produced when an infected person coughs or sneezes can land in the mouths or

noses of people nearby or possibly be inhaled through the lungs. Other viruses and bacteria spread from contact with contaminated surfaces or objects and then touching one's own mouth, nose or possibly the eyes.

Keeping household members safe when one

person is ill can be challenging, but it is possible. These steps can help keep everyone in a household safe, particularly from virulent diseases.

• Wash your hands. This is the most effective way to prevent the spread of germs. As frequently as possible, wash your hands, but especially after touch-

• Disinfect surfaces. Target areas that are frequently touched by all members of the household. Such surfaces include doorknobs, stairway railings, bathroom and kitchen faucets, the refrigerator door, light switches, and cabinet knobs. Make sure to keep

> the disinfectant visibly wet on the surface for the "dwell time" recommended on the label instructions to fully kill the germs.

- Consider color coding. Use microfiber cloths, which don't harbor germs like porous sponges do, with different colors for cleaning each room of the house to prevent the spread of germs from one area to another.
- Keep your distance. Sick individuals should stay away from others as much

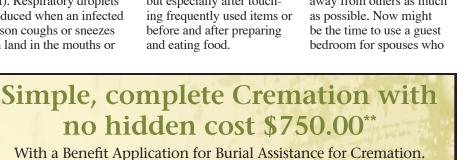


normally share a bed. Designate a separate bathroom for healthy individuals. Do not touch hands, hug or kiss others while you are ill. Kaiser Foundation Health Plans also suggests hygiene techniques like coughing or sneezing into a tissue or sleeve to trap the virus.

• Use personal bath towels. Do not share towels and linens with others while sick. Now is the time for a personal bath towel or bathrobe for showering and drying hands, offers Meridian Health.

It can be difficult to avoid spreading disease when one member of a household is sick. But with proper hygiene and diligence, illnesses can be contained.

There are several steps you can take to help keep everyone in a household safe, particularly from virulent diseases.



Stephen Meyers, director & locally owned

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- 1. Your loved one has to reside in Albany Co. & be absolved of most all assets for Albany County assistance at the time
- 2. Call the funeral home 518-459-0044 for the Albany County application for funeral assistance & the vital form for the death certificate. (both can be filled out ahead of time)

When death occurs, call the funeral home for appointment. You must make a payment of \$750 or \$1235.00, (cremation with memorial service at the funeral home), complete and bring in the vital form and the Albany County Application for Burial Assistance form. We will mail it in for you to 162 Washington Ave., Albany, NY. The cremation can then take place. **Cash Advances for the crematory fee: I, Stephen Meyers, am willing to gamble that your application is approved for that cost not including death certificate,

Cremationfuneralservice.com

Other County Assistance Programs available (I work with all surrounding counties including State of MA, Berkshire Co. & State of VT, Bennington Co.) *excluding Saratoga Co.

741 Delaware Avenue, Delmar

Cremation Funeral Service | 518-459-0044





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. With Family Now, readers will find all the great columns and features they already enjoy every month, plus so much more

> To advertise, please call Denice Mau at 518-439-4940 or email maud@spotlightnews.com.

 Spotlight News / The Spot 518
 May 27 - June 2, 2020 | LIFE AFTER 50 11

True or False?

Exposing myths about ultraviolet light

ltraviolet light is all around us. UV light is a type of electromagnetic radiation that does anything from causing sunburns to making black-light posters glow. The sun is a notable source of ultraviolet radiation, but lamps and some items like arc welding torches also can transmit it.

UV rays fall in the middle of other types of radiation, ranging from very high-energy like X-rays and gamma rays to low-energy radiation, such as radio waves. UV rays are divided into three main groups: UVA rays, UVB rays and UVC rays, advises the American Cancer Society. Even though UV rays are so common, many people remain unaware of the dangers associated with UV exposure.

True or False: Age makes people more vulnerable to UV exposure and damage to the eyes and skin.

True. The Canadian Association of Optometrists says an estimated 50 percent of lifetime exposure to UV rays occurs before age 18. This is because youngsters tend to spend more time outdoors, have larger pupils, have clearer lenses, and are less likely to wear sunglasses or hats.

True or False: All UV rays are equally damaging.

False. UVA rays are the least powerful, but have the potential to cause premature skin damage and increase the risk of certain eye conditions. UVB rays are more damaging because they give off more energy and are responsible for most skin cancers. UVC rays do not penetrate the atmosphere, so they are not often linked to eye damage, wrinkles or skin cancer.

True or False: A base tan is healthy.

False. No tan is healthy or safe, advises Hackensack Meridian Health system. A

sunburn and a suntan are the body's response to cellular DNA damage from UV radiation. A base tan cannot prevent sunburn.

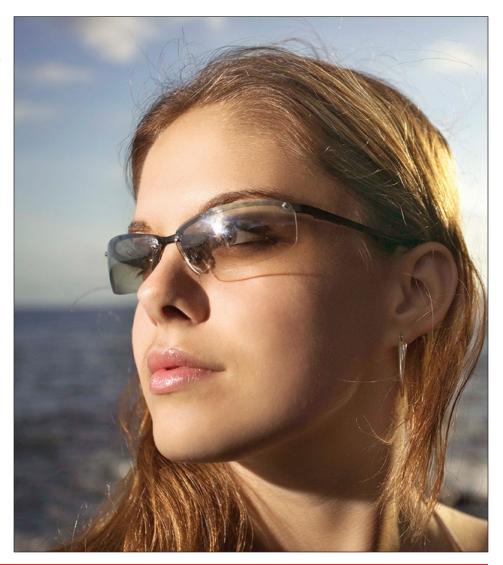
True or False: Tanning from the sun and tanning beds are equally damaging.

True. There is no such thing as safe tanning, whether from a tanning bed, a sun lamp or the sun itself. The American Academy of Dermatology says just one indoor tanning session can increase one's risk of developing skin cancer.

True or False: The eyes are most exposed to UV radiation in early morning and late afternoon.

True. Unlike the skin, which is most susceptible to UV rays between 10 a.m. and 4 p.m., for the eyes the damage occurs early or late in the day.

Get the facts about UV exposure to stay safe all year long.



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Hearing is "Essential"

"Blindness cuts us off from things, but **deafness** cuts us off from people." Helen Keller

- 95% + Success Rate at our practice for those who wear aids regularly
- Healthy hearing keeps people in step with life
- Background noise effect can be dramatically reduced
- Speech Clarity is now attainable
- See the "linear" relationship between Alzheimer's/Dementia and Hearing: https://www.nytimes.com/2020/02/20/magazine hearing-loss-dementia-alzheimers.html
- ♥ M.I.S.S.: A Must for Intellectual, Socialization & Stimulation
- Good hearing restores enjoyment to relationships.
- Hearing and safety are hand-in-glove.
- "Hearing Loss Fatigue" could be reduced or eliminated. (Hearing loss requires effort and energy.)
- We dispense the exact same technology as the Mayo Clinic.

Now, about our philosophy:

"30 Years - Not 30 Chairs"

We don't have dozens of chairs in our waiting room. We are personal. You are not a patient, you are a person. A few years ago, we added a cost-reducing "Assurance program" (518-376-4557) that has saved some thousands of dollars and often matches or comes below insurance companies' so-called "Discount Programs." We allow a trybefore-you-buy policy for your peace of mind. And you'll be dealing with someone who has looked into the ears and hearts of literally thousands suffering from hearing impairment.

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Robert J, LaCosta

Dear Friends,

My dear mother-in-law came to live with us during the COVID outbreak. It's one thing to serve the hearing impaired community for 30 years. (My 30th anniversary is this month which also happens to be "Better Hearing Month.")

It's yet another thing to live with a hearing impaired person through marathon movies - well over forty to date. If she doesn't put her hearing aids in...well, I didn't know our television could play that loud!

Now more than ever, I fine-tuned them and added a special hearing-aid-compatible

who live with a hearing impaired loved one?



Tongue and cheek aside, we know first-hand that hearing is essential. She understands what is said at a plethora of medical appointments. The instruments return dignity to her because people don't impatiently raise their voices at her. Her wit is back and boy is she ever quick! She returns the whistles to the birds off our back porch and during our corona walks.

...And she can understand why Andy is frustrated with Barney.

During my 30 years in this rewarding hearing health field, I've often joked that I've been blessed with 10,000 grandparents.

But after 3 months of living with my mother-in-law, I can tell you emphatically that there is only one of her!

A grateful son-in-law,

Robert J. LaCosta, BC-HIS Owner