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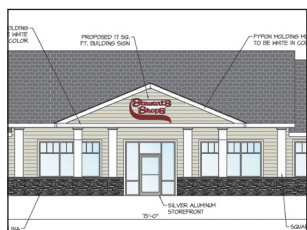
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NEWS Seeing yellow

County Exec: Virus-related restrictions can happen soon.

Story on Page 2



We have plans

Stewart's Shops wants to reintroduce gas to shop.

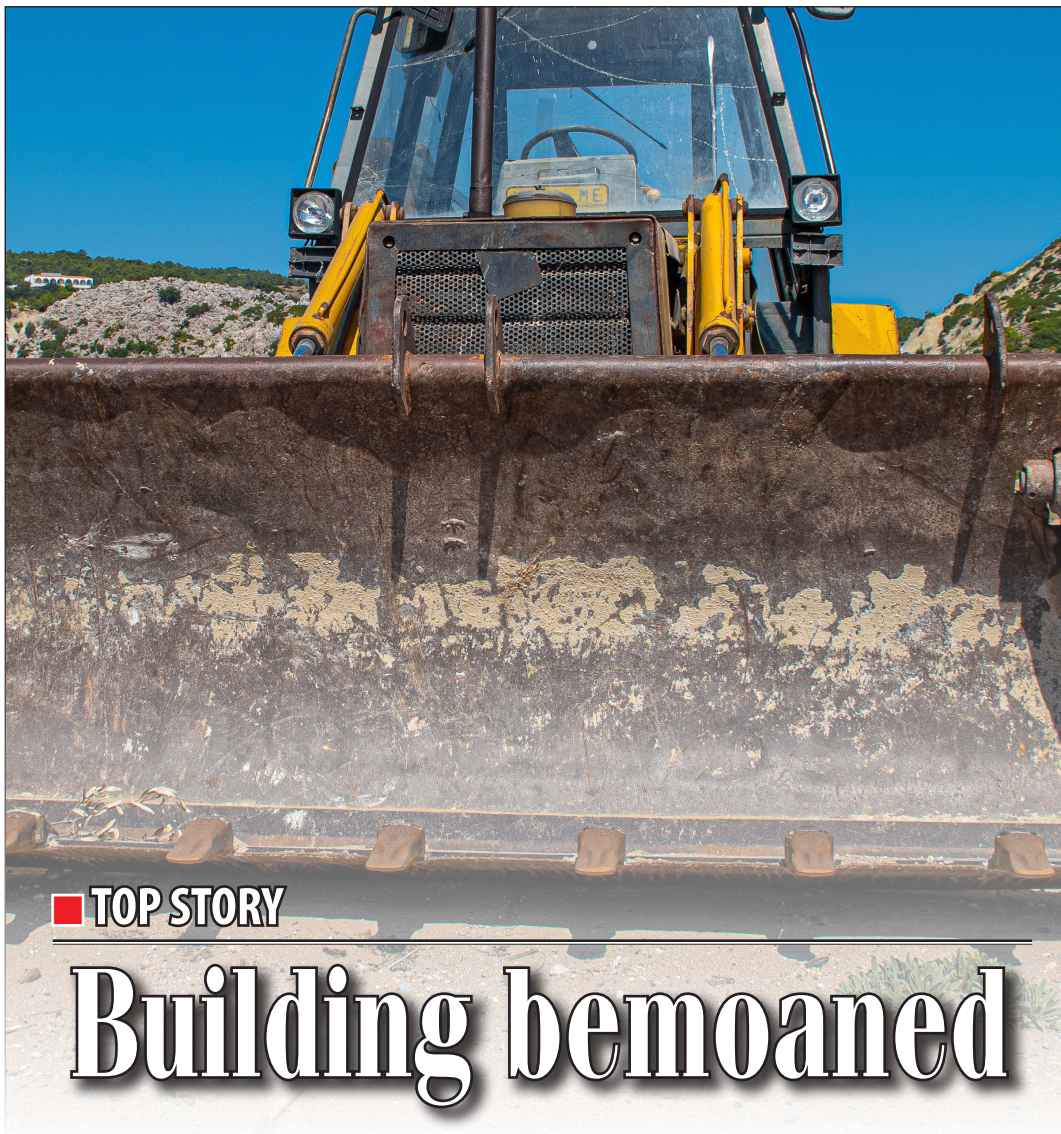
Story on Page 3



Declawed

Coyemans amends its own Clean Air Law from last year.

Story on Page 4



TOP STORY

Building bemoaned

Residents see moratorium as means to stop developing

By **MICHAEL HALLISEY**

halliseym@spotlightnews.com

DELMAR — Agnes Zellin set the tone for the night when she opened the public hearing by saying, “Some may dismiss us as sentimental, tree huggers or, even in this season, snowflakes.”

The Bethlehem resident was one of several who spoke out in favor of the town’s plans for a 12-month residential land use moratorium. Town Board members sat through more than an hour of comments, many of which from longtime residents sharing concern for climate, open space and an overall preservation of the town they moved into decades ago.

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CULTURE



Inches and teaspoons

Industries for the Disabled, Special Olympics collaborate on a cookbook.

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INSIDE



Charming story

Woman seeks out the owner of a lost medalion found at The Crossings.

Story on Page 5



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■ COUNTY NEWS

Albany inches closer to shutdowns

McCoy: Yellow zone designation could come at any time

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

Like this spring, first the number of positive cases go up, hospitalizations follow, then the death toll begins to climb.

As the numbers continue to climb, parts of the Capital District region inch towards a yellow zone, or a state-imposed microcluster designation that dictates restrictions within a certain area. The state will declare what that area is, be it by region, county, municipality, zip code, census tract or neighborhood.

November was so bad for Albany County, according to County Executive Dan McCoy, there are areas that could jump over a yellow zone and move right into

the more restrictive orange zone.

“With the numbers we are getting now, and the direction we are going, we are going to get there. It’s only a matter of when,” said County Executive Dan McCoy during press briefings. “It looks worse now than it did in the beginning. We’re probably going to bypass yellow and go right into orange the way we are headed.”

According to the state’s microcluster strategy, implement by one of Gov. Andrew Cuomo’s executive orders, an area could become a yellow zone if it sees a seven-day positivity rate of 3 percent or higher for 10 consecutive days. More than 4 percent for 10 days brings an orange zone designation and more than 5 percent means the area is a red zone, and the shutdown will look like this spring.

If the numbers hold

true, Monday marked the ninth day of Albany County hitting the 3 percent threshold, but there were some discrepancies with how the county is tabulating the numbers and how the state tabulates the same numbers. Ultimately, the designation comes from the state without warning or input by the localities.

“The state tells us. They don’t tell us when they reset and it starts over again. We don’t decide what it is going to look like. If you look around at other the state, it comes rather quickly and that is one thing I have talked to the control room about is getting some notice and getting it out to the public,” McCoy said. “It is that day. There is no two days or a week, there is no time to get it out to the mayors or supervisors or the businesses in that community on the procedures going forward.”

As of Monday, the

zip code with the highest number of positive cases in Albany County is 12203, which runs roughly from Albany Medical Center Hospital in the City of Albany west on Western Avenue to Route 155 in Guilderland. In that zip code, reside 771 of the county’s total 884 positive cases.

Over the weekend, the state’s positivity rate hit 4.27 percent, the highest since May, with more than 3,500 hospitalized. On Monday, the state tweaked how hospitals are to react in microcluster areas an that includes reserving beds for COVID patients, limiting elective surgeries and recruiting retired doctors and nurses.

Hospitalizations

Over the past week, Albany County broke records for the number residents ill enough to require hospitalization.

From Nov. 27 to Nov. 28, there were 61 residents receiving hospital care, a single day high. That was quickly shattered when from Nov. 29 to Nov. 30, when the number jumped to 72. The previous record was 45 on Nov. 20.

Part of the drastic spike is due to a modified communication between the hospitals and the county so there is a more accurate reflection of hospitalizations said Dr. Elizabeth Whalen, head of the Albany County Health Department.

Cases

For four consecutive days last week, the number of positive cases broke triple digits with the second highest one-day total, 140, coming from Nov. 26 to Nov. 27. The highest was 147 set on Nov. 14.

As of Monday, Nov. 30, there have been 5,743 total cases of COVID in Albany County since the pandemic

began, an increase of 2,140 since Oct. 30.

Whalen said the number of positive cases generated by people not heeding warnings and gathering on Thanksgiving will soon come to light and predicts December to be the worst month of the pandemic to date.

“November was a dark month and it positioned us unfortunately very poorly for the upcoming holiday season. People need to know this will get a lot worse before it gets better,” she said. “This more than any other time since this started is a critical time.”

She said while there could be vaccinations delivered to the county by the end of the year it will be distributed first to the vulnerable population and health care workers. It could be late spring or early summer before it is available to the general public.



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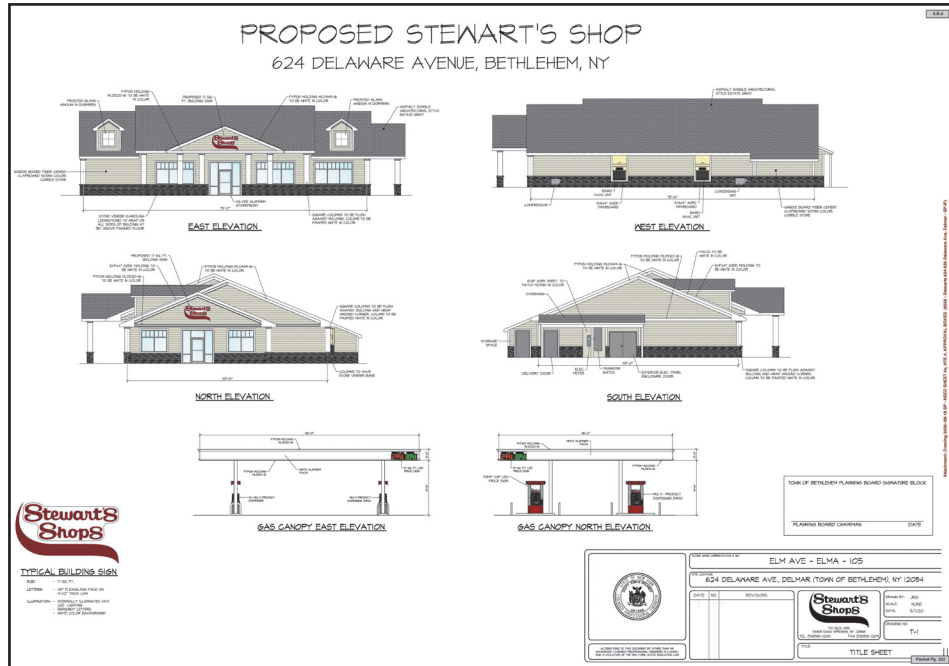
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COMMUNITY

Stewart's gas service is on the table



Stewart's Shops wants to reintroduce gas pumps at corner store

By MICHAEL HALLISEY
halliseym@spotlightnews.com

DELMAR — Stewart's Shops has a plan for its store at Elm and Delaware avenues, but it's asking the town for help.

Nearly a quarter century after converting the former gas station into a solitary convenience store, Stewart's Shops wants to reintroduce fuel pumps to the corner lot. The store chain has proposed a 3,975 square-foot gable roof, concrete clapboard building for a new store. It is also pitching for a freestanding, 2,668 square-foot canopy to shelter gas pumps capable of fueling eight cars at a time.

Stewart's Shops first introduced the plan before the town's Development Planning Committee in June. The town initially balked at the potential sight of gas pumps though a Valero station stands across the street. That gas station, however, predates the town's comprehensive plan of promoting a hamlet neighborhood.

The Saratoga Springs-based store chain was asked to return with a plan that hid the tanks behind the storefront out of view from Delaware Avenue. It tried to comply, "however having a firm understanding of the building and canopy layout has precluded us from proceeding with the detailed design elements

"At a time when there are increased demands for electric cars and green energy, it seems shortsighted, and even backward, to consider a plan that would extend the foothold of a harmful industry at the expense of the health and well-being of local wildlife and people,"

— Kathleen Hanley, resident

to complete the plans and checklist," said James Gillespie, of Stewart's Shops. "We are requesting an opportunity to discuss the enclosed plans with the Board so we can proceed with the remaining items."

Should the town approve the plan, it would not be the first time gas pumps stood on that corner lot.

When Stewart's Shops first proposed its convenience store in 1997, store reps said it wasn't interested in selling gas. The property had stood vacant for nearly 15 years. In that time, a skeleton of a former Gulf station and canopy stood in decay. Contaminated soil and the town's want to keep it from being a gas station kept it empty before the present-day storefront was built.

Cumberland Farms previously bought the lot with plans to open one of its convenient stores and gas stations, but the application was never approved by the zoning board. In 1986, the board thought a retail store with a gas station would cause a significant impact on traffic. Nearly a decade later, the board accepted a proposed two-story business complex, but before the applicant could start building on the site, the soil was discovered to be contaminated with gasoline.

Stewart's Shop has committed to its gasoline and diesel business in recent years. In January,

Stewart's spent \$6.6 million to purchase Polsinello Fuel's wholesale business at the Port of Albany. And, according to the *Albany Business Review*, it stands to acquire Red-Kap wholesale fuel distribution business and convenience stores before the year's end.

Before Stewart's Shops ultimately built its convenience store, its largest opponent was the neighboring Bethlehem Central High School whose principal protested against the potential sale of tobacco to students. Today, opponents speak more of pedestrian safety and ecological health.

"At a time when there are increased demands for electric cars and green energy, it seems shortsighted, and even backward, to consider a plan that would extend the foothold of a harmful industry at the expense of the health and well-being of local wildlife and people," wrote Kathleen Hanley, adding that potential pollution would endanger neighboring residents and the Swift Wetland nature preserve. "While I concede that we do not yet live in a carbon-free world and gas stations provide a convenient

service, we do not need two competing gas stations placed half a mile from two different schools."

Another resident pointed towards the state's Climate Leadership and Community Protection Law, which commits New York to abstain from fossil fuels by 2050.

"Because of the law's mandates, the need for any petroleum fueling pumps will cease to exist in less than 30 years. Knowing this, it is hard to understand why the applicant will commit such capital to this project, but that is their decision," wrote Peter M. Iwanowicz. It would make more sense and be more environmentally sustainable to set up electric vehicle charging stations there."

The town first needs to grant a site plan and special use permit before the store chain proceeds with reconstructing the corner lot. However, the lot is already zoned for a convenience store, which the chain points out in its application "includes the sale of gasoline, oil and other automotive fluids."

Stewart's Shops was to meet before the zoning board again yesterday, Tuesday, Dec. 1, after this edition was sent to print.



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Michael Hallisey / Spotlight News

TOWN GOVERNMENT

Coeymans declaws Clean Air Law

Town Board said its the Fed's job, not theirs, to monitor air quality

By MICHAEL HALLISEY
halliseym@spotlightnews.com

COEYMANS — Protestors clamoring outside could be heard from inside Town Hall as board members prepared to amend its Clean Air Law from a year ago.

Once Police Chief Daniel Contento finished phoning in his report, George D. McHugh asked if he could do something about the noise level.

"It doesn't really bother me, but I am getting text messages from some of the neighbors," said McHugh. "They're a little concerned."

There was no response. The Town Board unanimously passed the amendments to its Clean Air Law on Monday, Nov. 23, as about 50 residents protested outside Coeymans Town Hall. Last week's edition of The Spotlight went to print prior to the town meeting.

"I've never seen an issue where people are so confused," said McHugh. "It is simply not feasible and it's not practical for a local government to take responsibility for

monitoring and regulating air emissions and air quality."

The amendments still prevent hazardous and medical waste from being processed within town limits. It also states that no amount of waste can be considered a fuel source "unless approved and permitted" by the state DEC or federal EPA.

McHugh had previously said that his town has neither the money nor the means to enforce its Clean Air Law and would rather leave the matter up to the scientists and professionals on the state and federal level.

LafargeHolcim had previously warned it would sue the town for preventing it from using tire derived fuel to power its \$500 million kiln. The merit of that threat became more evident when the company successfully fought to overturn a similar law in Baltimore, Maryland earlier this year.

"This illegal law will be overturned," Lafarge wrote to Coeymans. "We intend to vigorously defend our permits and our rights by any legal means necessary. Guide yourselves accordingly."

The Switzerland-based company had received a DEC permit to burn tires

at its cement processing plant in Ravena. Before it was to start incinerating municipal trash imported from Connecticut, the Town of Coeymans passed legislation against it.

A similar law in Baltimore, Maryland was successfully overturned in lawsuit in March. That decision, McHugh read to the board, determined that the city's legislation "second guesses" federal regulations and conflicted against state and federal permits.

Opponents who have spoken against the amendment said the issue was more political.

Albany County pursued its own legislation following a shift of political power in Coeymans led by McHugh and his Coeymans Comeback Team. Then-Supervisor Philip Crandall, a Democrat, feared such a switch would lead to a repeal of the town law.

The town board swung Republican after McHugh and his two running mates, Zachary Collins and Brandon LeFevre, earned seats in last November's election. The shift to Republican leadership was reflected on the county level, too, when former Coeymans Town Board member George Langdon beat Democrat incumbent Richard Touchette.

COMMUNITY

A charming story

Woman seeks medallion's owner

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

COLONIE — Three years ago Samantha Cleveland was at The Crossings just hanging out with a co-worker near the playground and she happened to look down at a glint in the sand caused by the sun catching a piece of metal just so.

Intrigued, she took a closer look and found a charm about the size of a dime with “Love, Elda and Jorge, 1977” etched on one side with “Libra” etched on the other along with the zodiac sign’s symbols: an Omega above a horizontal line and a scale.

On one side, there is a 14k gold stamp, which makes it worth something more than sentimental value, but it was the latter that piqued Cleveland’s interest.

“It’s not a plain old charm, it’s engraved and it means something to someone,” said the Altamont resident who works as a nurse.

She took an ad out in the lost and found section of the *Times Union* hoping to find the owner and didn’t get a response. The charm ended up in a drawer, out of site and mind, until a couple weeks ago when she happened across it again and decided to post it on her Facebook page to see if maybe the social



Samantha Cleveland with the charm she found at the Crossings three years ago.

Photo submitted

media world could generate some leads on the charm’s rightful owners.

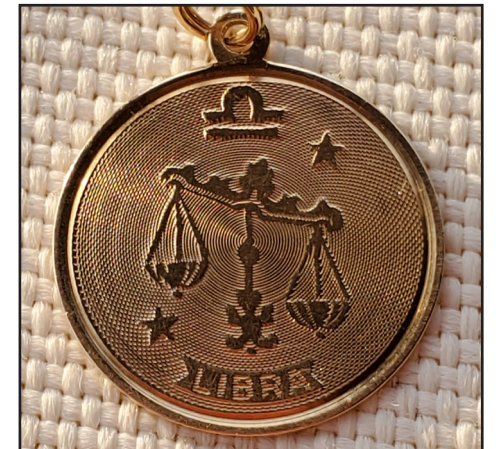
The post was shared nearly 1,000 times and a bunch of amateur Sherlock Holmes are on the case.

One person found an April death notice from a funeral home in New Jersey for an “Elda” Rodriguez who was married to a man named “Jorge” Cervera. That person let Cleveland know and she called the funeral home for more information. The funeral home people told Cleveland they would get in touch with the

next of kin and relay her contact information but, so far, nobody has called or emailed.

“I thought the obit was a pretty solid lead. These are not common names. It’s not like we are looking for a Mike and Lisa and the obit had both of them,” Cleveland said. “But, we have heard nothing as of yet.”

Another person who noticed the Facebook post researched the 14K brand and found Libra charms stamped with that style of mark were sold through



“Who knows who these people are, or how they lost it, or if they gave it to a child or a grandchild. I want to know the story behind it, and I’d like to think if I lost something like this someone would go out of their way to help me find it. ... I’m just trying to be a good person.”

— Samantha Cleveland

a catalogue published by a Texas company called Houston Jewelers. That lead is still being explored, but it does not seem as promising as the obit featuring the names “Elda” and “Jorge.”

The charm itself is not damaged, so Cleveland believes whatever hoop or chain that made it into a charm bracelet or a necklace broke and that’s how it ended up on the ground at The Crossings.

So why is Cleveland exerting the energy to find the owner?

“I love genealogy and history and mysteries and you see these stories on TV about people losing a ring or something and someone connecting with the owner 50 years later,” she said. “Who knows who these people are, or how they lost it, or if they gave it to a child or a grandchild. I want to know the story

behind it, and I’d like to think if I lost something like this someone would go out of their way to help me find it.

“I’m just trying to be a good person.”

If anyone has any idea who Elda and Jorge might be, or has any information about the charm, email Cleveland at perkyrn@aol.com.



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■ COMMUNITY

Neighbors look to help fill in the gaps

Bethlehem Neighbors aims to make aging at home easier

By **KAITLIN LEMBO**
 lembok@spotlightnews.com

BETHLEHEM — Seniors often have busier schedules than the working man. Between grocery shopping, appointments, classes and social hours, it's not uncommon to find seniors who don't have a booked week.

While seniors are encouraged to stay active, many are at a loss, especially during the pandemic, because of the lack of transportation and the closing of resources they need. With COVID-19 swirling around and many feeling more apprehensive than ever about going out, Bethlehem Neighbors is there to help seniors with

what they need.

Bethlehem Neighbors president Gail Myers said the organization has blossomed since its resurgence in 2019. After a hiatus beginning in 2014, the group sprouted up again in Bethlehem with a new purpose.

"We really try to fill in gaps that seniors might have, either because Senior Services might have a scheduling conflict or it's not a service they offer," Myers said. "We want to make sure seniors are able to age at home and have help from volunteers we know we can trust."

Myers reiterated Bethlehem Neighbors is a member organization. While volunteers aren't exclusive to helping members, Myers said the group asks someone requesting services to become a member for safety reasons; background

"We really try to fill in gaps that seniors might have, either because Senior Services might have a scheduling conflict or it's not a service they offer. We want to make sure seniors are able to age at home and have help from volunteers we know we can trust."

— Gail Myers,
 Bethlehem Neighbors

checks are conducted on each person brought in so volunteers (and members) can rest assured they're meeting up with someone safe.

Membership for Bethlehem Neighbors is \$25 a year and can be purchased at <https://www.bethlehemneighbors.org/>.

"We are so much more than providing transportation, which is currently down due to the pandemic," Myers said. "We can send someone over to help you change a lightbulb or spot you on a ladder so you can change a screw in your kitchen door. We can

make everyday tasks a little less difficult just by having someone there."

Bethlehem Neighbors is hosting virtual get-togethers for its members. Myers said the Zoom calls are amazing because members really open up, sometimes telling bits and pieces of their life stories. It creates a community of people who are in the same boat — forced to turn much of their lives to digital communication in order to keep the pandemic away.

Bethlehem Neighbors is hosting two fundraisers to cushion its efforts. The

first, a plant sale, is active until Dec. 6. The form to order is on the Bethlehem Neighbors website. Myers said all plants will be delivered to your door and deliveries will be socially distant and safe. The plant sale is ideal for someone who wants a wreath for their front door or a splash of green in their home.

The group is also hosting a Panera fundraiser at the Glenmont Panera Bread on Dec. 8, from 4 to 8 p.m. The form to show Panera staff is on the group's website. A portion of the night's profits will be donated to Bethlehem Neighbors.

Myers said the organization's ability to foster new friendships and connections has been her favorite thing so far. Because Bethlehem Neighbors is able to pivot as the times get worse, she finds members are much more adaptive to the circumstances as well. Myers added the group is announcing some new programs that will enhance the experience even more.

"Our goal is to have people ask if there is a 'Village' in their community, like if there is a good school district," Myers concluded. "We know people don't always take advantage of resources until they need them, but we want people to know this type of group exists so you can continue to age in your home and have the same quality of life you've always had."

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OBITUARY

Phoebe Frances Eisenberg Kerness

DELMAR — Phoebe Frances Eisenberg Kerness, 79, wife of Jules Michael Kerness passed away on Saturday, November 14, 2020.

Phoebe was born October 14, 1941 in Brooklyn, New York, daughter of the late David Eisenberg and late Barbara DePoris Eisenberg. She graduated from Brooklyn College, where she earned a Bachelor's degree in

Sociology.

Phoebe spent 57 years of her life married to her best friend, Jules Kerness. She was a homemaker, caretaker, and educator. While raising her family in Delmar, NY, Phoebe was a daycare provider, a foster parent, was passionate about educating families, and was an involved member of Congregation Beth Emeth. After retiring to Savannah,

GA, Phoebe was very active in Congregation Mickve Israel where she taught religious school, coordinated elder-hostels, co-chaired the temple museum committee, and served as a docent. Throughout her life, Phoebe showed her love for children, La Leche League, Reform Judaism, music, and theater.

Phoebe is survived by her husband, Jules Kerness,

her sister, Vidabeth Bensen, her children, Jonathan Kerness, Karen Kerness, Debbi Kerness, and Marggi Shechanah, and her grandchildren, Ben Kerness, Jack Kerness, Eli Kerness, Micah Kerness, Tobin Kerness, Matan Berg, Noah Berg, Lior Berg, Leyla Wolf.

She was predeceased by her parents and her son, Daniel Kerness. The family would like to express a

huge thank you to the staff at the Shem Creek Health Center at South Bay in Mt. Pleasant, SC for the outstanding and compassionate care Phoebe received for the last year of her life.

Memorial contributions may be made to the CDC Foundation's Crush COVID Campaign <<https://www.give4cdcf.org/>> or a charity of one's choice.

A private graveside service was held on Thursday, November 19, 2020 at the Kahal Kadosh Beth Elohim Cemetery in Charleston, SC. Arrangements by J. Henry Stuhr, Inc., West Ashley Chapel, 3360 Glenn McConnell Parkway, Charleston, SC.

A memorial message may be sent to the family by visiting our website at www.jhenrystuhr.com.



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■ GOVERNMENT

Poll: Majority willing to get vaccinated

Cuomo's approval rating dips a bit

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

COLONIE — The majority of New Yorkers will get vaccinated for COVID-19 once it is available, according to a poll by the Siena College Research Institute.

Of those polled, 35 percent say they will definitely and 34 say they will probably get vaccinated. Thirteen percent say they definitely won't and 11 percent say they probably won't.

"A strong majority of New Yorkers of every stripe — regardless of party, region, race, age, religion, gender, or even who they supported in the presidential election — say they will definitely or at least probably get a COVID-19 vaccine if it's approved by the FDA,"

said SCRI pollster Steve Greenberg said.

Three pharmaceutical companies have announced vaccines with an effective rate of more than 90 percent. It could be available locally for the most vulnerable and health care workers as early as next month with availability for the general public coming next year.

In other opinions related to COVID, 46 percent say addressing the pandemic should be the main focus of the governor and state Legislature when they return to session in 2021. It is far and away the most important issue on the minds of New Yorkers with 12 percent who think helping businesses succeed is the most important issue in front of the Legislature coming in second.

More than half, 57

percent, say the governor should continue with the "extraordinary executive powers" given to him by the Legislature to manage the state through the pandemic and more than half, 54 percent, say moving too quickly in loosening restrictions allowing the virus to spread is a bigger danger than moving too slowly and further damaging the economy. In June, 62 percent thought moving too quickly was more dangerous than moving too slowly.

A strong majority, 63 percent, approve of how Gov. Andrew Cuomo is handling the pandemic while 30 percent disapprove, down from 73 to 24 percent a month ago.

The governor's favorability rating, though, did slip slightly to 56 percent with 39 percent giving him an unfavorable rating. In October, it was 59 to 33 favorable. His job

performance rating was 54 percent who approve to 45 percent do not, down from 61 to 38 percent a month ago.

Currently, 51 percent of voters say they are prepared to re-elect Cuomo if he runs for re-election in 2022 and 42 percent say they would prefer someone else, Greenberg said.

"While Cuomo's favorability and job performance ratings have slipped a little in the last month and fallen significantly from their all-time April highs, voters continue to view him favorably by a 17-point margin, compared to February, when voters viewed him unfavorably by a six-point margin," Greenberg said. "Cuomo is viewed favorably by three-quarters of Democrats and half of independents, however, more than three-quarters of Republicans view him unfavorably."

The election

When asked how they would describe the outcome of the 2020 presidential election, 69 percent of New Yorkers say that President-elect Joe Biden won, 9 percent say that President Donald Trump won, and 20 percent say we do not yet know who won.

"Nearly two-thirds of voters — including 86 percent of Democrats, 63 percent of independents and 24 percent of Republicans — think that Trump should be immediately cooperating to ensure a smooth, peaceful transition. But 73 percent of Republicans and 82 percent of Trump voters say he is right to wait for the final outcome to be officially decided before beginning the transition," Greenberg said.

By 58-37 percent, voters support allowing voters to vote by absentee ballot

for any reason — as was allowed this year in the pandemic — rather than the existing law, which only allows for absentee ballots in certain circumstances, such as illness or travel.

Democrats support 76-21 percent, independents support 56-36 percent and Republicans oppose 70-26 percent.

Voters support allowing absentee ballots to be processed and counted prior to election day 58-33 percent.

Biden's favorability rating is 63-31 percent, up slightly from 62-33 percent in October, among 2020 likely voters. By a 66-25 percent margin, voters approve of how Biden is acting as President-elect.

Trump's favorability rating is negative 33-64 percent, up from 29-66 percent in October, among likely 2020 voters. His job performance rating is 34-65 percent, up from 29-71 percent last month. By 64-32 percent, voters disapprove of Trump's handling of the pandemic, a little better than 68-27 percent disapproval last month.

"That old cliché, the more things change, the more things stay the same, seems apt in describing New Yorkers' views about Donald Trump," Greenberg said. "His favorability rating is only a few points lower today than it was in February 2017, 36-59 percent, his first full month in office."

Odds & Ends

- The majority of New Yorkers support legalizing the recreational use of marijuana, 60-32 percent, up from 55-40 percent in February.


- By a 50-32 percent margin, voters support online sports betting.


- 48 percent of New Yorkers think the country is headed in the wrong direction compared to 62 percent who thought so in October.

- Sen. Chuck Schumer has a 45-39 favorability rating, his lowest ever in a SCRI poll.


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from
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LIBRARIES

Virtual Holidays

This week, the storytime theme is holiday celebrations. The holiday season is here, so let's celebrate! Families of preschool aged children are invited to enjoy a theme-based, multi-age virtual storytime with an emphasis on early literacy. Mrs. Brown and Miss Lisa will video record a short storytime with an accompanying art activity. The video link will be posted on the library's website, all of the library's social media platforms, and on the library's YouTube channel. Families of preschoolers can pick up a take & make bag at the library each week. The bag will include the storytime thematic art activity of the week. Each week's bags will be at the library from Tuesday-Saturday of



Library Tots Activity Bag (your child's name will be on it) before the session.

that week. No registration required.

Library Tots

Join Miss Lisa for a fun and interactive Zoom live session of Library Tots at 10am, Thursday, December 10. Enjoy some special time of book reading, songs, rhymes, lap bounces and action rhymes. For ages 0-24 months with parent/caregiver. Fun Time Library Tots Activity Bags will be available for those who register for the class. Items included, such as a board book for choral reading and interactive props, will be used during the class. Please register online to receive the Zoom link and to pick up the Fun Time

Yoga for Everyone

Join us from 6:15 to 7:15 pm, Tuesday, December 8, for a vinyasa yoga class designed to help you gain a stronger sense of body awareness and proper alignment while linking breath and movement. This class is designed for a variety of ages and experience! Tricia Kanderfer is a certified yoga instructor who has years of teaching experience. For ages 11-adult. Please register. The Zoom class link will be sent to those who register prior to the class session.

— Lynn Kohler

Ready your letters for Santa

Does your family love Sweets with Santa? Join us for our 2020 reimagining!

Kids are invited to write a letter to Santa, drop it off at the library and Santa will write back before Christmas!

Pick up a special holiday craft and treat bag at the Library when you drop your letter off between Dec. 1 and 4. Then, visit with Santa on Zoom Saturday, Dec. 5 for a special storytime and see if he mentions your letter!

Calming Yoga for Holiday Stress

Beat holiday stress and find your Zen! Join instructor Courtney

RCS COMMUNITY LIBRARY

Johannesen on Zoom Tuesday, Dec. 8, at 7 pm for a free Calming Gentle Yoga session designed to help relieve seasonal stress. Chair options will be available. Call or email to register and we will provide you with the log in information.

Calling All Writers!

In preparation for celebrating Short Story Day on Dec. 21, we are inviting everyone to try their hand at a short story. Submit your short story to be included in a collection on our

website. Need something to start you off? Pick up a prompt at the Library anytime during December! Submit stories to info@rcscommunitylibrary.org

Any submissions received by Dec. 21st are eligible to be published on our website.

Binge Bundles Are Here!

Ready to do some binge-watching? We've got you covered with our new DVD Binge Bundles/. Each pack has five titles on a theme; from Thrills & Chills, to Tear Jerkers, and more, we've got something for everyone. Come check them out!

— Carol Melewski

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LIBRARIES

Our library looks very different inside

The library interior looks very different these days from what you may remember. To the left of our main circulation desk, a temporary wall now separates the construction area, where the children and teen areas will be built, from the relocated collection to the left of it. Here, the DVDs still stand – one of the few parts of our collection that have not moved – plus youth and young adult fiction and non-fiction materials, for now.

Most of our collection is still accessible; however, if something you would like to borrow is not, we will gladly request it from another local library. Usable space throughout the library has shrunk significantly, making it challenging for staff and the construction crew to maintain adequate social



distancing. Due to these constraints, we must hold off on safely reopening to public browsing. We are aiming for mid-January at this point, and will continue to keep you posted.

We appreciate your patience and understanding as we strive to safely manage the rapidly-changing logistics involved with both the pandemic and the construction project. Updates are posted on <https://bit.ly/GPLbuildingproject>, Facebook and Instagram. To subscribe to our weekly eNews and monthly newsletters, go to <https://bit.ly/GPLNews>.

Curbside & Online

GPL continues to serve patrons through

curbside services and online resources.

Our curbside checkout hours are: Mon.-Wed.-Fri. 10:00 a.m. - 4:00 p.m.; Tues.-Thurs. 1:00 - 7:00 p.m.; Sat. 10:00 a.m. - 2:00 p.m. Our return shed hours are: Mon.-Fri. 9:00 a.m. - 8:00 p.m. and Sat. 9:00 a.m. - 2:00 p.m. All materials are quarantined for six days, including exterior sanitizing, prior to re-shelving. Though fines are still waived, we appreciate the timely return of materials for the next borrower. Please note that it may take a full week or more for your returned item(s) to be reflected on your account.

American Dirt

The next installment

of our Night Owls virtual book group is scheduled for Mon. Dec. 14 at 7:30 p.m. "American Dirt", the buzz-worthy bestseller by Jeanine Cummins about a Mexican woman forced to flee to the United States with her son as undocumented immigrants, will be discussed. Please register on the Events tab of our website, where you will find further instructions. For assistance placing a hold for curbside pickup, call us at 518.285.0050 or email us at ask.librarian@guilderlandlibrary.org.

Multi-Lingual Community

At last count, there are at least 59 languages spoken throughout the Guilderland area. Some of the most prevalent are Mandarin, Telugu, Hindi, Spanish and Tamil. One of the learning tools on our website is Pronunciator,

a fun and interactive way to learn any of 163 languages with personalized courses, movies, music and more. There's also a new COVID-19 course in 101 languages. See <https://guilderlandlibrary.org/learning-tools> to explore all the options.

Dial-A-Story

With all the screen time we subject ourselves to these days, listening to a short story provides a welcome break to rest our eyes while igniting our imagination. Each week, our Dial-A-Story features three new tales – one for adults, one for children, and a new international language option too! Simply dial (518) 519-4111 and make a selection to hear an engaging story anytime.

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The WiFi available at

our parking lot has been strengthened. It now extends from the building almost to Western Avenue. Feel free to access it at any time, 24/7.

Amazon Smile

During this holiday season, online shopping will be the preferred method for many. Have you designated a charity on Amazon? You can support Guilderland Public Library while shopping – win-win! Simply go to <https://smile.amazon.com> and search for "Guilderland Library Foundation Inc.", then click on "start shopping." AmazonSmile will donate one-half percent of all eligible purchases to us. Thank you for your support!

— Luanne Nicholson

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LEGALS**NOTICE OF LLC FORMATION**

10 CENTRAL WOODS LANE LLC. Arts. of Org. filed with the SSNY on 10/28/20. 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, 1350 Avenue of the Americas, 3rd Floor, New York, NY 10019. Purpose: Any lawful purpose. D-255843

NOTICE OF LLC FORMATION

10 TOMPKINS AVENUE LLC. Arts. of Org. filed with the SSNY on 10/15/20. 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, 105 Benedict Avenue, Staten Island, NY 10314. Purpose: Any lawful purpose. D-255553

NOTICE OF LLC FORMATION

104 HACKETT LLC. Arts. of Org. filed with the SSNY on 11/03/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Grossman & Grossman, 4 Executive Park Drive, Albany, NY 12203. Purpose: Any lawful purpose. D-256209

NOTICE OF LLC FORMATION

10718 HOLDINGS LLC. Arts. of Org. filed with the SSNY on 11/03/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 64-31 Ellwell Crescent, Rego Park, NY 11374. Purpose: Any lawful purpose. D-256210

NOTICE OF LLC FORMATION

119 HART BH LLC. Arts. of Org. filed with the SSNY on 12/13/13. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 1 Metrotech Center, Suite 2001, Brooklyn, NY 11201. Purpose: Any lawful purpose. D-255861

NOTICE OF LLC FORMATION

15 BROAD STREET 1706, LLC. App. for Auth. filed with the SSNY on 09/18/20. Originally filed with Secretary of State of Florida on 09/04/20. 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, 60 Cuttermill Road, Suite 505, Great Neck, NY 11021. Purpose: Any lawful purpose. D-256463

LEGALS**NOTICE OF LLC FORMATION**

15 ESSEX PLACE, LLC. Arts. of Org. filed with the SSNY on 10/27/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Giuseppe Gaudio, 410 Town Line Road, Commack, NY 11725. Purpose: Any lawful purpose. D-255753

NOTICE OF LLC FORMATION

160 EAST 88TH STREET GARAGE LLC. Arts. of Org. filed with the SSNY on 11/04/20. 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, 10 E. 33rd Street, 11th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-256281

NOTICE OF LLC FORMATION

1647 OVERING STREET, LLC. Arts. of Org. filed with the SSNY on 10/23/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 1647 Overing Street, Bronx, NY 10469. Purpose: Any lawful purpose. D-255644

NOTICE OF LLC FORMATION

1669 EAST NEW YORK AVE LLC. Arts. of Org. filed with the SSNY on 10/26/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 209-10 42nd Avenue, Bayside, NY 11361. Purpose: Any lawful purpose. D-255704

NOTICE OF LLC FORMATION

180 MYRTLE AVENUE GARAGE LLC. Arts. of Org. filed with the SSNY on 10/23/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 10 E. 33rd Street, 11th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-255646

NOTICE OF LLC FORMATION

195 PORT RICHMOND AVE LLC. Arts. of Org. filed with the SSNY on 11/12/20. 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, 195 Port Richmond Avenue, Staten Island, NY 10302. Purpose: Any lawful purpose. D-257284

NOTICE OF LLC FORMATION

2 HAVEMEYER LANE, LLC. Arts. of Org. filed with the SSNY on 10/27/20. Office: Albany County. SSNY designated as agent of the LLC

LEGALS

upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Giuseppe Gaudio, 410 Town Line Road, Commack, NY 11725. Purpose: Any lawful purpose. D-255755

NOTICE OF LLC FORMATION

2126 BOGART AVENUE LLC. Arts. of Org. filed with the SSNY on 10/23/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 2126 Bogart Avenue, Bronx, NY 10462. Purpose: Any lawful purpose. D-256214

NOTICE OF LLC FORMATION

2138 SCUTTLE HOLE ASSOCIATES, LLC. Arts. of Org. filed with the SSNY on 10/28/20. 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 Curt Kramer, 111 Great Neck Road, Suite 216, Great Neck, NY 11021. Purpose: Any lawful purpose. D-255841

NOTICE OF LLC FORMATION

216 BUEL AVENUE, LLC. Arts. of Org. filed with the SSNY on 11/05/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Salvatore Galofaro, 81 Cromwell Circle, Staten Island, NY 10304. Purpose: Any lawful purpose. D-256399

NOTICE OF LLC FORMATION

2277 THIRD AVENUE LLC. Arts. of Org. filed with the SSNY on 11/03/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 129 East 124th Street, New York, NY 10035. Purpose: Any lawful purpose. D-256211

NOTICE OF LLC FORMATION

230 EAST 63RD STREET/4TH FLOOR, LLC. Arts. of Org. filed with the SSNY on 10/28/20. 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 Curt Kramer, 111 Great Neck Road, Suite 216, Great Neck, NY 11021. Purpose: Any lawful purpose. D-255842

NOTICE OF LLC FORMATION

28 FROST POND ROAD, LLC. Arts. of Org. filed with the SSNY on 10/27/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of

LEGALS

process to the LLC, c/o Giuseppe Gaudio, 410 Town Line Road, Commack, NY 11725. Purpose: Any lawful purpose. D-255757

NOTICE OF LLC FORMATION

28-34 47 STREET LLC. Arts. of Org. filed with the SSNY on 10/29/20. 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, 28-34 47th Street, Long Island City, NY 11103. Purpose: Any lawful purpose. D-255964

NOTICE OF LLC FORMATION

2819 BRIGHTON 8 LLC. Arts. of Org. filed with the SSNY on 11/13/20. 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, 2215 East 4th Street, Brooklyn, NY 11223. Purpose: Any lawful purpose. D-257295

NOTICE OF LLC FORMATION

305 EAST 86TH STREET GARAGE LLC. Arts. of Org. filed with the SSNY on 11/04/20. 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, 10 E. 33rd Street, 11th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-256282

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

NAME: 329 DELAWARE AVENUE, LLC
Articles of Organization were filed with the Secretary of State of New York (SSNY) on October 30, 2020. Office location: The Mailing Address of the limited liability company is 329 Delaware Avenue, Delmar, New York 12054, County of Albany. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC at 22 Clinton Avenue, Albany, New York 12207. For any lawful purpose. D-256117

NOTICE OF LLC FORMATION

350 PANTIGO LLC. Arts. of Org. filed with the SSNY on 11/12/20. 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, 105 Metropolitan Avenue, 3rd Floor, Brooklyn, NY 11249. Purpose: Any lawful purpose. D-256799

NOTICE OF LLC FORMATION

371 COMMACK ROAD, LLC. Arts. of Org. filed with the SSNY on 10/27/20. Office: Albany County. SSNY designated as agent of the LLC

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upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Giuseppe Gaudio, 410 Town Line Road, Commack, NY 11725. Purpose: Any lawful purpose. D-255758

NOTICE OF LLC FORMATION

376 COMMACK ROAD, LLC. Arts. of Org. filed with the SSNY on 10/27/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Giuseppe Gaudio, 410 Town Line Road, Commack, NY 11725. Purpose: Any lawful purpose. D-255759

NOTICE OF LLC FORMATION

41 DEEP WOOD REALTY LLC. Arts. of Org. filed with the SSNY on 11/10/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 146 Central Park West, Apartment 10F, New York, NY 10023. Purpose: Any lawful purpose. D-256718

NOTICE OF LLC FORMATION

410 TOWN LINE ROAD, LLC. Arts. of Org. filed with the SSNY on 10/27/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Giuseppe Gaudio, 410 Town Line Road, Commack, NY 11725. Purpose: Any lawful purpose. D-255761

NOTICE OF LLC FORMATION

422 MAGAZINE STREET LLC. Arts. of Org. filed with the SSNY on 10/08/20. 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, c/o Arthur Pengu, 7 Mohawk Trail, Slingerlands, NY 12159. Purpose: Any lawful purpose. D-255470

NOTICE OF LLC FORMATION

445 BUEL AVENUE, LLC. Arts. of Org. filed with the SSNY on 11/05/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Giuseppe Gaudio, 410 Town Line Road, Commack, NY 11725. Purpose: Any lawful purpose. D-255762

NOTICE OF LLC FORMATION

4559 HOLDING LLC. Arts. of Org. filed with the SSNY on 10/28/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it

LEGALS

may be served. SSNY shall mail copy of process to the LLC, c/o Nick Psomopoulos, 71-15 Northern Boulevard, Jackson Heights, NY 11372. Purpose: Any lawful purpose. D-255844

NOTICE OF LLC FORMATION

48-18 VERNON BOULEVARD LLC. Arts. of Org. filed with the SSNY on 09/22/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Razi & Ross, P.C., 23-09 31st Street, Astoria, NY 11105. Purpose: Any lawful purpose. D-255015

NOTICE OF LLC FORMATION

5 DONACK LANE LLC. Arts. of Org. filed with the SSNY on 10/26/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 1350 Avenue of the Americas, 3rd Floor, New York, NY 10019. Purpose: Any lawful purpose. D-255705

NOTICE OF LLC FORMATION

531 86 LLC. Arts. of Org. filed with the SSNY on 11/02/20. 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, c/o Salvatore Galofaro, 81 Cromwell Circle, Staten Island, NY 10304. Purpose: Any lawful purpose. D-256401

NOTICE OF LLC FORMATION

542 CLINTON REALTY, LLC. Arts. of Org. filed with the SSNY on 10/16/20. 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, 633 East 19th Street, Brooklyn, NY 11218. Purpose: Any lawful purpose. D-255049

NOTICE OF LLC FORMATION

7 INEZ LANE, LLC. Arts. of Org. filed with the SSNY on 10/27/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Giuseppe Gaudio, 410 Town Line Road, Commack, NY 11725. Purpose: Any lawful purpose. D-255762

NOTICE OF LLC FORMATION

80 E 52nd STREET LLC. Arts. of Org. filed with the SSNY on 07/17/20. 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, c/o Joan Lewis, 80 E. 52nd Street, Brooklyn, NY 11203. Purpose: Any lawful purpose. D-255016

LEGALS**NOTICE OF LLC FORMATION**

81 FLEET PLACE GARAGE LLC. Arts. of Org. filed with the SSNY on 10/23/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 10 E. 33rd Street, 11th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-255645

NOTICE OF LLC FORMATION

816 N. LLC. Arts. of Org. filed with the SSNY on 11/16/20. 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, 515 Madison Avenue, New York, NY 10022. Purpose: Any lawful purpose. D-257336

NOTICE OF LLC FORMATION

85 LIBERTY AVENUE, LLC. Arts. of Org. filed with the SSNY on 11/05/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Salvatore Galofaro, 81 Cromwell Circle, Staten Island, NY 10304. Purpose: Any lawful purpose. D-256401

NOTICE OF LLC FORMATION

91 LIBERTY AVENUE, LLC. Arts. of Org. filed with the SSNY on 11/05/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Salvatore Galofaro, 81 Cromwell Circle, Staten Island, NY 10304. Purpose: Any lawful purpose. D-256402

NOTICE OF LLC FORMATION

990 6TH AVENUE GARAGE LLC. Arts. of Org. filed with the SSNY on 10/15/20. 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, 10 E. 33rd Street, 11th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-255014

NOTICE OF LLC FORMATION

ANIMAL THINGDOM LLC. Arts. of Org. filed with the SSNY on 11/05/20. 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, 60 S. 8th Street, Apartment 333, Brooklyn, NY 11249. Purpose: Any lawful purpose. D-256397

NOTICE OF LLC FORMATION

ANTIQUER RUGS AND TEXTILES, LLC. Arts. of Org. filed with the SSNY on 10/27/20. Office: Albany County. SSNY designated as agent of the

LEGALS

LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 39 East 31st Street, Suite 2, Brooklyn, NY 10016. Purpose: Any lawful purpose. D-255736

NOTICE OF LLC FORMATION

ARAMIT PROPERTIES LLC. App. for Auth. filed with the SSNY on 10/30/20. Originally filed with Secretary of State of Delaware on 05/13/20. 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, c/o Schwartz Levine PLLC, 150 Broadway, Suite 1703, New York, NY 10038. Purpose: Any lawful purpose. D-256071

NOTICE OF LLC FORMATION

BEAUTY AND WELLNESS BY TAMMIE LLC. Arts. of Org. filed with the SSNY on 10/29/20. 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, 2026 Foxglove Circle, Bellport, NY 11713. Purpose: Any lawful purpose. D-255962

NOTICE OF LLC FORMATION

BOROUGH ROAD CONSULTING LLC. Arts. of Org. filed with the SSNY on 10/21/20. 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, 334 West 87th Street, Unit PH-A, NY, NY 10024. Purpose: Any lawful purpose. D-257384

NOTICE OF LLC FORMATION

CBSTMS LLC. Arts. of Org. filed with the SSNY on 11/09/20. 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, 181 Hudson Street, Apartment 2E, New York, NY 10013. Purpose: Any lawful purpose. D-256533

NOTICE OF LLC FORMATION

CDWLegacy, LLC. Arts. of Org. filed with the SSNY on 11/02/20. 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, 216-21 114th Road, Cambria Heights, NY 11411. Purpose: Any lawful purpose. D-257282

NOTICE OF LLC FORMATION

COLD SPRING ROAD 2020 LLC. Arts. of Org. filed with the SSNY on 11/02/20. 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, 57

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West 16th Street, 4th Floor, New York, NY 10011. Purpose: Any lawful purpose. D-256106

NOTICE OF LLC FORMATION

CUNNINGHAM FARM LLC. Arts. of Org. filed with the SSNY on 11/18/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 48 East Maynes Avenue, Albany, NY 12203. Purpose: Any lawful purpose. D-257423

NOTICE OF LLC FORMATION

CUNNINGHAM LAWN CARE LLC. Arts. of Org. filed with the SSNY on 11/18/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 48 East Maynes Avenue, Albany, NY 12203. Purpose: Any lawful purpose. D-257424

NOTICE OF LLC FORMATION

CXK GROUP, LLC. Arts. of Org. filed with the SSNY on 10/28/20. 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 Curt Kramer, 111 Great Neck Road, Suite 216, Great Neck, NY 11021. Purpose: Any lawful purpose. D-255840

NOTICE OF LLC FORMATION

D & F TRADING LLC. Arts. of Org. filed with the SSNY on 10/29/20. 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, 65 Bayard Street, New York, NY 10013. Purpose: Any lawful purpose. D-255963

NOTICE OF LLC FORMATION

DIAMERA, LLC. Arts. of Org. filed with the SSNY on 10/29/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Jennifer Diaz, 51 West Mosholu Pkwy No., Apt 5D, Bronx, NY 10467. Purpose: Any lawful purpose. D-256324

NOTICE OF LLC FORMATION

DREAM CAR NY LLC. Arts. of Org. filed with the SSNY on 11/12/20. Latest date to dissolve: 12/31/2119. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 4101 Boston Road, Bronx, NY 10466. Purpose: Any lawful purpose. D-256800

LEGAL

NOTICE OF LLC FORMATION

DURABLE WORTH LLC. Arts. of Org. filed with the SSNY on 10/22/20. Latest date to dissolve: 12/31/2199. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 11 Field Daisy Lane, East Northport, NY 11731. Purpose: Any lawful purpose. D-255966

NOTICE OF LLC FORMATION

EASYWIREZ LLC. Arts. of Org. filed with the SSNY on 10/16/20. 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, 1305 E. 8th Street, Brooklyn, NY 11230. Purpose: Any lawful purpose. D-255069

NOTICE OF LLC FORMATION

ESTIA 455, LLC. Arts. of Org. filed with the SSNY on 11/09/20. 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, 455 Warren Street, Brooklyn, NY 11217. Purpose: Any lawful purpose. D-256535

NOTICE OF LLC FORMATION

FIT BODY SOLUTIONS LLC. Arts. of Org. filed with the SSNY on 06/18/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Curt Kramer, 111 Great Neck Road, Suite 216, Great Neck, NY 11021. Purpose: Any lawful purpose. D-255840

NOTICE OF LLC FORMATION

FROMARK LLC. Arts. of Org. filed with the SSNY on 10/30/20. 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 Darren Brody, 1735 Front Street, Yorktown Heights, NY 10598. Purpose: Any lawful purpose. D-256538

NOTICE OF LLC FORMATION

FROMARK LLC. Arts. of Org. filed with the SSNY on 10/30/20. 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, 65 Bayard Street, New York, NY 10013. Purpose: Any lawful purpose. D-255963

NOTICE OF LLC FORMATION

GALOFARO FAMILY, LLC. Arts. of Org. filed with the SSNY on 10/30/20. 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 Salvatore Galofaro, 81 Cromwell Circle, Staten Island, NY 10304. Purpose: Any lawful purpose. D-256025

NAME: GLENSMERE GUERNSEY FARM LLC
Articles of Organization were filed with the Secretary of State of New York (SSNY) on October

21, 2020. Office location: The Mailing Address of the limited liability company's office is 94 Teasdale Drive, Slingerlands, N.Y. 12159, County of Albany. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC at 22 Clinton Avenue, Albany, New York 12207. For any lawful purpose. C-255555

LEGAL

GOOD PROPERTIES 1713 LLC. Arts. of Org. filed with the SSNY on 09/27/19. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 1657 Lurting Avenue, Bronx, NY 10461. Purpose: Any lawful purpose. D-257416

NOTICE OF LLC FORMATION

GOOD PROPERTIES 933 LLC. Arts. of Org. filed with the SSNY on 11/12/20. 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, 1187 Van Nest Avenue, Bronx, NY 10461. Purpose: Any lawful purpose. D-257417

NOTICE OF LLC FORMATION

GOOD PROPERTIES 975 LLC. Arts. of Org. filed with the SSNY on 12/20/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Darren Brody, 1735 Front Street, Yorktown Heights, NY 10598. Purpose: Any lawful purpose. D-256538

NOTICE OF LLC FORMATION

GOODZ LLC. App. for Auth. filed with the SSNY on 10/19/20. Originally filed with Secretary of State of Delaware on 10/14/20. 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, c/o AYCO, 321 Broadway, Saratoga Springs, NY 12866. Purpose: Any lawful purpose. D-256021

NOTICE OF LLC FORMATION

HAPPY DAYS RESTAURANT GROUP LLC. Arts. of Org. filed with the SSNY on 11/06/20. 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, 35 Pinelawn Road, Suite 214E, Melville, NY 11747. Purpose: Any lawful purpose. D-256437

NOTICE OF LLC FORMATION

HOLLISWOOD2AVE, LLC. Arts. of Org. filed with the SSNY on 11/02/20. 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, 32 West 76th Street, New York, NY 10023. Purpose: Any lawful purpose. D-256112

LEGAL

NOTICE OF LLC FORMATION

HDCOMREAL LLC. Arts. of Org. filed with the SSNY on 10/13/20. Latest date to dissolve: 12/31/2050. Office: Albany County. 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 Helen Demetriou, 31-80 44th Street, #2D, Astoria, NY 11103. Purpose: Any lawful purpose. D-256396

NOTICE OF LLC FORMATION

HOLLISWOOD2AVE, LLC. Arts. of Org. filed with the SSNY on 11/02/20. 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, 32 West 76th Street, New York, NY 10023. Purpose: Any lawful purpose. D-256112

NOTICE OF LLC FORMATION

HUATATAH, LLC. Arts. of Org. filed with the SSNY on 11/09/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Law Offices of Katz & Matz, P.C., 1350 Avenue of the Americas, 3rd Floor, New York, NY 10019. Purpose: Any lawful purpose. D-256534

NOTICE OF LLC FORMATION

IRVING CAPITAL GROUP LLC. Arts. of Org. filed with the SSNY on 11/16/20. 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, 276 West 238th Street, Bronx, NY 10463. Purpose: Any lawful purpose. D-257332

NOTICE OF LLC FORMATION

JAJAJA WILLIAMS-BURG LLC. Arts. of Org. filed with the SSNY on 11/03/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 119 Kent Avenue, Brooklyn, NY 11249. Purpose: Any lawful purpose. D-256208

NOTICE OF LLC FORMATION

JJ ESTABLISHMENT LLC. App. for Auth. filed with the SSNY on 11/17/20. Originally filed with Secretary of State of Delaware on 11/13/20. 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, 478 Albany Avenue, Suite 210, Brooklyn, NY 11203. Purpose: Any lawful purpose. D-257422

LEGAL

NOTICE OF LLC FORMATION

JOVIAN RECORDS LLC. Arts. of Org. filed with the SSNY on 10/26/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 197 Columbia Street, Brooklyn, NY 11231. Purpose: Any lawful purpose. D-255702

NOTICE OF LLC FORMATION

K&M LES CAMERA LLC. Arts. of Org. filed with the SSNY on 10/23/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 175 East Hoffman, Lindenhurst, NY 11757. Purpose: Any lawful purpose. D-255639

NOTICE OF LLC FORMATION

KSHM LLC. Arts. of Org. filed with the SSNY on 11/16/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Graubard & Blumenfeld, P.C., 370 Lexington Avenue, 27th Floor, New York, NY 10017. Purpose: Any lawful purpose. D-257333

NOTICE OF LLC FORMATION

LIBERTY RISK REALTY, LLC. Arts. of Org. filed with the SSNY on 11/10/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 98 Sunny Road, Suite A, Saint James, NY 11780. Purpose: Any lawful purpose. D-256714

NOTICE OF LLC FORMATION

M. DRESSLER REAL ESTATE, LLC. Arts. of Org. filed with the SSNY on 11/05/20. 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, 4705 Center Boulevard, Apartment 1109, Long Island City, NY 11109. Purpose: Any lawful purpose. D-256404

NOTICE OF LLC FORMATION

MADONNA DELLA SCALA, LLC. Arts. of Org. filed with the SSNY on 10/27/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Giuseppe Gaudio, 410 Town Line Road, Commack, NY 11725. Purpose: Any lawful purpose. D-255752

NOTICE OF LLC FORMATION

MEMPHIS DOWN PRODUCTIONS, LLC. Arts. of Org. filed with the SSNY

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on 11/09/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Herzog + Sheffield, P.C., 59 John Street, Suite 9B, New York, NY 10038. Purpose: Any lawful purpose. D-256536

NOTICE OF LLC FORMATION

MGM FOOD GROUP LLC. Arts. of Org. filed with the SSNY on 07/31/20. Latest date to dissolve: 12/31/2119. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 75-50 Metropolitan Avenue, Middle Village, NY 11379. Purpose: Any lawful purpose. C-256703

NOTICE OF LLC FORMATION

MM US PARTNERS LLC. Arts. of Org. filed with the SSNY on 11/13/20. 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, 7844 Herschel Avenue, La Jolla, CA 92037. Purpose: Any lawful purpose. D-257290

NOTICE OF LLC FORMATION

NATAS PRODUCTIONS, LLC. Arts. of Org. filed with the SSNY on 09/03/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 450 Park Avenue South, 3rd Floor, New York, NY 10016. Purpose: Any lawful purpose. D-255658

NOTICE OF LLC FORMATION

NOAH GUY, LLC. Arts. of Org. filed with the SSNY on 10/29/20. 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, 120 E. 29th Street, #4A, New York, NY 10016. Purpose: Any lawful purpose. D-255965

NOTICE OF LLC FORMATION

NOIR FRANCAIS LLC. Arts. of Org. filed with the SSNY on 10/30/20. 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, 29 Cliff Street, Apartment 10B, New York, NY 10038. Purpose: Any lawful purpose. D-256113

NOTICE OF LLC FORMATION

NOTABLE NEW YORK LLC. Arts. of Org. filed with the SSNY on 08/10/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 24

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East 125th Street, New York, NY 10035. Purpose: Any lawful purpose. D-256403

NOTICE OF LLC FORMATION

NOTAVIA HOLLOW LLC. Arts. of Org. filed with the SSNY on 08/14/20. 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, c/o Edgaras Pantelejevas, P.O. Box 1092, New York, NY 10016. Purpose: Any lawful purpose. D-257390

NOTICE OF LLC FORMATION

ON BRAND STUDIOS, LLC. Arts. of Org. filed with the SSNY on 11/12/20. 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, c/o Fallek & Fallek, PLLC, One Battery Park Plaza, 32nd Floor, New York, NY 10004. Purpose: Any lawful purpose. D-256796

NOTICE OF LLC FORMATION

PEREGRINE GRAPHICS LLC. Arts. of Org. filed with the SSNY on 10/01/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 48 Warren Street, New York, NY 10007. Purpose: Any lawful purpose. D-254941

NOTICE OF LLC FORMATION

PINEHURST ASSOCIATES LLC. Arts. of Org. filed with the SSNY on 11/12/20. 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, 350 Motor Parkway, Suite 308, Hauppauge, NY 11788. Purpose: Any lawful purpose. D-256797

NOTICE OF LLC FORMATION

PPX HOSPITALITY LLC. Arts. of Org. filed with the SSNY on 10/23/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 270 Madison Avenue, 16th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-255641

NOTICE OF LLC FORMATION

RADAC ASSOCIATES, LLC. Arts. of Org. filed with the SSNY on 11/18/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 150 E. 37th Street, #PHC, New York, NY 10016. Purpose: Any lawful purpose. D-256029

LEGAL

NOTICE OF LLC FORMATION

REAL ESTATE RICH LLC. Arts. of Org. filed with the SSNY on 11/13/20. 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, 371 West 126th Street, Unit 4B, New York, NY 10027. Purpose: Any lawful purpose. D-257291

NOTICE OF PLLC FORMATION

RIVERA LAW GROUP, PLLC. Arts. of Org. filed with the SSNY on 10/19/20. 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, 1470 East Avenue, #2B, Bronx, NY 10462. Purpose: For the practice of the profession of Law. D-255149

NOTICE OF LLC FORMATION

RSH REALTY HOLDINGS LLC. Arts. of Org. filed with the SSNY on 10/19/20. 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, 43 Hearstone Drive, Dix Hills, NY 11746. Purpose: Any lawful purpose. D-255122

NOTICE OF LLC FORMATION

SCG JEFFERSON LLC. Arts. of Org. filed with the SSNY on 10/20/20. 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, 11 Grace Avenue, Suite 405, Great Neck, NY 11021. Purpose: Any lawful purpose. D-255177

NOTICE OF LLC FORMATION

SCG WYCKOFF LLC. Arts. of Org. filed with the SSNY on 10/20/20. 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, 11 Grace Avenue, Suite 405, Great Neck, NY 11021. Purpose: Any lawful purpose. D-255178

NOTICE OF LLC FORMATION

SH116 LLC. Arts. of Org. filed with the SSNY on 10/30/20. 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, 150 E. 37th Street, #PHC, New York, NY 10016. Purpose: Any lawful purpose. D-256029

NOTICE OF LLC FORMATION

SHRIVE LLC. Arts. of Org. filed with the SSNY on 11/12/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail

From page 1 ... Building bemoaned

It also included the voice of one developer whose firm shaped the residential footprint of the town over the past 50 years.

The town is preparing a 12-month moratorium that will affect applications for residential development. The move, which is subject to the town first passing a local law, has the potential to impact two dozen proposals already on the table, involving more than 800 housing units.

Like in 2004, the town is preparing an overall plan to direct future development and growth. The town is preparing to update its comprehensive plan, a task not expected to be completed for nearly a year. A moratorium is expected to allow the town more time so that development proposals don't overrun their efforts.

"Many of us here in the town of Bethlehem have experienced that awful, sinking feeling upon noticing the heavy equipment has shown up on land that we have only known as pristine and beautiful woods or stands of trees or meadows or fields, each of which are home to much wildlife," said Bonnie Goldsmith, who's resided in town for more than 25

years. "Then, inevitably, bland, cookiecutter vinyl houses in varied shades of grey and beige begin to appear."

Should the town pass such a pause on development, none of the town boards will be allowed to review, hold a hearing, or render a decision on residential subdivision applications

"I think this town, over the years I've been here, has done things in a very thoughtful and careful manner. And, I think it's wise that we continue in that good tradition."

— Larry Deys, 40-year resident and former pastor of Delmar Presbyterian Church

containing more than four units. This includes existing subdivisions proposing to expand. Also excluded are applications to establish a planned development district, and site plans containing units within residential care, nursing homes or senior citizen housing.

"I think this town, over the years I've been here, has done things in a very thoughtful and careful manner. And, I think it's wise that we continue in that good tradition," said

Larry Deys, a 40-year resident. The former pastor of Delmar Presbyterian Church moved to town in 1981 to lead the church's congregation. "My concern is if we rush this process, we do not have a moratorium, this will undoubtedly produce backlash, and that's not healthy for the town."

The proposed moratorium is restrictive in that it will only allow plans to proceed if they've already reached final approval. Other plans still waiting for such approval

would be held back through the duration of the moratorium. Whereas some proposals are cleared after a state environmental impact review, others such as a new subdivision still go through an additional plot review. Subdivisions still waiting upon a final plot approval won't be able to proceed.

"I'd like a much tighter one, but I will take what I can get," said Jonathan Fishbein, a trustee on Bethlehem Central School District's school board. He said, as a resident, he's

opposed to more building. "Unchecked development, residential development increases school taxes. ... We have to rein in residential development."

But, town officials had tried to warn residents that the moratorium will not protect a patch of woods from development. Last month, Jim Foster warned against residents viewing it, and the subsequent comprehensive plan update, as a "silver bullet" against development.

"I just want to manage

"I ask the board to not delay or interrupt the progress that we have made thus far. ... We've been in front of the town for three years. We've been in the process."

— Luke Michaels, of Michaels Group Homes

"More than likely, it will just potentially change what that development looks like," Foster said.

Luke Michaels, of Michaels Group Homes, said he opposed all but one argument for the moratorium — the need to establish predictability between the town and proposed development.

Michaels Group has built several of the residential developments across town, starting with Colonial Acres more than 50 years ago. The

property is one of the oldest in town, once featured in a front page article by the late town historian Allison Bennett in The Spotlight. Michaels first presented the plan before the town in November 2017.

"Three years later I can say that the approval process has taken a very long time and we've been navigating through an unpredictable path to achieve a plat approval or a SEQRA [negative declaration]," he said.

Michaels professed that his firm, and the nine other applicants waiting for town approval, have invested "significant time and hundreds of thousands of dollars" since first approaching the town. Should the town pass the moratorium, he asked that it excludes applications already under review and under the town's current process.

"I ask the board to not delay or interrupt the progress that we have made thus far. ... We've been in front of the town for three years. We've been in the process," said Michaels.

development firm has shaped the landscape with similar neighborhoods with Chadwick Square, Brookhill, Walden Fields, Newell Place and Bender Farms.

"So, we've been a big part of Bethlehem over the years," Michaels said.

His firm's next project is Kimmy Point, a 80-plus unit development off Elm Avenue, that intends to maintain an existing farm separate from the residential community. The Dutch barn on the

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LEGALS

copy of process to the LLC, 7 West 21st Street, #1601, New York, NY 10010. Purpose: Any lawful purpose. D-257283

NOTICE OF LLC FORMATION

TFN REALTY, LLC. Arts. of Org. filed with the SSNY on 04/17/13. Latest date to dissolve: 12/31/2112. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 2 Woodfern Court, Dix Hills, NY 11746. Purpose: Any lawful purpose. D-256043

To place your Legal Notice: Call 439-4949

LEGALS

NOTICE OF LLC FORMATION

THE LAW OFFICES OF JASON GOLDMAN PLLC. Arts. of Org. filed with the SSNY on 10/20/20. 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, 87 National Boulevard, Long Beach, NY 11561. Purpose: For the practice of the profession of Law. D-255967

NOTICE OF LLC FORMATION

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VEGA'S SUPERIOR FLOORING LLC. Arts. of Org. filed with the SSNY on 11/12/20. 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, c/o Seymour J. Weinberg CPA, 2003 East 21st Street, Brooklyn, NY 11229. Purpose: Any lawful purpose. D-256798

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Spotlight on Opinion

www.spotlightnews.com PAGE 14

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December 2 - 8, 2020

FROM THE EDITOR'S DESK



The Spotlight welcomes letters of local and regional interest. Letters are subject to editing and are limited to 500 words.

All letters must include the writer's name, address and phone number. The Spotlight reserves the right to limit the number of letters published from a single author.

Submissions can be emailed to news@spotlightnews.com. The deadline for all letters is noon Friday prior to publication.

The Spotlight also welcomes longer opinion pieces for the Point of View section.

For information on submitting a Point of View, email news@spotlightnews.com or call (518) 439-4949.

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

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Something doesn't smell right

When LaFarge Holcim demolished its old exhaust stack to make way for its new multi-million dollar kiln, the impact it made as it crumpled to the ground shook the earth. Just demonstrating that when LaFarge makes a move in this corner of the world, it will shake the very ground you stand upon. Who else has that power?

As expected, the Coeymans Town Board amended its Clean Air Law. It was a bold piece of legislation passed just a year before under a different supervisor, under a different political party, backed by like-minded board members from the same party. In 2019, Coeymans bared its teeth at the giant company under threat it would burn unwanted trash. In response, the foreign company that owns the cement plant penned a series of words, rolled up the letter and slapped the belligerent dog on the snout with the words, "Guide yourselves accordingly."

The three words, alone, reads like something coming out of a Hollywood action flick. With the protagonist, or antagonist, looking off camera with a defiant sneer across his face as if to dare a response.

Town Supervisor George D. McHugh said he only wanted to protect Coeymans from

an expensive lawsuit. The town's recently adopted budget for 2021 covers roughly \$6.6 million dollars in appropriations. Last year, LaFargeHolcim reported \$26.7 billion in revenue. To LaFarge, the town that houses its cement plant was a mere flea that it only showed the courtesy to warn before proceeding to scratch.

The Clean Air Law of 2019 is a good example of how local

government can go too far. The road to hell is paved with good intentions. And, as well intended the law may have been, town officials were committing themselves to a fight they are ill-equipped for. This is the same town that couldn't wrangle a rioting scum of residents last year. It later opened its doors for Albany County Sheriff deputies to patrol the town.

That's not to slap the "small town" moniker to our

neighbors. Albany County as a whole has committed itself to the same kind of dogfight. It, too, passed legislation targeted at LaFargeHolcim. Albany County's proposed budget for next year, factoring in an \$18 million shortfall in revenue, is just north of \$700

match the behavior.

This was a "Coeymans against the world" kind of argument. Those who clamored against amending the law were often those living outside the town lines. McHugh swiftly pointed out this fact when outsiders approached the board during its public hearing. Air knows no boundaries, but lawsuits do.

New Baltimore, Bethlehem and Albany residents need not say a thing — you won't pay the bill once Coeymans is slapped with a lawsuit. Indeed, where is everyone going to be if

much needed money into a proud, storied town with a rich history tied to industry. Environmentalists, and bleeding hearts pleading for big government to help pull this community out of its doldrums don't seem to understand the want and the need for hard work and the pride that pays out in dividends. What problems they perceive to have, they will fix on their own. It is "Coeymans against the world." They don't want your handout.

But, as town board members discussed the merits of their proposed amendments, it did not feel like a circling of the wagons. It did not feel like a "Coeymans against the world" kind of fight. Maybe it was how they snickered as we could hear the sound of protesters outside. Maybe it was how McHugh asked the police chief if he could do something about those protesters as he sat in front of the American Flag. There's just a few, subtle contrasting images that make the picture difficult to make out. Except, there is one picture on the town's Facebook page that now looks out of place in all this: A gazebo with a LaFargeHolcim flag hung from its rafters.

It just makes you want to put your tail between your legs.



million.

But, something just doesn't smell right. There is something disingenuous with the actions that have taken place surrounding this issue. Not to imply anything improper, but the sentiment doesn't seem to

Coeymans kept up with the good fight?

The fact remains that LaFargeHolcim may be a foreign company, whose profits could likely buy the entire acreage of Coeymans, but its one of the largest employers. LaFarge and the Port of Coeymans brings

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LIBRARIES

Patrons share 'Quarantine Memories'

As we embark on a holiday season like no other, it is hard not to think about how we are living through a history-making time. The pandemic has shaped our everyday lives in ways we could have never imagined.

This spring and summer, we invited people to share their personal memories of early 2020, when COVID-19 quickly changed from being a distant threat to a health emergency affecting every aspect of our lives. These recollections, in the form of narratives, photographs and video, are now part of our permanent NY Heritage digital collection.

We saw such a creative variety of submissions – some poignant and heart-breaking, others optimistic and uplifting. There are currently 34 records in this collection, organized



and uploaded by a team of Bethlehem librarians. Some are single contributions, while others are multiple items such as photographs, audio, video, songs, poetry, newsletters, shared experiences and works of art.

Exploring these words and images from our neighbors is a reminder that we are not in this alone. These quarantine memories are an important snapshot of the here and now that will be part of the historical record long after the pandemic is a distant memory.

To view our collection of Quarantine Memories, visit nyheritage.org/contributors/bethlehem-public-library.

Friends

The Friends of Bethlehem Public Library support our library in ways big and small – from underwriting concert series and author visits to serving up treats at summer events and funding the prizes for library contests.

The Friends are an all-volunteer organization that is always welcoming new members and supporters.

The group meets on the third Monday evening, every other month. This year's annual organizational meeting will be held Dec. 21 at 6:30 p.m. The agenda includes a vote on the slate of candidates for the Board of Directors. The meeting will be held virtually and members will be notified of the link via email. To find out how you can be a Friend too, e-mail friends@bethlehempubliclibrary.org.

To learn more about

the Friends, visit www.bethlehempubliclibrary.org/about-us/friends-of-bethlehem-public-library.

What's that song?

Are you one of those people who knows the song that's playing on the radio just by hearing a few notes? It's time to put that "notable" skill to good use at our virtual Name That Tune program Monday, Dec. 7, at 7 p.m. Match your music knowledge against others as you compete for bragging rights and a prize. The program takes place over Zoom, and participants will use the Zoom chat to share answers.

To sign up, visit the online calendar at bethlehem.librarycalendar.com and select the name and date of the program.

VOX Books

For young readers, there's more than one

way to enjoy favorite stories like "Stellaluna," "Cloudy with a Chance of Meatballs" and "Click, Clack Moo." The library is loaning out Wonderbooks and VOX Books versions of these titles and dozens more. VOX Books and Wonderbooks are audio books that live in print books. The permanently attached readers transform an ordinary print book into an all-in-one read-along. There's no need for computers, tablets or CDs.

Visit www.bethlehempubliclibrary.org and search the catalog for "VOX" or "Wonderbooks" to see what's available.

A reminder about due dates

The moratorium on late fees has been extended through Dec. 31, 2020. In the coming weeks, please check your account for

any overdue materials you might have forgotten about.

— Kristen Roberts

2021 Softball registration

The Bethlehem Softball League has opened 2021 Spring Recreation Registration offering an early registration price of \$100 for those who register before Thursday, Dec. 31.

Recreation softball is open to participants born on or after Jan. 1, 2003, on or before Jan. 1, 2016 and within grades K to 12. Cost to register rises to \$125 after January 1.

Sibling discounts will still be offered for families with additional children to register. To register, visit bethlehemsoftballleague.com

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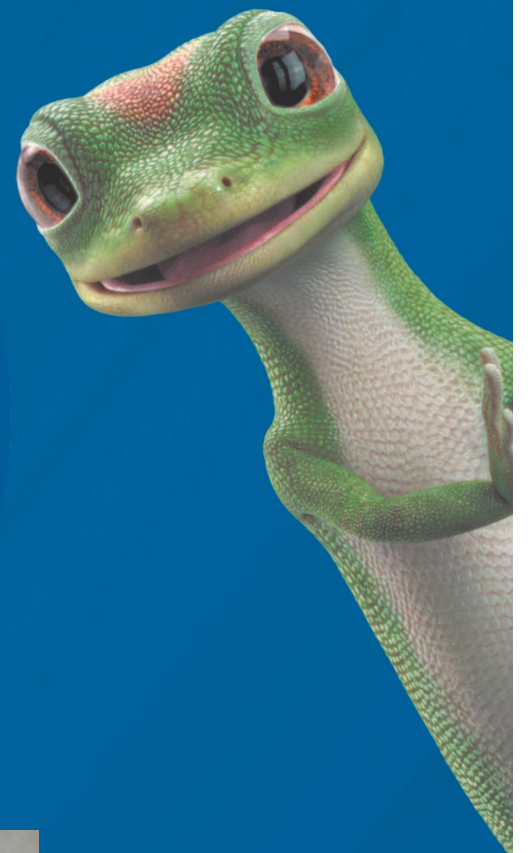
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Shoppers hit Lark Street for some holiday shopping.

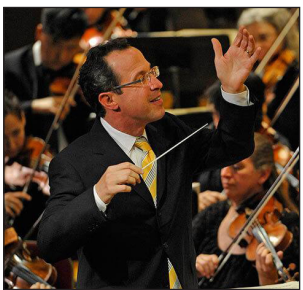
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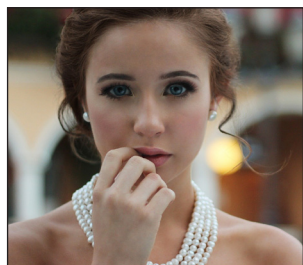
Grammy winner?
Albany Symphony Orchestra earns fifth nomination.

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Art league hits web
Colonie Art League hosting annual art show virtually.

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Present tense?
Consider these local gift ideas when you go out shopping.

Page B6



A game of inches and teaspoons

Industries for the Disabled, Special Olympics collaborate on a cookbook

By **KAITLIN LEMBO**
lembok@spotlightnews.com

During a time where staying home is for the greater good, people are finding innovative ways to spend time together and keep boredom at bay. Breaking out those once-neglected pots and pans is one way people are maintaining their sanity.

Continues on page B11



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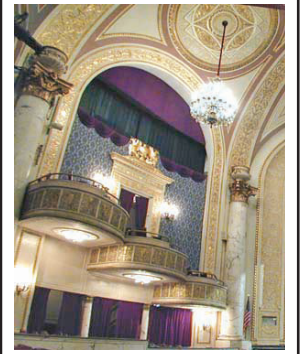
There's more than water in that there barrel, isn't there?

Louise Lennon

quote of the week

"Nobody wants to hear a Tchaikovsky piece recorded for the 20th time. We want to contribute to the industry in a different way. Chris [Theofanidis] is a composer we've worked with annually for about 10 years and he has a way of making this group 'sing' in a way that's so unique to him."




— David Alan Miller, musical director of Albany Symphony Orchestra



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RECENTLY ANNOUNCED

And the hits keep on coming for ASO

Albany Symphony nominated for its fifth Grammy

By **KAITLIN LEMBO**
lembok@spotlightnews.com

ALBANY — The Recording Academy announced nominations for the 63rd Grammy Awards on Nov. 24, netting Albany Symphony its fifth nomination in seven years.

The orchestra was nominated for its recording of Christopher Theofanidis' "Concerto for Viola and Chamber Orchestra." Viola player Richard O'Neill was nominated for the concerto's solo. The category Albany Symphony is vying for is "Best Classical Instrumental Solo," the same category that netted Miller and the group its 2013 win.

David Alan Miller, Albany Symphony's conductor, said the feat is unusual because violas are in the middle of the string section; if you look at previous nominations and even the ones from this year, many boast a piano or violin solo.

"To have a concerto that features a viola solo nominated is absolutely



amazing," Miller said. "We are honored to be nominated and we are so incredibly proud of Richard for his incredible work."

Since the orchestra's first win, Miller said the recognition has been steady. He credits this to the group's approach to music; it tries to record either contemporary music or music that hasn't been recorded before.

"Most orchestras record music that has been recorded tons of times and was written by old,

dead, white men," Miller explained. "Nobody wants to hear a Tchaikovsky piece recorded for the 20th time. We want to contribute to the industry in a different way. Chris [Theofanidis] is a composer we've worked with annually for about 10 years and he has a way of making this group 'sing' in a way that's so unique to him."

Theofanidis, 52, is a graduate of Yale, the Eastman School of Music and the University of Houston. His work has

been commissioned by some of the biggest forces in classical music, including the London Symphony, the Philadelphia Orchestra and others across the country. He served as the Pittsburgh Symphony's Composer of the Year from 2006 to 2007; during that time, he wrote a concerto for esteemed violinist Sarah Chang. Theofanidis is the

recipient of a Guggenheim Fellowship, a Fulbright Fellowship to France, six ASCAP Gould Prizes and a 2007 Grammy nomination for best composition of "The Here and Now," amongst other awards.

Miller added there were about 200 submissions for the category. While he expects the Grammys to be at least partially virtual due to the ongoing pandemic, he said the honor of being nominated never gets old.

"To be recognized in the same category as greats like The Philadelphia Orchestra and the Boston Symphony Orchestra is such an honor," he concluded. "We always say that even if we didn't bring the statue home, that fact that we were nominated means we won. Despite the difference in our budget and those of orchestras like our fellow nominees, we're happy we've been continually recognized for the work we are putting out there."

The Grammy Awards will air on Jan. 31, on CBS.



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ARTS

World Wide Web of art for local league

Colonie Art League hosting annual art show virtually

By **KAITLIN LEMBO**
lembok@spotlightnews.com

COLONIE — The Colonie Art League is pivoting.

While the 46-year-old organization normally hosts its art shows in person, the pandemic has squashed the prospect this year. However, members are not allowing that to stop them from showing off their art.

The Colonie Art League will host its annual holiday art show and sale virtually, from Dec. 1 to Jan. 31, 2021. To view the art and purchase, visit <https://www.colonieartleague.com/>.

Co-presidents Sue Lunow and Barbara Via are excited about the show. The women are artists at heart; while the responsibility



of leading the group has its moments, they remain dedicated to using their talent as a medium to express thoughts and feelings.

“When I joined the league 14 years ago, art was kind of isolating for me because I was painting in a vacuum,” Lunow said. “Joining this organization has allowed me to bounce ideas off of like-minded peers and learn techniques from other people.”

Via echoes Lunow, adding the friends she’s made since joining seven years ago has helped her become a better artist and person.

“I now have such a better understanding of how themes work,” Via said, “and how colors can enhance one another and how to make a piece more harmonious. We’ve also learned how to appropriately frame and hang a painting, something

I could never do properly.”

The league’s art shows are casual, but purposeful. For the holiday show, any member can get in; it’s not juried, meaning people can’t be denied due to space or quality constraints. Lunow and Via said a judge is hired to evaluate the art based on guidelines set by the organization. Each piece is unique — if someone buys a piece of art from someone, there are no other prints or duplicates. Once it’s gone, it’s gone. Via said the uniqueness of each piece, and the affordability the league tries to offer them at, contributes to the overall experience of a Colonie Art League art show.

The holiday art show is by far the biggest event for the league. In past years, the holiday show was hosted at William K. Sanford Town Library, whose foot traffic lends itself well to sales. The league also hosts

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DEC 21 at 8 pm | \$10

a spring show at the Pruyne House; this show is juried, but Via and Lunow said it's rare someone gets rejected and the juried part of it is more to make sure there is space. While Sanford Library can hold about 90 pieces of art, Pruyne House can only hold about 60. The variety of mediums are vast — the only art the league doesn't work with is sculpture. Also, there are both traditional and avant-garde artists, with members finding inspiration from each other's work.

"Our winner last year actually utilized textile," Lunow said. "It was this avant-garde, super colorful piece that was absolutely beautiful."

Lunow and Via stressed the league isn't about creating the next Van Gogh or Monet. The organization aims to bolster the everyday artist and talent, giving them a place to share ideas and sell their work. While some are financially successful just selling their art, many work a "normal" job and sell art on the side. Via said many are excited when they sell one or two pieces a year.

The league also uses its art for charitable causes.



Bridget A. Smith



Doug Kerr

The organization recently hosted a virtual show for a cause, which generated over \$1,000 for the regional food bank. All paintings were food-themed; members sold 40 paintings of the 70 entered for the show.

Via and Lunow said the league is an excellent option for local artists who want to explore selling work while making friends and keeping their skills modern with new tips and tricks.

"I love how we help each other out," Via concluded. "These people make me so happy."

For more information or to become a member, visit <https://www.colonieartleague.com/>.



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Answers on Pg. B17

HOLIDAY FEATURE

Feeling present tense?

Consider these local gift ideas

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



The thought of holiday shopping often induces anxiety. Well-intentioned people respond to such a confession with, "Oh, it's the thought that counts," but that only adds more fuel to the proverbial Yule Log fire.

For me, gift cards are great. They're quick. They're efficient. You can walk up to the end cap at your local grocery store and find cards for everyone in your life. Fifteen minutes and you have the whole family covered. Bing. Bang. Boom. No holiday rush. No stress at the mall. Not to mention, it's a sound approach at keeping to a responsible budget like an adult.

My good friend, Jim is a coffee addict. They know him by name at all of the local Starbucks. Says so on his cup. Each Christmas, I can look forward to knowing that one of his daily venti mocha lattes with almond milk is on me. You're welcome, Jim.

And, my family love to go out to dinner. Nothing says "I appreciate your love for the culinary arts" by bestowing them with a \$25 gift card to Olive Garden. One loves bread and the other loves cheese. It's a win-win situation.

But, when I get a gift card, it sits on my desk for months, or longer. The pressure of being able to purchase whatever I want weighs on me. It's not so much that I don't know what I want. Sometimes there's the fear of judgement. Knowing that whatever I do buy with that card, I have to report back what I purchased. And, I'm not sure I'm ready to explain why I bought a used copy of SWV's 1992 release "It's About Time." It went triple platinum and I get weak for New Jack.

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CLUES ACROSS

- Skateboarders love them
- Popular sports podcast (abbr.)
- Former Ohio State great Michael
- Not dirty
- Earth goddess (Greek myth.)
- A Spanish river
- Pig meat (French)
- Famed astronomer
- Floating ice
- Broadcast
- Aquatic mammals
- Some are bath
- Hip hop trio
- NY Giants' #56
- Small European viper
- Neither
- Multiple Tony-winner Rivera
- Loud noise
- Second year high schooler
- "_ in comparison"
- Golf score
- Raise
- Pastas
- Easily manageable
- Fathered
- Pouch
- Institute legal proceedings against
- News organization
- Unruly group of people
- Fasten or secure
- Sheets of glass
- Doubled
- Foolish person
- Rooney and Kate are two
- Small, rich sponge cake
- Advice or counsel
- Large wading bird
- Famed British physicist
- Narrow ridges (Swedish)
- Field force unit
- Lying face downward

CLUES DOWN

- Proof of purchase (abbr.)
- Soap ingredient
- Blackbird
- Single steps
- Tin
- Books have lots of them
- Made of fermented honey and water
- You can get it in a bed
- Room for communal meals
- Early Syrian kingdom
- Provokes dry amusement
- Use with "thou"
- Mollusk
- Grain storage units
- Not a car, not a truck
- Ooze
- N. Vietnamese ethnic group
- Tennis pros group
- Something that's not what it's purported to be
- E. Indian trees
- Beloved December holiday
- Regions
- Metric unit of length
- Peter's last name
- Beige
- 18-year period in astronomy
- Where golfers begin
- Basketball stat (abbr.)
- Frocks
- Soda comes in it
- On approval
- Trims by cutting
- Small finch
- Language Bura-__
- Nothing
- Imbecile (British)
- Tropical Asian plant
- Abba __, Israeli politician
- Small freshwater fish
- Indicates position
- Data processing

Answers on Pg. B17

All kidding aside, gift cards to make for a good gift. You just may want to supply more thought into purchasing one than I do. Here are a few more ideas I promise are better planned out.



Jewelry

Single men may want to avoid this topic. You don't want to buy earrings. Earrings come in a small box and that leaves the impression that you've bought a ring. If you bought a ring, well, it better be THE ring. Now you see where I'm going. Approach this avenue with extreme caution.

Otherwise, one can find unique articles of jewelry from places like Joyelles Jewelers in Delmar. The jeweler carries an assortment of both new and estate jewelry; watches, rings, necklaces and more. The store also carries scents, lotions and scarves, too.



Sporting Gifts

It doesn't matter what year it is, a baseball bat or mitt can still light up a kid's holiday. And, if you're looking to help that kid's future career as a slugger for the New York Yankees, a bat can be an investment they can't quite afford. Steiners Sports in Glenmont carries items from various sports, including top-of-the-line bicycles.

Continues next page

HOROSCOPES

December 2020 Week 1

ARIES - MAR 21/APR 20

Aries, this week you feel more energized and ready to hit the ground running with a special project at work. It's also a great time to do something for yourself.

TAURUS - APR 21/MAY 21

Taurus, a couple of days this week you may need to roll over and catch a couple extra minutes with your head on the pillow. Being extra tired may indicate you need to scale back.

GEMINI - MAY 22/JUN 21

A social butterfly, you are eager to socialize this week, Gemini. Figure out a day when a few friends are available to get together and catch up. Then plan an event.

CANCER - JUN 22/JUL 22

Cancer, it is essential to practice self-care; otherwise, you easily can run yourself ragged. Put yourself ahead of others sometime this week, even if it feels indulgent.

LEO - JUL 23/AUG 23

Leo, take an opportunity to share your big heart with someone who may need an extra emotional boost. Spend some quality time with this individual.

VIRGO - AUG 24/SEPT 22

Virgo, you are eager to get caught up in all the details. This can keep you on track and orderly, but you may miss some spontaneity if you're always following the rules.

LIBRA - SEPT 23/OCT 23

Relationships are important to you, Libra. You may be eager to develop some new friendships in the days to come. Think about pursuing new hobbies or interests.

SCORPIO - OCT 24/NOV 22

Scorpio, everyone around you knows if they put you in charge you will get the job done successfully. But others may not be in tune with who you are, so open up a little bit.

SAGITTARIUS - NOV 23/DEC 21

Sagittarius, you are always eager to learn new things. This week take time to explore the world around you and pick up some facts along the way.

CAPRICORN - DEC 22/JAN 20

It can be challenging to find a balance between giving your all at work and enjoying your personal life. That's because you're such a hard worker. Devote more time to home.

AQUARIUS - JAN 21/FEB 18

The smallest steps can lead to the greatest results, Aquarius. Don't discount any strides you make in the direction of success. You will get there eventually.

PISCES - FEB 19/MAR 20

Be mindful of where your dollars are going, Pisces. This will help you strike a greater balance between spending and saving.

From page B7 ...
 Holiday gift giving

Investing

So you want to purchase a bond or certificate of deposit? There are many ways to gift someone money over the holidays. Speaking to a financial advisor would be your first step. Key Bank, Saratoga National, Sunmark FCU and other institutions can walk you through options, from CDs to 529 education plans and more. Depending on your plans, you may want to ask about other investments that can be purchased as a custodial account under the Uniformed Gifts to Minors Act.



Gift cards

Sometimes you don't know what to get. The person you're thinking about has such a variety of interests, it's difficult to pinpoint which one is the current favorite. Spending money on an item they're no longer interested in can be a disappointment for you. Getting a gift card, however, is a great alternative. Whether it be a restaurant or favorite store, reach out or visit the establishment. There's no guarantee the grocery store will carry them, not to mention you may have more options available to you. Upstate Wine & Spirits allows you to purchase a gift certificate of any amount. A \$25 gift card could make the difference between a 750 milliliter bottle of Knob Creek Bourbon Small Batch Smoked Maple and a bottle

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Books

Introducing a kid to an epic book series like J.K. Rowling's "Harry Potter" or Frank Herbert's "Dune" can leave an everlasting impression. It not only welcomes them into new, imaginary worlds, they may find themselves building real-life friendships with like-minded fans. If you're not sure what books may be appropriate, you can always visit a store like I Love Books in Delmar and ask a staff member for help.

This article also appears in the December edition of our FamilyNOW monthly magazine.

Happy Holidays

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A game of inches and... teaspoons

From page B1 ...
Cookbook

New York State Industries for the Disabled and Special Olympics of New York are teaming up to make that even more fun. The organizations, which specialize in support and resources for individuals with developmental or intellectual disabilities, are releasing a cookbook inspired by athletes' and donors' favorite recipes.

The cookbook, aptly named "50th Anniversary Recipe Book" to celebrate SONY's 50th anniversary, can be purchased at <https://sony2020.itemorder.com/> through Dec. 11. All proceeds support NYSID and SONY programs.

Stacey Hengsterman, the president and CEO of SONY, said the cookbook is a fun way to promote

healthy lifestyles and encourage families and friends to get in the kitchen and create. Hengsterman contributed a summer ravioli, a recipe she loves but one her athlete son, Alex, 16, won't eat.

"Alex and I love cooking together and we have done a few Facebook live streams showing the process in the kitchen when we work together," Hengsterman said. "There's such a focus on living a healthy lifestyle for individuals with disabilities and we want to promote that to our athletes and community."

Hengsterman was elated to see the finished product. She's especially appreciative of the wide range of recipes featured, including ones from celebrity donors Al

Roker, Buffalo Bills snapper Reid Ferguson, WWE stars Paul Wight and Drew McIntyre, and Jacquelyn Jablonski and Shannon Shape. Also featured is Special Olympics International chairman Tim Shriver and CEO Mary Davis. The cookbook features recipes for the most health-conscious and for those who like to kick back with a delectable dessert after a long day. She added that she and Alex are planning to make some recipes on their Facebook live streams.

"You know these recipes are amazing because of each contributor's repertoire, this is the recipe they found worthy of publishing,"

Continues next page

I SHOULD ~~PROBABLY~~
GET A RIDE HOME.

**BUZZED DRIVING
IS DRUNK DRIVING**



From page B11 Cookbook

Hengsterman said.

Clifton Park resident Colette Lawless is another contributor. Her sons Ed, 27, and Anthony, 23, are long-term SONY athletes. Lawless said her main goal with her peanut butter cookie recipe was to create something simple enough for any home cook.

"I tried to make these cookies as healthy as I could, and Ed came in the room and told me I should put a Hershey kiss on each one," Lawless said. "I told him it was supposed to be healthy and he said 'yes, healthy with a chocolate kiss on each one.' He loves trying all of these foods."

Lawless said SONY has helped her sons tremendously. Lawless adopted the men when they were 4 and 5 years old. SONY has given the men a sense of pride and a lesson that not everyone wins in life.

"In many sports, people say everyone wins and gets a trophy, but just because my sons have intellectual



Colette Lawless

disabilities does not mean they aren't capable of learning rules," Lawless said. "Ed and Anthony are aware that not everyone wins, and these sports allow them to learn rules and embrace the idea that sometimes, you lose in life and you have to learn from those experiences and move on."

Lawless said SONY has also given her the ability to be just a parent for a few fleeting moments; as a parent of men with intellectual disabilities, she's a caretaker and "on" 24/7. She and her husband are able to sit in the stands and

root their sons on, giving coaches and mentors the opportunity to work with them in a different capacity. The program has made her whole family better people, and her and her husband better parents.

NYSID president and CEO Maureen O'Brien said the cookbook is also a great way for individuals with developmental and intellectual disabilities to learn repetition, a skill that is vital to their education. NYSID partners with SONY on job training and placement for its athletes.

"The beautiful thing about this collaboration



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is we were able to take our strengths and mold them together for this project," O'Brien said. "We were able to help SONY with things like the e-commerce website. This project was born out of our mutual need to enrich our community."

O'Brien said her job gives her great passion and understanding for those with developmental and

intellectual disabilities. While individuals with these disabilities are sometimes met with roadblocks, NYSID and SONY are able to create a worthwhile experience through their shared programs and support for both athletes and their families.

"The goal of this project was to create something healthy and fun for our



Stacey Hengsterman

community and represent the mission of our organizations," O'Brien concluded, "and I think we did a great job making that come to life."

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HEALTH and FITNESS

Getting your move on this winter



Physical activity guidelines for children, adolescents and adults

Staying healthy is a full-time job for people of all ages. While it might not always prove so easy to exercise or eat right, the benefits of healthy living are undeniable.

According to the Partnership to Fight Chronic Disease, "prevention" refers to helping people avoid

getting sick or identifying diseases early so treatment can begin. Immunizations and disease screenings are two vital components of preventive care, but children, adolescents and adults can take more active roles in preventive care by embracing physical activity.

The Department of Health and Human Services notes that physical activity fosters normal growth and development and can help people feel better, function better, sleep better, and reduce their risk for a large number of

chronic diseases. Reducing risk for chronic disease keeps people out of the doctor's office, or even the hospital, and it also can help save considerable amounts of money. One report from the The Milken Institute estimated that high chronic disease and obesity rates are responsible for more than \$1 trillion in lost productivity in the workplace every year. In addition, the National Commission on Prevention Priorities notes that increasing the use of five preventive services to 90

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percent can save more than 100,000 lives in the United States each year. Such services include advising smokers to quit and offering medication or other assistance to help them and providing flu shots for people age 65 and older.

In recognition of the role exercise plays in preventive care, the DHHS recommends children, adolescents and adults follow these physical activity guidelines.

Children and adolescents

The DHHS recommends that children and adolescents between the ages of six and 17 should get 60 minutes or more of moderate-to-vigorous physical activity

every day.

- **Aerobic:** Most of the 60 minutes or more per day should be either moderate- or vigorous intensity aerobic physical activity and should include vigorous-intensity physical activity at least three days a week.

- **Muscle-strengthening:** As part of their 60 minutes or more of daily physical activity, children and adolescents should include muscle-strengthening physical activity at least three days a week.

- **Bone-strengthening:** As part of their 60 minutes or more of daily physical activity, children and adolescents should include bone-strengthening physical activity at least three days a week.

Parents can consult with their children's physicians to determine age-appropriate muscle- and bone-

strengthening activities for their youngsters.

Adults

The DHHS advises adults to make a concerted effort to move more and sit less throughout the day. Some physical activity is better than none. Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits.

For substantial health benefits, adults should get at least 150 minutes to 300 minutes of moderate-intensity, or 75 minutes to 150 minutes a week of vigorous-intensity aerobic physical activity each week. An equivalent combination of moderate- and vigorous-intensity aerobic activity can serve as a substitute. Ideally, aerobic activity should be spread

throughout the week.

Adults should do muscle-strengthening activities of moderate or greater intensity that involve all major muscle groups two or more days a week, as the DHHS notes these activities provide additional health benefits.

These guidelines also apply to older adults, but older adults also should incorporate balance training into their exercise routines. In addition, the DHHS urges older adults to consult with their physicians about the appropriate level of effort for physical activity relative to their level of fitness.

People of all ages should include physical activity in their preventive health care routines. More information about exercise is available at www.health.gov.



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The Mediterranean Diet has long been touted as an informed and balanced way of eating. While not a diet, it is an approach to eating that includes foods indigenous to the Mediterranean region. It is marked by large portions of fresh fruits and vegetables, whole grains, legumes, olive oil, as well as fish and other seafood. Poultry, eggs and cheeses are enjoyed in moderation, and fattier meats and sweet are allowed but should be limited. The guidelines also include plenty of water and a moderate amount of wine.

A transition to the Mediterranean diet doesn't need to involve drastic changes. In fact, one can start slowly with a tasty side dish or appetizer. This recipe for "Dolmades" from "The Mediterranean Diet Cookbook" (Rockridge Press) by the editors of Rockridge University Press is a popular dish in Greece.

Dolmades

INGREDIENTS: Makes 20

- 1 *tablespoon olive oil*
- 3 *shallots, chopped*
- 2 *cloves garlic, minced*
- 3/4 *cup short-grain rice*

- 1/4 *cup gold raisins*
- 1/4 *cup pine nuts, toasted*
- Juice of 1 lemon*
- Sea salt and freshly ground pepper, to taste*
- 2/3 *cup water*
- 4 *green onions, chopped*
- 1 *small bunch mint leaves, finely chopped*
- 1 *small bunch flat-leaf parsley, chopped*
- 20 *preserved grape leaves*

INSTRUCTIONS:

Heat the oil in a large skillet over medium heat. Add the shallots and garlic, and sauté for 5 minutes. Add the rice, golden raisins, pine nuts, and lemon juice. Season with sea salt and freshly ground pepper. Add 2/3 cup water, bring to a boil, and cover. Reduce heat and simmer for 20 minutes. Turn off heat and allow rice to cool. Add the green onions and herbs to the rice filling and mix well.

Rinse the grape leaves in water and stuff each leaf with about 1 tablespoon of the filling. Roll tightly and place each in a steamer, seam side down. Steam for about 10 minutes, until leaves are tender. Serve warm.

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

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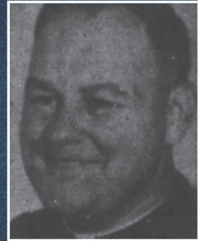
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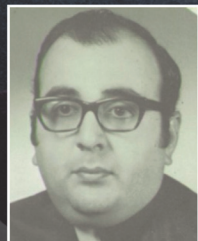
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