

# THE Spotlight

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January 20 - January 26, 2021

**Inside this issue!**  
**LIFE AFTER 50**



## NEWS Watch out

Bethlehem police will soon upgrade three of its pursuit vehicles.

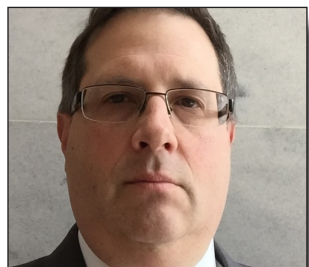
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## Winning bid

Port of Albany lands coveted bid for wind farm project.

Story on Page 5



## EMS chief to be honored

Steven Kroll to be recognized among state's finest.

Story on Page 7



## TOP STORY

# Lost our sunshine

James Sheldon, Jim's Tastee Freez's namesake, has died

By **JACKIE GOLD**  
news@spotlightnews.com

**DELMAR** — James Sheldon, known to many from his business "Jim's Tastee Freez," died peacefully on Jan. 8.

The owner of the hometown ice cream shop is remembered for his kind heart, generous soul and great friendship.

Sheldon served in the U.S. Army in South Korea and upon his return, took ownership of Tastee Freez. He gave many young teenagers their first jobs and gave opportunities to people

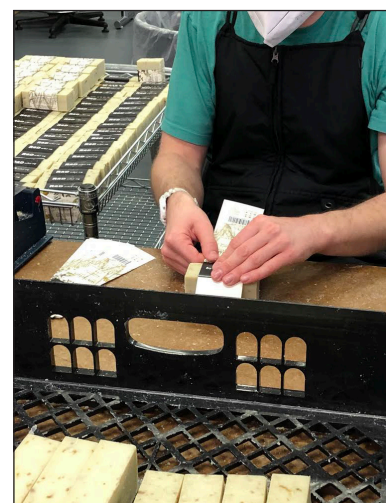
who needed it most.

Bruce Fourman, an employee and friend of Sheldon's in the 1980s, recalled how Sheldon was there for him after his father passed. "I was lost, and Jim stepped in to help," Fourman said.

Fourman also looked back on Sheldon's service at Jim's Tastee Freez. "He was so great with the customers and had the most infectious smile," Fourman said. "We would forget the line was out to Delaware Avenue because Jim was there brightening the mood."

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## CULTURE



## A perfect pairing

RAD Soap Co. and Schenectady ARC put together bubbling new endeavor

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## Dog's best friend

Local fifth grader has a recipe for success.

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## SPOTLIGHT ON FINANCE

## Financial awareness increases during the pandemic

By RUTH MAHONEY,  
President,  
Capital Region, KeyBank

For many Americans, 2020 was a challenging year, as people of all creeds—families large and small; younger generations and seniors; essential and non-essential workers—adapted to changes brought forth by the COVID-19 pandemic and the resulting economic downturn.

In KeyBank's 2021 Financial Resilience Survey, we polled more than 1,200 American between the ages of 18 to 70 to find out how they handled their personal finances over the past year. Without surprise, people found ways to be financially resilient. In fact, more than half (53%) of survey respondents reported they were more financially confident as they approached the end of 2020, compared to the beginning of the year.

### Confidence, awareness and savings are up

With the economic woes of 2020 came lessons learned,

highlighting Americans' commitment to their financial fortitude, even during tough times.

While just 16% of people considered themselves to be a financial expert in 2020, 49% reported they are more financially aware as a result of challenges they might have faced during the pandemic.



Ruth Mahoney

Some have lost jobs and income. Some have lost family members. Many have faced threats to their financial, physical and mental health. This reality led to a change in attitude about spending and savings. More than three-quarters of those surveyed say they are playing it safe when it comes to their finances, with a majority saying they are spending less on discretionary items.

Another positive trend is the growth of emergency savings. People are better prepared to handle a financial emergency at the start of 2021 than they were in 2020. More than half (51%) responded yes when asked, "Are you confident you could come up with \$2,000 in the next month if an unexpected need arose?"

### Impulse spending is down, optimism remains

As Americans adjusted their spending and savings to remain financially resilient during the pandemic, they made fewer financial "faux pas"—aka, money missteps—than the year prior.

Impulse spending ranked as the number one faux pas both in 2019 and 2020. The good news: 5% fewer survey respondents said they made impulse purchases during the course of the year. More good news is that few (11%) consumers put a clamp on spending. Instead, most consumers are cautiously optimistic about their finances. They are spending less and avoiding big ticket items, just in case, but they are still spending, which is great for the economy and vital for the survival of businesses struggling through the pandemic.

### Boost your financial resilience

We also learned that those who feel most secure with their finances have common values about maintaining perspective and staying tough. Here are the top 3 factors those surveyed credit for helping them grow resilience.

1. *Sleep.* Taking care of our bodies and minds has a strong

correlation to our ability to weather the financial storm and make smart money decisions during the COVID-19 pandemic. Why? Focusing on what we can control—such as sleep, physical activity, and general mindfulness—helps establish the clarity and strength necessary for dealing with many of the circumstances we cannot control.

2. *Knowledge.* Financial information can be sourced from many places: a financial advisor, family member, friend or the internet. The older age cohort tends to rely on financial information more than any other group, proving that no matter how many economic downturns you have experienced, it is still beneficial to keep learning. Talking through financial

decisions big or small can help you make smarter money moves. The point is: you don't have to go it alone.

3. *Access.* The pandemic has accelerated the adoption of digital banking, and consumers are more comfortable with virtual money management than ever before. People are leaning on budgeting apps, online banking and mobile deposits to help them navigate their financial futures and stay on track. Interestingly, those under 35, who are more likely to be experiencing financial firsts, tend to prefer a combination of digital and in-person banking, as compared to older people who are more likely to want to exclusively use digital tools for certain types of transactions.

### Tackle challenges head on

Without doubt, some individuals and families are struggling through the pandemic more than others. Last year brought more adversity than most of us have experienced in decades. So if things are hard for you, you're not alone. Talk with your banker. There are consumer and business relief programs available that can help you if you are experiencing financial hardship. All you need to do is ask. Your banker wants to help you.

**About the author:** Ruth Mahoney is regional retail leader and president of KeyBank's Capital Region. She may be reached at either 518-257-8619 or ruth.mahoney@keybank.com. KeyBank is Member FDIC © 2020. KeyCorp.

## Tips to navigate financial stress

There are generally two camps when it comes to feeling financially stressed of late. You're experiencing financial hardship due to the COVID-19 pandemic or you have at least some worry the COVID-19 pandemic will impact your financial situation. Either way, having a plan can help ease the uncertainties fueling your anxiety and stress. The following three tips can help:

1. *Examine, identify and plan.* Take stock of your income and spending habits. Make note of where and when money causes you stress—and why. Timing of paychecks and bills can make you wince, for instance, if you have several utility payments due in a short span. Also, set up a budget and prioritize how you will spend and save. Focus on the basics of food, shelter and utilities. Finally, be fully aware of any benefits you may be due. This includes paid work leave, sick leave, disability or unemployment payments. Additionally, pay attention to relief being offered through payment exceptions, postponements or other compensation during this time.

2. *Declutter, reduce and pay off.* Conduct regular check-ins and a thorough review of your bills and other expenses. Categorize them to ensure you've got a good under-

standing of the money that's coming in and going out of your household accounts. Where possible, automate payments. Also look for ways to reduce spending and pay off debt. Advanced meal planning and cancelling or suspending unneeded or unused subscriptions can free up money and help you pay down existing credit obligations.

3. *Stay present and take care of yourself.* Don't overlook your mental, physical and emotional health. Exercise, make a daily schedule and allow yourself relaxation and leisure time. Financially, try to rebuild your emergency funds. Even doing this a few dollars at a time makes a difference. You can automate the process by directing a portion of any regular direct deposits—like paychecks—into a savings account, and then adjusting it based on your goals and achievements. You can also automate a monthly transfer from checking into savings. When you receive unexpected funds or other income, look at how much you can put into savings once your basic needs are met.

These tips can be summed up in a philosophy of daily awareness and open communication. Stay focused on your goals of specific savings amounts or debt payoffs, keep yourself honest and track your progress.

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LOCAL GOVERNMENT

# Smolinsky retires from planning chair

Town Board pauses reorg meeting to recognize 'decades' of civic service

By MICHAEL HALLISEY  
halliseym@spotlightnews.com

DELMAR — Bethlehem Town Supervisor David VanLuven took a moment out from last Wednesday's reorganization meeting to recognize a changing of the guard.

After decades of town service, John Smolinsky retired as planning board chairman. It was a position he had held since 2014, it makes the pinnacle of town service that dates back more than 20 years.

"Over the course of decades, John has been a champion for open space protection and a leader for responsible growth," VanLuven said before the board voted to approve his successor.

According to the town's website, Smolinsky has served various roles within the town, including four years as Deputy Supervisor. He was also a member of the town's Comprehensive Plan Committee, chair

of Citizens Advisory Committee on Conservation, member of Comprehensive Plan Assessment Committee, Conservation Easement Working Group, Local Waterfront Revitalization Plan Committee, Parks and Recreation Master Plan Committee and a participant in several more committees and official activities.

Smolinsky co-authored "The History of Five Rivers," and has served on the Friends of Five Rivers Board for nine years.

Aside from his civic service, Smolinsky retired after a 32-year career with the state Department of Public Service as Environmental Analyst and Manager.

Planning Board Member Brian Gyory was named as Smolinsky's successor.

Gyory has a landscape architecture degree from the University of Massachusetts Amherst. He

is a Landscape Architect with New York State Environmental Facilities Corporation, a New York State Public Benefit Corporation specializing in water infrastructure projects and, among other duties, is responsible for project review, technical assistance and community outreach.

Gyory is also owner of Greenivations, LLC, a Delmar-based landscape design firm. He formerly held a position as Landscape Architect with ELAN Planning, Design & Landscape Architecture, PLLC in Saratoga.

Gyory was previously a member of the Town of Bethlehem Zoning Board of Appeals from October 2016 to January 2017 before he was appointed to the Planning Board.

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## Bad guys beware

Bethlehem Police Department upgrades three pursuit vehicles

By MICHAEL HALLISEY  
halliseym@spotlightnews.com

DELMAR — With immense responsibility, law enforcement officers are sometimes bestowed with the enviable task of driving the meanest cars on the road.

The Bethlehem Police Department has eyed three new 2021 Dodge Charger police pursuit vehicles to replace the same number of older, high mileage cars in its fleet. The purchase request was passed by the Town Board on Wednesday, Jan. 13.

The vehicles, coming from Robert Green Truck Division in Rock Hill, New York, have a collective sticker price of \$90,239.44.

Pursuit vehicles are unlike the average sedan found on a dealership lot. They're high performance automobiles that need to withstand the rigors of quick acceleration, and handle additional weight displacement of added equipment.

Dodge's fleet of 2021 pursuit vehicles, which also includes a modified Durango SUV model, are built with input from the Police Advisory Board.

Bethlehem's fleet manager did not specify which of the various Charger models the police department will purchase. Dodge offers a V-6 with all-wheel drive or a V-8 Hemi with rear-drive. Both include eight-speed automatic transmission for increased performance and fuel efficiency.

MotorTrend magazine compared the engine outputs of contemporary civilian models and pursuit models of the past. Dodge didn't release output. Civilian AWD Chargers now make 300 horsepower and 264 lb-ft; the same engine was worth 292 horses and 260 lb-ft in previous Charger Pursuits. The magazine speculates a top speed of 140 mph.

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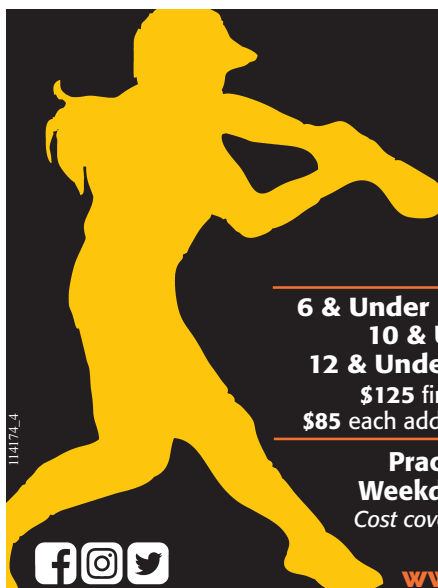
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**■ POLICE, FIRE and EMERGENCY CALLS**

# Contractor trips fire alarm

False alarm disrupts classes for both high school students and remote learners

**DELMAR** — A tripped fire alarm sent fire crews to Bethlehem Central High School on Tuesday morning, Jan 13.

School students and staff members were prompted to evacuate when a fire alarm signaled fire crews to the high school at approximately 9 a.m. Contractors have been at the school working on several capital improvement projects, one of which includes changes to the auditorium.

According to a school district spokesperson, the alarm was triggered when a sensor was disrupted in the front hallway near the auditorium.

In-person studies at the high school weren't the only classrooms disrupted by the alarm. The high school is

also used by the district's five elementary schools to orchestrate remote learning.

Students learning from home were gently released from studies as their teachers evacuated the high school. The Elsmere Fire Department responded and later ensured the building was safe for re-entry.

All students and staff were able to safely return to the building at approximately 9:16 a.m.

## Snowbanked car leads to DWI charge

**GUILDERLAND** — A Slingerlands woman was arrested and charged with aggravated driving while intoxicated after State Police found her and her disabled car off the side of the road Saturday afternoon, on Jan. 9.

According to State Police, a Trooper was responding to a disabled vehicle call on the

northbound ramp of State Route 901F, near Schoolhouse Road, at approximately 3:18 p.m. That's when troopers said they found a car off the side of the road, "hung up" and pointing in the wrong direction.

State Police identified Kimberly Bilicki, 43, of Slingerlands, as the driver. When interviewed, the Trooper could allegedly smell the odor of alcohol and reportedly observed Bilicki as showing signs of impairment. She was administered the standardized field sobriety tests, which she allegedly failed, and was taken into custody.

Bilicki was transported to State Police barracks at New Scotland where she allegedly provided a breath sample of 0.23 percent B.A.C. She was issued an appearance ticket and is due in Guilderland Town Court on Feb. 11, at 5:30 p.m.

— Michael Hallisey





■ BUSINESS

# Port of Albany lands coveted bid

Port will expand into Bethlehem to create home for manufacturing plant

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

**ALBANY** — The Port of Albany has been awarded the coveted bid to house the state’s first wind tower manufacturing site.

New York State Energy Research and Development Authority selected a joint bid from energy company Equinor, and wind industry manufacturers Marmen and Welcon. The winning bid was announced Wednesday, Jan. 13, at one of Gov. Andrew Cuomo’s daily press conferences.

The announcement reveals the first step towards the state’s larger plan to establish a homebase for a global wind energy manufacturing powerhouse. That plan includes two offshore wind farms that will yield a combined 2,490 megawatts of carbon-free energy, and bring another \$8.9 billion in investments. It also includes an offshore wind turbine staging facility and operations hub at the South Brooklyn Marine Terminal, increased commitment to the Port of Coeymans, and maintenance out of Port Jefferson and Port of Montauk Harbor in Long Island.

Approximately 5,200 jobs will be created statewide, 350 of which will be in Albany.

The project is expected to expand the Port of Albany as it is prepared to produce 150 off-shore wind towers, and create up to 350 long-term jobs.

“Offshore wind will rapidly become a centerpiece of New York State’s energy infrastructure in the years to come, and this will cement the Capital Region as the nation’s first real hub for offshore wind energy infrastructure,” said Assemblymember Patricia Fahy.

The Port of Albany extension initiative was



Wind turbines, like the ones pictured here, will be manufactured and shipped out of the Port of Albany, where they will be installed at wind farms off the southern shores of Long Island.

Equinor

part of the bid Equinor submitted in response to the NYSERDA’s offshore wind energy solicitation, which sought up to 2.5 gigawatts of offshore wind and multi-port infrastructure investment plans.

The construction of an offshore wind tower/TP manufacturing facility at the Port of Albany is expected to provide an immediate economic boost to the area as it recovers from the COVID-19 pandemic, creating new employment opportunities as early as the second half of 2021.

“The Governor’s announcement today that the Port of Albany will be the home of the first wind tower manufacturing site in the state is a monumental opportunity for Albany County and the entire Capital Region,” lauded Albany County Executive Daniel McCoy. “This project will be responsible for 150 wind towers built each year and will bring with it 500 construction jobs and 300 long-term, high skilled jobs.”

McCoy added that the upcoming project should help New York state become a leader in renewable energy production, and continues to show Albany County as one of the “greenest counties in the State.”

The Port of Albany’s footprint is expected to expand south into the Town of Bethlehem. Town Supervisor David VanLuven welcomed the prospect of adding

employment opportunities, including approximately 500 construction jobs.

“What great, great news for our town,” he said.

Equinor is developing into a broad energy company, building a material position in renewable energy. It now powers more than one million European homes with renewable offshore wind from four projects in the United Kingdom and Germany. Equinor commissioned the world’s first floating offshore wind farm in 2017 off the coast of Scotland. In the U.S., Equinor holds two lease areas, the Empire Wind lease area located approximately 20 miles south of Long Island, and the Beacon Wind lease area that lies 60 miles off the coast of Long Island.

Marmen has facilities in Canada and in the USA and is recognized as one of the largest manufacturers of onshore wind towers in North America and for providing high-precision machining, fabrication and mechanical assembly services to leading OEMs around the world.

Welcon, based in Denmark, is the world’s leading manufacturer of offshore wind towers and holds worldwide production rights for the Stiesdal floating and bottom fixed offshore foundations.

Equinor’s plan promises hundreds of jobs to flow to Albany for the construction of the port’s infrastructure and for the long-term assembly. In addition,

maritime operations related to industry components will sustain hundreds of other jobs for decades.

“The port is the ideal location to build these components and we are excited about the prospect of the area becoming a manufacturing hub for offshore wind,” said Katie Newcombe, Chief

Economic Development Officer for the Center for Economic Growth. “With the ongoing expansion of offshore wind power on the east coast, the Port of Albany would become a natural destination for future projects to source components.

“Today’s speech by Gov. Cuomo laid out in

stark terms the immense challenges New York faces due to a warming climate and was clear-eyed about the extent of change needed to overcome those challenges,” Peter Iwanowicz, executive director of Environmental Advocates NY. “New York must have an economy that is completely powered by renewable energy, and today Gov. Cuomo confirmed that is the direction we are moving.

“We look forward to learning of other pieces of the Governor’s agenda—like electrifying transportation and addressing building efficiency—that are also essential in the battle against climate change,” Iwanowicz said.

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## From page 1 ... Lost out sunshine

Fourman also expressed his gratitude for Sheldon's generosity throughout the years. "He was the best boss I've ever had in my life," he said.

Chris Sherin, another former employee, shared a similar sentiment. Sherin said that as a lobbyist in Washington, D.C., he still uses skills Sheldon taught him at Jim's Tastee Freez: honesty, work ethic and communication.

Jaime Walsh, an employee of Sheldon's for over eight years, said Sheldon took a chance on her when she was going through a rough patch. "He really gave me a chance when not a lot of others would," Walsh said.

Walsh spoke of Sheldon's advice, humor, and generosity. After she finished her studies, he told her, "I knew you could do it, I'm so proud of you."

Sheldon's impact goes far beyond the walls of Jim's Tastee Freez, though. As a regular at My Place And Co., he met April Audietis, a waitress who worked

there at the time. She was in an abusive relationship that frequently caused her to miss shifts or come to work with bruises on her face. Upon realizing Audietis' situation, Sheldon gave her \$200 and offered his home in case she needed a safe place to go.

"That \$200 was the push I needed to leave that relationship," Audietis said. She used the money to fill up gas in her truck and leave the abusive relationship, eventually leading to a new job. "It made me feel like someone was believing in me, that I wasn't just stuck."

Years later, when Audietis tried to pay Sheldon back, she recalled him refusing and saying to her, "No, it was a gift. Just remember to always help someone if you can."

"There are not a lot of people who are just good and kind in this world, but Jim was one of them," Audietis said. Upon recalling the story, she began to tear up and said at the lowest point in her life,

Sheldon's support came at the exact right time.

Kathryn Bredderman, one of Sheldon's tenants at an apartment he owned, also spoke of his great timing. "I had no car and was attending SUNY. Jim would see me walking to the bus in the cold and give me a much needed ride to school on more than one occasion," she wrote on Facebook. Bredderman also wrote about his generosity and advice on those car rides.

To many, the opening of Jim's Tastee Freez in the spring is a sure sign that the long upstate winter is coming to an end. Sheldon's legacy will continue to live on through all he helped to bring fun, sweet and happy memories.

James Sheldon, 62, passed away peacefully in Tampa, Florida on January 8, 2021 with his children and fiancée at his side.

Born in Albany, NY and raised in St. James Parish, Jim graduated from Christian Brothers Academy in 1977 and joined the U.S. Army proudly serving his country both in South Korea and at Fort Bragg, NC. Honorably discharged in 1982 from

the 269th Aviation Battalion, Jim was awarded several honors during his time in service.

Following his time of service, Jim returned to his hometown and took ownership of Bill's Tastee Freez, where he had worked during his teen years.

Jim and his former wife Kim Sheldon spent decades continuing to grow the business as a cornerstone of the community. Jim gave countless young men and women their first job, first lessons in responsibility and memorable experiences to the community.

A respected pillar of the community, Jim supported many local causes, both large and small. Anyone who encountered him, knew Jim was the ultimate "people-person", whether at the store or his local watering hole, always loving and generous to those around him and he will be missed by so many.

Jim had a life filled with friendship and gave himself fully to each person he connected with, whether for a moment or a lifetime.

Jim worked tirelessly until his lung transplant on Thanksgiving 2017, when he retired and passed

the business on to his son Gregory.

Jim lived his retirement in style with his beloved fiancée Dori Thompson, in Clearwater Florida. Dori and Jim lived life to the fullest every moment they were given from cruising and jet skiing to sailing through sunsets or simply enjoying the beach together.

Jim's greatest joy was being a father and grandfather. Jim was a loving father to his daughter, Heather, his son Gregory and daughter-in-law Jodi, and a doting grandfather to Scarlett, Kahlo and Sagan Grace. He deeply valued his time with his grandchildren and every moment was cherished.

Jim is survived by his mother, Marcia Hogan (Joseph), his brother Michael Sheldon (Diane), sisters Bonnie Gold (Steve), Karen Bechdol (John) and Linda Stumbaugh (Brian) as well as many nieces, nephews, cousins and Kim Sheldon, his first wife and mother of his children. Jim was predeceased by his father, Albany P.D. Sgt. Anthony Sheldon.

In Honor of Jim's humble generosity, the family wishes to give all

those who were touched by his life to share their tributes to his memory as they are so moved, following his example of "paying it forward".

For any looking for inspiration, in honor of the fallen veterans who served this nation, most notably his cherished friend and fellow UH-1 Crew Chief, PFC Michael Brown, any memorial tributes can be made to a charity such as the Air Warrior Courage Foundation or CFSRF (Children of Fallen Soldiers Relief Fund). We can also share our gratitude for The United Network for Organ Sharing in their dedication to helping transplant patients.

Jim will be interred at the Gerald B.H. Solomon Saratoga National Cemetery. A service of remembrance will be held at a future time due to the current global pandemic, when we will gather together and celebrate this great man, and his life.

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COMMUNITY

# EMS chief honored by City & State

Chief Steven Kroll selected as one of 50 most distinguished public servants

By MICHAEL HALLISEY  
halliseym@spotlightnews.com

DELMAR — City & State magazine has selected Delmar resident and

Delmar-Bethlehem EMS Chief Steven Kroll as one of its 50 most distinguished public servants in New York.

Kroll will be profiled in the magazine's Special January "50 Over Fifty" edition, as well as at a virtual reception on Tuesday, Jan. 26th.

"It makes me proud of what I have done," said Kroll, who has been an Emergency Medical Technician (EMT) since



KROLL

1982 and has made substantial contributions to emergency medical services across New York State.

Kroll has served as executive director and chief for DBEMS since 2008. It's been a crucial time period for the local ambulance service. Its two houses spread across a developing Bethlehem. One, across Route 9W from A.W. Becker Elementary, covers a swatch of growing

developments in Selkirk and South Bethlehem. Its new Delmar house on Adams Street, allowing the service to move out of its shared space with Delmar Fire Department, lends emergency crews to as far as North Bethlehem - another burgeoning neighborhood.

Delmar-Bethlehem EMS has been widely recognized amongst ambulance services for its

innovative hybrid approach to staffing. Paid providers, in partnership with the Albany County

Sheriff's Department EMS Unit, staff its ambulances from 6 a.m. to 6 p.m., and 75 DBEMS volunteers provide evening and overnight coverage.

The agency responds to nearly 4,000 emergency calls per year. Its volunteers contribute over 15,000

hours per year, resulting in a savings to Town of Bethlehem residents of nearly \$6 million since 2013. DBEMS won Agency of the Year for the Hudson-Mohawk Valleys for both 2012 and 2018.

In addition to his leadership role with DBEMS, Kroll serves as the Chair of the Hudson-Mohawk Regional Emergency Medical Services Organization, which coordinates emergency medical services throughout six counties in New York's Capital District. He has also served as Legislative Committee Chairperson for the NYS Volunteer Ambulance and Rescue Association and as the state Advocacy Coordinator for the National Association of Emergency Medical Technicians.

Kroll said he seldom sits and serves a role, a notion backed by current County Legislator Joanne Cunningham. Cunningham served under Kroll while the two worked as lobbyists with Healthcare Association of New York State. He was one of her first bosses. She described him as "an incredible teacher" who was "intensely devoted to the job."

"If I had to choose someone to be in the trenches with on any project, Steve is at the top of the list," said Cunningham. "Steve Kroll is well deserving of this recognition. He is smart, strategic, dedicated and one of the hardest working people I know. He is also an exceptionally nice guy, with a giant heart that guides him to always do the right thing, an incredibly

important quality especially in public service. Congrats to Steve on this important recognition."

Kroll's previous awards include the Braun Industries' EMT of the Year Award as well as the Harriet C. Weber EMS Leadership Award. A co-worker quietly nominated him for this latest distinction. Something Kroll said he cherishes as it comes from a relatively new relationship.

"It makes me hope that I can continue doing it for both the good of the community and the good of the world, and to set an example," said Kroll.

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COMMUNITY

# A dog's best friend bakes treats

Local fifth grader turns profits into more supplies for humane society

BY JIM FRANCO  
francoj@spotlightnews.com

SLINGERLANDS — A fifth grader at Slingerlands Elementary School spends nearly all of the proceeds generated from her business making dog treats on supplies to care for animals at the Mohawk Hudson Humane Society in Menands.

"I used the money to buy lots of different things they need like blankets and food and squeaky toys," said Caolain Rosencranse.

She makes most of the product sold by her company Caolain's Canine Cookies at her Slingerlands home but this winter shipped products as part of the Christmas Holiday Special all over the country and has customers in Florida, California and Colorado.

Generally when supplies

Caolain Rosencranse's recipe for success includes everything nice, including peanut butter and love.

Photo provided



"I used the money to buy lots of different things they need like blankets and food and squeaky toys,"

— Caolain Rosencranse, Slingerlands fifth grader

are low, she and her mom, Siobhan, spend a day making more. Nothing goes out the door without being approved by two live-in, fastidious taste testers, Elisie and Emmett, the family's two golden retrievers.

The first batch of cookies were turned out in August and the second was in September, most of which was sold during the holiday special that featured cookies in the shape of Christmas trees and Star of Davids and snowflakes.

She got the idea of donating the proceeds to the humane society after her older sister Teagan's girl scout troop volunteered at the shelter and saw the animals.

"I remember that time when I saw all the dogs there and I saw all those dogs in need so I wanted

to help out," she said. "I always have wanted to donate there but I never had enough money do and decided that now is my chance with the money I made over Christmas."

Caolain's mom, Siobhan Rosencranse, who brought her older daughter's girl scout troop to the shelter to volunteers, said she is ready to mess up the kitchen mixing peanut butter, chicken broth, flour and water for the next batch of cookies.

"They are all homemade with love," she said. "It brings tears to my eyes to see what a generous and thoughtful girl she is. We hope the community sees what she has done and decides to do something to support the shelter however they can. It really is a wonderful place and they do a wonderful job."

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Jim Franco / Spotlight News

■ SPORTS

# BC pins Ballston Spa

BY JIM FRANCO  
francoj@spotlightnews.com

BETHLEHEM — The boys bowling team rolled by Ballston Spa by a total pin count of 3,148 to 3,008 on Wednesday, Jan. 13, at Del Lanes.

To help stop the spread of COVID-19, the teams bowled at their respective home lanes and the scores were compared after the fact.

Ryan Jeffers led the Eagles with a high game of 198 and with a 192 and 184 had a three-game series of 574. His teammate, Josh Trossett, had a 223, 176 and 162 for a series of 561 while Zach Harbinger had a 192, 180 and 147 for a series of 519 and Cody Martin rolled a 184, 169 and 158 for a series of 511.

Hunter Wade had a 561 for Ballston Spa while Kan Hallay and Bryan Antworre each had a 528.

Click on a photo below to view a slideshow of the rest.



## Columbia clips BC girls

BETHLEHEM — The girls bowling team fell to Columbia by a total pin count of 2999 to 2740 on Wednesday, Jan. 13, at Del Lanes.

To help stop the spread of COVID-19, the teams bowled at their respective home lanes and the scores were compared after the fact.

Maddie Robbins led the Eagles with a high game of 214 and with a 212 and 169 finished the day with a three-game series of 595. Her teammate, Amanda Burek, rolled a 226, 187 and 168 for a series of 581 while Caitlin Dubin had a 179, 173 and 166 for a 518 series.

— Jim Franco



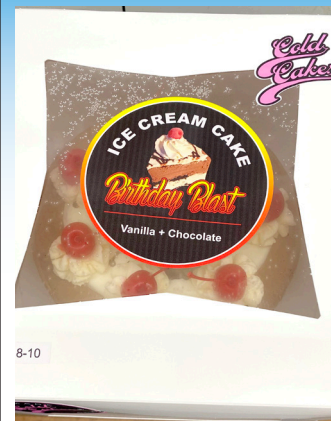
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## LEGALS

**NOTICE OF LLC FORMATION**

10 BRIARWOOD LLC. Arts. of Org. filed with the SSNY on 12/31/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Falcon Rappaport & Berkman PLLC, 265 Sunrise Highway, Suite 50, Rockville Centre, NY 11570-4912. Purpose: Any lawful purpose. D-260609

**NOTICE OF LLC FORMATION**

100 PEARL STREET GARAGE LLC. Arts. of Org. filed with the SSNY on 12/28/20. 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, 10 E. 33rd Street, 11th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-260288

**NOTICE OF LLC FORMATION**

1011 FATHER CAPODANNO BLVD, LLC. Arts. of Org. filed with the SSNY on 05/10/19. 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, P.O. Box 90465, Staten Island, NY 10309. Purpose: Any lawful purpose. D-260230

**NOTICE OF LLC FORMATION**

1023 FATHER CAPODANNO BLVD, LLC. Arts. of Org. filed with the SSNY on 05/10/19. 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, P.O. Box 90465, State Island, NY 10309. Purpose: Any lawful purpose. D-260231

**NOTICE OF LLC FORMATION**

110 EAST 16TH STREET GARAGE LLC. Arts. of Org. filed with the SSNY on 12/22/20. 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, 10 E. 33rd Street, 11th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-260233

**NOTICE OF LLC FORMATION**

112 CONGRESS STREET LLC. Arts. of Org. filed with the SSNY on 01/05/21. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 50 Bridge Park Drive, Unit 14A, Brooklyn, NY 11201. Purpose: Any lawful purpose. D-260411

**NOTICE OF LLC FORMATION**

12.Six Lounge, LLC. Arts. of Org. filed with the SSNY on 12/29/20. Office: Albany County.

## LEGALS

SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 156-07 113th Avenue, Jamaica, NY 11433. Purpose: Any lawful purpose. D-260595

**NOTICE OF LLC FORMATION**

1237 55TH REALTY CO., LLC. Arts. of Org. filed with the SSNY on 01/05/21. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 1624 Webster Avenue, Bronx, NY 10457. Purpose: Any lawful purpose. D-260412

**NOTICE OF LLC FORMATION**

150 MYRTLE AVE 3007 LLC. Arts. of Org. filed with the SSNY on 01/12/21. Office: Albany County. 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 Kale Street, Satellite Beach, FL 32937. Purpose: Any lawful purpose. D-260722

**NOTICE OF LLC FORMATION**

155 W. 68 UNIT 703 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, 675 West End Avenue, Apartment 5B, New York, NY 10025. Purpose: Any lawful purpose. D-258227

**NOTICE OF LLC FORMATION**

1574 EAST 66TH STREET LLC. Arts. of Org. filed with the SSNY on 01/12/21. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 2520 National Drive, Brooklyn, NY 11234. Purpose: Any lawful purpose. D-260721

**NOTICE OF LLC FORMATION**

1755 BROADWAY GARAGE LLC. Arts. of Org. filed with the SSNY on 12/16/20. 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, 10 E. 33rd Street, 11th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-260111

**NOTICE OF LLC FORMATION**

197 WAVERLY LLC. Arts. of Org. filed with the SSNY on 12/09/20. 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, 197 Waverly Avenue, Brooklyn, NY 11205. Purpose: Any lawful purpose. D-258507

## LEGALS

**NOTICE OF LLC FORMATION**

211-35 34TH ROAD LLC. Arts. of Org. filed with the SSNY on 12/03/20. 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, 211-19 34th Road, Bayside, NY 11361. Purpose: Any lawful purpose. D-258025

**NOTICE OF LLC FORMATION**

22 MEADOWLARK LLC. Arts. of Org. filed with the SSNY on 12/18/20. 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, 155 Jermain Avenue, Sag Harbor, NY 11963. Purpose: Any lawful purpose. D-260115

**NOTICE OF LLC FORMATION**

2490 PITKIN AVE LLC. Arts. of Org. filed with the SSNY on 11/09/20, with an existence date of 01/05/2021. Office: Albany County. 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 Kevin Dowling, 2490 Pitkin Avenue, Brooklyn, NY 11208. Purpose: Any lawful purpose. D-259982

**NOTICE OF LLC FORMATION**

25-88 41ST STREET LLC. Arts. of Org. filed with the SSNY on 12/18/20. 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, 211-19 34th Road, Bayside, NY 11361. Purpose: Any lawful purpose. D-260112

**NOTICE OF LLC FORMATION**

266 VAN BUREN ST. LLC. Arts. of Org. filed with the SSNY on 12/30/20. 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, 1 Harvest Bend Road, Robbinsville, NJ 08691-2561. Purpose: Any lawful purpose. D-260321

**NOTICE OF LLC FORMATION**

2728B, LLC. Arts. of Org. filed with the SSNY on 11/23/20. 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-260111

**NOTICE OF LLC FORMATION**

29 OXFORD ROAD LLC. Arts. of Org. filed with the SSNY on 12/03/20. 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, 29 Oxford Road, Albany, NY 12203. Purpose: Any lawful purpose. D-258026

**NOTICE OF LLC FORMATION**

30 EAST 31ST STREET LLC. Arts. of Org. filed with the SSNY on 12/07/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 262-26 149th Road, Rosedale, NY 11422. Purpose: Any lawful purpose. D-258140

**NOTICE OF LLC FORMATION**

31-24 TANOWALL LLC. Arts. of Org. filed with the SSNY on 01/13/21. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 50-44 45th Street, Woodside, NY 11377. Purpose: Any lawful purpose. D-260764

**NOTICE OF LLC FORMATION**

32-45 210TH STREET LLC. Arts. of Org. filed with the SSNY on 12/16/20. 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, 50-44 45th Street, Woodside, NY 11377. Purpose: Any lawful purpose. D-360765

**NOTICE OF LLC FORMATION**

36 DORCHESTER ROAD LLC. Arts. of Org. filed with the SSNY on 12/03/20. 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, 12 Win Place, Lake Grove, NY 11755. Purpose: Any lawful purpose. D-258187

**NOTICE OF LLC FORMATION**

429 BRP LLC. Arts. of Org. filed with the SSNY on 12/10/20. 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, 77 83rd Street, Brooklyn, NY 11209. Purpose: Any lawful purpose. D-258861

**NOTICE OF LLC FORMATION**

463 85TH STREET LLC. Arts. of Org. filed with the SSNY on 12/10/20. 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, 77 83rd Street, Brooklyn, NY 11209. Purpose: Any lawful purpose. D-258862

## LEGALS

**NOTICE OF LLC FORMATION**

4E STATE STREET LLC. Arts. of Org. filed with the SSNY on 12/31/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Falcon Rappaport & Berkman PLLC, 265 Sunrise Highway, Suite 50, Rockville Centre, NY 11570-4912. Purpose: Any lawful purpose. D-260610

**NOTICE OF LLC FORMATION**

5 MAIDEN LANE LLC. Arts. of Org. filed with the SSNY on 12/11/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Curt Kramer, 111 Great Neck Road, Suite 216, Great Neck, NY 11021. Purpose: Any lawful purpose. D-258750

**NOTICE OF LLC FORMATION**

50-44 45TH STREET LLC. Arts. of Org. filed with the SSNY on 01/13/21. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 50-44 45th Street, Woodside, NY 11377. Purpose: Any lawful purpose. D-360765

**NOTICE OF LLC FORMATION**

51-11 47TH STREET LLC. Arts. of Org. filed with the SSNY on 01/13/21. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 50-44 45th Street, Woodside, NY 11377. Purpose: Any lawful purpose. D-260766

**NOTICE OF LLC FORMATION**

51-24, LLC. Arts. of Org. filed with the SSNY on 12/01/20. 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, c/o Bernadette Mitchell, 1410 Herkimer Street, Brooklyn, NY 11233. Purpose: Any lawful purpose. D-259975

**NOTICE OF LLC FORMATION**

52-01 REALTY, LLC. Arts. of Org. filed with the SSNY on 12/02/20. 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 Hausman Law Group, P.C., 7600 Jericho Turnpike, Suite 402, Woodbury, NY 11797. Purpose: Any lawful purpose. D-259976

## LEGALS

**NOTICE OF LLC FORMATION**

525 JV LLC. Arts. of Org. filed with the SSNY on 12/16/20. 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, 11 Hanover Square, 20th Floor, New York, NY 10005. Purpose: Any lawful purpose. D-260113

**NOTICE OF LLC FORMATION**

530 PINNACLE REALTY LLC. Arts. of Org. filed with the SSNY on 12/08/20. 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, 530 40th Street, Brooklyn, NY 11232. Purpose: Any lawful purpose. D-258226

**NOTICE OF LLC FORMATION**

601 WASHINGTON THW LLC. Arts. of Org. filed with the SSNY on 12/30/20. 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, 601 Washington Street, THW, New York, NY 10014. Purpose: Any lawful purpose. D-260320

**NOTICE OF LLC FORMATION**

61 OCEAN VIEW, LLC. Arts. of Org. filed with the SSNY on 11/23/20. 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, 61 Ocean View Parkway, Southampton, NY 11968. Purpose: Any lawful purpose. D-259978

**NOTICE OF LLC FORMATION**

63 SOMERS, 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, c/o Bernadette Mitchell, 1410 Herkimer Street, Brooklyn, NY 11233. Purpose: Any lawful purpose. D-259983

**NOTICE OF LLC FORMATION**

68 JACKSON AVENUE LLC. Arts. of Org. filed with the SSNY on 12/04/20. 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, 22-71 33rd Street, Astoria, NY 11103. Purpose: Any lawful purpose. D-258024

**NOTICE OF LLC FORMATION**

742 DRIGGS LLC. Arts. of Org. filed with the SSNY on 01/07/21. 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 Leonidas Trampoukis, 347 Bleecker Street, #3, Brooklyn, NY 11237. Purpose: Any lawful purpose. D-260422

**NOTICE OF LLC FORMATION**

765 HOTEL, LLC. Arts. of Org. filed with the SSNY on 12/29/20. 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 Ira B. Pollack & Associates, PLLC, 26 Austin Place, Port Chester, NY 10573. Purpose: Any lawful purpose. D-260293

**NOTICE OF LLC FORMATION**

781 WASHINGTON AVENUE FUNDING LLC. Arts. of Org. filed with the SSNY on 12/03/20. 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 Green Assets Inc., 875 Mamaroneck Avenue, Suite 306, Mamaroneck, NY 10543. Purpose: Any lawful purpose. D-258027

**NOTICE OF LLC FORMATION**

A & T HOLDINGS GROUP LLC. Arts. of Org. filed with the SSNY on 12/21/20. 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, c/o Allan Silvera, 500 East 85th Street, Apartment 19H, New York, NY 10028. Purpose: Any lawful purpose. D-260227

**NOTICE OF LLC FORMATION**

A MIGHTY FLAME LLC. Arts. of Org. filed with the SSNY on 12/14/20. 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, 56-33 228th Street, Oakland Gardens, NY 11364. Purpose: Any lawful purpose. D-258866

**NOTICE OF LLC FORMATION**

AGIA ERINE REALTY LLC. Arts. of Org. filed with the SSNY on 12/03/20. 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, 22-71 33rd Street, Astoria, NY 11103. Purpose: Any lawful purpose. D-258024

**NOTICE OF LLC FORMATION**

ANLG, 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

## LEGALS

B. Berger, 8801 Shore Road, #2F-East, Brooklyn, NY 11209. Purpose: Any lawful purpose. D-260415

**NOTICE OF LLC FORMATION**

AVENUES RESIDENTIAL LLC. Arts. of Org. filed with the SSNY on 12/02/20. 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 Edward R. Smolka, Esq., 5 Tudor City Place, Lobby 11, New York, NY 10017-6853. Purpose: Any lawful purpose. D-258624

**NOTICE OF LLC FORMATION**

Beverly Royce Designs, LLC. Articles of Org. filed with Secy. of State of NY (SSNY) on 01/12/21. Off. loc.: Albany Co. SSNY des. as agent of LLC upon whom process may be served. SSNY shall mail process to the LLC, 75 Valley Avenue, Locust Valley, NY 11560. Purpose: General. D-260648

**NOTICE OF LLC FORMATION**

BPMC 219 FL, LLC. Arts. of Org. filed with the SSNY on 12/01/20. 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, 38 West 21st Street, 8th Floor, New York, NY 10010. Purpose: Any lawful purpose. D-259967

**NOTICE OF LLC FORMATION**

BRICON ENTERPRISES LLC. Arts. of Org. filed with the SSNY on 01/06/21. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 33 Bowery, Suite B206, New York, NY 10002. Purpose: Any lawful purpose. D-260413

**NOTICE OF LLC FORMATION**

BRONSON 5 LLC. Arts. of Org. filed with the SSNY on 01/12/21. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 92 Greene Street, New York, NY 10012. Purpose: Any lawful purpose. C-260685

**NOTICE OF LLC FORMATION**

BSKC LLC. Arts. of Org. filed with the SSNY on 01/06/21. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 700 Washington Street, #4D, New York, NY 10014. Purpose: Any lawful purpose. D-260414



**LEGALS****NOTICE OF LLC FORMATION**

CAP SUD OPPORTUNITY LLC. Arts. of Org. filed with the SSNY on 01/04/21. Office: Albany County. 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 Philip E. Klein, 324 East 48th Street, New York, NY 10017. Purpose: Any lawful purpose. D-260322

**NOTICE OF LLC FORMATION**

CAROLE GEITHNER, LLC. Arts. of Org. filed with the SSNY on 01/08/21. Office: Albany County. 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 Allegretti & Associates LLC, 305 Broadway, 7th Floor, New York, NY 10007. Purpose: Any lawful purpose. D-260596

**NOTICE OF LLC FORMATION**

CHIP ROCKEFELLER LLC. Arts. of Org. filed with the SSNY on 01/07/21. Latest date to dissolve: 01/08/21. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 30 Rockefeller Plaza, Concourse Suite 20, New York, NY 10111. Purpose: Any lawful purpose. D-260417

**NOTICE OF LLC FORMATION**

COHOES PROPERTY LLC. Arts. of Org. filed with the SSNY on 01/12/21. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 99 Johnston Avenue, Cohoes, NY 12047. Purpose: Any lawful purpose. D-260743

**NOTICE TO BIDDERS**

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Corrugated Metal Pipe for the use of said Town for the year 2021.

\*Town Hall is not open to the public. Bids will be received up to 11:00 a.m. on the 4th day of February 2021 at which time such bids will be opened and read during a Zoom Meeting. The link to register for the meeting will be on our Website's Opening Page.

Bids shall be submitted on Town of Bethlehem "Bid Sheets" and addressed to Nanci Moquin, Town Clerk of the Town of Bethlehem, 445 Delaware Avenue, Delmar, New York. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each bid shall be submitted.

**LEGALS**

Bid documents may be obtained by contacting the Bethlehem Town Clerk at nmoquin@townofbethlehem.org. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division.

The Town Board reserves the right to waive any informalities in or to reject any or all bids.

BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM  
NANCI MOQUIN  
TOWN CLERK  
Dated: January 13, 2021  
D-260809

**NOTICE OF LLC FORMATION**

CP 6J LLC. Arts. of Org. filed with the SSNY on 12/11/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Richard Reitknecht, c/o Jane Son, 333 W. 57th Street, #4J, New York, NY 10019. Purpose: Any lawful purpose. D-258730

**NOTICE TO BIDDERS**

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Crushed Stone for the use of said Town for the year 2021.

\*Town Hall is not open to the public. Bids will be received up to 11:00 a.m. on the 5th day of February 2021 at which time such bids will be opened and read during a Zoom Meeting. The link to register for the meeting will be on our Website's Opening Page.

Bids shall be addressed to Nanci Moquin, Town Clerk, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each shall be submitted.

Bid documents may be obtained by contacting the Bethlehem Town Clerk at nmoquin@townofbethlehem.org. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division.

The Town Board reserves the right to waive any informalities in or to reject any or all bids.

BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM  
NANCI MOQUIN  
TOWN CLERK  
Dated: January 13, 2021  
D-260818

**NOTICE OF LLC FORMATION**

CT TABOR HOLDINGS LLC. Arts. of Org. filed with the SSNY on 12/09/20. Office: Albany County. SSNY designated

**LEGALS**

ed as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 912 Avenue L, Brooklyn, NY 11230. Purpose: Any lawful purpose. D-258358

**NOTICE OF LLC FORMATION**

DAMY 2020, LLC. Arts. of Org. filed with the SSNY on 12/18/20. 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 David Yormack, 80 White Oak Tree Road, Laurel Hollow, NY 11791. Purpose: Any lawful purpose. D-260114

**NOTICE OF LLC FORMATION**

DAVID HANDLER MUSIC LLC. Arts. of Org. filed with the SSNY on 11/24/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 201 North 11th Street, Apartment 2, Brooklyn, NY 11211. Purpose: Any lawful purpose. D-259968

**NOTICE OF LLC FORMATION**

DENUO LLC. Arts. of Org. filed with the SSNY on 12/30/20. 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 Law Offices of Thomas C. York, P.C., 399 Union Street, Brooklyn, NY 11231. Purpose: Any lawful purpose. D-260318

**NOTICE OF LLC FORMATION**

DREAM REAL ESTATE SERVICES LLC. Arts. of Org. filed with the SSNY on 01/16/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 940 Atlantic Ave., 1st Fl., Brooklyn, NY 11238. Purpose: Any lawful purpose. D-260742

**NOTICE OF LLC FORMATION**

DUSTY'S NY, 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 B. Berger, 8801 Shore Road, #2F-East, Brooklyn, NY 11209. Purpose: Any lawful purpose. D-260416

**NOTICE OF LLC FORMATION**

EARNEST SUPPLY LLC. App. for Auth. filed with the SSNY on 05/27/20. Originally filed with Secretary of State of Delaware 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, 444

**LEGALS**

East 81st Street, New York, NY 10028. Purpose: Any lawful purpose. D-258082

**NOTICE OF LLC FORMATION**

EEC UNITED LLC. Arts. of Org. filed with the SSNY on 12/10/20. 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, 463 Myrtle Avenue, Brooklyn, NY 11205. Purpose: Any lawful purpose. D-258626

**NOTICE OF LLC FORMATION**

ENRICHMENT MATTERS LLC. Arts. of Org. filed with the SSNY on 12/11/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 153 Beach 126th Street, Suite 2, Rockaway Beach, NY 11694. Purpose: Any lawful purpose. D-258822

**NOTICE OF LLC FORMATION**

FINNEGANS WAY LLC. Arts. of Org. filed with the SSNY on 11/30/20. 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, 30 East 9th Street, #2LL, New York, NY 10003. Purpose: Any lawful purpose. D-259969

**NOTICE OF LLC FORMATION**

FOODIES BLISS EAST END LLC. Arts. of Org. filed with the SSNY on 12/09/20. 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 Robert Rizzuto, 45 West Alfred Avenue, Calverton, NY 11933. Purpose: Any lawful purpose. D-258820

**NOTICE OF LLC FORMATION**

FOX HARLEM, LLC. Arts. of Org. filed with the SSNY on 12/23/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o The Lido, 2168 Frederick Douglass Blvd., New York, NY 10026. Purpose: Any lawful purpose. D-260286

**NOTICE OF LLC FORMATION**

FRUITION REALTY LLC. Arts. of Org. filed with the SSNY on 12/21/20. 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, c/o Demetris Panagiotou, 46-67 Hanford Street, Douglaston, NY 11362. Purpose: Any lawful purpose. D-260228

**LEGALS****NOTICE OF LLC FORMATION**

GFC LIFE CRUSADERS LLC. Arts. of Org. filed with the SSNY on 11/30/20. 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, P.O. Box 610199, Bayside, NY 11361. Purpose: Any lawful purpose. D-258116

**NOTICE OF LLC FORMATION**

GOLAZIN TABIB LLC. Arts. of Org. filed with the SSNY on 12/07/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Lawrence R. Schoenfeld, Esq., 305 Broadway, Suite 601, New York, NY 10007. Purpose: Any lawful purpose. D-259971

**NOTICE OF PLLC FORMATION**

GPG DENTAL PLLC. Arts. of Org. filed with the SSNY on 12/11/20. 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, 275 Madison Avenue, Suite 2500, New York, NY 10016. Purpose: For the practice of the profession of Dentistry. D-258836

**NOTICE TO BIDDERS**

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Gravel for the use of said Town for the year 2021.

\*Town Hall is not open to the public. Bids will be received up to 11:00 a.m. on the 5th day of February 2021 at which time such bids will be opened and read during a Zoom Meeting. The link to register for the meeting will be on our Website's Opening Page.

Bids shall be addressed to Nanci Moquin, Town Clerk, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each shall be submitted.

Bid documents may be obtained by contacting the Bethlehem Town Clerk at nmoquin@townofbethlehem.org. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division.

The Town Board reserves the right to waive any informalities in or to reject any or all bids.

BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM

**LEGALS****NANCI MOQUIN TOWN CLERK**

Dated: January 13, 2021  
D-260819

**NOTICE TO BIDDERS**

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Guide Rail for the use of said Town for the year 2021.

\*Town Hall is not open to the public. Bids will be received up to 11:00 a.m. on the 4th day of February 2021 at which time such bids will be opened and read during a Zoom Meeting. The link to register for the meeting will be on our Website's Opening Page.

Bids shall be addressed to Nanci Moquin, Town Clerk, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each shall be submitted.

Bid documents may be obtained by contacting the Bethlehem Town Clerk at nmoquin@townofbethlehem.org. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division.

The Town Board reserves the right to waive any informalities in or to reject any or all bids.

BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM  
NANCI MOQUIN  
TOWN CLERK  
Dated: January 13, 2021  
D-260810

**NOTICE OF LLC FORMATION**

HONK BRIDGE 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, c/o Langhaus, 103 East 75th Street, Apartment 4E, New York, NY 10021. Purpose: Any lawful purpose. D-260279

**NOTICE OF LLC FORMATION**

HOSEIN HOLDINGS, LLC. Arts. of Org. filed with the SSNY on 12/22/20. 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, 9422 Magnolia Court, Apartment 2B, Ozone Park, NY 11417. Purpose: Any lawful purpose. D-260533

**NOTICE OF LLC FORMATION**

ILINI LLC. Arts. of Org. filed with the SSNY on 01/05/21. Office: Albany County. SSNY designated as agent of the LLC upon whom process

**LEGALS**

against it may be served. SSNY shall mail copy of process to the LLC, c/o Lustrin Tetelman Adler, LLP, 450 7th Avenue, 40th Floor, New York, NY 10123. Purpose: Any lawful purpose. D-260405

**NOTICE TO BIDDERS**

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of In-Place Paving for the use of said Town for the year 2021.

\*Town Hall is not open to the public. Bids will be received up to 11:00 a.m. on the 5th day of February 2021 at which time such bids will be opened and read during a Zoom Meeting. The link to register for the meeting will be on our Website's Opening Page.

Bids shall be addressed to Nanci Moquin, Town Clerk, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each shall be submitted.

Bid documents may be obtained by contacting the Bethlehem Town Clerk at nmoquin@townofbethlehem.org. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division.

The Town Board reserves the right to waive any informalities in or to reject any or all bids.

BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM  
NANCI MOQUIN  
TOWN CLERK  
Dated: January 13, 2021  
D-260820

**NOTICE OF LLC FORMATION**

INIMITABLE REALTY LLC. Arts. of Org. filed with the SSNY on 12/22/20. 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 Demetris Panagiotou, 46-67 Hanford Street, Douglaston, NY 11362. Purpose: Any lawful purpose. D-260232

**NOTICE OF LLC FORMATION**

INTERNATIONAL HOME TEXTILES MARKET, LLC. Arts. of Org. filed with the SSNY on 01/05/21. Office: Albany County. 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 Daniel Street, Farmingdale, NY 11735. Purpose: Any lawful purpose. D-260406

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**NOTICE TO BIDDERS**  
NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Iron Castings for the use of said Town for the year 2021.

\*Town Hall is not open to the public. Bids will be received up to 11:00 a.m. on the 5th day of February 2021 at which time such bids will be opened and read during a Zoom Meeting. The link to register for the meeting will be on our Website's Opening Page.

Bids shall be addressed to Nanci Moquin, Town Clerk, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each shall be submitted.

Bid documents may be obtained by contacting the Bethlehem Town Clerk at nmoquin@townofbethlehem.org. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division.

The Town Board reserves the right to waive any informalities in and/or to reject any or all bids.

BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM  
NANCI MOQUIN  
TOWN CLERK  
Dated: January 13, 2021  
D-260823

**NOTICE OF LLC FORMATION**

J.G.PERKIN, LLC. Arts. of Org. filed with the SSNY on 12/03/20. 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 Jonathan Perkin, 5070 Park Avenue, Suite 15A, New York, NY 10128. Purpose: Any lawful purpose. D-258023

**NOTICE OF LLC FORMATION**

JAGGER 165, 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, 2251 80th Street, Brooklyn, NY 11214. Purpose: Any lawful purpose. D-259972

**NOTICE OF LLC FORMATION**

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



## LEGALS

cess to the LLC, 622 Le-land Avenue, Bronx, NY 10473. Purpose: Any lawful purpose. D-258734

**King Thiel Senior Community LLC**

Notice of formation of King Thiel Senior Community LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 1/14/2021. Office location: Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served. The SSNY shall mail a copy of any process to the LLC, c/o Executive Director, 6 Winners Circle, Albany, New York 12205. Purposes: are to acquire, own, hold, improve, manage and operate the real property known as King Thiel Senior Community, 17 Elks Lane, in the Town of Colonie, New York; to incur indebtedness, secured and unsecured; to mortgage, finance, refinance, encumber, lease, sell, exchange, convey, transfer or otherwise deal with or dispose of the Premises; to enter into and perform contracts and agreements of any kind necessary to, in connection with or incidental to the business of the LLC; and to carry on any other activities necessary to, in connection with or incidental to the foregoing, as the Member in its discretion may deem desirable. D-260769

**NOTICE OF LLC FORMATION**

LEE DALE LEE, LLC. Arts. of Org. filed with the SSNY on 01/05/21. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 110 Weirfield Street, Brooklyn, NY 11221. Purpose: Any lawful purpose. D-260407

**NOTICE OF LLC FORMATION**

LIGHTHOUSE PATHWAYS, LLC. App. for Auth. filed with the SSNY on 11/09/20. Originally filed with Secretary of State of Delaware 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, 478 Albany Avenue, Suite 124, Brooklyn, NY 11203. Purpose: Any lawful purpose. D-258863

**NOTICE OF LLC FORMATION**

LIRANZO TEAM LLC. Arts. of Org. filed with the SSNY on 01/08/21. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 33-41 69th Street, Woodside, NY 11377. Purpose: Any lawful purpose. D-260528

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**NOTICE OF LLC FORMATION**

LOOK TO THE COOKIE MANAGEMENT LLC. Arts. of Org. filed with the SSNY on 12/22/20. 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, Post Office Box 50494, Brooklyn, NY 11205. Purpose: Any lawful purpose. D-260535

**NOTICE OF LLC FORMATION**

LUDIC LLC. Arts. of Org. filed with the SSNY on 12/10/20. 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, 45 East 85th Street, 2E, New York, NY 10028. Purpose: Any lawful purpose. D-258837

**NOTICE OF LLC FORMATION**

MARCO GALLOTTA DESIGNS LLC. Arts. of Org. filed with the SSNY on 12/07/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Falcon Rappaport & Berkman PLLC, 265 Sunrise Highway, Suite 50, Rockville Centre, NY 11570. Purpose: Any lawful purpose. D-258961

**NOTICE OF LLC FORMATION**

MEX BAKED GOODS LLC. Arts. of Org. filed with the SSNY on 11/04/20. 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, 110 Nagle Avenue, New York, NY 10040. Purpose: Any lawful purpose. D-258080

**NOTICE TO BIDDERS**

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Milling of Bituminous Asphalt for the use of said Town for the year 2021.

\*Town Hall is not open to the public. Bids will be received up to 11:00 a.m. on the 5th day of February 2021 at which time such bids will be opened and read during a Zoom Meeting. The link to register for the meeting will be on our Website's Opening Page.

Bids shall be addressed to Nanci Moquin, Town Clerk, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each shall be submitted. Bid documents may be obtained by contacting the Bethlehem Town

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Clerk at nmoquin@townofbethlehem.org. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division.

The Town Board reserves the right to waive any informalities in or to reject any or all bids. BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM NANCI MOQUIN TOWN CLERK Dated: January 13, 2021 D-260825

**NOTICE OF LLC FORMATION**

MISS CLEAN LLC. Arts. of Org. filed with the SSNY on 01/13/21. Latest date to dissolve: 12/31/2120. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 7719 24th Avenue, East Elmhurst, NY 11370. Purpose: Any lawful purpose. D-260761

**NOTICE OF LLC FORMATION**

NewCo Capital Group V, LLC. Arts. of Org. filed with the SSNY on 12/14/20. 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, 30 Washington Street, Suite 5L, Brooklyn, NY 11201. Purpose: Any lawful purpose. D-258879

**NOTICE OF LLC FORMATION**

NEXIO GROUP LLC. Arts. of Org. filed with the SSNY on 01/05/21. Office: Albany County. 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 Philip E. Klein, 324 East 48th Street, Suite 1, New York, NY 10017. Purpose: Any lawful purpose. D-260408

**NOTICE OF LLC FORMATION**

NOMAD TOWER GARAGE LLC. Arts. of Org. filed with the SSNY on 12/09/20. 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, 10 E. 33rd Street, 11th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-258570

**NOTICE OF LLC FORMATION**

P2 RANCHO LLC. Arts. of Org. filed with the SSNY on 05/26/20. 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, 82 Park Row, Lawrence, NY 11559. Purpose: Any lawful purpose. D-259979

## LEGALS

**NOTICE OF LLC FORMATION**

PARKCHESTER ASSET LLC. Arts. of Org. filed with the SSNY on 01/07/21. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 2245 Gleason Avenue, Bronx, NY 10462. Purpose: Any lawful purpose. D-260418

**NOTICE OF LLC FORMATION**

PARKCHESTER CAPITAL LLC. Arts. of Org. filed with the SSNY on 01/07/21. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 2245 Gleason Avenue, Bronx, NY 10462. Purpose: Any lawful purpose. D-260419

**NOTICE OF LLC FORMATION**

PARKCHESTER EQUITIES LLC. Arts. of Org. filed with the SSNY on 01/07/21. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 2245 Gleason Avenue, Bronx, NY 10462. Purpose: Any lawful purpose. D-260420

**NOTICE OF LLC FORMATION**

PERUCH LLC. Arts. of Org. filed with the SSNY on 12/22/20. 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, 9210 Fourth Avenue, Brooklyn, NY 11209. Purpose: Any lawful purpose. D-260536

**NOTICE TO BIDDERS**

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Plastic Pipe for the use of said Town for year 2021.

\*Town Hall is not open to the public. Bids will be received up to 11:00 a.m. on the 4th day of February 2021 at which time such bids will be opened and read during a Zoom Meeting. The link to register for the meeting will be on our Website's Opening Page.

Bids shall be submitted on Town of Bethlehem "Bid Sheets" and addressed to Nanci Moquin, Town Clerk of the Town of Bethlehem, 445 Delaware Avenue, Delmar, New York. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each bid shall be submitted. Bid documents may be obtained by contacting the Bethlehem Town Clerk at nmoquin@-

## LEGALS

townofbethlehem.org. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division.

The Town Board reserves the right to waive any informalities in or to reject any or all bids. BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM NANCI MOQUIN TOWN CLERK Dated: January 13, 2021 D-260812

**NOTICE TO BIDDERS**

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Precast Concrete Manholes for the use of said Town for the year 2021.

\*Town Hall is not open to the public. Bids will be received up to 11:00 a.m. on the 5th day of February 2021 at which time such bids will be opened and read during a Zoom Meeting. The link to register for the meeting will be on our Website's Opening Page.

Bids shall be submitted on Town of Bethlehem "Bid Sheets" and addressed to Nanci Moquin, Town Clerk of the Town of Bethlehem, 445 Delaware Avenue, Delmar, New York. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each bid shall be submitted.

Bid documents may be obtained by contacting the Bethlehem Town Clerk at nmoquin@townofbethlehem.org. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division.

The Town Board reserves the right to waive any informalities in or to reject any or all bids.

BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM NANCI MOQUIN TOWN CLERK Dated: January 13, 2021 D-260826

**NOTICE OF PLLC FORMATION**

RACHEL D MANN LCSW PSYCHOTHERAPY PLLC. Arts. of Org. filed with the SSNY on 12/11/20. 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, 315 West 57th Street, Suite 306, New York, NY 10019. Purpose: For the practice of the profession of Licensed Clinical Social Work. D-258864

## LEGALS

**NOTICE TO BIDDERS**

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the Rental of Heavy Construction Equipment for the use of said Town for the year 2021.

\*Town Hall is not open to the public. Bids will be received up to 11:00 a.m. on the 4th day of February 2021 at which time such bids will be opened and read during a Zoom Meeting. The link to register for the meeting will be on our Website's Opening Page.

Bids shall be addressed to Nanci Moquin, Town Clerk, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each shall be submitted.

Bid documents may be obtained at by contacting the Bethlehem Town Clerk at nmoquin@townofbethlehem.org. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division.

The Town Board reserves the right to waive any informalities in and/or to reject any or all bids.

BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM NANCI MOQUIN TOWN CLERK Dated: January 13, 2021 D-260808

**NOTICE TO BIDDERS**

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the Rental of Track Excavator for the use of said Town for the year 2021.

\*Town Hall is not open to the public. Bids will be received up to 11:00 a.m. on the 4th day of February 2021 at which time such bids will be opened and read during a Zoom Meeting. The link to register for the meeting will be on our Website's Opening Page.

Bids shall be addressed to Nanci Moquin, Town Clerk, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each shall be submitted.

Bid documents may be obtained by contacting the Bethlehem Town Clerk at nmoquin@townofbethlehem.org. Bid documents are also available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethle-

## LEGALS

hem.org Purchasing Division.

The Town Board reserves the right to waive any informalities in or to reject any or all bids. BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM NANCI MOQUIN TOWN CLERK Dated: January 13, 2021 D-260815

**NOTICE OF LLC FORMATION**

RPZ108L LLC. Arts. of Org. filed with the SSNY on 12/30/20. 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, 15 East 26th Street, Apartment 9F, New York, NY 10010. Purpose: Any lawful purpose. D-260319

**NOTICE OF LLC FORMATION**

SEA FILMS LLC. Arts. of Org. filed with the SSNY on 12/21/20. 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, 22 Sesame Street, Kings Park, NY 11754. Purpose: Any lawful purpose. D-260229

**NOTICE OF LLC FORMATION**

SEAS THE DAY SEAFOOD, LLC. Arts. of Org. filed with the SSNY on 12/04/20. 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, 46 Bogert Avenue, Staten Island, NY 10314. Purpose: Any lawful purpose. D-258076

**NOTICE TO BIDDERS**

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for furnishing Sewer Vacuum Truck Services for the use of the Department of Public Works for the year 2021.

\*Town Hall is not open to the public. Bids will be received up to 11:00 a.m. on the 4th day of February 2021 at which time such bids will be opened and read during a Zoom Meeting. The link to register for the meeting will be on our Website's Opening Page.

Bids shall be addressed to Nanci Moquin, Town Clerk, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York, 12054.

Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each shall be submitted. Bid documents may be obtained at the Bethlehem Town Clerk's Office, 445 Delaware Avenue, Delmar, NY 12054. Bid documents are available by contacting the Bethlehem Town Clerk at nmoquin@townofbethle-

## LEGALS

hem.org or they can be download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division.

The Town Board reserves the right to waive any informalities in or to reject any or all bids. BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM NANCI MOQUIN TOWN CLERK Dated: January 13, 2021 D-260813

**NOTICE OF LLC FORMATION**

SHARKS HOLDING TANK 1 LLC. Arts. of Org. filed with the SSNY on 12/23/20. 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, 60 S. 8th Street, Apartment 333, Brooklyn, NY 11249. Purpose: Any lawful purpose. D-260287

**NOTICE OF LLC FORMATION**

SHARKTAIL ENTERPRISES LLC. Arts. of Org. filed with the SSNY on 12/15/20. 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, 38 Monroe Place, Brooklyn, NY 11201. Purpose: Any lawful purpose. D-258999

**NOTICE OF LLC FORMATION**

SHLOTA Logistics LLC. Arts. of Org. filed with the SSNY on 12/08/20, with an existence date of 01/01/2021. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 165 Broadway, 23rd Floor, New York, NY 10006. Purpose: Any lawful purpose. D-259980

**NOTICE OF LLC FORMATION**

SKYLINE 520 VENTURES LLC. Arts. of Org. filed with the SSNY on 12/03/20. 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 Natalia Sishodia, Sishodia PLLC, 330 East 38th Street, 23P, New York, NY 10016. Purpose: Any lawful purpose. D-258022

**NOTICE OF LLC FORMATION**

SOM ASSOCIATES, LLC. Arts. of Org. filed with the SSNY on 10/05/20. 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 Hausman Law Group, P.C., 7600 Jericho Turnpike, Suite 402, Woodbury, NY 11797. Purpose: Any lawful purpose. D-259974



**COMMUNITY NOTES**

**Kindergarten registration has begun**

**DELMAR** — The Bethlehem Central School District offers a full-day kindergarten program. Registration for incoming kindergarten students for the 2021-22 school year will begin Friday, January 15, 2021. There will be no in-person registration this year due to COVID-19 safety protocols. Instead, families can use one of the following ways to register their kindergarten students:

New online registration using our Aspen Student Information System (the Aspen registration

portal will be available beginning Friday, Jan. 15); or

Download a registration packet from the website, print and return documents by email, regular mail, fax or dropbox.

Either way you choose to register, it is important to include the "Important Additional Required Documents" from the list below.

If you do not register your child by March 1, they will not be guaranteed their home school for 2021-2022 school year.

Option 1: Online Registration using Aspen

All kindergarten registration forms can be accessed via Aspen.

Already have an Aspen

account? Login to Aspen, go to your "Family" page and "Start a new Online Registration.

You will be able to upload your "Important Additional Required Documents" directly into Aspen as part of the registration process.

Not registered in Aspen yet?

On the Aspen, and under Login ID, you can select "Request an account." From there you will be able to set-up an account to use the online registration.

Option 2: Registration by email, regular mail or dropbox

All kindergarten registration forms can be downloaded and printed from our website.

**School placement**

Once the registration process is complete, you will be notified of your home elementary school. The home elementary school is the school your child will attend in grades K-5. Screenings for kindergarten will take place at a later time.

If you do not register your child by March 1, they will not be guaranteed their home school for 2021-2022 school year.

**Special education**

If your child receives special education services and you do not plan to send him/her to kindergarten in the fall, you must still register at this time and contact Laura Bronson, CPSE Chairperson, at the Special

Education and Student Services at 439-8886 ext. 2, so you can discuss your child's special education needs.

**For private school families**

If you are planning to send your child to a private kindergarten program and wish transportation, you must register your child with the district. Please submit the enrollment form, birth certificate, three proofs of your address and the Private/Parochial School Transportation Request Form by April 1, 2021.

For more information, contact District Registrar Melissa Haas at 518-439-2442.

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**SHOP SMART**  
**SHOP LOCAL**  
Keep dollars here in our local economy.  
By doing business locally, you not only get personal service and real value, you also help strengthen our local community and economy. Compared to national chains, locally owned businesses recycle a much larger share of their revenue back into our local economy, supporting a wide range of jobs and enriching our whole community.  
A reminder from:  
**Spotlight NEWS**

**LEGALS**

**NOTICE OF LLC FORMATION**  
SOUNDVIEW REALTY NY, LLC. Arts. of Org. filed with the SSNY on 01/07/21. Office: Albany County. 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 Steve Lagoudis, 32-56 Steinway Street, 2nd Floor, Astoria, NY 11103. Purpose: Any lawful purpose. D-260421

**NOTICE OF LLC FORMATION**  
SOUTH ISLAND DOCKS, LLC. Arts. of Org. filed with the SSNY on 11/24/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Peter Luizzi, 49 Railroad Avenue, Albany, NY 12205. Purpose: Any lawful purpose. D-259981

**Notice of Formation of Spruce & Sprout LLC.** Articles of Organization filed with Secretary of State of New York (SSNY) on 11/07/19. Office location: Albany County. SSNY designated as an agent of LLC upon whom process against it may be served.

**LEGALS**

SSNY shall mail process to: 1971 Western Avenue, Albany, NY 12203. Purpose: Any lawful activities. D-258835

**NOTICE OF LLC FORMATION**  
SRNI REALTY LLC. Arts. of Org. filed with the SSNY on 12/04/20. 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, 54-24 73rd Place, Maspeth, NY 11378. Purpose: Any lawful purpose. D-258078

**NOTICE OF LLC FORMATION**  
STELLA SAL TEXAS LLC. Arts. of Org. filed with the SSNY on 12/15/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Salvatore Campisi, 1831 Decatur Street, Ridgewood, NY 11385. Purpose: Any lawful purpose. D-259001

**NOTICE OF LLC FORMATION**  
SUN AND FOREST, LLC. Arts. of Org. filed with the SSNY on 01/05/21. Latest date to dissolve:

**LEGALS**

12/31/2120. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 845 United Nations Plaza, Unit 15D, New York, NY 10017. Purpose: Any lawful purpose. D-260709

**NOTICE OF LLC FORMATION**  
SUPER JHJ LLC. Arts. of Org. filed with the SSNY on 01/05/21. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 50 Riverside Boulevard, Apartment 19D, New York, NY 10069. Purpose: Any lawful purpose. D-260410

**NOTICE OF LLC FORMATION**  
THE RA SCHECHTER, LLC. Arts. of Org. filed with the SSNY on 12/08/20. 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 Hausman Law Group, P.C., 7600 Jericho Turn-

**LEGALS**

pike, Suite 402, Woodbury, NY 11797. Purpose: Any lawful purpose. D-259973

**NOTICE OF LLC FORMATION**  
TIXEPLAN, LLC. Arts. of Org. filed with the SSNY on 12/11/20. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 246-32 54th Avenue, Douglaston, NY 11362. Purpose: Any lawful purpose. D-258748

**NOTICE OF LLC FORMATION**  
TK INTERNET IP HOLDINGS LLC. Arts. of Org. filed with the SSNY on 12/16/20. 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, 13-01 146th Place, Whitestone, NY 11357. Purpose: Any lawful purpose. D-260110

**NOTICE TO BIDDERS**  
NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Topsoil for the use of said Town for

**LEGALS**

the year 2021. \*Town Hall is not open to the public. Bids will be received up to 11:00 a.m. on the 5th day of February 2021 at which time such bids will be opened and read during a Zoom Meeting. The link to register for the meeting will be on our Website's Opening Page. Bids shall be addressed to Nanci Moquin, Town Clerk, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each shall be submitted. Bid documents may be obtained by contacting the Bethlehem Town Clerk at nmoquin@townofbethlehem.org. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division.

**NOTICE OF LLC FORMATION**  
TOWN OF BETHLEHEM NANJI MOQUIN TOWN CLERK Dated: January 13, 2021 D-260829

**NOTICE TO BIDDERS**  
NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for Utility Repair Crews for the use of said Town for the year 2021. \*Town Hall is not open to the public. Bids will be received up to 11:00 a.m. on the 4th day of February 2021 at which time such bids will be opened and read during a Zoom Meeting. The link to register for the meeting will be on our Website's Opening Page. Bids shall be addressed to Nanci Moquin, Town Clerk, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each shall be submitted. Bid documents may be obtained by contacting the Bethlehem Town Clerk at nmoquin@townofbethlehem.org. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division. The Town Board reserves the right to waive any informalities in or to reject any or all bids.

**LEGALS**

TOWN OF BETHLEHEM NANJI MOQUIN TOWN CLERK Dated: January 13, 2021 D-260829

**NOTICE TO BIDDERS**  
NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for Utility Repair Crews for the use of said Town for the year 2021. \*Town Hall is not open to the public. Bids will be received up to 11:00 a.m. on the 4th day of February 2021 at which time such bids will be opened and read during a Zoom Meeting. The link to register for the meeting will be on our Website's Opening Page. Bids shall be addressed to Nanci Moquin, Town Clerk, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each shall be submitted. Bid documents may be obtained by contacting the Bethlehem Town Clerk at nmoquin@townofbethlehem.org. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division.

**NOTICE OF LLC FORMATION**  
VLUENT GROUP LLC. Arts. of Org. filed with the SSNY on 01/04/21. Office: Albany County. 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 Philip E. Klein, 324 East 48th Street, Suite 1, New York, NY 10017. Purpose: Any lawful purpose. D-260720

**NOTICE OF LLC FORMATION**  
WATTHEHOLL LLC. Arts. of Org. filed with the SSNY on 12/16/20. Office: Albany County. SSNY designated as agent of the LLC upon

**LEGALS**

Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division. The Town Board reserves the right to waive any informalities in or to reject any or all bids. BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM NANJI MOQUIN TOWN CLERK Dated: January 13, 2021 D-260817

**NOTICE OF LLC FORMATION**  
WITHERSPOON PARTNERS-1492, LLC. Arts. of Org. filed with the SSNY on 12/08/20. 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 Bill Martin, 10 Princeton Avenue, P.O. Box 228, Rocky Hill, NJ 08553. Purpose: Any lawful purpose. D-258225

**LEGALS**

whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Philip E. Klein, 324 East 48th Street, Suite 1, New York, NY 10017. Purpose: Any lawful purpose. D-260720

**NOTICE OF LLC FORMATION**  
WITHERSPOON PARTNERS-1492, LLC. Arts. of Org. filed with the SSNY on 12/08/20. 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 Bill Martin, 10 Princeton Avenue, P.O. Box 228, Rocky Hill, NJ 08553. Purpose: Any lawful purpose. D-258225





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January 20 - 26, 2021

# Spotlight on Opinion

www.spotlightnews.com PAGE 14

More online

Read letters, editorials  
and guest opinions online  
at [www.spotlightnews.com/news/opinion](http://www.spotlightnews.com/news/opinion).

## LETTERS TO THE EDITOR



*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](mailto: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](mailto:news@spotlightnews.com) or call (518) 439-4949.

Our full letter policy can be viewed online at [www.spotlightnews.com](http://www.spotlightnews.com).

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# A case for recognition and reuse

Dear Editor:

The Preservation League of NYS was discouraged by the demolition of the former school building on Central Ave, which had stood for over 90 years. While the story of demolition of historic structures is all too familiar, the continued resistance to recognizing the value that buildings have to our communities is most disappointing. The January 6 *Spotlight* article *Demolition of Old Central Avenue School/Community Center* is Underway, did not so much as mention the historic importance of this building when reporting its demolition.

The site on which this school sat has a long history of education. The now demolished 1926 school replaced a former four-room schoolhouse from the early 20th

century, which had itself replaced a one-room 19th-century schoolhouse — Read more about the history of this building. On November 10, 2020, the Office of Parks, Recreation, and Historic Preservation (OPRHP) determined the former Colonie school, district 20 building to be eligible for inclusion on the National Register of Historic Places on the basis of being associated with events that have made a significant contribution to the broad patterns in our history and embodying the distinctive characteristics of type, period or method of construction.

As our shared social and cultural history continues to be so important in our daily lives, we hope municipalities will view preservation as a tool that improves the quality of life in our communities. We need to look more carefully

at adaptive reuse of historic buildings and acknowledge the wide range of benefits of reuse versus demolition, including: retention of quality building materials, historic and architectural character, continuity with the existing streetscape and historic connection to the neighborhood, sustainability, and incentives for rehabilitation.

If we do not take the time to recognize our history today, tomorrow it may be lost.

Sincerely,

Jay A. DiLorenzo  
President, Preservation  
League of New York State

**COLONIE Spotlight**  
\$1.50 Vol. 33, #1 Jan. 6-Jan. 12, 2021

**TOP STORY**  
**And the walls ...**  
Demolition of old Central Ave. school/community center begins

**NEWS**  
Jack Murphy: 1933-2020  
Longtime Village of Colonie trustee remembered

**SCHOOLS**  
A Blowup Bonanza  
Shaker High Students Government battles wild and odd to present event to the community

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The January 6 edition of our Colonie Spotlight covered the demolition of a former schoolhouse built in 1926.

# Cuomo cut down our options at the ballot

While Governor Cuomo has included measures in his State of the State aimed at strengthening and expanding access to elections via expansion of absentee ballots, quite remarkably he has been quietly weakening and restricting voter access to candidates and political

parties. Governor Cuomo took action in early 2020 to eliminate minor political parties by attaching a law to the budget under the cover of darkness dictating that all political parties not only must earn 50,000 votes on a gubernatorial line but must earn 2 percent of the vote on a presidential

line. One of the most burdensome requirements in the nation. Gone are the Independence, Libertarian, Green and SAM party lines on the ballot as of November 2020. SAM-NY will continue to support and endorse candidates moving forward despite the Governor and await a decision on our

federal lawsuit challenging Cuomo's action.

At a time when our problems are not being solved, more and more New Yorkers are leaving the two major parties, as well as New York, we need more choice, transparency and open debate. We are at our best when a diversity

of voices and ideas can be heard. Let's truly reform New York's arcane election laws designed to keep candidates off the ballot and ensure the "right" candidate wins. What are we afraid of?

Barbara Collura

THE  
**Spotlight**

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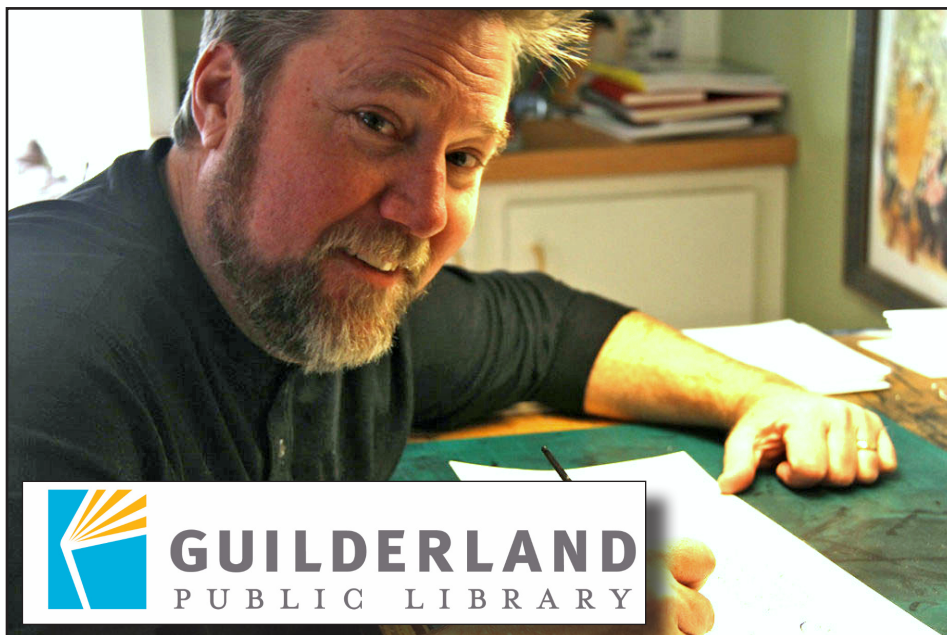
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## LIBRARIES

# Cartooning Workshop

**G** PL welcomes award-winning cartoonist and illustrator Rick Stromski as our guide for this fun hands-on session on Sat. Jan. 23 at 2:30 p.m., geared for grades 3-7. We'll practice drawing expressions, genders, and age differences, plus different kinds of animals. Participants will need plenty of paper and their favorite drawing instrument(s) handy as they follow along. Parents can try their hand as well. Please register on the Events tab of our website; we'll email the Zoom link in advance of the program.



**GUILDERLAND PUBLIC LIBRARY**

**Award-winning Cartoonist and Illustrator Rick Stromski will conduct a Virtual Cartooning Workshop for Guilderland Public Library on Sat. Jan. 23 at 2:30 p.m., intended for grades 3-7. To register, go to the Events tab at [guilderlandlibrary.org](http://guilderlandlibrary.org).**

[rickstromski.com](http://rickstromski.com)

## Broadway Trivia Night returns

Our popular virtual Trivia Night returns on Tues. Jan. 26 at 7 p.m., this time devoted to all things Broadway. Teens and adults: test your knowledge of musicals and their iconic songs, plus behind-the-scenes factoids. Team captains 16+ years old will communicate with the hosts. All individual and team participants needing the virtual meeting login information should register in advance.

## Winter Reading Challenge

The Winter Reading Challenge continues! Books, eBooks, magazines,

newspapers, children's literature, manga, etc. - it all counts! Sign up for Simon & Schuster's Winter Reading Challenge at: [guilderlandlibrary.beanstack.org](http://guilderlandlibrary.beanstack.org) as an individual or family, and log all of your January reading. For even easier logging, download the Beanstack Tracker App. Let's reclaim our title as one of the top-reading libraries in the U.S. - thank you for participating!

## Pulitzer-Prize Series

Paul Grondahl - author, award-winning journalist, Guilderland resident and

director of the New York State Writers Institute - is leading a five-part series entitled "Reaching for the American Dream: Pulitzer Prize-Winning Novels." We'll meet virtually Wednesday evenings, February 3, 17; March 17, 31; and April 14, 6:30-8:00 p.m. to discuss "The Underground Railroad" by Colson Whitehead; "Interpreter of Maladies" by Jhumpa Lahiri; "Humboldt's Gift" by Saul Bellow; "American Pastoral" by Philip Roth and "A Visit from the Goon Squad" by Jennifer Egan. Please register on the Events tab of our website, and plan to attend

all five sessions. Limited to 15 people.

## Apple Tech and Résumé Help

Get customized assistance on using an Apple Watch, iPhone, MacBook, iPad or Apple TV, or navigating the Learning Express tool on our website to craft your résumé - all from the comfort of home. Schedule your 1:1 virtual appointment Tuesday evenings starting at 6:30 p.m., and Thursday mornings starting at 10:00 a.m. on the Events tab of our website.

— Luanne Nicholson

# A few spaces left for Craft & Chat

**T**here are a few spaces left for all you crafters to grab your latest project, and join fellow crafters at 6:30 p.m. on Tuesday, Jan. 26, in a virtual chat. We will gather for casual conversation about what we are working on, and anything else that strikes our fancy. Please register online to receive the meeting link.

## Teens Care

Teens with sewing experience can earn



Community Service time by sewing up fleece hand warmers to fill with the included rice. Senior citizens can heat these in the microwave to warm cold hands, or use to soothe sore muscles. This project can be hand sewn, but works best with a sewing machine. Ask about borrowing one from our Library of Things. Return completed projects to the library for delivery to local

seniors. Students in grades 7 and up should register online to receive further instructions. Pick up your supplies after 11 a.m., Friday, Jan. 22.

## Feb. Book Discussion Dates

Books & Beyond - Wednesday, Feb. 24 at 11am: Emma by Jane Austen

Fiction Book Discussion - Wednesday, Feb. 10 at 7 p.m.: Emma by Jane Austen

Teen Bookflix Club

(grades 8 & up) - Friday, Feb. 19, at 2 p.m.; Alex Rider: Stormbreaker by Anthony Horowitz

Please register online each month to receive the private meeting link for any of these virtual book discussions. Limited copies of the book are available, compliments of the Friends of the Library. Library copies will also be available for checkout and downloadable ebook and audiobook versions are on Overdrive.

— Lynn Kohler

## Let's get social

**F**ollow us on over to our new Facebook page at [www.facebook.com/BethPL](http://www.facebook.com/BethPL)!

Our new page features all of the latest library news, information about library services and upcoming events, and a way to engage with fellow library fans. Just a reminder for those who used to follow us on our old Facebook page: Beginning February 2021, that page will no longer be updated, so like or follow us here so you don't miss out!

Not on Facebook? You'll also find us on Instagram, Twitter, Goodreads and YouTube. See you there!

## Speak up with Pronunciator

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Bethlehem cardholders can access Pronunciator on the library's Research page, [webapps.bethlehempubliclibrary.org/research.asp](http://webapps.bethlehempubliclibrary.org/research.asp).

## Service updates

In the face of rising Coronavirus infection rates in our community, the library will continue to offer curbside-only pickup for the time being. The board will regularly review at their



monthly meetings the library's ability to add back additional services if the situation begins to stabilize or improve.

## Current curbside hours

Monday-Thursday, 10 a.m.-7 p.m.

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Saturday, 1-5 p.m.

If you are new to using our curbside service, please visit [www.bethlehempubliclibrary.org/curbside-pickup](http://www.bethlehempubliclibrary.org/curbside-pickup) to help you get started.

Although the library building will be closed to the public, staff are available to answer questions by calling (518) 439-9314 or by emailing [information@bethpl.org](mailto:information@bethpl.org). You'll also find a number of online services on our website ([www.bethlehempubliclibrary.org](http://www.bethlehempubliclibrary.org)), including ways to download eBooks, magazines and audiobooks, as well as stream movies and children's shows.

Check out our calendar for upcoming virtual events for all ages, such as concerts, performances and more.

## Kindness Matters

Our Kindness Matters campaign is going strong with surprise giveaways, Just for Me: Teen Book Boxes and more! For more information, visit [www.bethlehempubliclibrary.org/kindness-matters](http://www.bethlehempubliclibrary.org/kindness-matters).

Be sure to follow us on social media to share all the ways acts of kindness have made a difference in your life. Share your Kindness Resolutions for 2021 by tagging us at [#BPLKindness](https://twitter.com/BPLKindness).

— Kristen Roberts





## Monday, January 25 through Sunday, February 21

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## Monday, January 25 through Sunday, January 31

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**Andriano's Pizza**  
365 Delaware Avenue  
Delmar • 518.439.7669

**Angela's Pizza & Pasta Restaurant**  
329 Glenmont Road  
Glenmont • 518.427.7122

**Bake For You**  
5000 Dunhill Court  
Slingerlands • 518.207.5430

**Emma Cleary's Cafe**  
1926 New Scotland Road  
Slingerlands • 518.439.8700

**Garden Bistro 24**  
5 Vista Blvd.  
**TEMPORARILY CLOSED**

**Geurtze Bar-B-Q**  
PO Box 331  
Glenmont • 518.439.7760

**Los Panchos Mexican Grill & Bar**  
180 Delaware Avenue  
Delmar • 518.729.4757

**Mauro's Menu**  
1391 Indian Fields Road  
Feura Bush • 518.475.1033

**My Place & Co.**  
241 Delaware Avenue  
Delmar • 518.439.7610

**Nicole's Restaurant & Catering**  
556 Delaware Avenue  
Albany • 518.436.4952

**Normanside**  
150 Salisbury Road  
Delmar • 518.439.4505

**O'Slattery's Irish Restaurant & Pub**  
318 Delaware Avenue  
Delmar • 518.439.5634

**Perfect Blend Cafe and Bakery**  
376 Delaware Avenue  
Delmar • 518.439.6537

**Sam's Italian American Restaurant**  
125 Southern Blvd.  
Albany • 518.463.3433

**Shogun Sushi & Sake Bar**  
318 Delaware Avenue  
Delmar • 518.729.5727

**Swify's Restaurant & Pub**  
367 Delaware Avenue  
Delmar • 518.475.1111

**Taco Bell**  
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Glenmont • 518.621.1857

**Taj Fine Indian Cuisine**  
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**Tool's Family Restaurant**  
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**Twisted Vine Wine & Tap**  
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**Taste of things to come**  
Pay attention to a few upcoming gems.  
**Page B15**

**Inside this issue!**  
**LIFE AFTER 50**   
the spot 518 Spotlight

January 20 - January 26, 2021 • Your Entertainment Resource • **FREE!**

**CULTURE**

**INSIDE**



**Bringing it back**

Two Buttons Deep has something in mind for music.

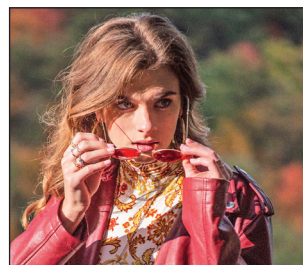
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**Spa City 'Music Man'**

Saratoga bids sweet adieu to Matthew McCabe.

**Page B5**



**On her own path**

Sydney Worthley talks about going after her dreams.

**Page B6**



**A perfect pairing**

RAD Soap Co. and Schenectady ARC put their hands together for a bubbling new endeavor

By **KAITLIN LEMBO**  
[lembok@spotlightnews.com](mailto:lembok@spotlightnews.com)

**SCHENECTADY** — RAD Soap Co. is growing once again, this time by announcing a partnership with Pine Ridge Industries, a division of Schenectady ARC.

Photos provided

**Continues on page B9**

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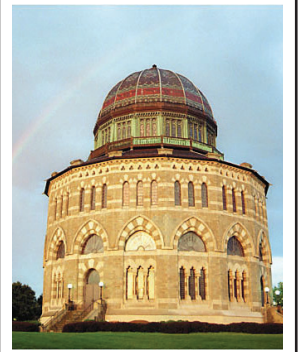


#TheSpot518

## STARS & STRIPES

With the sun going down on another day, it leaves the hint of better days ahead.




Dennis White



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WHAT'S HAPPENING

# Beers, music on Two Buttons Deep

Musicians can win \$500, year's supply of beer in virtual showcase contest

By MICHAEL HALLISEY  
halliseym@spotlightnews.com

ALBANY — Two Buttons Deep's Jack Carpenter said he didn't get the taste of Albany's music scene he expected once moving into The Knick in late 2019.

Carpenter hit a few shows at The Hollow and McGeary's, around the corner, but nothing from the major venues around town. He said he had tickets in hand to attend Michael Bubl  at the Times Union Center. "Which was in March, and that was one of the first events that went down," he said, while isolating himself in quarantine after covering last week's "Save



America" rally last week in Washington, D.C. "It was a lot more shocking back then."

Carpenter and his crew have made a name for themselves doing what Jimmy Fallon and Jon Stewart do for television; spin comedy out of current events. The events preceding last week's siege on the U.S. Capitol gave him and videographer Matt Whalen plenty of fodder. But, it's back to the grind this week, despite COVID.

Valerie Barbosa, of This Strange Paradise, performs a soundcheck prior to a performance at Skyloft in 2019. Two Buttons Deep plans to showcase local bands in a virtual contest.

Michael Hallisey / The Spot 518

What's been missing from Carpenter's Capital City experience is the common denominator underneath everyone's longing for its vibrant nightlife — a robust music scene.

Two Buttons Deep, the news and entertainment website, has partnered with DeCrescente Distributing Company and Miller Lite to help bring live music back to the area in 2021.

"Two Buttons Deep wants to shine a spotlight on local artists who weren't able to do what they love during the pandemic," it states from the site's promotional ad. Selected musicians will then be presented to an audience in the Great Upstate Musicians Showcase, a virtual contest which will give them a chance to perform for the public again, receive tips along the way, and compete for a grand prize of \$500 and a year's worth of Miller Lite.

Musicians are encouraged to submit a recent performance to Two Buttons Deep for a chance to perform in the virtual showcase. Submissions are due by Friday, Jan. 22.

The contest, which is to air in late January or early February, shows how Two Buttons Deep's success has grown since it launched just a few years ago. Local news outlets have often turned to it to garner a younger spin on today's events. Carpenter said the website jumped in popularity as more people turned to their computers and smartphones for entertainment in 2020.

"We just want to keep doing what we're doing," said Carpenter. "We take it button by button. You know, we're not rushing anything. We're not going anywhere anytime soon. And, we hope to give a lot back to the people who have supported us throughout the last four years."

**editors' playlist** the spot 518

New Year, Old Ways.  
I'm looking forward to enjoying music like it's 2019 — loud!

How 'bout you?  
— Michael Hallisey

Symptoms  
Bendt

Susunu! Denpa Shonen  
Victory Soul Orchestra

Only the Good Die Young  
Road Soda Pop

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1	6		5	7			

Answers on Pg. B12

Best Restaurants & Sports Pubs to watch the game?

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ISSUE DATES: Jan. 20 & 27  
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Spotlight NEWS the spot 518





I asked what kind of family Amina wanted. She said, 'A family like yours.' That's when I knew I had to adopt her.

Denise, adopted 17-year-old Amina

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1	2	3	4					5	6	7		8	9	10
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47	48				49				50	51	52	53	54	
55					56					57				58
59					60					61				
62					63						64			

**CLUES ACROSS**

1. Gather a harvest
5. Federal Republic of Germany
8. Bravo! Bravo! Bravo!
11. "The Little Mermaid"
13. The common gibbon
14. Volcanic island in Fiji
15. Mother of Perseus
16. Egg cells
17. Teams' best pitchers
18. Credit associations
20. Advance
21. Hair styling products
22. Benign tumors
25. Arriving early
30. Called it a career
31. \_\_\_ Paulo, city
32. Avoid with trickery
33. Easter egg
38. Veterans battleground
41. Lack of success
43. Thing that causes disgust
45. Deep, continuing sound
47. Ancient kingdom near Dead Sea
49. You might put it in a fire
50. Partner to "oohed"
55. Actor Idris
56. Slippery
57. Plant of the bean family
59. One point north of northeast
60. Patti Hearst's captors
61. Places to hang clothes
62. Midwife
63. Of she
64. S. Korean statesman

**CLUES DOWN**

1. Cool!
2. Amounts of time
3. Aboriginal people of Japan

4. Popular veggies
5. Wedding accessory
6. Deep, narrow gorges
7. Dry cereal
8. Competitions that require speed
9. Cain and \_\_\_
10. Snake sound
12. Type of amino acid (abbr.)
14. Pattern of notes in Indian music
19. Satisfy
23. Misfire
24. Nearsightedness
25. Indicates before
26. Increase motor speed
27. When you hope to get there
28. Indicates position
29. Where rockers perform
34. Substitute
35. \_\_\_ juris: of one's own right
36. Earliest form of modern human in Europe: \_\_\_-magnon
37. Adult female bird
39. Do away with
40. Lens
41. Flattened appendage
42. Post or pillar in Greek temple
44. A medieval citizen of Hungary
45. Spiritual leader of a Jewish congregation
46. Abba \_\_\_, Israeli politician
47. Sew
48. Evergreen trees and shrubs having oily one-seeded fruits
51. Swiss river
52. Grayish-white
53. A way to illustrate
54. College basketball superpower
58. Midway between south and southeast

Answers on Pg. B12



MEMORIAM

# Spa City bids adieu to its 'Music Man'

Matthew McCabe, store owner, musician and former city commish, dies from COVID

By MICHAEL HALLISEY  
halliseym@spotlightnews.com

**SARATOGA SPRINGS** — Matthew McCabe, the music store proprietor who touched countless local musicians with his advice and words of wisdom, died of complications from COVID-19 on Tuesday, Jan. 12. He was 63.

McCabe was ever-present within the music scene. If not supplying musicians with the coveted tools of their trade, then he was actually performing before crowds at Caffe Lena. He opened the doors to his first music store in 1994, and from there created a bond with a community many shared after learning the news of his death.

"He was one of those people you felt you'd known all your life upon meeting him," said Jeff Brisbine, who first met McCabe 22 years ago to buy the first of his many guitars. "Through the years, he was always helping all of us crazy people who chase their muse and love of music."

Photographer Jacob Veitch worked seven years at Saratoga Guitar. He recalled McCabe as a great leader, role model, musician, "and an even better friend." After leaving the store and attempting to establish himself as a photographer, Veitch remembered how McCabe helped him to land a shooting assignment for the cover of Saratoga Local Living guide.

"Matt was a man of his words and did his best, no

matter the circumstances, to make sure every local musician had the platform that they deserved in this city," said Veitch. "From the first time I met him as a young kid, he helped nurture my love for music by letting me come into his store and play countless instruments to my heart's content."

The Saratoga Downtown Business Association remembered McCabe in similar ways as it paid tribute to its former board member. "This goodbye is one that impacts our entire community," they wrote.

"Although a busy man running multiple businesses, Matt always had time for a kind word or conversation and was more than willing to help out fellow business owners with whatever they might be coping with," the downtown business association shared in a statement.



Matthew McCabe always lent an ear to his community, and paid it back with the gift of music. Saratoga Guitar

His 20 years with the downtown business association was marked by his contributions to various committees, his recruitment efforts, and shared knowledge gleaned through his two terms as city commissioner. His stewardship to the greater community was captured by how he often extended an invitation to talk about pressing issues at City Hall

— "C'mon down to the Bunker."

"Matt loved this community, he loved being in Downtown Saratoga, and he loved all of the people - and dogs - that came through the store over the years," said Charlie McCabe, through the store's social media outlet. "The outpouring of support that we have seen already has been incredible. It's

good to see the community loved him as much as he loved it."

Charlie McCabe had recently been helping upload videos of Matthew's performances onto YouTube, something he said he will continue to do until he is finished. A musical tribute to Matthew McCabe will be held at Caffe Lena on Saturday, Feb. 20 as part of a community-wide celebration of his life.

"He and his shop were always there to provide opportunities for locals who were pros or who were curious about the guitar and wanted to start their own journey. It didn't matter who you were - he was always there and willing to lend a hand," said Zac Rossi. "The motto of Saratoga Guitar has always been: 'It's not the price of the guitar, it's the heart of the player.'"

"It resonates now more than ever," he said.

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Sydney Worthley has been singing and writing music since she was a child. Now, it's a career.

Leo Valenichis Jr.

**MUSIC FEATURE**

# In her own groove

From high school to employment, Sydney Worthley is on the right path

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



Leo Valenichis Jr.

**ALBANY** — Since the release of her EP, “Rose Colored Glasses,” last year, Sydney Worthley has been in a waiting game.

The 2020 graduate of Voorheesville Central School District is at a loss with performing like her fellow artists. Planned release parties and gigs to promote “Rose Colored Glasses” were abruptly canceled once COVID-19 locked down the Capital District. Now 10 months out from the start of the pandemic, the folksy crooner hasn’t been able to interact directly with her fans beyond social media,

*“I’ve been able to make money doing what I love since I was a kid. Not many others can say they’ve made decent money at a job since they were 9. I’ve always known being on stage was what I wanted.”*

— Sydney Worthley, singer-songwriter

some virtual appearances and the release of her newest music video, “4:15.” “Originally, we thought we might want to postpone Rose Colored Glasses so we could actually perform it, but we decided to release it on time,” Worthley said. “Despite the challenges, it felt right to get it out there because the EP is such a rebrand of me and my sound.”

Rebrand she did; while her first self-titled album was a mix of folk, rock

# HOROSCOPES

January 2021  
 Week 3

**ARIES – MAR 21/APR 20**

Aries, you will get great satisfaction from various activities this week. Therefore, fill your schedule with plenty of things. Take initiative and invite friends along for an adventure.

**TAURUS – APR 21/MAY 21**

Take care of yourself this week, Taurus. Practicing self-care may mean booking a spa treatment or simply catching up on a little rest and recuperation.

**GEMINI – MAY 22/JUN 21**

A few different scenarios may play out in the days to come. They may be greatly influenced by how you interact with other people, Gemini. You are the catalyst for action.

**CANCER – JUN 22/JUL 22**

Cancer be careful with the way you behave and present yourself this week. You just don’t know who may be watching what you do. Keep a low profile.

**LEO – JUL 23/AUG 23**

Receiving mixed messages, Leo? Enlist a trusted advisor to help you sort through the hazy level of communication that is coming your way. Another perspective is handy.

**VIRGO – AUG 24/SEPT 22**

Virgo, this week the stars may be playing tricks on you. You may stumble though a few things, but it won’t take long to get back on the right path.

**LIBRA – SEPT 23/OCT 23**

Libra, as soon as things get serious this week, you may be ready to make a fast exit. It’s better if you stick around and lend your opinion to the situation at hand.

**SCORPIO – OCT 24/NOV 22**

A lot of unknown factors have been slowing you down over the last few weeks, Scorpio. Now that you are no longer impeded, you can put a plan in motion.

**SAGITTARIUS – NOV 23/DEC 21**

You may get caught up in some conflicts that you’re either not ready for or have no interest to deal with, Sagittarius. Take it all in quietly for now.

**CAPRICORN – DEC 22/JAN 20**

Don’t try to rationalize the feelings that are moving through you this week, Capricorn. There is no right or wrong way to feel. Acknowledge the emotions as they come.

**AQUARIUS – JAN 21/FEB 18**

Aquarius, do not hide your feelings in a particularly moving situation. Others will empathize with you and appreciate your emotional honesty.

**PISCES – FEB 19/MAR 20**

This week you may want to get away from it all to have a different perspective on your life, Pisces. You may travel even further than first imagined.





and alternative, Worthley has now embraced the sounds that truly make her happy, which incorporate more folk and earthy

**People have shared their doubts about Worthley's choice to pursue a music career, but none of her naysayers can say they've played in front of a Mountain Jam audience.**

Leo Valenichis Jr.

influences and notes from one of her favorite artists, Taylor Swift. The change in her music is reflected as she evolves — now a woman, she's admitted everything, from her clothes to her outlook, is growing with her. Since graduating high school in June, she's been dedicating 100 percent of her time to writing and recording new content, even though she's hesitant to release anything new until "Rose Colored Glasses" gets its proper chance to shine.

"We've never even

played the title track to Rose Colored Glasses live," she said.

Despite the challenges, Worthley knows more than ever music is her calling. While she felt some frustration in high school about people doubting her career choice, she knows college isn't the best fit and she's excited to dedicate so much time to her passion, a dream she's been following since she was 9 years old.

"When I saw the pamphlet at graduation and my name said 'going into employment' while

most had the college they were going to, I definitely felt a little apprehensive and self-conscious because of the stigma our society has about not going to college," she concluded. "But I've been able to make money doing what I love since I was a kid. Not many others can say they've made decent money at a job since they were 9. I've always known being on stage was what I wanted. I have the full support of my family and friends and I'm excited to keep sinking my teeth into this next chapter."

10  
20  
30

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10  
20  
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## From page 1 ... RAD Soap

“It’s really a perfect marriage between our companies because we are able to give back to the community while keeping all of our production local,” Sue Kerber, founder of RAD Soap, said. “I am so confident that this was the right move for us and I look forward to watching us grow in 2021.”

The move to Pine Ridge is multifaceted; while RAD Soap is keeping its packaging and shipping services in the local community, Pine Ridge gives back by employing individuals with intellectual and developmental disabilities. Pine Ridge COO Nathan Mandsager said the work Pine Ridge does, which involves “tedious, detailed” services like producing packaging and packaging shipments, is ideal for those with intellectual and developmental disabilities because the rhythmic aspect of production is critical for their success in life and in the workplace.

“Our people really thrive in these types of roles and it gives them a sense of pride, both in the way they are contributing to society and through the paycheck they earn with their work,” Mandsager said. “Plus, services like ours really help

small businesses maximize output and reduce costs, so it’s a great match.”

RAD Soap Co., located in Stuyvesant Plaza, was started in 2009 by Kerber. After a financial crisis in the family, she turned her passion for soap (and her ability to make the best bar she knew) to start her company. The store boasts a lineup of face and body soaps, creams, natural insect repellents, exfoliators and more; all products are produced in Albany. In 2014, RAD Soap landed a contract at Whole Foods and the business grew. Since the business’ conception, the brand has been featured in Nylon Magazine, BuzzFeed and Bustle.

Kerber and Mandsager first met at a virtual networking event by FuzeHub. The week after the networking event, Mandsager and the Kerbers sat down and talked in depth about what both companies were looking for. As Kerber and her son and co-founder, Zak, conversed with Mandsager, they realized Pine Ridge and RAD Soap would make a wonderful team, especially since RAD Soap was looking to broaden its market to reach more customers nationwide. Zak Kerber said RAD Soap has

been in all 50 states and he looks forward to continuing the growth process.

Both companies have put hats on to combat the COVID-19 pandemic; RAD Soap brought hand sanitizers into the lineup and Pine Ridge has a significant contract with a company that helps produce COVID-19 tests. As business continues to grow for RAD Soap, Kerber has been happy to see her children, including her other son and co-founder, Max, really step up to the task.

“Our community supports us so much and really wants us to succeed,” Kerber said. “The camaraderie that’s been displayed during this tough time has been absolutely incredible. Because we are all able to recognize and work with our own strengths, we are able to bring forth a strong business model.”

Despite the partnership with Pine Ridge and the outsourcing of some tedious parts of the game, Zak Kerber said the mission for RAD Soap will stay the same.

“We want to provide high-quality products to as many customers as possible and watch our business get even bigger,” he concluded. “We want to be transparent and open with other businesses about our journey and show our customers who they’re buying from.”

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# Hi-tech war on snoring

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**W**hen climbing into bed, no one wants to endure a snore-filled night of fits and starts. Snoring may be inconvenient, but it's more than just disruptive. Snoring may indicate a serious health issue.

The American Academy of Sleep Medicine notes that snoring may be

associated with obstructive sleep apnea, a serious sleep disorder and a risk factor for heart disease, diabetes, stroke, and many other health problems.

Men's Health magazine says some 90 million Americans snore, with 37 million doing so on a regular basis. Men are more likely to snore than women. Sometimes snorers can be so loud they disturb bed

mates and even those in nearby bedrooms.

People who snore, and their loved ones who deal with the cacophony each and every night, are often on the lookout for ways to alleviate snoring. Despite an abundance of innovation in recent years, anti-snoring solutions have been slow in coming. But technology continues to evolve, and some new anti-snoring solutions have been developed.

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tracking devices to see just how well they are sleeping each night. When worn at night, devices like Fitbit™ can track breathing and will rate which levels of sleep a person reaches: deep, light or REM. It also records if a person awakens during the night, even when people do not realize their sleep was interrupted. This data can paint a clear picture of sleeping behaviors.

- Test snore ratings. Smartphone users can use an app called SnoreLab to rate snoring. The app is left running next to a bed. If it detects snoring, it will record an audio clip and rate the snoring on a scale that ranges from Quiet to Epic. The premise behind the app is that before snoring can be addressed, one must recognize that it is happening in the first place.

- Smart sleep masks. The Hupros Sleep Mask is an example of a smart sleep mask. It works with a smartphone to detect snoring. Then the mask gently vibrates to encourage a person to change positions to open up airways and reduce snoring. The mask also has a nose piece that will be engaged if a change of position doesn't stop the snoring. It delivers

expiratory positive airway pressure (EPAP) — allowing a wearer to breathe in through the nose, but making it hard to breathe out in the same way. This creates resistance meant to expand lung volume and reduce airway vibrations.

- Change positions. Another device that is supposed to help a person change positions to relieve snoring is the Philips

SmartSleep Snoring Relief Band. It straps around a user's torso to monitor sleeping position. If snoring occurs, the device will nudge the snorer on his or her side, a position that is less likely to induce snoring.

- Go low tech. While there are many digital devices that may help alleviate snoring, one option does not require a device. A new pillow,

such as a wedge pillow, can slightly elevate the head, which may promote better breathing.

Snoring is problematic for millions of people. Turning to technology may help people get the rest they need.

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

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

### Drone usage for beginners

Drones continue to attract hobbyists across the world. In mid-2017, 8 percent of Americans said they owned a drone, and nearly 60 percent had seen one in action, according to a Pew Research Center survey. The Federal Aviation Administration predicted sales of drones would reach seven million units by 2020.

Businesses also rely on drones in various applications. Camera-equipped aerial devices can provide bird's-eye views of real estate for sale or college campuses for promotional purposes, as well as topography assessments prior to construction.



#### Give yourself time, and space, to learn how to fly.

When the FAA opened a new drone registration system on December 21, 2015, more than 181,000 drones were registered within a month. The database continues to grow and help prevent potentially

dangerous incidents involving drones flying in restricted air space, among other issues.

Flying drones where they shouldn't be is just one potential pitfall of drone

use. Beginners may need a crash course in safety before they take their devices to the sky. The following are some tips to help people become competent drone operators.

- Upon receiving a drone, register it with the FAA through the Unmanned Aircraft Registration system if it weighs more than .55 grams and less than 55 pounds. Registration costs \$5.

- Read the drone manual first before operating the device. Doing so will help you become familiar with the drone's specific features.

- Master the controls by taking the drone out in a wide open and safe space or use flight simulators if the drone comes equipped with

them. Drone usage requires practice and expertise comes with repetition and mastery of each button and function.

- Familiarize yourself with restricted areas. Any national or state park is off limits to drone use, according to The National Park Service. This also applies to the many seashores and other sites run by the NPS. The regulations evolve, so it pays to stay up-to-date regarding where drones can be used.

- Know drone laws where you live, as many states have drone laws in place.

- Focus your attention on the drone and try to avoid distractions. Having too many people around while you're flying the

drone may be distracting, so avoid flying one near crowds.

- Keep the drone in sight so that you'll be better able to see potential hazards or obstacles.

- Windy days are some of the most difficult conditions in which to fly a drone. Avoid windy days, particularly if you are a novice.

- Accidents will happen as you get to know the drone. Keep spare parts on hand to make repairs as necessary.

Drones are popular among professionals and hobbyists alike. Learning to operate the drones in a safe and effective manner can ensure greater success.

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114258\_4

## Looking for a change?

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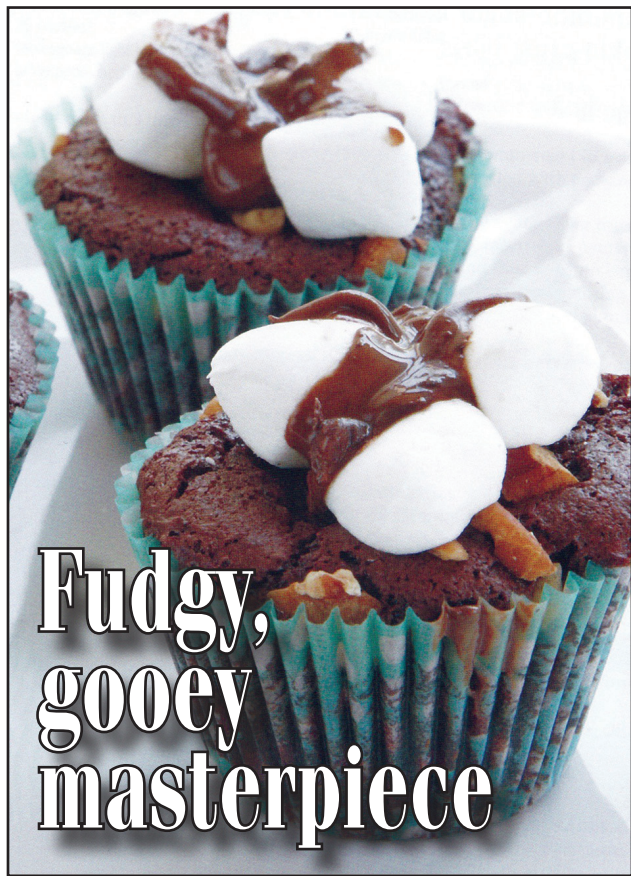
#### Director of Nursing Qualifications:

- Credentials of a Registered Professional Nurse with a current State license required.
- Bachelor's degree in nursing or administration preferred.
- At least two years of supervisory nursing experience and additional training and experience commensurate with the size of the facility and responsibilities of the position required.
- Geriatric nursing training preferred.
- Ability to communicate well verbally and in writing, utilize creative problem solving, and handle problems diplomatically required.
- Exhibits characteristics of effective managerial leadership skills. These characteristics should include: desire for improvement; builder of trust; creating an environment where staff can experience pride.



114253\_4





**Fudgy,  
gooey  
masterpiece**

**FOOD and VINO**

**B**aking homemade treats is a great way to spend time with family in the kitchen. It's easy to craft creative and decadent desserts throughout the year, and controlling portion sizes and using the right ingredients can make these dishes a little less diet-unfriendly.

Mississippi Mud Cake is a luscious combination of sweet chocolate, crunchy pecans and gooey marshmallows atop a rich chocolate cake. It's a variation on Mississippi Mud Pie, which uses many of the same ingredients but is served in pie form. This version of "Mississippi Mud Baby Cakes" from "Cooking Light: Fresh Food Superfast" (Oxmoor House) by The Cooking Light Editors doesn't skimp on taste, but makes dessert more accessible to those sticking to healthier eating plans.

Mississippi Mud Baby Cakes

**INGREDIENTS: Yields 24**

- Cooking spray
- 1 13.7-ounce package fat-free brownie mix
- 1 6-ounce carton French vanilla low-fat yogurt
- 3 tablespoons finely chopped pecans

- 3/4 cup miniature marshmallows
- 24 chocolate kiss candies

**INSTRUCTIONS**

Preheat oven to 350 F. Place 24 paper miniature muffin cup liners in miniature muffin cups; coat with cooking spray.

Prepare brownie mix according to the package directions, using French vanilla yogurt. Spoon batter evenly into prepared muffin cups. Sprinkle evenly with pecans.


Bake at 350 F for 19 minutes. Remove cakes from oven. Place 3 marshmallows on top of each baby cake; place 1 chocolate kiss in center of marshmallows. Bake an additional 1 minute. Gently swirl melted chocolate kiss to "frost" each cake and hold marshmallows in place. Cool in pans on wire racks 10 minutes; remove from pans. Cool completely on wire racks.

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THIS WEEK

# Opera Saratoga serves school kids Opera-To-Go

As cases of the coronavirus continue to increase across the country, Opera Saratoga announced today that the company has converted its popular in-school Opera-To-Go tour into an interactive, virtual program this year to ensure safety for all while continuing to provide a unique and enriching arts education experience. The new program will feature the digital world premiere of "The Selfish Giant."

The program will be available to schools in late February. Educators who are interested in offering this program to their students in Kindergarten through Grade 5 should register at <https://www.operasaratoga.org/virtual-education> no later than Friday, Jan. 22.



Photos provided



"The Selfish Giant," a new one-act opera based on the short story by Oscar Wilde, written by Brazilian-American composer Clarice Assad (left) and librettist Lila Palmer (above), commissioned by American Lyric Theater in New York City specifically for young audiences.



COMING SOON

## Queens of the Blues

Following a live performance of their new album, "None More Blue", the band will celebrate Black History Month with a performance of the "Queens of the Blues" soundtrack. The "Queens of the Blues" movie showcases the lives of four African-American female blues artists - Bessie Smith, Big Mama Thornton, Ruth Brown and Koko Taylor - who left an indelible mark on popular blues for generations to come. Universal Preservation Hall will present a live-stream virtual concert of Williamstown, MA recording artist Misty Blues as they celebrate the release of their 10th album in over two decades together on Friday, Feb. 12, at 8 p.m. Tickets are \$20 at [universalpreservationhall.org](http://universalpreservationhall.org).

Photo provided



NEXT WEEK

## COVID and Hobbies

As the arts and entertainment scene went into hibernation, some of us rekindled old hobbies left dormant while pursuing careers and other adult responsibilities. Our editor was no different, as he recently documented a return to card collecting. Next week, he'll share a twist to the story. One that involves his family and that of an obscure ballplayer time forgot.

Michael Hallisey / The Spot 518

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# LIFE AFTER 50



*Inside:*

The comforts of carpeting

Get back to green

The ambers of the past

Adjusting through the years

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# The comforts of carpeting

## DIY strategies to deep-clean carpeting

**W**hat's underfoot in a home can go a long way toward making residences comfortable and aesthetically appealing.

A study of home buyer preferences using data from the National Association of Realtors found that 54 percent of home buyers were willing to pay more for a home with hardwood flooring. But that doesn't mean that carpeting doesn't still have its devotees. In 2019, the real estate firm OpenDoor installed nearly one million yards of carpeting in its homes. Houzz reports that, in 2018, 17 percent of renovating homeowners purchased carpets and 50 percent purchased indoor rugs.

Carpeting and rugs can offset some of the shortcomings of hardwood, providing a softer texture that makes for a better landing spot for active young children. How-



Learning how to deep clean carpets can help homeowners, as vacuuming is not enough to keep carpets in top form.

ever, carpets will require more maintenance than hardwood floors. Learning how to deep clean carpets can help homeowners, as vacuuming is not enough to keep carpets in top form.

### Spot clean stains

Stores sell a bevy of carpet cleaning solutions.

**Carpeting and rugs can offset some of the shortcomings of hardwood, providing a softer texture that makes for a better landing spot for active young children. However, carpets will require more maintenance than hardwood floors.**

When applying such solutions, do so in an inconspicuous area of the room to ensure colorfastness of the carpet and that the solution does not adversely affect the fibers. If the spot is clean and the carpet is not adversely affected, you can then apply the solution to more visible areas.

Homeowners who prefer all-natural clean-

ing solutions rather than chemicals can use a solution of white vinegar, baking soda and salt to make a safe cleanser, according to The Spruce. Soak the stain, use a scrub brush to work in the cleanser and then blot up the liquid with a clean cloth. According to the lifestyle resource First for Women, club soda also works as a

while others can be rented as needed.

Remove all of the furniture from a room and vacuum to clean dust, dander and any other debris. Address any darker stains first by pretreating with a cleaning solution. Let sit for around 20 minutes. While waiting, learn how to operate the machine, fill it and clean out the soiled water. Never allow the machine to oversaturate the carpet with water, as it can get into the padding and subfloor, causing problems like mold or wood damage. Spray the water-detergent solutions, and then pass the carpet cleaner over spots repeatedly until the carpet feels only slightly damp. DoItYourself.com advises running the machine at the pace of one foot per second.

Removing shoes when entering the home can keep carpets clean and reduce wear and tear.

With frequent deep cleaning, carpets can maintain a like-new appearance for years.

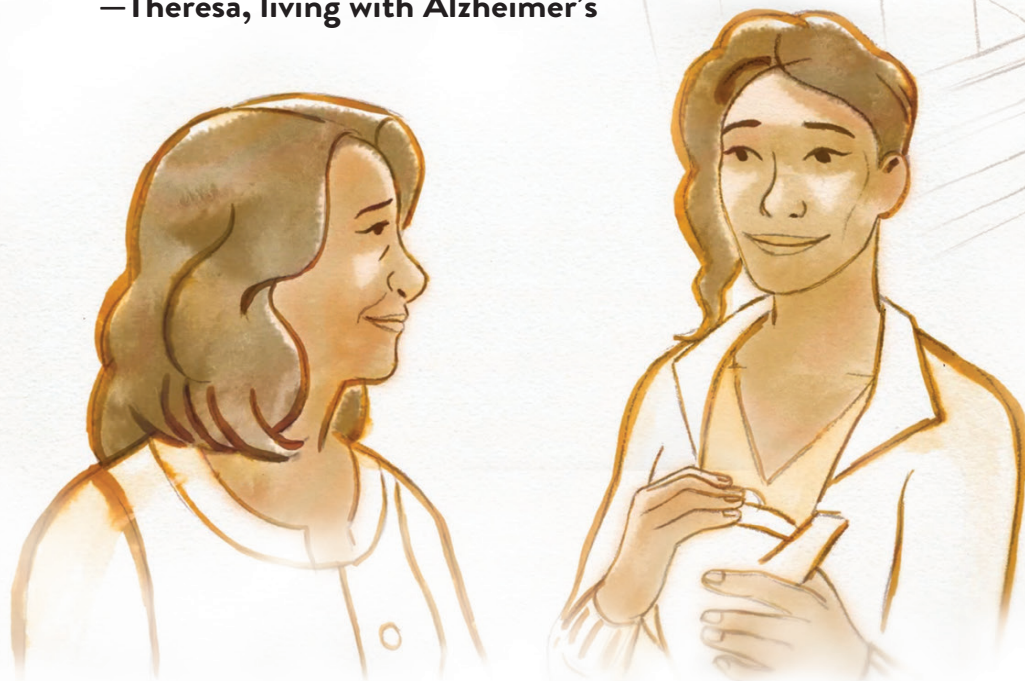
cleanser when it is sprayed on a stain.

### Deep cleaning

Carpets periodically need to be revitalized, and that can be accomplished with a specialized cleaning machine. Many are available for purchase (a good investment for homeowners with kids and/or pets),

**“Everything was always very tidy. Then my family noticed how disorganized I had become.”**

—Theresa, living with Alzheimer's



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Remove any debris from the lawn after snow thaws to see what you're working with.

other debris that has been strewn across the property due to storms or snow-laden trees. This will give you a clean canvas to work on.

- Dry out snow mold. The Family Handyman says snow mold is a cold-season fungus that causes gray-colored circles or patches on the lawn where there has been snow. To alleviate snow mold, rake the lawn to loosen matted grass and facilitate the drying-out process.

- De-thatch the lawn. Heavy snow can compress the grass and cause some of it to die off. De-thatching helps to remove dead grass blades and separate any matting. This enables water, nutrients and air to reach the lawn's roots more effectively. Thinning out old organic matter also helps encourage new growth.

- Aerate the soil. Coupled with dethatching, aeration involves loosening the soil or poking holes to allow nutrients to move freely to the roots.

- Kill weeds before

they spread. Weeds may be the first to start growing when the weather begins to warm. Address them promptly by manually pulling them or applying an herbicide.

- Overseed the lawn. Chances are there are some bare spots that have formed over the winter. Overseeding can help to fill in the lawn. Make sure that frosts are largely a thing of the past and soil temperature is around 50 F to 60 F before seeding. Water daily until grass fills in.

- Apply nutrients. Fertilizer and compost can restore nutrients to the lawn that may have been used up over winter. A soil test at a nearby horticultural center can tell you which nutrients are needed, according to the Chemistry Cachet, a guide to using chemistry secrets for healthy living, beauty, cleaning, and gardening.

Lawns can be restored to their pre-winter glory after some sweat equity and about five to six weeks of consistent sunshine and warm weather.

# Get back to green

## Techniques to revitalize a lawn after a long winter

Pristine, snow-covered landscapes can be wonders to behold. While that blanket of white is idyllic, a lawn's delicate blades may be paying a hefty price beneath the cold, heavy piles of snow.

Snow plows push

salt and sand up on the grass while subterranean animals like mice and moles dig burrows beneath piles of snow as they try to find food and stay warm. Such conditions are not favorable for thriving landscapes. When the

spring thaw arrives, lawns may be in dire need of some TLC. The following techniques can mitigate winter-related lawn damage.

- Clear out debris. Remove any scattered leaves, branches and

When the spring thaw arrives, lawns may be in dire need of some TLC. The following techniques can mitigate winter-related lawn damage.

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**Michelle Kavanaugh-Anastasi** established Organize Senior Moves in 2012 to help seniors manage the transition from one home to another.

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# The ambers of the past

## How the body heals after quitting smoking

**F**ew habits are as harmful to the human body as smoking tobacco products, especially cigarettes.

The American Heart Association says smoking is the most preventable cause of death in the United States. Smoking is linked to heart disease and stroke and can increase the risk for cancers of the bladder, throat, cervix, pancreas, and mouth. Smoking is linked to roughly 90 percent of lung cancer cases in the United States as well. Lung Cancer Canada indicates the majority of lung cancer cases in Canada — about 85 percent — are directly related to smoking tobacco.

Even though smoking can ravage the body and cause significant damage to the lungs, which worsens the longer one

smokes, people who quit may be able to restore a good portion of their lung health. The Lung Health Institute says there are a number of ways the lungs can heal once a person stops smoking. While it may not be possible to undo the structural damage to the lungs, lung function can be significantly restored when people quit smoking. Here's a look at some ways the lungs and other parts of the body may recover.

- Risk of heart attack decreases: The wellness resource Verywell says that after day one of quitting smokers' risk of heart attack begins to decrease.

- Rate of COPD decline improves: Research published in the journal Respiratory Medicine found that people with mild to moderate COPD can



The American Heart Association says smoking is the nation's most preventable cause of death.

expect to experience normalization of lung function decline within a year of quitting. This means that the rate of decline considered normal with age is the same as someone who had never smoked before.

- Reduced lung cancer risk: The risk of getting

lung cancer reduces by 50 percent after 10 years of being smoke-free, according to the Centers for Disease Control & Prevention.

- Carbon monoxide levels go down: Orlando Health says carbon monoxide gradually leaves the bloodstream

after people quit smoking, which helps reduce the severity of symptoms like shortness of breath. Similarly, chemicals in cigarette smoke can inflame the lining of the airways.

- Reactivation of cilia: Cilia are the small hair-like structures that move

mucus and bacteria to the back of the throat. They fail to work properly when a person smokes, but can resume function after quitting.

- Improved circulation: When lung function improves, oxygen can more effectively reach cells through the body and circulation improves. Within 24 hours of quitting, constriction of blood vessels also will occur, resulting in lower blood pressure and improved pulse rate. Body temperature will start to normalize within 24 hours as well.

- Improved taste and smell: Within 48 hours of quitting, taste and smell receptors start to heal, and damaged nerve cells also will begin to self-repair.

Quitting smoking is the best thing smokers can do for their bodies. Once a person quits smoking, his or her body begins healing in myriad ways.

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# Shedding off the pounds

## Safe ways to lose weight

People have many options when they seek to lose weight. Fad diets may promise quick results, but highly restrictive eating plans or marathon workout sessions can be dangerous. Taking shortcuts or risks in the hopes of losing weight can lead to various health issues and ultimately put people's overall health in serious jeopardy. Thankfully, there are many safe ways people can lose weight.

The first step in safe weight loss is to visit a doctor and let him or her know your plans. The doctor can help determine if a specific eating plan or exercise routine is safe based on your current health. Certain medications can affect metabolism and even contribute to weight gain, so a discussion with the doctor can help ensure people aren't putting their health in jeopardy when their goal

is to get healthy.

It's also vital that people trying to lose weight do not believe everything they read online. Research published in *The American Journal of Public Health* in October 2014 found that most people who search the internet for tips on how to lose weight come across false or misleading information on weight loss, particularly in regard to how quickly they can shed some pounds. The Centers for Disease Control and Prevention advises the safest amount of weight to lose per week is between one and two pounds. People who lose more per week, particularly on fad diets or programs, oftentimes are much more likely to regain weight later on than people who took more measured approaches to losing weight. In addition, the

Academy of Nutrition and Dietetics notes it is better to lose weight gradually because if a person sheds pounds too fast, he or she can lose muscle, bone and water instead of fat.

The calories in, calories out concept is something to keep in mind when attempting to lose weight. But metabolism and other factors, including body composition and physical activity levels, also are factors. How well one's body turns calories into fuel also needs to be considered. The best ways to experiment are to start slowly.

- Calculate the average daily calories consumed in a day using a tracker. This can be a digital app on a phone or simply writing down calories on a piece of paper. Track over a few days and see, on average, how many calories you've been consuming.

- Notice extra calories. Many diets can be derailed by eating extra calories that you don't



Taking shortcuts or risks in the hopes of losing weight can lead to various health issues and ultimately put people's overall health in serious jeopardy.

realize you're consuming. That cookie a coworker insists you eat or the leftover mac-and-cheese from your toddler's plate can be sources of extra calories. Be mindful of what's being consumed, including sweetened beverages.

- Explore the science. According to the Scotland-based health service NHS

Inform, one pound of fat contains 3,500 calories on average. Cutting calorie intake by 500 calories per day should see you lose 1 pound per week. The same goes in the other direction. Eating 500 more calories per day for a year can result in gaining close to 50 pounds. Small changes really add up.

- Eat filling foods. Choose low-calorie, high quality foods, like vegetables, whole grains and lean proteins. Meals that provide satiety can help eliminate between-meals snacks that can derail your weight loss efforts.

- Seek support as a way to create accountability. Share weight loss plans with a friend or relative who can help monitor your progress and keep you on track.

- Incorporate strength training. Good Housekeeping says the more lean muscle you have, the faster you can slim down. Start slowly with strength training, using free weights or body weights. Aim for strength workouts three to four times per week and alternate with calorie-blasting cardio.

Explore safer ways to lose weight, including taking a gradual approach that promotes long-term weight loss.

**editors' playlist** the spot 518

You're not so quick to admit you're 50, but when that radio turns on, watch out. Music was so much better when you were younger. Here's a playlist of songs that made you pretty cool back in the day.

— Michael Hallisey

- Jump  
Van Halen
- When Doves Cry  
Prince and The New Power Generation
- Eyes Without a Face  
Billy Idol
- Money For Nothing  
Dire Straits
- Take On Me  
A-Ha
- Sledgehammer  
Peter Dinklage
- Papa Don't Preach  
Madonna
- Dancing On The Ceiling  
Lionel Richie
- Lost in Emotion  
Lisa Velez
- Bad Medicine  
Bon Jovi

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—Thomas H. Abele, DMD

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# Game planning isn't easy

Do you need a small business coach?

Small businesses are integral components of local communities, but many face uphill battles as they try to establish themselves.

Recent data from the Bureau of Labor Statistics indicates that around 20 percent of small businesses in the United States fail within the first year, and by the end of their fifth year, roughly 50 percent have closed. While there are many different reasons why a business succeeds or fails, small businesses may need all the help they can get as they try to ensure their long-term success. Small business coaching may be a good form of assistance.

The International Coach Federation, which is the professional organization of all coaches, including small business coaches, says coaches help individuals discover goals and align



actions with what they want to achieve. They help people self-discover and generate solutions and strategies. Coaches do not push their agendas. Rather, they can be a support system that can help a person develop a plan and stay on target.

Small business coaches are viewed as mentors, consultants and advisors. Coaches can help small business owners develop



Small business coaches can be a wise investment. Many coaches work alongside executives and owners for a fee. Their expertise can be invaluable and well worth the cost.

business plans, serve as sounding boards and offer constructive criticism about specific ideas. Many coaches can diagnose problems within organizations and help find ways around them, according to the financial resource Fundera. Small



While there are many different reasons why a business succeeds or fails, small businesses may need all the help they can get as they try to ensure their long-term success.

business coaches help businesses figure out how to reach their full potential.

The right time to hire a small business coach is unique to each business. Some business owners utilize coaches before they even open

their doors to the public, while others may bring in coaches to improve on operations even after a business has established itself. A coach may be called upon if the business hits a road block or needs a way out of a tricky situation. Many business

coaches are experienced entrepreneurs who currently own or previously owned their own businesses, and that experience can prove especially valuable to first-time business owners.

Small business coaches can be a wise investment.



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# Adjusting through the years

## Ways to cut costs during retirement

The average person will spend more than 50 years in the employment sector. As retirement draws closer, many professionals begin to daydream about giving up the commute and having more time to pursue their personal interests.

Even if planning for retirement has been many years in the making, it can take some time for a person to become acclimated to having less income. According to data from the Bureau of Labor Statistics, "older households," which are defined as those run by someone age 65 and older, spent an average of \$45,756 in 2016, or roughly \$3,800 a month. That's roughly \$1,000 less than the monthly average spent by typical American households. Housing, transportation, health care, and food are some of



Retirees can make their money go further if they take inventory of their spending and make some cuts where possible.

the biggest bills retirees will have to account for. Aiming to have savings in addition to any other retirement income or government subsidy coming in to cover that amount is a step in the right direction.

Retirees can make their money go further if they take inventory of their spending and make

some cuts where possible.

- Know where your money is going. It's impossible to save without knowing what your expenses are each month. Many people are surprised to learn how much little things add up over the course of a month. For example, spending \$4 for a take-out coffee each day

can quickly become an expensive luxury. Add all expenses and see where you can trim, especially if there's a deficit each month.

- Consider extra health care. In the United States, Medicare participants can choose Medicare Supplement Insurance plans to help reduce out-of-pocket

health care costs. Medicare Parts A and B only cover some of your health care costs. Supplemental insurance can cover some of the costs not covered by original Medicare, like copayments, deductibles and coinsurance, according to AARP.

- Pare down on possessions. Take inventory of what you have and scale back where possible. If you are no longer commuting to work, you may be able to become a one-car household. Downsizing your residence can help seniors avoid spending too much of their retirement time and money maintaining their homes.

- Take advantage of senior discounts. Take advantage of the many discounts that are offered to seniors. Retirees can usually save on restaurants, travel, groceries, and much more by simply shopping on

specific days or verifying their age when checking out.

- Purchase less expensive life insurance. According Cheapism, a site that advises consumers about how to be more frugal, the chief purpose of life insurance is to replace income to ensure the financial security of dependents in the event of death. Retirees may have no dependents and little income. Therefore, a large life insurance policy may not be necessary, especially if you've already set aside funds to cover funeral costs.

- Pay off a mortgage. Housing is many people's most substantial expense. Paying off a mortgage can free up more money each month and allow retirees to spend their golden years doing as they please.

As retirement nears, adults can employ various strategies to reduce their monthly expenses.



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# We Help You Help.

**When you help care for a loved one, you take care of everything.  
But are you taking care of yourself?**

AARP can help with information and useful tips on how you can maintain a healthy life balance, care for your own physical and mental well-being, and manage the challenges of caring for a loved one.

**Get help from others.** Ask family and friends for assistance. Seek advice from other people caring for their loved ones.

**Care for yourself.** Don't forget about your own needs. It's just as important to make a plan to take care of yourself as it is to create a caregiving plan for your loved one.

**Tap into AARP's resources.** AARP.org/caregiving has a wide array of information, including legal and financial guidance.

**You're there for them. We're here for you.**

Find free Care Guides to support you and your loved one at [AARP.org/caregiving](https://www.aarp.org/caregiving)

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