

# THE Spotlight

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## NEWS

### Love at work

Two local firefighters decide to take the next step in their relationship.

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### Crash on Plank Road

Initial calls lead to confusion before responders arrive.

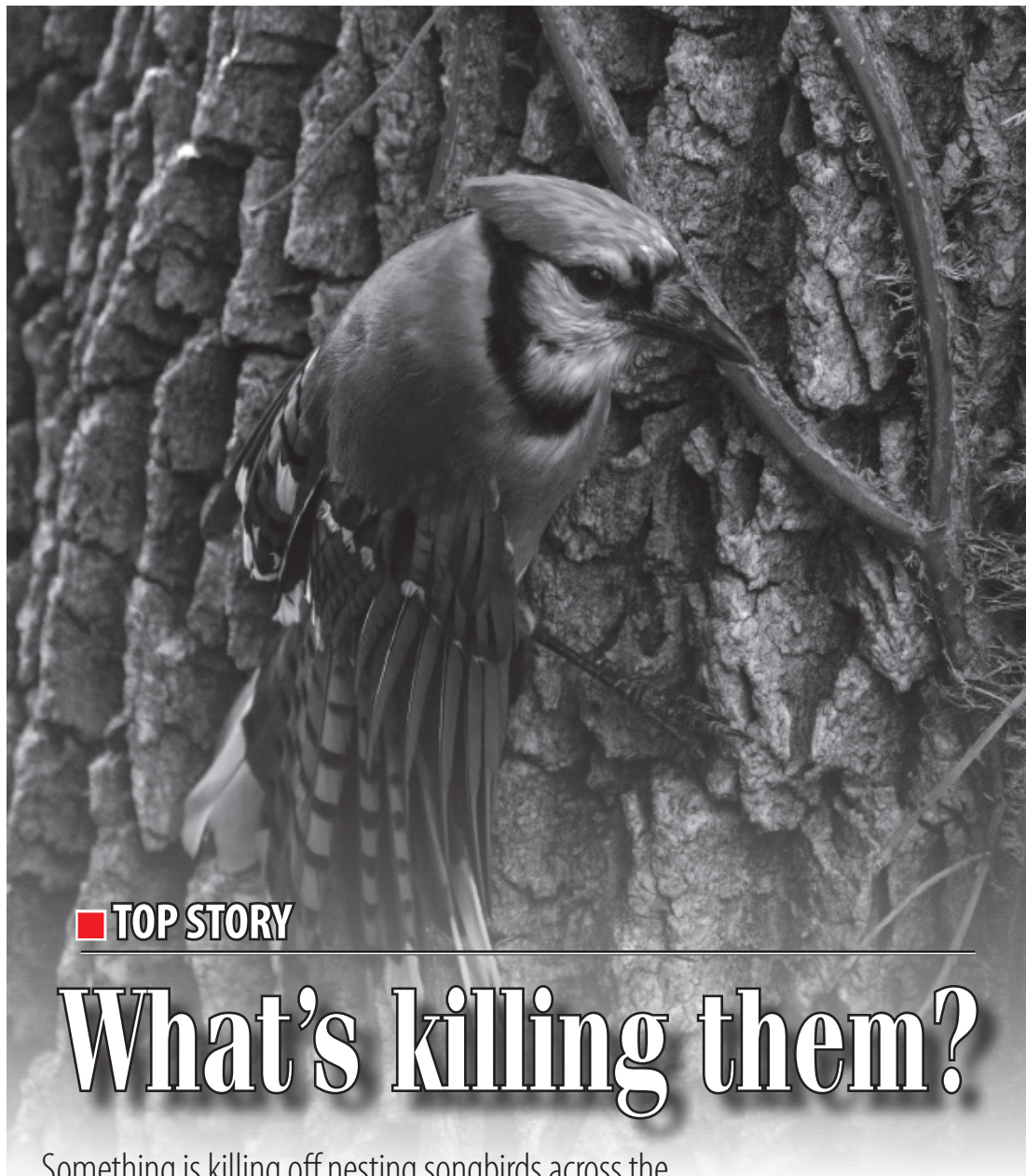
Story on Page 2



### More about Delaware

Bethlehem Town Board talks about lowering speed limit.

Story on Page 3



## TOP STORY

# What's killing them?

Something is killing off nesting songbirds across the region, and it has experts on alert here in New York

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

**ALBANY** — A mysterious new illness afflicting songbirds throughout the East Coast has local residents concerned it's hitting winged guests visiting their backyards.

▲  
Cornell ornithologists said: "Many people are concerned about the emergence of a new illness... and we share your concern."

Continues on page 10

Deb Henman / Pixabay

## ENTERTAINMENT

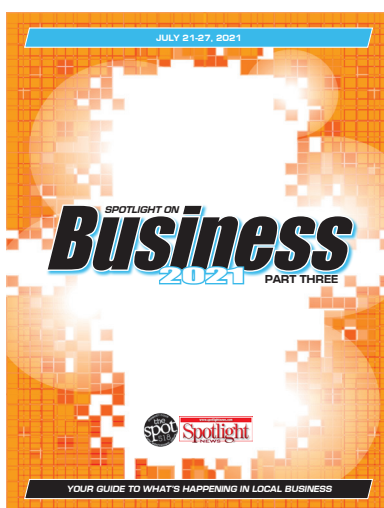


### Féasta for books

A bookstore where a party is had for those who love books.

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## INSIDE



### Spotlight On Business

Your guide to what's happening in local businesses.

Inside this issue



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■ POLICE, FIRE and EMERGENCY CALLS

# Crash on Plank Road

Initial calls lead to confusion on where to respond

By **THOMAS MARRA**  
news@spotlightnews.com

**GLENMONT** — There were only minor injuries reported following a reported collision between a car and a tractor trailer last Tuesday afternoon, July 13.

Emergency dispatch received several calls for a collision involving a 2011 Peterbilt tractor trailer and a 1999 Oldsmobile sedan at approximately 4 p.m.

“Through investigation it was determined that a 1999 Oldsmobile was traveling north on Plank Road when it struck the passenger side rear of a 2011 Peterbilt tractor that was partially in the roadway,” according to a statement from the Bethlehem Police Department.

The driver of the Peterbilt was issued traffic citations following the crash, police said.

There was initial confusion before first responders arrived at the crash.

Phone calls stated the crash was in the area of the Glenmont and Albany City Line on Route 9W. Those calls directed crews to search the length of Routes 9W and 32 and all of Corning Hill Road. They soon later discovered the crash near where Plank Road intersects with Route 9W.

Arriving police units advised incoming units of the confirmed location and that the tractor trailer did not have a trailer attached.

Selkirk and Elsmere fire departments responded to the scene to clean up debris and minor fluids from the crash, as well as Fire Police from both agencies assisting with traffic control.

Plank Road was closed at Route 9W while crews were operating on the scene.

The two vehicles were occupied by only the drivers, both of which were evaluated by Delmar-Bethlehem EMS and Albany County Paramedics at the scene, neither were transported to the hospital.

## Pedestrian advisory

**SLINGERLANDS** — The Bethlehem Police Department issued a pedestrian advisory amid reports of falling debris under the Rail Trail Bridge spanning across New Scotland Road on Friday, July 16.

The sidewalk is closed until further notice, police stated. The Bethlehem Highway Department advised police of debris falling from the bridge and onto the sidewalk. Traffic is still allowed to pass through unmolested.

The bridge, owned by Albany County, was scheduled for replacement last year.

In 2019, the county approved a \$1.9 million plan to replace the bridge. The current 42-foot wide bridge was to be replaced with a 14-foot wide option. The new bridge was to also increase the clearance from 11 feet, 2 inches to 15 feet, 6 inches.

Pandemic related shutdowns prevented construction from occurring last year. There is now a pending lawsuit against the county over the bridge.



## Pick out something ... red?

**GLENMONT** — Congratulations to firefighters Zack and Alyssa on their engagement at drill on Tuesday, June 22. Zack Myers, a Selkirk firefighter, proposed to his girlfriend Alyssa Bevilacqua-Shufelt, an Elsmere firefighter, during a drill at the Bethlehem Training Tower. The proposal was kept a secret from almost everybody in the department as well. As firefighters were going over the drill for the night, everybody was told three times to “expect the unexpected.”

Thomas Marra / Spotlight News



## Delmar Pediatrics Welcomes



## Dr. Daniel Fernandez

**We at Delmar Pediatrics are pleased to announce a new addition to our Medical Staff!**



**D**r. Fernandez was born and raised in Albany, NY and loves the Capital Region. He has completed his Pediatric Residency at Albany Medical Center and is Board Eligible in Pediatrics.

He will be working part time with us until he takes his Pediatric Board Exam in October. We know he will be a wonderful asset to our practice and our community.

**Please join us in welcoming Dr. Daniel Fernandez.**





TOWN GOVERNMENT

# Speed bump on talks

By MICHAEL HALLISEY  
halliseym@spotlightnews.com

**DELMAR** — Town Supervisor David VanLuven won't be approaching the state Department of Transportation to lower Delaware Avenue's speed limit — not yet, anyway.

Members of the Bethlehem Town Board deliberated over the benefits of submitting a request to the DOT months before residents are to vote on the Delaware Avenue Complete Streets referendum.

A nearly hour long discussion included a presentation from Robert Leslie, the town's director of economic development and planning. Within the presentation, Leslie shared that a solitary change of speed limit has been an ineffective way of changing motorist behavior.

Leslie featured four roadways in which the Town had reduced speed limits by as much as 10 mph, only to show that the majority of motorists continued to drive as fast, or nearly as fast. On Feura Bush Road, where the mandated speed was reduced

from 40 to 35 mph, Leslie said the Town witnessed no change from the average 42 mph. The Cherry Avenue Extension, which was reduced from 55 to 45 mph at the request of neighboring residents, continues to see motorists driving 52 mph.

Wemple Road's threshold was reduced from 40 to 35 mph, and motorists responded, but instead of going 45 mph, they proceeded to drive 42 mph — seven miles more than the newly posted limit.

Leslie said the best way to get motorists to slow down is to educate, enforce and engineer.

"I think what that tells us is that education and enforcement efforts, while they are applaudable, the physical changes to the roadway — otherwise known as the engineering changes to the roadway — really is that third 'e.' The 'three e' approach, studies have shown, you see the best results."

Much has been discussed over safety concerns regarding the four-lane roadway that runs just more than a mile into Elsmere from the Albany City Line. That

same stretch of road has been the subject between two parties arguing over a Complete Streets project that would reduce the lanes from four to two or three traffic lanes, depending upon what design is decided.

The question on whether to reduce Delaware Avenue's speed limit from 40 mph was not asked as often, which prompted Town Board Member Jim Foster to ask that it be added to the night's agenda.

Foster proposed reducing the speed limit on Delaware Avenue from the city line to Elsmere Avenue limit last month before resorting to a road diet. He made the suggestion at the board's June 23 meeting following a similar plea on June 9. VanLuven rebuffed the comment at the June 9 meeting.

The supervisor continues to say reducing speed won't change driver behavior.

### Correction:

The speed limit on Delaware Avenue is 40 mph from Elsmere Ave to the Albany City Line.

# Stewart's to stand before town ZBA

By MICHAEL HALLISEY  
halliseym@spotlightnews.com

**GLENMONT** — Stewart's Shops expansion proposal on its Frontage Road property is hung up on the need for a zoning variance to allow for a fuel island.

In June, Bethlehem Town Building Inspector Justin Harbinger informed Stewart's Shops that its plan did not comply with town code and that he had denied its application. In particular, the diesel fuel island, which was to be erected in the front yard setback, is not allowed.

Stewart's Shops is scheduled to appear before the Zoning Board of Appeals on Wednesday, July 21, at 6 p.m.

At least one of the two buildings is to be razed to make room for a new, 3,975-square-foot convenience store, a 2,000-square-foot fuel island with four pumps, and another 840-square-foot diesel canopy with two fuel islands. The chain will add an additional 6,000-gallon diesel tank to the fuel storage tanks already in place.

The proposal includes the merging of two neighboring parcels, the existing Stewart's Shop on 33 Frontage Road, and Johnny B's Glenmont Diner. The diner, which closed last June, was formally known as Miss Glenmont Diner. Because the second lot is not yet owned by the convenience store chain, its current owner was tasked with pleading with the town in the appeals affidavit.

"The project site is currently an active convenience store with self service gasoline," stated John Behiri, owner of Johnny B's Glenmont Diner. "As an allowed use, the proposed improvements will enhance the desired element of the Frontage Road corridor."

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## SPOTLIGHT ON FINANCE

## Planning for your long-term care checklist

By ANDREW ALESSI, CFP®, Senior Vice President and Capital Region Leader for Key Private Bank

It's no secret that people are living longer. In 2018, for the first time in history, people over the age of 65 outnumbered children under the age of five across the globe, according to the United Nations' World Population Aging Report.

To add, by 2050, the number of people over the age of 80 will triple to 426 million. Despite longer life expectancies, many wealth advisors say that less than 25% of their clients have a long-term care plan in place, notes Key Private Bank's Advisor Poll focusing on long-term care planning. Yet, people ages 65 and older currently have a 70% chance of needing long-term care services, according to the U.S. Department of Health and Human Services.

More than half (52%) of advisors say that convincing clients to put a plan in place in advance of needing it is the most complex component of long-term care planning, according to the poll. Taking steps now toward securing a sound post-retirement future is critical to not only navigating health, but preserving family wealth, as well. If you're unsure what topics to include in your long-term care plan, here's a checklist to use with your family and advisor.

#### Start by understanding what comprises long-term care

There is more to long-term care than the cost of living. Long-term care refers to any resources, including people that support and aid your physical and emotional needs, over a long-term period. Planning for long-term care can span from homeownership and caregiving preparation, to financial decision-making and legacy and estate concerns. Sufficient and effective long-term



Andrew Alessi

care cannot be accomplished by guessing – it requires a thoughtful approach, guided by an advisor who takes all aspects of care into consideration.

#### Define how and where you want to live and work with your advisor to determine how it fits into your financial plan

One of the first steps in long-term care planning is identifying the events that trigger the need for long-term care and determining your life preferences during that time. In-home care, co-habitation with a relative and assisted living facilities all have varying requirements and price points. Consider that the median annual cost of a home health aide is \$50,366, and the median annual cost of a private room in an assisted living facility and the median annual cost of a private room in an assisted living facility is \$100,375, according to Genworth Financial.

Make your wishes clear to your family, and work with your advisor to create a deliberate financial plan that addresses your desires.

#### Determine your loved ones' roles in your life and how you will address the need for a caregiver

Your family members can play supportive roles in your long-term care – including simple tasks such

as filling prescriptions and more complex tasks such as conversations with healthcare providers. Should you desire that a family member be your caregiver, consider the financial and emotional complexities of doing so, as it can present challenges to their own wealth, health and stress level. Have a family financial conversation, including your advisor, that lays out both the expectations and challenges of various caregiver roles within your family.

#### Know what steps you can take to stay healthy

No matter your living and caregiving choices, your health should be a central piece of your long-term care plan. Healthcare costs are on the rise, the future of healthcare is uncertain, and often, Medicare may not be enough. Becoming familiar with your health needs and the long-term costs associated with them helps ensure they are factored into your financial plan for long-term care. Work with your health providers and advisor to map out your healthcare, including the possibility of long-term care insurance.

#### Collaborate with your family and advisor on your legacy and estate plan, including legal instructions and power of attorney

As a complement to your long-term care plan, consider preparing for your family's financial future through legacy and estate planning. From wills, trusts and deeds, to bank accounts, retirement plans and tax information, legacy and estate planning helps guide your family through your long-term care and protect family finances in the event of diminished capacity. There are portions of your long-term care plan and legacy and estate plan that overlap, such as financial and healthcare power of attorney.

#### Regularly update your plan with help from your advisor, and keep your family informed

Nearly half (46%) of advisors say their clients should start preparing for long-term care costs between the ages of 40 and

50, according to the Key Private Bank Advisor Poll. However, long-term care planning is ongoing, as the plan you make today may not be the right plan a year from now.

Remember that as life changes, so should your plan. Create regular touch-

points with your advisor and family to keep your plan up to date with your lifestyle and wishes.

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STATE

# SNAP food benefits will continue

### Emergency Allotment has Brought More than \$2.5 Billion in Food Assistance

ALBANY — Gov. Andrew Cuomo announced last week that all New Yorkers enrolled in the Supplemental Nutrition Assistance Program will receive the maximum allowable level of food benefits for July.

The agency is working with the federal government to ensure aid, which has brought in more than \$2.5 billion in food assistance to New Yorkers since the onset of the COVID-19 pandemic last year. The governor said the program will continue beyond July.

“The pandemic exposed glaring inequalities in food access across the state and only made it harder for



State Department of Environmental Conservation Commissioner Basil Seggos captured while assisting with food delivery following Gov. Cuomo announcement last July of \$1.5 Billion for Feeding New York State to Assist Food Insecure New Yorkers and State's Farmers.

Gov. Andrew Cuomo

the many families who were already struggling with food insecurity,” Cuomo said. “By providing SNAP recipients with the

maximum benefits possible, we are working to ensure every New Yorker can put food on the table during their time in need.”

SNAP households already receiving the maximum monthly benefit, and those that had been receiving an emergency

allotment of less than \$95 per month, will receive a minimum supplement of \$95. Nearly 1.6 million households in New York State will receive the supplemental benefits later this month, which will result in the state receiving roughly \$200 million in federal assistance.

SNAP households in all counties outside of New York City should see these benefits post starting today. Those SNAP households in the five-county New York City region should see their benefits post between July 19 and the end of the month.

As with the prior months, the payments will be delivered directly to recipients' existing Electronic Benefit Transfer account and can be accessed with their existing EBT card. Like regular SNAP benefits, the supplemental benefits can be used to purchase food at authorized

retail food stores. Any unused SNAP benefits will be automatically carried over to the following month.

Struggling New Yorkers continue to rely heavily on SNAP as the COVID-19 pandemic continues. As of April 2021, there were more than 2.8 million SNAP recipients throughout the state, a 5 percent increase from April 2020.

Mike Hein, Commissioner of OTDA, said, “As our state continues to mend from the social and economic devastation waged by the pandemic, it is critical that struggling New Yorkers have the resources they can use to avoid food insecurity. These additional food benefits will help these individuals and families put healthy, nutritious food on the table as we collectively begin to recover from this public health crisis.”

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## EDUCATION

# VCSD: please complete

District asks families to complete survey to formulate new strategic plan

By **MICHAEL HALLISEY**  
[halliseym@spotlightnews.com](mailto:halliseym@spotlightnews.com)

**NEW SCOTLAND** — The Voorheesville Central School District is beginning the process of rewriting its strategic plan.

One of the first steps to begin this process, the district says, is to conduct a survey.

The district first adopted a five-year strategic plan document in 2016, following a year-long process involving presentations, board of education meetings and community forums. Input was received covering several aspects of the district's programs and operations.

"This document synthesizes the information gathered and options expressed regarding the future direction of the

Voorheesville School District," the district stated within the strategic plan's summary. "The Strategic Plan provides a roadmap to the future for our school district."

Voorheesville Central turned to its community five years ago as the district faced dwindling enrollment and increased demands for free and reduced lunch assistance. According to the state Department of Education, enrollment has plateaued from 1,160 students attending K-12 to 1,180 since 2015.

In the original strategic plan, the district target several goals including high quality instruction for all students, increased academic achievement for all students, improved district communications with all stakeholders and effective stewardship of the community's resources.

The district has since earned accolades. In June, *The Albany Business Review* named the district second among its top performing schools in its annual schools

report.

The publication collected scores in English, math, science, social studies, and graduation rates over the past five years. All kindergarten through 12th grade districts in the 11-county greater Capital District were assessed. Voorheesville, whose high school earned top distinctions from the U.S. Education Department last year, tied Niskayuna with a 98.49 score. The two school district only trailed Bethlehem Central, which earned top distinctions for the fourth time in five years.

"As a valued member of the community, we are reaching out to you to help you understand more about where we are and where we want to go over the next five to ten years, and beyond," administrators stated in a message to district families. "Therefore, we ask that you please spend 10 to 15 minutes completing this survey."

The survey can be found on the district website, [voorheesville.org](http://voorheesville.org).

### NYSED, State Library launch reading program

**ALBANY** — The state Department of Education and the State Library are partnering with 1,100 public libraries and neighborhood branches, schools, and other partners statewide to support and encourage participation in the 2021 Summer Reading at New York Libraries program.

The 2021 Summer Reading slogan is "Tails and Tales" and libraries are hosting many fun programs and events around this year's animal theme. Libraries across the state have reopened and will be offering a selection of exciting programming this summer. There will be special events, reading challenges, fun activities, and more throughout the summer months.

In addition to program support and resources, the State Library provides a fun, online app called READSquared that helps students and families track their favorite books during the summer and all year long. And, creative teens can enter the 2021 national Teen Video Challenge for a chance to win state and national recognition and a cash prize for creating a short video to promote libraries and Summer Reading.

Children, teens, and their families can find more information about the Summer Reading program and

sign up by visiting their local public library's website. Updated information, resources, and activities are also available on the Summer Reading at New York Libraries website at [summerreadingnys.org/](http://summerreadingnys.org/).

### State awards \$24M for Extended School Day, School Violence Prevention Programs

**ALBANY** — The state Department of Education awarded more than \$24 million in state-funded grants for extended school day and school violence prevention programs to 83 school districts and non-profit organizations across the state. The grants will be administered over a five-year period, from July 1, 2021 to June 30, 2026.

Eligible programs provide support to students through extended school day activities and/or school safety programs which promote violence prevention. Extended school day programs will increase student achievement, provide extracurricular enrichment activities, and assist in preventing school violence. School violence prevention activities include comprehensive school-based intervention models that reduce violence and improve school safety.



■ EDUCATION

# RCS is getting a facelift this summer

Work to be done within each of the district's school buildings

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

**RAVENA** — Renovations began last week in each of Ravena-Coeymans-Selkirk School District's four buildings in preparation for the 2021-22 school year.

The work represents the third and final phase of the construction project that was approved by voters in 2015.

In January 2015, district voters approved a \$30.09 million capital project, a two-part plan that included construction of the new high school gymnasium, tennis courts, soccer fields and a new multi-purpose building,

as well as reconstruction or renovation to various district buildings and facilities deemed necessary for health, safety, accessibility and code compliance.

A.W. Becker and Pieter B. Coeymans are both undergoing renovations in their main entry and office areas. District officials said that each will create a "more pleasing and accessible entryway" for students and families. The district also said that each renovated space will include updated nurses' offices with ADA-accessible bathrooms, conference rooms and vestibules with added security measures.

"Our continuing focus on career pathways for students is driving some much-needed updates at both the middle school and high school," the district stated through a release on its website.

The district website

featured several pictures from various points of the comprehensive renovation project. One picture revealed what appears to be preparations to remove the wall separating the reception office at A.W. Becker from its front foyer. Other undescriptive pictures show the jagged edges of concrete walls nearly removed, and the exposed network of heating, ventilation and air conditioning ducts.

The middle school will receive a renovated Family and Consumer Science room and art room. The high school, which was able to complete its art room update during an earlier phase of construction, will also receive an expanded and modernized FACS room.

## RCS BOE elects president, veep

The Ravena-Coeymans-



Selkirk Board of Education elected Edward Reville as President and Jason Hyslop as Vice President during its re-organizational meeting on Wednesday, July 7.

Each position carries a one-year term.

Ravena-Coeymans-Selkirk School District

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## ■ BUSINESS

### Martin Scholte joins Arnoff Moving

MALTA — Arnoff is excited to welcome Martin Scholte to the A-Team in the new position of GM of Warehouse Services for the Upper Hudson Valley Region. As demand for commercial warehousing and logistics services continues to increase across the world, Arnoff added Scholte to its team to improve and expand warehousing services to better fit the growing needs of current and future clients.

Arnoff currently manages and maintains over 200,000 square feet of class-A warehouse storage space at its Malta campus and plans to build additional space over the next year. In this newly designed role, Scholte will oversee all aspects of Arnoff's warehousing services including its commercial storage fulfillment and final mile cross divisions.

Scholte brings with him over 25 years in the warehousing and distribution industry with success in improving systems, team building, and safety and quality control, most of which has been locally in the Capital Region since his relocation to the United States from Scotland. In recent management positions, Scholte was with Annie Selke in Pittsfield, Mass., and Logistics One in Saratoga Springs. He is also a dedicated volunteer firefighter and rescue diver in the town of Corinth.

"Martin brings extensive experience to this new role that will greatly benefit our business and our team," says Mike Arnoff, President of Arnoff Moving & Storage. We welcome Scholte's expertise and feel he is well equipped to the challenge of improving our warehouse operations and further expansion to help our explosive growth. Scholte's presence on our team will increase the quality of service Arnoff has been known to provide since 1924."

### SABIC Global Company of the Year

SANTA CLARA, California — Consulting and research firm Frost & Sullivan named SABIC a Global Company of the Year as part of its 2021 Best Practices Recognition Program.

The Saudi Arabia-based plastic's company earned the award based on the firm's recent analysis of the global market for sustainability and the circular economy of used plastics recycling and resource recovery.

Each year, Frost & Sullivan presents a Company of the Year award to the organization demonstrating excellence in growth strategy and implementation in its field. The award recognizes a high degree of innovation with products and technologies and the resulting leadership in customer value and market penetration. Frost & Sullivan presented SABIC with this year's award for its efforts in driving forward the development of a circular economy for used plastics and its commitment to innovation and technology, fortified by pioneering partnerships.

"SABIC's TRUCIRCLE portfolio and services have found significant adoption among businesses looking for commercially and environmentally viable solutions," noted Riana Barnard, Best Practices Research Analyst. "With its deep commitment to innovation and technology, bolstered by pioneering partnerships and leadership excellence, SABIC is all set to continue leading the global market for more sustainable material solutions."

"SABIC is committed to finding innovative solutions, including our TRUCIRCLE portfolio and services, which will help to transform our industry from a linear into a circular economy," said Abdullah Al-Otaibi, general manager of engineering thermoplastics & market solutions for petrochemicals at SABIC. "To do this, we are collaborating with a wide range of partners globally across the value chain to realise our vision of a closed loop for used plastics and moving towards a sustainable, circular future."

In 2019, SABIC launched its TRUCIRCLE portfolio and services to help provide customers with more sustainable solutions and at the same time help close the loop and prevent valuable used plastic from becoming waste. As part of this program, which includes design for recyclability, certified renewable products from bio-based feedstock and mechanically recycled products, SABIC launched its circular products from advanced recycling of mixed and used plastic.

# The 'COVID 19' is real

Siena Poll: New Yorkers gained weight during last year's shutdowns

By JIM FRANCO

francoj@spotlightnews.com

### LOUDONVILLE —

Since March, 2020, when the COVID-19 pandemic took hold in this state, 49 percent of New Yorkers gained weight, 38 percent say they got in better shape, 51 percent felt depressed and 44 percent say they developed a new interest or hobby, according to a poll by the Siena College Research Institute.

"As most New Yorkers emerge from the coronavirus nightmare, some heavier, some in better shape and some dealing with mental health effects, most are comfortable spending time with friends, going to the beach or finally taking a vacation," said SCR's Director, Don Levy.

Sixty-eight percent of New Yorkers think the worst of the pandemic is over while 17

percent think the worst is yet to come. Half think the state will see a resurgence of COVID-19 infections.

As for recreation:

- 39 percent are very comfortable and 39 percent somewhat comfortable with going on vacation in the U.S.

- 17 percent are very comfortable and 22 percent are somewhat comfortable with going on vacation outside the U.S.

- 49 percent are very comfortable and 31 percent are somewhat comfortable going to a beach or lakefront

- 27 percent are very comfortable and 30 percent are somewhat comfortable going to an indoor theater

- 28 percent are very comfortable and 31 percent are somewhat comfortable attending a professional sporting event

- 38 percent are very comfortable and 39 percent are somewhat comfortable eating at an indoor restaurant

- 34 percent are very comfortable and 34 percent are

somewhat comfortable going to the grocery store without a mask

- 49 percent are very comfortable and 35 percent are somewhat comfortable having friends over

- 26 percent are very comfortable and 35 percent are somewhat comfortable being in large crowds without masks

Seventy-three percent of New Yorkers say they are vaccinated with another 10 percent saying they plan to get the shot. Fourteen percent say they will not get vaccinated with 21 percent of Republicans and 6 percent of Democrats refusing.

While the vast majority are at least somewhat comfortable with summer activities like going to the beach or entertaining friends, only small majorities are comfortable seeing a movie at an indoor theater, attending a professional sporting event or being in a public space around many people that may or may not be wearing a mask," Levy said. "And a majority, 57 percent are not comfortable going on a vacation outside the U.S."

## ■ AGRICULTURE

### ENY Commercial Horticulture Team

ALBANY — The Eastern New York Commercial Horticulture Team serves the educational and research needs of the commercial vegetable, tree fruit, grape and berry industries throughout the Capital District.

The team's specialists work together with Cornell faculty and extension educators statewide to address the issues that impact the vegetable, tree fruit, small fruit and grape industries.

The Eastern New York Commercial Horticulture Program provides educational programs and information to growers and agri-business professionals, equipping them with the knowledge to profitably produce and market safe and healthful horticultural crops, and contributing to the viability of farms and the economic well being of New York state. Specifically, the program focuses on food safety, variety evaluation, market development, pest management and cultural practices.

Growers and agri-business professionals must enroll in the program to benefit from its many

educational offerings including a newsletter, direct mailings and pest alerts.

To find out more, visit <http://enych.cce.cornell.edu/>.

### Lead Education

ALBANY — Cornell Cooperative Extension Albany County is committed to providing education and training on lead poisoning prevention.

Cornell Cooperative Extension Albany County offers EPA Certified Renovator Courses in Lead Renovation, and Repair & Painting Trainings. Initial and refresher courses are recommended for contractors, landlords and workers who disturb painted surfaces in pre-1978 homes or child-occupied facilities.

Each course is offered real-time, online via Zoom. The lecture portion is online. However, the course hands-on activities and test must be completed in person within 30 days of the online lecture. Registration for both sessions is required.

For more information, contact Al at [ARK249@cornell.edu](mailto:ARK249@cornell.edu) or call him 518-528-0627 or

contact Nancy at [NKL1@cornell.edu](mailto:NKL1@cornell.edu) or call her at 518-765-3521.

### Free Home Lead Inspections

ALBANY — The county Department of Health, in conjunction with Cornell Cooperative Extension, offers free home lead visits. In addition to the lead inspection, free educational materials and cleaning supplies are provided.

The greatest exposure to lead in our current environment is the lead-based paint found in older homes. Before 1978, household paint often contained lead, especially the paints used for trim areas such as windows, doors, and railings. As the paint ages, it can chip or crumble into dust. Remodeling projects also increase the amount of exposure as the paint is disturbed. See also other sources of lead.

Lead poisoning is not easy to detect. Sometimes no symptoms occur, and sometimes the early symptoms are the same as those of more common illnesses.

For more information, call the Albany County Department of Health at 518-447-4620.





■ NATURE

# Coming back around

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

**ALBANY** — The Karner blue butterfly comeback remains one of the wildest success stories of our time and if all goes well, colonies of them will have a new 70-acre home on Curry Road.

The land, near the border with Schenectady, was covered in a canopy forest of non-native trees, said Neil Gifford, the Albany Pine Bush Preserve Commission conservation director, when it was purchased eight years ago for \$235,000 with a federal U.S. Fish and Wildlife Service grant funneled through the state Department of Environmental Conservation.

The APBP spent three years clearing the trees and removing the stumps of non-native vegetation while leaving the native trees in place. It then planted wild lupine at three pounds per acre to return the habitat to a former configuration and one liked by the Karner. The quarter-sized Karner butterfly feeds on wild lupine.

“This is a clear example of the exceptional efforts to manage this globally-rare habitat by the commission’s conservation science and stewardship team working in close partnership with our state and federal partners,” said Albany Pine Bush Preserve Commission Executive Director Christopher Hawver.

Gifford said the land in Colonie is too isolated for the Karner butterflies living at the preserve to migrate



A mating pair of Karner blue butterflies preparing the next brood on its way to a comeback for the endangered species.

Jim Franco / Spotlight News

to on their own so they had to deliver them to the new home with the hopes they start a colony on the newly prepared land.

“It’s worked well,” Gifford said of returning the land to a former status for the butterflies. “It has been a lot of teamwork and a labor of love to figure out what makes the system tick and figure out what the butterfly needs and then actually put it on the ground. We are hoping to be able to protect some additional properties out here and create more Karner habitat and keep them off the endangered species list.”

The Karner has been released in similar fashion at 26 different locations on the 3,350-acre preserve over the past 15 years, Gifford said. The insect, first studied and named by zoologist and

author Vladimir Nabokov in 1944, can now be found at nearly 60 sites covering more than 700 acres of the APBP. Right now there are some 46,100 butterflies on the preserve and 3,000 are needed to qualify for “recovery status.”

“By partnering with U.S. Fish and Wildlife, the Albany Pine Bush Preserve, and other stakeholders, we are successfully advancing the restoration of the Karner blue butterfly at this globally rare and special place,” said DEC Commissioner Basil Seggos. “The Karner blue’s comeback continues to demonstrate the effectiveness of science-based habitat management that DEC and our federal, state, and local partners are implementing to help this endangered species thrive.”

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## From page 1 ... Mystery illness

Delmar resident James Botta shared on social media how he found sparrows on the ground and in apparent distress. He said the birds appeared to have twisted necks and were “screaming in obvious pain.” He and his daughter’s neighbor made the recent discovery, noting that the birds were unable to fly or stand. They were ultimately euthanized.

His post on Nextdoor was followed by more than three dozen residents claiming similar occurrences with area songbirds, some tying their experience to reports of a mysterious illness recently reported in National Geographic last Thursday.

The state Department of Environmental Conservation, however, said on Monday, July 19 that there are no confirmed links between the local bird deaths and what’s happening in other states.

### A front-row seat

Virginia Tech estimates that more than 50 million Americans install bird feeders in their backyards. Their desire to help wildlife, or to simply connect with nature, fuels a \$4 billion bird food market each year.

The COVID-19 pandemic helped stimulate an interest in the old-time hobby. The National Audubon Society reported increases as high as 80 percent in local sales, from bird baths to feeders and bird seed.

Bird feeders, however, can lead to the spread of diseases. Ornithologists often attribute unkempt feeders as vectors in localized outbreaks of conjunctivitis, which is why they suggest people clean their feeders often. But, when regional outbreaks occur, state agencies will ask that feeders and bird baths be removed for an extended time period. Such action was taken this spring when a salmonellosis outbreak spread across the Southeast in the Carolinas, Georgia, West Virginia and Alabama.

Scientists have yet to identify the cause of this latest disease. People have observed symptoms causing crusty eyes, tremors and paralysis among songbirds throughout the Atlantic states, including Virginia, Maryland, Delaware, New Jersey, Pennsylvania, West Virginia, Kentucky, Ohio, Indiana and the District of Columbia.

The Cornell Lab of Ornithology and the Cornell University College of Veterinary Medicine released a joint statement last week amid increased concerns.

“Many people are concerned about the emergence of a new illness... and we share your concern,” they stated.

The lab has not assigned any experts to study the illness as of Wednesday, July 14, but it

### What to do if you find a sick or dead bird

- Avoid handling birds unless necessary. If you must handle them, wear disposable gloves, or use an inverted plastic bag over your hand to pick up a dead bird.
- Keep pets (including pet birds) away from sick or dead wild birds as a standard precaution.
- Report the sick or dead bird to the Environmental Conservation Officers dispatch line at 1-877-457-5680 for further instructions and to help track the event.

Information gathered from the Cornell Lab of Ornithology and the state Department of Environmental Conservation

collaborated with the college to share information and steps to help quell the disease’s spread.

The illness has reportedly affected juvenile Blue Jays, Common Grackles, European Starlings and American Robins, along with a few other species. Scientists don’t yet know whether the birds are growing sick from a virus or bacteria, or its the result of a toxic substance. They do know, however, that it is not caused by any of the major known bird diseases such as West Nile, salmonella, avian influenza or House Finch eye disease.

The DEC has received social

media reports about bird deaths in New York, as well as the reports of bird deaths documented in other eastern states.

DEC wildlife personnel have received calls from the public reporting a dead bird, usually in their yard. The state said there are typically many dead fledgling birds on the landscape during this time of year; normal nestling or fledgling mortality rates are high with only 25 to 50 percent of songbirds surviving their first year.

Because of the documented issues involving mass bird deaths with neurologic signs or eye lesions in other states, the DEC said wildlife staff are on alert to look out for dead birds.

The help of the public is appreciated to determine the nature of these unusual mortality events, which may affect the eyes and neurological system of birds. If saving a bird carcass for DEC, gloves should be used to pick up the bird. The bird should be placed in a plastic baggie, kept on ice and in the shade. Anyone handling birds, even with gloved hands, should thoroughly wash their hands afterward. Only freshly deceased birds should be saved, due to how quickly carcasses degrade in the heat.

Songbirds across the Atlantic Coast are dying from a mysterious illness. Several states have reported birds suffering from eye lesions and apparent neurologic issues that often lead to death in nesting and fledgling birds. The illness was first observed in Washington, D.C. as early as May and has since traveled across several neighboring states — New York is not yet one of them.

Those collecting birds should also provide DEC with their name, address and phone number. Contact the wildlife staff at the nearest DEC regional office by visiting [dec.ny.gov/about/558.html](http://dec.ny.gov/about/558.html).

With no cases in New York, the DEC has not asked for feeders to be removed from gardens and backyards. Audubon New York, however, did recommend that residents take them down, an order the Cornell Lab acknowledged in its statement.

“Cornell Lab does not currently recommend taking them down, given the lack of confirmed cases and uncertainty about how the disease is transmitted,” the Lab stated, adding that it’s “always a good idea” to clean feeders. “However, it is fine to take down feeders as an extra precaution if you prefer, since there is plenty of natural food for birds at this time of year.”

As of Sunday, July 18, the Cornell Lab said humans and domestic livestock have gone unaffected in regions hit by the illness. The lab also said that it sees reported cases of the illness waning.

### What bird is singing?

**ITHACA** — Hear a bird singing? Today with the free Merlin Bird ID app from the Cornell Lab of Ornithology, you can make a quantum leap in bird identification just by holding up your phone. As Merlin listens with you it uses AI technology to identify each species like magic, displaying in real time a list and photos of the birds that are singing or calling.

Merlin can now help you identify more than 400 bird species by sound throughout the United States and Canada (with more species and regions to come), adding to features that already enable you to identify 7,500 species around the world based on your bird photos or descriptions.

Merlin’s pioneering approach to sound identification uses AI technology powered by tens of thousands of citizen scientists who contributed their bird observations and sound recordings to the Lab’s Macaulay Library via eBird, the Cornell Lab’s global database.

The Merlin Bird ID app with the new Sound ID feature is available for free on iOS and Android devices. First released in 2014, Merlin is the most accurate and global bird ID app available, and the only one enabling both sound and photo identification powered by AI.



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

101 WEST 24TH STREET 11D LLC. Arts. of Org. filed with the SSNY on 06/09/21. 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, 101 West 24th Street, 11D, New York, NY 10011. Purpose: Any lawful purpose. D-270155

**NOTICE OF FORMATION**

12-54 150TH STREET REALTY LLC. Arts. of Org. filed with the SSNY on 02/11/21. 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 Razis & Ross, P.C., 23-09 31st Street, Astoria, NY 11105. Purpose: Any lawful purpose. D-271416

**NOTICE OF LLC FORMATION**

1280 HDH LLC. Arts. of Org. filed with the SSNY on 06/09/21. 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, 485 14th Street, Brooklyn, NY 11215. Purpose: Any lawful purpose. D-270156

**NOTICE OF FORMATION**

130W119 LLC. Arts. of Org. filed with the SSNY on 06/30/21. 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 Tobias Bachteler, 130 West 119th Street, New York, NY 10026. Purpose: Any lawful purpose. D-271588

**NOTICE OF LLC FORMATION**

135 W 225 LLC. Arts. of Org. filed with the SSNY on 06/04/21. 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, 695 Cross Street, Suite 187, Lakewood, NJ 08701. Purpose: Any lawful purpose. D-269856

**NOTICE OF LLC FORMATION**

140 POWERS STREET LLC. Arts. of Org. filed with the SSNY on 06/23/21. 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, 140 Powers Street, Brooklyn, NY 11211. Purpose: Any lawful purpose. D-270995

**NOTICE OF LLC FORMATION**

150 WEST 51 APT 1522 LLC. Arts. of Org. filed with the SSNY on 06/23/21. 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

**LEGALS**

Empire State Properties, 150 West 51st Street, New York, NY 10019. Purpose: Any lawful purpose. D-270980

**NOTICE OF LLC FORMATION**

150 WEST 51 APT 1524A LLC. Arts. of Org. filed with the SSNY on 06/23/21. 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 Empire State Properties, 150 West 51st Street, New York, NY 10019. Purpose: Any lawful purpose. D-270981

**NOTICE OF LLC FORMATION**

150 WEST 51 APT 1715 LLC. Arts. of Org. filed with the SSNY on 06/23/21. 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 Empire State Properties, 150 West 51st Street, New York, NY 10019. Purpose: Any lawful purpose. D-270983

**NOTICE OF LLC FORMATION**

150 WEST 51 APT 1716 LLC. Arts. of Org. filed with the SSNY on 06/23/21. 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 Empire State Properties, 150 West 51st Street, New York, NY 10019. Purpose: Any lawful purpose. D-270984

**NOTICE OF LLC FORMATION**

150 WEST 51 APT 1825 LLC. Arts. of Org. filed with the SSNY on 06/23/21. 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 Empire State Properties, 150 West 51st Street, New York, NY 10019. Purpose: Any lawful purpose. D-270985

**NOTICE OF LLC FORMATION**

150 WEST 51 APT 2005 LLC. Arts. of Org. filed with the SSNY on 06/23/21. 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 Empire State Properties, 150 West 51st Street, New York, NY 10019. Purpose: Any lawful purpose. D-270986

**NOTICE OF LLC FORMATION**

150 WEST 51 APT 2032 LLC. Arts. of Org. filed with the SSNY on 06/23/21. 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 Empire State Properties,

**LEGALS**

150 West 51st Street, New York, NY 10019. Purpose: Any lawful purpose. D-270987

**NOTICE OF LLC FORMATION**

150 WEST 51 APT 820 LLC. Arts. of Org. filed with the SSNY on 06/23/21. 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 Empire State Properties, 150 West 51st Street, New York, NY 10019. Purpose: Any lawful purpose. D-270989

**NOTICE OF LLC FORMATION**

1553 EASTERN PARKWAY LLC. Arts. of Org. filed with the SSNY on 02/08/21. 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, 2085 Union Street, Brooklyn, NY 11212. Purpose: Any lawful purpose. D-271209

**NOTICE OF FORMATION**

15A DEVELOPMENT, LLC. Arts. of Org. filed with the SSNY on 06/29/21. 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, 1424 Clove Road, Staten Island, NY 10301. Purpose: Any lawful purpose. D-271556

**NOTICE OF LLC FORMATION**

182 HERKIMER LLC. Arts. of Org. filed with the SSNY on 07/13/21. 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, 8116 5th Avenue, Brooklyn, NY 11209. Purpose: Any lawful purpose. D-272096

**NOTICE OF LLC FORMATION**

184 HERKIMER STREET LLC. Arts. of Org. filed with the SSNY on 07/13/21. 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, c/o M. Gotama, c/o 246 East 110th Street, Apartment # 1, New York, NY 10029. Purpose: Any lawful purpose. D-271208

**NOTICE OF FORMATION**

185 REALTY, LLC. Arts. of Org. filed with the SSNY on 06/30/21. 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, 4924 11th Avenue, Brooklyn, NY 11219. Purpose: Any lawful purpose. D-271545

**NOTICE OF LLC FORMATION**

200 E 83RD #35B, LLC. Arts. of Org. filed with the SSNY on 06/18/21. 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, c/o Lustrin Tetelman Adler, LLP, 450 Seventh Avenue, 40th Floor, New York, NY 10123. Purpose: Any lawful purpose. D-270742

**NOTICE OF FORMATION**

200 WEST 67TH STREET GARAGE LLC. Arts. of Org. filed with the SSNY on 06/29/21. 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 East 33rd Street, 11th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-271415

**NOTICE OF LLC FORMATION**

209 E. 72ND STREET LLC. Arts. of Org. filed with the SSNY on 07/09/21. 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 Robert Dahdah, 300 Pier 4 Boulevard, Unit 6N, Boston, MA 02110. Purpose: Any lawful purpose. D-271912

**NOTICE OF FORMATION**

212 WORKS, LLC. Arts. of Org. filed with the SSNY on 06/30/21. 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, 16 Madison Square Park West, Suite 1284, New York, NY 10010. Purpose: Any lawful purpose. D-271547

**NOTICE OF LLC FORMATION**

242 E 110 STREET LLC. Arts. of Org. filed with the SSNY on 06/24/21. 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 M. Gotama, c/o 246 East 110th Street, Apartment # 1, New York, NY 10029. Purpose: Any lawful purpose. D-271208

**NOTICE OF FORMATION**

251 HIMROD LLC. Arts. of Org. filed with the SSNY on 07/08/21. 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, 238 Starr Street, Brooklyn, NY 11237. Purpose: Any lawful purpose. D-271789

**NOTICE OF LLC FORMATION**

320 EAST 23RD STREET GARAGE LLC. Arts. of Org. filed with the SSNY on 06/16/21. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail

**LEGALS**

copy of process to the LLC, 10 E. 33rd Street, 11th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-270597

**NOTICE OF LLC FORMATION**

342 19TH STREET LLC. Arts. of Org. filed with the SSNY on 07/13/21. 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, 8116 5th Avenue, Brooklyn, NY 11209. Purpose: Any lawful purpose. D-272100

**NOTICE OF LLC FORMATION**

40 EAST 72 STREET UNIT 2 LLC. App. for Auth. filed with the SSNY on 06/15/21. Originally filed with Secretary of State of Delaware on 06/10/21. 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-270749

**NOTICE OF FORMATION**

4H 350 LLC. Arts. of Org. filed with the SSNY on 07/07/21. 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 Zinman & Associates, 140 East 45th Street, 44th Floor, New York, NY 10017. Purpose: Any lawful purpose. D-271841

**NOTICE OF LLC FORMATION**

552 1ST STREET LLC. App. for Auth. filed with the SSNY on 07/08/21. Originally filed with Secretary of State of Delaware on 07/06/21. 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, 552 1st Street, Brooklyn, NY 11215. Purpose: Any lawful purpose. D-271938

**NOTICE OF LLC FORMATION**

559 NEW LOTS AVENUE REALTY LLC. Arts. of Org. filed with the SSNY on 07/09/21. 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, 41 Schermerhorn Street, Suite 320, Brooklyn, NY 11201. Purpose: Any lawful purpose. D-271998

**NOTICE OF LLC FORMATION**

5601-5611 AVENUE L REALTY LLC. Arts. of Org. filed with the SSNY on 06/01/21. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail

**LEGALS**

copy of process to the LLC, 348 Mayfair Drive South, Brooklyn, NY 11234. Purpose: Any lawful purpose. D-271210

**NOTICE OF LLC FORMATION**

59-24 70TH STREET LLC. Arts. of Org. filed with the SSNY on 07/07/21. Latest date to dissolve: 12/31/2081. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 59-28 70th Street, Maspeth, NY 11378. Purpose: Any lawful purpose. D-272053

**NOTICE OF LLC FORMATION**

5X, LLC. App. of Auth. filed with the SSNY on 06/18/21 under the fictitious name 5XNY LLC. Originally filed with Secretary of State of Connecticut on 01/15/2019. Office: Albany County. 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 RPR Ventures LLC, 31-10 37th Avenue, Suite 500, Long Island City, NY 11101. Purpose: Any lawful purpose. D-270780

**NOTICE OF LLC FORMATION**

6419 77TH PLACE LLC. Arts. of Org. filed with the SSNY on 06/04/21. 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, 64-19 77th Place, Middle Village, NY 11530. Purpose: Any lawful purpose. D-269809

**NOTICE OF LLC FORMATION**

702 HANCOCK WORKS LLC. Arts. of Org. filed with the SSNY on 03/12/21. 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, 179 Rivington Street, Suite 1A, New York, NY 10002. Purpose: Any lawful purpose. D-270281

**NOTICE OF LLC FORMATION**

7051 45TH AVENUE LLC. Arts. of Org. filed with the SSNY on 05/28/21. 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, 721 Majorca Avenue, Coral Gables, FL 33134. Purpose: Any lawful purpose. D-269765

**NOTICE OF LLC FORMATION**

7053 45TH AVENUE LLC. Arts. of Org. filed with the SSNY on 05/28/21. 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, 721

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Majorca Avenue, Coral Gables, FL 33134. Purpose: Any lawful purpose. D-269767

**NOTICE OF LLC FORMATION**

72 REDWOOD LLC. Arts. of Org. filed with the SSNY on 06/23/21. 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 Empire State Properties, 150 West 51st Street, New York, NY 10019. Purpose: Any lawful purpose. D-270990

**NOTICE OF LLC FORMATION**

720 E. 216 DEVELOPMENT LLC. Arts. of Org. filed with the SSNY on 11/06/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o SKF Development LLC, 38 West 21st Street, 8th Floor, New York, NY 10010. Purpose: Any lawful purpose. D-269685

**NOTICE OF LLC FORMATION**

731 METROPOLITAN AVE LLC. Arts. of Org. filed with the SSNY on 06/17/21. Latest date to dissolve: 12/31/2071. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 570 Forest Avenue, Staten Island, NY 10310. Purpose: Any lawful purpose. D-270688

**NOTICE OF LLC FORMATION**

75 SMITH STREET GARAGE LLC. Arts. of Org. filed with the SSNY on 06/08/21. 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, 10 E. 33rd Street, 11th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-270082

**NOTICE OF LLC FORMATION**

808 COLLEY II LLC. App. for Auth. filed with the SSNY on 06/15/21. Originally filed with Secretary of State of Delaware on 06/02/21. 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, 5151 Church Street, Skokie, IL 60007. Purpose: Any lawful purpose. D-270553

**NOTICE OF LLC FORMATION**

828 NY GROUP LLC. Arts. of Org. filed with the SSNY on 07/13/21. 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, 175

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cess to the LLC, 1125 57th Street, Brooklyn, NY 11219. Purpose: Any lawful purpose. D-272104

**NOTICE OF LLC FORMATION**

831 MANHATTAN AVENUE LLC. Arts. of Org. filed with the SSNY on 06/22/21. 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 Peter Coluccio, 2637 National Drive, Brooklyn, NY 11234. Purpose: Any lawful purpose. D-270873

**NOTICE OF FORMATION**

84TH OWNER LLC. Arts. of Org. filed with the SSNY on 05/21/21. 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, 84 Broad Street, Suite 28-088, New York, NY 10004. Purpose: Any lawful purpose. D-271328

**NOTICE OF LLC FORMATION**

86 STREET REALTY HOLDINGS LLC. Arts. of Org. filed with the SSNY on 06/24/21. 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, 7916 5th Avenue, Brooklyn, NY 11209. Purpose: Any lawful purpose. D-271218

**NOTICE OF LLC FORMATION**

ALL HANDS HOME CARE LLC. Arts. of Org. filed with the SSNY on 07/13/21. 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, 251 86th Street, Brooklyn, NY 11209. Purpose: Any lawful purpose. D-272105

**NOTICE OF LLC FORMATION**

ANYONE TECHNOLOGIES, LLC. App. for Auth. filed with the SSNY on 06/16/21. Originally filed with Secretary of State of Delaware on 06/11/21. 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, 6 Doyers Street, #130206, New York, NY 10013. Purpose: Any lawful purpose. D-270839

**NOTICE OF LLC FORMATION**

ASHER GROUP TBF LLC. Arts. of Org. filed with the SSNY on 06/23/21. 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, 175 Great Neck Road, Suite 201, Great Neck, NY 11021. Purpose: Any lawful purpose. D-271044



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**NOTICE OF LLC FORMATION**

ATREYU, LLC. Arts. of Org. filed with the SSNY on 06/15/21. 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, 60 Dutchess Lake Court, Holmes, NY 12531. Purpose: Any lawful purpose. D-270468

**NOTICE OF LLC FORMATION**

BABY BOY, LLC. Arts. of Org. filed with the SSNY on 06/15/21. 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, 17 Williams Avenue, Syosset, NY 11791. Purpose: Any lawful purpose. D-270507

**NOTICE OF LLC FORMATION**

BAKHEEM LLC. Arts. of Org. filed with the SSNY on 07/13/21. 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, 8116 5th Avenue, Brooklyn, NY 11209. Purpose: Any lawful purpose. D-272096

**NOTICE OF LLC FORMATION**

BANY PARTNERS, LLC. Arts. of Org. filed with the SSNY on 06/03/21. 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, 856 Washington Avenue, #8A, Brooklyn, NY 11238. Purpose: Any lawful purpose. D-269695

**NOTICE OF FORMATION**  
BASTOROS HOLLY WALK LLC. Arts. of Org. filed with the SSNY on 06/24/21. 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, 238 Parkside Drive, Roslyn Heights, NY 11577. Purpose: Any lawful purpose. D-271557

**NOTICE OF FORMATION**  
BH 37-10 10TH STREET LLC. Arts. of Org. filed with the SSNY on 07/08/21. 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 B. Hospitality Corp., 30 Broad St., 29th Fl., New York, NY 10004. Purpose: Any lawful purpose. D-271783

**NOTICE OF FORMATION**  
BH 38-15 9TH STREET LLC. Arts. of Org. filed with the SSNY on 07/01/21. 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 B. Hospitality Corp., 30

Broad Street, 29th Floor, New York, NY 10004. Purpose: Any lawful purpose. D-271596

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**NOTICE OF LLC FORMATION**  
BLACK DOOR REALTY LLC. Arts. of Org. filed with the SSNY on 06/15/21. 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 Patrick Black, 6 Brookside Drive, Huntington, NY 11743. Purpose: Any lawful purpose. D-270469

**NOTICE OF LLC FORMATION**  
BOERUM PLACE GARAGE LLC. Arts. of Org. filed with the SSNY on 06/15/21. 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 E. 33rd Street, 11th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-270482

**NOTICE OF FORMATION**  
BULLDOG'S POWER WASHING LLC. Arts. of Org. filed with the SSNY on 06/30/21. 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, 2510 Wilson Avenue, Bronx, NY 10469. Purpose: Any lawful purpose. D-271779

**NOTICE OF FORMATION**  
BX LENDING FUND I LLC. Arts. of Org. filed with the SSNY on 07/09/21. 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, 29 West 36th Street, Suite 1100, New York, NY 10018. Purpose: Any lawful purpose. D-271844

**NOTICE OF LLC FORMATION**  
CAD 8185 L.L.C. Arts. of Org. filed with the SSNY on 06/04/21. 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, 271 Madison Avenue, 22nd Floor, New York, NY 10016. Purpose: Any lawful purpose. D-269841

**NOTICE OF LLC FORMATION**  
CALLISTO JEWELS NYC LLC. Arts. of Org. filed with the SSNY on 07/12/21. 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, 12 Blair Drive, Huntington, NY 11743. Purpose: Any lawful purpose. D-271999

**NOTICE OF LLC FORMATION**  
CENTRAL SPIRITS LLC. Arts. of Org. filed with the SSNY on 06/18/21. 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, c/o Max D. Leifer, P.C., 135 West 26th Street, Suite 11B, Nw York, NY 10001. Purpose: Any lawful purpose. C-270717

**NOTICE OF LLC FORMATION**  
CHAN 361 LLC. Arts. of Org. filed with the SSNY on 06/14/21. 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 Grace Chan, 676 58th Street, Brooklyn, NY 11220. Purpose: Any lawful purpose. D-270822

**NOTICE OF LLC FORMATION**  
CHAN 471 LLC. Arts. of Org. filed with the SSNY on 06/14/21. 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 Grace Chan, 676 58th Street, Brooklyn, NY 11220. Purpose: Any lawful purpose. D-270823

**NOTICE OF LLC FORMATION**  
CHAN 539 LLC. Arts. of Org. filed with the SSNY on 06/14/21. 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 Grace Chan, 676 58th Street, Brooklyn, NY 11220. Purpose: Any lawful purpose. D-270825

**NOTICE OF LLC FORMATION**  
CHAN 5403 LLC. Arts. of Org. filed with the SSNY on 06/14/21. 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 Grace Chan, 676 58th Street, Brooklyn, NY 11220. Purpose: Any lawful purpose. D-270826

**NOTICE OF FORMATION**  
CHAPEL HILL HOLDINGS LLC. Arts. of Org. filed with the SSNY on 06/15/21. 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, 66-45 Fresh Pond Road, Ridgewood, NY 11385. Purpose: Any lawful purpose. D-271460

**NOTICE OF LLC FORMATION**  
CITRUS II LLC. App. for Auth. filed with the SSNY on 06/15/21. Originally filed with Secretary of State of Delaware on 06/02/21. 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, 5151 Church Street, Skokie, IL 60007. Purpose: Any lawful purpose. D-270538

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**NOTICE OF LLC FORMATION**  
CM8 PRODUCTIONS LLC. Arts. of Org. filed with the SSNY on 06/22/21. 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, 100 Arden Street, Apartment 6D, New York, NY 10040. Purpose: Any lawful purpose. D-270955

**NOTICE OF LLC FORMATION**  
CRICHILOW MEDICAL, PLLC. Arts. of Org. filed with the SSNY on 06/08/18. 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, 135 Clermont Avenue, Brooklyn, NY 11205. Purpose: For the practice of the profession of Medicine. C-270743

**NOTICE OF LLC FORMATION**  
DB 1828 TIC LLC. Arts. of Org. filed with the SSNY on 06/24/21. 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 Grace Chan, 676 58th Street, Brooklyn, NY 11220. Purpose: Any lawful purpose. D-271151

**NOTICE OF LLC FORMATION**  
DELAND II LLC. App. for Auth. filed with the SSNY on 06/15/21. Originally filed with Secretary of State of Delaware on 06/02/21. 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, 5151 Church Street, Skokie, IL 60007. Purpose: Any lawful purpose. D-270542

**NOTICE OF FORMATION**  
DEM BROS LLC. Arts. of Org. filed with the SSNY on 07/03/21. 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 ATTN: Krystaleina Demasi, 19-43 77th Street, East Elmhurst, NY 11370. Purpose: Any lawful purpose. D-271618

**NOTICE OF FORMATION**  
DLD CAPITAL LLC. Arts. of Org. filed with the SSNY on 06/22/21. 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, 896 East 8th Street, Brooklyn, NY 11230. Purpose: Any lawful purpose. D-271836

**NOTICE OF LLC FORMATION**  
DLD INTERESTS LLC. Arts. of Org. filed with the SSNY on 06/17/21. 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, 896 East 8th Street, Brooklyn, NY 11230. Purpose: Any lawful purpose. D-270753

**NOTICE OF LLC FORMATION**  
DOUBLE ONE IN MANHATTAN LLC. Arts. of Org. filed with the SSNY on 06/22/21. 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, 157 West 57th Street, #36A, New York, NY 10019. Purpose: Any lawful purpose. D-270864

**NOTICE OF LLC FORMATION**  
DUKHA TATTOO LLC. Arts. of Org. filed with the SSNY on 07/06/21. 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, c/o Law Offices of Thomas C. York, P.C., 85 Broad Street, 9th Floor, New York, NY 10004. Purpose: Any lawful purpose. D-271918

**NOTICE OF LLC FORMATION**  
EAX GROUP VENTURES 2, LLC. Arts. of Org. filed with the SSNY on 01/26/21. 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, 375 Fifth Avenue, 3rd Floor, New York, NY 10016. Purpose: Any lawful purpose. D-271065

**NOTICE OF FORMATION**  
EDWIN R N CASTILLO PHYSICAL THERAPY PLLC. Arts. of Org. filed with the SSNY on 07/07/21. 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, 48 Aspen Knolls Way, Staten Island, NY 10312. Purpose: For the practice of the profession of Physical Therapy. D-271763

**NOTICE OF FORMATION**  
ENCHANTED ROCK INVESTORS LLC. Arts. of Org. filed with the SSNY on 05/18/21. 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, 15 Red Coat Pass, Darien, CT 06820. Purpose: Any lawful purpose. D-271586

**NOTICE OF LLC FORMATION**  
FAMILY STRONG AUDIO & VISUAL, LLC. Arts. of Org. filed with the SSNY on 06/01/21. 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, 1623 Flatbush Avenue, #206, Brooklyn, NY 11210. Purpose: Any lawful purpose. D-269799

**NOTICE OF LLC FORMATION**  
FRASER FIELD, LLC. Arts. of Org. filed with the SSNY on 06/09/21. 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, 4924 11th Avenue, Brooklyn, NY 11219. Purpose: Any lawful purpose. D-270154

**NOTICE OF LLC FORMATION**  
GALLERY 23 NY SHOP LLC. Arts. of Org. filed with the SSNY on 05/14/21. 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, 545 West 23rd Street, New York, NY 10011. Purpose: Any lawful purpose. D-270150

**NOTICE OF FORMATION**  
GO UP LLC. Arts. of Org. filed with the SSNY on 07/02/21. 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, 721 Fifth Avenue, Unit 36H, New York, NY 10022. Purpose: Any lawful purpose. D-271615

**NOTICE OF LLC FORMATION**  
GRANDVIEW 678 LLC. Arts. of Org. filed with the SSNY on 06/16/21. 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, 55-50 Myrtle Avenue, Ridgewood, NY 11385. Purpose: Any lawful purpose. D-270594

**NOTICE OF LLC FORMATION**  
GUGO LLC. Arts. of Org. filed with the SSNY on 06/08/21. 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, 415 East 52nd Street, 8FB, New York, NY 10022. Purpose: Any lawful purpose. D-270081

**NOTICE OF FORMATION**  
HAPOALIM STAFFING LLC. Arts. of Org. filed with the SSNY on 07/08/21. 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, 1285 52nd Street, Brooklyn, NY 11219. Purpose: Any lawful purpose. D-271788

**NOTICE OF LLC FORMATION**  
HAPPY CAPITAL HOLDINGS LLC. Arts. of Org. filed with the SSNY on 07/13/21. 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, c/o Matthews & Co., LLP, 270 Madison Avenue, 16th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-272102

**NOTICE OF LLC FORMATION**  
HVAC GROUP LLC. Arts. of Org. filed with the SSNY on 06/17/21. 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, 668 Richmond Road, Staten Island, NY 10304. Purpose: Any lawful purpose. D-270639

**NOTICE OF FORMATION**  
HVAC SERVICES GROUP LLC. Arts. of Org. filed with the SSNY on 07/02/21. 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, 668 Richmond Road, Staten Island, NY 10304. Purpose: Any lawful purpose. D-271674

**NOTICE OF FORMATION**  
IrvingP22D LLC. Arts. of Org. filed with the SSNY on 06/24/21. 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, 1 Irving Place, P22D, New York, NY 10003. Purpose: Any lawful purpose. D-271384

**NOTICE OF LLC FORMATION**  
JAD 8185 L.L.C. Arts. of Org. filed with the SSNY on 06/04/21. 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, 271 Madison Avenue, 22nd Floor, New York, NY 10016. Purpose: Any lawful purpose. D-269842

**NOTICE OF LLC FORMATION**  
JAXEC II LLC. App. for Auth. filed with the SSNY on 06/15/21. Originally filed with Secretary of State of Delaware on 06/02/21. 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, 5151 Church Street, Skokie, IL 60007. Purpose: Any lawful purpose. D-270545

**NOTICE OF LLC FORMATION**  
JGG GLOBAL B LLC. Arts. of Org. filed with the SSNY on 06/22/21. 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, 7 Penn Plaza, #1602, New York, NY 10001. Purpose: Any lawful purpose. D-270918

**NOTICE OF PLLC FORMATION**

JOSEPH LAW PLLC. Arts. of Org. filed with the SSNY on 06/11/21. 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, 201 E. 37th Street, Suite 12D, New York, NY 10016. Purpose: For the practice of the profession of Law. D-270372

**NOTICE OF LLC FORMATION**  
KAMBOS HOLDINGS LLC. Arts. of Org. filed with the SSNY on 06/24/21. 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, 7916 5th Avenue, Brooklyn, NY 11209. Purpose: Any lawful purpose. D-271217

**NOTICE OF LLC FORMATION**  
KILLARNEY RODGER, LLC. Arts. of Org. filed with the SSNY on 06/02/21. 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, 90 East End Avenue, #20A, New York, NY 10028. Purpose: Any lawful purpose. D-270280

**NOTICE OF PLLC FORMATION**  
KRISTINA A MAZZOCCHI ESQ PLLC. Arts. of Org. filed with the SSNY on 06/08/21. 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, 909 3rd Avenue, #7440, New York, NY 10150. Purpose: For the practice of the profession of Law. D-270084

**NOTICE OF LLC FORMATION**  
LECCSE SPORTS CONSULTING, LLC. Arts. of Org. filed with the SSNY on 07/12/21. 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, 40 British American Boulevard, Latham, NY 12110. Purpose: Any lawful purpose. D-272153

**NOTICE OF LLC FORMATION**  
LECCSE, LLC. Arts. of Org. filed with the SSNY on 06/11/21. 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 Michael Konopka, 277 Broadway, Suite 810, New York, NY 10007. Purpose: Any lawful purpose. D-270355

**NOTICE OF LLC FORMATION**  
LS 1828 TIC LLC. Arts. of Org. filed with the SSNY on 06/24/21. Office: Albany County. SSNY designated as



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agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 45 Broadway, 29<sup>th</sup> Floor, New York, NY 10006. Purpose: Any lawful purpose. D-271128

**NOTICE OF LLC FORMATION**

MAMMA BOY, LLC. Arts. of Org. filed with the SSNY on 06/22/21. 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, 17 Williams Avenue, Syoset, NY 11791. Purpose: Any lawful purpose. D-271157

**NOTICE OF LLC FORMATION**

MARTIN COFFEY REALTY LLC. Arts. of Org. filed with the SSNY on 07/13/21. 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, c/o Victor Noguera, 43-06 55th Street, Woodside, NY 11377. Purpose: Any lawful purpose. D-272106

**NOTICE OF LLC FORMATION**

MASTIC BEACH HOUSE, LLC. Arts. of Org. filed with the SSNY on 06/24/21. 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 Peter Hardy, Shupack & Hardy, LLP, 450 Seventh Avenue, Suite 1304, New York, NY 10123. Purpose: Any lawful purpose. D-271149

**NOTICE OF LLC FORMATION**

MGM PROPERTY 251, LLC. Arts. of Org. filed with the SSNY on 07/03/21. 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, 560 Wooden Blvd., Woodmere, NY 11598. Purpose: Any lawful purpose. D-271920

**NOTICE OF LLC FORMATION**

MINDFUL COACHING LLC. Arts. of Org. filed with the SSNY on 06/08/21. 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, 4 East 70<sup>th</sup> Street, Suite 1A, New York, NY 10021. Purpose: Any lawful purpose. D-270102

**NOTICE OF LLC FORMATION**

MY TWO ANGELS, LLC. Arts. of Org. filed with the SSNY on 06/07/21. 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, 300

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Elm Street, Apartment 2, Northampton, MA 01060. Purpose: Any lawful purpose. D-269880

**NOTICE OF LLC FORMATION**

NINETEEN GREEN-POINT, LLC. Arts. of Org. filed with the SSNY on 06/22/21. 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, 439 W. 51st Street, Apartment #1R, New York, NY 10019. Purpose: Any lawful purpose. D-272118

**NOTICE OF LLC FORMATION**

NTBINGAPPEL LLC. App. for Auth. filed with the SSNY on 06/25/21. Originally filed with Secretary of State of Delaware on 06/23/21. 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 New Tradition Media LLC, 584 Broadway, Room 801, New York, NY 10012. Purpose: Any lawful purpose. D-271206

**NOTICE OF LLC FORMATION**

NUMINOUS NYC LLC. Arts. of Org. filed with the SSNY on 06/15/21. 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, 15 Hudson Yards, 35E, New York, NY 10001. Purpose: Any lawful purpose. D-270483

NY A 86 CONSTRUCTION LLC. Arts. of Org. filed with the SSNY on 06/29/21. 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, 1424 Clove Road, Staten Island, NY 10301. Purpose: Any lawful purpose. D-271555

**NOTICE OF LLC FORMATION**

OA FOODS LLC. Arts. of Org. filed with the SSNY on 07/12/21. 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, 250 North 10th Street, Apartment 232, Brooklyn, NY 11211. Purpose: Any lawful purpose. D-272014

**NOTICE OF LLC FORMATION**

ORPEC II LLC. App. for Auth. filed with the SSNY on 06/15/21. Originally filed with Secretary of State of Delaware on 06/02/21. 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

**LEGALS**

LLC, 5151 Church Street, Skokie, IL 60007. Purpose: Any lawful purpose. D-270547

**NOTICE OF LLC FORMATION**

OXYGEN FIT NATION LLC. Arts. of Org. filed with the SSNY on 06/11/21. 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, 30-58 34th Street, Apartment 4B, Astoria, NY 11103. Purpose: Any lawful purpose. D-270257

**NOTICE OF LLC FORMATION**

PatHon LLC. Arts. of Org. filed with the SSNY on 04/15/21. 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, 101 South 2nd Street, New Hyde Park, NY 11040. Purpose: Any lawful purpose. D-270177

**NOTICE OF LLC FORMATION**

PISANO INDUSTRIES LLC. Arts. of Org. filed with the SSNY on 06/07/21. 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, 8801 Shore Road, Apartment 4D, Brooklyn, NY 11209. Purpose: Any lawful purpose. D-269883

**NOTICE OF PLLC FORMATION**

PITTER LAW, PLLC. Arts. of Org. filed with the SSNY on 06/02/21. 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, 110-65 64<sup>th</sup> Road, #18A, Forest Hills, NY 11375. Purpose: For the practice of the profession of Law. D-269744

PRISTINE BEAUTY RESTORATION LLC. Arts. of Org. filed with the SSNY on 06/29/21. 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, 17 Park Hill, Apartment 9, Albany, NY 12204. Purpose: Any lawful purpose. D-271541

**NOTICE OF LLC FORMATION**

PROJECT1899 LLC. Arts. of Org. filed with the SSNY on 07/12/21. 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, 175 East 64<sup>th</sup> Street, New York, NY 10065. Purpose: Any lawful purpose. D-272005

**LEGALS**

**NOTICE OF FORMATION**  
REAL FOCUS LLC. Arts. of Org. filed with the SSNY on 07/07/21. 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, 691 President Street, Brooklyn, NY 11215. Purpose: Any lawful purpose. D-271839

**NOTICE OF FORMATION**  
REaub CO., LLC. Arts. of Org. filed with the SSNY on 06/29/21. 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-271492

**RESOLUTION # 2021-29**

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem in the County of Albany, State of New York has on the 14th day of July 2021, duly adopted, subject to a permissive referendum, a resolution as follows:

WHEREAS, the Town Board of the Town of Bethlehem has determined that it is necessary to purchase an International/Navistar hook lift container truck for The Sanitation Dept., and,

WHEREAS, the Town Board approved a resolution authorizing purchase of said truck from The Highway Dept. Capital Reserve fund on May 26, 2021, and,

WHEREAS, the purchase needs to be from The General Fund Capital Reserve for The Sanitation Dept., and,

WHEREAS, in recognition of this mistake, the Town Board is asked to approve this resolution, authorizing the purchase from The General Fund Capital Reserve; and,

WHEREAS, it is estimated that the cost of said vehicle will not exceed \$88,000, and

NOW, THEREFORE, BE IT RESOLVED, That the Town Board hereby authorizes the execution of the necessary purchase of one, 2021 International/Navistar hook lift container truck, by expending funds from the General Fund Capital Reserve.

BE IT FURTHER RESOLVED, That the execution of said expenditure is subject to permissive referendum

BE IT FURTHER RESOLVED, That the Supervisor is hereby authorized to execute the expenditure on behalf of the Town of Bethlehem.

The motion to adopt the resolution was made by Councilmember Foster, was seconded by Councilmember Cunningham and duly adopted by the following vote:

AYES: Supervisor VanLoven, Councilmember Becker, Councilmember Coffey, Councilmember

**LEGALS**

Cunningham, Councilmember Foster  
NOES: none  
ABSENT: none  
DATED: July 14, 2021  
D-272187

**NOTICE OF FORMATION**  
ROCKET CAPITAL NY LLC. Arts. of Org. filed with the SSNY on 06/30/21. 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, 520 Princeton Avenue, Lakewood, NJ 08701. Purpose: Any lawful purpose. D-271611

**NOTICE OF LLC FORMATION**

SAS ADVISORS LLC. Arts. of Org. filed with the SSNY on 06/17/21. 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, 301 Willoughby Avenue, Brooklyn, NY 11205. Purpose: Any lawful purpose. D-270754

**NOTICE OF LLC FORMATION**

SHORT DRIVE LLC. Arts. of Org. filed with the SSNY on 06/16/21. 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, 236 Mill Spring Road, Manhasset, NY 11030. Purpose: Any lawful purpose. D-270595

**NOTICE OF LLC FORMATION**

SJK FLIP IT LLC. Arts. of Org. filed with the SSNY on 06/16/21. 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, 24 Old Northport Road, Huntington, NY 11743. Purpose: Any lawful purpose. D-270596

**NOTICE OF LLC FORMATION**

SK FULTON LLC. Arts. of Org. filed with the SSNY on 06/03/21. 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 Laura Breneman, 415 Stratford Road, Apartment 2E, Brooklyn, NY 11218. Purpose: Any lawful purpose. D-272103

**NOTICE OF LLC FORMATION**

SkyVoice 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, 1413 38th Street, Brooklyn, NY 11218. Purpose: Any lawful purpose. D-271156

**LEGALS**

**NOTICE OF LLC FORMATION**  
SR 1828 TIC LLC. Arts. of Org. filed with the SSNY on 06/24/21. 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, One Metrotech Center, Suite 2001, Brooklyn, NY 11201. Purpose: Any lawful purpose. D-271150

**NOTICE OF FORMATION**  
STEFANIE INVESTORS LLC. Arts. of Org. filed with the SSNY on 07/08/21. Latest date to dissolve: 12/31/2121. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 67 Cutter Mill Road, Great Neck, NY 11021. Purpose: Any lawful purpose. D-271838

**NOTICE OF LLC FORMATION**

STEPBACKSTUDIO LLC. Arts. of Org. filed with the SSNY on 07/12/21. 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, 38-02 61st Street, Woodside, NY 11377. Purpose: Any lawful purpose. D-272015

**NOTICE OF FORMATION**  
STG OFFICE LLC. Arts. of Org. filed with the SSNY on 07/02/21. 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 Natalia Sishodia, Esq., 330 East 38th Street, Suite 23P, New York, NY 10016. Purpose: Any lawful purpose. D-271594

**NOTICE OF LLC FORMATION**

STRATFORD MUSIC LLC. Arts. of Org. filed with the SSNY on 07/13/21. 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, c/o Laura Breneman, 415 Stratford Road, Apartment 2E, Brooklyn, NY 11218. Purpose: Any lawful purpose. D-272103

**NOTICE OF LLC FORMATION**

STRUCTURE AP-PRASAL SERVICES LLC. Arts. of Org. filed with the SSNY on 06/17/21. 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, 2025 Valentine Avenue, Suite 4C, Bronx, NY 10457. Purpose: Any lawful purpose. D-270778

**LEGALS**

**NOTICE OF LLC FORMATION**  
STUDLEY CAPITAL, LLC. Arts. of Org. filed with the SSNY on 06/10/21. 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 Mitchell Studley, Esq., 100 Garvies Point, Unit 1105, Glen Cove, NY 11542. Purpose: Any lawful purpose. D-270211

**NOTICE OF LLC FORMATION**

SURFBAD LLC. Arts. of Org. filed with the SSNY on 07/09/21. 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 Law Offices of Thomas C. York, P.C., 85 Broad Street, 9th Floor, New York, NY 10004. Purpose: Any lawful purpose. D-271919

**NOTICE OF LLC FORMATION**

TARGET CONSTRUCTION NYC LLC. Arts. of Org. filed with the SSNY on 06/07/21. 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, 190 Morningstar Road, Staten Island, NY 10303. Purpose: Any lawful purpose. D-269888

**NOTICE OF LLC FORMATION**

TDB II LLC. App. for Auth. filed with the SSNY on 06/15/21. Originally filed with Secretary of State of Delaware on 06/02/21. 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, 5151 Church Street, Skokie, IL 60007. Purpose: Any lawful purpose. D-270551

**NOTICE OF FORMATION**  
THE GIRLZ 3 LLC. Arts. of Org. filed with the SSNY on 07/01/21. 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, ATTN: Salvatore Campisi Jr., 1831 Decatur Street, Ridgewood, NY 11385. Purpose: Any lawful purpose. D-271560

**NOTICE OF LLC FORMATION**

THREE SIXTY FIVE LLC. Arts. of Org. filed with the SSNY on 06/08/21. 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, 249 Smith Street, #140, Brooklyn, NY 11231. Purpose: Any lawful purpose. D-270083

**LEGALS**

**NOTICE OF LLC FORMATION**  
UMI LEASING LLC. App. for Auth. filed with the SSNY on 06/24/21. Originally filed with Secretary of State of Delaware on 04/27/21. 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, 405 Lexington Ave, 7th Fl, New York, NY 10174. Purpose: Any lawful purpose. D-271181

**NOTICE OF LLC FORMATION**

UPPER WEST BSB LLC. Arts. of Org. filed with the SSNY on 05/25/21. 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, 15 East 28<sup>th</sup> Street, New York, NY 10016. Purpose: Any lawful purpose. D-269991

**NOTICE OF LLC FORMATION**

VIVARTZ ENTERTAINMENT LLC. Arts. of Org. filed with the SSNY on 06/18/21. 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, 16 Madison Square Park West, Suite 1284, New York, NY 10010. Purpose: Any lawful purpose. D-270763

**NOTICE OF LLC FORMATION**

WCC II LLC. App. for Auth. filed with the SSNY on 06/16/21 under the fictitious name WCC II NY LLC. Originally filed with Secretary of State of Delaware on 06/02/21. 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, 5151 Church Street, Skokie, IL 60007. Purpose: Any lawful purpose. D-270611

**NOTICE OF LLC FORMATION**

WOLF OF 3RD AVE LLC. Arts. of Org. filed with the SSNY on 07/13/21. 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, 261 Madison Avenue, 26th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-272107

**NOTICE OF LLC FORMATION**

ZJNY HOLDINGS, LLC. Arts. of Org. filed with the SSNY on 06/22/21. 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, 23 Mark Meade Road, Cross River, NY 10518. Purpose: Any lawful purpose. D-271061





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July 21 - 27, 2021

# Spotlight on Opinion

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## 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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# Slowing down traffic is good

As a Delmar resident, I frequent the shops along the stretch of Delaware Avenue between Elsmere Avenue and the Normanskill bridge. However, I groan at the prospect of turning left out of the Delmar Beverage Center or Dunkin Donuts to head back home. I might have to wait several minutes studying the four lanes of traffic — waiting for a gap in traffic coming from my left to magically coincide with a big enough gap from

my right — before I can safely turn left.

So when I first heard about a possible center left turn lane, which is a major component of the proposed Complete Streets project, I was all for it. The reduction in lanes too — I'd only need a gap in one lane of traffic at a time. My ability to exit parking lots would be much less stressful.

That's just me, and how I use that road. I am convinced that other aspects of complete streets

will be beneficial to others in Bethlehem as well. In addition to being more convenient for shoppers like me, the new road design — one lane of travel in each direction, a center turn lane, and a reduced speed limit — will be safer for drivers and more welcoming to pedestrians and bicyclists.

I think our town should do its best to accommodate multiple ways of moving around town, whether that's walking, cycling, or driving. And right now that stretch

of Delaware is completely focused on cars at the expense of walkers and bikers.

In fact, the town's feasibility study identified only one potential drawback to the proposed changes: an added 40-50 seconds to drive the whole stretch during the heaviest traffic times. (For me, the time saved turning into and out of businesses will far outweigh that extra minute on the roads.)

Slowing down traffic is

good, because it's safer. But it's also quieter, which can beautify a business district, as it makes everything feel more relaxed.

The complete streets project has my full support. Building roads, neighborhoods and business districts that support multiple modes of transportation is simply good planning and will be good for our town's future.

Jill Adams,  
Delmar

## Give Bethlehem Police body cams

Dear Letters to the Editor:

The Bethlehem Police Reform and Reinvention Advisory Committee, APPOINTED BY Bethlehem Town Supervisor VanLuven, recommended body cameras for our Bethlehem Police Officers. The Bethlehem Police Chief and the Police Union support the use of body cameras. Yet, Supervisor VanLuven has gone silent because he does not want to spend the money. These recommended body cameras would PROTECT OUR CITIZENS, protect our police officers, and save the town from potential liability. Mr. VanLuven has no problem funding pet projects or giving himself a recent pay increase. The hypocrisy of

not implementing the use of body cameras immediately is simply outrageous.

Respectfully,  
James Carriero

Editor's Note: James Carriero is the Republican Party candidate for Town Board.

## Big Pharma profits come at cost to those who need meds

Dear Editor,

As the wife and caregiver to a stage 4 cancer patient I shudder every time I hear Members of Congress talk about enacting price controls on pharmaceuticals such as the H.R. 3 proposal currently before Congress.

Americans have greater access to cutting edge treatments and cures because our government does not dictate prices. I have spoken to cancer patients from around the world who came here for needed treatments because price controls at home restrict access to care and effectively seal their fate. Thanks to our biopharmaceutical industry we are a beacon of hope for many. Price controls will extinguish that light.

Developing these treatments is expensive, but can we place a value on the lives of our loved ones? Researching and developing these treatments and cures is a business. Businesses that do not make profits do not remain in business. Bringing new drugs to market can cost billions of

dollars, and if recouping those development dollars is not possible, the investment can't be made. If we value the lives of our citizens, we must support our biopharmaceutical industry, not hold it back.

Profit in and of itself is not a bad thing. Profit at the expense of patients — such as when insurance companies restrict access to life-saving drugs and treatments is another story. If Congress wishes to lower medical costs, they should start with health insurers.

We must reject government price controls of pharmaceuticals it truly is a matter of life and death.

Sincerely,  
Stacey Rossi

## More against Road Diet than you think

Based on the tone of his recent letter, Gary Ginsburg seems to think that the only approved communication regarding the town's proposed road diet should come from the Bethlehem Democratic Committee. That he can't understand why a large segment of the community would be opposed to the road diet indicates that he is out of touch with many town residents.

Paul Heiser,  
Delmar

Editor's Note: Paul Heiser is the Republican Party candidate for Bethlehem Town Supervisor.

THE  
Spotlight



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## LIBRARIES

# A Tale of Tails

**P**ushing Up the Sky — Students in grades 2 through 5 are invited to

register for this virtual program. Join us on Zoom at 6:30pm, Tuesday, July 27, as we explore Indigenous American folktales using Joseph Bruchac's "Pushing Up the Sky: Seven Native American Plays for Children". Take & make bags will be available for pick up prior to the program.

### Craft & Chat

Grab your latest craft project, and join fellow crafters at 6:30pm, Thursday, July 28, as we gather virtually for casual conversation about what we are working on and anything else that strikes our fancy. Please register



online to receive the Zoom link.

### Creativity Lab

Students in grades 6 thru 9 can pick up a project kit, follow or view the project instructions online, and get creative! Get crafty and imaginative with critter craft kits and Fantastic Creature notebooks. Some household supplies and tools may be needed. Registrants can pick up kits beginning at 11am: Critter Crafts – Wed., July 28; and Fantastic Creatures Notebook – Wed., August 11. Register separately for the activities that appeal most to you.

### Stuffed Animal Sleepover

Students in pre-k to grade 6 should register online to drop off your stuffed animal buddy by noon on Tuesday, July 22 for a fun-filled sleepover in the library. Teen volunteers will entertain them and take great photos to share with you when you pick up your buddies after noon on Wednesday, July 23.

### Library Service Hours

Things are changing daily here at the Library. For the most up to date information, please check our website at [www.voorpl.org](http://www.voorpl.org) or call 518-765-2791.

— Lynn Kohler

## Adult / Teen Summer Reading

**J**oin other RCS community readers in an Adult/Teen Summer Reading Program from July 1 to August 31. Read three books and earn a weekly prize, plus get a raffle ticket to enter the drawing for one of our Grand Prize Goodie Baskets. Stop by the Library to be part of the fun!

### Come To A Dino Dig At The Library!

Help us excavate dinosaur bones on Tuesday, July 27th beginning at 2 pm at the Library! Dig them up, brush them off and see if you can piece them together. Wear something you can get dirty, because dino digs can get messy. Registration required – visit the Library website under "Events".

### 3 Pigs And A Wolf, What Could Go Wrong?

Get outdoors for some stories, silliness, and a craft about three little pigs and

### RCS COMMUNITY LIBRARY

their encounter with a wolf. Join our socially distanced storytime Jammies in the Park at the Mosher Park Pavilion, on Wednesday, July 28 at 6:30 pm, weather permitting. Bring a blanket to space out under the pavilion. Register today on the Library's website under "Events".

### Storytime At The Library

Thursdays at 10 am at the Library under our Tent! Join us for some outside fresh-air fun and activities every Thursday at 10 am at the Library under our Tent, weather permitting! Library staff will lead songs, rhymes, reading, and fingerplays to keep nurturing those all-important emerging reading skills. Babies, toddlers, and preschoolers are all welcome! Registration is required (on our website, under "Events") and limited. Bring a blanket to space out under the tent.

### New Adult Fiction

"Another Kind of Eden," by James Lee Burke  
 "Viral," by Robin Cook  
 "Vortex," by Catherine Coulter  
 "Cul-de Sac," by Joy Fielding  
 "A Slow Fire Burning," by Paula Hawkins  
 "The Heart Principle," by Helen Hoang  
 "Billy Summers," by Stephen King  
 "Lightning Strike," by William Kent Krueger  
 "19 Yellow Moon Road," by Fern Michaels  
 "Night Music," by Jojo Moyes  
 "The Madness of Crowds," by Louise Penny  
 "The Noise," by James Patterson  
 "Complications," by Danielle Steel

— Carol Melewski

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LIBRARIES

# The show goes on

Weather can change our outdoor plans with very little notice, and we've certainly had our fair share of rain-related cancellations in the past couple of weeks. We're so grateful for our community and our performers for being flexible and understanding when that happens.



That said, we're planning for clearer skies for our upcoming Thursdays in the Park performances, including the one Thursday, July 22, with Image Quilt Dance Theater, whose repertory includes modern dance, flamenco, and dance from Haiti, Cuba, Nigeria and Senegal. The show starts at 7 p.m.

And we are happy to announce that we've been able to reschedule two of your favorites who recently got rained out of our Thursdays in the Park series - Jester Jim and Andy the Music Man. Both performers will return in August, with Andy the Music Man scheduled for Thursday, Aug. 19, at 6 p.m. and Jester Jim dropping by Tuesday, Aug. 24, at 7 p.m.

## Other upcoming shows include:

July 29: Ratboy Jr.  
August 5: Magician Ron Cain

The Thursdays in the Park series takes place at Elm Avenue Park and is a partnership between the library and Bethlehem Parks and Recreation. It is co-sponsored by the Friends of Bethlehem Public Library.

## We're popping up at the Farmers Market

Look for us out and about at the Delmar Farmers Market Saturday, July 24, from 9 a.m.-12:30 p.m. Stop by our booth to explore some popular new titles, learn more about what we do, or just to say hi. The Farmers Market is held in the parking lot of Bethlehem Central Middle School.

## Summer hours

Please note, the library is closed Sundays in July and August. You can access the library catalog online at [www.bethlehempubliclibrary.org](http://www.bethlehempubliclibrary.org).

— Kristen Roberts

# Dog Sled Racing

What does it take to complete the Iditarod - the grueling annual Alaskan dog sled race covering almost 1,000 miles? Watch this family / all ages virtual program on Mon. July 26 at 6:30 p.m. with veteran dog musher, Karen Land - and her two beautiful dogs, Noggin and Chloe - to find out, as part of our "Tails and Tales" summer reading program.

As a bonus, we have a very limited supply of free children's books (preschool-grade 2 or grade 3-5 levels) to give away prior to this program. Supplies are very limited; one book per child. Please register on the Events tab of our website to receive the Zoom link on the day of the program, plus the free book.

## All-Ages Summer Reading Program

"Tails & Tales", our



Summer Reading Program (SRP), offers something for everyone, infancy through adulthood! Register your reading progress for a chance to win prizes. Any format or genre counts toward SRP goals.

## New Café props

An inviting new cafe' in the front area of our building (formerly the Normanskill Room) is taking shape. We're looking forward to having a new gathering space for all to enjoy refreshments and conversation this fall, and are looking for a tenant to operate it. Please see <https://bit.ly/GPLCafeRFPs> for more information. The deadline for RFPs is Wed. Aug. 11 @ noon. We appreciate any and all interest in this

endeavor.

## Golf Tournament

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— Luanne Nicholson

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JULY 21-27, 2021

SPOTLIGHT ON  
**Business**  
2021 PART THREE



YOUR GUIDE TO WHAT'S HAPPENING IN LOCAL BUSINESS



# SPOTLIGHT ON Business 2021

## Let's talk about your roofing options

Star Roofing reps are ready to walk you through all of your available roofing options

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

**COLONIE** — You open a brochure after deciding your house needs a new roof, that's how it begins.

After mulling over the brand names, arguing with your spouse over the style, and settling on the color, you're ready to talk money. Or, that's what you think. Supply chain issues have choked off consumer goods throughout several markets, and that can put a wrinkle in your plans.

Peter Wall, co-owner of Star Roofing, said his sales staff has this conversation

every time. Certain items on people's wish lists may not be available, prompting some to think they can

### SPOTLIGHT ON Business 2021

walk out the door and find it elsewhere. "No," Wall said. "They can't get it, either."

Just two weeks ago, Washington attempted to address the overall issue through an executive order. The mandate from President Joe Biden's desk intended to promote competition, drive wages up, push prices down and

stimulate growth. It was meant to target both the railway and seaway carriers that have increased freight rates with rising demands on supply. Some experts, including the freight line lobby group World Shipping Council, said that won't fix the problem.

The price of wood, for example, has skyrocketed since the outbreak of the pandemic. The cost of plywood has jumped 252 percent since last March. According to PolitiFact, the price for Fir 23/32-inch sheathing for the first week of April was \$1,500 per thousand square feet in some parts of the country — up 230 percent from \$455 a year ago. In some corners of the country, that same amount of plywood is selling for

\$1,610 — or 287 percent more than 12 months earlier.

The WSC said U.S. supply chains are "facing unprecedented pressures — there is a lack of rail and truck capacity, warehouses are full, and ports are bursting at the seams." Ocean carriers claimed these issues are driven by raised import demands from U.S. consumers with 11 of the past 12 months having seen consumer spending growth of more than 10 percent. "To put this into perspective, in the 18 years before the pandemic, the average growth rate was 4.7 percent," the lobby group said.

At Star Roofing, Wall said the first step is to always listen to the customer. His sales staff will

*"What we've added to our sales call is another step. And, that step is to educate the customer on what is available in the marketplace... as well as the additional cost associated with the job... That's our main goal: to listen to what you want and... to get you in the right place."*

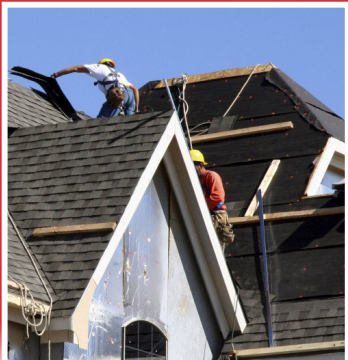
— Peter Wall, co-owner of Star Roofing

assess the customer's wants against what's available. It could be a matter of switching out colors, or it could be more. But, Wall said, that's the education process his sales team is able to provide.

"What we've added to our sales call is another step," said Wall. "And, that step is to educate the customer on what is available in the marketplace... as well as the additional cost associated with the job."

Before the customer walks back out the door, Wall said they have an informed plan to tackle their next roofing project with Star Roofing involved.

"That's our main goal: to listen to what you want and... to get you in the right place."



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SPOTLIGHT ON **Business** 2021

# Caring is in The Spinney Group's DNA

The next generation is guiding this family owned business into the maturity, growth

**W**ith deep roots in the Capital District, The Spinney Group brings decades of experience to the development and management of multifamily residential and commercial properties. Over the years, the company has cultivated strong ties to the community and has maintained the intimacy of a family-owned company that knows its residents on a first-name basis. Recently, the second generation of family-ownership, which includes members of the Ruthman, Feinberg, and Raynor families, has guided the company through a process of maturation and

*"We are a family-owned company, and our team members have meaningful relationships ... which translates into success for our organization,"*

— Morgan Ruthman, President and CEO of The Spinney Group

growth.

"We are a family-owned company, and our team members have meaningful relationships with each other and our residents, which translates into success for our

organization," said Morgan Ruthman, President and Chief Executive Officer of The Spinney Group. In particular, Ruthman pointed to Jason Raynor, VP and Chief Operating Officer, as an embodiment of those values. "Jason personifies everything we are trying to achieve as a company, with professionalism, courtesy, and selfless dedication to his team members and our residents, and he has been instrumental in every aspect of our success", said Ruthman.

Raynor joined the team in 2014 as the group's Director of Facilities Management and immediately took on broad responsibilities and ownership of key aspects of the company's operations. Ruthman noted

that Raynor's background in finance and knowledge of fundamental business practices were quickly put to use. More importantly, his role required him to become a primary point of contact with residents, where his affable nature and commitment to their satisfaction was readily apparent.

As COO since 2019, Raynor has continued to help the company evolve through implementation of technological platforms and other systems with a pragmatic, results-oriented approach.

"To the extent we've grown and we've adopted a more formal approach to our internal practices — that's part of the maturation process — but we haven't done so to the detriment of our ability to

continue to connect with people. And Jason has been on the front lines with team members and residents to ensure that we retain our family-first, family-owned mentality," said Ruthman.

Raynor's experience was especially important during the COVID-19 pandemic. Under Raynor's supervision, The Spinney Group was required to implement public health measures and quickly adopt new, flexible business practices. Raynor facilitated a transition to virtual property tours, online leasing, and remote working while also ensuring that team members in essential roles were kept safe. As maintenance calls came in, virus-mitigation protocols were followed to a level that left both residents and staff members comfortable and safe.

"Our ability to navigate the pandemic was a direct result of Jason's leadership and poise," said Ruthman.

Above all, Raynor has gained the respect and appreciation of his team members, who see him leading by example and looking out for his team members on a routine basis. "How he goes above and beyond every day to make sure his staff is happy and healthy goes far above any normal employer," said Kathy Joline, Maintenance Supervisor with The Spinney Group since 2019. "Jason always steps up and does his best to meet our needs. ... No matter how big or small the problem is, he is always there to help any way he can. I can honestly say he is the perfect example of how a boss should be."

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# Don't let your closet stress you out

Eye on Closets cuts the anxiety out of your life by eliminating clutter, introducing order

By **OLIVIA POUST**  
pousto@spotlightnews.com

Everyone has experienced the horror of an over-stuffed, unorganized closet.

Trying to shove shoes in before slamming the door shut is a temporary fix to a much larger problem. People will seemingly try anything to rid themselves of the burden of their disorganization without addressing the root of the problem. Because addressing the root of the problem isn't a financial possibility for most individuals or families. As

a local, family-run business, Eye on Closets specializes in designing spaces that give their customers relief from the chaos without hurting their bank accounts.

At Eye on Closets, it is understood that not everyone can afford a \$10-15,000 closet, but everyone deserves an affordable, attainable option.

The company's designer and founder, Emily Baker, has been an award-winning designer for over 25 years in the Capital District, working on projects from

kitchens, to baths, to, of course, closets. She has owned her own store and designed for others; her experience and credentials are an advantage in and of themselves. Paired with her fiscally-friendly business plan, Eye on Closets is set to be a top competitor in the closet market as it

continues to grow. Her slogan for the business is "Keep an eye on the budget," and alongside her fiancé and business partner, Ed Contreras, she is working to ensure that each design fits the customers' needs and wallets.

"We would come in and kind of adjust to each individual's budget," said

"Most people, when they look at their closet, it's just an open space. We can transform any open space, especially a closet,"

— Ed Contreras, business partner

Contreras.

Eye on Closets operates as a mobile business. When a customer is interested in a closet, they can call Baker to talk over what they are looking for and set up a free one-hour consultation. At this consultation, she goes in to take measurements and get inspiration for what the space could be transformed into.

"Emily definitely has that vision where she can just go in and in about five minutes talk to the customer and kind of get a

feel for what they're looking for," said Contreras.

Closets are transformative spaces. While their obvious transformation comes from the organization they provide, the outward design and style is just as, if not more, important. Baker and Contreras specialize in providing both, organization and style, for their customers.

"Most people, when they look at their closet, it's just an open space. We can transform any open space,

especially a closet," said Contreras.

A cluttered closet can mean so much more than having to frantically search for your favorite shirt. It can be a source of anxiety that leads to mental clutter as well. So if you're feeling the stress of your closet's mess, give Eye on Closets a call.

If you're in need of an award-winning closet, contact Emily directly at 315-729-0119.

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Emily Baker is an award winning designer with 25 years experience in residential and commercial design work in the Capital Region.

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*Emily Baker is a professional in every way. She was both attentive, and truly envisioned what I was looking for in my project. Respectful of the budget in creating a Kitchen of a lifetime. Thank you Emily!!!!*

-- Augie from Augie's Restaurant in Ballston Spa

*I put my complete trust in Emily's talents and knowledge. Her professionalism is only topped by her patience and kindness.*

--Gloria, Project executive from Capital City Produce

www.eyonclosets.com





# Pinnacle is on the ‘wave of the future’

### Pinnacle Behavioral Health sees success with ‘cutting edge’ treatments for mental health

By **OLIVIA POUST**  
pousto@spotlightnews.com

**ALBANY** — Pinnacle Behavioral Health prides itself on being on the “cutting edge” of discovering new treatments and modalities for mental health services. One of such treatments, TMS therapy, is proving to be a great success.

TMS stands for Transcranial Magnetic Stimulation and works to treat depression by creating a magnetic field around the brain that gets the brain’s neurons firing again. When an individual has depression, their neurons become inactive, so this

*“A lot of mental health is not just stored in the mind, but also in the body. Mind and body are connected, so when you do things to move the energy in the body, it also gets the mind to kind of balance and heal as well,”*

— Rocco Pezzulo,  
Pinnacle’s Director  
of Operations

stimulation is an effort to restore communication between neurons so they can once again produce dopamine, serotonin, and other chemicals.

Pinnacle incorporates Eastern practices like Qi Gong, Tai Chi, and Yoga in addition to therapy services and psychiatric medication management. Pinnacle’s Director of Operations, Rocco Pezzulo, explained that TMS is “another form” of this kind of energy treatment.

“A lot of mental health is not just stored in the mind, but also in the body. Mind and body are connected, so when you do things to move the energy in the body, it also gets the mind to kind of balance and heal as well,” he said.

TMS is not used in

place of medication or therapy, but as a way to accelerate the healing process. Pinnacle has had over 10,000 TMS treatment sessions, with a reported 70-80 percent efficacy.

TMS is non-invasive, all-natural and spread out over a series of 36 sessions. “You’re in and out in about 20 minutes, like getting a cup of coffee,” said Pezzulo.

He noted that it is painless and feels like a tapping on the side of the head that some patients say sounds like a woodpecker. Some people have said to have had a light headache after their treatment, but otherwise experienced no discomfort.

It is not to be confused with Electroconvulsive Therapy, or ETC, which is

more invasive and requires a hospital visit, anesthesia, and a pause from normal activity. “With TMS it’s the opposite,” said Pezzulo. “You can do all the activities you normally do. Exercise, lift heavy equipment, workout, go to work, drive...” Not only does this therapy allow for continued activity as normal, but it actually can be an enhancement. Pezzulo noted that some Wall Street elites were reported to have received TMS treatment in NYC to reach peak performance.

The practice is widely used in European countries for depression, anxiety, schizophrenia, Alzheimer’s, and other disorders. In the United States, it is much less common and can only be used to treat depression, and in some

cases OCD. Pezzulo said he hopes more people and practices become aware of the benefits and success of TMS treatments.

“I think this is the wave of the future,” he said.

Pezzulo explained that Pinnacle is always looking for new treatment options. “What I love about Pinnacle is that it doesn’t stay in its comfort zone and just do one thing over and over again,” he said.

Pinnacle Behavioral Health is located at 1 Pinnacle Place, Suite 102 in Albany. For more information about Pinnacle’s TMS treatment and other behavioral health services, visit [www.pinnaclebehavioralhealth.com](http://www.pinnaclebehavioralhealth.com). To schedule an appointment, call 518-509-4TMS (867).

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# Waste neither time nor money, kid

How young people can avoid the debt trap

Rites of passage come in many forms. Some are religious ceremonies marking an important stage in a person's spiritual life, while others are less ceremonial but still impactful.

For many young people who are old enough to vote but not necessarily old enough to live completely independent of their parents, digging oneself out of debt is an early financial rite of passage. But youth and debt need not go hand in hand, even though statistics suggest otherwise.

According to the Federal Reserve, student loan debt reached historical highs in the first quarter of 2018, surpassing \$1.5 trillion for the first time ever. That figure is even more staggering when compared to figures from a decade



ago, when total student loan was about \$600 billion.

And it's not just student loan debt that's jeopardizing young people's financial futures. Consumer debt compiled through the use of credit cards has long been a thorn in the sides of young adults, many of whom apply for credit cards before they fully

understand the concept of credit, only to learn the hard way that swiping credit cards comes at an oftentimes steep cost.

But while the young people of yesteryear might have landed in debt by using credit cards for nonessentials like a night out with friends, a recent survey from the professional services firm PwC found

that young adults currently between the ages of 25 and 34 are more likely to buy day-to-day essentials with credit. In fact, 20 percent admitted to doing so in the past six months, compared with just 6 percent of adults age 55 and over. That could be due to a number of factors beyond young adults'

control, including low and stagnant wages, but it also might be a byproduct of young adults not knowing how to avoid debt. If it's the latter, then young adults can try to employ the following strategies to avoid falling into the debt trap.

## Explore your options

According to Student Debt Relief, a private company that looks to educate and empower consumers about student loan debt, the average college graduate in the class of 2016 had \$37,172 in debt. That's nearly \$10,000 more debt than the average graduate from the class of 2011. Young adults struggling to repay their student loans can explore

various options, including federal student loan repayment plans, such as the Pay As You Earn plan and the Income-Based plan. Each plan is different, but young adults should know that they have many repayment options.

## Avoid consumer debt

Interest rates on credit cards can be high, especially for young people without lengthy credit histories. As a result, it's best to only use such cards for emergencies and not to pay for nights out with friends or a new pair of shoes. Consumer debt that's not paid off in full each month also can adversely affect young adults' credit ratings, which can hurt them when they

get older and look to buy their own homes or other big-ticket items.

## Live at home

While many college graduates want to maintain their independence and live on their own after graduation, moving back in with mom and dad might be the most financially savvy move to make. Doing so allows young adults with jobs to begin building their nest eggs and can help them avoid having to use credit cards to meet their day-to-day needs. Debt ensnares many young adults.

But there are ways for young people to avoid debt and pave the way for a bright financial future.

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# SPOTLIGHT ON Business 2021

## Grow your business with SpotonDigital

Digital services aimed at small and medium sized companies

By **DAVID TYLER**  
dtyler@eaglenewsonline.com

BETHLEHEM —

Spotlight News and its sister company, Eagle News in the Syracuse area, have launched SpotOnDigital, a branch of the company focused on delivering digital marketing services to small- and medium-sized businesses in Central New York and the Capital Region.

SpotOnDigital is spearheaded by Stefanie Markiewicz, who joined the company after spending seven years with a digital advertising agency in the Capital District. Markiewicz works with existing Spotlight and Eagle personnel to manage digital and print advertising campaigns.

“When the pandemic began, we realized we needed to be able to provide our advertising customers with a broader range of digital



**Stefanie Markiewicz**

products and services to take advantage of the multiple digital channels today’s consumer uses,” said David Tyler, publisher of Eagle News. “Stefanie’s expertise in these areas dramatically enhances our ability to fulfill more of our customers’ marketing needs.”

Spotlight News operates the weekly newspapers The Spotlight, The Colonie Spotlight and The Spot 518 and Capital District Family Now magazine.

Eagle News has five community newspapers in the greater Syracuse area as well as a variety of specialty publications, including Syracuse Woman Magazine.

“We’ve always had a strong, local audience through our printed products – and that audience continues to grow,” John McIntyre, Publisher of Spotlight News said. “These services allow us to help our advertising clients reach an even wider audience through digital platforms that local consumers use every day.”

SpotOnDigital’s suite of advertising services are designed to cater to the needs of local businesses across a variety of platforms. These services include but are not limited to:

- **Organic business page management** – Managing business messaging and profiles on platforms including Google My Business, Facebook, Instagram,

Nextdoor Business and Yelp.

- **Digital Display advertising** – Exposing new audiences to your business through targeted campaigns across the Google display network and on eaglenewsonline.com and spotlightnews.com.

- **Social media management** – Increasing engagement with your existing followers and gaining new followers with Facebook boosted posts and driving more website traffic and increasing leads with targeted Facebook and Instagram advertising campaigns.

- **Paid search** – Paid search campaigns capture more website traffic and increase leads by allowing a client’s advertising and profile to be shown to anyone searching for topics relating to that business in that client’s target market.

- **Email marketing** – Alerting audiences to sales, specials and announcements by running ads through a weekly email newsletter to thousands of local subscribers, and sending

email blasts to targeted opt-in email lists demographically and geographically sorted to directly target potential customers.

- **Google My Business** – Google My Business page posts ensure those who already know about a business to stay up-to-date on current sales, specials and announcements.

- **Print advertising** – Maintaining a consistent message across all platforms is important to successful advertising. Digital advertising packages will also include discounted rates on print advertising and niche publications.

“It is important that smaller businesses utilize these services because they are effective ways of maximizing audiences and growing sales while maintaining a budget-friendly advertising plan,” Markiewicz said.

A 2016 survey of small businesses that used digital marketing platforms showed

that 63% of these businesses spend between six and 11 hours per week managing their digital marketing. For many, those hours have likely grown as additional digital platforms have arisen, making the time burden overwhelming.

These services are designed to increase a client’s return on investment while giving them the time back to focus on managing their business.

And for those who are not yet marketing their businesses on these digital platforms, they have a trusted local resource who can help them navigate the ever-changing digital marketplace.

“Ignoring your digital audience is like working out without changing your eating habits. You may see some small results but until you start eating healthy, nothing is really going to change,” Markiewicz said. “Ensuring that your business has an accurate and maintained digital presence will help grow your opportunities exponentially.”

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SPOTLIGHT ON **Business** 2021

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During last year's Covid shutdown, we went into action, holding 2 very successful food drives in our parking lot and contributing to the ONE BETHLEHEM fund to support local businesses.

Our agents generously supported the Make A Wish Foundation, Toys 4 Tots holiday toy



collection, the American Cancer Society, and the American Heart Association throughout that long year. In addition, we helped Catholic Charities in refurbishing the lodgings at Camp Scully and collected money for the Capital Region Food Bank. Branch Manager Kirsten Blanchard gives high praise to the Slingerlands

Coldwell Banker agents: "Where there is a need, our agents deliver! All while breaking real estate records for sales in the Capital Region during the pandemic!"

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# Comprehensive dental care

Dr. Abele, a pioneer in dental sciences

**DELMAR** — "Building an oral health home for families where comprehensive, top-of-the-line dental services were easily accessible was my goal," said Dr. Thomas Abele, who, since 1969, has been a pioneer and leader in the dental sciences. "With the support of a talented and dedicated staff, I hope I have achieved that."

By offering a total spectrum of care for all ages, Abele eliminates the need for patients to move from doctor to doctor to achieve optimal oral health, comfort and beauty. Early on, he spent the additional hours of training to become qualified in dental implant technology and root canal therapy. His reinvestment

in his practice ensures that patients are offered the latest in minimally invasive approaches, digital imaging, laser power and sedation dentistry.

"Dental medicine, most pointedly when encompassing cosmetic dentistry, is definitely an art," said Abele. "Every aesthetic aspect of a patient's face must be taken into consideration when addressing reconstructive procedures, whether in the application of veneers and crowns or restorations with implants."

Because Abele works closely with the technicians of his on-site dental lab, issues such as tooth color and shape are seamlessly addressed. His deep experience in placing dental implants, including the latest in genetically coated bone grafting, when required, and beautifully

designed tooth restorations is renowned.

Citing the importance of patient education, Abele said, "Although I personally feel responsible for my patients' oral health, they have to 'buy in.' That requires helping them understand why compliance with good oral health habits, including attention to their gums, can make them healthier and happier. I enjoy taking the time needed to answer questions and provide ongoing support.

"As much as I have always enjoyed the research and ongoing education that dental medicine requires in order to stay at the top of the game," said Abele, "I most enjoy the results I see in my much valued patients. They are the ones who make me look good."

— Dr. Thomas Abele

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— Thomas H. Abele, DMD



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SPOTLIGHT ON **Business** 2021

# Making impossible moves possible



More than 15 years of experience at Organize Senior Moves

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

**DELMAR** — The task of packing up and moving out of a home is daunting at any age; but consider one that helped raise a family — that has compiled

as much junk as it has cherished memories — and it will seem impossible.

Michelle Kavanaugh-Anastasi knows. She said moving can be one of the most stressful events we experience. Memories etched on door jams are

hard to leave, as are the tangible items on to which we hold. The franchise owner of Organize Senior Moves has more than 15 years of experience with helping seniors and their families in particular with doing the impossible.

“Without any question,” she said, “until you get the ball rolling. You won’t get that sense of relief until you call us.”

Kelly Cerza, officer manager for Organize Senior Moves, said it’s in that first call when future clients express feeling alone, being overwhelmed, and not knowing where to begin.

“Everyone’s needs are different,” said Cerza. “I tell them they have an ‘ala carte’ service [from which to choose].”

Senior adults have more in common than they think when it comes to feeling alone. According to a recent Pew Research Center study, 27 percent of U.S. adults aged 60 and older live alone — more than all of the 130 countries factored into

the study. As seniors grow older, and the need to move into a home with more comfortable surroundings, Cerza said the first question is often the same.

“We help them focus on what they are bringing with them.”

Organize Senior Moves offers a complimentary one-hour consultation. Kavanaugh and her staff walk in and gingerly approach the next step by walking clients through an assessment of those items. The process involves doing as much — or as little — as a client needs.

Organize Senior Moves helps clients develop a floor plan for their new home, downsize house items, pack up belongings and set up their new home. The details in between, such

as organizing estate sales, donating items to causes, staging the home for sale and landing the right moving company, are all included with their services.

“Being here, working with senior citizens, it’s a great thing to do,” said Elsie Pastor, franchise manager. “Moving one place to another, and them seeing their house all set up — they don’t need to do anything — they are grateful for the job we do for them.”

Kavanaugh-Anastasi said some clients compared the experience to being on an HGTV television show.

“The smiles on their faces when they walk in is why we do what we do,” she said. “It’s the best part of our job.”

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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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# SPOTLIGHT ON Business 2021



## Co-work in Latham

Sunrise Mgmt & Consulting celebrates opening of Sunrise Solars Coworking in Latham

**LATHAM** — Sunrise Management & Consulting has launched the newest coworking space in the Capital Region, Sunrise Solars Coworking, where original ideas and abundant coffee percolate.

The suburban-based coworking option is well-suited for today's needs as the region emerges from the pandemic. It is located in a brand-new building with private workspaces, windows that open, and high-efficiency air filtration. The building features cutting-edge architectural

design to capture passive solar energy and rooftop solar panels.

"There were vast changes to the office market due to COVID," explains Sunrise Management & Consulting President Jesse Holland. "Many office workers went remote, corporate footprints shrunk, and some companies went to a combined remote/in-person model. Awareness was at an all-time high of HVAC systems, MERV filtration, and the benefits of fresh air. We saw a departure of office workers from cities, and they were looking for a new workplace option."

"Our location is ideally positioned to be a coworking space that meets today's needs," said Holland. "Our second floor is separated into office spaces that can be used

for coworking or private office memberships with a turnkey office solution. Instead of having to pay for an office suite with a conference room, Internet service, and furniture all tied into a long-term lease, our clients like the flexibility of a membership model. They can also separately rent a conference room or event space for an hour or a day. Unlike many downtown workspaces, Sunrise Solars Coworking also offers free off-street parking without any hassle."

Whether members need a private office, a coworking all-access pass, or a ten-day pass, Sunrise Solars features several options, including renting a conference room by the hour for nonmembers.



Jim Franco / Spotlight News

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# SPOTLIGHT ON Business 2021

## Sights set on quality

Taras Optical provides thorough, personal, and dedicated eye care

**COLONIE** — Armed with more than thirty years of experience, optician Thomas Tarasovich has expanded his family-owned business into Latham.

Taras Optical specializes in all types of eyewear, from the mainstream to the unique.

“We also offer comprehensive eye exams for general health, eyeglasses, and contact lenses,” he said, but that’s not what sets them apart from the competition. “Our attention to detail is second to none. Our doctors are given time to be doctors. That means thoroughness. They listen to your concerns and answer your questions.”

Tarasovich was an auditor in the eyecare industry for two years but strives to set the standard for quality in his own shop even higher. “We provide the fine workmanship you deserve as well as offer a personal touch that the corporations just don’t care about anymore,” he said.

Among the staff members is his son,

Joe, who has twenty years of optical experience, “We are a family business and that means we try harder,” says Joe. “We want to cater to the needs of families and love seeing them back year after year. It’s the best kind of compliment.”

Taras Optical accepts most insurance providers and if it doesn’t, their team will help fill out the necessary paperwork for reimbursement. They also accept other doctors’ prescriptions.

Their new shop is located at 1207 Troy Schenectady Road in Latham while the Albany location can still be found at 971 Central Avenue, where it has been serving the community since 1983.

The offices are open for Summer Hours Monday, Tuesdays and Thursday from 10 a.m. to 6 p.m., Wednesdays and Fridays from 10 a.m. to 5 p.m. Closed Saturdays.

## A bank willing to help

National Bank of Coxsackie sees clients as individuals, not numbers

By **OLIVIA POUST**  
pousto@spotlightnews.com

**GLENMONT** — In a town full of large banks, the National Bank of Coxsackie stands out as a valued and trusted member of the Bethlehem community.

The Vice President, Manager and Business Development Officer for the bank’s Glenmont branch, Jody Shaw, explained that as a community bank, the primary goal is to be “able to service the people where we work.”

And whether it’s through PPP loan forgiveness or community service, they certainly achieve this mission.

The bank is active with the Bethlehem Chamber and participates in NBC

Cares. As a part of this program, the office closes for a day, following a collection drive for canned and dry foods, to volunteer at the Bethlehem Food Bank.

Additionally, the bank sponsors a Little League team in Bethlehem and has hosted the parade for Battlefield and Beyond.

While the bank’s community service certainly has a positive impact on the community, its effort to connect with local businesses is the true pillar of its business model.

“Being that we’re a community bank, we’re committed to helping local economics grow,” said Shaw.

Unlike many businesses during COVID-19,

The National Bank of Coxsackie was able to stay open. Some businesses, however, were not so lucky. Those that were forced to shut down are now in need of financial assistance, and the bank is prepared to help. It is offering a 5-year, low-rate small business loan.

Shaw explained that this loan is designed to help small businesses that were hit hard by the pandemic. “Maybe there’s a loan there for a low rate to help them get back on their feet while they’re all reopening.”

“We’re really committed to finding a way to help,” said Shaw. “... We’re definitely hands on and committed to working with each individual and each company to help them.”



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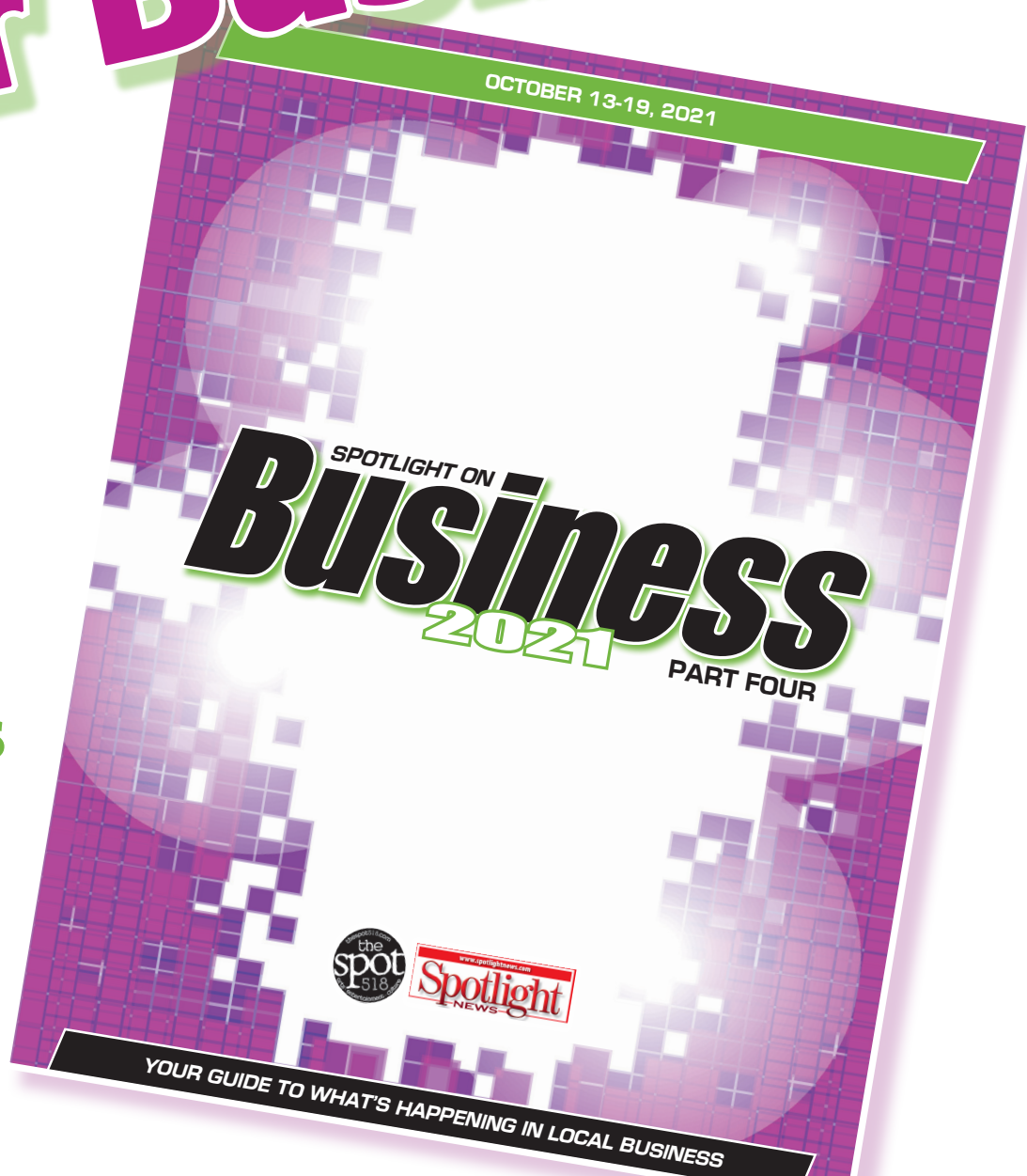
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**Alive with Amy Helm**  
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**Inside this issue:**  
SPOTLIGHT ON  
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2021  
A look at what's happening in Capital District businesses.

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**Music Haven**

The annual music festival will return to Central Park.

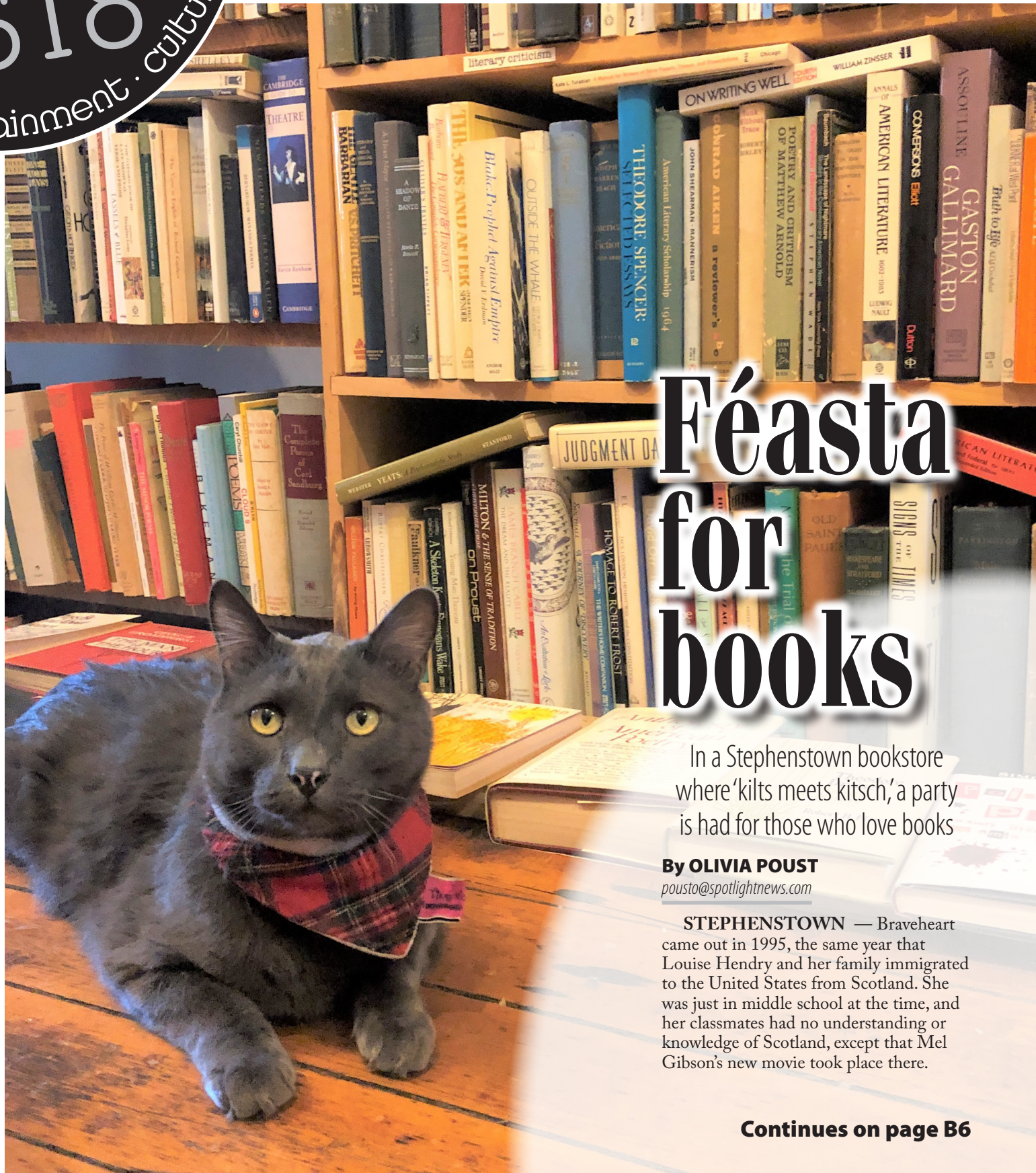
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**Grateful**

Proctors Collaborative receives great news from Washington.

Page B5



**Féasta for books**

In a Stephenstown bookstore where 'kilts meets kitsch,' a party is had for those who love books

By **OLIVIA POUST**  
[pousto@spotlightnews.com](mailto:pousto@spotlightnews.com)

**STEPHENSTOWN** — Braveheart came out in 1995, the same year that Louise Hendry and her family immigrated to the United States from Scotland. She was just in middle school at the time, and her classmates had no understanding or knowledge of Scotland, except that Mel Gibson's new movie took place there.

Continues on page B6



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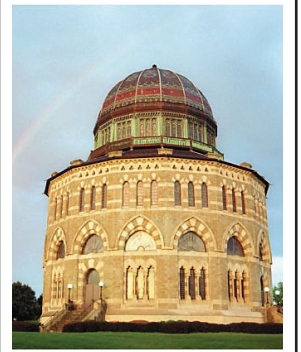
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OF NOTE

El Modernist's Will Fredette looks lovingly at his guitar. Who can blame him. We've all missed live music, too.

spm222photo/  
instagram

— Philip Morris  
CEO  
Proctors Collaborative



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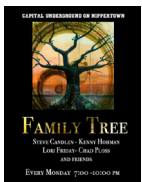
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RECENTLY ANNOUNCED

# Music Haven returns to Central Park

Annual Music Haven festival returns with a short, three-show season, opens Aug. 15

**SCHENECTADY** — Mona Golub, producing artistic director of Schenectady's Music Haven, announced an abbreviated, but dynamic three-show season for the acclaimed summer concert series.

"I'm thrilled to keep Music Haven on the map this summer and welcome friends and neighbors back to the heart of the park," said Golub, who has dedicated herself to producing concerts and events that gather community in Central Park since 1990. "As international travel and world tours begin to resume, I am already at work curating a full season

of spectacularly diverse global artistry - not to mention a few new special events - for the summer of 2022."

Artists from here and abroad will make their mark on Schenectady's Central Park starting with the opening show featuring blue guitarist Albert Cummings and special guests Wyld Blue on Sunday, Aug. 15.

The shows set to take the stage the final three Sundays in August. The next two shows are to feature Israeli/Iranian pop singer Liraz, with special guest Kanun virtuoso Firas Zreik (Aug. 22) and a pops concert by the Schenectady Symphony Orchestra under the direction of Glen Cortese, with special guest vocalists Mia Scirocco and Casey Grey (Aug. 29).

All concerts are free and begin at 7 p.m.

Music Haven 2021 launches with some classic

Americana, featuring blues guitar virtuoso Albert Cummings, touring in celebration of his new album, Believe, on Provogue Records. Cummings, who hails from the Northeast and cut his chops in the Capital Region, is now counted amongst the genre's elite. He's earned praise from the King of Blues, B.B. King and drawn comparisons to legends like Albert King, Jimi Hendrix and Stevie Ray Vaughan, whose band Double Trouble was so smitten that they volunteered to play on and produce Albert's first album. Cummings has since enjoyed a recording career that spans 20 years and earned a stellar reputation for his live performances. Kicking off the evening will be Wyld Blu, 2019 Eddie's Award winner in the Blues Band of the Year category.

The second concert of the season will invoke the series' international

mission in a journey to the Middle East with Israeli/Iranian pop singer, Liraz, who will be accompanied by several members of NYC's celebrated retro Ethiopian jazz collective, Anbessa Orchestra: Meitar Forkosh (violin), Dor Heled (keyboard), Ran Livneh (bass), Eran Fink (drums) and Navdad Livneh (guitar). Liraz, who is of Sephardic Jewish descent, worked on her latest album, Zan (Glitterbeat Records), under challenging conditions. To produce it, she was in covert correspondence with Iranian musicians whose recordings were smuggled out of the country and then added to her vocals, which were recorded in the Persian language of Farsi. Zan is Persian for women, and this album pays tribute to the women of Iran. All of the collaborators had to remain anonymous, according to Liraz, "These musicians

are my brothers and sisters, but our countries are enemies. If they were caught, they would be jailed," she explained to Songlines Magazine, the world's premier global music publication, which bestowed its coveted Best Artist Award on Liraz in 2021.

Liraz initially found fame as an actress, but in Los Angeles rediscovered her Iranian roots, immersed herself in the music and decided she would sing in Farsi. Here's a taste of Zan:

Palestinian Kanun virtuoso, Firas Zreik, will set the stage as the evening's special guest.


The final show of the 2021 season celebrates the return of the Schenectady Symphony Orchestra, under the direction of Glen Cortese. The program to be performed is inspired by "The American Songbook" and contains classic music from the Tin Pan Alley

era by Gershwin, Porter and Berlin, some Copland, traditional American folk tunes and great American film music by John Williams including "The Cowboys Overture" and a "Star Wars" medley.

Michele's Charcoal Pit returns to serve hungry Music Haven fans in 2021. And, as has become tradition, international and specialty offerings that reflect spirit of the concert and/or the locales from which the artists come, will be promoted in advance of each show.

Wine and local craft beverages from Wolf Hollow Brewing Company and Nine Pin Cider will be available. And Ben & Jerry's will scoop premium ice cream.

In the case of inclement weather, Proctors remains the official rain site for The Music Haven Concert Series.




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THEATRE

# ATF to welcome Tony Award-nominee

Proof's Johanna Day to be featured in ATF's 'Slow Food'

**GLENS FALLS** – Adirondack Theatre Festival is opening its 27th season on Tuesday, July 20 with a delicious comedy about marriage, "Slow Food."

The show features three distinguished Broadway, TV and film actors who have previously performed at ATF, including the two-time Tony Award-nominated actress Johanna Day. Day, nominated for Tony Awards for her Broadway performances in the Pulitzer Prize-winning plays "Proof" and "Sweat," will also be appearing on Broadway this season in "How I Learned to Drive." She is joined in "Slow Food" by Tyrone Mitchell Henderson and David Beach.

Day previously appeared

IF YOU GO

- **What:** Slow Food
- **When:** 7:30 p.m. July 20-25 and July 27-31, and 2 p.m.
- **Where:** Adirondack Theatre Festival, Glens Falls
- **How much:** \$45
- **Info:** www.atffestival.org

in the ATF productions of "Behave Yourself" and "Three Tall Women." "Three Tall Women" was the first theatrical production in the Wood Theater, performed while the building was still an empty Woolworth's five and dime store. Both productions were directed by ATF co-founder Martha Banta, who returns this season as interim producing artistic director.

Banta previously directed David Beach in ATF's "The Family

Business" and associate directed Beach in "Mamma Mia" on Broadway. Beach also participated in a new play reading of "The Banana Tree" during ATF's 2015 season. Henderson has been in three Banta-produced shows at ATF: "Wit," "Art" and "At Home in an Alien Land," a play he also wrote.

Day and Beach appear in the Wendy MacLeod play "Slow Food" as a vacationing couple – celebrating their anniversary – who find themselves battling with an absurd waiter who has them questioning everything from the menu to their marriage. This tender, uproarious comedy runs 90 minutes with no intermission.

"Slow Food" performances are 7:30 p.m. July 20-25 and July 27-31, and 2 p.m. July 28 at the Wood Theater. Tickets for "Slow Food" as well as

two other shows on the schedule – "Minding Miss Mae Mae" and "Traffic & Weather" – are on sale now. All seats are \$45. Tickets are available at atffestival.org and by calling the box office at (518) 480-4878.

Adirondack Theatre Festival productions this summer at the Wood Theater require that patrons show valid proof of vaccination (paper copy, digital application or the New York State Excelsior Pass in combination with a valid ID). Social distancing and mask wearing will be optional and not enforced by the theater.

Each evening ATF show at the Wood is preceded by "Shows on the Side" – performed outside in the alley next to the theater starting at 7 p.m. The 30-minute free performances feature some of the area's most talented musicians; a different artist will be featured nightly.

## A grateful Proctors

**SCHENECTADY** — Philip Morris received great news last week that will help "prime the pump of the entire Proctors Collaborative."

Proctors and Capital Repertory Theatre will together receive more than \$10 million from the federal government's Shuttered Venue Operating Grant program administered by the Small Business Administration.

The Proctors Collaborative CEO said it's less than he anticipated, but still express gratitude. Proctors was among the first business to close its doors and furlough staff amid the start of the COVID-19 pandemic. In a statement to theatre patrons, Morris explained that despite the theatre's efforts, the costs of maintaining both the theatre and a minimal staff amounted to \$5.3 million over 16 months.

Proctors will receive approximately \$9.4 million while theRep will be gifted \$709,000. Morris also thanked the more than 2,100 patrons who contributed more than \$3 million during shutdowns.

"Thank you for keeping the faith with us," said Morris. "We wanted to make sure you were the first to know of our support from SVOG and we will tell you as soon as we know about Universal Preservation Hall. We look forward to seeing you in our historic buildings very, very soon!"

— Michael Hallisey



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person,” she is more of a “book people person.” There is no doubt that Hendry loves books, as she has dedicated her work to sharing them with others, but it is even more apparent how much she loves the people she is sharing them with.

“When I was young, I liked books because I was bullied and I was super shy and books took me away from people... And now the irony is that I love books because books bring me to people, and books bring people to me,” said Hendry.

Since her business model is so focused on providing a positive, fun, and exciting experience for her customers, Hendry has made it especially easy to access books, and not just in their affordability.

She has created a strong social media presence for the store, which has allowed for her to sell books to customers all across the country. Hendry also noted that she’s always on the lookout for titles, authors, and genres that people have requested or made note of, referring to herself as a “matchmaker” and “personal book curator.”

She expressed that a successful



Louise Hendry holds Braveheart Books’ host, her pet cat Orson. Her book store in Stephenstown is a “party for books” and all who appreciate them.

Olivia Poust / The Spot 518

trip to her store isn’t marked by how many books or the specific titles customers walk out with. It’s more important to her that they leave with an experience that left a smile on their face.

“You don’t need to be a big store, you don’t need to have a big staff, you don’t have to have a big inventory to have a big heart,” said Hendry. “And I think that’s the great thing about small businesses: small business, big heart.”

Braveheart Books is located at 874-NY-43, Stephenstown, NY. The shop is open Friday-Monday from noon to 6 p.m. Hendry is open to private visits if customers

aren’t available those days or are passing through the area during the week. To schedule, call 518-733-6856.

Additionally, the shop’s outdoor book tent is open any day, as long as there is no rain, but call ahead to confirm.

## From page B1 ...

### Féasta for books

Jumping forward 20 years to 2015, Hendry bought a bookstore in Stephenstown, and it needed a name. Her father suggested Braveheart Books, and she instantly felt the store become her own. Hendry and her cat Orson transformed what was previously Down in Denver books to a homey, lipstick red shop, which she affectionately refers to as “kilt meets kitsch.”

As soon as customers are greeted by Hendry, they will

understand her mission for the store.

“The bookstore is a party for books; we are celebrating books. We have up-tempo music, we have lollipops, we have Orson the bookstore cat,” said Hendry. “... Joy is supposed to be shared, and this place is joy.”

As Hendry has grown alongside Braveheart Books, she learned that although she always considered herself a “book

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#### CLUES ACROSS

- Language group with Iranian influence
- No seats available
- Health insurance organization
- Having a strong sharp smell or taste
- Defunct European economic organization
- Dutch word for “language”
- Hard to penetrate
- When you’ll get there
- Iranian city
- Small fishes
- Dry white wine drink
- Turkish city
- U.S.-born people
- Synthetic resin
- Major nerve in human body
- Type of recording
- Small drum
- Alters
- General’s assistant (abbr.)
- Venezuelan capital
- Free of deceit
- Member of Ancient Hebrew nation
- Competition
- Launch an attack on
- Cavalry sword
- Spiritual leader
- One point east of due south
- Afflicted
- Database management system
- Snakelike fish
- Spiritual leader of a Jewish congregation
- Small drink
- Not wet
- Impudence

- Ribosomal ribonucleic acid
- Thin, compact object
- One attempting to find something
- No longer working
- Egg-shaped wind instrument
- Book of Genesis character
- Volcanic craters
- Brand of American automobile (slang)
- Hip hop icon Kool Moe
- Bangladeshi monetary unit
- Self-immolation by fire ritual
- Family of genes
- Et. indicates further
- Pacific Standard Time
- S. American wood sorrel
- Women’s movement
- Chinese hoopster Ming
- Layers of rock
- Patriotic women’s group
- Solid water
- Shade of brown
- Very fast airplane
- Put clothes on
- Quality of one’s character
- Time zone
- Primates
- Pleasantly
- Metrical feet
- Rogue
- German river
- Relieves from
- Swiss river
- Prejudice
- Actor Idris
- Those who resist authority
- Criticize

#### CLUES DOWN

- Father
- Performed perfectly

Answers on Pg. B13



**CULTURE**



# CDTA 'Scoots' along



**ALBANY** — It is another two-wheeled project by the Capital District Transportation Authority and this time it has an electric motor.

CDTA introduced Scoot to us on July 13 with live rides around its parking lot on Watervliet Avenue Extension.

“We are all about moving people,” sai Carm Basile, Chief Executive Officer for the Capital District Transportation Authority. “We are always looking for fun and innovative ways to get that done. And this is an example of that thinking.”

The program will begin with pop up events across the region and eventually settle in zones within the urban areas of the Capital District. The goal will expand with increased ridership.

“We think this will be very popular,” he said. “It will expand with rider demand.”

The scooters will be similar to the CDPHP Cycle program in that there is a charge to ride and all transactions take place within an app on the user’s mobile phone. The rider pays an unlocking fee and

CDTA CEO Carm Basile is flanked by New York State Assemblywoman Patrica Fahy and Assemblyman John McDonald as the transportation authority launches its latest “Scoot” program — electric scooters to be made available to the public.

Photos by John McIntyre / The Spot 518

a per-minute charge to ride.

Safety is a priority for the success of the program. Operators must be 18 years or older. CDTA says you should always wear a helmet and only one rider per scooter.

The scooters are picked up and unlocked at a scoot rack and must be returned to a rack. Riders must follow traffic laws including yielding to pedestrians, stopping at all red lights and stop signs. Scooters travel in the road and in the direction of traffic. Each scooter is equipped with a grip bell to signal others.

Scoot will operate from 6 a.m. to 11 p.m. from rack locations across the area. Specifics on where to find the racks will be updated on the program’s website [scootcdta.com](http://scootcdta.com).

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Answers on Pg. B13

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**FAMILY**

# Level up on your kitchen skills

A list of techniques that will up every beginner's game in the kitchen

**M**astering an assortment of cooking techniques is a key to becoming a great chef, whether you're an amateur cooking at home or a professional aspiring to earn a Michelin star. By understanding the various ways to prepare and cook food, cooks can work with a variety of ingredients and kitchen equipment en route to creating delicious meals.

Cooking comes down to three basic methods: dry heat, moist heat and combination cooking. Here's a look at some popular ways to cook a meal.

**Broiling**

Broiling involves cooking food directly below



dry heat. It produces a crispy, crunchy outer layer on the food.

**Roasting**

Another dry heat cooking method, roasting involves cooking food in an oven at high temperatures. Roasting is best for large cuts of meat or poultry that are tender and have internal or surface fats to keep them moist.

**Grilling**

Dry heat comes from the bottom when grilling over an open flame. Foods are cooked quickly while grilling.

**Searing**

During searing, one browns food, usually meat, on all sides using high heat to give the meat color and flavor. Then the

meat is finished utilizing another technique, typically roasting.

**Baking**

Baking utilizes indirect heat to surround foods and cook from all sides. It is similar to roasting, but the temperature tends to be lower than with roasting. Roasting is used on vegetables, meats and other foods. However, baking

is reserved for breads and cakes, among other things.

**Sautéing**

When you sauté, foods are cooked quickly over a burner in a shallow pan, using a small amount of fat to coat food for even browning. Sauté is a French term for "jump." Since food cooks quickly, they must be tossed and stirred frequently to prevent burning.

**Poaching**

This is a gentle method of cooking in which foods are submerged in liquids in a certain temperature range. The low heat is ideal for delicate items, preserving the flavor and moisture of the food without using fat or oil.

**Stewing**

Stewing is ideal for cooks who want to create very tender meats and vegetables. During stewing, food is cooked slowly in

liquid over low heat. This helps to tenderize tough cuts of meat.

**Pan-frying**

Similar to sautéing, pan-frying involves cooking food that may have coating or breading in a small amount of hot oil.

**Deep-frying**

Deep-frying submerges foods in very hot oil to cook it quickly and crisp it up.

**Braising**

Like stewing, braising utilizes moisture. To braise foods, place them in small amounts of liquid in a tightly covered pan on the stove or in the oven.

Practicing various cooking methods can help amateur chefs expand their culinary skill sets.

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*starts here.*

# HOROSCOPES

July 2021  
Week 3

**ARIES - MAR 21/APR 20**

You are inspired to study a new culture after reading about it in the news, Aries. Continuing your education may provide the challenge you've been looking for.

**TAURUS - APR 21/MAY 21**

Taurus, some good news about a friend puts a smile on your face. Congratulate this person and share his or her good fortune with others. Your support is appreciated.

**GEMINI - MAY 22/JUN 21**

This week you discover your instincts about something important have been spot on, Gemini. You usually can trust your gut when making challenging decisions.

**CANCER - JUN 22/JUL 22**

Cancer, once you make a plan you typically stick with it. This week, however, your willpower may weaken a tad and you may find yourself going off-script.

**LEO - JUL 23/AUG 23**

Don't be surprised if family members divulge some interesting news this week, Leo. You may alter your thinking about upcoming plans. Remember to follow your instincts.

**VIRGO - AUG 24/SEPT 22**

Virgo, some exciting opportunities are on the horizon. Let go of any hesitation you have and dive right in with both feet. Make the most of this exciting time.

**LIBRA - SEPT 23/OCT 23**

Someone may need your help in the weeks to come, Libra. Embrace this opportunity to help someone in need. They may show their appreciation in unique ways.

**SCORPIO - OCT 24/NOV 22**

Scorpio, success and good fortune are likely in store for you very shortly. You'll feel satisfied when the good news arrives, and it will carry you through the times ahead.

**SAGITTARIUS - NOV 23/DEC 21**

This is an excellent week to explore emotions and romantic feelings, Sagittarius. The more you give of yourself, the more you will get in return.

**CAPRICORN - DEC 22/JAN 20**

It is alright to feel uncertain about recent developments, Capricorn. You can take your time to process new information, and it is good to be informed.

**AQUARIUS - JAN 21/FEB 18**

You're adept at reading feelings and anticipating things that are on the horizon, Aquarius. Utilize your skills for the benefit of others. Your efforts won't go unnoticed.

**PISCES - FEB 19/MAR 20**

Pisces, this week you may feel a little out of sorts. Take some time to get away from it all and reset. It will be time well spent and you will feel recharged.



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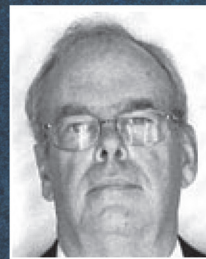
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■ TECHNOLOGY

# Slip sliding away while surfing the Wi-Fi

## Strats to stay off your smartphone

Smartphones are a significant part of life in the 21st century. According to the technology, data and analytics experts at Zenith, in 2019 the average American adult spent three hours and 30 minutes using mobile internet every day, with estimates suggesting that number could increase to more than four hours per day this year.

It's no secret that many people struggle when it comes to putting down their smartphones. The secret lies in learning how to unplug from smartphones, especially for the millions of people who are spending untold hours on such devices every day. A strong will to put smartphones down can help people do just that, and some additional strategies might make it easier to

*According to the technology, data and analytics experts at Zenith, in 2019 the average American adult spent three hours and 30 minutes using mobile internet every day, with estimates suggesting that number could increase to more than four hours per day this year.*

unplug as well.

### Keep your phone in another room

Many people are drawn to their smartphones by a seemingly endless stream of notifications. The addictive nature of notifications is debatable, but blaming notifications and merely turning them off may not be as effective a means to reducing smartphone



reliance as you think. A 2020 study by researchers at the London School of Economics and Political Science found that 89 percent of interactions with phones were unprompted. That suggests people are simply picking up their phones even when notifications or incoming calls aren't making them do so. Keeping a phone in another room when dining, reading a book, engaging with family members,

or participating in other activities can help people avoid that familiar urge to pick up their phone.

### Utilize apps to curtail usage

Various apps allow users to block their own access to other apps and websites. These apps, which include Flipd and Freedom, are designed to help smartphone users

regain productivity they might have lost due to their smartphone usage. The apps can be utilized in various ways, and one such way is to restrict access to games and websites during the workday. They also can be used to restrict access during family time or other hours of the day when people don't want to be distracted by the internet.

### Set up auto reply

Many professionals set up out-of-office messages to notify colleagues and clients when they're on vacation or engaging in projects that will prevent them from answering emails. The same principle can be applied to text messages. According to a 2019 survey from CTIA, which has tracked the evolution of the United States wireless industry since 1985, two trillion text messages were exchanged in 2019. That's a lot of messages, and texting is a

significant reason why so many people have problems putting down their phones. An automatic response informing friends, family and colleagues that you're away from your phone can be a great way to spend less time texting.

Users can try various approaches to spend less time on their phones.

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HEALTH and FITNESS

# Forget what you've heard about vaccines

Debunking the myths circulating around the COVID-19 vaccines

**V**accinating a high percentage of individuals against COVID-19 is a key component of the global strategy to diminish the effects of the virus that first appeared in late 2019. Since the distribution of the COVID-19 vaccines began in the United States on December 14, 2020, more than 294 million doses have been administered, and more than 135 million people, or 41 percent of the total U.S. population, have been fully vaccinated, according to data from the Centers for Disease Control and Prevention released in May 2021.

As vaccine eligibility continues to open up and now includes children as young as 12 for certain vaccines, public health agencies are urging eligible people to get vaccinated. However, with myths continuing to circulate, individuals may need a little more



reassurance that vaccination is the smart and safe choice. The following information, courtesy of Johns Hopkins Medicine, the CDC, the Cleveland Clinic and the Mayo Clinic Health System, can clear up some misinformation about the COVID-19 vaccines.

**Myth: Because COVID-19 vaccines were rushed, they're not safe and can't be trusted.**

**Fact:** The vaccines were

developed in record time but not because there were shortcuts in the process. Certain red tape was navigated more efficiently than it had been with past vaccines. Plus, the new technology at the center of the mRNA-based vaccines has been in development for more than three decades. The vaccine developers put the vaccines through rigorous clinical trials involving tens of thousands of volunteers.

**Myth: The vaccines affect fertility.**

**Fact:** COVID-19 vaccines encourage the body to create copies of the spike protein found on the surface of the coronavirus and "teach" the immune system to fight the virus that has that specific spike protein. There was confusion when this spike protein was mistakenly reported as the same as another spike protein that is involved in the growth and attachment of the placenta during pregnancy. During the Pfizer vaccine tests, 23 female study volunteers became pregnant. The only one to suffer a pregnancy loss had received the placebo and not the vaccine.

**COVID-19 vaccines will change my DNA.**

**Fact:** Both mRNA vaccines and viral vector vaccine, which is the technology for the Janssen vaccine, deliver genetic material to cells to start virus protection. The material never enters the nucleus of the cell, which is where DNA is stored. That means these vaccines do not alter or interact with DNA in any way.

**These vaccines have severe side effects.**

**Fact:** Side effects to the vaccines are short-term, mild or moderate reactions that often resolve without complication or injury and include things like headache, body aches, fatigue, or mild fever. The Janssen/Johnson&Johnson vaccine has been linked to blood clots in a very small percentage of vaccine recipients, but the risk was so minimal that the vaccine was cleared for use after a brief pause.

**Myth: The vaccines were made using controversial ingredients.**

**Fact:** The COVID-19 vaccines were not developed using fetal tissue, eggs, latex, or other allergens. In addition, they do not contain microchips or tracking devices.

Millions of people have been vaccinated against COVID-19. To continue this public health initiative, people who may still be wary about the vaccines can learn more about them by speaking with their physicians.

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

**Super Crossword Answers**

D	A	R	D		S	R	O		H	M	O				
A	C	R	I	D		E	E	C		T	A	A	L		
D	E	N	S	E		E	T	A		A	R	A	D		
	D	A	C	E	S		K	I	R		K	A	R	S	
					A	M	E	R	I	C	A	N	S		
P	O	L	Y	S	T	Y	R	E	N	E					
S	C	I	A	T	I	C		D	A	T					
T	A	B	O	R						E	D	I	T	S	
				A	D	C		C	A	R	A	C	A	S	
					T	R	A	N	S	P	A	R	E	N	T
				I	S	R	A	E	L	I	T	E			
R	A	C	E		S	I	C		S	A	B	E	R		
I	M	A	M		S	B	E			A	I	L	E	D	
D	B	M	S		E	E	L			R	A	B	B	I	
S	I	P			D	R	Y			S	A	S	S		

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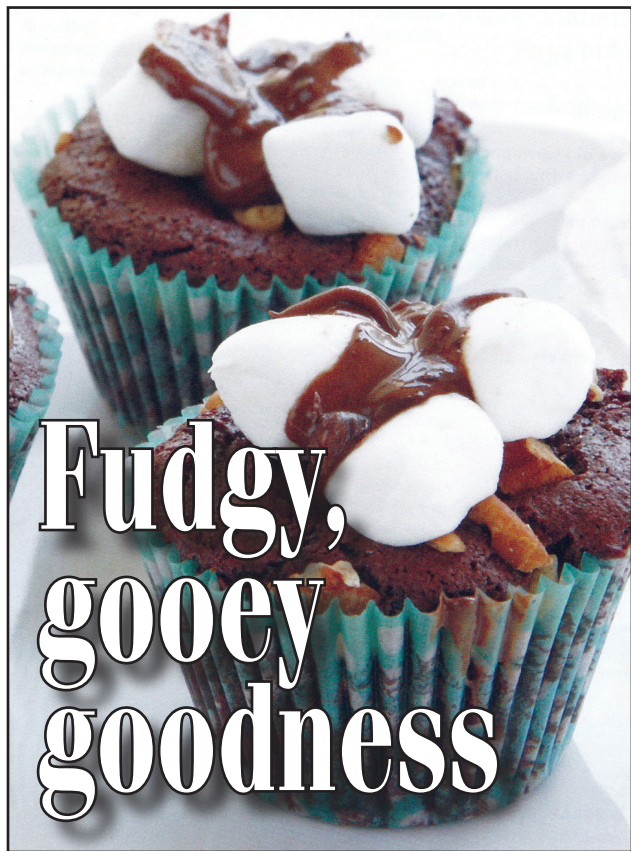
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Mississippi Mud Cake is a luscious combination of sweet chocolate, crunchy pecans and gooey marshmallows atop a rich chocolate cake. It's a variation on Mississippi Mud Pie, which uses many of the same ingredients but is served in pie form. This version 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

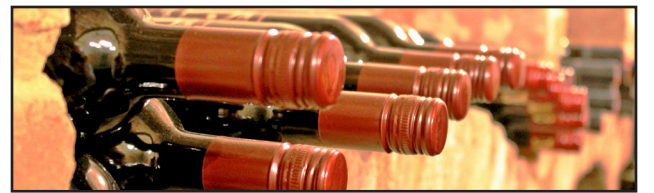
- 3/4 cup miniature marshmallows
- 24 chocolate kiss candies

#### 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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