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NEWS Small Business Saturday

A more community-based approach to holiday shopping

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TOP STORY

Level up?

Selkirk Fire District seeks a \$17.8M bond to improve its three aging stations, and residents will vote Tuesday, Dec. 11

By DIEGO CAGARA
cagarad@spotlightnews.com

SELKIRK — After more than 10 years of analyzing the efficiency and safety standards of its three stations, the Selkirk Fire District's Board of Commissioners has announced that a \$17.8 million bond vote to cover the costs of projects to make necessary upgrades to these facilities will take place on Tuesday, Dec. 11.

All three of Selkirk's fire stations were built more than 60 years ago. Selkirk Fire Co. 2, on Glenmont Road, was built in 1952 — the first was built in 1928. Now, the district is looking to upgrade.

Diego Cagara / Spotlight News

Continues on page 11

ENTERTAINMENT



Being mindful

A New York Times best-selling author visits a local school to teach the simple ways of appreciating the moment, and one's self.

Story on Page B1

SPORTS



Turkey Trot

Runners faced a sub-zero wind chill on Thanksgiving morning.

Story on Page 5

arts · entertainment · culture

See what's happening this week!

Check out our HOT SPOTS Calendar at: spotlightnews.com/hotspots

■ BUSINESS

Shopping local on Small Business Saturday

A more community-based approach to holiday shopping

By **DIEGO CAGARA**
cagarad@spotlightnews.com

CAPITAL DISTRICT — The holiday shopping season continued with Small Business Saturday on Nov. 24 as residents were encouraged to peruse local stores and support neighbors who own them.

Since American Express started the

movement eight years ago, it has grown nationally to join Black Friday and Cyber Monday in emboldening people to open their wallets. That movement has reached the Capital District, and the Bethlehem and Guilderland Chambers of Commerce, in particular, are hoping that the crowds don't just shop at larger-scale stores.

On the Bethlehem side, its chamber president Maureen McGuinness said it earned the designation of Neighborhood Champion for the movement on the local level by Amex.

She explained that the chamber had frequently corresponded with and received promotional materials from Amex for several months. Such materials included signs, reusable shopping bags, pens and banners, all aimed to supply participating small businesses in order to promote Small Business Saturday and their stores.

In turn, the chamber shared information with Amex so that it can gather nationwide statistics as to how many small businesses were participating in the movement. This year, she said that the chamber generally first reached out to small businesses to ask if they want to take part in the movement and let them know of the benefits, such as getting the aforementioned promotional materials.

"We also have been promoting Small Business Saturday by communicating about it in our weekly newsletters and on social media," McGuinness said. "It makes sense for the chamber to help out because we have dynamic businesses which would benefit the community."

On the Guilderland side, its chamber president Michelle Viola-Straight said that it has also been gathering marketing bags filled with promotional materials which it gave out to its sphere of small businesses. "We've been promoting to people to think, 'Shop local,' and reshape their mindsets," she said.

The chamber organized an event at the Guilderland Public Library on Saturday, Nov. 24 where 25 vendors were able to promote themselves, interact with residents, expand their social media outreach and network with other small businesses.

Viola-Straight specifically noted how the chamber has paid attention to Altamont too, where it reached out to small businesses there.

"Altamont is a tight and small community, and the people there love their small businesses. They do have a different set of concerns and hurdles to jump as residents there shop more within Altamont and don't typically want to go out to other areas to shop," she said. "So in general, we want to help businesses and work with local officials to create rich economic growth for each town, although



Small Business Saturday is one way to shop within and support the local community.

Michael Hallisey / Spotlight News

in Altamont, we want to keep in mind its quaint, rustic aspect as well."

She also brought up how the chamber has started setting up the Altamont Business Council which would be one of its divisions—it would have its chair and committee. She has attended village meetings in Altamont and even met with New Scotland's Douglas LaGrange in hopes of setting up another council in that town, too.

"By next year, we hope for two separate councils in Altamont and New Scotland," she said.

In Guilderland, Viola-Straight said that there have been many people moving into the town from elsewhere in the country in hopes of opening their own business and joining the chamber.

"Lots of folks will contact us and say, 'I'm looking to move from like California or Connecticut' and they'd ask about what the Guilderland area is like and where places like hospitals, stores, and schools are. We're basically a one-stop shop for business needs and advice."

Uncle Sam's All American Chocolate Factory—with a Colonie store at Newton Plaza on 594 New Loudon Road in Latham and a Schenectady one at

Continues on page 11

Albany Barn & Albany County Historical Association Present

Historic Holiday Market Trail

A month long holiday celebration in Albany's historic Arbor Hill neighborhood at the Albany Barn & Ten Broeck Mansion

December 2nd-16th

The Holiday Market Trail kicks off on Sunday, December 2nd and runs through December 16th and features a series of artisan vendor events offering art and handcrafted items, musical performances, DIY crafting sessions, and more. Check out the full description of the event below. (To register for any of the events below, please call Albany Barn (518-935-4858) or Ten Broeck Mansion (518 436-9826)



Sunday, December 2nd

• **Holiday House First Look**, 2-6pm @Ten Broeck Mansion: Join us for a preview of the Mansion's gracious rooms and halls beautifully decorated for the holidays by community volunteers. Enjoy light hors d'oeuvres and a visit from Sinterklaas. Admission is \$10 (\$5 for ACHA Members & Partners)

Thursday, December 6th

• **Candlelight Tour**, 7-9pm @Ten Broeck Mansion: Take a candlelight tour through the beautiful Ten Broeck Mansion and journey through the history of the American Christmas. Admission is \$15 (\$10 for ACHA Members & Partners)

Friday, December 7th

• **Gifted Holiday Market**, 6-9pm @Albany Barn*: Shop small this holiday season and browse handmade goods crafted by artisans in the Capital Region. Enjoy live holiday music, winter-themed snacks and cocktails, interactive art, and more.



• **Candlelight Tour**, 6:30pm & 7:30pm @Ten Broeck Mansion: Take a candlelight tour through the beautiful Ten Broeck Mansion and journey through the history of the American Christmas. Admission is \$15 (\$10 for ACHA Members & Partners)

Saturday, December 8th

• **Children's Story Hour**, 10:30-noon @Ten Broeck Mansion*: Bring your children to hear Holiday stories read by Sinterklaas, decorate cookies and take a photo with Sinterklaas.

• **Gifted open shopping hours**, 12-4pm @Albany Barn*: Browse a condensed selection of our handmade goods-including visual art, soaps, apparel, and more- while sipping warm beverages and enjoying holiday tunes.

• **Holiday Open House**, noon-2pm @Ten Broeck Mansion: Celebrate the Albany Holiday season with a visit to Holiday House at Ten Broeck Mansion's open house. Don't forget your camera! Admission is \$5 for adults, \$1 for children under 12.

Thursday, December 11th

• **Gifted open shopping hours**, 4-7pm @Albany Barn*: Browse a condensed selection of our handmade goods-including visual art, soaps, apparel, and more- while sipping warm beverages and enjoying holiday tunes.

• **'Holiday Drinks through History' Lecture by Craig Gravina**, 7-9pm @Ten Broeck Mansion: Join Craig Gravina, co-founder of the Albany Ale Project, for this special presentation, then try samples of some of the drinks discussed! Admission is \$20 (\$15 for ACHA Members & Partners)

Saturday, December 15th

• **Make & Take: Deck the Halls**, 11am-1:30pm @Albany Barn: Create all the elements you need to deck out your home for the holiday season. Admission is \$40 and includes one alcoholic beverage.

• **Holiday Tea Time**, 1pm @Ten Broeck Mansion: Enjoy a festive Holiday Tea served in the formal dining room. Enjoy a visit from Sinterklaas! Registration is \$20 and is required in advance.

• **Make & Take Junior**: Holiday Painting w/ Megan, 3-5pm @Albany Barn: Let your little ones flex their creative muscles. Admission is \$5 per child and includes supplies and a snack.

• **The Madrigals**, 5pm @Ten Broeck Mansion: Holiday songs performed by the the Helderberg Madrigal singers. Admission is \$25 (\$20 for ACHA Members & Partners)

Sunday, December 16th

• **Gifted open shopping hours**, 11-2pm @Albany Barn*: Browse a condensed selection of our handmade goods-including visual art, soaps, apparel, and more- while sipping warm beverages and enjoying holiday tunes.

• **The Musicians of Ma'al Wyck**, 2pm @Ten Broeck Mansion: Enjoy a special Ten Broeck Mansion Holiday Concert by the Musicians of Ma'alwyck. Admission is \$25 (\$20 for ACHA Members & Partners) and reservations are encouraged in advance.



Visit www.tenbroeckmansion.org or www.albanybarn.org for more details

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■ COMMUNITY

Local YMCA ready for holiday traffic

To keep residents physically active through the end of the year

By **DIEGO CAGARA**
cagarad@spotlightnews.com

BETHLEHEM — With so many Thanksgiving dinner leftovers, shopping temptations and more hearty holiday meals to come, it could become quite tough to stick to one's regular exercise routine or stay fit during this time of year.

Despite this general mindset, Carl Oropolla, the executive director of the Bethlehem branch of Capital District YMCA, said he believes that "people during this time of year are more determined to stay fit and active, and even though many think about the food and shopping, that gives people yet even more motivation."

Located at 900 Delaware Ave. in Delmar, the branch has scheduled a number of events and activities to welcome residents to stay active during this festive season.

Oropolla said that during the month of December, the Bethlehem Central High School hockey team will play Queensbury High on Wednesday, Dec. 5 at the YMCA. Also, on Dec. 28 and 29, various hockey teams from out of town

will come and play at 3 p.m. and 2:45 p.m. respectively, which will be open to the public. Oropolla added that "generally large crowds" come out for these games.

Andrea Fecteau, the branch's office assistant, scholarship coordinator and member service manager, said that a family movie night is planned for Friday, Dec. 7. Expect treats like popcorn and hot cocoa, she added.

Also, the Winter Ice Show will occur on Saturday, Dec. 15 from 12 to 2 p.m. which is held by the Albany Figure Skating Club. It will feature young figure skaters from across the Capital District who will perform both solo and in groups. Keep an eye out for a bake sale and basket raffle there too, all proceeds of which will support the club's activities and programs. Admission is \$5 for adults, \$3 for seniors and students, and it's free for children aged 5 and under.

Rusty Decker, the branch's program and rink director, said that on Sunday, Dec. 23 from 3:45 to 5:45 p.m., its ice rink will showcase a public skating session "with a holiday twist as there will be a Christmas tree at the center with presents all around." There will also be hot chocolates and snacks for attendees.

The session's admission prices are the same as they are all year round. For



Bethlehem YMCA expects more traffic as families gather for the holidays.

Diego Cagara / Spotlight News

YMCA members, it's \$2 for adults, \$1 for students, free for children aged 5 and under, and \$1 for skate rental. For non-members, it's \$5 for adults, \$4 for students, \$3 for children aged 5 and under, and \$2 for skate rental.

From Dec. 27 through 30, people can take a lifeguarding course from 9 a.m. to 5 p.m. To sign up for that, visit <https://cdymca.org/programs/>.

With all these events for the festive season, Oropolla said the branch expects a surge in attendance "because families and college students generally come home here

to visit for the holidays. The weather also limits outdoor activities."

Regarding numbers, he said the branch has 10,500 members and "usage of the Y is high in the holiday season. It's upwards of 35,000 swipes per month."

He concluded that "our branch boasts a welcoming space inside to hang out with family friends. So come on in!"

For more information about the branch and up-coming events, visit <https://cdymca.org/locations/bethlehem-ymca/>.

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COMMUNITY

What to expect at First Night

To bring families together and welcome 2019

By **DIEGO CAGARA**
 cagarad@spotlightnews.com

BETHLEHEM — The town's third annual First Night celebration will kick off on New Year's Eve on Monday, Dec. 31 with fireworks at the Four Corners at 6:30 p.m. and lots of family-friendly entertainment and activities within walking distance.

People can expect things like an outdoor ice sculpture, face painting, children-friendly crafts activities, a green screen photo booth, and a kosher food festival.

Organizations like Therapy Dogs International, Bethlehem Traditional Irish Dance, Broadway Bound Performing Arts Academy and the state Department of Environmental Conservation will also appear.

The live entertainment lineup will include Nisky Dixie Cats, magician Jim Snack, Andy the Music Man, and the Mendelssohn Club. There will even be a Bethlehem's Got Teen Talent Show at the Town Hall.

"First Night Bethlehem is a great new tradition that brings our community together to have fun and raise money for groups that help our neighbors in need," said Bethlehem Town Supervisor David VanLuven, in a press release sent out on Nov. 15.

Presented in partnership with the Bethlehem Chamber of Commerce, First Night helps raise money for local non-profit organizations and their programs—Bethlehem Community Fund, Bethlehem Opportunities Unlimited (BOU), Bethlehem Senior Projects,

and Friends of Bethlehem Parks and Recreation.

Buttons are \$10 per adult or \$15 on the day of the event, \$5 for ages 12 to 18, and they are free for children under 12.

They can be bought in person at the Bethlehem Public Library (451 Delaware Ave.), Town Hall (445 Delaware Ave.), Delmar Marketplace (406 Kenwood Ave.), Perfect Blend Cafe (376 Delaware Ave.), and Twisted Vine Wine & Tap (384 Kenwood Ave.).

Its premiere sponsors are Bryan Asset Protection, Inc. and Sunmark Federal Credit Union. Its signature sponsors are the town's Chamber of Commerce, Kinderbook Bank, McSharry and Associates Realty, Owens Corning, Policy Research Associates, and Quality PM, Inc.

It has over a dozen supporting sponsors too, including School's Out, Inc. and the Four Corners

Pharmacy.

"This is one example of why Bethlehem is a great place to live and work as business and community groups work together to organize a family-friendly celebration to kick off the New Year," said Maureen McGuinness, Bethlehem Chamber of Commerce's president.

For more up-to-date information, visit www.facebook.com/BethlehemFirstNight or follow @Bethlehem1stNgt on Twitter.

IN BRIEF

Grange to meet

SELKIRK — Bethlehem Grange #137 will hold its next monthly meeting in the Grange Hall on Wednesday, Dec. 19, beginning at 7 p.m. Visitors are welcome to attend.

The Grange Hall is located at 24 Bridge St. (NY Route 396) in Selkirk.

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November 28, 2018



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COMMUNITY SPORTS

A Turkey Trot tie

DELMAR — This year's Turkey Trot concluded with an exciting, two-way share for first place, on Thursday, Nov. 22.

Noah Valvo, of Delanson, and Keith Machavee, of Delmar, were at the hip when they both turned the corner into the Bethlehem Central Middle School parking lot for the final stretch. As the two runners approached the finish line, Machavee appeared to have the lead, but Valvo stretched his arm out across the finish line. Both registered an unofficial time of 16:23 to take home the trophy.

Abby Halm, a native of Alexandria, Virginia, earned the first place finish among women runners when she crossed the finish line at 20:21.

Running enthusiasts braved bitterly cold temperatures to participate in the Thursday morning race. Nearly all of the day's runners huddled inside

the middle school to take shelter from a sub-zero wind chill.

Weather forecasters predicted record cold temperatures for the Northeast as a winter cold front swept over the region the night before. The front produced wind gusts as high as 25 mph. Those winds rushed over a snowy landscape making the quiet town feel more like the inside of a freezer.

The Albany International Airport recorded the temperature at 11 degrees shortly before the start of the race. With a steady wind of 14 mph, the calculated wind chill was -5 degrees once the race began.

Check out our website for more photos of the race.

— Michael Hallisey



NOAH VALVO



ABBY HALM and KEITH MACHAVEE



HIGH SCHOOL SPORTS

Hoops ready to tip off

For most of Section II basketball season kicks off this week.

On Friday, Nov. 30, Bethlehem girls and boys will host Guilderland with the girls slated to tip off at 5:30 p.m.

Also, on Friday, Nov. 30, the Voorheesville boys will be at Cobleskill-Richmondville and the girls will be on the road to C-R.

The Ravena-Coeymans-Selkirk boys will be in Cohoes and the girls will host Cohoes.

The photo is from Guilderland's scrimmage against Schalmont on Saturday, Nov. 24.

— Jim Franco



■ COMMUNITY

BC grad runs for fourth

BETHLEHEM — A Bethlehem Central High School graduate placed fourth at the 2018 NCAA Division II East Regional Cross Country Championship's Men 10K Individual track event back on Nov. 17 in Bethpage, N.Y.

Christopher Davitt scored a time of 32:43.7. He was part of BCBS Class of 2016 and is now a junior at Le Moyne College in Syracuse.

He will next compete for Le Moyne in the NCAA Nationals XC Championship event in Pittsburgh, Pa., on Dec. 1.

— Diego Cagara

Photo provided: elitefeats



BCBS stages new play

BETHLEHEM — The Bethlehem Central High School is putting on John Cariani's play, "Almost Maine," with an extended weekend of performances.

The comedy is made up of nine short vignettes that explore topics like love and loss in a remote, mythical almost-town called Almost, Maine.

Originally premiering in 2004 in Portland, Maine, BCBS' production is part of the Theater Without a Net program.

Performances are on Friday, Dec. 7 and Saturday, Dec. 8 at 7 p.m., and Sunday, Dec. 9 at 2 p.m. As of Nov. 26, ticket sales are still being finalized although they will be available at the door. Tickets are tentatively planned to be first available for sale on Dec. 1.

For more information, send an email to Michelle Walsh at jmtwalsh@aol.com.

Holiday Toy Drive

ALBANY — The Albany Police Athletic League's annual Pitch In For PAL Toy Drive is now underway, and it is asking the community for its support.

The drive provides over 2,000 toys annually, which will be distributed to needy children during the holiday season.

Brand new, unwrapped toys may be placed in PAL Toy Drop-off Boxes now through Tuesday, Dec. 18.

Collection sites include all CAPCOM Federal Credit Union branches, Phillips

Hardware Stores, and Albany Police Headquarters.

Donations may also be dropped off at the Albany PAL Center, located at 844 Madison Ave. (the former Vincentian Institute) in Albany, from 9 a.m. to 5 p.m. daily.

For more information about the Pitch In For PAL Toy Drive, call the Albany PAL at 518-435-0392, send an e-mail to programs@albanypal.org or visit its website at www.AlbanyPAL.org.

Christmas Craft Fair

COLONIE — The Shaker Heritage Society is holding its 25th annual Christmas Craft Fair now through Wednesday, Dec. 14, at its headquarters near Albany International Airport.

This year's fair features more than 75 local artisans offering a variety of handcrafted items. Admission is free with a portion of proceeds benefiting the Shaker Heritage Society's ongoing maintenance and restoration efforts.

The craft fair is open daily, Monday through Saturday, from 10 a.m. to 4 p.m., with extended hours on Thursdays until 8 p.m. The fair is closed on Sundays.

For more information, contact the Shaker Heritage Society at 518-456-7890 or visit its website at home.shakerheritage.org.

The Shaker Heritage Society's headquarters are located at 25 Meeting House Road in Colonie.



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LEGALS**NOTICE OF LLC FORMATION**

1019 NELSON AVE BRONX NY LLC. Arts. of Org. filed with the SSNY on 05/15/18. Latest date to dissolve: 12/31/2117. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 660 Seneca Avenue, Ridge-wood, NY 11385. Purpose: Any lawful purpose. D-201259

NOTICE OF LLC FORMATION

1149 EAST 73rd STREET LLC. Arts. of Org. filed with the SSNY on 06/20/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 2631 East 64th Street, Brooklyn, NY 11234. Purpose: Any lawful purpose. D-201220

NOTICE OF LLC FORMATION

1162 ST. JOHN'S PLACE LLC. Arts. of Org. filed with the SSNY on 10/23/18. 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, 115-15 145th Street, Jamaica, NY 11436. Purpose: Any lawful purpose. D-200554

NOTICE OF LLC FORMATION

134 EMMUT PROPERTIES LLC. Arts. of Org. filed with the SSNY on 10/29/18. 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, 521 W. 48th Street, Suite A, New York, NY 10036. Purpose: Any lawful purpose. D-201011

NOTICE OF LLC FORMATION

1343 HOLDINGS LLC. Arts. of Org. filed with the SSNY on 11/01/18. 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 Danielle Leibowitz, 1343 55th Street, Brooklyn, NY 11219. Purpose: Any lawful purpose. D-201569

NOTICE OF LLC FORMATION

138-140 ASSOCIATES, LLC. Arts. of Org. filed with the SSNY on 12/21/17, with an existence date of 01/01/2018. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 112-41 Queens Boulevard, Suite 201, Forest Hills, NY 11375. Purpose: Any lawful purpose. D-202747

LEGALS**NOTICE OF LLC FORMATION**

16 SHALE LLC. Arts. of Org. filed with the SSNY on 09/17/18. 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, 614 Avenue X, Brooklyn, NY 11235. Purpose: Any lawful purpose. D-200130

NOTICE OF LLC FORMATION

161 W 61 STREET LLC. Arts. of Org. filed with the SSNY on 10/26/18. 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, 161 W 61 Street, Apartment C, New York, NY 10023. Purpose: Any lawful purpose. D-200960

NOTICE OF LLC FORMATION

1876 REALTY LLC. Arts. of Org. filed with the SSNY on 10/23/18. 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, 574 East Fordham Road, Bronx, NY 10458. Purpose: Any lawful purpose. D-200560

NOTICE OF LLC FORMATION

208 GRANDVIEW HOLDINGS LLC. Arts. of Org. filed with the SSNY on 11/01/18. 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 E.S. Barbaro, 5714 Amboy Road, Staten Island, NY 10309. Purpose: Any lawful purpose. D-201493

NOTICE OF LLC FORMATION

2131 FDB GARAGE LLC. Arts. of Org. filed with the SSNY on 02/01/18. 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 Hirshmark Capital LLC, 15 West 26th Street, Suite 901, New York, NY 10010. Purpose: Any lawful purpose. D-201565

NOTICE OF LLC FORMATION

2131 RETAIL A LLC. Arts. of Org. filed with the SSNY on 02/02/18. 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 Hirshmark Capital LLC, 15 West 26th Street, Suite 901, New York, NY 10010. Purpose: Any lawful purpose. D-200837

NOTICE OF LLC FORMATION

229 MALCOLM X FUNDING LLC. Arts. of Org. filed with the SSNY on 09/24/18. Office: Albany County. SSNY designated as agent of the

LEGALS

LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Hirshmark Capital LLC, 15 West 26th Street, Suite 901, New York, NY 10010. Purpose: Any lawful purpose. D-199486

NOTICE OF LLC FORMATION

24 SUMNER LLC. Arts. of Org. filed with the SSNY on 10/12/18. 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, 2 Grand Central Tower, 140 East 45th Street, 44th Fl, New York, NY 10017. Purpose: Any lawful purpose. D-201024

NOTICE OF LLC FORMATION

25 KENT GARAGE LLC. Arts. of Org. filed with the SSNY on 10/24/18. 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, 3522 Avenue S, Brooklyn, NY 11234. Purpose: Any lawful purpose. D-202798

NOTICE OF LLC FORMATION

2506 NEWKIRK AVENUE 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, 43-19 28th Avenue, Astoria, NY 11103. Purpose: Any lawful purpose. D-200691

NOTICE OF LLC FORMATION

268 THIRD STREET ALBANY, LLC. Arts. of Org. filed with the SSNY on 10/17/18. 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, 268 Third Street, Albany, NY 12206. Purpose: Any lawful purpose. D-199911

NOTICE OF LLC FORMATION

309 PROSPECT BLAZ LLC. Arts. of Org. filed with the SSNY on 11/05/18. 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, 138 Union Street, Suite 1B, Brooklyn, NY 11231. Purpose: Any lawful purpose. D-201698

NOTICE OF LLC FORMATION

311 PROSPECT WILLA LLC. Arts. of Org. filed with the SSNY on 11/05/18. 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, 138

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Union Street, Suite 1B, Brooklyn, NY 11231. Purpose: Any lawful purpose. D-201699

NOTICE OF LLC FORMATION

312 PROSPECT AVENUE LLC. Arts. of Org. filed with the SSNY on 06/20/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 2631 East 64th Street, Brooklyn, NY 11234. Purpose: Any lawful purpose. D-201232

NOTICE OF LLC FORMATION

3522 AVENUE S REALTY LLC. Arts. of Org. filed with the SSNY on 10/24/18. 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, 3522 Avenue S, Brooklyn, NY 11234. Purpose: Any lawful purpose. D-202798

NOTICE OF LLC FORMATION

43-19 28 AVENUE REALTY LLC. Arts. of Org. filed with the SSNY on 10/24/18. 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, 43-19 28th Avenue, Astoria, NY 11103. Purpose: Any lawful purpose. D-200691

NOTICE OF LLC FORMATION

442 VAN BRUNT ST. LLC. Arts. of Org. filed with the SSNY on 09/21/18. Latest date to dissolve: 12/31/2048. Office: Albany County. 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 Pamela Peterson, 70 Washington Avenue, Brooklyn, NY 11231. Purpose: Any lawful purpose. D-201568

NOTICE OF LLC FORMATION

4421 WPR DEVELOPMENT LLC. Arts. of Org. filed with the SSNY on 08/03/18. 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 SK Development LLC, 38 West 21st Street, 8th Floor, New York, NY 10010. Purpose: Any lawful purpose. D-202371

NOTICE OF LLC FORMATION

515 GROUP LLC. Arts. of Org. filed with the SSNY on 09/21/18. 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, 515 17th Street, Brooklyn, NY 11215. Purpose: Any lawful purpose. D-201570

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537 40th STREET LLC. Arts. of Org. filed with the SSNY on 10/19/18. 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, 537 40th Street, Brooklyn, NY 11232. Purpose: Any lawful purpose. D-200364

NOTICE OF LLC FORMATION

55 VESTRY THB LLC. Arts. of Org. filed with the SSNY on 10/23/18. 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, 55 Vestry Street, Apartment THB, New York, NY 10013. Purpose: Any lawful purpose. D-200561

NOTICE OF LLC FORMATION

576 MACON LLC. Arts. of Org. filed with the SSNY on 09/07/18. 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, 236 Decatur Street, Brooklyn, NY 11233. Purpose: Any lawful purpose. D-199482

NOTICE OF LLC FORMATION

639 MADISON STREET, LLC. Arts. of Org. filed with the SSNY on 09/21/18. 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, 41 Halsey Street, Brooklyn, NY 11216. Purpose: Any lawful purpose. D-201905

NOTICE OF LLC FORMATION

643-645 5TH AVE FUNDING LLC. Arts. of Org. filed with the SSNY on 10/10/18. 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 Hirshmark Capital LLC, 15 West 26th Street, Suite 901, New York, NY 10010. Purpose: Any lawful purpose. D-201566

NOTICE OF LLC FORMATION

660 86 HOLDING LLC. Arts. of Org. filed with the SSNY on 10/16/18. 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, 9322 Third Avenue, Suite 502, Brooklyn, NY 11209. Purpose: Any lawful purpose. D-199728

NOTICE OF LLC FORMATION

733 6TH AVE HOUSING LLC. App. for Auth. filed with the SSNY on 10/12/18. Originally filed with Secretary of State of New Jersey on

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10/12/2015. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 769 4th Avenue, Brooklyn, NY 11232. Purpose: Any lawful purpose. D-199612

NOTICE OF LLC FORMATION

778 MACDONOUGH REALTY LLC. Arts. of Org. filed with the SSNY on 10/18/18. 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, 44 Lorimer Street, 4th Floor, Brooklyn, NY 11206. Purpose: Any lawful purpose. D-200050

NOTICE OF LLC FORMATION

79 ERICA OWNER LLC. App. for Auth. filed with the SSNY on 10/17/18. Originally filed with Secretary of State of Delaware on 10/15/18. 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, 600 Third Avenue, 15th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-199907

NOTICE OF LLC FORMATION

80 PARK LLC. Arts. of Org. filed with the SSNY on 10/18/18. 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, 15 Park Avenue, New York, NY 10016. Purpose: Any lawful purpose. D-201964

NOTICE OF LLC FORMATION

880 WOODWARD LLC. Arts. of Org. filed with the SSNY on 11/19/18. 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, P.O. Box 863606, Ridge-wood, NY 11386. Purpose: Any lawful purpose. D-203037

NOTICE OF LLC FORMATION

951 LORIMER LLC. Arts. of Org. filed with the SSNY on 11/07/2018. Office loc: Albany County. SSNY has been designated as agent upon whom process against the LLC may be served. SSNY shall mail process to: The LLC, 15 Fairview Ave, Great Neck, NY 11023. Purpose: Any Lawful Purpose. C-201852

NOTICE OF LLC FORMATION

A LISTERS HOLDINGS LLC. Arts. of Org. filed with the SSNY on 10/18/18. 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 Falcon Rappaport &

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Berkman PLLC, 265 Sunrise Highway, Suite 50, Rockville Centre, NY 11570. Purpose: Any lawful purpose. D-200102

NOTICE OF LLC FORMATION

A LISTERS LLC. Arts. of Org. filed with the SSNY on 10/18/18. 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 Falcon Rappaport & Berkman PLLC, 265 Sunrise Highway, Suite 50, Rockville Centre, NY 11570. Purpose: Any lawful purpose. D-200104

NOTICE OF LLC FORMATION

ABDIEL JACOBSEN DANCE COLLECTIVE LLC. Arts. of Org. filed with the SSNY on 10/15/18. 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, 200 W. 20th St., Apt. 401, New York, NY 10011. Purpose: Any lawful purpose. D-203029

NOTICE OF LLC FORMATION

ANEMOS ENTERPRISES LLC. Arts. of Org. filed with the SSNY on 11/08/18. 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, 100 Hinsdale Street, Brooklyn, NY 11207. Purpose: Any lawful purpose. D-202079

NOTICE OF LLC FORMATION

ARIANNA SKINCARE, LLC. Arts. of Org. filed with the SSNY on 05/05/14. Latest date to dissolve: 12/31/2107. Office: Albany County. 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 Aldad & Associates, P.C., 350 Fifth Avenue, Suite 5507, New York, NY 10118. Purpose: Any lawful purpose. EB-200222

NOTICE OF LLC FORMATION

ASHER AIDEN VENTURE 1 LLC. Arts. of Org. filed with the SSNY on 10/25/18. 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, 733 Livonia Avenue, Brooklyn, NY 11207. Purpose: Any lawful purpose. D-202626

NOTICE OF LLC FORMATION

ASK-OBK 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, 360 Central Park West, 8E, New York, NY 10025. Purpose: Any lawful purpose. D-201835

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AVDINCO VERNON LLC. Arts. of Org. filed with the SSNY on 10/25/18. 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 Gordon & Petkos LLP, 1790 Broadway, Suite 710, New York, NY 10019. Purpose: Any lawful purpose. D-201653

NOTICE OF LLC FORMATION

B3M, LLC. Arts. of Org. filed with the SSNY on 10/16/18. 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, 1410 Herkimer Street, Brooklyn, NY 11233. Purpose: Any lawful purpose. D-200725

NOTICE OF LLC FORMATION

BEIT ROMEMU, LLC. Arts. of Org. filed with the SSNY on 09/19/18. 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 Barry Kitaeff, c/o Matthews & Co, LLP, 270 Madison Avenue, New York, NY 10016. Purpose: Any lawful purpose. D-202663

NOTICE OF LLC FORMATION

BENTON HEIGHTS LLC. Arts. of Org. filed with the SSNY on 10/30/18. 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, 381 Park Avenue South, Suite 621, New York, NY 10016. Purpose: Any lawful purpose. D-202258

NOTICE OF LLC FORMATION

BLUEPROPELLER.COM, LLC. Arts. of Org. filed with the SSNY on 11/13/18. 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, 733 Livonia Avenue, Brooklyn, NY 11207. Purpose: Any lawful purpose. D-202626

NOTICE OF LLC FORMATION

BP 33 DEVELOPER LLC. Arts. of Org. filed with the SSNY on 09/19/18. 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 David Goldban, Starrett Companies LLC, 70 East 55th Street, 7th Fl, New York, NY 10022. Purpose: Any lawful purpose. D-201658

NOTICE OF LLC FORMATION

BP NEPTUNE 33 MANAGER LLC. Arts. of Org. filed with the SSNY on 09/19/18. Office: Albany County. SSNY des-

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igned as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o David Goldban, Starrett Companies LLC, 70 East 55th Street, 7th Fl, New York, NY 10022. Purpose: Any lawful purpose. D-201659

NOTICE OF LLC FORMATION

BRIT ASSOCIATES LLC. Arts. of Org. filed with the SSNY on 10/10/18. 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, 199-04 Romeo Court, Hollis, NY 11423. Purpose: Any lawful purpose. D-201561

ADVERTISEMENT FOR BIDS

NOTICE IS HEREBY GIVEN, that sealed proposals are sought and requested by the Bethlehem Central School District for Work of a Single Contract for Work at the Bethlehem Bus Garage in accordance with Drawings, Specifications, and other Bidding and Contract Documents prepared by Ashley McGraw Architects, 125 East Jefferson Street, Syracuse, New York 13202.

Bus Garage N.Y.S.E.D. No. 01-03-06-06-5-010-011 Bids are requested for General Construction Work. Project includes work associated with the addition of a mezzanine and air compressor system in Bus Garage Bay 5. Work must be completed on or before Friday, May 31, 2019.

Sealed Bids will be received until 2:00pm, local time on Tuesday December 11, 2018 at the Operations and Maintenance (O&M) Department, 65 Elm Avenue, Delmar, NY 12054, at which time all bids will be opened and read aloud.

The Bidding Documents shall be available beginning Wednesday, November 28, 2018 and may also be examined at the following locations:

Associated Building Contractors of the Triple Cities, Inc. 15 Belden Street Binghamton, NY 13903 www.abcthetriplecities.com

Builders Exchange of Rochester, Inc. 180 Linden Oaks, Suite 100 Rochester, NY 14625 www.robex.com

Construction Exchange of Buffalo & Western New York, Inc. 2660 William Street Cheektowaga, NY 14227 www.conexbuff.com

Eastern Contractors Association, Inc. 6 Airline Drive Albany, NY 12205 www.ecainc.org

Mohawk Valley Builders Exchange, Inc. 728 Court Street Utica, NY 13502 www.mvbe.com

Northern New York Builders Exchange, Inc. 22074 Fabco Road Watertown, NY 13601 www.nnybe.com

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Exchange, Inc. 6563 Ridings Road Syracuse, NY 13206 www.syrabex.com

Reed Construction Data 30 Technology Pkwy South, #100 Norcross, GA 30092 www.reedconstruction-data.com

McGraw Hill / Dodge Reports Online www.construction.com Works in Progress 20 Farrell Street South Burlington, VT 05403

www.worksinprogress.com Bethlehem CSD, O&M Offices 65 Elm Avenue Delmar, NY 12054

Local contractors interested in bidding this project may obtain Contract Documents directly from the Owner, upon deposit of \$20.00 for each complete set, at the Operations and Maintenance Department, 65 Elm Avenue, Delmar, NY 12054

Otherwise, drawings, specifications, and bid form (Contract Documents) may be obtained from the Plan Holder: Plan & Print Systems, Inc., (315-437-5111) 6160 Eastern Avenue, Syracuse, New York 13211, upon deposit of \$20.00 for each complete set payable to Bethlehem Central School District. A separate, non-refundable check in the amount of \$15.00 per set payable to Plan & Print Systems, Inc. is required for shipping and handling.

Checks for deposit for Contract Documents shall be made payable to the Bethlehem CSD (but delivered to Plan Holder).

Checks for shipping and handling costs shall be made payable to the Plan Holder, or bidders may pick up documents in person.

Cash is not acceptable as a deposit for Contract Documents. Partial sets requested, shall be obtained by interested parties, at their cost, with no money returned.

Documents may also be viewed free of charge at the Plan Holder's website.

CHECKS RECEIVED WITHOUT TELEPHONE NUMBER, FAX NUMBER, AND SHIPPING ADDRESS SHALL BE RETURNED:

PLANS AND SPECS WILL NOT BE SHIPPED TO POST OFFICE BOXES.

Contractors who have paid aforesaid deposit for an entire set of Bidding and Contract Documents and return such sets to Plan Holder in good condition within thirty (30) calendar days after opening of bids, shall receive refund of such deposit for each set, not exceeding three (3), so returned to Plan Holder.

As bid security, each proposal shall be accompanied by Certified Check or Bid Bond made out to Owner, in accordance with amounts and terms described in INSTRUCTIONS TO BIDDERS.

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DEERS.

The Owner reserves the right to waive any informalities in, or to reject, any and all bids. No bidder may withdraw his proposal within thirty (30) calendar days of actual date of opening thereof.

Pre-Bid Conference: December 4th 10:30am at 82 Van Dyke Road, Delmar, NY 12054 D-202667

NOTICE OF LLC FORMATION

CATE JOSH FUNDING LLC. Arts. of Org. filed with the SSNY on 10/26/18. 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, 110 Third Avenue, Unit 11A, New York, NY 10025. Purpose: Any lawful purpose. D-200886

NOTICE OF LLC FORMATION

CAVALLO CONSULTING, LLC. Arts. of Org. filed with the SSNY on 10/29/18. 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 Tesser, Ryan & Rochman, LLP, 509 Madison Avenue, New York, NY 10022. Purpose: Any lawful purpose. D-201010

NOTICE OF LLC FORMATION

CE MEMBER, LLC. Arts. of Org. filed with the SSNY on 11/07/18. 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 Edward B. Safran, Esq., 88 Pine Street, 7th Floor, Wall Street Plaza, New York, NY 10005. Purpose: Any lawful purpose. D-201965

NOTICE OF PLLC FORMATION

CITTADINO LAW PLLC. Arts. of Org. filed with the SSNY on 10/23/18. 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, 23-23 Astoria Boulevard, Apartment 4F, Astoria, NY 11102. Purpose: For the practice of the profession of Law. D-200482

NOICE OF LLC FORMATION

CONVERSATION PRODUCTIONS, LLC. Arts. of Org. filed with the SSNY on 10/19/18. 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, 595 West End Avenue, Apt. 12D, New York, NY 10024, ATTN: Marie Arlo. Purpose: Any lawful purpose. D-200154

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NOTICE OF LLC FORMATION

CYPRESS INN CAFE, LLC. Arts. of Org. filed with the SSNY on 10/25/18. 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, 1702 Stanhope Street, Ridgewood, NY 11385. Purpose: Any lawful purpose. D-200776

NOTICE OF LLC FORMATION

DANIELLE ROBIN LLC. Arts. of Org. filed with the SSNY on 10/11/18. 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, 230 Riverside Drive, #16FG, New York, NY 10025. Purpose: Any lawful purpose. D-200073

NOTICE OF LLC FORMATION

DAVID'S DELI & GRILL LLC. Arts. of Org. filed with the SSNY on 10/24/18. 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, 344 West 145th Street, New York, NY 10039. Purpose: Any lawful purpose. D-200642

NOTICE OF LLC FORMATION

DCAB LLC. Art. of Org. filed with the SSNY on 01/18/17. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 353 Lexington Avenue, 5th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-200834

NOTICE OF LLC FORMATION

DD FABRICATOR LLC. Arts. of Org. filed with the SSNY on 10/31/18. 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, 562 Irving Avenue, Brooklyn, NY 11237. Purpose: Any lawful purpose. D-201386

NOTICE OF LLC FORMATION

EJM CRANE & RIGGING, LLC. Arts. of Org. filed with the SSNY on 09/18/18. 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, 94-28 85th Avenue, Woodhaven, NY 11421. Purpose: Any lawful purpose. D-200831

NOTICE OF LLC FORMATION

ELECTRONIC ARCIKTEKURE LLC. Arts. of Org. filed with the SSNY on 10/24/18. Office: Albany County. SSNY designated as agent of the LLC upon

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whom process against it may be served. SSNY shall mail copy of process to the LLC, 221 Hyatt Avenue, 2nd Floor, Yonkers, NY 10704. Purpose: Any lawful purpose. D-200643

NOTICE OF LLC FORMATION

ELITE MEDIA STRATEGIES, LLC. Arts. of Org. filed with the SSNY on 10/24/18. Latest date to dissolve: 12/31/2118. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 201 Benjamin Street, Schenectady, NY 12303. Purpose: Any lawful purpose. C-200833

NOTICE OF LLC FORMATION

ELTHE, LLC. Arts. of Org. filed with the SSNY on 10/26/18. 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, PO Box 534, New York, NY 10279. Purpose: Any lawful purpose. D-200888

NOTICE OF QUALIFICATION OF FEATHERS FITNESS FACTORY, LLC

a foreign Limited Liability Company organized under the laws of Delaware whose Certificate of Formation was filed on October 29, 2018 with the Delaware Secretary of State. An Application for Authority to do Business in New York State was filed with the New York Secretary of State on November 5, 2018. Its office is located in Albany County. The Secretary of State has been designated as agent upon whom process may be served and shall mail a copy of any process served on him or her to 111 Washington Avenue, Suite 501, Albany, New York 12210. The address of its Delaware office is Corporation Trust Center, 1209 Orange Street, Wilmington, Delaware 19801. Its business is to engage in any lawful activity. D-201753

NOTICE OF LLC FORMATION

FERN AND MOSS LLC. Arts. of Org. filed with the SSNY on 10/25/18. 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, 74 Reade Street, Apartment 1W, New York, NY 10007. Purpose: Any lawful purpose. D-200778

NOTICE OF LLC FORMATION

FIVE TIMES FIVE LLC. Arts. of Org. filed with the SSNY on 11/07/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-

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cess to the LLC, 5860 SW 130th Terrace, Pinecrest, FL 33156. Purpose: Any lawful purpose. D-201967

NOTICE OF LLC FORMATION

FLETCHER CHANCEY STUDIO LLC. Arts. of Org. filed with the SSNY on 10/27/17. Office: Albany County. 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 Fletcher Chancey, 412 Putnam Ave, Brooklyn, NY 11216. Purpose: Any lawful purpose. D-200153

NOTICE OF LLC FORMATION

FORDWASH PARTNERS LLC. Arts. of Org. filed with the SSNY on 06/11/18. 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, 619 West 54th Street, Suite 10A, New York, NY 10019. Purpose: Any lawful purpose. D-199472

NOTICE OF LLC FORMATION

FOREST & 161 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 Eugenia Diaz, 86-23 Eton Street, Jamaica, NY 11432. Purpose: Any lawful purpose. D-201838

NOTICE OF LLC FORMATION

FRANKLIN BEAN LLC. Arts. of Org. filed with the SSNY on 10/24/18. 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, 805 Third Avenue, 10th Floor, New York, NY 10022. Purpose: Any lawful purpose. D-200644

NOTICE OF LLC FORMATION

G&V POWER LLC. Arts. of Org. filed with the SSNY on 10/23/18. 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, 34-20 Tibbett Avenue, Bronx, NY 10463. Purpose: Any lawful purpose. D-200483

NOTICE OF LLC FORMATION

GARLAND HOLDINGS, LLC. Arts. of Org. filed with the SSNY on 10/24/18. 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, 26 Cobec Court, Brooklyn, NY 11223. Purpose: Any lawful purpose. D-201562

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NOTICE OF LLC FORMATION

GCS Lib LLC. Arts. of Org. filed with the SSNY on 10/24/18. 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 Grand Cru Selections, 5 West 19th Street, Unit #3R, New York, NY 10011. Purpose: Any lawful purpose. D-200646

NOTICE OF LLC FORMATION

GIRAUD JENKINS REALTY LLC. Arts. of Org. filed with the SSNY on 10/26/18. 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, 766 East 224th Street, Basement, Bronx, NY 10466. Purpose: Any lawful purpose. D-200962

NOTICE OF LLC FORMATION

GSD LOGISTICS, LLC. App. for Auth. filed with the SSNY on 11/06/18. Originally filed with Secretary of State of Delaware on 05/15/18. 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, 420 Lexington Avenue, 30th Floor, New York, NY 10170. Purpose: Any lawful purpose. D-201831

NOTICE OF LLC FORMATION

GVC 242 TENTH SPONSOR LLC. Arts. of Org. filed with the SSNY on 10/25/18. 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, 30 East 9th Street, #3BB, New York, NY 10003. Purpose: Any lawful purpose. D-200800

NOTICE OF LLC FORMATION

HALSE PROPERTIES LLC. Arts. of Org. filed with the SSNY on 10/02/18. 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, 71 Fuller Road, Albany, NY 12205. Purpose: Any lawful purpose. D-200301

NOTICE OF LLC FORMATION

HEIGHTS PARTNERS LLC. Arts. of Org. filed with the SSNY on 10/04/18. 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, 377 Park Avenue South, 5th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-202259

NOTICE OF LLC FORMATION

HL INVESTOR GROUP LLC. Arts. of Org. filed with the SSNY on 11/13/18. Office: Albany

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County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 197 Columbia Street, Brooklyn, NY 11231. Purpose: Any lawful purpose. D-202490

NOTICE OF LLC FORMATION

HUGH MORTON HOLDINGS LLC. Arts. of Org. filed with the SSNY on 10/22/18. Latest date to dissolve: 12/07/2099. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 22 Willow Street, Brooklyn, NY 11201. Purpose: Any lawful purpose. D-200302

NOTICE OF LLC FORMATION

HVR CONSULTING LLC. Arts. of Org. filed with the SSNY on 11/15/18. 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, 550 West 54th Street, Apartment 27C, New York, NY 10019. Purpose: Any lawful purpose. D-202707

NOTICE OF LLC FORMATION

I.S. GOLD MARKET LLC. Arts. of Org. filed with the SSNY on 10/22/18. 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, 5625 Broadway, Bronx, NY 10463. Purpose: Any lawful purpose. D-200269

NOTICE OF LLC FORMATION

JACOBUCCI REALTY LLC. Arts. of Org. filed with the SSNY on 11/09/18. 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, 264 Webster Avenue, #410, Brooklyn, NY 11230. Purpose: Any lawful purpose. D-202332

NOTICE OF PLLC FORMATION

JENNIFER CLIFT, PsyD PLLC. Arts. of Org. filed with the SSNY on 11/07/18. 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, c/o Jennifer Clift, 214 E. 73rd Street, Apartment 3D, New York, NY 10021. Purpose: For the practice of the profession of Psychology. D-201969

NOTICE OF LLC FORMATION

JLJL REALTY LLC. Arts. of Org. filed with the SSNY on 10/31/18. 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, 201

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LEGALS

East 62nd Street, 12A, New York, NY 10065. Purpose: Any lawful purpose. D-201388

NOTICE OF LLC FORMATION

JLM PROPERTY MANAGEMENT LLC. Arts. of Org. filed with the SSNY on 10/18/18. 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, 181 E. 90th Street, #3B, New York, NY 10128. Purpose: Any lawful purpose. D-200044

NOTICE OF LLC FORMATION

JRZ INVESTOR LLC. Arts. of Org. filed with the SSNY on 08/02/18. 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 Keystone Equities, 1270 Broadway, Suite 709, New York, NY 10001. Purpose: Any lawful purpose. D-201484

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

NAME: K&S FIRE PROTECTION SERVICES, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on October 17, 2018. Office location: The Mailing Address of the limited liability company's office is 14 Heather Lane, Delmar, New York, 12054, County of Albany. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC at 22 Clinton Avenue, Albany, New York 12207. For any lawful purpose. D-200227

NOTICE OF LLC FORMATION

KEVIN J BREEN CONSULTING LLC. Arts. of Org. filed with the SSNY on 10/23/18. 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, 176 16th Street, Brooklyn, NY 11215. Purpose: Any lawful purpose. D-200486

NOTICE OF LLC FORMATION

KINGS MEDICAL MANAGEMENT CO LLC. Arts. of Org. filed with the SSNY on 10/26/18. 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 Giovanniello & Co., 100 Merrick Road, Suite 206W, Rockville Centre, NY 11570. Purpose: Any lawful purpose. D-200889

NOTICE OF LLC FORMATION

KNOT + CLOVER LLC. Arts. of Org. filed with the SSNY on 10/24/18. Office: Albany County. SSNY designated as

LEGALS

agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 24 Sunnyside Avenue, Harrison, NY 10528. Purpose: Any lawful purpose. D-200731

NOTICE OF LLC FORMATION

KPEP REALTY LLC. Arts. of Org. filed with the SSNY on 11/15/18. 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 Esphir Popilevsky, 44 Robin Court, Staten Island, NY 10309. Purpose: Any lawful purpose. D-202708

NOTICE OF LLC FORMATION

LA BELLEZZA REALTY LLC. Arts. of Org. filed with the SSNY on 09/24/18. 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, 1855 Colden Avenue, Bronx, NY 10462. Purpose: Any lawful purpose. D-199477

NOTICE OF LLC FORMATION

LAYER, LLC. Arts. of Org. filed with the SSNY on 10/24/18. 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 Anthony Watts, 450 West 24th Street, #10D, New York, NY 10011. Purpose: Any lawful purpose. D-202664

NOTICE OF LLC FORMATION

LENOX TWINS, LLC. Arts. of Org. filed with the SSNY on 10/24/18. 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, 1652 Park Avenue, Suite LL, New York, NY 10035. Purpose: Any lawful purpose. D-200650

NOTICE OF LLC FORMATION

LIAM PARKING SERVICES, LLC. Arts. of Org. filed with the SSNY on 09/18/18. 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, 107-13 103rd Street, Ozone Park, NY 11417. Purpose: Any lawful purpose. D-200832

NOTICE OF LLC FORMATION

LS LOFT, LLC. Arts. of Org. filed with the SSNY on 10/25/18. 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, 2189 Waterford Grace, New Braunfels, TX 78130. Purpose: Any lawful purpose. D-200779

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LUCKY118 LLC. Arts. of Org. filed with the SSNY on 11/05/18. 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, 155 Water Street, Suite 502, Brooklyn, NY 11201. Purpose: Any lawful purpose. D-201686

NOTICE OF LLC FORMATION

LUKIC CONSULTANTS LLC. Arts. of Org. filed with the SSNY on 10/17/18. 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, 31-10 37th Avenue, Suite 301, Long Island City, NY 11101. Purpose: Any lawful purpose. D-199908

NOTICE OF LLC FORMATION

MIDWOOD MONTES-SORI, LLC. Arts. of Org. filed with the SSNY on 11/16/18. 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 Edward B. Safran, Esq., 88 Pine Street, 7th Floor, Wall Street Plaza, New York, NY 10005. Purpose: Any lawful purpose. D-202827

NOTICE OF LLC FORMATION

MKB PROPERTIES LLC. Arts. of Org. filed with the SSNY on 10/26/18. 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 Law Offices of Katz & Matz, P.C., 1350 Avenue of the Americas, 3rd Floor, New York, NY 10019. Purpose: Any lawful purpose. D-200894

NOTICE OF LLC FORMATION

NEW DEVELOPMENT OF QUEENS LLC. Arts. of Org. filed with the SSNY on 08/14/17. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 660 Seneca Avenue, Ridgewood, NY 11385. Purpose: Any lawful purpose. D-201252

NOTICE OF LLC FORMATION

NicolasParty LLC. Arts. of Org. filed with the SSNY on 10/24/18. 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, 119 Ingham Street, Brooklyn, NY 11237. Purpose: Any lawful purpose. D-200652

NOTICE OF PLLC FORMATION

NIZA WORKS OF ARCHITECTURE PLLC. Arts. of Org. filed with the SSNY on 06/18/15. Office: Albany County. SSNY des-

LEGALS

ignated as agent of the PLLC upon whom process against it may be served. SSNY shall mail copy of process to the PLLC, 129 Hutton Street, Jersey City, NJ 07307. Purpose: For the practice of the profession of Architecture. D-202796

NOTICE OF LLC FORMATION

NOBLE EAGLE INVESTORS LLC. Arts. of Org. filed with the SSNY on 08/08/18. 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 A. Edward Major, III, 42 Hanover Court, Manhasset, NY 11030. Purpose: Any lawful purpose. D-199335

BETHLEHEM CENTRAL SCHOOL DISTRICT NOTICE TO BIDDERS

The Board of Education of the Bethlehem Central School District hereby invites the submission of sealed bids in accordance with Section 103 of the General Municipal Law for the following.

MUSICAL INSTRUMENTS

Specifications and bid forms will be available November 15, 2018 at the Bethlehem Central High School, 700 Delaware Avenue, Supervisors' Office - Room C111, Delmar, NY 12054.

Sealed Bids will be received until 11:00 a.m., prevailing time, on Friday December 7, 2018, at Bethlehem Central High School, Attn: Dave Norman, Music Supervisor, 700 Delaware Avenue, Delmar, NY 12054, at which time all bids will be publicly opened.

The Board of Education reserves the right to reject any or all bids. Any bids submitted will be binding from July 1, 2018 - June 30, 2019. Board of Education BRITTANY L. BARRETT District Clerk D-202666

NOTICE OF LLC FORMATION

OASIS DEVELOPMENT NY LLC. Arts. of Org. filed with the SSNY on 06/14/18. Latest date to dissolve: 06/13/2047. Office: Albany County. 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 T. Charalampidis, 72 Allen Street, 3rd Floor, New York, NY 10002. Purpose: Any lawful purpose. D-200771

NOTICE OF LLC FORMATION

ONE NINE CONSULTING LLC. Arts. of Org. filed with the SSNY on 10/10/18. 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, 200

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Riverside Boulevard, Suite 10-D, New York, NY 10069. Purpose: Any lawful purpose. D-199324

NOTICE OF LLC FORMATION

OPTIMUM HR REALTY LLC. Arts. of Org. filed with the SSNY on 11/13/18. 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, 416 Bay Ridge Parkway, Brooklyn, NY 11209. Purpose: Any lawful purpose. D-202800

NOTICE OF LLC FORMATION

PARNASA TOVA LLC. Arts. of Org. filed with the SSNY on 11/05/18. 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, 340 East 64th Street, Apartment 6G, New York, NY 10065. Purpose: Any lawful purpose. D-201694

NOTICE OF LLC FORMATION

PEAK SIXTH AVE APARTMENTS LLC. Arts. of Org. filed with the SSNY on 10/23/18. 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, 417 7th Avenue, Brooklyn, NY 11215. Purpose: Any lawful purpose. D-200551

NOTICE OF LLC FORMATION

PRINCE STREET 1B LLC. Arts. of Org. filed with the SSNY on 11/07/18. 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, 34 Prince Street, #1B, New York, NY 10012. Purpose: Any lawful purpose. D-202665

NOTICE OF LLC FORMATION

PROSPECT PARK SOUTH CONDOMINIUM LLC. Arts. of Org. filed with the SSNY on 10/17/18. 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, 4345 Corte De Sausalito, San Diego, CA 92130. Purpose: Any lawful purpose. D-199909

NOTICE OF LLC FORMATION

PROSPECT PARK UNITED LLC. Arts. of Org. filed with the SSNY on 10/31/18. 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, 165 Madison Avenue, Suite 300, New York, NY 10016. Purpose: Any lawful purpose. D-201721

LEGALS**NOTICE OF LLC FORMATION**

R2 ENTERPRISES, LLC. Arts. of Org. filed with the SSNY on 11/19/18. 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, 235 W. 70th Street, Apartment 5H, New York, NY 10023. Purpose: Any lawful purpose. D-203036

NOTICE OF LLC FORMATION

REMA WORKS LLC. Arts. of Org. filed with the SSNY on 04/20/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 594 Broadway, Suite 603, New York, NY 10012. Purpose: Any lawful purpose. D-202319

NOTICE OF LLC FORMATION

RMS CONSULTING SERVICES, LLC. Arts. of Org. filed with the SSNY on 09/14/18. 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 Chaifetz & Chaifetz, Esqs., 415 Madison Avenue, 5th Floor, New York, NY 10017. Purpose: Any lawful purpose. D-199680

NOTICE OF LLC FORMATIONS

ROSE FRAGRANCES & MORE, LLC. Arts. of Org. filed with the SSNY on 11/01/18. 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, 255 West 75th Street, 3G, New York, NY 10023. Purpose: For the practice of the profession of Physical Therapy. D-203099

NOTICE OF LLC FORMATION

RSW HOMES LLC. Arts. of Org. filed with the SSNY on 10/10/18. 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 Garvey Schubert Barer, 100 Wall Street, 20th Floor, New York, NY 10005, ATTN: Alan A. Heller. Purpose: Any lawful purpose. D-202237

NOTICE OF LLC FORMATION

RSWITCH LLC. Arts. of Org. filed with the SSNY on 10/04/18. 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 A & E Garcia P.A., 2121 Ponce De Leon Boulevard, Suite 1050, Coral Gables, FL 33134. Purpose: Any lawful purpose. D-201841

NOTICE OF LLC FORMATION

S7 MT VERNON LLC. Arts. of Org. filed with the SSNY on 10/25/18. Office: Albany County.

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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 Gordon & Petkos LLP, 1790 Broadway, Suite 710, New York, NY 10019. Purpose: Any lawful purpose. D-201657

NOTICE OF LLC FORMATION

SAN TEODORO LLC. Arts. of Org. filed with the SSNY on 10/22/18. Latest date to dissolve: 12/31/2068. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 2020 65th Street, Brooklyn, NY 11204. Purpose: Any lawful purpose. D-201563

NOTICE OF LLC FORMATION

SANFORD FUNDING LLC. Arts. of Org. filed with the SSNY on 06/20/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Hirshmark Capital LLC, 15 West 26th Street, Suite 901, New York, NY 10010. Purpose: Any lawful purpose. D-200836

NOTICE OF PLLC FORMATION

SASHA ZILL PHYSICAL THERAPY PLLC. Arts. of Org. filed with the SSNY on 11/16/18. 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 LLC, 8 Spruce Street, New York, NY 10038. Purpose: Any lawful purpose. D-201974

NOTICE OF LLC FORMATION

SAWYER PLACE GARAGE LLC. Arts. of Org. filed with the SSNY on 10/19/18. 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, 10 East 33rd Street, 11th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-200156

NOTICE OF LLC FORMATION

SHEPHA 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 Gordon & Petkos LLP, 1790 Broadway, Suite 710, New York, NY 10019. Purpose: Any lawful purpose. D-201655

NOTICE OF LLC FORMATION

SJLL LLC. Arts. of Org. filed with the SSNY on 10/18/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process

LEGALS

against it may be served. SSNY shall mail copy of process to the LLC, 41 Schermerhorn Street, Suite 332, Brooklyn, NY 11201. Purpose: Any lawful purpose. D-201913

NOTICE OF LLC FORMATION

SKY HORSE REALTY LLC. Arts. of Org. filed with the SSNY on 11/16/18. Latest date to dissolve: 12/31/2098. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 3153 Fulton Street, First Floor, Brooklyn, NY 11208. Purpose: Any lawful purpose. D-202746

NOTICE OF LLC FORMATION

SM CATERING, LLC. Arts. of Org. filed with the SSNY on 09/27/18. 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, 650 West 42nd Street, #2003, New York, NY 10036. Purpose: Any lawful purpose. D-199481

NOTICE OF LLC FORMATION

SMENS MANAGEMENT LLC. Arts. of Org. filed with the SSNY on 11/07/18. 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, 8 Spruce Street, New York, NY 10038. Purpose: Any lawful purpose. D-201974

NOTICE OF LLC FORMATION

SNAKE EYES CAPITAL LLC. Arts. of Org. filed with the SSNY on 10/25/18. 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, 42-27 Bell Boulevard, Bay-side, NY 11361. Purpose: Any lawful purpose. D-200781

NOTICE OF LLC FORMATION

SSDNY LLC. Arts. of Org. filed with the SSNY on 10/25/18. 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 Gordon & Petkos LLP, 1790 Broadway, Suite 710, New York, NY 10019. Purpose: Any lawful purpose. D-201655

NOTICE OF LLC FORMATION

SUNNYSIDE WASHINGTON HEIGHTS FUNDING LLC. Arts. of Org. filed with the SSNY on 09/26/18. 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 Hirshmark Capital LLC, 15 West 26th

LIBRARIES

Marcus Rogers Dance presents 'The Nutcracker'

On Saturday, December 1 at 3 p.m., and again on Sunday, December 2, at 3 p.m., The Marcus Rogers Dance Company, a dance training school in Guilderland Center, is putting on its first production of "The Nutcracker," in the Library's Helderberg Room.



"The Nutcracker" is the story of a young girl's favorite Christmas toy that comes alive and whisks her away to a magical kingdom populated by dolls. This holiday classic is directed and choreographed by Marcus Rogers. Recommended for children ages 5 and older.

Sunday Concert

On Sunday, December 9, at 2 p.m., the Library's Helderberg Room will heat up when José Cruz, Walter Ramos, Fernando Gomes, and José Meléndez — Mundo Nuevo Latin Jazz — blend vocals with guitar, flute, bongó, and percussion to create one hot concert!

The quartet's lively

repertoire of Cuban, Puerto Rican, and Brazilian music — with a dash of what it calls "SalSinatra" — will have you up and moving about to the beat! Curious to know what SalSinatra might be? Come find out!

For more details about these and other upcoming programs, call 518-456-2400 or visit www.guilderlandlibrary.org.

— Tim Wiles, Director



Mundo Nuevo will perform warm and wonderful sounds from the Latin American songbook, at the Library on Sunday, Dec. 9, at 2 p.m. Photo provided

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**CAPITAL DISTRICT TRANSPORTATION COMMITTEE
BUSINESS MEETING**

December 6, 2018 • 3:00 p.m.

Capital District Transportation Committee
One Park Place, Albany, New York
www.cdtcmpo.org

CDTC is the Metropolitan Planning Organization for Albany, Rensselaer, Saratoga and Schenectady area. The public is welcome to comment on transportation related issues within the Capital District.

TO REGISTER TO SPEAK, CALL 518-458-2161

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Street, Suite 901, New York, NY 10010. Purpose: Any lawful purpose. D-199483

NOTICE OF LLC FORMATION
THE TEXAS FIREHOUSE LLC. Arts. of Org. filed with the SSNY on 10/24/18. 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 Edwin Wyatt Nash, 325 Clinton Avenue, #5E, Brooklyn, NY 11205. Purpose: Any lawful purpose. D-200654

LEGALS
NOTICE OF LLC FORMATION
THSD LLC. Arts. of Org. filed with the SSNY on 11/14/18. 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, 246 Sackett Street, Brooklyn, NY 11231. Purpose: Any lawful purpose. D-202638

NOTICE OF LLC FORMATION
TOP SHELF BROKERAGE LLC. Arts. of Org. filed with the SSNY on 09/19/18. 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, 261 W. 28th Street, Apartment 6E, New York, NY 10001. Purpose: Any lawful purpose. D-199322

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whom process against it may be served. SSNY shall mail copy of process to the LLC, 261 W. 28th Street, Apartment 6E, New York, NY 10001. Purpose: Any lawful purpose. D-199322

NOTICE OF LLC FORMATION
US HOME SOLUTIONS & SETTLEMENT SERVICES LLC. Arts. of Org. filed with the SSNY on 07/12/17. Latest date to dissolve: 12/31/2116. Office: Albany County. 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 Lafayette Avenue, Apt. 16H, Brooklyn, NY 11217. Purpose: Any lawful purpose. D-201904

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cess to the LLC, 660 Seneca Avenue, Ridge-wood, NY 11385. Purpose: Any lawful purpose. D-201254

NOTICE OF PLLC FORMATION
WEISS AND AKERMAN, PLLC. Arts. of Org. filed with the SSNY on 10/31/18. 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, 52 Duane Street, 7th Floor, New York, NY 10007. Purpose: For the practice of the profession of Law. D-202629

LEGALS
NOTICE OF LLC FORMATION
WHITEBOX HOSPITALITY LLC. Arts. of Org. filed with the SSNY on 08/14/18. 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, 101 Lafayette Avenue, Apt. 16H, Brooklyn, NY 11217. Purpose: Any lawful purpose. D-201904

NOTICE OF LLC FORMATION
WiCo Cap LLC. Arts. of Org. filed with the SSNY on 11/07/18. Office: Albany County. SSNY des-

LEGALS
gnated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 3 Hanover Square, Apartment 12B, New York, NY 10004. Purpose: Any lawful purpose. D-201978

NOTICE OF LLC FORMATION
WVG INDIA, LLC. Arts. of Org. filed with the SSNY on 10/17/18. 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, 6 Judson Avenue, Ardsley, NY 10502. Purpose: Any lawful purpose. D-200552

LEGALS
William Gentile, 205 N. 8th Street, Brooklyn, NY 11211. Purpose: Any lawful purpose. D-201487

NOTICE OF LLC FORMATION
XXII TEN, LLC. Arts. of Org. filed with the SSNY on 10/23/18. 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, 152 Madison Avenue, Suite 900, New York, NY 10016. Purpose: Any lawful purpose. D-199685

LEGALS
NOTICE OF LLC FORMATION
ZDG CONSTRUCTION MANAGEMENT, LLC. Arts. of Org. filed with the SSNY on 10/15/18. 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, 152 Madison Avenue, Suite 900, New York, NY 10016. Purpose: Any lawful purpose. D-199685

To place your Legal Notice: Call 439-4949

From page 1 ... Level up?

Working with Mitchell Associates Architects, a Voorheesville-based firm which specializes in the design public safety buildings, the project entails three main components: constructing a new headquarters on district-purchased land located along U.S. Route 9W next to Albertus W. Becker Elementary School, reconstructing its second station at 301 Glenmont Road in Glenmont, and making improvements to its third station at 480 Bridge St. in South Bethlehem.

The bond vote would enable the Selkirk Fire District to borrow all of the money necessary to complete this project, mostly through 30-year bonds. However, according to a press release issued by the District on Nov. 16, some of the costs "will be offset by revenue generated from the sale of property and income from unused portions of the new property on Rt. 9W." If passed, it would cost the average district homeowner around \$100 annually.

According to Selkirk Fire District Chairman Charles Wickham, this proposal was the most cost-efficient avenue the district could take now, based on the results of several reports and analyses conducted on the fire stations' safety and efficiency standards over the last 13 years, including the 2005-published Selkirk Fire District 2010 Report, the 2011 Manitou Study, and the Mitchell/FAC Report in 2017. Having consulted professional engineers and architects, these studies not only looked into each station's overall serving capacity, but also outlined numerous recommendations for the future, including the purchase of land on which to build a new headquarters,

and better consolidating the fire district's resources. All three of these documents are available online for the public to view at <http://selkirkfd.org/building-project/>.

The project's roots originated more than a decade ago when members felt each of the three firehouses seemed less adequate to handle its personnel, fleet of fire trucks, and other needed services.

The two main issues of concern are firefighter safety and the stations' outdated architecture, which could result in lower recruitment rates in the future.

These include how each fire station is physically too small to safely house and maintain its vehicle fleet; for example, there is a weight limit on the parked vehicle fleet at one of the three stations because there is a basement right underneath where the trucks are parked; some of the trucks must be taken outside for maintenance or other activities as they almost touch the ceilings within the station. In addition, the three stations do not have enough space for firefighters to work nor hold community events; the trucks' diesel fumes and other harmful chemicals used during emergencies can easily affect firefighters' health and spread across the stations' rooms; and there is not enough space for firefighters to safely board or exit the fire trucks.

Saying that some fire trucks have actually hit the stations, Wickham added, "We're scared because if somebody gets hurt, it's not going to be a bruise. It's going to be serious. Someone can get killed very easily, like first getting their foot stuck, or tripping and falling, or getting run over."

Chief among the reasons why the fire stations have felt substandard in recent years is because they were originally built using architectural and design standards from a time when both apparatus and the district's population were much smaller. Station 1, located at 126 Maple Ave. in Selkirk, was originally built in 1928, while Station 2, in Glenmont, and Station 3, in South Bethlehem, were constructed in 1952 and 1956 respectfully. Currently, the district has more than 50 volunteer firefighters who serve almost 2,500 homes across a 32 square-mile radius, this explains why the stations' outdated architectural designs are troublesome today, whereas they seemed ideal in the past.

Also, fire trucks and firefighter apparatus have also physically grown larger than they used to be back in the mid-20th century, an issue evident when observing how small the fire stations feel when both the vehicle fleet and necessary equipment are housed inside.

As the town's population has grown through the decades, the fire stations and their apparatus have received updates to try to keep up. "But now, we've come to the point where we can't keep on updating, and straining our trucks and firefighters," Wickham said. "It's time to start from scratch and do a major update."

During a personal tour of Station 1, Wickham showed this *Spotlight News* reporter a 1920s-era fire truck, which was one of the Selkirk FD's original vehicles back when it first started serving in 1928. Unfortunately, since Station 1 is physically too small to proudly present that truck to the public in a more open-area setting, it is left hidden in a garage-like structure inside, away from

the public's view.

"The new project plans to have a more open space to show off this original fire truck to the public so that they can see how fire trucks used to look like then and admire its design," Wickham said. "It's tragic and unfortunate that for now, we're forced to leave it inside that room."

A pair of public meetings, during which district residents can learn more about and better understand the proposed project and its importance, are scheduled to take place prior to the Dec. 11 bond vote. Fire District Commissioners strongly encourage members of the public to attend one or both of these meetings and speak with members of the fire department.

The first was held on Tuesday, Nov. 27, at Station 2, while the second is scheduled to take place at Station 1 on Thursday. An open house will run from

4 to 6:30 p.m., followed by the public meeting from 6:30 to 8 p.m.

"We want to be forthright with [the public] and we do realize that the project cost is a big number but we want to be honest with them," said Wickham. "We always want to be as transparent as possible with everyone."

Residents can vote on the bond proposal at all three of the district's fire stations on Tuesday, Dec. 11. Polls will be open from noon to 9 p.m.

"We want to make sure as many people can come down to vote because maybe at a certain time like 1 p.m., someone can't come because of work," Wickham said. "This project is very important and we want them to be informed before they vote."

For information and updates regarding the project, visit www.selkirkfd.org.

From page 2 ...

Small Business Saturday

2571 Albany St.—was just one of the many small family-owned businesses that took part in Small Business Saturday.

Assistant Erin Bagdriwicz said that it had deals and markdowns in hopes of encouraging customers to visit and support the business. "A regular box of peanut brittle would cost \$7.99 but on Small Business Saturday, two boxes will be \$10," she said, giving some examples. "The caramel gourmet apples will be half priced too. Their regular prices had ranged from \$4.99 and up."

The business would also augment its loyalty rewards program by giving an extra loyalty stamp for every \$50

purchase.

When asked about why Small Business Saturday was important, McGuinness said that from an economic standpoint, it made more financial sense to shop small.

"Sixty-seven cents for every dollar that's spent in small businesses stays in the community," she explained, adding that such businesses also employ neighbors. "That figure is different if you shop at a national chain or bigger store, where only 43 cents of a dollar stay in the community."

She added that small businesses "give our community a flavor and sense of who we are—where you have coffee, who you see, where you buy a book. All those things make our community unique and it's where you see your

neighbors. That's important, and you can't get that anywhere else, and that's what makes Bethlehem."

Bagdriwicz said that Uncle Sam's would greatly benefit from Small Business Saturday because "it is family-run and it would be continuing to provide for the community. The bigger types of stores can afford to get a lot of publicity all year round whereas smaller ones can't always."

She noted that most stores at Newton Plaza, its Colonie location, are small and local businesses. "We want to help switch people's mindset from going to large stores like Walmart, which they probably would have gone for Black Friday, to going to smaller stores like us to support the community," she said.

Viola-Straight similarly said that small businesses feel more connected with residents.

"Looking at Small

Business Saturday at the big picture, it's about supporting your community and the many local businesses owned by residents who have raised their families here," she said. "Like if you go down to the local hardware stores, those are family-owned and they typically have been working there for 15 to 20 years."

She did point out that Crossgates Mall, which is located within Guilderland, does have some local-owned stores, even though people may assume it only includes bigger chain stores.

"But small businesses are about being back home and walking into a store where you know the guy behind the counter and say, 'Hey Joe, how are the kids?'" she concluded. "Small businesses gives this big sense of community which, in my opinion, is very needed in this day and age."

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LIBRARIES

Senior chorus to perform

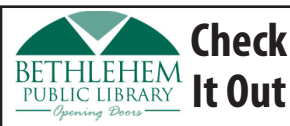
The Bethlehem Senior Chorus will present "Songs of Home" on Friday, Nov. 30, at 1 p.m. The program, which will be held at Bethlehem Town Hall, 445 Delaware Ave., is open to everyone. The repertoire will explore the meaning of home, whether it be a dwelling, people, place or a spiritual connection. The chorus, which is now in its 14th year, strives to

present timeless music to be enjoyed by all.

The concert is co-sponsored by Bethlehem Senior Projects, Inc. Please note that this event does not take place at the library.

Hour of Code

Kids and teens, join us for some super STEM fun as we celebrate Hour of Code during Computer Science Education Week.



Try out the cool new technology available at the library and take part in activities that put STEM concepts to good use. Stop by the Teen Area after school between 3:30 and 4:45 p.m. for any of the following events and get ready to crack the code!

Monday, Dec. 3:
3D Printing

Tuesday, Dec. 4:
Ozobots

Wednesday, Dec. 5:
Scratch Jr.

Thursday, Dec. 6,:
Snap Circuits

Throwback trivia

Are you fond of "Friends" or a "Seinfeld" superfan? Then stop by the library and test your sitcom savvy with a special "Friends" versus "Seinfeld" trivia night on Wednesday,

Dec. 5, from 7 to 8:30 p.m. Come alone or as a team and match wits with others as you compete for trivia supremacy. Registration is not required, but there is a limit of 10 teams. Prizes are donated by the Friends of Bethlehem Public Library.

Closing reminder

The library will be closed Friday, Dec. 7, to accommodate a staff development training session. Our bookdrops will be open, but there will be no telephone service. We're always open online at www.bethlehempublib.org.

Storm Warning

Please remember that in the event of inclement weather, the library's telephone system will provide information on a closing or delayed opening. Call ahead.

— Kristen Roberts

Holiday decoupage workshop

On Saturday, Dec. 8, from 10:30 to noon, use

an assortment of pretty papers, to make a unique holiday card with a removable star ornament. Please specify when you register if you prefer a Christmas or Hanukkah motif. Local artist, Lydia Lynch, will facilitate the class. All materials will be supplied. Ages 8 and older. Children must be accompanied by an adult.

Second Sunday Film Screening

Join us on Sunday, Dec. 9 at 2 p.m. for my favorite holiday action adventure film. You know I can't tell you the title here, but, if I say barefoot NYPD officer John McClane spends the night trying to rescue his wife, Holly Gennaro, from bad guy Hans Gruber at a Christmas party at Nakatomi Plaza, I'm sure you will know what film I speak of. Rated R, 2h 12m. Light refreshments will be served. No registration



needed.

NYC Bus Trip

There are a few spots left for this bus trip which leaves from the Voorheesville Elementary School Parking Lot at 7 a.m. on Saturday, Dec. 15. Approximate arrival in NYC, near Bryant Park, is 10 a.m. Departure from NYC is 7 p.m. with approximate return to Voorheesville at 10 p.m. Cost is \$55 and \$50 for FOL members. Cash or check payment is due when you reserve your seat in person at the Library.

Unless otherwise indicated, registration is requested for all programs. You can register in person, by phone (518-765-2791) or using our online calendar at <http://voorheesvillelibrary.org/calendar.asp>.

— Lynn Kohler

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PICK OF THE WEEK



Pop goes the 518

The Linda will host local pop festival featuring Syndey Worthley and more.

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INSIDE



Little helpers

Grassroot Givers came together, big and small, to help its community.

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Arts calendar

Pages B7-B13

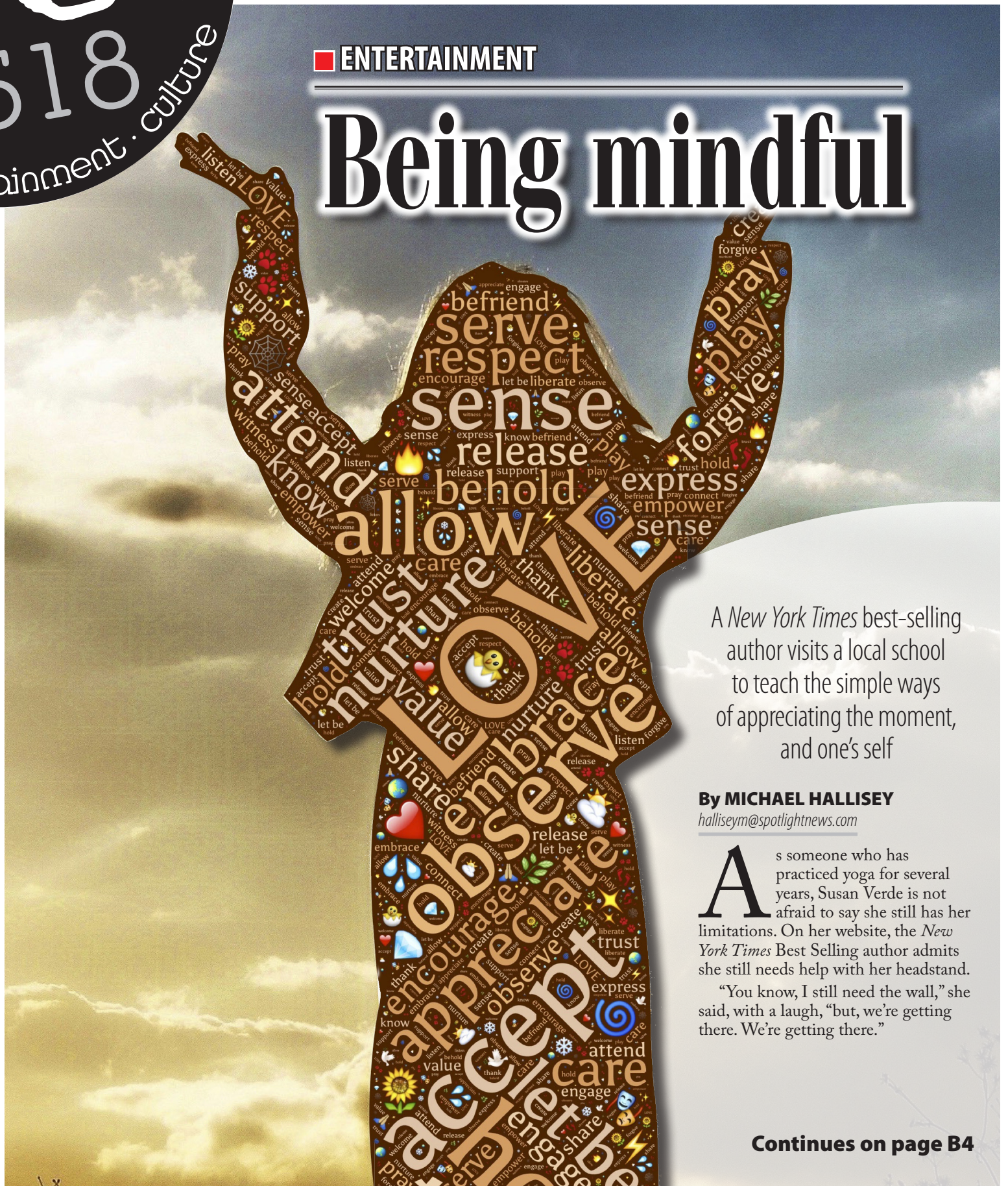
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ENTERTAINMENT

Being mindful



A *New York Times* best-selling author visits a local school to teach the simple ways of appreciating the moment, and one's self

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

As someone who has practiced yoga for several years, Susan Verde is not afraid to say she still has her limitations. On her website, the *New York Times* Best Selling author admits she still needs help with her headstand.

"You know, I still need the wall," she said, with a laugh, "but, we're getting there. We're getting there."

Continues on page B4

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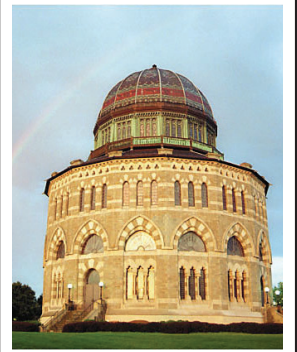
The smoldering
ambers of autumn
have cooled from the
cold of our upcoming
winter.

oliviafischerphoto /
instagram

**quote of
the week**

"The interesting thing about mindfulness and creating this distance between yourself and your emotions is that it's very simple. It's just remembering to do them."




— Susan Verde,
New York Times
best-selling
children's author on
mindfulness



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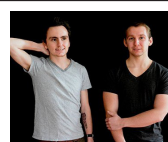
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RECENTLY ANNOUNCED

Misfit to return to Troy

Michale Graves recently announced two Australia shows plus two holiday charity events to which he'll perform in during December

NASHVILLE, Tenn. – Iconic punk-rocker Michale Graves, who once fronted one of the world's most legendary punk bands of all time, The Misfits, will soon be off for a European tour in 2019.

But, before doing so, he will stop in Troy to play The Hangar on the Hudson, on Saturday, Dec. 15.

Continuing his Course of Empire tour, which produced multiple sold-out shows throughout North America this year, Graves and his band will embark on a run of 55 shows in only 58 days, marching their way through 16 European countries. Kicking off on January 4 in Gdansk, Poland, Graves will bring his powerful and intense live experience to his European fans with tour support from The Crimson Ghosts (from Jan.4 to 16), Noise Pollution (from Jan. 17 to Feb. 1), Witches of Doom (from Feb.18 to 27) and Acid Muffin (from Feb.

28-Mar. 3).

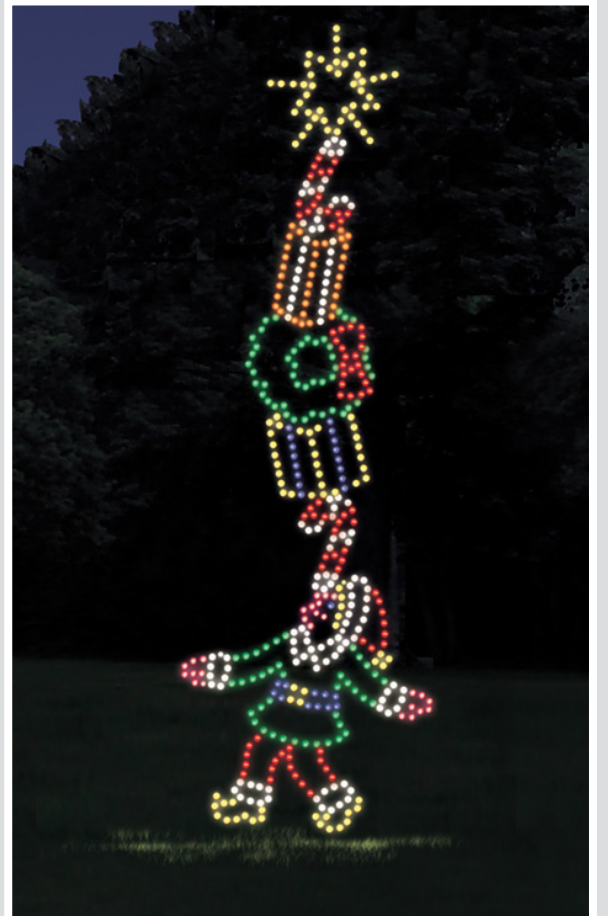
"I am really looking forward to another opportunity to blow people's minds across Europe again," says Graves. "Plus, I can't wait to make my return to Australia, for the first time since 2009, when I was on tour with Marky Ramone's Blitz Krieg! I'm eager to share the passion and intensity of my performances with all my fans around the world, and to connect with them on a personal level!"

Graves will continue his international trek by making a return to the land down-under, headlining a pair of Australian shows in both Melbourne (Dec. 8) and Sydney (Dec. 9).

On Dec. 15, Graves will play a Christmas acoustic show with Bad Mothers and Ike's Wasted World at The Hangar On The Hudson. Graves will donate the proceeds from the show to the Dancing Horse Farm in Windham, to support the formation of a new veterans program which will fund horseback riding getaways for veterans suffering from combat-related PTSD.

For more information about Michale Graves, please visit: www.officialmichalegraves.com.

WHAT'S HAPPENING NOW



Capital Holiday Lights in the Park Washington Park — Now

ALBANY — It's that time of year where Washington Park is transformed into an illuminated spectacle for the annual Capital Holiday Lights in the Park, from now until Jan. 2, from 6 to 9 p.m.

Don't miss this drive-through spectacular, with more than 125 displays depicting holiday scenes of yesteryear, as well as many new and exciting light displays! All proceeds benefit the juvenile crime prevention programs of the Albany Police Athletic League.

For tickets and information, visit albanycapitalholidaylights.com.

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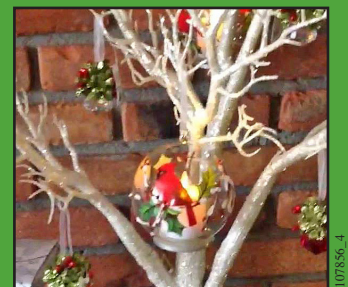
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WHAT'S HAPPENING NOW

Jeanne O'Connor

Vintage House — Wednesday, Nov. 28

ALBANY — Hear from the American Songbook as Jeanne O'Connor performs live at the Vintage House on Wednesday, Nov. 28, at 6 p.m.

Jeanne O'Connor is a well-known vocalist who has performed in practically every venue in the capital district as well as many European venues. She brings new life and interpretations to the American Songbook as well as Bossa Nova and pop tunes with her specific style of swing, scat and samba.

The Vintage House is located at 897 Broadway in Albany.

Marvel Years

The Hollow Bar + Kitchen — Thursday, Nov. 29

ALBANY — Guthrie Bell presents Marvel Years with Evac Protocol at The Hollow Bar + Kitchen on Thursday, Nov. 29, at 8 p.m.

Cory Wythe, the producer and guitarist better known as Marvel Years, has found a welcome place for himself within the increasingly popular glitch-hop / electro-soul dance music scene. His approach to blending electronic beats and shredding soulful guitar on his original tracks and remixes creates a sound that is a unique hybrid of EDM combing glitch, retro-funk, classic rock, soul, jazz and hip-hop.

Evac Protocol opens the night.

Early bird tickets cost \$12 each. For tickets and information, visit eventbrite.com.

The Hollow Bar + Kitchen is located at 79 No. Pearl St. in Albany.

From page B1 ...

Being mindful

As a children's author, she helps young readers understand the benefits of mindfulness; to pay attention to who you are, and where you are, without passing judgment.

From a young age, Verde felt comfort while reading books. Her parents enjoyed reading to her and there were lots of books throughout their home. Throughout her life books have helped quiet her mind and inspire her imagination. When she became a teacher she collected picture books and loved the way they could express big messages in simple ways. Her love of reading combined with the positive ways books have influenced her life, helped her decide to write.

Her story "I Am Human" has become a New York Times best-selling book and she loves conveying the messages that are within its pages. She believes that in today's difficult climate people are forgetting that each one of us is human and share so many qualities that make us vulnerable and wonderful. Children (of all ages) need to be reminded that at our core we are all living the same human experience full of mistakes, joy and sadness. Verde explains how the term "mindfulness" has been confused over the years. In one sense, parents use the word in place of carefulness. While others brush off the concept as something too esoteric to invest any time in. What she brings to light is something more simple.

Verde, who is a parent of three, speaks of mindfulness in terms that relate to both children and parents. Regardless of age, we are all exposed to stressful moments. Times in which our surrounding environment pokes and prods us into an emotional reaction. The stress of the situation takes us away from the moment. That esoteric concept, Verde said, can be achieved by simply breathing.

"It's a way of really connecting in the moment," said the author. "To know you can pause and breathe and

connect to what is happening makes parenting a bit easier and allows me to project less and observe more and it makes the moments in life more fulfilling."

The importance of breathing is something the author learned from her times practicing yoga. It's a means of helping one pay attention to the body, it's also used as a means of meditation to control the mind. It's not a mistake. Verde explained how breathing is connected to the body's nervous system.

A parent who is rushing through the house while preparing their kindergarten for school. While the child has plans to explore the contents of the kitchen cabinet, the mother or father is losing patience. The stress from the situation would commonly result in yelling. Verde said to try taking three deep breathes through the nose. It changes one's physiology, she said.


"The interesting thing about mindfulness and creating this distance between yourself and your emotions is that it's very simple," said Verde. "It's just remembering to do them."

Verde is conducting several presentations at Schenectady's Brown School today, Wednesday, Nov. 28. She starts with two morning presentations exclusive to Brown students. She, later, will share positive messages about what adults can share with children and teens to help them in their development during the school's Adult Wellness Fair from 6 to 7 p.m.

"As a lover of books, I am inspired by the messages Susan conveys through her works," said Deborah Wyngowski, the Brown School librarian who came up with the idea to bring the author to the school. "At Brown School we focus on helping our students to be mindful in everything they do. We actively work with them on this so they can apply it to their lives in many ways. We believe Susan will touch many in the short time she is with us and we are honored to have her visit."

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■ FEATURE

A Day of Simple Giving

Hundreds volunteer to help troops, community before Thanksgiving

By **JILL RIFKIN**
news@spotlightnews.com

ALBANY — 300 eager volunteers transformed Grassroot Givers' 12th annual Day of Simple Giving into a Day of Joyful Giving.

With passion and good humor, volunteers manned 20 work stations for three hours at St. Sophia's Greek Orthodox Church on the Saturday before Thanksgiving. The day's effort of creating and organizing produced \$30,000 worth of goods and holiday treats to be donated to Albany County's destitute.

To date, the organization has collected and given away 260,000 books as well as thousands of dollars worth of new or like new used clothing, basic necessities, and household goods to people who cannot afford them.

Aware of their own good fortune, people of all ages and walks of life – Boy and Girl Scout troops, families, millennials, senior citizens, and business employees — worked in harmony to bring a measure of comfort and pleasure to their neighbors living in poverty.

Teagan McLoughlin, 5, came with her mother and sister. She was the first volunteer to send warm wishes to servicemen serving abroad.

"I'm going to write stuff and draw pictures for the troops," she said, proudly. "I know it will make them feel happy."

Handwritten messages from many volunteers will be sent abroad, along with Chapstick, puzzle and crossword books, and composition notebooks.

Liz Salerni and Rosina Ansaldo manned the book station where books are organized by grade level and then given to teachers who need them.

The cookie decorating table was staffed in part by enthusiastic children as young as 8-years-old. Some adorned themselves with

frosting and sprinkles on their faces.

Teenagers worked side by side with elementary school students to craft beautiful bracelets and jewelry. Senior citizens and students from Green Tech packed warm socks and toiletries for the homeless. Items included shampoo, conditioner, lotion and other essentials.

"I'm determined to help out the community," said Donell Henry, a high-school senior. "I want to get out of my comfort zone and volunteer more."

A Girl Scout troop from Selkirk wrapped bars of soap and washcloths, and tied them with ribbon. Teenagers from Jack and Jill, an African American youth group organization, assembled bean soup mixes with 10 varieties of beans and spices.

"When you see caring hearts and loving outreach, it reinforces the sense of good so prevalent in all of us," said Congressman Paul Tonko, who circled the room and chatted at length with volunteers.

At the close of the Simple Giving event, weary, but smiling and several volunteers hefted hundreds of bags filled to the brim and put them in cars, all headed for many of the



HELPERS

Vanessa Long cuddles sister Ava in front of goody bags.
Submitted

nonprofit agencies the organization partners with.

"We were delighted with both the turnout and with the warmth, camaraderie, commitment of all our volunteers," said Roberta Sandler, Grassroot Givers co-director.

Sandler's counterpart, Mary Partridge-Brown made a promise for next year.

We'll be back next year to assist our public schools, homeless shelters, and nonprofits that serve people in need."

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■ WHAT'S HAPPENING NOW



The Wheel / Facebook

The Wheel

Putnam Place — Thursday, Nov. 29

SARATOGA SPRINGS — The Wheel plays out a three-week residency at Putnam Place with a final show on Thursday, Nov. 29, at 8:30 p.m.

The band returned to Putnam Place after a September residency that featured music by the Grateful Dead.

Putnam Place is located at 63a Putnam St. in Saratoga Springs.

King Buffalo and Front Business

The Low Beat — Thursday, Nov. 29

ALBANY — It's a night of funk and psychedelia at The Low Beat as King Buffalo and Front Business play on Thursday, Nov. 29, at 8 p.m.

King Buffalo is a psychedelic trio in the classic format of bass, drums, and guitar, whose expansive and thunderous music is anything but easily definable. Front Business will open up the night.

Tickets cost \$10 each. For tickets and information, visit eventbrite.com.

The Low Beat is located at 335 Central Ave. in Albany.

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PICK OF THE WEEK

Pop goes the 518

Pop-Fest 518 features five tasty local bands at The Linda

ALBANY — Pop-Fest 518 at The Linda, will present an eclectic mix of local pop and rock bands Saturday, Dec. 1 at 7 p.m.

The show is a benefit for Columbia Arts Team. Featured in the Fest are Blockhouses (www.blockhouses.net), Sydney Worthley (sydneyworthley.com), Pop-Clique (sandymcknight-pop-clique), Sarah Kohrs & Coyote (www.tumokohrs.com), and Daniel Conley (www.danielconleymusic.com).

Blockhouses marks the return of The Figgs' guitarist/vocalist Guy Lyons, in a power pop trio with Christopher Peifer and Jim Balga.

Worthley, now 16, has been tearing it up at recent festival appearances, including Songfest at The Egg, Mountain Jam, and Rocktoberfest.

Pop-Clique's recent single "Right for Each Other" has garnered extensive airplay internationally, and this show marks their debut with the addition of Liv Cummins, a noted singer/songwriter herself.

Sarah Kohrs, with her band Coyote, is an exciting artist who is influenced by Joni Mitchell and Amy Winehouse, and recently performed at The Mahaiwe Theater in Great Barrington.

Daniel Conley recently signed a deal

with Ambassador Music Group, and has recorded two albums in the past year, showing no sign of letting up on turning out great songs.

The producers of Pop-Fest 518, Sandy McKnight and Andy Gregory, are dedicated to showcasing local original music. Their successful series Songfest, held yearly at The Egg, has led them to create this event, intended to gain exposure for new original music from the 518 region.

"There aren't a lot of options for purely original local artists to perform in a concert format," explained Andy Gregory, who hosts WEXT Radio's Local 518 program. "This is music that belongs in a 'listening' venue, not a bar. This is music that needs to be heard."

Pop-Fest 518 is a fundraiser for Columbia Arts Team, a non-profit performing arts company that showcases local musicians, writers and performers, and bring arts into area schools.

Tickets are on sale now through The Linda's Pop Fest 518 event page priced at \$15 general admission.

Students can get a \$10 ticket at the door with ID. There will be unreserved seating as well as room for standees, and booths featuring merch from all the performers. Beer and wine will be available with ID. It's an all-ages show.

The Linda, WAMC's Performing Arts Studio, is located at 339 Central Avenue in Albany. There is free parking.

WHAT'S HAPPENING NOW

Tsunamibots

Paulys Hotel — Friday, Nov. 30

ALBANY — Surf droids out of Vermont headline an eclectic night of music at Paulys Hotel on Friday, Nov. 30, at 8 p.m.

Tsunamibots headline the night with music that will also feature Electric Turtle, VaVa VooDoos and The Hagaloons.

Admission costs \$7 a person.

Paulys Hotel is located at 337 Central Ave. in Albany.

NXNES

River Street Pub — Friday, Nov. 30

TROY — NXNES headlines a four-act bill at River Street Pub on Friday, Nov. 30, starting at 9 p.m.

It's a night featuring R&B and soul from NXNES, Pink Nois, Thai and Gracie Lineham.

Admission will cost \$5 each.

River Street Pub is located at 194 River St. in Troy.

Brubeck Brothers Quartet

Cohoes Music Hall — Friday, Nov. 30

COHOES — The Brubeck Brothers Quartet brings its virtuosity and creativity to The Cohoes Music Hall on Friday, Nov. 30, at 8 p.m.

The Brubeck Brothers Quartet has a reputation for spreading its joy for music to its audience described by All About Jazz with a sound that is "both relaxed and expressive."

Ticket prices range from \$29.50 to \$39.50. For tickets and information, visit ticketfly.com.

Cohoes Music Hall is located at 58 Remsen St. in Cohoes.

Troy Night Out

Downtown Troy — Friday, Nov. 30

TROY — Shop Local, Give Local is the theme to this month's Troy Night Out on Friday, Nov. 30, starting at 5 p.m.

Troy Night Out is a monthly arts and cultural event that regularly draws thousands of people onto the streets of Downtown Troy. Attendees are able to enjoy countless art events, music venues, fine restaurants as well as unique boutiques of all varieties.

For more information, visit downtowntroy.org/troy-night-out.

TICKETS AVAILABLE NOW:
JOCELYNANDCHRIS.BROWNPAPERTICKETS.COM

CLUBS

9 Maple Avenue
9 Maple Ave., Saratoga Springs.
www.9mapleave.com
Fri: **Rob Lindquist** | 9 p.m.
Sat: **Pat Attanasio Quartet** | 9 p.m.

Arsenal City Tavern
795 3rd Ave., Watervliet. 518-874-1767
Thurs: **Karaoke & Ladies Night** | 7 p.m.
Fri: **The Tradition** | 8 p.m.
Sat: **Night Train** | 9 p.m.
Tues: **Trivia Tuesday** | 8 p.m.

Athos
1814 Western Ave., Albany. 518-608-6400
Fri: **Out of the Box** | 6:30 p.m.

Black Bear Inn
310 19th St., Watervliet. 518-272-9486
Wed: **Trivia Night** | 7:30 p.m.
Tues: **Talent Scout Open Mic** | 8 p.m.

Caffè Lena
47 Phila St., Saratoga Springs. 518-225-0882
Wed: **Acoustic Blues Open Mic & Jam** | 7 p.m.
Thurs: **The Wiyos** | 7 p.m.
Fri: **Jeanne O'Connor and the New Standard** | 8 p.m.
Sat: **The Wynotte Sisters** | 8 p.m.
Sun: **Seth Glier** | 7 p.m.
Mon: **Open Mic Night** | 7 p.m.
Tues: **Community Conversations: Poetry of Justice** feat. **Jonathan Gradess** | 7 p.m.

Carney's Tavern
17 Main St., Ballston Lake. 518-280-7959
Thurs: **Matty Finn** | 6 p.m.
Fri: **Winchester & Young** | 7:15 p.m.
Sat: **Rich Thomas** | 7:15 p.m.

Carson's Woodside Tavern
57 NY-9P, Malta. 518-584-9791
Thurs: **Jeff Brisbin** | 7 p.m.
Fri: **Josh Casano** | 7 p.m.
Mon: **Trivia** | 7 p.m.

Centre Street Pub
308 Union St., Schenectady. 518-393-2337
Fri: **Joel Fisher** | 5 p.m. • **The Switch** | 9 p.m.
Sat: **Brother Junction** | 9 p.m.
Tues: **Trivia Tuesday** | 7 p.m.

Chrome Food & Spirits
405 Hudson River Road, Waterford.
518-326-2725

Sat: **Dehumanized** with a reunion show for **357 Justice, Held Under, 1000 Yard Stare and Violent by Design** | 7 p.m.

City Sports Grille in Spare Time
1668 U.S. Route 9, Clifton Park.
518-371-4000
Fri: **Brian LaPoint and the Joints** | 8 p.m.

Club Helsinki Hudson
405 Columbia St., Hudson. 518-828-4800
Fri: **The Wiyos** | 6 p.m.
Tues: **Helsinki Open Mic** | 7 p.m.

Diamond Club Grill at Embassy Suites
86 Congress St., Saratoga Springs.
518-886-1111
Thur: **Garland Nelson** | 6:30 p.m.
Fri: **Chris Dollard** | 6:30 p.m.

Dinosaur Bar-B-Que
377 River St., Troy. 518-308-0400
Fri: **Gordon St.** | 8 p.m.
Sat: **Knot Dead** | 9 p.m.

Duke's Chophouse
Rivers Casino & Resort
1 Rush St., Schenectady. 518-579-8800
Fri: **TS Duo** | 5:30 p.m.
Sat: **Rob Aronstein** | 5:30 p.m.

Eden Cafe
269 Osborne Road, Loudonville.
518-977-3771
Wed: **Mike Miner** | 4:30 p.m.
Thurs: **Joe Carrick and Eduardo Nieves** | 4:30 p.m.

HOT SPOTS EVENTS CALENDAR



Worthley to play for worthy cause

Voorheesville-based pop singer/songwriter Sydney Worthley is among the acts slated to perform at The Linda in Albany on Saturday, Dec. 1 as part of a concert to benefit the Columbia Arts Team. Visit www.thelinda.org/event/pop-fest-518 for more details or to buy tickets.

Photo courtesy Ambassador Music Group

Prime at Saratoga National
458 Union Ave., Saratoga Springs.
518-583-4653
Thurs: **Rich Ortiz** | 5:30 p.m.
Fri: **The Wallpapers** | 5:30 p.m.
Sun: **Joe Sorrentino Trio (Jazz brunch)** | 10:30 a.m.

Provence
Stuyvesant Plaza,
1475 Western Ave., Albany. 518-689-7777
Fri: **Andrea Scow** | 6 p.m.

Putnam Place
63a Putnam St., Saratoga Springs.
518-584-8066
Wed: **Open Mic Night** | 9 p.m.
Thurs: **The Wheel** | 8:30 p.m.
Fri: **True Grit Outlaws** | 9 p.m.
Sat: **PJ Duo** (album release) with **The Switch** | 8 p.m.

Ravenswood Grill & Tavern
1021 NY 146, Clifton Park. 518-371-8771
Sat: **Mitch Fraier** | 8 p.m.
Tues: **Trivia Night** | 7 p.m.

River Street Pub
194 River St., Troy. 518-271-4177
Wed: **Karaoke Night** | 9 p.m.
Thurs: **Super Dark Thursday: TMTWD, Electric Turtle, Haley Moley** | 9:30 p.m.
Fri: **Troy Night Out with: NXNES, Pink Nois, Thai, Gracie Lineham** | 9 p.m.

Rustic Barn Pub
150 Speigletown Rd., Troy. 518-235-5858
Wed: **Trivia & Ladies Night** | 7 p.m.
Thurs: **Open Mic w/ Tommy Love** | 8 p.m.
Fri: **Wildier-518** | 8 p.m.
Sat: **Acoustic Trauma** | 8 p.m.

Sake Japanese Steakhouse
611 Troy-Schenectady Rd., Latham.
518-785-7215
Sat: **One-Eyed Cat** | 7:30 p.m.

Salt & Char
453 Broadway, Saratoga Springs.
518-450-7500
Every Sun: **Hot Club of Saratoga** | Noon

Savoy Taproom
301 Lark St., Albany. 518-599-5140
Wed: **Make Me Laugh Albany open Auditions** | 7 p.m. •
Fri: **Make Me Laugh Albany Finals** | 7:30 p.m. • **Peaer, Longneck, Shred Flintstone & Leering** | 9 p.m.
Sat: **Ben Moss** | 9 p.m.

Speakeasy 518
42 Howard St., Albany. 518-449-2332
Thurs: **Jeanine Ouder Kirk Duo** | 9 p.m.
Fri & Sat: **Giroux Brothers Quartet** | 9 p.m.

Stockade Inn
1 North Church St., Schenectady.
518-346-3400
Thurs: **Carla Metz & Larry Acunto** | 7 p.m.
Fri: **Bronte Roman** | 7 p.m.

Towne Tavern
2850 NY 43, Averill Park. 518-674-3040
Thurs: **Trivia Trivia** | 8:30 p.m.
Sat: **DJ Sal** | 9 p.m.

The Upper Room
59 No. Pearl St., Albany. 518-694-3102
Fri: **Gary Hoey** | 8 p.m.
Sat: **Coco Montoya** | 7 p.m.

The Van Dyck
237 Union St., Schenectady. 518-348-7999
Tues: **Keith Pray's Big Soul Ensemble** | 8 p.m.

Van Slyck's
Rivers Casino & Resort
1 Rush St., Schenectady. 518-579-8800
Wed: **\$1000 All-in-one Trivia** | 7 p.m.
Thurs: **Rock-a-oke Live!** | 7 p.m.
Fri & Sat: **Skeeter Creek** | 8 p.m.
• **DJ Kenya** | 9 p.m.
Mon: **The Oldies Show** | 2 p.m.

Fri: **Plan-T** | 4:30 p.m. • **Brian Edward's Network Jam** | 6 p.m.
Sat: **Original Singer Song Writer Contest** | 7:30 p.m.
Mon: **Songwriters' Circle w/Mike Short** | 6:30 p.m.
Tues: **Open Mic Al Dente** | 7:30 p.m.

Emack & Bolio's
366 Delaware Ave., Albany. 518-512-5100
Fri: **Hoot Owl Moon** | 7 p.m.
Sat: **Emerald Dawn** | 7 p.m.
Every Tue: **Open Mic** | 7 p.m.

Fuze Box
12 Central Ave., Albany. 518-703-8937
Sat: **DJ HollyW8D presents The Grande Finale** | 10 p.m.

Gaffney's
16 Caroline St., Saratoga Springs.
518-587-7359
Tue: **Open Mic w/ Rick Bolton** | 7 p.m.

Grappa '72
818 Central Ave., Albany. 518-482-7200
Wed & Thurs: **Hamilton Street Jazz Company** | 6:30 p.m.
Fri: **A3** | 6:30 p.m.

Hamlet and Ghost
24 Caroline St., Saratoga Springs.
518-450-7287
Wed: **Hot Club of Saratoga Trio** | 7 p.m.

The Hangar on The Hudson
675 River St., Troy. 518-272-9740
Fri: **The National Reserve** | 8 p.m.

The Hollow Bar + Kitchen
79 N. Pearl St., Albany. 518-426-8550
Thurs: **Marvel Years w/Evac Protocol** | 9 p.m.
Fri: **The Lizards: Performing the music of Phish** | 9 p.m.
Sat: **Consider The Source** | 9 p.m.

J.J. Rafferty's
847 New Loudon Rd., Latham.
518-783-6800
Wed & Thurs: **Live DJ** | 8 p.m.
Fri: **Karaoke** | 5 p.m. • **Live DJ** | 9 p.m.
Sat: **Live DJ** | 10 p.m.

Jessica Stone's
738 New Loudon Rd., Latham.
518-785-8536
Wed: **Talent Scout Open Mic** | 8 p.m.
Thurs: **Big Crunch Bingo** | 7 p.m.
Fri: **Trivia Live** | 7 p.m.

Jupiter Hall
Inside Lucky Strike Social
1 Crossgates Mall Rd., Albany.
518-556-3350
Wed: **Dave East** | 7 p.m.
Thurs: **Convictions, Roseview** | 6 p.m.
Fri: **Lebowski Palooza** | 8:30 p.m.

Katie O'Byrne's
121 Wall St., Schenectady. 518-395-5999
Fri: **Steve Cowles** | 8:30 p.m.
Sat: **Doc Orloff Duo** | 8 p.m.

The Low Beat
335 Central Ave., Albany. 518-432-6572
Wed: **Hamell on Trial** | 7 p.m. •
The Deadbeats | 10 p.m.
Thurs: **King Buffalo with Front Business** | 8 p.m.
Fri: **Ghoul Bite with Catskill Game Farm** | 6 p.m. • **Kyra Vazquez, Mark Manning and Lemon of Choice** | 8 p.m.
Sat: **It That Betrays, Adotwake, Simply the Rabbit, Young Trae Boogie and Dramaman hosted by Lou Laden** | 7 p.m.
Tues: **Brass Tacks** | 7 p.m.

LT's Grill
2305 Nott St. E., Niskayuna. 518-374-7455
Wed: **Catch the Mania Trivia** | 7 p.m.
Thurs: **Running the River** | 6 p.m.

Lanie's Cafe
471 Albany Shaker Road., Albany.
518-438-5005
Wed: **Mia Scirocco** | 6 p.m.
Thurs: **Jeff Mrozek** | 6 p.m.

Lucas Confectionary
12 2nd St., Troy. 518-326-3450
Mon: **Phil Chow, George Muscatello, Otto Gardner & Joe Barna** | 7 & 8:30 p.m.

McGeary's Irish Pub
4 Clinton Square, Albany. 518-463-1455
Wed: **Best Damn Open Mic Ever with Mother Judge** | 7:30 p.m.
Every Sun: **Blues Jam** | 7:30 p.m.
Tues: **Trivia Night** | 8 p.m.

Mocha Lisa's Caffe
Clifton Park Center,
22 Clifton Country Road, Clifton Park.
518-383-5373
Fri: **Zach Ferrara** | 7 p.m.
Sat: **EJRay Acoustic** | 7 p.m.

Mouzon House
1 York St., Saratoga Springs. 518-226-0014
Wed: **Tony Markellis & Friends** | 6 p.m.
Thurs: **Hot Club of Saratoga Trio** | 6 p.m.
Fri: **Mark Tolstrup & The Dixie Boys** | 6 p.m.
Sat: **Joe Gitto Duo** | 6 p.m.
Sun: **Jeanine Ouder Kirk Trio** | 6 p.m.
Mon: **Drank the Gold** | 6 p.m.
Tues: **Deena Chappell Trio or Er Go Blu (alternating weeks)** | 6 p.m.

Nanola
2639 US Rte. 9, Malta. 518-587-1300
Fri: **Vinny Michaels** | 9 p.m.
Sat: **The Yule Ball** | 5 p.m.

Newberry Music Hall
388 Broadway, Saratoga Springs.
877-565-3849
Fri: **Latin Night** | 9 p.m.

O'Slattery's Irish Restaurant & Pub
318 Delaware Ave., Delmar. 518-439-5634
Wed: **Dan Sherwin** | 6:30 p.m.
Thurs: **Erin Harkes** | 7 p.m.
Fri: **Caribbean Sun** | 7 p.m.
Sat: **Kilashandra** | 7 p.m.
Every Tues: **DJ Trivia** | 7 p.m.

Parish Public House
388 Broadway, Albany. 518-365-0444
Fri: **Glass Pony** | 9 p.m.
Tues: **Silver Arrow Band Showcase** | 8 p.m.

Panza's
510 NY Rte. 9P (on Saratoga Lake), Saratoga Springs. 518-584-6882
Wed: **Wednesday Night Live** | 6 p.m.
Fri: **Larry Finke** | 6:30 p.m.
Sat: **Jon Leroy** | 6:30 p.m.

The Parting Glass
40 Lake Ave., Saratoga Springs.
518-583-1916
Wed: **The McKrells CD Release Party** | 7 p.m. • **Irish Celtic Session** | 7 p.m. •
Poker: Texas Hold 'Em | 7 p.m.
Sat: **Big Fez Christmas Show** | 7 p.m.
Tues: **Dart League** | 7 p.m.

Pauly's Hotel
337 Central Ave., Albany. paulyshotel.com
Thurs: **Jeffrey Lewis & Los Bolts, A Judgemental Swarm of Bees, + A Boy and His Rats** | 7:30 p.m.
Sun: **Keep Flying, Luciano Ferrara, The Wining Season** | 7:30 p.m.
Tues: **Summer Wars, Never Loved, The Maloy Brothers, The Wildcard** | 7:30 p.m.

Pearl Street Pub
59-61 No. Pearl St., Albany. 518-694-3100
Thur: **Bingo** | 7 p.m.
Fri: **Happy Hour Trivia** | 5:30 p.m.
Sun: **Funday Football** | noon

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Vapor Night Club

Saratoga Casino Hotel
342 Jefferson St., Saratoga Springs.
518-581-5775
Fri: **Tompkins Drive Band** | 8 p.m.
Sat: **The Shakedown** | 8 p.m.

Waterworks Pub

76 Central Ave., Albany. 518-465-9079
Wed: **Wacky Weds Drag Show** | 11 p.m.
Thur: **Therapy Thursday w/DJ Shawn Gillie** | 11 p.m.
Fri: **Karaoke** (pub) | 11 p.m.
DJ **Dave Barna** (club) | 11 p.m.
Sat: **DJ Shawn Gillie** (pub) | 11 p.m.
DJ **Dave Barna** (club) | 11 p.m.

Wicked Sports Pub

1602 U.S. Rte 9., Clifton Park. 518-383-8771
Thurs: **Open Mic w/Chip, Jason and Rich** | 7 p.m.
Fri: **Playback** | 9 p.m.
Sat: **That 80's Band** | 8 p.m.

Wishing Well Restaurant

745 Saratoga Rd., Wilton. 518-584-7640
Fri. & Sat: **Rob Aronstein** | 6 p.m.

Wolf's 1-11

111 Wolf Road, Albany. 518-275-0561
Sun: **Flour de Swing** | 11 a.m.

Wolff's Biergarten

165 Erie Blvd., Schenectady. 518-631-9517
Mon: **Talent Scout Open Mic** | 8 p.m.

Yono's

25 Chapel St., Albany. 518-436-7747
Fri: **Hamilton Street Jazz Duo** | 6:30 p.m.
Sat: **Frank Mastan** | 6:30 p.m.

Contra Dance Tunes

Ray Kotke leads this session designed to build skills and repertoire. Wed., Nov. 28, at 7:30 p.m. Old Songs Community Arts Center, 37 Main St., Voorheesville. \$3. 518-765-2815 or oldsongs.org

Rochmon Record Club

The Stones' 'Sticky Fingers'

The Rochmon Record Club will converge to listen, learn about and discuss the Rolling Stones' classic 1971 album "Sticky Fingers" The event begins with a live audio and video presentation by "Rochmon." Thurs., Nov. 29, doors at 6:30 p.m. for 7:30 p.m. presentation. The Linda, WAMC's Performing Arts Studio, 339 Central Ave., Albany. \$10. 518-465-5233 or www.thelinda.org/event/rochmon-record-club-listening-party-rolling-stones-sticky-fingers

Open Mic

(RESCHEDULED from Nov. 15) Musicians of all levels and styles; storytellers and poets welcome, too. Try out new material or get a little stage time (up to 10 mins.) in a friendly, supportive space. Later in the evening, attendees will break out into a circle and jam; back each other up, sing lead, join in harmonies and/or try something new. Presented by The Eighth Step. Hosted by Robert Carreau. Thurs., Nov. 29, sign up at 6:45 p.m.; performances at 7 p.m.; jam around 8:30 p.m. Fenimore Gallery, Proctors, 432 State St., Schenectady. No cover. 8thstep.org/8thstep.org/Open_Mic.html

Generation Axe

Five of the greatest guitarists of all time — Steve Vai, Zakk Wylde, Yngwie Malmsteen, Nuno Bettencourt and Tosin Absai — will share the stage for an amazing six-string extravaganza. Thurs., Nov. 29, at 8 p.m. Palace Theatre, 19 Clinton Ave., Albany. \$34.75 to \$79.95. 518-465-4663 or www.palacealbany.org/events/detail/generation-axe Generation Axe

Brand X

The funk-rock-fusion-legions are well known for their dynamic and energetic live shows, which include serious chops, subtle world beat dynamics and offbeat British humor. Founding members John Goodsall (guitars) and Percy Jones (bass) are keep Brand X's traditions alive with a band that many claim as "The best Live Brand X ever."

Thurs., Nov. 29, at 8 p.m. Cohoes Music Hall, 58 Remsen St., Cohoes. Advance, \$39 to \$45; prices increase \$5 day of show. 518-953-0630 or www.ticketfly.com/event/1769366

Edmar Castaneda Trio

The Colombian-born harp virtuoso has forged his own distinctive path in music. He brings not only an unfamiliar instrument but a wholly original voice to jazz, branching out into a world of different styles and genres. His wide-ranging career has been remarkable for discovering a brilliant role for the harp in jazz, then continuing to innovate and spark creativity from a wealth of formidable collaborations. Presented as part of the Music Haven Passport Series. Fri., Nov. 30, at 7:30 p.m. GE Theatre, 432 State St., Schenectady. \$25; limited tickets remain. 518-346-6204 or ticket.proctors.org

Jason Mraz and Toca Rivera

Since getting his start in coffeehouses in San Diego, Mraz has brought his positive message and soulful, folk-pop sound to rapt audiences around the world through his vibrant recordings, humorous live performances, and philanthropic efforts. Along the way, he has earned numerous platinum certifications for his various releases, made pop history with his record-breaking classic single, "I'm Yours" and "I Won't Give Up," racked up two Grammy Awards, won the prestigious Songwriter Hall of Fame Hal David Award, and sold out iconic venues across the globe. He'll perform as part of his "Live In Stereo" Tour with special guest Irish-Armenian singer songwriter Gregory Page. Fri., Nov. 30, at 8 p.m. Palace Theatre, 19 Clinton Ave., Albany. \$49.50; \$65 and \$99. 518-465-4663 or www.palacealbany.org/events/detail/jason-mraz-and-toca-rivera-live-in-stereo

The Brubeck Brothers Quartet

Celebrate Dave Brubeck's centennial with a performance by his sons, Chris and Dan, who have been making music together practically their entire lives. The brothers serve as the quartet's foundation, accompanied by guitarist Mike DeMicco and pianist Chuck Lamb. Fri., Nov. 30, at 8 p.m. Cohoes Music Hall, 58 Remsen St., Cohoes. \$29.50 to \$39.50. 518-953-0630 or www.ticketfly.com/event/1762860

Kaia Kater

This African-Canadian roots phenom couldn't have come on the scene at a better time. Her sophomore album, "Nine Pin," casts an unflinching eye at the realities faced by people of color in North America every day. Her songs are fueled by her rich low tenor vocals, jazz-influenced instrumentation, and beautifully understated banjo. Fri., Nov. 30, at 8 p.m. Massry Center for the Arts, The College of Saint Rose, 1002 Madison Ave., Albany. Adults, \$30; Students, \$15. 518-274-7804 or tickets.troymusicall.org

Leonard Bernstein at 100: The Humanitarian and Social Critic

In collaboration with six internationally acclaimed opera soloists, the Skidmore Orchestra, under the direction of Anthony G. Holland, concludes Skidmore's Leonard Bernstein at 100 Celebration. The program includes a "West Side Story" suite and "Candide" Overture followed by a rare performance of Songfest, a song-cycle in 12 settings of 13 poems, commissioned for America's bicentennial, this work bears relevance to societal issues still facing our nation. Sat., Dec. 1, at 7 p.m. Ladd Hall, Zankel Music Center, Skidmore College, 815 North Broadway, Saratoga Springs. Adults, \$8; seniors, \$5; students and children, free. 518-580-5321 or www.skidmore.edu/zankel/ticketevents.php and click on the yellow Buy Tickets Online button

Stefon Harris & Blackout

Harris returns to the Capital District with his contemporary jazz band Blackout in support of their new recording, "Sonic Creed." Sat., Dec. 1, at 8 p.m. Swyer Theatre, The Egg Performing Arts Center, Empire State Plaza, Albany. \$34. 518-473-1845 or tickets.theegg.org

Dashin' and Dancin' 2 with The Refrigerators

The popular regional band that infuses funk, rock and R&B with a powerhouse horn section and kinetic stage presence performs as part of this holiday party to benefit the Waterford Historical Museum & Cultural Center. Also features a huge dance floor, light food fare, cash bar, and Santa & Mrs. Claus. Sat., Dec. 1, at 7 p.m. Cohoes Music Hall, 58 Remsen St., Cohoes. \$25. 518-953-0630 or www.ticketfly.com/event/1762435

The Klezematics

The band that's led the revival of the ages-old art form of Klezmer, will perform a concert titled "Woody Guthrie's Happy Joyous Hanukkah," featuring lyrics penned by the father of American folk music paired with playful renditions written at the request of Guthrie's daughter, Nora. Sat., Dec. 1, at 7:30 p.m. Troy Savings Bank Music Hall, 30 2nd St., Troy. \$29 or \$34. 518-273-0038 or tickets.troymusicall.org

David Crosby & Friends

The folk rock pioneer returns to the Capital District. He'll be backed by his "Lighthouse Band," featuring Becca Stevens, Michael League of Snarky Puppy and Michelle Willis for this performance. Sat., Dec. 1, at 8 p.m. Hart Theatre, The Egg Performing Arts Center, Empire State Plaza, Albany. \$49.75 to \$84.75, limited tickets available. 518-473-1845 or tickets.theegg.org

Pop Fest 518

Enjoy a great night of music by regional pop singer/songwriters Sydney Worthley, Blockhouses, Sarah Kohrs and Coyote, Daniel Conley and Sandy McKnight's Pop Clique to benefit the Columbia Arts Team. Sat., Dec. 1, at 8 p.m. The Linda, WAMC's Performing Arts Studio, 339 Central Ave., Albany. Adults, \$15; students, \$10 at the door. 518-465-5233 or www.thelinda.org/event/pop-fest-518

The Victorian Stroll Concert

This year, Troy's favorite musical tradition will feature performances by the Troy Children's Choir, The Sage Singers, Albany Pro Musica and Planet Light, a new take on the holidays. Includes special lighting show, self-guided tours of the historic venue, and an exhibit by the Rensselaer County Historical Society on the second and third floors. Sun., Dec. 2; performance starts at 11: 15 a.m. Troy Savings Bank Music Hall, 30 2nd St., Troy. Free. 518-273-0038 or www.troymusicall.org

The Magic of Christmas

Celebrate the season with family and friends at the Capital District's favorite holiday spectacular. Hear the Albany Symphony and a sleigh full of local talent perform your favorite Christmas carols, selections from Tchaikovsky's Nutcracker Suite, sparkling holiday favorites and more! Plus a special visit from Santa Claus. Sun., Dec. 2, at 3 p.m.

Palace Theatre, 19 Clinton Ave., Albany. \$28 or \$42; children half price when purchased through the Box office. 518-694-3300 or www.albanysymphony.com/upcomingconcerts/magicofchristmas

Handel's Messiah

The Octavo Singers of Schenectady present their annual performance of the composer's greatest masterpiece. Composed in 24 sleepless days and nights, this oratorio is a favorite of audiences worldwide, made all the more enjoyable by the wonderful acoustics of this marvelous venue. Sun., Dec. 2, at 3 p.m. Memorial Chapel, Union College, 807 Union St., Schenectady. Adults, \$32.04; seniors, \$26.87; and students, \$21.69 (all prices inc. fees.) Tickets: www.brownpapertickets.com/event/3607388

Keith Lockhart & The Boston Pops

Capturing the magic of the Christmas season and the winter charms of New England, the Boston Pops will perform their signature Sleigh Ride, as well as other Holiday classics, and new arrangements of seasonal favorites. Mon., Dec. 3, at 7:30 p.m. MainStage, Proctors, 432 State St., Schenectady. \$25 to \$110; limited availability. 518-346-6204 or tickets.proctors.org

Jingle Jam 2018

This year's annual holiday concert features a performance by one of country music's most authentic artists, Rodney Atkins, with rising stars Craig Campbell and the Vinnie Michaels Band. Presented by 107.7 GNA. Wed., Dec. 5, at 7 p.m. Troy Savings Bank Music Hall, 30 2nd St., Troy. \$26 to \$38. 518-273-0038 or tickets.troymusicall.org

Dave Matthews Band

The Grammy Award-winning rock band makes one last stop in the Capital District in 2018 during this arena tour. Enjoy a night of classics paired with songs from the band's latest release, "Come Tomorrow." Wed., Dec. 5; doors at 7 p.m. for 8 p.m. concert. Times Union Center, 51 South Pearl St., Albany. \$85 and \$115. 518-487-2000, 800-745-3000 or www.timesunioncenter-albany.com/dave-matthews-band

Old Songs Open Mic

Sign up to play for a 15 minute set. Wed., Dec. 5, 7:30 p.m. Old Songs Community Arts Center, 37 South Main St.,

MUSIC

Trans-Siberian Orchestra

The American progressive rock band founded by producer, composer and lyricist Paul O'Neill in the 1990s that has become one of the world's most popular touring acts, celebrates 20 years of live performances with its Winter Tour 2018, featuring an all new production of "The Ghosts of Christmas Eve." Wed., Nov. 28; doors at 6:30 p.m. for 7:30 p.m. concert. Times Union Center, 51 South Pearl St., Albany. \$46.75 to \$79.50; attendees ages 2 and older require a ticket for admission. 518-487-2000, 800-745-3000 or www.timesunioncenter-albany.com/trans-siberian-orchestra

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CLUES ACROSS

- Scottish lawyer (abbr.)
- __-bo: exercise system
- When you hope to get there
- Jewish spiritual leader
- Long, pointed tooth
- Hillside
- Scandinavian god
- Keyboard key
- Indian title of respect
- The end
- Shaft horsepower (abbr.)
- Domesticated animals
- The gridiron
- Disfigure
- Central processing unit
- Get in __: fight
- Jacob __, US journalist
- One point north of due west
- He said, __ said
- Where people live
- Sheep noises
- The ocean
- Packers' QB Rodgers
- One who buys and sells at the same time
- Place to get cash
- Dog's name
- Aviation enthusiast
- Plant of the lily family
- Larval crustaceans
- Brooklyn hoopster
- Military force ready to move quickly (abbr.)
- Make an effort

CLUES DOWN

- Set back
- Flat
- Place to gamble
- Dark liquid
- Mortified
- Famed movie critic
- Corpuscle count (abbr.)
- Egyptian goddess
- Type of garment
- Extremely high frequency
- More peppery
- The big game (abbr.)
- Single Lens Reflex
- In addition
- In the company of
- Order's partner
- Upon
- Dazzles
- Baseball stat
- The 17th letter of the Greek alphabet
- Helps little firms
- Arrested
- Haw's partner
- Expresses surprise
- Stumblebums
- Align relative to points on a compass
- LA ballplayer
- Showing disapproval toward
- "Diamonds & Rust" singer
- Protects the wearer's body
- Yes vote
- British Air Aces

Answers on Pg. B22

Voorheesville. \$3. 518-765-2815 or oldsongs.org

Brett Young

2018's American Country Music New Male Vocalist of the Year brings his "crowd-pleasing" (Arizona Central) set to fans in the Capital District with CMT On Tour: "Here Tonight" featuring special guests Tyler Rich and Rachel Wammack. Thurs., Dec. 6, at 7:30 p.m. Palace Theatre, 19 Clinton Ave., Albany. \$29.50 to \$44.50. 518-465-4663 or www.palacealbany.org/events/detail/brett-young-wsg-tyler-rich-rachel-wammack

Soweto Gospel Choir

The Grammy Award-winning choir formed in 2002 to celebrate the unique and inspirational power of African Gospel music will present a concert titled "Songs of the Free" in honor of the late Nelson Mandela's 100th birthday. Thurs., Nov. 6, at 7:30 p.m. Troy Savings Bank Music Hall, 30 2nd St., Troy. \$25 to \$55. 518-273-0038 or tickets.troymusichall.org

The Gibson Brothers: North Country Christmas Show

The premiere brother duo of the bluegrass genre brings its hometown holiday tradition to the Electric City for one performance. Fri., Dec. 7, doors at 7 p.m. for 7:30 p.m. concert. GE Theatre, Proctors, 432 State St., Schenectady. \$40; VIP for \$75. 518-346-6204 or tickets.proctors.org

Project/Object

The world's longest continually touring alumni-based Frank Zappa tribute band visits the Spindle City to perform a set that combines material they performed on tour with him along with his classics and other album favorites. Fri., Dec. 7, at 8 p.m. Cohoes Music Hall, 58 Remsen St., Cohoes. \$22 to \$27. 518-953-0630 or www.ticketfly.com/event/1772439

John Scofield's Combo 66

Scofield teams up with pianist Gerald Clayton, bassist Vicente Archer and drummer Bill Stewart in this new band that builds upon the Grammy-winning jazz guitarist's long legacy of masterful improvisation and stylistic diversity. Fri., Dec. 7, at 8 p.m. Swyer Theatre, The Egg Performing Arts Center, Empire State Plaza, Albany. \$36. 518-473-1845 or tickets.theegg.org

Ras Moshe

Moshe, whose given name is Theodore Burnett III, and is the grandson of musician Theodore Burnett I (professionally known as Ted Barnett), plays the tenor sax, soprano sax and the flute. He'll perform music based on letters written by his father during his deployment in Vietnam from 1968 to 1970 during a multimedia performance of "Peace Be With You: Letters from Rap" with the

Music Now! Unit. Sat., Dec. 8, at 7 p.m. The Sanctuary for Independent Media, 3361 6th Ave., Troy. \$21 (inc. transaction fee). 518-272-2390 or www.mediasanctuary.org/event/ras-moshe-2/

'In Praise of Christmas'

A program of songs and carols from England, Wales and Spain, all in English translations featuring John Roberts on hurdy-gurdy, concertinas and vocals, Lisa Preston on baroque triple harp, celtic harp and piano, and Armand Aromin on violin. Sat., Dec. 8, at 7:30 p.m. Old Songs Community Arts Center, 37 Main St., Voorheesville. Adults, \$25; youth (ages 13 to 18), \$12, and children (ages 12 and younger), \$5. 518-765-2815 or oldsongs.org

Turning of the Year: Celtic Holiday Extravaganza!

Seven time All-Ireland Accordion Champion and Narada recording artist John Whelan teams up with American roots band Low Lily (Liz Simmons, vocals & guitar and Lissa Schneckeburger, vocals & fiddle); and Katie McNally (Scottish fiddle), for a spectacular holiday mini-fest! Featuring traditional and original music from Ireland, Scotland and America, it's a diverse and energetic show to usher in the holiday season with a bang. Alongside uptempo jigs and reels will be lesser-known Christmas carols and wintry classics. Sat., Dec. 8, at 7:30 p.m. GE Theatre, Proctors, 432 State St., Schenectady. Advance, \$26; general admission, \$28; and Gold Circle seating, \$45. 518-346-6204 or tickets.proctors.org

The Weight Band

The band formed in 2013 by former members of The Band to carry on the unforgettable legacy of the rock group brings its current lineup to the Capital District for a performance. American roots and soul songwriter Kerri Powers opens. Sat., Dec. 8, at 8 p.m. Cohoes Music Hall, 58 Remsen St., Cohoes. \$27 to \$79. 518-953-0630 or www.ticketfly.com/event/1766187

The Whiskey Treaty Roadshow

The collaborative Americana, rock and roots-folk band made up of five Massachusetts singer/songwriters will perform. Multi-instrumentalist singer/songwriter Sam Luke Chase will open. Sat., Dec. 8, at 8 p.m. The Linda, WAMC's Performing Arts Studio, 339 Central Ave., Albany. \$20. 518-465-5233 or www.thelinda.org/event/the-whiskey-treaty-roadshow-w-s-g-sam-luke-chase

Pickin' and Singin' Gatherin'

A sing-around for the whole family. Share your songs, learn new ones and enjoy the company of others who enjoy a wide range of folk music. Sun., Dec. 9, 1 to 4 p.m. Old Songs Community Arts Center, 37 Main St., Voorheesville. pickinandsingin.org

The Many Moods of Christmas

This year's program will feature the sounds of Christmas from across the globe as well as traditional holiday favorites including Tchaikovsky's "The Nutcracker," and Robert Shaw and Robert Russell Bennett's "The Many Moods of Christmas Suite IV." Sing along to traditional carols with members of Albany Pro Musica's Concert Chorus and Orchestra Pro Musica. Sun., Dec. 9, at 3 p.m. Troy Savings Bank Music Hall, 30 2nd St., Troy. \$25 to \$55. 518-273-0038 or tickets.troymusichall.org

Lessons and Carols

Folk music legends John Kirk and Trish Miller join Field Home, Theresa LaGattuta-Bruno and Kristen McCable for these concerts by candlelight. Program features a combination of African American spirituals, Irish ballads, and Shape Note hymns with some modern carols. Sun., Dec. 9, at 4 p.m., and Mon., Dec. 10, at 7:30 p.m. Refreshments to follow. Christ Church, corner of Church Avenue (NY Rte. 50) and West High Street (NY Rte. 67), Ballston Spa. Free. 518-885-1031

Breaking Benjamin & Five Finger Death Punch

Popular rock and heavy metal band coheadliners extended this extremely successful tour due to fan demand. With special guests In Flames and From Ashes to New. Mon., Dec. 10; doors at 5 p.m. for 6 p.m. concert. Times Union Center, 51 South Pearl St., Albany. \$25 to \$89.50. 518-487-2000, 800-745-3000 or www.timesunioncenter-albany.com/breaking-benjamin-and-five-finger-death-punch

tired of her role as dutiful middle sister in the face of her siblings' romantic escapades. When the family visits for Christmas, an unexpected guest sparks Mary's hopes for independence, an intellectual match — and possibly even love? Through Sun., Dec. 23. Shows: Fridays at 8 p.m., Saturdays at 3 and 8 p.m., Sundays at 2 p.m., Tuesdays, Wednesdays and Thursdays at 7:30 p.m. with 2 p.m. matinee performances on Wed., Dec. 5 and Wed., Dec. 12. The REP, 111 North Pearl St., Albany. \$22 to \$65. Tickets via Proctors' Box Office: 518-346-6204 or tickets.proctors.org; venue, 518-445-4769.

'The Snow Queen'

Based on the beloved Hans Christian Anderson story, kids of all ages will be delighted by this heartwarming musical tale of friendship, love, and coming of age. Join Gerda on a dangerous and whimsical quest to save her best friend Kai before he is trapped forever in the Snow Queen's palace. Dare to enter a world where flowers sing, animals talk, and riddles yearn to be solved. Presented by Sage Theatre Institute. Opens Thurs., Nov. 29, and runs through Thurs., Dec. 13. Shows: Thursdays and Fridays at 10 a.m.; Saturdays at 7:30 p.m.; Sundays at 2 p.m., and Wednesdays at 10 a.m., with additional performances on Fri., Dec. 8, at 7:30 p.m., and on Tues., Dec. 11, at 10:30 a.m. Theater, Schacht Fine Arts Center, Russell Sage College, 5 Division St., Troy. Adults, \$15; seniors, students and children, \$12. 518-244-2248 or tickets.sage.edu/theatre/ and scroll to date and time of preferred performance.

'A Comedy of Tenors'

Ken Ludwig, the author of "Lend Me A Tenor," returns with another brilliant play, set in the world of opera. An uproarious ride, full of mistaken identities, bedroom hijinks, and madcap delight. Best for audience members ages 14 and older. Preview performance, Thurs., Nov. 29, at 7:30 p.m.; runs Fri., Nov. 30, through Mon., Dec. 31. Shows: Thursdays at 7:30 p.m.; Fridays and Saturdays at 8 p.m. and

Sundays at 3 p.m., with a 3 p.m. matinee performance on Sat., Dec. 8. Presented by Curtain Call Theatre. 1 Jeanne Jugan Lane, Latham. Preview performance, \$19.50; other performances, \$27.50; prices inc. fees. 518-877-7529 (PLAY) or www.brownpapertickets.com/event/3410606

'Dr. Seuss' How The Grinch Stole Christmas! The Musical'

The record-setting Broadway holiday sensation which features the hit songs "You're A Mean One Mr. Grinch" and "Welcome Christmas" from the original animated special. Max the Dog narrates as the mean and scheming Grinch, whose heart is "two sizes too small" and decides to steal Christmas away from the Holiday loving Whos. Magnificent sets and costumes inspired by Dr. Seuss' original illustrations help transport audiences to the whimsical world of Whoville and helps remind us of the true meaning of the holiday season. 85 minutes; no intermission. Wed., Dec. 5, at 7 p.m.; Thurs., Dec. 6, at 1:30 and 7 p.m.; Fri., Dec. 7, at 7 p.m., Sat., Dec. 8, at 11 a.m., 2, 5 and 8 p.m., and Sun., Dec. 9, at 1 and 5 p.m. Limited availability for matinee performances on Sat., Dec. 8, and Sun., Dec. 9. MainStage, Proctors, 432 State St., Schenectady. \$20 to \$80. 518-346-6204 or tickets.

'A Christmas Carol'

Scrooge finally comes to Sand Lake! SLCA proudly presents Charles Dickens' immortal classic. This new adaptation is certain to put you in the holiday spirit. Come witness Scrooges' journey as he travels through the past, present and future with the help of three magical ghosts, dedicated to showing old Ebenezer a new way of life full of warmth and charity. Directed by Brian Sheldon and Melanie Douglas. Opens Fri., Dec. 7, and runs through Sun., Dec. 16. Shows: Fridays, Saturdays, and Thurs., Dec. 13, at 8 p.m.; Sundays at 2:30 p.m. Presented by Circle Theater Players.

Sand Lake Center for the Arts, 2880 NY Rte. 43, Averill Park. Adults, \$18; ages 18 and younger, \$10. 518-674-2007 or scla-ctp.org/a-christmas-carol-4/

'A Christmas Story'

Join Ralphie and the whole family for this delightful stage adaptation of Jean's Shepherd's classic holiday film. It's almost Christmas and more than anything in the world Ralphie wants a Red Ryder 200-Shot Carbine Action Range Model Air Rifle, but his parents don't seem to think it's a good idea. His mother warns, "You'll shoot your eye out," and his father is too busy tinkering with the family's furnace and evading the dogs from next door to pay much attention. Presented by Home Made Theater. Spa Little Theatre, Saratoga Spa State Park, 19 Roosevelt Dr., Saratoga Springs. Opens Fri., Dec. 7, and runs through Sun., Dec. 16. Shows: Fridays at 7:30 p.m.; Saturdays and Sundays at 1 p.m.; with a 4:30 p.m. performance on Sat., Dec. 15. Adults, \$18; children ages 12 and younger, \$12. 518-583-0638 or homemadetheater.org/current-season/a-christmas-story

'Looking at Christmas'

In this play by Steven Banks, an aspiring writer and a struggling actress meet on Christmas Eve in New York City while looking at the famous holiday windows, and the characters in the displays come to life and look back at them, including a lecherous elf with eyes for Mrs. Claus; Scrooge and Tiny Tim arguing about being portrayed as zombies; a street-wise Little Match Girl; Jim from "The Gift of the Magi" enjoying his wife's new androgynous haircut; and a jealous Joseph The Carpenter. A smart, sweet, slightly twisted holiday romantic comedy. Presented by the Schenectady Civic Players. Opens Fri., Dec. 7, and runs through Sun., Dec. 16. Shows: Fridays and Saturdays at 8 p.m., Sundays at 2:30 p.m., and Wed., Dec. 12, and Thurs., Dec. 13, at 7:30 p.m. Schenectady Civic Playhouse, 12 South Church St., Schenectady. \$20. 518-382-2081 or tickets.civicplayers.org

THEATER

'Miss Bennet: Christmas at Pemberley'

Spend the holiday season with your favorite "Pride and Prejudice" characters, as they gather at Pemberley, the stately home of Mr. and Mrs. Darcy. In this imagined sequel to Jane Austen's masterwork, the ever-dependable Mary Bennet is growing



FREE ADMISSION

Shaker Christmas Craft Fair

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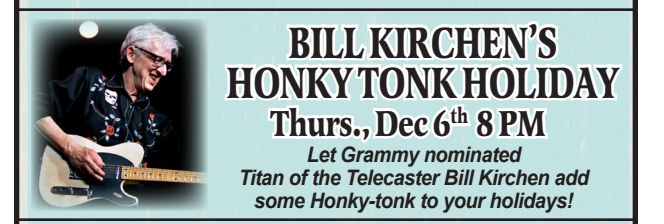
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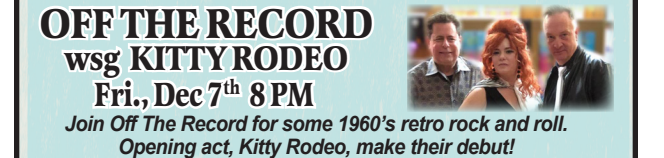
THE NATIONAL RESERVE
Fri., Nov. 30th 8 PM

The National Reserve returns to The Hangar on the Hudson!



BILL KIRCHEN'S HONKY TONK HOLIDAY
Thurs., Dec 6th 8 PM

Let Grammy nominated Titan of the Telecaster Bill Kirchen add some Honky-tonk to your holidays!



OFF THE RECORD
wsg KITT Y RODEO
Fri., Dec 7th 8 PM

Join Off The Record for some 1960's retro rock and roll. Opening act, Kitty Rodeo, make their debut!



SUPER 400
wsg MOTORBIKE
Sat., Dec 8th 8 PM

We'll be coming down from the mountain when we come....



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Answers on Pg. B22

COMEDY

The Comedy Works:

Saratoga Springs Kevin Downey Jr. & Guests: The America's Got Talent semi-finalist, AKA "The Drinkingman's Comic," who was in residence for the 2018 Saratoga racing season, returns for a weekend's worth of performances. Thurs., Nov. 29, at 7:30 p.m., \$10; also Fri., Nov. 30, and Sat., Dec. 1, at 7:30 and 9:30 p.m. \$20 (show only) or \$44.95 (dinner + show, only available at 7:30 p.m.) **Open Mic:** Thurs., Nov. 29, at 9 p.m. Sign up at 7 p.m., free to attend or participate. *All tickets subject to a \$2 service fee.* 388 Broadway, Saratoga Springs. 518-275-6897 or thecomedyworks.com

The Funny Bone

Bob Marley: Stand-up comedian who's not only made hundreds of television appearances but also starred in the cult classic film "Boondock Saints" and its sequel, "All Saints Day," as the always funny and incredibly wrong Detective Greenly. Wed., Nov. 28, at 7:30 p.m., \$25. **Adam Ferrara:** The actor and stand-up comedian known for movie and television roles in "Nurse Jackie" and "Paul Blart: Mall Cop" performs. Thurs., Nov. 29, at 7:30 p.m., \$12; Fri., Nov. 30, at 7:30 and 10 p.m.; Sat., Dec. 1, at 7 and 9:45 p.m., \$17; and Sun., Dec. 2, at 7 p.m., \$12. **Carlos Mencia:** The actor and stand-up comedian best known for his Comedy Central series "Mind of Mencia" swings through town as part of his "C 4 Urself Tour." Wed., Dec. 5, at 7:30 p.m. Showroom seats, \$25; VIP experience \$47. All shows 21+ unless indicated otherwise; doors 60 to 90 minutes before early show; 30 to 45 minutes before late show. Crossgates Mall, 1 Crossgates Mall Rd., Guelderland. 518-313-7484 or albany.funnybone.com

Mopco Improv Theatre

Crime Alley: Sketch Comedy Show: Performers William Hughes, Bill Nettleton, Nell Shanahan and Jon Tenace with special guest Makenzi Berg and comedians Jaye McBride and James King will amaze the

audience with comedy, music and plenty of harrowing deaths. Laughs will be had, blood will be spilled, and you will remember the show until the ravages of age claw the memory from your brain. Fri., Nov. 30; doors at 7:30 p.m. for 8 p.m. show. Adults, \$11.53; seniors and students, \$7.32. **Spontaneous Broadway:** performers audition Broadway-style songs that they create on the spot based on song titles created by you, the audience. Vote for your favorite song and see it brought to life by our performers as they improvise an entire hour long musical around it! Sat., Dec. 1, doors at 7:30 p.m. for 8 p.m. event. Adults, \$16.78; seniors, students and children, \$7.32; limited availability. All prices inc. fees; group ticket packages also available for most shows. 10 N. Jay St., Schenectady. 518-577-6725 or www.mopco.org

Proctors

Piff the Magic Dragon: Larry David, dressed in a dragon suit, performs jaw-dropping magic tricks with Mr. Piffles, The World's Only Magic Performing Chihuahua. Sun., Dec. 9 at 7:30 p.m. GE Theatre, Proctors, 432 State St., Schenectady. \$40; or Piff's Private Party package for \$60.50. 518-346-6204 or tickets.proctors.org

DANCE

Community 'Barn' Dance

Fun, simple dances for every age and ability. All dances will be taught. Yummy dessert potluck during intermission. This month's dance features Tamarack with caller Melanie Axel-Lute. Sat., Dec. 1, at 7 p.m. Old Songs Community Arts Center, 37 South Main St., Voorheesville. \$8; free for children ages 12 and younger. 518-765-2815 or oldsongs.org

Northeast Ballet's 'The Nutcracker'

Making its annual return to the MainStage is everyone's favorite holiday ballet. Enter a world of Christmas dreams to the joyous

music of Tchaikovsky in this annual year-end favorite. Join the Sugar Plum Fairy, the heroic Nutcracker Prince and the evil Rat King in this whimsical celebration of the season. Sat., Dec. 1 at 7 p.m., and Sun., Dec. 2, at 2 p.m. Main Stage, Proctors, 432 State St., \$20 to \$45. Limited availability for Dec. 1 show; extremely limited availability for Dec. 2 show. 518-346-6204 or tickets.proctors.org

Moscow Ballet's Great Russian Nutcracker

Production featuring world class Russian artists, hand-painted sets, Russian Snow Maidens and jubilant Nesting Dolls will bring the Christmas spirit to life for children of all ages! Wed., Dec. 5, at 7 p.m. Palace Theatre, 19 Clinton Ave., Albany. \$31 to \$71. 518-465-4663 or www.palacealbany.org/events/detail/the-moscow-ballets-great-russian-nutcracker

Dance @ Opalka

Ellen Sinopoli Dance Company returns to the gallery with a site-specific performance in response to selected works from the 2018 Screenprint Biennial exhibition. Fri., Dec. 7, at 6:30 p.m. Opalka Gallery, The Sage Colleges of Albany, 140 New Scotland Ave., Albany. Free. 518-292-7742 or opalka.sage.edu

First Friday Swing Dance

Dance the night away to live music by Mary Witt's O-Tones. Fri., Dec. 7; free lesson from 7 to 8 p.m., followed by dancing until 11 p.m. Albany Elks Lodge, 25 South Allen St., Albany. Adults, \$15; Dance Flurry members, \$12; retirees/seniors/students/limited income, \$10. firstfridayswingdance@gmail.com

The Nutcracker

Albany Berkshire Ballet presents its 44th annual tour of this classic holiday ballet. Sat., Dec. 8 at 1 and 5:30 p.m. and Sun., Dec. 9, at 1 p.m. Hart Theatre, The Egg Performing Arts Center, Empire State Plaza, Albany. Adults, \$41; children, \$26. 518-473-1845 or tickets.theegg.org

FAMILY

22nd annual Capital Holiday Lights in the Park

Celebrate the holidays with this all-new, drive-through spectacular featuring more than 125 illuminated displays and scenes. Presented by Price Chopper/Market 32. Through Wed., Jan. 2, 2019. Open daily: Sundays through Thursdays from 6 to 9 p.m.; Fridays and Saturdays from 6 to 10 p.m. Washington Park, Albany; enter opposite New Scotland Avenue. Be sure to visit Santa (through Dec. 23) in the Lake House and enjoy crafts and refreshments. Admission varies based on vehicle size: cars, \$20 each, rates available for larger vehicles online. Proceeds benefit the Albany Police Athletic League. Latest information available at (518) 435-0392 or at www.albanycapitalholidaylights.com

Family Storytime

This 45 minute enrichment program includes stories, songs, and movement to support children's learning and discovery from the very beginning. For infants to preschool aged children with a caregiver. Wednesdays, 10:30 a.m. Main Branch, Troy Public Library, 100 2nd St., Troy. Free. 518-274-7071 or www.thetroylibrary.org

Lansingburgh Storytime

This 45 minute enrichment program includes stories, songs, and movement to support children's learning and discovery from the very beginning. For infants to preschool aged children with a caregiver. Thursdays, 10:30 a.m. Lansingburgh Branch, Troy Public Library, 27 114th St., Troy. Free. 518-274-7071 or www.thetroylibrary.org

KIDS! Storytime

For children and their parents/caregivers. Fridays at 10:30 a.m. Northshire Bookstore, 424 Broadway, Saratoga Springs. Free. 518-682-4200 or www.northshire.com

Kids Urban Art Class

Young Futures, an organization dedicated to providing children with the opportunity to explore and express their creative passion,

hosts this hour-long class every Monday at 6:30 p.m. Class on the first, second and fourth Mondays of the month take place in the Crafters' Studio, Albany Barn, 56 2nd St., Albany. Free. 518-935-4858 or albanybarn.org

Kids' Art Exploration

Join resident artist Megan Ruch for an evening of creativity. Parents encouraged to stay and participate; children 5 years and younger must be accompanied by an adult. Wed., Dec. 5, at 6:30 p.m. Stage 1 Gallery, Albany Barn, 48 North Swan St., Albany. Free. 518-935-4858 or albanybarn.org

Cirque Musica presents

Wonderland

Journey into Wonderland, a world of high-flying adventure with amazing acrobats, aerialists, hilarious hijinks and holiday cheer paired with a symphony orchestra performing the greatest holiday music of all time. Sat., Dec. 8, at 7:30 p.m. Palace Theatre, 19 Clinton Ave., Albany. Adults, \$45 to \$60; children, \$15. 518-465-4663 or www.palacealbany.org/events/detail/cirque-musica-wonderland

FILM

'Free Solo'

This invigorating *National Geographic* portrait of free climber Alex Honnold presents an engaging study of a perfect match between passion and personality as Alex becomes the first person to climb El Capitan — Yosemite's 3,000 ft. wall — without ropes or safety gear. Rated PG-13 for brief strong language. 100 minutes. Wed. Nov. 28, and Thurs., Nov. 29, daily at noon and 7 p.m. The Addy, Proctors, 432 State St., Schenectady. Adults, \$9; seniors (62+) and students, \$6; all tickets \$6 for matinees; discounts not available online. 518-346-6204 or tickets.proctors.org

'What we left unfinished'

A work-in-progress screening of Mariam Ghani's feature film of the same name, currently in post production at EMPAC.

Based on the history of the Afghan Film Archive (the state film institute based in Kabul, Afghanistan), this film reconstructs hidden and parallel narratives of both state propaganda and the experience of the Afghan Film Archive's management and film directors during the period of Afghan Communism. Ghani and the film's composer, Qasim Naqvi, will discuss the relationship between sound and image in the film following the screening. Thurs., Nov. 29, at 7 p.m. Theater, EMPAC, Rensselaer Polytechnic Institute, corner of 8th St. and College Ave., Troy. Free. 518-276-3921 or www.empac.rpi.edu

'The Best Intentions'

This is the 3-hour theatrical version of the 5 1/2-hour teleplay written by Ingmar Bergman based on his account of the courtship and marriage of his parents, Erik Bergman and Karin Åkerblom, and their struggles with sickness, infidelity, class conflict, and religious faith. (Sweden, 1991; 181 minutes, color). There will be a brief intermission at 8:30 p.m. Final screening in the Ingmar Bergman Centennial Film Series presented by the New York State Writers Institute. Fri., Nov. 30, at 7 p.m. Page Hall, University at Albany, Downtown Campus, 135 Western Ave., Albany. Free. 518-442-5620 or www.nyswritersinstitute.org

'Dolomite' + 'Sweet Sugar'

It Came From Schenectady presents this double feature. The legendary Rudy Ray Moore is Dolomite, a nightclub owner serving 20 years in prison after having been set up by his rival, Willie Green. One day, his friend and associate, the streetwise Queen Bee, helps him get out of jail, so that she — and her team of lady kung fu fighters — can help him exact revenge on the villainous Green. D'Urville Martin (Black Caesar; Rosemary's Baby; Guess Who's Coming To Dinner) not only portrays Willie Green, but also directs this outrageously over-the-top comedy. Rough and tumble hard-luck gal, Sugar, gets set up by a corrupt politician. Convinced of the futility of appealing her case to the courts, she agrees to work on a plantation for two

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years, rather than be cooped up in a cell. The plantation, however, turns out to be run by the notorious Dr. John, a disgraced medical practitioner known for subjecting others to unethical experiments. Sugar has but one choice. She must not only save herself, but also others who are at risk. Both films are Rated R and run for 90 minutes. Sat., Dec. 1, at 1 p.m. GE Theatre, Proctors, 432 State St., Schenectady. Adults, \$9; seniors (62+) and students, \$6; all tickets \$6 for matinees; discounts not available online.

'Boxer's Omen' + 'Bastard Swordsman'

A double feature presented by It Came From Schenectady. In "Boxer's Omen," the brother of a paralyzed boxer travels to Thailand. Little will prepare you for the myriad viscous atrocities and grotesque fantasies that form the heart of the legendary Shaw Brothers studio's most notorious foray into the horror genre. Cantonese w/English subtitles. Not Rated. 105 minutes. Based on a review in "The Spinning Image," "Bastard Swordsman" was commonly regarded as the finest wu xia fantasy of them all until Swordsman II came along. Features gravity-defying swordplay combined with surreal Georges Méliés style stop-motion and optical effects, create a trippy, abstract world full of painted backdrops bathed in kaleidoscopic lighting. Anything can happen and usually does. Mandarin w/English subtitles. Not Rated. 89 minutes. Sat., Dec. 1, at 7 p.m. GE Theatre, Proctors, 432 State St., Schenectady. Adults, \$9; seniors (62+) and students, \$6; all tickets \$6 for matinees; discounts not available online.

'La Sylphide'

The Bolshoi Ballet presents its production of one of the world's oldest surviving ballets and a treasure in Danish ballet master August Bournonville's style staged by Bournonville expert Johan Kobborg. On his wedding day, James, a young Scotsman, is awakened with a kiss from an ethereal winged creature, a Sylph. Entranced by her beauty, James risks everything to pursue an unattainable love. 120 minutes. Tues., Dec. 4, at 2 and 7 p.m. GE Theatre, Proctors, 432 State St., Schenectady. \$15. 518-346-6204 or tickets.proctors.org

LECTURES

Alvaro Enrique

The award-winning author of four novels and two books of short stories, whose latest novel, "Sudden Death," about a 16th century tennis match and battle of ideas between Italian artist Caravaggio and Spanish poet Francisco de Quevedo, will deliver a craft talk. Presented by the New York State Writers Institute. Thurs., Nov. 29, at 4:15 p.m. Standish Room, Science Library, University at Albany Uptown Campus, 1400 Washington Ave., Albany. Free. 518-442-5620 or www.nyswritersinstitute.org

Ronald Kitchen

The author and activist who spent 21 years in prison and a decade on death row after being tortured by Chicago Police into confessing to a murder he did not commit will discuss his memoir "My Midnight Years:

Surviving Jon Burge's Police Torture Ring and Death Row" along with co-author, professor and historian Thai Jones. Fri., Nov. 30, from 7 to 9:30 p.m. The Sanctuary for Independent Media, 3361 6th Ave., North Troy. \$11; includes transaction fee. 518-272-2390 or www.mediasanctuary.org/event/ronald-kitchen-book-discussion/

Aly Raisman

The Olympic gymnast who captained the US team to victory in 2012 and 2016, who is also an influential advocate of positive body image, a hero of the #metoo movement, and an outspoken critic of the prevailing culture in American gymnastics organizations, will speak as part of the University At Albany Speaker Series presented in part by the New York State Writers Institute. Mon., Dec. 3, doors open at 6:30 p.m. for 7:30 p.m. presentation. SEFCU Arena, University at Albany Uptown Campus, 1400 Washington Ave., Albany. Free; registration required; two ticket limit per registrant. Info: 5620 or www.nyswritersinstitute.org; Registration: ualbaney.universitytickets.com/user_pages/event.asp?id=356&cid=36

How To Compost In A City

Nathalie Dubois Calero will lead this workshop in which participants will learn what can be composted, how to compost it, and how to use bokashi and worms to compost indoors. Tues., Dec. 4, from 4 to 6 p.m. The Sanctuary for Independent Media's NATURE Lab Gallery, 3334 6th Ave., Troy. Donation of \$10 to \$40 (suggested); registration required: visit www.mediasanctuary.com/event/table-top-composting/

Sen. Kirsten Gillibrand

New York's junior U.S. Senator returns to the New York State Writers' Institute for a conversation/Q&A about her first children's book, "Bold & Brave: Ten Heroes Who Won Women The Right to Vote," featuring illustrations by award-winning artist Maira Kalman. Fri., Dec. 7, at 7:30 p.m. Page Hall, University at Albany Downtown Campus, 135 Western Ave., Albany. Free. 518-442-5620 or www.nyswritersinstitute.org

LITERARY

The Troy Poetic Vibe

Weekly reading with featured poet hosted by D. Colin on Mondays. Open mic sign up at 7 p.m. Troy Kitchen, 77 Congress St., Troy. Free. 518-268-0068 or www.facebook.com/TroyKitchenNY

Brass Tacks

Albany Poets' brand new series of poetry and spoken word featuring some of the finest poets in the country along with an open mic for all poets, writers and artists who have something to share. Tues., Dec. 4, sign ups begin at 7 p.m., event runs from 7:30 to 9 p.m. The Low Beat, 335 Central Ave., Albany. \$3. www.albanypoets.com/events/brass-tacks-2-2018-11-06

Monthly Poetry Open Mic

Hosted by Carol Graser. Steven Huff is this month's featured poet. Each open mic poet reads two short poems (less than one page

or one longer poem. All styles of poetry are welcome. Wed., Dec. 5; open mic sign up begins at 7 p.m., readings start at 7:30 p.m. Caffè Lena, 47 Phila St., Saratoga Springs. \$5. 518-774-0534 or www.caffelena.org/events/open-mic-night

MISCELLANEOUS

Victorian Streetwalk

Celebrate the magic of an old-fashioned Victorian Streetwalk and Christmas on Broadway in downtown Saratoga Springs following the Saratoga Tree Lighting Ceremony outside of the Putnam Market. Music, magic, gingerbread house displays, the Festival of Trees, choral groups, Victorian dress and costumes, live reindeer to accompany Santa, and lots of venues with entertainment Presented by the Saratoga Springs Downtown Business Association. Thurs., Nov. 29, 6 to 10 p.m. Free admission. Entertainment schedule and map available at www.saratoga.com

Troy Night Out

Monthly arts and cultural event that regularly draws thousands of people onto the streets of Downtown Troy. Attendees are able to enjoy countless art events, music venues, fine restaurants as well as unique boutiques of all varieties. This month's theme is "Shop Local, Give Local." Fri., Nov. 30, from 5 to 9 p.m. Various venues throughout downtown Troy. www.downtowntroy.org/troy-night-out

Night of Lights

Celebrate the opening of the annual Festival of Trees exhibit with this exclusive evening featuring live music, great food, a raffle, cash bar and, of course, radiant fir trees. Fri., Nov. 30, 7 p.m. Schenectady County Historical Society, 32 Washington Ave., Schenectady. \$15. Tickets available online at schenectadyhistorical.org; scroll down to Night of Lights.

Troy Farmers Market

More than 80 food growers, bakers, chefs and artisans gather to offer the Capital District's freshest and finest! Plus, gather with other community members for Live music, great food, family activities and learning opportunities. Every Saturday, from 9 a.m. to 2 p.m., through April 27, 2019. Troy Atrium, 49 4th St., Troy. Free admission. 518-708-4216 or www.troymarket.org

Delmar Farmers Market

Features local, organic, and natural farm products, baked goods, seafood, prepared food, concessions and local and fair trade crafts from 45 vendors. Every Saturday through Dec. 29, from 9 a.m. to 1 p.m. Bethlehem Middle School, 332 Kenwood Ave., Delmar. Free. info@delmarmarket.org or delmarmarket.org

State Education Building Tour

Guided tour through the historic building in downtown Albany. Explore Chancellors Hall, the Regents Room and the rotunda, adorned with murals by Albany native Will H. Low. Most Saturdays through Dec. 15. Tours depart at 12:30 and 2:30 p.m. from the building's front steps (89 Washington Ave., Albany.) Free, registration

required at online.ogs.ny.gov/ogsEvents/StateEducationBuildingTours/TourDates.aspx; 25 person limit.

Schenectady GreenMarket

Vendors, shoppers, musicians and friends gather at this festive marketplace featuring more than 60 vendors who produce everything they sell. Sundays (closed Easter) from 10 a.m. to 2 p.m., inside Proctors, 432 State St., Schenectady, through April 28, 2019. Free admission. 518-986-0318 or schenectadygreenmarket.org/

Taste NY Holiday Market

Celebrate the start of the holiday season during the fifth annual market featuring "made in New York" foods and beverages from dozens of vendors, including hand-crafted beer, wine and spirits, cheese, chocolate, apple and maple products and other goodies. Food related presentations and live music through the day. Sun., Dec. 2, 11 a.m. to 4:30 p.m. New York State Museum, Empire State Plaza, 222 Madison Ave., Albany. Free admission; suggested donation of \$5/person or \$10/family. (518) 474-5877 or www.nysm.ny.gov/programs/taste-ny-holiday-market

Troy Victorian Stroll

Celebrate the holidays with family and friends during 36th Annual Troy Victorian Stroll, featuring more than 100 live performances throughout the day. Plus, wrap up your holiday shopping list at more than 50 clothing, jewelry and gift boutiques. Sun., Dec. 2, 11 a.m. to 5 p.m. Various venues throughout downtown Troy. Free admission. For a schedule of events and details about the window decorating contest, visit www.victorianstroll.com

New York State Holiday Tree Lighting

Enjoy a day of fun with indoor and outdoor activities and performances for the whole family, before the official tree lighting ceremony followed by fireworks and a holiday rock and skate with the Kyle Bourgault Band. Sun., Dec. 2, from 1 to 8 p.m. Empire State Plaza, Albany. Free admission and ice skate rentals all day;

free parking after 3 p.m. Full schedule of events at empirestateplaza.ny.gov/new-york-states-holiday-tree-lighting-presented-sefcu

Veteran Meet-Up

All veterans welcome to free coffee every Tuesday from 6 to 8 p.m. Saratoga Coffee Traders, 447 Broadway, Saratoga Springs. 518-884-4999 or www.VeteransPeerConnection.org

Social Night/Open House tours

Get a feel for this amazing creative community. Free. Tuesdays, 6:30 to 8:30 p.m., Tech Valley Center of Gravity, 30 3rd St., Troy. 518-279-7863 or www.tvcog.net

Geeks Who Drink

A quiz show with eight rounds of eight questions each, including music, audio and picture rounds. Free to play, with prizes for the top two teams and bonuses throughout the game. Tuesdays, 8 p.m., Olde English Pub, 683 Broadway, Albany.

Troy Victorian Stroll

Celebrate the holidays with family and friends during 36th Annual Troy Victorian Stroll, featuring more than 100 live performances throughout the day. Plus, wrap up your holiday shopping list at more than 50 clothing, jewelry and gift boutiques. Sun., Dec. 2, 11 a.m. to 5 p.m. Various venues throughout downtown Troy. Free admission. For a schedule of events and details about the window decorating contest, visit www.victorianstroll.com

First Look

Enjoy a preview of the mansion's gracious rooms that have been decorated for the holidays by community volunteers. Light refreshments will be served and Sinterklass will stop by for a visit. Presented by the Albany County Historic Association. Sun., Dec. 2, at 2 p.m. Ten Broeck Mansion, 9 Ten Broeck Place, Albany. Nonmembers, \$10; members \$5; Reservations encouraged. 518-436-9826 or www.tenbroeckmansion.org/albany/events-exhibits/

1st Friday Albany

Monthly arts and cultural event that takes place in Albany. Event sponsors and participants host events in various neighborhoods throughout the city. 1st Friday is an active and unique collaboration between the Upstate Artists Guild (UAG), Lark Street BID, the local arts community and local businesses. Fri., Dec. 7, from 5 to 9 p.m. Free. Full list of participating businesses/organizations and events at larkstreetbid.org

Babes in Troyland

Troy Flea will be teaming up with more than 25 Troy-based businesses for its coolest holiday, pop-up market yet with a variety of wares. If shopping is not your thing, come to enjoy custom cocktails and snacks, a board game room courtesy of Bard & Baker, and an escape room with Enigmatic Escapes! Sat., Dec. 8, from 1 to 7 p.m. and Sun., Dec. 9, from 10 a.m. to 4 p.m. Takk House, 53 3rd St. Troy. Admission, \$5; will also get \$5 to spend downstairs at Franklin Alley Social Club. www.facebook.com/events/297905830825281

'Androids & Aliens'

You're invited to attend this extraterrestrial adventure in art, music, and dining. Sedate your senses in our space and robotics themed environmental experience. Features music by Newt Smith, Mechno Sferatu and Velloccinate; visual projections by Newt Smith; group abduction photoshoot project by Rich Sheill. Presented by Spectra Art. Sat., Dec. 8, from 7 to 11 p.m. Albany Barn, 56 2nd St., Albany. Advance, general admission, \$15 or VIP area, \$25 (inc. one drink, access to a private shibari performance, and all you can eat hot d'oeuvres; prices increase by \$5 at the door. Venue: 518-935-4858 or albanybarn.org Event: www.facebook.com/artbyspectra/

Magicians' meeting

Capitaland Conjurers, the local group of The Society of American Magicians, Assembly #24, invites anyone age 16 and older with any interest in the art of magic, including performance, history, collecting or pure

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EXHIBITS

Albany Barn

Saturday, Dec. 1 only: "Albany Barn's Art Show." Jy'Quan Stewart, 17, presents his first, self-curated art show. Features young artists and complimentary treats, along with vendors and so much more. 1 to 4 p.m. Albany Barn, 56 2nd St., Albany. Free admission. 518-935-4858 or albanybarn.org

Albany Center Gallery

Upcoming: "Annual Members' Show: Small Works, Big Impact." Exhibit focuses on the importance of local and regional artists who work and live within 100 miles of Albany. Opens Fri., Dec. 7, and remains on view through Fri., Jan. 19, 2019. Gallery hours: Daily, Thurs., through Sat., from noon to 5 p.m. or by appointment. Free admission. 488 Broadway, Albany. 518-462-4775 or albanycentergallery.org

Albany Institute of History and Art

Continuing: "A Menagerie of Whimsy: The Art of William B. Schade," features a full range of the late Albany artist's whimsical furry and feathered creatures, including prints, sculptures, paintings and ceramics, and **"Birds & Beasts: The Scary, Magical, and Adorable Animals of the Albany Institute,"** which explores animals as iconic elements of art and as cherished household members. Both through Sun., Dec. 30. Plus ongoing exhibits. Museum hours: Wed.: 10 a.m. to 5 p.m.; Thurs.: 10 a.m. to 8 p.m.; Fri. and Sat.: 10 a.m. to 5 p.m., Sun.: noon to 5 p.m. Admission: Adults, \$10; seniors/students (w/ID), \$8; children 6-12, \$6. 125 Washington Ave., Albany. 518-463-4478 or albanyinstitute.org

Albany International Airport

Continuing: "Landmark." Visual artists and writers reflect upon a changing

American landscape. Thomas Cole's love for and concern about the American landscape were expressed in his paintings and writings, and persist in the work of many significant artists and writers today. On view through Mon., March 25, 2019. Presented in partnership with the Thomas Cole National Historical Site in Catskill.

Gallery hours: Daily, 7 a.m. to 11 p.m. Free admission. Main Gallery, third floor, adjacent to Observation Area, 737 Albany Shaker Rd., Latham. 518-242-2241 or www.albanyairport.com/arts

Arts Center of the Capital Region

Continuing: "From NY to LA: Landscapes of the Hudson Valley and California Desert: Paintings and Oil Sketches by Tom Nelson." This new

body of work compares paintings from two regions of our nations, the Catskills and the Vasquez Rock formations of east Los Angeles. On view in the Main Gallery until Thurs., Jan. 3, 2019. 265 River St., Troy. Gallery hours: Daily, Mon.-Thurs., 9 a.m. to 7:30 p.m., Fri., 9 a.m. to 4 p.m., Sat., 9 a.m. to 5 p.m. and Sun., noon to 4 p.m. Free admission. 518-273-0552 or artscenteronline.org

The Clark Art Institute

Continuing: "Extreme Nature!" Features more than 35 prints, drawings and photographs from the 19th century that reveal how artists sought to mitigate nature's dangers, transforming the hazardous and remote into awe-inspiring portrayals of natural phenomena. On view through Sun., Feb. 3, 2019. Also, permanent collections and exhibits, including the American Arts Decorative Arts Galleries and The Manton Collection of British Art, along with French Impressionist paintings, and works by Winslow Homer, George Inness and John Singer Sargent. Museum hours: Daily, Tues.-Sun., 10 a.m. to 5 p.m. (Closed Thanksgiving Day) Admission: Adults, \$20; children 18 and younger, free. 225 South St., Williamstown, Mass. 413-458-2303 or www.clarkart.edu

Clement Art Gallery

Ongoing: Permanent antique print and map room exhibits. Gallery hours: Weekdays from 10 a.m. to 8 p.m. and Saturdays from 10 a.m. to 4 p.m. Free admission. 201 Broadway, Troy. 518-272-6811 or www.clementart.com

Electric City Barn

Continuing: "MAKERS 365: Photography by Richard Lovrich." The local photographer viewed MAKERS 365 as a social experiment as much as a work of art. Its goal was a simple, if somewhat quixotic one: Photograph portraits of 365 creatives, whether residing in or merely passing through the Capital District and post one on social media each day. The virtual digital series has evolved into a phase two gallery show, crafted by Tony Iadicicco and the Albany Center Gallery. On view through Mon., Dec. 24. Gallery Hours: Tues. through Sat., 10 a.m. to 10 p.m., Sunday, noon to 4 p.m.; closed Monday. 400 Craig St., Schenectady. 518-935-4858 ext. 11 or www.electriccitybarn.org

EMPAC

Closes Thursday, Nov. 29: "The Isle is Full of Noises." This environmental sound installation, which uses a title taken from Shakespeare's "The Tempest," was composed by Professor Michael Century, with the assistance of electronic arts doctoral student Eric Miller. The work employs Wave Field Synthesis speaker arrays to spatialize an 8 channel sound composition. The characters of Caliban and Miranda are foregrounded in this imaginary creation of a tropical island from the standpoint of sound, which includes poetic text, phonemic particles of language, birds, animals, and environmental sounds. Noon to 5 p.m. daily. Goodman Studio 1, Rensselaer Polytechnic Institute, corner of 8th Street and College Ave., Troy. Free. 518-276-3921 or www.empac.rpi.edu

The Esther Massry Gallery

Continuing: "Sculptors ReCollected: The Esther Massry Gallery Celebrates Ten Years Featuring Three Renowned

Sculptors." Exhibit features works by Francis Cape, James Clark and Judy Pfaff. Through Sat., Dec. 8. Gallery Hours: Monday through Saturday from noon to 5 p.m. (open until 8 p.m. on Wednesdays and Thursdays). Massry Center for the Arts, The College of Saint Rose, 1002 Madison Ave., Albany. Free admission. 518-485-3902 or www.facebook.com/esthermassrygallery

The Hyde Collection

Continuing: "Making History: The Nuremberg and Ausburg Chronicles." Drawing from the museum's permanent collection, this exhibit showcases these two treasures; the first considered to be the most complex publication of its day, the latter argued to be one of the earliest examples of intellectual property theft. On view in the Hoopes and Whitney-Renz Galleries. Also, **"Ukiyo-E to Shin Hanga: Japanese Woodcuts from the Syracuse University Art Collection."** Translated as "pictures of the floating world," Ukiyo-e developed as a depiction of the worldly pleasures during Japan's Edo period (1603-1868). The art movement put to paper the pleasures of the wealth developed in the isolationist nation. On display in the Wood Gallery. Both through Sun., Dec. 30. Also, permanent collections. Museum hours: Daily, Tues.-Sat., 10 a.m. to 5 p.m.; Sun., noon to 5 p.m. Admission: adults, \$12; seniors (60+), \$10; Children, students (w/ID)/active military members and their families, free. 161 Warren St., Glens Falls. 518-792-1761 or www.hydecollection.org

Mabee Farm Historic Site

Ongoing: "In Harm's Way: Community Responses to Hurricane Irene and Tropical Storm Lee." Exhibit explores local responses to hurricanes, the impact of natural disasters and the resiliency of our neighbors. In partnership with the NY Folklore Society. Museum hours: Tues.-Sat., from 10 a.m. to 4 p.m. 1100 Main St. (NY Route 5S), Rotterdam Junction. Admission: Adults: \$5/person for self-guided access; or \$8/per person for tour and exhibit access; children and students (w/ID) free. 518-887-5073 or schenectadyhistorical.org

miSci

New: "Model Trains in Motion: Full STEAM Ahead." Annual exhibit features an elaborate 19 by 27 foot layout constructed by Upstate Train Associates, boasts several running O Gauge model trains. On display through Sat., Jan. 19, 2019. **Continuing: "TOYS: The Inside Story,"** Features 12 different hands-on stations illustrating the simple mechanisms commonly found in toys and lets visitors create their own toy-like combinations of gears, pulleys, linkages, cams and circuits. Also, **"20th Century Toy Chest,"** a special display of playthings of the past, from primitive wooden soldiers and cast-iron banks to Slinky, Barbie, board games and more. Both on view through Sun, Jan. 6, 2019. Plus ongoing/permanent exhibits. Museum hours: Mon.-Sat., 9 a.m. to 5 p.m.; Sun., noon to 5 p.m. 15 Nott Terrace Heights, Schenectady. Admission: Adults (13+), \$10.50; seniors (65+), \$9; children (3-12) \$7.50. Additional \$5/person for planetarium show. 518-382-7890 or www.miSci.org

National Museum of Dance

Continuing: "Dancers After Dark—Photographs by Jordan Matter," features photographs from Matter's 2016 book of the same title, New York Times best selling author of "Dancers Among Us." Also, **"Art in the Foyer: Tom Caravaglia in Celebration of Alwin Nikolais."** Features images by the renowned dance photographer of groundbreaking choreographer and multimedia artist Nikolais during the 25th anniversary year of his passing. Plus ongoing exhibits. Museum hours: Daily, Tues. through Sat., from 10 a.m. to 4 p.m. and Sun., noon to 4 p.m. 99 South Broadway, Saratoga Springs. Admission: Adults, \$6.50; seniors/students (w/valid ID) \$5; children ages 4 to 12, \$3; children ages 3 and younger, free; free admission for all patrons on Tuesday. 518-584-2225 or www.dancemuseum.org

New York State Museum

Continuing: "The Historic Woodstock Art Colony: The Arthur A. Anderson collection." Long before the famous music

festival in 1969, Woodstock, New York, was home to what is considered America's first intentionally created, year-round arts colony—founded in 1902 and still thriving over 100 years later. Collecting the remarkable range of work produced there has been Arthur A. Anderson's focus for three decades, resulting in the largest comprehensive assemblage of its type. This exhibition introduces to the public for the first time just a sample of the highlights of this extraordinary collection. On display in the West Gallery through Dec. 31, 2019. **Continuing: a small fort, which our people call Fort Orange.** This exhibition examines the momentous discovery of Fort Orange and the lasting impact of events occurring there 400 years ago that shaped the character of the region, state, and the nation. Select artifacts, film footage from the excavation preceding the construction of I-190, and four decades of historical and archaeological research are highlighted. In Adirondack Hall through May 5, 2020. Also, **"Enterprising Waters: New York's Erie Canal (Phase Two):"**

A continuation of the Erie Canal's story with components on the canal's growth, politics, industries, social reform, and the Canal's legacy. Through Oct. 20, 2019. Also, **"Cornplanter's Pipe Tomahawk."** Stolen from the museum nearly 70 years ago, this pipe tomahawk, was gifted to respected Seneca leader Gy-ant-waka (Cornplanter), by President George Washington during one of several meetings held between U.S. and Haudenosaunee (Iroquois) leaders between 1792 and 1794. On view in the Lobby through Sun., Dec. 30. Plus ongoing/permanent exhibits. Museum hours: Tues.-Sun, 9 a.m. to 5 p.m. (Closed Thanksgiving Day). 222 Madison Ave., Albany. Free admission; suggested donation of \$5/person or \$10/family. 518-474-5877 or www.nysm.nysed.gov

Opalka Gallery

Continuing: "2018 Screenprint Biennial." A showcase of screenprint-based art applications, from framed, editioned prints to installation, sculpture, video,

HOROSCOPES

November 2018 Week 4

ARIES – MAR 21/APR 20

Try to avoid overindulgence, Aries. Too much of a good thing can start to turn sour. Learning moderation in all things is a valuable lesson to remember.

TAURUS – APR 21/MAY 21

Taurus, honesty with the people you care about is important, but work to avoid being too blunt when getting your point across. Try tempering the information shared.

GEMINI – MAY 22/JUN 21

Gemini, your home can seem like a major travel hub at times, with people coming and going at all hours. Find your quiet zone and retreat there when you need to recharge.

CANCER – JUN 22/JUL 22

Cancer, you probably have a lot of running around to do this week and wonder how you are going to meet all of your obligations. Delegation can help with that.

LEO – JUL 23/AUG 23

Do not be surprised if many visitors pop in to say hello, Leo. Impromptu social events can be enjoyable and even perk you up when you could use a smile.

VIRGO – AUG 24/SEPT 22

Spend time exercising at the gym or go on a hike this week to relieve some feelings of anxiety, Virgo. This will help calm you down and refocus.

LIBRA – SEPT 23/OCT 23

Libra, an exciting communication could come your way in the next few days, sparking all sorts of changes in your life. Just weigh through all the options first.

SCORPIO – OCT 24/NOV 22

Scorpio, you may want to participate in group activities or make a few new friends but do not know where to start. It's all in the way you present yourself.

SAGITTARIUS – NOV 23/DEC 21

A powerful burst of energy has the potential to turn you into a workaholic this week, Sagittarius. You must keep yourself in check so you do not burn out quickly.

CAPRICORN – DEC 22/JAN 20

Capricorn, frustration can rear its ugly head when you don't need it to visit. You'll overcome this obstacle if you focus on positivity and the light at the end of the tunnel.

AQUARIUS – JAN 21/FEB 18

A busy week is ahead and you will need to put your head down and get to work, Aquarius. Rest, exercise and time spent with the ones you love can make it all worthwhile.

PISCES – FEB 19/MAR 20

Pisces, there's a lot of work to do at home, but right now you may not be in the right frame of mind to start. Wait to start until you're ready.

ephemera and posters. On view through Fri., Dec. 14. Gallery hours: Tues.–Fri., 10 a.m. to 7 p.m., Sat., noon to 4 p.m. Sage College of Albany, 140 New Scotland Ave., Albany. Free admission. 518-292-7742 or opalka.sage.edu

Rensselaer County Historical Society
Opens Thursday, Nov. 29: "Childhood Holiday Memories: The 62nd Annual Holiday Greens Show." Members of the Van Rensselaer Garden Club have transformed 12 rooms of the historic Federal-style Hart-Cluett Mansion into holiday displays featuring fresh greens, flowers and more. On view through Sun., Dec. 2. Hours: Daily, from noon until 5 p.m.; also open from 5 to 8 p.m. on opening night. 57 2nd Street, Troy. Adults, \$10; seniors, \$6; children ages 4 and older, \$5; children 3 and younger, free. 518-272-7232 or www.rchsonline.org/calendar/62nd-annual-holiday-greens-show

Saratoga Arts
Continuing: "The Annual Member's Show." This ever-popular, year-end exhibition showcases the many talents of the organization's established and emerging members. Opening reception and holiday potluck supper on Sat., Dec. 1, from 6 to 8 p.m. On display in the Main Gallery through Fri., Jan. 4, 2019. Also, **Paintings by Suzanne Hicks** in the Members' Hall Gallery, and **Watercolors & Drawings by Susan Lunow** in the Reception Area Gallery. Both through Fri., Nov. 30. 320 Broadway, Saratoga Springs. Free admission. Gallery hours: weekdays, 9 a.m. to 5 p.m.; Sat., 11 a.m. to 5 p.m. 518-584-4132 or saratoga-arts.org

Schenectady County Historical Society
Closes Fri., Nov. 30: "Changing Downtown: The Rise, the Raze and the Revitalization of Schenectady." By exploring the forces that shaped the Electric City, we can better understand ourselves and our vision for the future. **Upcoming: "Festival of Trees."** Celebrate the season with lit and decorated fir trees, ranging from classic to kooky Christmas styles. Runs Sat., Dec. 1 through Sun., Dec. 16, at SCHS and the YWCA NorthEastern NY. Open daily from 10 a.m. to 5 p.m. Adults, \$6; children 11 and younger admitted free. **Ongoing: "Mapping Schenectady."** Some of SCHS' most prominent and interesting maps are now on permanent display in the Map Gallery. Also, **"Beyond the Pines: Early Schenectady,"** an exhibit focused entirely on early Schenectady: its founding, its people, and what life was like for the city's earliest residents. Plus permanent exhibits. Museum hours: weekdays, 9 a.m. to 5 p.m.; Sat., 10 a.m. to 2 p.m. (Closed for Thanksgiving: Thurs., Nov. 22 through Sun., Nov. 25.) 32 Washington Ave., Schenectady. Admission: \$5. 518-374-0263 or schenectadyhistorical.org

Dan Sekellic
Visual Arts Gallery
Continuing: Works by Zhong-hua Lu. Born in Shandong Province during the Cultural Revolution in China, the artist learned and secretly practiced brush painting, martial and healing arts from his father and uncles during a time when the Chinese government condemned the traditional arts. The award-winning artist now teaches traditional Chinese arts in upstate New York and western Massachusetts. Through Mon., Dec. 31. Gallery hours: Wed., 11 a.m. to 1 p.m. Sand Lake Center for the Arts, 2880 NY Rte. 43, Averill Park. Free admission. 518-674-2007 or slca-ctp.org

Tang Teaching Museum
Continuing: "Opener 31: Tim Davis — When We Are Dancing (I Get Ideas)." A solo multimedia exhibition by the artist, musician and writer that amounts to a set of collections, each beginning with a sudden insight and boring down into the bedrock of obsession. In the Malloy Wing. Also, **"Hyde Gallery #1: Eye Candy."** Student curated exhibit that examines the candy-like nature of oral contraceptives, the way women are perceived through the male gaze, and plays off the April 1969 issue of Eye magazine that

aims to spark conversation around gender equality and a woman's right to have agency over her reproductive health. In the Hyde Gallery. Also, **"Where and When I Enter,"** organized by Associate Professor of American Studies Beck Kreftin and students from her spring 2018 "Critical Whiteness" class, a course about the anti-racist, self-reflexive and interdisciplinary field that seeks to recognize racial identities as social constructs. Features 12 works that examine ideas of critical whiteness in provocative and diverse ways. In the Winter Gallery. Also, **"3-D Doings: The Imagist Object in Chicago Art, 1964-1980,"** explores the sculptural work and dimensional paintings of a group of Chicago artists collectively known as the Chicago Imagists. Although each artist had their own fiercely unique style, they shared a similar interest in popular culture, comics, and material objects. In the Wachenheim Gallery. Also, **"Elevator Music 37: David Mancuso — The Loft."** Experience the soundscape of the Loft, the legendary New York City dance party hosted by Mancuso (1944-2016) that set the stage for the underground dance parties and gay nightlife of the '70s and '80s. Elevator. All exhibits listed above remain on view in their respective galleries/spaces through Sun., Jan. 6, 2019. Also, **"Tel_:"** Artist Kamau Amu Patton's continually evolving interpretation of what a museum community space can be. In the State Farm Mezzanine Gallery through Sun., Sept. 1, 2019. Skidmore College, 815 North Broadway, Saratoga Springs. Museum hours: Tues. - Sun., noon to 5 p.m.; Thurs. until 9 p.m. Free admission; suggested donations of \$5/adult; \$3/child 13+; seniors, \$2. 518-580-8080 or tang.skidmore.edu

Union College Galleries
Continuing: "Mark Bradford Installation." This acclaimed artist's mixed media piece Untitled (buoy) from 2015 is on loan from Board of Trustees member Kelly Williams for the next year in honor of President Harris' inauguration. The sculpture conjures natural and man-made environments, simultaneously evoking neighborhood streets, arterial veins, and woven snares. Through August 2019 in the Beuth Atrium (1st Floor) Schaffer Library. Also, **"Jenny Kemp: Slow Grow."** Focuses on the artist's vibrant paintings in which space and light are built through the placement of intricate, parallel lines that shift slowly in hue and intensity to reveal

time and illumination. Through Sun., Dec. 9, in the Mandeville Gallery. Also, **"For Freedoms: 50 State Initiative."** The Four Freedoms articulated by Franklin Delano Roosevelt in 1941 and illustrated by Norman Rockwell's 1943 paintings serve as the inspiration for this initiative, founded by artists Hank Willis Thomas and Eric Gottesman that seeks to use art to deepen public discussions of civic issues and core values, and to clarify that citizenship in American society is defined by participation, not by ideology. Public exhibition in which participants defined freedom in their own way and articulated their own vision of freedom that includes multitudes by completing one of four lawn signs. Installed in the Schaffer Library Learning Commons. Through Thurs., March 21, 2019. Hours (all galleries): Daily, 10 a.m. to 6 p.m. 807 Union St., Schenectady. Free. 518-388-6004 or muse.union.edu/mandeville/home

University Art Museum
Continuing: 2018 Artists of the Mohawk Hudson Region. Founded in 1936, the Artists of the Mohawk Hudson Region is among the longest-running regional exhibits in the country and provides a leading benchmark for contemporary art activity in the Upper Hudson Valley and Adirondack regions. This exhibition focuses on contemporary artists living and working within a 100-mile radius of the Capital District. Also, **"Flow: Alumni Artists from Mohawk Hudson Region Exhibitions 2009-2017."** Both on view through Sat., Dec. 8. Plus permanent collection. Uptown Campus, University at Albany, 1400 Washington Ave., Albany. Gallery Hours: Wednesday through Friday, 10 a.m. to 5 p.m. Saturday, noon to 4 p.m.; and Tuesday from 10 a.m. to 7 p.m. Free admission. 518-442-4035 or www.albany.edu/museum

Vietnam Memorial Gallery
Continuing: "Their Glory Can Never Fade: The Legacy of the Harlem Hellfighters." The 369th served longer than any American regiment of World War I and was nicknamed the "Hellfighters" by the German army due to its actions on the battlefield. Exhibit features historical objects and images. Through Fri., Feb. 1, 2019. Gallery is located inside the Robert Abrams Building for Law and Justice, Empire State Plaza, Albany. Gallery hours: weekdays 8:30 a.m. to 4 p.m. www.ogs.ny.gov/ESP/ConventionCenter/cc-visit.asp

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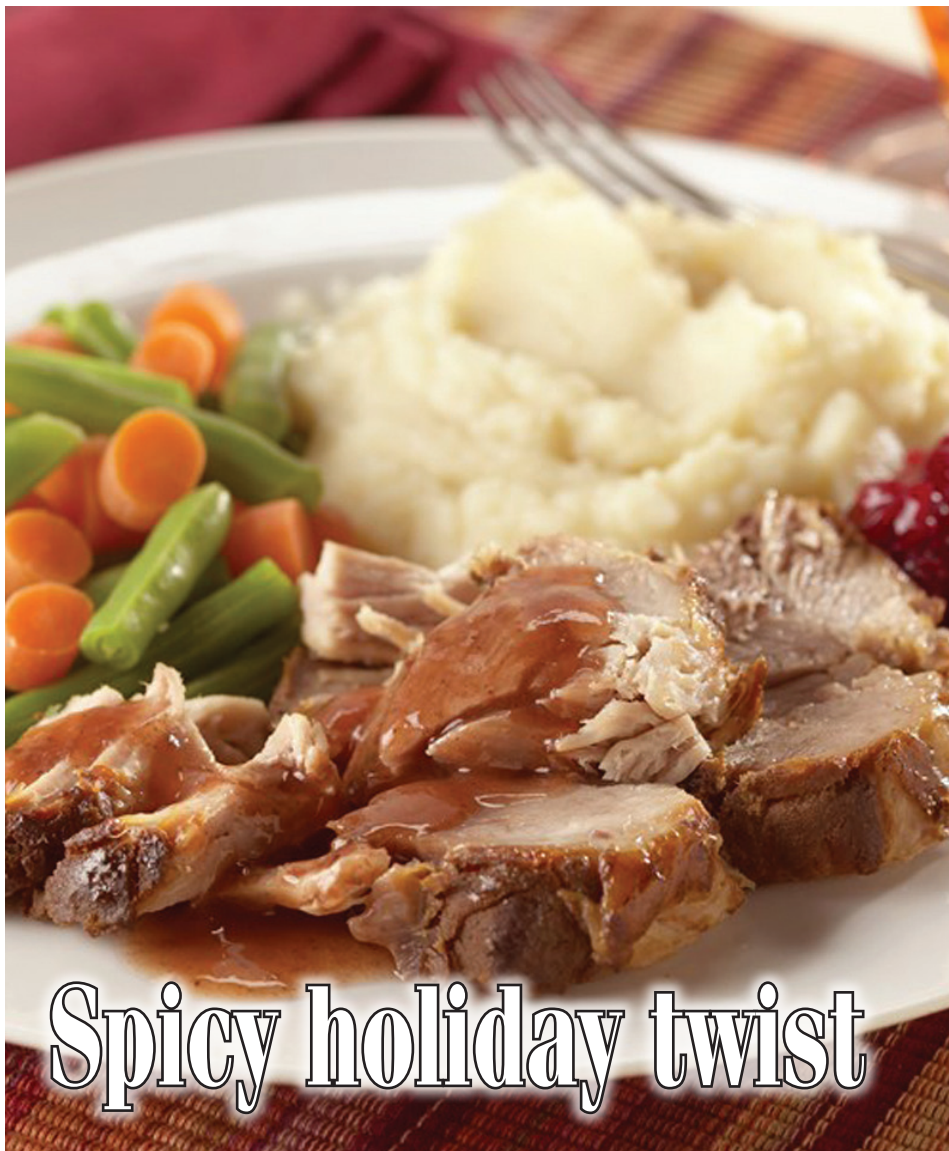
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■ **FOOD & VINO**



Spicy holiday twist

The holiday season is rife with tradition. Family and friends often gather together around the dining room table to share conversation, memories and good food, making the holidays a special time of year. Home chefs looking to expand their culinary horizons can include this recipe for “Slow Cooker Spiced-Cranberry Pork,” courtesy of The Ohio Pork Council, on their holiday menus. Pork is a versatile protein that pairs well with the tart, holiday-centric flavor of cranberries.

Stir in juice, mustard, cloves and pepper until well combined. Pour cranberry mixture over roast in slow cooker.

Cover slow cooker and cook on low for 6 to 8 hours or until pork roast is tender. Season roast to taste with salt; serve juices with roast.

Pairing:

Meiomi Pinot Noir
Meiomi — California

This bottle of red provides aromas of strawberry and cherry, and notes of oak and vanilla. There’s also the taste of red currant notes and baking spice flavors, with a light smoke that pairs well with this dish.

Slow Cooker Spiced-Cranberry Pork

Ingredients: Makes 8 servings

- 3/2 to 4 pound pork shoulder
- 1 6-oz can jellied cranberry sauce
- 2/3 cup sugar
- 3/4 cup cranberry juice
- 2 tablespoons Dijon-style mustard
- 1 1/2 teaspoons ground cloves
- 1 teaspoon ground black pepper
- Salt to taste

Instructions:

Trim fat from pork roast, if necessary. Place roast in 4- to 6-quart slow cooker. Use wire whisk to stir together cranberry sauce and sugar in medium bowl.

Of course, wine pairings are often times a matter of personal taste. Let us know what you think of this pairing online at TheSpot518.com, and let us know what other wines you would try in its place.

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■ **HEALTH & FITNESS**

Fasting the pounds away

Fasting for weight loss and better health

Intermediate fasting plans are among today's most popular diets. Many people embrace fasting as an effective way to shed pounds, reduce risk for various weight-related illnesses and improve overall health.

Interest in intermediate fasting is growing, and experts offer varying opinions about the best and safest ways to make the most of this diet strategy.

Fasting comes in various forms. With the 5:2 fast, for

example, individuals follow a traditional diet for five days of the week. The remaining two days are fast days. Those fast days allow only water as sustenance, but often include caloric intake that does not exceed 500 to 600 calories.

Alternate-day fasting is another option, with one day of having normal caloric intake, followed by the next with the 500-calorie limit; rinse and repeat.

Other fasting plans involve timed eating. With the 16:8 diet, people eat whatever they like within a predetermined window of time, typically between 6 a.m. to 6 p.m. They then fast for the remaining 16. A



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study published in the journal Nutrition and Health Aging and led by Krista Varady, an associate professor of kinesiology and nutrition at the University of Illinois at Chicago, found the 16:8 diet a successful way for obese individuals to lose weight. The study also found that this diet helped to lower blood pressure in participating individuals. On average, when compared with the control trial, those on the 16:8 diet consumed 350 fewer calories and lost 3 percent of their weight. In addition, their blood pressure dropped by an average of seven millimeters of mercury over the length of the study.

In addition to weight loss and improved blood chemistry metrics, fasting may also improve longevity, suggest researchers. An ongoing study by the National Institute on Aging conducted

on rhesus monkeys, which share 93 of their genetic makeup with humans, found calorie-restriction diets helped certain monkeys live anywhere from 14 to 17 years longer in captivity. Restricting calories may activate genes that direct cells to preserve resources and stall out instead of grow. In this state, the cells are resistant to stress and illness.

It can take some time for people to find a fasting plan that works for them. Before the body becomes acclimated to fasting, headaches, hunger pangs, low energy, and mood swings may occur. Eating high-fiber foods can help a person feel fuller longer. Consuming plenty of water also can help. Always consult with a doctor before beginning a new diet regimen.



RESULTS
 Many people embrace fasting as an effective way to shed pounds.

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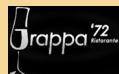
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Capital Region
Physical Therapy

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Joe Falvo
Falvo's
Prime Butcher Shop

This Week: 8-6 | Overall Points: 83-54



Susie Carrk
McAddy's
Pub

This Week: 8-6 | Overall Points: 82-71



Brian Gilcrest
The Hanger
on the Hudson

This Week: 8-6 | Overall Points: 84-66



Mary Vail
Joyelles
Jewelers

This Week: 11-3 | Overall Points: 96-54



Randy Rowe
Farrell
Brothers, Inc.

This Week: 9-5 | Overall Points: 91-58



Bill Cornell
Del Lanes
Bowling Center

This Week: 10-4 | Overall Points: 90-55



Dave Endy
Steiner's
Ski • Bike • Kayak

This Week: 10-4 | Overall Points: 95-55



Frank Bolognino
Roma Foods
Importing Company, Inc.

This Week: 10-4 | Overall Points: 95-65



David Bernacki
Capital District
Contractors

This Week: 10-4 | Overall Points: 104-46



Maggie Smith
Maggie's
Café & Sports Bar

This Week: 11-3 | Overall Points: 95-54



Rob Hussey
Crossroads
Ford

This Week: 8-6 | Overall Points: 93-57



Michael Hallisey
Spotlight News
Managing Editor

This Week: 10-4 | Overall Points: 104-46



Lianne Webster-Kim
Spotlight News
Copy Editor

This Week: 8-6 | Overall Points: 90-56



Kaitlin Lembo
Spotlight News
Engagement Coordinator

This Week: 11-3 | Overall Points: 87-61



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** WIN LOSS RECORDS AS OF SUNDAY**



WHAT'S HAPPENING NOW

Giroux Brothers Quartet

Speakeasy 518 — Friday, Nov. 30

ALBANY — Knock on the door of Speakeasy 518 to hear a little jazz from Nate Giroux and the Giroux Brothers Quartet on Friday, Nov. 30, at 9 p.m.

Nate Giroux is a saxophone and clarinet player from the upstate. His performance resume includes playing at the Detroit Jazz, Pittsfield Jazz, Villanova Jazz and Albany Riverfront Jazz festivals. He's also been featured at the International Society for Improvised Music Conference, Lake George Arts Series, Jazz on Jay, Swingtime Jazz Society, Music Haven Concert Series, Tang Up-On-The-Roof Concerts, Freedom Park Concert Series and the Riverlink Park Concert Series. Speakeasy 518 is located at 42 Howard St. in Albany.

Paul's Birthday Acoustic Trauma show

Rustic Barn Pub — Saturday, Dec. 1

TROY — Pay Paul Maceli some birthday wishes as Acoustic Trama plays the Rustic Barn Pub on Saturday, Dec. 1, at 8 p.m.

The progressive rock band showcases a variety of different stringed instruments that include the violin, a six- and 12-string guitar and a mandolin.

Admission will cost \$5 at the door.

Rustic Barn Pub is located at 150 Speigletown Road in Troy.

Kilshandra

O'Slattery's Irish Restaurant and Pub — Saturday, Dec. 1

DELMAR — Get up and dance to good Irish music by Kilshandra at O'Slattery's Irish Restaurant and Pub on Saturday, Dec. 1, at 7 p.m.

Kilshandra is an Irish rock band comprised of local musicians who have the collective goal of getting you up on your feet and dancing.

O'Slattery's Irish Restaurant and Pub is located at 318 Delaware Ave. in Delmar.

Consider the Source

The Hollow Bar + Kitchen — Saturday, Dec. 1

ALBANY — Feast your ears upon a sound dubbed as

"Sci-Fi Middle Eastern Fusion" as Consider the Source plays at The Hollow Bar + Kitchen on Saturday, Dec. 1, at 8 p.m.

Drawing from progressive rock, fusion and jazz, with alien sounds soaked in Indian and Middle Eastern styles, CTS blends disparate parts into a striking, utterly original whole. Dubbed "Sci-Fi Middle Eastern Fusion," the band's music strikes a rare balance between cerebral and emotional, intellectual and primal.

Formed in 2004, Consider the Source features Gabriel Marin on fretless double-neck guitar, bassist John Ferrara, and drummer/percussionist Jeff Mann. A relentless touring schedule has earned the band a fervent following from California to Israel, with fans ranging from jam-band hippies and jazz cats to corpse-painted headbangers and prog geeks.

Lord Electro, the three-piece Albany improve dance machine, opens the evening. The trio is expected to play music from its recently released second album, "Reinvigorator."

Tickets cost \$12 each. For tickets and information, visit eventbrite.com.

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WHAT'S HAPPENING NOW

Cask & Crossgates Winter Beer Fest

Crossgates Mall — Saturday, Dec. 1

ALBANY — Craft beverage should pilgrimage to sample the fruits of 30 different breweries at Cask & Crossgates Winter Beer Fest at Crossgates Mall on Saturday, Dec. 1, at 2 p.m.

The festival will be located just steps away from the brand new Tru by Hilton/Homewood Suites hotel and the Crossgates Mall. Breweries will bring hand-produced casks, as well as standard pours of their beers. Tickets cost \$45 each. For tickets and information, visit tickets.beerfests.com.

Crossgates Mall is located at 1 Crossgates Mall Road in Albany.

The Otherside

Governor's Taphouse — Saturday, Dec. 1

BALLSTON LAKE — Have an evening of Red Hot Chili Peppers at Governor's Taphouse on Saturday, Dec.

1, at 8 p.m.

Sample a taste of the music from the iconic 80s California punk band for free.

Governor's Taphouse is located at 6 Round Lake Road in Ballston Lake.

PJ Duo

Putnam Place — Saturday, Dec. 1

SARATOGA SPRINGS — Local favorite PJ Duo is throwing a party at Putnam Place on Saturday, Dec. 1, at 8 p.m.

Saturday is a CD release party for PJ Duo, recently voted "Best Live Local Band" in The Post Star's Best of the Region Readers Choice Poll. The duo is releasing its debut album "Simply Strangers," containing nine original tracks.

This one night only performance features a slew of guest musicians and will be unlike any other show the duo has played. Expect to hear all the tracks from the new album, as well as original songs from PJ's past projects and a few

select covers.

Bolton Landing-based blues rock band, The Switch, will kick things off at 8 p.m.

Admission will cost \$5 at the door.

Putnam Place is located at 63a Putnam Place in Saratoga Springs.

Joe Mansman

and The Midnight Revival Band

Gugs — Saturday, Dec. 1

GLENS FALLS — In support of its latest album release, Joe Mansman and The Midnight Revival Band returns to Gugs on Saturday, Dec. 1, at 10 p.m.

"Wolves Among Sheep," showcases the group at its finest, employing a rich and dynamic change in pace that ethereally serves dramatic and memorable vocal hooks over a soaring landscape of guitars and keys.

Gugs is located at 18 Haskell Ave. in Glens Falls.



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

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E	T	A					R	A	B	B
T	U	S	K				B	R	A	E
O	D	I	N			E	S	C	S	R
F	I	N	I	S		S	H	P	P	E
F	O	O	T	B	A	L	L	F	I	E
					M	A	R	C	P	U
					A	R	O	W	R	I
					W	B	N	S	H	E
				N	E	I	G	H	B	O
B	A	A	S		S	E	A		A	A
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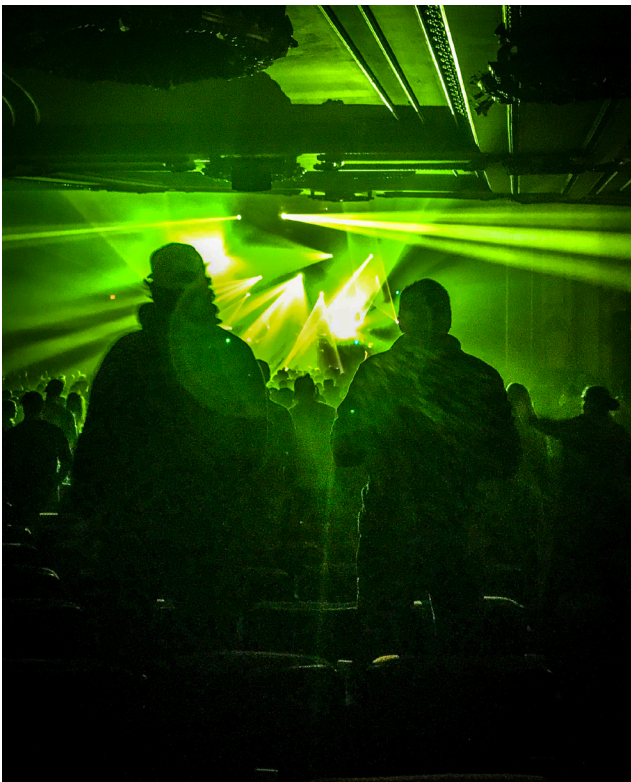
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UNDER THE LIGHTS

The Disco Biscuits called The Palace home for two nights. Formula 5 was there for the first of a jamming good weekend.

Michael Hallisey / TheSpot518



SPOTTED Galleries

Featured photos on thespot518.com/galleries

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WHAT'S HAPPENING NOW

David Crosby

The Egg Performing Arts Center — Saturday, Dec. 1

ALBANY — David Crosby returns to the Capital District with a performance at The Egg on Saturday, Dec. 1, at 8 p.m.

Legendary singer-songwriter and social justice activist David Crosby is a two time Rock and Roll Hall of Famer, inducted as a member of both the iconic folk-rock band The Byrds – with whom he first rose to stardom – and the iconic Woodstock era-defining group Crosby, Stills & Nash.

Ticket prices range from \$49.75 to \$84.75. For tickets and information, visit ticketmaster.com.

The Egg is located at the Empire State Plaza in downtown Albany.

Taste New York Holiday Market

New York State Museum — Sunday, Dec. 2

ALBANY — Sip, sample and shop food and beverages from the Empire State at the Taste New York Holiday Market at the State Museum on Sunday, Dec. 2, at 11 a.m.

This Sunday marks the 5th Annual Taste New York Holiday Market. Stroll through the halls of the Museum while shopping and sampling “made in New York” food and beverages from dozens of vendors, including hand-crafted beer, wine and spirits, cheese, chocolate, maple products, and other edible goodies.

Cooking demonstrations will be held throughout the day, and living historians in period attire will share recipes from the past. Be sure to visit the Chocolate Dipping Fountain presented by Price Chopper/Market 32 and We

Do Fondue!

The event runs from 11 a.m. to 4:30 p.m. For more information, visit nysm.nysed.gov.

The New York State Museum is located at 222 Madison Ave. in Albany.

The 36th Annual Victorian Stroll

Downtown Troy — Sunday, Dec. 2

TROY — Celebrate the holidays with family and friends at the 36th Annual Troy Victorian Stroll, the Northeast’s largest free holiday festival with more than 100 live performances throughout the day in downtown Troy on Sunday, Dec. 2, from 11 a.m. to 5 p.m.

Eat, drink and be merry at dozens of cafes, restaurants and food vendors in Monument Square and downtown.


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December 8 , 8pm \$20



ONE FUNNY MOTHER | NOV. 29



NORTHEAST BALLET'S THE NUTCRACKER | DEC. 1-2



MISS BENNET: CHRISTMAS AT PEMBERLEY | THROUGH DEC. 30



KEITH LOCKHART & THE BOSTON POPS | DEC. 3



GIBSON BROTHERS NORTH COUNTRY CHRISTMAS SHOW | DEC. 7



LUNCH WITH SANTA | DEC. 9



DR. SEUSS' HOW THE GRINCH STOLE CHRISTMAS! THE MUSICAL | DEC. 5-9

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