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Guilderland police answers call to mall on Friday morning.

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Where's the eagle?

Eagle that has topped Delmar memorial absent from perch.

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TOP STORY

The results are in

Bethlehem Central collected surveys from students, parents and staff to find what the award-winning school district needs to better serve the community

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CANCER AWARENESS MONTH



Tying the bonds

ToLife! gathers those battling cancer to form a positive community, support.

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SPORTS



Top of the list

RCS girls basketball star tops the school's career scoring list.

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Weekly Volunteer FIREFIGHTER CALLS

Sunday, Feb. 12			
12:44 AM	Structure Fire Alarm	ADAMS PL	Delmar Fire Department
Monday, Feb. 13			
4:41 AM	Carbon Monoxide No Illness	NEW SCOTLAND RD	Slingerlands Fire Department
Tuesday, Feb. 14			
2:35 PM	EMS Call	FEURA BUSH RD	Elsmere, Selkirk Fire Department
Wednesday, Feb. 15			
10:06 AM	Hazardous Condition	RIVER RD	Selkirk, Elsmere Fire Department
11:27 AM	Structure Fire Vulnerable LC	DELAWARE AVE	Elsmere Fire Department
Thursday, Feb. 16			
1:07 PM	Hazardous Condition	ROUTE 9W	Selkirk Fire Department
3:27 PM	Outdoor Fire	CHERRY AVE	Slingerlands Fire Department
8:19 PM	Structure Fire Vulnerable LC	PINEWOOD AVE	North Bethlehem Fire Department
8:40 PM	Hazardous Condition	WELLINGTON RD	Elsmere Fire Department
Friday, Feb. 17			
12:56 AM	Crash PI	KENWOOD AVE	Elsmere Fire Department

Each week, Spotlight News lists calls from Delmar, Elsmere, North Bethlehem, Slingerlands and Selkirk fire companies. These department are comprised of local volunteers. Please consider serving your neighbors as a volunteer firefighter.

www.Spotlightnews.com



Spotlight file photo

■ POLICE, FIRE and EMERGENCY CALLS

Dead man found in food court

GUILDERLAND — The discovery of a deceased man found in the food court at Crossgates Mall is not suspicious, according to a statement released by the Guilderland Police Department on Saturday, Feb. 18.

The Guilderland Police Department received

a call for a man found unresponsive in the cafe court of Crossgates Mall the previous morning. Police and an emergency response team arrived on the scene, before attempting life-saving measures. He was later declared dead.

Police have not released

the name of the deceased, only describing him as a Hispanic male in his 50s. Police He was taken by the Albany County Coroner and an autopsy has been scheduled at a later date.

There is no indication of foul play, and the death does not appear to be suspicious at this time.

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119268_4

■ COMMUNITY

BC takes temperature

2022-23 School Climate Survey Results

DELMAR — More than 3,200 people participated in Bethlehem Central's 2022-23 School Climate Survey, including 2,252 students in grades 5-12 from the district's seven schools, all of which administrators released last week.

The 72-question survey included responses about school safety, facilities, peer relations, social and emotional support, alcohol and drug use, and school discipline. The 2022-23 survey was open from January 9-20.

"Despite the pandemic, our results over the last several years have been largely consistent and mostly positive. The survey data continue to reflect a student population that has a strong rapport with BC teachers and staff, with students saying they feel safe, supported and engaged at school," said Superintendent Jody Monroe. "While this information points to the quality of staff we have here at BC and the resiliency of students in general, we are keenly aware of the importance of looking closely at data points or trends within the survey by grade level and demographic subgroups. That is what our administrative team will be working on."

In addition to the student survey, parents and staff — both instructional and support staff — answered similar surveys during the two-week period in January.

Highlights

Student Survey Highlights

Percentage of individuals responding "Agree" or "Strongly Agree"



89% of students say they feel safe at school (90% - 2019; 86% - 2022)

75% of students say they are happy to be at school (80% - 2019; 81% - 2022)

81% of students say they feel socially accepted (84% - 2019; 82% - 2022)

88% say teachers are available when they need to talk to them (87% - 2019; 90% - 2022)

76% say they are involved in sports, clubs, and other school activities (75% - 2019; 74% - 2022)

89% say they have lots of chances to be part of class discussions or activities (91% - 2019; 90% - 2022)

51% say they believe the school is comfortable all year round (44% - 2019; 48% - 2022)

27% say they know students who use/try alcohol or drugs while at school or school-sponsored events (33% - 2019; 24% - 2022)

39% say they know students at this school who think it is okay to smoke cigarettes or vape (52% - 2019; 39% - 2022)

37% say they know students at this school who think it is okay to get drunk (43% - 2019; 31% - 2022)

36% say they know students at this school who think it is okay to try drugs (46% - 2019; 33% - 2022)

35% say they know students who often spread mean rumors or lies about others at this school on the internet (35% - 2019; 32% - 2022)

55% say students talk about the importance of understanding their own feelings and the feelings of others (52% - 2019; 59% - 2022)

Surveys were administered in Dec. 2019, Jan. 2022 and Jan. 2023. There was no School Climate Survey in the 2020-21 school year.

Parent Survey Highlights

Percentage of individuals responding "Agree" or "Strongly Agree"

92% say the school notifies parents or guardians effectively in the case of a schoolwide emergency (90% - 2019; 94% - 2022)

94% say the school takes effective measures to ensure the safety of students (92% - 2019; 91% - 2022)

93% of parents say they feel their child is safe at school (93% - 2019; 92% - 2022)

83% say the school encourages them to be an active partner in educating their child (80% - 2019; 80% - 2022)

77% say the school has quality programs for their child's talents, gifts, or special needs (79% - 2019; 74% - 2022)

84% of parents say staff at the school care about what families think (81% - 2019; 80% - 2022)

50% say they usually hear from the school when their child does something good at school (43% - 2019; 47% - 2022)



Where's the eagle?

DELMAR — The eagle that sat on the memorial at the Bethlehem Veterans Memorial Park on Delaware Avenue was removed a few weeks ago by workers from the Bethlehem Highway Department after it sustained damage in recent storms. The Eagle was installed in 1964 and deteriorated to a point it had to be replaced, according to Bethlehem Highway Superintendent Marc Dorsey. Dorsey said the town has bid for and is ordering a replacement hopes it will be ready for Memorial Day.

John McIntyre/Spotlight News

Delmar orchestra to play March 6

DELMAR — The Delmar Community Orchestra will present a concert at the Delmar Reformed Church, on Monday, March 6, at 7:30 p.m.

The concert, under the direction of Vincent Bonafede, will include selections by Mozart and Bach with a variety of modern classics and pops.

The concert is free and open to the public. For more information, visit the DCO website at www.delmarcommunityorchestra.org or contact DCO President Kate Henson at delmarcommunityorchestra@gmail.com or (315) 363-3844.

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EDUCATION

Want to join the Board of Ed?

DELMAR — Each year the Board of Education election takes place on the date of the budget vote, the third Tuesday of May. This year, on May 16, voters in the Bethlehem Central School District will elect three members of the Board of Education. Members of the Board of Education are elected by the voters of the district to establish policy and direct the administration of schools in the district.

Board members serve volunteer, three-year terms. They receive no salary or other compensation. Those elected this year will each serve terms beginning July 1, 2023 through June 30, 2026. Individuals are eligible for election to the Board if they are qualified voters of the district (district resident, U.S. citizen, 18 and older) and can read and write. New York State Education Law does not limit the number of terms of office a member may serve.

The number of signatures needed on a nominating petition changes from year to year. Petitions require a minimum of 25 signatures or 2% of the number of voters who voted in the previous annual election, whichever is greater. There were 4,714 votes cast in the 2022 Budget Vote & Board Member Election; therefore, the 2023 petition must have a minimum of 94 qualified voters' signatures.

Petitions are available from the District Clerk, Brittany Barrett. To obtain a petition, please call 518-439-7098 or email bbarrett@bethlehemschools.org. Completed petitions must be received by the District Clerk by 5 p.m. on Monday, April 17.

Eyes on careers at RCS

RCS high school students tour Albany Campus Capital Region BOCES CTE Center

ALBANY — More than four dozen students from the Ravena-Coeymans-Selkirk Central School District toured the Capital Region BOCES Career & Technical Education Center's Albany Campus last week to learn about the multitude of prospective careers they could prepare for there.

The visit was organized by the RCS High School Counselors to allow the students to get some hands-on knowledge about the programs offered. This event also celebrated Career & Technical Education Month. Each year the month of February is used to celebrate and inform communities of the many opportunities provided by programs like these!

In today's ever-evolving economy, it's important to provide students with research and information related to careers and educational pathways. By offering opportunities like this one,

current and former RCS students have regularly benefitted from visits by educators and more than 300 BOCES business partners that offer demonstrations, work-based learning opportunities, career advice, and more.

The prospective students attended a group presentation and met with faculty and current CTE students in a variety of programs, even trying their hands at a few of the skills taught at BOCES.

"Cooking is a passion of mine and something I want to do for the rest of my life," said Ashley Hogan as she cooked a whole pepper on a grill with the assistance of CTE Chef Paul Rother.

In one of the Cosmetology labs, current CTE and RCS student Nashea Haynie guided several prospective CTE students through a hairstyle demonstration. While in the criminal justice program room, current RCS and CTE student Allison Evans spoke about careers in criminal justice and the various skills they acquired in the program so far.

"I have prepared for a career in law enforcement at Capital Region BOCES," said Evans, an RCS senior. "When I graduate, I am going to go to work for the Albany County Sheriff's Department."

The prospective students said they enjoyed seeing the opportunities CTE affords students.

"I like the hands-on learning and all the skills you learn," said prospective criminal justice student Grace O'Brien.

"I want to be a lawyer, and they don't have classes for that at RCS. I like that I could learn criminal justice here," added Havannah Boniface, RCS criminal justice prospect.

At Capital Region BOCES Career and Technical School, more than 70 percent of high school students pursue higher education, while many others directly enter the workforce with a highly technical skill set such as cooking, network cabling, or operating heavy equipment.

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■ SCHOLASTIC SPORTS

Vanderzee tops the list

Senior Hannah Vanderzee breaks RCS' scoring record

RAVENA — Ravena Coeymans Selkirk's senior Hannah Vanderzee broke the school's all-time leading scoring record for women's basketball on Friday, Feb. 3.

The RCS girl's varsity basketball team was playing against Schalmont, where she surpassed alumna Robin Mortensen Reed's 1979 record of 1,227 points.

It took no time at all for Vanderzee to break the record: she surpassed 1,000 career points in December, making her one of only three RCS female athletes to ever do so.

Vanderzee scored 10 points in Ravena's win over Cobleskill to tie the record at their January

31 game. At the 3:27 mark of the Schalmont game, she scored a two-point basket to bring her career point total to 1,229 points, giving her sole possession of the scoring record.

The game was stopped, and Vanderzee was presented with the game ball by Schalmont center and AAU teammate, Karissa Antoine. Vanderzee ended the game with 34 points bringing her total to 1,261.

"We are so very proud of Hannah," said head coach Jaquelin Hotaling. "It has been an absolutely wonderful experience watching her grow and reach these milestones over the years. We are grateful for her leadership and sportsmanship that have contributed to a fantastic team and season."

Ravena Coeymans Selkirk's Hannah Vanderzee, left, is presented with the game ball by Schalmont center Karissa Antoine after the RCS senior surpassed the school's all-time girl's scoring record on Feb. 3.

Ravena Coeymans Selkirk School District

■ BUSINESS BRIEF

Holcim advances sustainability commitment

CHICAGO — Holcim US, the leader in sustainable building materials, today announced the expansion of its innovative ECOPact low-carbon concrete with the launch in the Twin Cities, Minnesota and Fargo, North Dakota, markets. Providing 30 percent to 90 percent lower CO2 emissions (without the purchase of offsets) compared to standard concrete, ECOPact offers the industry's broadest range of low-carbon concrete solutions for high-performing, sustainable and circular construction.

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■ EDUCATION

Sharing his world

Award-winning author visits Elsmere and Hamagrael

Elsmere and Hamagrael elementary school students celebrated reading in a big way when they welcomed award-winning children's author Adam Gidwitz to their schools.

Gidwitz visited Hamagrael Elementary School on Monday, Feb. 6 and Elsmere Elementary School on Tuesday, Feb. 7. Students at both schools recently finished reading the same book, *The Unicorn Rescue Society: Creature of the Pines*. The book was written by Gidwitz and illustrated by Hatem Aly.

Every student at Elsmere and Hamagrael received a book, courtesy of each school's PTA organization, as part of those schools' One School, One Book program.

The Unicorn Rescue Society is a series of children's books written by Gidwitz about adventure and friendship. Each book in the series features a mythical creature from a different part of the world.

Gidwitz spent two full days with the students, meeting with different grade levels throughout the day. He read excerpts from his books, described the creative process behind his books, and answered lots of questions from students in grades K-5.

One of the most popular questions for the New York Times best-selling author was, "How long did it take you to write your books?"

"That depends on the book," said Gidwitz, who has written 11 books for children.

For K-1 students at Hamagrael, Gidwitz tried to add some perspective when answering.

"Is anyone here six years old?" asked Gidwitz. As several hands went up, he said, "Well, it took me your



Adam Gidwitz / Facebook

Gidwitz

whole life to write *The Inquisitor's Tale*."

The *Inquisitor's Tale* earned Gidwitz a Newbery Medal honor in 2017. The Newbery Medal recognizes distinguished contributions to American literature for children. Another of Gidwitz' books, *A Tale Dark and Grimm* has been turned into an animated series for Netflix. The series debuted last fall and was nominated for a first-of-its-kind Children's and Family Emmy award for Best Animated Series.

During his visits to Elsmere and Hamagrael, Gidwitz said he was impressed by all the preparation and research students and staff did as part of the school-wide book reads.

Learning about mythical creatures from different regions and different cultures across the world was part of each school's lessons. The lessons were facilitated by library media specialists Jaimee Meyer at Elsmere and Cailie Hafener at Hamagrael.

"Classroom teachers were invited to share the book with their students as a class read-aloud," said Hafener. "Many classes read the entire book while some younger students listened to excerpts geared to their age."

Hafener said in library class students also learned about the roles of authors and illustrators in the creative process. She said they also used research skills, collaborative activities, STEM and

artistic skills to learn about the mythical creatures in the Unicorn Rescue Society series.

"One of our art teachers, Julia Montepagani, worked with students to build their knowledge of fantastical art and the elements involved in creating images based on the books' themes," said Hafener. "We also had a visit from artist Andrea Hersh who spoke to our fifth graders about the power of community art and the foundations of mural creation. This culminated in our school-wide collaborative banner — featuring the students' artwork — which we displayed to welcome Adam Gidwitz to the school."

At Elsmere, the school-wide book project began on January 16 with each family receiving a copy of *The Unicorn Rescue Society: Creature of the Pines*.

"While reading the book, there was daily trivia based on the previous night's chapters," said Elsmere Library Media Specialist Jaimee Meyer. "In library class at Elsmere, students also learned about the mythical creatures, read fairy tales and eventually created their own mythical creatures."

"We presented Adam with a bound copy of their incredible beings so he'd never be out of ideas!" said Meyer.

Meyer even got her own mother involved in the school-wide book adventure. A retired teacher from the New York City public schools, Margo Allen made a giant stuffed "Jersey Devil" for her daughter to share with students as a cozy reading partner.

The Jersey Devil is the mythical character featured in *The Unicorn Rescue Society: Creature of the Pines*. The book is set in the Pine Barrens of southern New Jersey.

Meyer invited educators to talk to students about the unique features of both the New Jersey Pine Barrens and the Albany Pine Bush.

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COMMUNITY

Sign up for summer vacation Bible school

DELMAR — Summer vacation Bible school for students entering 4-year-old Pre-K through 8th grade are welcomed to Discovery on Adventure Island.

Children will learn and grow through stories, crafts, music, science, and recreational activities. A snack will be provided. Middle schoolers will enjoy a separate track with a hands-on mission work focus. All volunteers will be Safe Sanctuaries certified.

From a whimsical lighthouse on an enchanted island, explorers are guided by a lighthouse keeper and Beacon the puffin on an exciting quest to find five mysterious Infinity Lanterns to help light their way. Using map coordinates from their Reference Book (the Bible), children discover clues to finding each lantern while learning how God's light shines in their lives and familiar biblical characters in Old and New Testament stories.

This is a program of the Delmar Presbyterian Church, Delmar Reformed Church, and the First United Methodist Church of Delmar

For questions, contact

the First UMC office at churchoffice@delmarmethodist.org or 518-439-9976

Register online at www.delmarmethodist.org. Cost is \$50 per child.

Grange accepting donations for sales

SELKIRK — Bethlehem Grange #137 is looking for donations of new or gently used items for their mid-winter Rummage Sales.

The Grange is accepting housewares, kitchen items, linens, toys, puzzles, small kitchen appliances, small wooden furniture, records, clothing (men, women's and children), shoes, jewelry, decorative items, holiday items, dishes, glassware, pictures, mirrors, outdoor furniture, hand tools, garden tools, power tools, books, collectibles, craft items, yarn, fabric, antiques, pet items and more.

Tires, TVs, and computers will not be accepted.

Sales will be held indoors on Fridays and Saturdays, Feb. 24 and 25, and March 24 and 25, from 9 a.m. to 3 p.m.

The Bethlehem Grange will be celebrating its 150th Anniversary in 2023. The organization at 24

Bridge St, Selkirk, has a clothing shed accepting clothing, shoes, boots, accessories, stuffed toys, linens and curtains 24/7 at the Clothing Shed. The Grange also takes non-perishable food for the Food Pantry; eyeglasses and used hearing aids for the Lions Club; pull tabs from beverage and food cans for the Ronald McDonald House; and worn and tattered American Flags, which can be dropped off any time in the Flag Collection Box.

Contact Jackie Schrom 518-810-6031 or Charles Ryan 518-227-8954 to arrange your delivery of items.

CDPHP Workforce challenge sign in

ALBANY — CDPHP and the Hudson-Mohawk Road Runners Club (HMRRCC) are pleased to announce that registration is now open for the CDPHP Workforce Team Challenge, a 3.5-mile road race starting and ending on Madison Avenue in downtown Albany near the Empire State Plaza. This year's race is set for Thursday, May 18, at 6:25 p.m.

The registration fee is \$30 for in-person or virtual participants.



Respectful youth

ELSMERE — Boy Scout Colby Naumovitz stands with his Eagle Scout project with Steve Riedel, past Commander and Finance Officer of the Blanchard-Currey Post 1040 of the American Legion. Naumovitz made boxes for retired American flags so they can be properly disposed of at the Legion's annual event. He has placed the boxes at the Bethlehem Town Library, Town Hall, Phillips Hardware Delmar location and Curtis Lumber Delmar location.

Photo provided

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Gas prices down

ALBANY — Average gasoline prices in Albany have fallen 3.1 cents per gallon in the last week, averaging \$3.52 a gallon according to a survey released by industry analysts on Monday, Feb. 20.

According to GasBuddy price reports, the cheapest gallon in Albany was priced at \$3.18 while the most expensive was \$3.74, a difference of 56.0 cents. Prices in Albany are 2.3 cents per gallon higher than a month ago and stand 22.7 cents per gallon lower than a year ago in data collected from 546 Albany stations.

“Motorists across many areas of the country have seen gas prices inching down for another week, while some states have moved higher. We’ve seen some refinery challenges in pockets of the country, while others are starting the transition to summer gasoline, weighing on prices. For diesel, the outlook remains bright with prices continuing to fall,” said Patrick De Haan, head of petroleum analysis at GasBuddy. “Oil prices have softened over the last week, helping to limit any upside at the pump, with strong economic data leading to concern that the Fed will continue to use interest rates to slow the economy. This could weaken demand as we head into the peak summer driving season.”

By comparison, the lowest price for a gallon in the state was \$2.89 while the highest was \$4.46, a difference of \$1.57. The national average price of diesel has fallen 6.9 cents in the last week and stands at \$4.45 per gallon.

“For diesel, the great news is that the most common price in the U.S. for diesel is now \$3.99 per gallon, with average prices continuing to drop. In the next couple of weeks, diesel will finally flip to deflationary compared to a year ago, which is excellent news for the economy,” said De Haan.

GasBuddy

BUSINESS

Patroons to wear local

NOVUS Clothing Company to outfit the Albany Patroons for 2023 season

LATHAM — The Albany Patroons are making their return this year and will be outfitted in NOVUS Clothing Company gear for the second year in a row.

In addition to both being based in Albany, the historic minor league basketball team has a lot in common with NOVUS Clothing Company, which is why this partnership is the perfect fit.

The owners of NOVUS, Nick and Garrett Bernardo have deep roots with the Albany Patroons thanks to their grandfather, Bill Bernardo.

Bill Bernardo was a charter member of the team’s board of directors in 1983 and successfully



NOVUS Clothing / Facebook

helped the Patroons bring on their first coach and now legendary NBA coach, Phil Jackson.

“There’s a rich history of coaches and players behind the Patroons and the team is near to our hearts as our grandfather took a

lot of pride not only in the city of Albany but the game of basketball,” said Garrett Bernardo, Owner & CEO. “We feel like this partnership hits home as the Patroons have always been a part of our family, and now we get to do what we love by outfitting the

staff and players with our very own NOVUS gear.”

NOVUS hopes to carry on the legacy of the Patroons—and their grandfather by establishing partnerships with programs that support the local community and young athletes.

“We want to partner with staple programs that have impacted the local community and the Patroons are one of them,” said Nick Bernardo, Owner & COO. “Being a business that’s in Albany and having the history of our grandfather, we want to carry that on and get the community together.”

NOVUS is excited to be outfitting the Patroons players and coaching staff in custom apparel for the 2023 season. Be on the lookout for new gear throughout the season and follow @NOVUSClothingCo on social media to stay in the loop.

Bethlehem's New Assemblyman Scott Bendett

A proud resident of Sand Lake, Scott was elected to represent the Capital Region’s 107th Assembly District on November 8, 2022. He will represent parts of Columbia, Rensselaer, and Washington counties, and the town of Bethlehem in Albany County. Scott knows families are struggling and he understands the issues that matter most to his constituents. He is committed and working diligently to make New York a safer and more affordable place to live.

A successful entrepreneur who built his business from the ground up, Scott ran for office to give us a voice and compel Albany to confront the inflation and high taxes that are forcing families and small businesses to leave New York!. For Scott, being an assemblyman means his constituents come first. He’s not afraid to get his hands dirty and work long hours to help make our lives better.

Scott’s Priorities:

- Reduce our high cost of living by getting inflation under control and placing a new moratorium on gasoline taxes, home fuel taxes, and the state’s sales tax.
- Provide additional tax benefits to our brave firefighters and first responders.
- Classify deadly fentanyl as its own controlled substance and lock up those who distribute the drug.
- Reinstate the Empire State Games to build local tourism and support small businesses.



Scott
BENDETT
NYS ASSEMBLY

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■ BUSINESS BRIEFS

Albany Med Health System Awarded for Best Awareness Campaign

ALBANY — The Albany Med Health System Communications and Marketing Department was honored with a first-place award for its brand launch and image campaign by the American Marketing Association and Public Relations Society of America Capital Region chapters.

The two organizations presented their joint MARCOM awards during a ceremony in Troy on Wednesday, Feb. 8.

With You for Everything was awarded for best Integrated Campaign—a category for work that includes promotional advertising, news media coverage, employee communications, and more. The campaign formally introduced the Albany Med Health System brand as the unifying representation of Albany Medical Center, Albany Medical College, Columbia Memorial Health, Glens Falls Hospital, Saratoga Hospital, and the Visiting Nurses. The goal of the campaign, which will continue through March, is to

educate the community about each hospital's role in the System, and how the System increases access to the most advanced treatments through hospitals working together. It also highlights the System's position as the largest private employer in the region, offering unique opportunities for professionals of many backgrounds to advance their careers while also supporting their own communities. The tagline, With You for Everything, represents the many moments in life health care touches, the limitless potential good health promises, and the critical role of health care providers.

"Everything about us is local," said Matt Markham, vice president for communications and marketing. "The Albany Med Health System is our region's only regionally governed health system, and it was very important that the campaign should reflect the core of our mission. Our hospitals and providers are people we know and trust as neighbors and friends. We aimed to celebrate that by proudly showing our unity and the great things we can accomplish together as a team. In many ways, the Albany Med Health System story is the story of the Capital

Region. It's our sincere privilege to share it."

In 2020, Albany Medical Center received two first-place MARCOM awards for its public relations response to the Covid-19 pandemic and a television commercial reassuring the community that the hospital was a safe place to receive care. Markham was also named Marketing/Communications Practitioner of the Year, joining a select group of distinguished area communicators who have received the award since it was established.

Capital Region Chamber Network by 9

TROY — Join the Capital Region Chamber as it hosts a networking event for business professionals on Wednesday, March 8, from 7:45 to 9 a.m., at Loft 433 in downtown Troy.

This is the perfect spot to mingle with stunning 15-foot windows overlooking the Hudson River and complimentary breakfast snacks.

Don't miss out on this opportunity to grow your network and make valuable connections.

Register online at <https://buff.ly/3ZNMT0P>.

So you cried at work

ALBANY — Join the Women's Business Council for "So You Cried at Work," an interactive panel discussion about navigating emotions in the workspace on Tuesday, March 21, from 11:30 a.m. to 1 p.m. at The Desmond Hotel.

People often don't express emotions because it can be seen as a sign of failure, vulnerability, or for some individuals, may lack the ability to express their emotions. We are all human.

Join the Women's Business Council for this interactive panel discussion about navigating emotions in the workplace, expressing emotions vs. being emotional, and allowing space for emotional expression and those less expressive.

Register online at <https://buff.ly/3YAJyYL>.

Owens Corning delivers record Full-Year 2022 Results

TOLEDO, Ohio — Owens Corning, a global building and construction materials leader,

reported fourth-quarter and full-year 2022 results last week.

Highlights included Reported Net Sales Increase of 15 percent in 2022 to \$9.8 Billion; Produced Full-Year Net Earnings of \$1.2 Billion; Expanded 2022 Adjusted EBIT Margins to 18 percent and Adjusted EBITDA Margins to 23 percent; Delivered Diluted EPS of \$12.70 and Adjusted Diluted EPS of \$12.88; Generated Operating Cash Flow of \$1.8 Billion and Free Cash Flow of \$1.3 Billion, Conversion of 104 percent; Returned \$931 Million, or 71 percent of Free Cash Flow to Shareholders through Dividends and Share Repurchases.

"Our strong performance in 2022 demonstrated the resiliency of our team, the strength of our businesses, and the earnings power of our company amid changing market conditions. During the year, we continued to advance our enterprise strategy, positioning the company for long-term success," said Board Chair and Chief Executive Officer Brian Chambers. "While we anticipate our markets in 2023 will be more challenging, we remain focused on outperforming the market and delivering value for our shareholders."

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LEGALS**NOTICE OF LLC FORMATION**

100 SPENCER ST 1C, LLC. Arts. of Org. filed with the SSNY on 12/20/22. Office: Albany County. 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, Brooklyn, NY 11206. Purpose: Any lawful purpose. D-303739

NOTICE OF LLC FORMATION

105 W72 STREET FUNDING LLC. Arts. of Org. filed with the SSNY on 01/17/23. Office: Albany County. 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, 1140 Broadway, Suite 304, New York, NY 10001. Purpose: Any lawful purpose. D-305610

NOTICE OF LLC FORMATION

117 PAINTERS HILL ROAD LLC. Arts. of Org. filed with the SSNY on 01/17/23. Office: Albany County. 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 Durga Ramlochan, 1257 40th Street, #3, Brooklyn, NY 11218. Purpose: Any lawful purpose. D-304528

NOTICE OF LLC FORMATION

121 WEST 19TH 7A LLC. Arts. of Org. filed with the SSNY on 01/03/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 121 West 19th Street, Apartment 7A, New York, NY 10011. Purpose: Any lawful purpose. D-304657

NOTICE OF LLC FORMATION

124 WEST 24TH 2A LLC. Arts. of Org. filed with the SSNY on 01/24/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 124 West 24th Street, Suite 2A, New York, NY 10001. Purpose: Any lawful purpose. D-304973

NOTICE OF LLC FORMATION

132-35 REALTY LLC. Arts. of Org. filed with the SSNY on 01/17/23. Office: Albany County. 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 Durga Ramlochan, 1257 40th Street, #3, Brooklyn, NY 11218. Purpose: Any lawful purpose. D-304529

NOTICE OF LLC FORMATION

136-140 NORTH MAIN STREET REALTY LLC. Arts. of Org. filed with

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the SSNY on 02/09/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 223 Clark Avenue, Mahwah, NJ 07430. Purpose: Any lawful purpose. D-305855

NOTICE OF LLC FORMATION

138 NORTH MAIN STREET WINES & LIQUORS LLC. Arts. of Org. filed with the SSNY on 02/09/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 223 Clark Avenue, Mahwah, NJ 07430. Purpose: Any lawful purpose. D-305856

NOTICE OF LLC FORMATION

149-26 REALTY LLC. Arts. of Org. filed with the SSNY on 12/28/22, with an existence date of 01/02/2023. Office: Albany County. 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 Fresh Meadows, NY 11366. Purpose: Any lawful purpose. D-304006

NOTICE OF LLC FORMATION

160 WOOSTER STREET PH LLC. Arts. of Org. filed with the SSNY on 01/31/23. Office: Albany County. 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 Lassar & Cowhey LLP, 730 Third Avenue, 11th Floor, New York, NY 10017. Purpose: Any lawful purpose. D-306131

NOTICE OF LLC FORMATION

1600 BUSINESS CENTER, LLC. Arts. of Org. filed with the SSNY on 01/10/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 1212 Avenue of the Americas, Suite 1600, New York, NY 10036. Purpose: Any lawful purpose. D-304179

NOTICE OF LLC FORMATION

197 SKILLMAN ST 4A LLC. Arts. of Org. filed with the SSNY on 01/03/23. Office: Albany County. 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, Brooklyn, NY 11206. Purpose: Any lawful purpose. D-304041

NOTICE OF LLC FORMATION

197 SPENCER ST 2B, LLC. Arts. of Org. filed with the SSNY on 12/20/22. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served.

LEGALS

SSNY shall mail copy of process to the LLC, 44 Lorimer Street, Brooklyn, NY 11206. Purpose: Any lawful purpose. D-303740

NOTICE OF LLC FORMATION

2 ADRIAN LLC. Arts. of Org. filed with the SSNY on 01/09/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 695 Cross Street, Suite 187, Lakewood, NJ 08701. Purpose: Any lawful purpose. D-305333

NOTICE OF LLC FORMATION

2052 BERGEN AVE REALTY, LLC. Arts. of Org. filed with the SSNY on 02/07/23. Office: Albany County. 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 Front Street, Unit 25A, Brooklyn, NY 11201. Purpose: Any lawful purpose. D-305633

NOTICE OF LLC FORMATION

37 BRIDLE PATH LLC. Arts. of Org. filed with the SSNY on 01/06/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 350 Motor Parkway, Suite 308, Hauppauge, NY 11788. Purpose: Any lawful purpose. D-304123

NOTICE OF LLC FORMATION

21-49 HARMAN STREET REALTY LLC. Arts. of Org. filed with the SSNY on 11/07/22. Office: Albany County. 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 Alma Realty, 31-10 37th Street, Astoria, NY 11105. Purpose: Any lawful purpose. D-304337

NOTICE OF LLC FORMATION

2346 NEWBOLD AVE LLC. Arts. of Org. filed with the SSNY on 12/23/22. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o M. Rahman, 2346 Newbold Avenue, 1st Floor, Bronx, NY 10462. Purpose: Any lawful purpose. D-305280

NOTICE OF LLC FORMATION

2564 ASTORIA LLC. Arts. of Org. filed with the SSNY on 02/13/23. Office: Albany County. 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 Charlie Chen, 40-06 50th Avenue, Sunnyside, NY 11104. Purpose: Any lawful purpose. D-306058

NOTICE OF LLC FORMATION

30-48 75 STREET LLC. Arts. of Org. filed with the SSNY on 01/05/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 21-25 38th Street, Astoria, NY 11105. Purpose: Any lawful purpose. D-304085

LEGALS**NOTICE OF LLC FORMATION**

30-50 75 STREET LLC. Arts. of Org. filed with the SSNY on 01/05/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 21-25 38th Street, Astoria, NY 11105. Purpose: Any lawful purpose. D-304086

NOTICE OF LLC FORMATION

30Front25 LLC. Arts. of Org. filed with the SSNY on 01/12/23. Office: Albany County. 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 Front Street, Unit 25A, Brooklyn, NY 11201. Purpose: Any lawful purpose. D-305633

NOTICE OF LLC FORMATION

49Invest LLC. Arts. of Org. filed with the SSNY on 01/24/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 223 Bedford Avenue, #1101, Brooklyn, NY 11211. Purpose: Any lawful purpose. D-304976

NOTICE OF LLC FORMATION

39-14 104TH STREET LLC. Arts. of Org. filed with the SSNY on 01/11/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 39-14 104th Street, Corona, NY 11368. Purpose: Any lawful purpose. D-304274

NOTICE OF LLC FORMATION

4012 SUNNYSIDE LLC. Arts. of Org. filed with the SSNY on 02/13/23. Office: Albany County. 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 Charlie Chen, 40-06 50th Avenue, Sunnyside, NY 11104. Purpose: Any lawful purpose. D-306058

NOTICE OF LLC FORMATION

43-18 41 STREET REALTY LLC. Arts. of Org. filed with the SSNY on 02/01/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 211-18 33rd Road, Bayside, NY 11361. Purpose: Any lawful purpose. D-305475

NOTICE OF LLC FORMATION

4304 WOODSIDE REALTY LLC. Arts. of Org. filed with the SSNY on 01/13/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served.

LEGALS

SSNY shall mail copy of process to the LLC, c/o Xiaoling Chen, 4306 60th St, Woodside, NY 11377. Purpose: Any lawful purpose. D-304476

NOTICE OF LLC FORMATION

4441 DEK REALTY LLC. Arts. of Org. filed with the SSNY on 01/18/23. Office: Albany County. 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 Alma Realty, 31-10 37th Avenue, Suite 500, Long Island City, NY 11101. Purpose: Any lawful purpose. D-304661

NOTICE OF LLC FORMATION

4823 WOODSIDE LLC. Arts. of Org. filed with the SSNY on 02/13/23. Office: Albany County. 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 Charlie Chen, 40-06 50th Avenue, Sunnyside, NY 11104. Purpose: Any lawful purpose. D-306059

NOTICE OF LLC FORMATION

644 VLIET, LLC. Arts. of Org. filed with the SSNY on 01/26/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 174 Old Niskayuna Road, Latham, NY 12110. Purpose: Any lawful purpose. D-305149

NOTICE OF LLC FORMATION

717 CONEY ISLAND AVENUE REALTY LLC. Arts. of Org. filed with the SSNY on 01/06/23. Office: Albany County. 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 Alma Realty, 31-10 37th Avenue, Suite 500, Long Island City, NY 11101. Purpose: Any lawful purpose. D-304124

NOTICE OF LLC FORMATION

528 W 175TH STREET LLC. Arts. of Org. filed with the SSNY on 01/19/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 528 West 175th Street, New York, NY 10033. Purpose: Any lawful purpose. D-304729

NOTICE OF LLC FORMATION

58TH BAKERY BAGELS LLC. Arts. of Org. filed with the SSNY on 01/05/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 16

LEGALS

East 58th Street, New York, NY 10022. Purpose: Any lawful purpose. D-304087

NOTICE OF LLC FORMATION

61-50 62ND ROAD REALTY LLC. Arts. of Org. filed with the SSNY on 11/07/22. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Razi & Ross, P.C., 23-09 31st Street, Astoria, NY 11105. Purpose: Any lawful purpose. D-306079

NOTICE OF LLC FORMATION

6279 JOHNSTON ROAD, LLC. Arts. of Org. filed with the SSNY on 01/11/23. Office: Albany County. 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 Nicolas Nitti, 803 Hawley Ct, Slingerlands, NY 12159, which also serves as the registered agent address. Purpose: Any lawful purpose. D-304182

NOTICE OF LLC FORMATION

644 VLIET, LLC. Arts. of Org. filed with the SSNY on 01/26/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 174 Old Niskayuna Road, Latham, NY 12110. Purpose: Any lawful purpose. D-305149

NOTICE OF LLC FORMATION

717 CONEY ISLAND AVENUE REALTY LLC. Arts. of Org. filed with the SSNY on 01/06/23. Office: Albany County. 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 Alma Realty, 31-10 37th Avenue, Suite 500, Long Island City, NY 11101. Purpose: Any lawful purpose. D-304125

NOTICE OF LLC FORMATION

80-10 PARK LANE SOUTH LLC. Arts. of Org. filed with the SSNY on 01/18/23. Office: Albany County. 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-304808

NOTICE OF LLC FORMATION

86 SPENCER ST 2B, LLC. Arts. of Org. filed with the SSNY on 12/20/22. Office: Albany County. 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, Brooklyn, NY 11206. Purpose: Any lawful purpose. D-303741

LEGALS**NOTICE OF LLC FORMATION**

9201 LLC. Arts. of Org. filed with the SSNY on 02/15/23. Office: Albany County. 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, Brooklyn, NY 11209. Purpose: Any lawful purpose. D-306227

NOTICE OF LLC FORMATION

98 BAY 20 3A LLC. Arts. of Org. filed with the SSNY on 01/18/23. Office: Albany County. 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 Forest Drive, Plainview, NY 11803. Purpose: Any lawful purpose. D-304663

NOTICE OF LLC FORMATION

99 B LLC. Arts. of Org. filed with the SSNY on 12/21/22, with an existence date of 01/01/2023. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 1904 86th Street, Brooklyn, NY 11214. Purpose: Any lawful purpose. D-303742

NOTICE OF LLC FORMATION

99 SPARC LLC. Arts. of Org. filed with the SSNY on 12/30/22. Office: Albany County. 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 Claudia Grzic, 12 Pointe Crescent, Whitestone, NY 11357. Purpose: Any lawful purpose. D-304014

NOTICE OF LLC FORMATION

ALLIED NYC AFFORDABLE LLC. Arts. of Org. filed with the SSNY on 01/20/23. Office: Albany County. 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-304808

NOTICE OF LLC FORMATION

ALLIED XXXIII LLC. Arts. of Org. filed with the SSNY on 08/02/22. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, Post Office Box 231027, Great Neck, NY 11023. Purpose: Any lawful purpose. D-305872

NOTICE OF LLC FORMATION

ALTH, LLC. Arts. of Org. filed with the SSNY on 01/26/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of

LEGALS

process to the LLC, 53-43 62nd Street, Maspeth, NY 11378. Purpose: Any lawful purpose. D-305267

NOTICE OF LLC FORMATION

AMMADAR LLC. Arts. of Org. filed with the SSNY on 02/14/23. Office: Albany County. 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 251, New York, NY 10044. Purpose: Any lawful purpose. D-306158

NOTICE OF LLC FORMATION

ANISKA31 REALTY, LLC. Arts. of Org. filed with the SSNY on 12/27/22. Office: Albany County. 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 Karabelas & Papanopoulos LLP, 31-10 37th Avenue, Suite 301, Long Island City, NY 11101. Purpose: Any lawful purpose. D-303996

NOTICE OF LLC FORMATION

ANITA DRIVE HOLDINGS, LLC. App. for Auth. filed with the SSNY on 01/19/23. Originally filed with Secretary of State of California 07/07/2015. 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, 45 Christopher Street, Apartment 7G, New York, NY 10014. Purpose: Any lawful purpose. D-304807

Public Notice

Notice to all deed holders of the Onesquethaw Union Cemetery Feura Bush, NY. Our annual meeting will be held on March 6, 2023 at the Onesquethaw Reformed Church 11 Groesbeck Rd, Feura Bush, NY 12067 at 6:00 PM. A full accounting of our financial status will be discussed and Trustees and Board Members will be elected. D-306077

NOTICE OF LLC FORMATION

ANSH LIQUORS LLC. Arts. of Org. filed with the SSNY on 02/09/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 78 Oak Street, #7, Walden, NY 12586. Purpose: Any lawful purpose. D-305853

NOTICE OF LLC FORMATION

AQ GLOBAL LLC. Arts. of Org. filed with the SSNY on 01/20/23. Office: Albany County. 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

LEGALS

Dean Street, Apartment #24, Brooklyn, NY 11238. Purpose: Any lawful purpose. D-304809

NOTICE OF LLC FORMATION

Arc24 LLC. Arts. of Org. filed with the SSNY on 01/06/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Philip E. Klein, Esq., 324 East 48th Street, Suite 1, New York, NY 10017. Purpose: Any lawful purpose. D-304112

NOTICE OF PLLC FORMATION

ARIEL GOLDENTHAL, M.D., PLLC. Arts. of Org. filed with the SSNY on 01/17/23. 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, 251 Central Park West, Suite 1A, Office#6, New York, NY 10024. Purpose: For the practice of the profession of Medicine. D-305414

NOTICE OF LLC FORMATION

B&E MANAGEMENT GROUP LLC. App. for Auth. filed with the SSNY on 12/29/22. Originally filed with Secretary of State of New Jersey 11/07/2017. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 513 Williamstown Road, Sicklerville, NJ 08081. Purpose: Any lawful purpose. D-304015

NOTICE OF LLC FORMATION

BEDFORD RODNEY LLC. Arts. of Org. filed with the SSNY on 02/13/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 24 Taylor Street, Brooklyn, NY 11249. Purpose: Any lawful purpose. D-306046

NOTICE OF LLC FORMATION

BJEM REALTY, LLC. Arts. of Org. filed with the SSNY on 02/15/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 3068 Brighton 3rd Street, Brooklyn, NY 11235. Purpose: Any lawful purpose. D-306209

NOTICE OF LLC FORMATION

BROWNSVILLE BLUE SEA LLC. Arts. of Org. filed with the SSNY on 12/20/22. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 60

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East 42nd Street, Suite 1010, New York, NY 10165. Purpose: Any lawful purpose. D-303738

NOTICE OF LLC FORMATION

BUHAR'S THE TEXTILE COLLECTION LLC. Arts. of Org. filed with the SSNY on 02/02/23. Office: Albany County. 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 Hampton Road, Clifton, NJ 07012. Purpose: Any lawful purpose. D-305542

NOTICE OF LLC FORMATION

BUILDING BAMBINO LLC. Arts. of Org. filed with the SSNY on 01/19/23. Office: Albany County. 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, 15 Fisher Lane, Suite 200, White Plains, NY 10603. Purpose: Any lawful purpose. D-304730

NOTICE OF LLC FORMATION

BYNATICHSANG LLC. Arts. of Org. filed with the SSNY on 02/10/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 82 Marcy Avenue, 3A, Brooklyn, NY 11211. Purpose: Any lawful purpose. D-305985

NOTICE OF LLC FORMATION

CAL 3 HOLDINGS LLC. Arts. of Org. filed with the SSNY on 01/19/23. Office: Albany County. 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 Madison Avenue, 24th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-304773

NOTICE OF LLC FORMATION

CARBONE DIGITAL LLC. Arts. of Org. filed with the SSNY on 02/02/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 27 Quantuck Bay Lane, Westhampton Beach, NY 11978. Purpose: Any lawful purpose. D-305543

NOTICE OF LLC FORMATION

CHERRY BAY LLC. Arts. of Org. filed with the SSNY on 12/30/22. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 555 West 59th Street, Unit 17A, New York, NY 10019. Purpose: Any lawful purpose. D-304012

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NOTICE OF PLLC FORMATION

CHUNG Y. CHOI DDS PLLC. Arts. of Org. filed with the SSNY on 02/14/23. 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, 76 Schermerhorn Street, Apartment 8C, Brooklyn, NY 11201. Purpose: For the practice of the profession of Dentistry. D-306183

NOTICE OF LLC FORMATION

CLARIDGE HOUSE GARAGE LLC. Arts. of Org. filed with the SSNY on 01/18/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 10 E 33rd Street, 11th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-304658

NOTICE OF LLC FORMATION

COMMERCIAL COACHING, LLC. Arts. of Org. filed with the SSNY on 01/09/23. Office: Albany County. 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 Steven Ebert, Esq., c/o Cassin & Cassin, LLP, 2900 Westchester Avenue, Suite 402, Purchase, NY 10577. Purpose: Any lawful purpose. D-304565

NOTICE OF LLC FORMATION

CSS EAST 13TH STREET NYC, LLC. Arts. of Org. filed with the SSNY on 11/18/22. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 80 Fifth Avenue, Suite 1101, New York, NY 10011. Purpose: Any lawful purpose. D-306182

NOTICE OF LLC FORMATION

CXY LLC. Arts. of Org. filed with the SSNY on 01/30/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 1219 Tabor Court, Brooklyn, NY 11219. Purpose: Any lawful purpose. D-305288

NOTICE OF LLC FORMATION

DMA NEW YORK PROPERTY LLC. Arts. of Org. filed with the SSNY on 01/09/23. Office: Albany County. 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 Steven Ebert, Esq., c/o Cassin & Cassin, LLP, 2900 Westchester Avenue, Suite 402, Purchase, NY 10577. Purpose: Any lawful purpose. D-304924

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NOTICE OF LLC FORMATION

DOLLOP LLC. Arts. of Org. filed with the SSNY on 01/18/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, One Columbus Place, S39A, New York, NY 10019. Purpose: Any lawful purpose. D-304659

NOTICE OF LLC FORMATION

E&T CONSTRUCTION 2 LLC. Arts. of Org. filed with the SSNY on 01/20/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 488 Madison Avenue, Suite 1230, New York, NY 10022. Purpose: Any lawful purpose. D-304812

NOTICE OF LLC FORMATION

E&T CONSTRUCTION 3 LLC. Arts. of Org. filed with the SSNY on 01/20/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 488 Madison Avenue, Suite 1230, New York, NY 10022. Purpose: Any lawful purpose. D-304813

NOTICE OF LLC FORMATION

E&T CONSTRUCTION 4 LLC. Arts. of Org. filed with the SSNY on 01/20/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 488 Madison Avenue, Suite 1230, New York, NY 10022. Purpose: Any lawful purpose. D-304814

NOTICE OF LLC FORMATION

E&T CONSTRUCTION 5 LLC. Arts. of Org. filed with the SSNY on 01/20/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 488 Madison Avenue, Suite 1230, New York, NY 10022. Purpose: Any lawful purpose. D-304816

NOTICE OF LLC FORMATION

EAST 82ND STREET HOLDINGS LLC. Arts. of Org. filed with the SSNY on 01/03/23. Office: Albany County. 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 8365, Woodside, NY 11377. Purpose: Any lawful purpose. D-304922

NOTICE OF LLC FORMATION

EYE DIVA LLC. Arts. of Org. filed with the SSNY on 01/27/23. Office: Albany County. SSNY designated as agent of the LLC upon whom

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process against it may be served. SSNY shall mail copy of process to the LLC, 353 Lexington Avenue, Suite 1500, New York, NY 10016. Purpose: Any lawful purpose. D-305248

NOTICE OF LLC FORMATION

FIELDS OF BLUE LLC. Arts. of Org. filed with the SSNY on 01/10/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 314 Beach 69th Street, Apartment 2, Arverne, NY 11692. Purpose: Any lawful purpose. D-304173

NOTICE OF LLC FORMATION

FOUR SEASONS EQUITY LLC. Arts. of Org. filed with the SSNY on 01/20/23. Office: Albany County. 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 231099, Great Neck, NY 11023. Purpose: Any lawful purpose. D-304817

NOTICE OF LLC FORMATION

FROST FUNDING LLC. Arts. of Org. filed with the SSNY on 02/03/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 1407 Broadway, Suite 2116, New York, NY 10018. Purpose: Any lawful purpose. D-305607

NOTICE OF LLC FORMATION

GEMA PRODUCTS LLC. Arts. of Org. filed with the SSNY on 01/06/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 1407 Broadway, Suite 2116, New York, NY 10018. Purpose: Any lawful purpose. D-304121

NOTICE OF LLC FORMATION

GN MANAGEMENT REALTY LLC. Arts. of Org. filed with the SSNY on 01/11/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 215-54 Jamaica Avenue, Queens Village, NY 11428. Purpose: Any lawful purpose. D-304211

NOTICE OF PLLC FORMATION

GRAFFAM, PLLC. Arts. of Org. filed with the SSNY on 01/09/23. 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, 305 Broadway, 7th Floor,

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New York, NY 10007. Purpose: For the practice of the profession of Law. D-304171

NOTICE OF LLC FORMATION

GRANACE CAPITAL LLC. Arts. of Org. filed with the SSNY on 01/03/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 320 East 58th Street, PH-C, New York, NY 10022. Purpose: Any lawful purpose. D-304037

NOTICE OF LLC FORMATION

HDRG 02 LLC. Arts. of Org. filed with the SSNY on 01/05/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 35 Pinelawn Road, Suite 214E, Melville, NY 11747. Purpose: Any lawful purpose. D-304083

NOTICE OF LLC FORMATION

HOFFMAN SELF STORAGE LLC. Arts. of Org. filed with the SSNY on 01/24/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 25 Corporate Circle, Albany, NY 12203. Purpose: Any lawful purpose. D-304964

NOTICE OF LLC FORMATION

HOUT I LLC. Arts. of Org. filed with the SSNY on 12/08/22. Office: Albany County. 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 44, New York, NY 10185. Purpose: Any lawful purpose. D-305685

NOTICE OF LLC FORMATION

HYPHEN CONSULTING LLC. Arts. of Org. filed with the SSNY on 01/12/23. Office: Albany County. 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 Alice-Anne Parish, 42 Fort Greene Pl., Apartment 2, Brooklyn, NY 11217. Purpose: Any lawful purpose. D-304458

NOTICE OF PLLC FORMATION

IN HEALTH PHYSICAL THERAPY PLLC. Arts. of Org. filed with the SSNY on 02/02/23. 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, 560 West 43rd Street, Apartment 7K, New York, NY 10036. Purpose: For the practice of the profession of Physical Therapy. D-305808

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NOTICE OF LLC FORMATION

JIVES HOSPITALITY L.L.C. Arts. of Org. filed with the SSNY on 02/02/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 183 Centre Street, 6th Floor, New York, NY 10013. Purpose: Any lawful purpose. D-305923

NOTICE OF LLC FORMATION

KB PROPERTIES OF ALBANY, LLC. Arts. of Org. filed with the SSNY on 01/23/23. Latest date to dissolve: 12/31/2123. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 524 Sir Charles Way, Albany, NY 12203. Purpose: Any lawful purpose. D-305223

NOTICE OF LLC FORMATION

KC DALEY LLC. Arts. of Org. filed with the SSNY on 12/28/22, with an existence date of 01/01/2023. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 1460 Carroll Street, Apartment 4G, Brooklyn, NY 11213. Purpose: Any lawful purpose. D-304005

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY.

NAME: KCK BLISS LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on January 30, 2023. Office location: Albany County. 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, 16 Corrit Drive, Delmar, NY 12054. Purpose: Any lawful purpose. D-305222

NOTICE OF LLC FORMATION

KEL ENTERPRISES LLC. Arts. of Org. filed with the SSNY on 01/11/23. Office: Albany County. 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 Georgoulis PLLC, 120 Wall Street, Suite 1803, New York, NY 10005. Purpose: Any lawful purpose. D-304923

NOTICE OF LLC FORMATION

LE MIRTH XVI LLC. App. for Auth. filed with the SSNY on 02/08/23. Originally filed with Secretary of State of Delaware 01/12/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 1155

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23rd Street NW, Apartment 5E, Washington, DC 20037. Purpose: Any lawful purpose. D-305924

NOTICE OF LLC FORMATION

LENGTH AND LOSS LLC. Arts. of Org. filed with the SSNY on 01/05/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 16 Summit Avenue, Latham, NY 12110. Purpose: Any lawful purpose. D-304084

NOTICE OF LLC FORMATION

LISA SAKKAS LLC. Arts. of Org. filed with the SSNY on 01/23/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 18-28 21st Drive, Astoria, NY 11105. Purpose: Any lawful purpose. D-304938

Notice of formation

of LiveWell Brokerage, LLC, a domestic limited liability company, the purpose of which is to engage in any lawful activity. Articles of Org. were filed with NY Secretary of State ("NYSS") on February 15, 2023. Offices are located in Albany County. NYSS is designated as agent upon whom process may be served. NYSS shall mail service of process to LiveWell Brokerage, LLC, c/o Morgan S. Ruthman, Esq., 1 Juniper Drive, Delmar, NY 12054. The LLC shall exist in perpetuity unless dissolved by its member (s). D-306195

Notice of formation

of LiveWell Construction, LLC, a domestic limited liability company, the purpose of which is to engage in any lawful activity. Articles of Org. were filed with NY Secretary of State ("NYSS") on February 15, 2023. Offices are located in Albany County. NYSS is designated as agent upon whom process may be served. NYSS shall mail service of process to LiveWell Construction, LLC, c/o Morgan S. Ruthman, Esq., 1 Juniper Drive, Delmar, NY 12054. The LLC shall exist in perpetuity unless dissolved by its member (s). D-306196

Notice of formation

of LiveWell Energy, LLC, a domestic limited liability company, the purpose of which is to engage in any lawful activity. Articles of Org. were filed with NY Secretary of State ("NYSS") on February 15, 2023. Offices are located in Albany County. NYSS is designated as agent upon whom process may be served. NYSS shall mail service of process to LiveWell Energy, LLC, c/o Morgan S. Ruthman, Esq., 1 Juniper Drive, Delmar,

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NY 12054. The LLC shall exist in perpetuity unless dissolved by its member (s).
D-306192

NOTICE OF LLC FORMATION

MANOR OF SCREAMS LLC. Arts. of Org. filed with the SSNY on 02/01/23. Office: Albany County. 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 Van Leer & Greenberg, Esqs., 11 Broadway, Suite 1051, New York, NY 10004. Purpose: Any lawful purpose.
D-305677

NOTICE OF LLC FORMATION

MERAKI BISTRO BROOKLYN, LLC. Arts. of Org. filed with the SSNY on 12/19/22. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 40 Wall Street, 49th Floor, New York, NY 10005. Purpose: Any lawful purpose.
D-303778

NOTICE OF LLC FORMATION

MILL AVENUE DEVELOPMENT, LLC. Arts. of Org. filed with the SSNY on 12/29/11. Office: Albany County. 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 Paul Grosman, 54 Regent Drive, Lido Beach, NY 11561. Purpose: Any lawful purpose.
D-304126

NOTICE OF LLC FORMATION

MIZ ISRAEL EXPERIENCE LLC. Arts. of Org. filed with the SSNY on 01/04/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 1435 E. 7th Street, Brooklyn, NY 11230. Purpose: Any lawful purpose.
D-304050

NOTICE OF LLC FORMATION

MRJN HOLDING LLC. Arts. of Org. filed with the SSNY on 02/14/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 68 Jay Street, Suite 201 - Room 26, Brooklyn, NY 11201. Purpose: Any lawful purpose.
D-306159

NOTICE OF LLC FORMATION

NAN HOLDINGS, LLC. Arts. of Org. filed with the SSNY on 12/06/22. Office: Albany County. SSNY designated as

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agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Nicolas Nitti, 803 Hawley Court, Slingerlands, NY 12159. Purpose: Any lawful purpose.
D-304110

NOTICE OF LLC FORMATION

NFM BLEECKER LLC. Arts. of Org. filed with the SSNY on 01/13/23. Office: Albany County. 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 East 61st Street, Apartment 18BC, New York, NY 10065. Purpose: Any lawful purpose.
D-304477

Public Notice Notice to Bidders

Onesquethaw Union Cemetery Association Inc., Feura Bush, NY will receive sealed bids at 14 Leisure Lane Selkirk, NY 12158, no later than March 3, 2023, to be opened on March 6, 2023, for the following: Maintenance of the Cemetery from April to November, including lawn mowing, trimming, etc.

In addition we will also be accepting bids on a separate contract for Burial Contract including opening and closing graves.

For further information, please send inquiries to Sandi Ackert via E-mail sandiackert@hotmail.com with RE: Cemetery Bid
Sandi Ackert Secretary
D-306078

NOTICE TO BIDDERS

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Precast Concrete Manholes for the use of said Town for the year 2023.

Bids will be received up to 11:00 a.m. on the 10th day of March 2023, at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York.

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

Bid documents may be obtained at the Bethlehem Town Clerks Office, 445 Delaware Avenue, Delmar, NY 12054. Bid documents may also be available for

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download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division.

The Town Board reserves the right to waive any informalities in or to reject any or all bids.
BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM Nanci Moquin TOWN CLERK
Dated: February 16, 2023
D-306258

NOTICE OF LLC FORMATION

NRSA CONSTRUCTION LLC. Arts. of Org. filed with the SSNY on 02/02/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 33-23 Kings Highway, #6H, Brooklyn, NY 11234. Purpose: Any lawful purpose.
D-305544

NOTICE OF LLC FORMATION

NYC LEGENDS LLC. Arts. of Org. filed with the SSNY on 01/06/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 117-28 225th Street, Cambria Heights, NY 11411. Purpose: Any lawful purpose.
D-304122

NOTICE OF LLC FORMATION

PACK V LLC. Arts. of Org. filed with the SSNY on 02/03/23. Office: Albany County. 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 Celine Hannett, 37 Davenport Avenue, Unit 3, Greenwich, CT 06830. Purpose: Any lawful purpose.
D-305612

NOTICE OF LLC FORMATION

PANOPTIX, LLC. Arts. of Org. filed with the SSNY on 01/23/23. Office: Albany County. 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 Second Place, Apartment 2, Brooklyn, NY 11231. Purpose: Any lawful purpose.
D-305984

NOTICE OF LLC FORMATION

PE 1730 WALT WHITMAN LLC. Arts. of Org. filed with the SSNY on 01/06/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 35

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Pinelawn Road, Suite 214E, Melville, NY 11747. Purpose: Any lawful purpose.
D-304169

NOTICE OF LLC FORMATION

PLORI FILMS LLC. Arts. of Org. filed with the SSNY on 01/18/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 1373 71st Street, Brooklyn, NY 11228. Purpose: Any lawful purpose.
D-304660

NOTICE OF LLC FORMATION

POPP03636 LLC. Arts. of Org. filed with the SSNY on 12/27/22. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Mitchell Nelson, 215 East 80th Street, Unit 2L, New York, NY 10075. Purpose: Any lawful purpose.
D-303997

NOTICE OF LLC FORMATION

QUINCY QUINCY, LLC. Arts. of Org. filed with the SSNY on 01/19/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 888 Quincy Street, Brooklyn, NY 11221. Purpose: Any lawful purpose.
D-304731

NOTICE OF LLC FORMATION

RGR 26 LLC. Arts. of Org. filed with the SSNY on 02/02/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 20 W. 47th Street, Suite 307, New York, NY 10036. Purpose: Any lawful purpose.
D-305545

NOTICE OF LLC FORMATION

RICHARD'S PLACE LLC. Arts. of Org. filed with the SSNY on 01/20/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 1044 East 38th Street, Brooklyn, NY 11210. Purpose: Any lawful purpose.
D-305221

NOTICE OF LLC FORMATION

RIDGEVIMINI LLC. Arts. of Org. filed with the SSNY on 02/08/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY

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shall mail copy of process to the LLC, 60-97 70th Avenue, Ridgewood, NY 11375. Purpose: Any lawful purpose.
D-305786

NOTICE OF LLC FORMATION

ROCCO STEAKHOUSE EAST 57 LLC. Arts. of Org. filed with the SSNY on 02/01/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 3 Aerial Way, Syosset, NY 11791. Purpose: Any lawful purpose.
D-305472

NOTICE OF LLC FORMATION

RP 26 MANAGEMENT LLC. Arts. of Org. filed with the SSNY on 02/10/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 20 West 47th Street, Suite 307, New York, NY 10036. Purpose: Any lawful purpose.
D-305988

NOTICE OF LLC FORMATION

SABRINA DOBBS, LLC. Arts. of Org. filed with the SSNY on 01/30/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 405 4th Street, Greenport, NY 11944. Purpose: Any lawful purpose.
D-305874

NOTICE OF LLC FORMATION

SAFETY FIRST CONSULTING, LLC. Arts. of Org. filed with the SSNY on 01/26/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 103-14 Liberty Avenue, Ozone Park, NY 11417. Purpose: Any lawful purpose.
D-305632

NOTICE OF LLC FORMATION

SANA RAHEEM CONSULTING LLC. Arts. of Org. filed with the SSNY on 02/15/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 130 Barrow Street, PH7, New York, NY 10014. Purpose: Any lawful purpose.
D-306230

NOTICE OF LLC FORMATION

SD & D REALTY LLC. Arts. of Org. filed with the SSNY on 01/01/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY

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shall mail copy of process to the LLC, c/o Danye Yang, 90 Hege-mans Ln, Glen Head, NY 11545. Purpose: Any lawful purpose.
D-304108

NOTICE OF LLC FORMATION

SDS COMMERCE LLC. Arts. of Org. filed with the SSNY on 12/23/22. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 101 West End Avenue, Apartment 12P, New York, NY 10023. Purpose: Any lawful purpose.
D-303991

Notice of formation of Sean P. McGarry, Certified Registered Nurse Anesthetist, PLLC

Arts. of Org. filed w/ Secy. of State of NY (SSNY) on 01/05/2023. Off. loc.: Albany Cnty. SSNY designated as agent upon whom process may be served. SSNY shall mail process to: 659 Western Ave., Albany, NY 12203. Purpose: Any lawful activity.
C-304666

NOTICE OF LLC FORMATION

SH 354 LLC. Arts. of Org. filed with the SSNY on 01/17/23. Office: Albany County. 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 Sidewalk Holdings LLC, 408 Eighth Avenue, Suite 206, New York, NY 10001. Purpose: Any lawful purpose.
D-304522

NOTICE OF LLC FORMATION

SHELL'S LOFT RED HOOK LLC. Arts. of Org. filed with the SSNY on 01/10/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 120 Hamilton Avenue, Brooklyn, NY 11231. Purpose: Any lawful purpose.
D-304178

NOTICE OF LLC FORMATION

SHINE & SILVER LLC. Arts. of Org. filed with the SSNY on 01/09/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 1159 51st Street, Brooklyn, NY 11219. Purpose: Any lawful purpose.
D-304153

NOTICE OF LLC FORMATION

SOCIAL PRESSURE LLC. Arts. of Org. filed with the SSNY on 01/25/23. Office: Albany County. SSNY designated as agent of the LLC upon

LEGALS

whom process against it may be served. SSNY shall mail copy of process to the LLC, 100 Jericho Quadrangle, Suite 300, Jericho, NY 11753. Purpose: Any lawful purpose.
D-305148

NOTICE OF LLC FORMATION

SOHO 21, LLC. Arts. of Org. filed with the SSNY on 01/31/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 570 Broome Street, Unit 21B, New York, NY 10013. Purpose: Any lawful purpose.
D-305367

NOTICE OF LLC FORMATION

SOHO BAKERY LLC. Arts. of Org. filed with the SSNY on 12/22/22. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 462 Broadway, Ground Floor, New York, NY 10013. Purpose: Any lawful purpose.
D-305873

NOTICE OF LLC FORMATION

STANHOPE MANAGEMENT REALTY LLC. Arts. of Org. filed with the SSNY on 01/11/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 215-54 Jamaica Avenue, Queens Village, NY 11428. Purpose: Any lawful purpose.
D-304212

NOTICE OF LLC FORMATION

SUSPENSION MEDIA LLC. Arts. of Org. filed with the SSNY on 02/15/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 20 Prospect Pl, Brooklyn, NY 11217. Purpose: Any lawful purpose.
D-306231

NOTICE OF LLC FORMATION

TAKA TAKA, LLC. Arts. of Org. filed with the SSNY on 01/27/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 325 Henry Street, Unit PHA, Brooklyn, NY 11201. Purpose: Any lawful purpose.
D-306133

NOTICE OF LLC FORMATION

TT MARINE USA LLC. Arts. of Org. filed with the SSNY on 01/03/23. Office: Albany County.

LEGALS

SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 517 Purchase Street, Rye, NY 10580. Purpose: Any lawful purpose.
D-304040

NOTICE OF LLC FORMATION

UPPER EAST CAPITAL LLC. Arts. of Org. filed with the SSNY on 01/11/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 304 E. 65th Street, #25C, New York, NY 10065. Purpose: Any lawful purpose.
D-304239

NOTICE OF LLC FORMATION

VARICK STREET GARAGE LLC. Arts. of Org. filed with the SSNY on 02/01/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 10 E 33rd Street, 11th Floor, New York, NY 10016. Purpose: Any lawful purpose.
D-305474

NOTICE OF LLC FORMATION

VAUDEVISUALS PRESS LLC. Arts. of Org. filed with the SSNY on 01/23/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 52 Windsor Place, Brooklyn, NY 11215. Purpose: Any lawful purpose.
D-304949

NOTICE OF LLC FORMATION

WARWICK RENTAL NYC LLC. Arts. of Org. filed with the SSNY on 12/23/22. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 432 Warwick Street, Brooklyn, NY 11207. Purpose: Any lawful purpose.
D-303992

NOTICE OF LLC FORMATION

WORME HOLDINGS, LLC. Arts. of Org. filed with the SSNY on 01/12/23. Latest date to dissolve: 12/31/2123. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 954 Lexington Avenue, #2066, New York, NY 10021. Purpose: Any lawful purpose.
D-304358

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Nimblefingers Exhibit

This week is your last opportunity this year to visit the library during our regular hours to enjoy viewing all the lovely handiwork created by members of the Nimblefingers group. From quilts to baskets, needlepoint to knitting, these crafters create a multitude of beautiful pieces.



Read and Explore: Welcoming Refugees

Join us at 10:30 a.m., Friday, Feb. 24 as we share some books about refugee families, then get creative with this community service challenge. The Bezos Family Foundation is donating \$5 to refugee-aid organizations for every postcard created. Learn more at <https://www.studentsrebuild.org/challenges/refugee>. Please register.

The Lost Radio Rounders

Join us at 6:30 p.m., Thursday, Mar. 9 to enjoy The Lost Radio Rounders, as they perform their Irish Roots concert, featuring traditional Irish tunes and American songs that borrow Irish melodies. Albany's Lost Radio Rounders includes banjo, guitar player and vocalist Paul Jossman and Lost Radio Rounders co-founder Michael Eck. Both members of the Capital Region Thomas Edison Music Hall of Fame. No registration needed. — Lynn Kohler

Blind Date with a Book

Find your book match at the Library in February! Stop by the Library and browse our eligible "book dates"; they'll be wrapped in paper with clues to their identity on the cover.



Choose one, check it out, take it home and unwrap it. There will be no lulls in conversation, awkward questions, or need to dress up! There won't be any hard feelings if you don't like your date, but you might just find the match of your literary dreams!

Happier In 2023

Join us for Outer Order, our March theme for our Happier in 2023 series, on Wednesday, March 1, at 6:30 p.m. Learn to declutter your space and keep it orderly, to foster your inner peace and allow you to flourish.

Join us in person or virtually on a year-long journey as we explore ways to have a happier 2023. We'll use materials from happiness guru Gretchen Rubin's Happiness Project course. There are 12 monthly themes and we'll explore one per month.

Strengthening Families

Join us from 5:30 to 7 p.m. each Wednesday, March 1, 8, and 15 for our three-week series for parents/caregivers and youth, ages 5-17, to attend together. Build on your strengths, improve communication, and have fun together. — Carol Melewski

LIBRARIES

Want to join the board?

Nominating petition forms and informational packets are available at the library Information Desk for candidates interested in serving on the Bethlehem Public Library Board of Trustees. You can also download a packet from the Board of Trustees page at www.bethlehempubliclibrary.org/board-of-trustees. There are two seats on the 2023 ballot, currently held by incumbents Mark Kissinger and Caroline Brancatella, who are both seeking re-election.

Petitions will need at least 94 signatures of voters residing in the Bethlehem Central School District. Petitions must be filed with the District Clerk, Bethlehem Central High School, 700 Delaware Ave., Delmar by 5 p.m. on April 17. The election



will be held Tuesday May 16.

Paws to Read

Learning to read, especially out loud, can be scary. A friendly face, particularly one with a wagging tail, can help ease reading jitters and build confidence. Our Paws to Read pups will listen calmly and quietly as children in grades K-5 practice their reading skills.

Our next Paws to Read drop-in session will be held Friday, Feb. 24, from 11 a.m.-1 p.m. Sessions continue in March and April. Visit our calendar at bethlehem.librarycalendar.com for additional dates and times.

Registration is not required. Each child will have a chance to read a book of their choice. Bring a favorite or pick one from the library shelves.

Weather closings and delays

In the event of inclement weather, the library's telephone system will provide information on a closing or delayed opening. Weather conditions can occasionally cause icing near the entrances and curbside pickup area that could lead to closure even when the town roadways are clear. Call ahead at (518) 439-9314 if you are unsure. Information may also be available on our website at www.bethlehempubliclibrary.org.

— Kristen Roberts

Cruise Ship "Tringo"

Escape the winter blahs! Gather a team (up to four players) and set sail with us online Thurs. Feb. 23 at 6:30 p.m. to play Cruise Ship "Tringo" - Bingo mashed up with cruise and vacation trivia! We'll channel a tropical vibe with questions about cruises, drinks, oceans, creatures, pop culture, and more. Please register on the Events Calendar of guilderlandlibrary.org, and we'll email your team Bingo card.

Drop-In Video Games

Grades 3 and up: drop by anytime Fri. Feb. 24 from 2:00-4:00 p.m. play Mario Kart 8 Deluxe, Super Smash Bros. Ultimate, and others. You'll help us unlock new characters for the next tournament, too! All games are rated E or E 10+.

Family Literacy Day

Join Barbara Lukas, a family literacy educator from WMHT,



for a morning of fun learning activities on Sat. Feb. 25 at 10:30 a.m. You'll watch a short movie, do crafts and/or science experiments, and get a free copy of The Snowy Day by Ezra Jack Keats! This program is geared for Pre-K-Grade 2. Please register in advance.

Storytimes Resume

Mornings are more fun with storytime, as we read books, sing songs and get moving together! Caregivers must stay with their child(ren) the entire time. Please choose only ONE storytime per week, beginning Tues. Feb. 28:

Toddlers (18-36 months)—
Tuesdays @ 10:30 am
Families (birth-5 years old)—

Wednesdays @ 10:30 am
Preschoolers (3-5 years old)—
Thursdays @ 10:30 am

AARP Tax-Aide

AARP Tax-Aide preparation by trained and IRS-certified volunteers is offered at GPL this season. Call 2-1-1 (the United Way's call center) to inquire about available tax appointments – please do not call the Library. Phone lines may be busy; please be patient. Tax preparation appointments are scheduled on Mondays through April 15. You must have an appointment; no walk-ins.

— Luanne Nicholson



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LETTERS TO THE EDITOR

Minority Leader: 'Our volunteers tax break'

Dear Editor,
Like many other residents of Albany County, when the local fire company sounds its alarm to indicate a fire in the community, I can hear it from my house. These days, I wonder how many people are answering the call. As most of your readers may know, volunteer fire and ambulance companies throughout the State are suffering shortfalls of volunteers.

Being a volunteer firefighter can entail dozens of hours of trainings that bring people away from their jobs and families in order to participate. While these trainings have value, it is a major commitment that can dissuade people from wanting to volunteer. It is at this point that the State, County, and Town can step in to provide additional incentives for

individuals to volunteer.

State lawmakers passed, and the Governor signed, Chapter 670 of the Laws of 2022, a law which allows any locality to enact a 10% property tax exemption for volunteer fire and ambulance workers. I am pleased to say that a local initiative here in Albany County was introduced this week that will enact such an exemption. I believe, and the members of the Republican & Conservative Conference believe, that enacting this exemption at the local level is the best choice for Albany County. From the perspective of doing what's right, our volunteers deserve recognition and reward for giving their time for the safety of others, and this exemption will go a long way in achieving that. From the perspective of public policy,

this tax exemption may provide extra incentive for people "on the fence" to make the decision to volunteer, and will help our overall number of volunteers in Albany County.

Sincerely,
Frank Mauriello

Minority Leader,
Albany County Legislature

Biden shows path to progress address

President Biden outlined for the American people the incredible progress we've made under his administration. In just two years, we've taken action to get our economy back on track, revitalize American manufacturing, make critical investments in clean energy and infrastructure, and lower costs for working families.

Alongside President Biden, Democrats are continuing to deliver for the American people. Our economic plan has created a record 12 million new jobs since President Biden took office, almost as many as any other President created in four years. The national unemployment rate sits at just 3.4 percent, the lowest figure in more than half a century. And through investments in domestic manufacturing

and supply chains, clean energy technologies, critical infrastructure, and much more, we are making certain that this economy continues to work for all Americans for years to come.

Under the leadership of President Biden and Democrats in Congress, I know that we can build on these historic achievements and continue to deliver for everyday Americans. Over the next two years, I look forward to working with the President to usher in a new era of growth and prosperity for our Capital Region and for our nation.

Congressman Paul D. Tonko

COMMUNITY



A quilt piece of history

GUILDERLAND — Nearly 30 years after it was created, this community quilt adorns the Guilderland Room, the local history room of Guilderland Public Library. It was machine-pieced and appliqued by former GPL employee Shirley Ratta, and contains leaves attached by staff, patrons, board members, and volunteers, plus their signatures on the back, dated March, 1993. Former GPL Reference Librarian Eileen Williams recently hand-sewed a "sleeve" along the back so that it could hang on a quilt rod, and former GPL Director Carol Hamblin donated money to the local history room, some of which was used to purchase the quilt rod. Many library hands, past and present, were responsible for this symbolic slice of history now on display.

Guilderland Public Library



Weigh in on solutions

DELMAR — Architects from Ashley McGraw presented the culmination of their months-long concept design study for the Bethlehem Public Library to the at the Monday, Feb. 13 meeting of the library's Board of Directors.

While the way people use libraries has changed significantly over the past few decades, our 50-year-old building has seen very few updates since it first opened its doors. As part of their long-range planning process, the board has been looking at ways to make this space more responsive to the needs of today's community.

The purpose of the project was to look at building options that are welcoming, simple to navigate, modern and adaptable to a variety of programs, both inside the library and throughout the site. The architects came up with a number of design solutions that would make the entrance more accessible to the parking lot, provide ample space for public and library programs, and include a permanent curbside pick-up and drop-off window.

The most important part of this discussion is YOU. Visit bit.ly/3YCyAm0 to take a look at the presentation. Let us know what you think by emailing Library Director Geoff Kirkpatrick via www.bethlehempubliclibrary.org/about-us/contact-us/contact-the-director. You can also watch recordings of the board meeting discussions on our YouTube channel. We have some big decisions to make in the coming months, and we want to hear what you have to say.

— Bethlehem Public Library

■ POLICE, FIRE and EMERGENCY CALLS

Road rage leads to felony charge

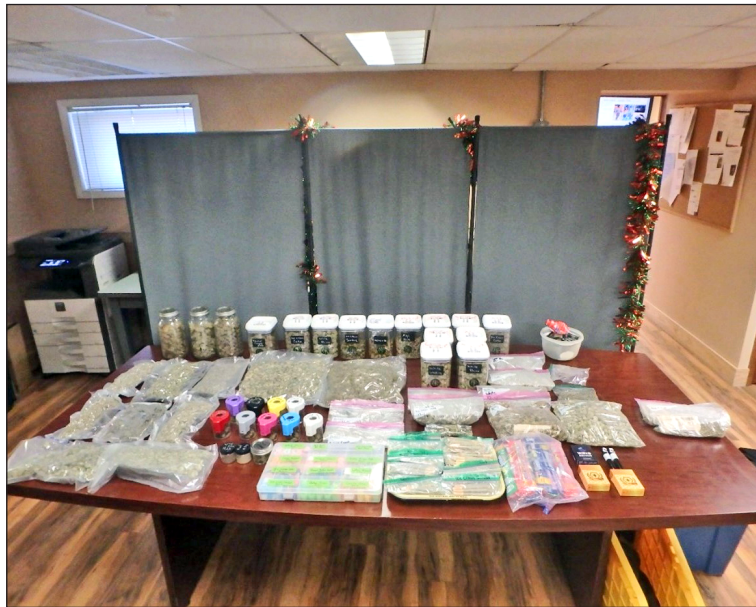
Drugs, guns confiscated on Ravena's Main Street

RAVENA — A Latham man faces a felony charge, including menacing and criminal possession of marijuana charges after Coeymans police responded to a road rage incident on Friday, Feb. 10.

The Town of Coeymans Police Department received a report of a road rage incident involving two motorists at approximately 11 a.m. According to the police report, the vehicles were both traveling southbound on St Rte 144 approaching the Port of Coeymans. One motorist, operating a light-colored Ford F150, allegedly brandished a handgun at the victim during the incident.

Coeymans Police Sgt Kelly Arnold and Officer Lance Palmateer later observed the suspect vehicle, allegedly driven by Latham resident Michael Roemer, on Main Street in the Village of Ravena before pulling him over.

Once police removed Roemer



Town of Coeymans / Facebook

from the car, they allegedly found two loaded handguns, one on his person and the other in the truck's cab. He was arrested for second-degree menacing and his weapons were confiscated.

Police said further investigation revealed a large amount of marijuana, totaling over 16 pounds of products, in plain view within the

vehicle. Many of the products were allegedly packaged for sale, including edibles, candy duplicates, powdered substances and other THC-laden materials.

Police said the street value of drugs confiscated in the arrest was more than \$80,000.

Roemer was released pending further court action.

Crash, DWI

GUILDERLAND - State Police responded to a report of a one-car property damage crash on the exit 24 westbound acceleration ramp. A 25-year old Schenectady woman was operating a 2014 Ford Focus when she struck the guardrail. During the investigation, Troopers determined she was driving while intoxicated. The woman was taken into custody and transported to SP Albany where she refused to provide a breath sample. She was processed for DWI and released to a sober third party with an appearance ticket returnable to the City of Albany Court on March 6.

Bench warrant for 2020 Walmart theft

GLENMONT - A 32-year old Albany man was arrested on Tuesday, Feb. 14 after he failed to show up for court on charges stemming from an August 2020 incident at Walmart.

Ronald Rosario, was given an appearance ticket at the time for petit larceny but failed to appear for two years. He was detained by Albany police and transported to Bethlehem on

the warrant.

Rosario was arraigned and released. He is scheduled back in court on Tuesday, March 7.

Food court and outstanding warrant

SLINGERLANDS - Bethlehem police responded to a call for a shoplifter in the food court at Price Chopper on New Scotland Road. When officers arrived, they located Eric Bowens, 22, who is homeless, outside the store.

An identification check revealed that he was wanted on a warrant from Colonie and took him into custody.

He was turned over to Colonie police.

Argument, warrant

GLENMONT - On Monday, Feb. 13, Bethlehem police responded to the Taco Bell on Route 9w for a report of a verbal argument between employees and found one to be wanted.

Kahiem Smith, 36, of Albany had an outstanding warrant from the City of Albany and officers took him into custody.

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Rocking the Armory
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Issue Date:
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■ **CANCER AWARENESS MONTH**

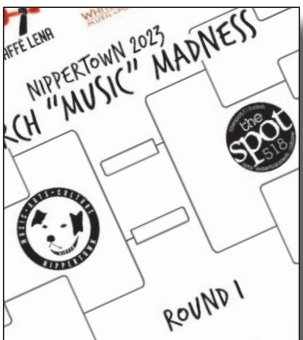
■ **INSIDE**



Coming back

moe.'s Chuck Garvey is back on stage, coming to Albany.

Page B3



The madness

March 'Music' Madness tourney returns this week.

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Tying the bonds

ToLife! gathers those battling cancer to form a positive community, support

By **AMARIS FORD**
news@spotlightnews.com

DELMAR — As February marks National Cancer Prevention Month, it is an important time of year for cancer awareness and prevention organizations and individuals to continue educating the community.

Continues on page B4



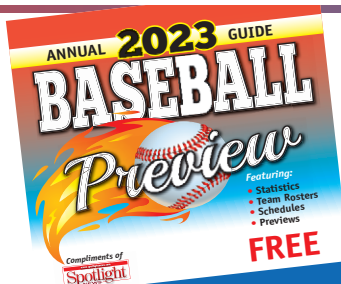
Let's Play Ball!



Digest Size Guide Featuring:

Statistics • Team Rosters • Schedules • Previews

This digest is referenced to all season long by fans!



Publication Date:

Wed., March 22

DEADLINES:

Premium Positions - Fri., March 3
Inside Positions - Tues., March 7

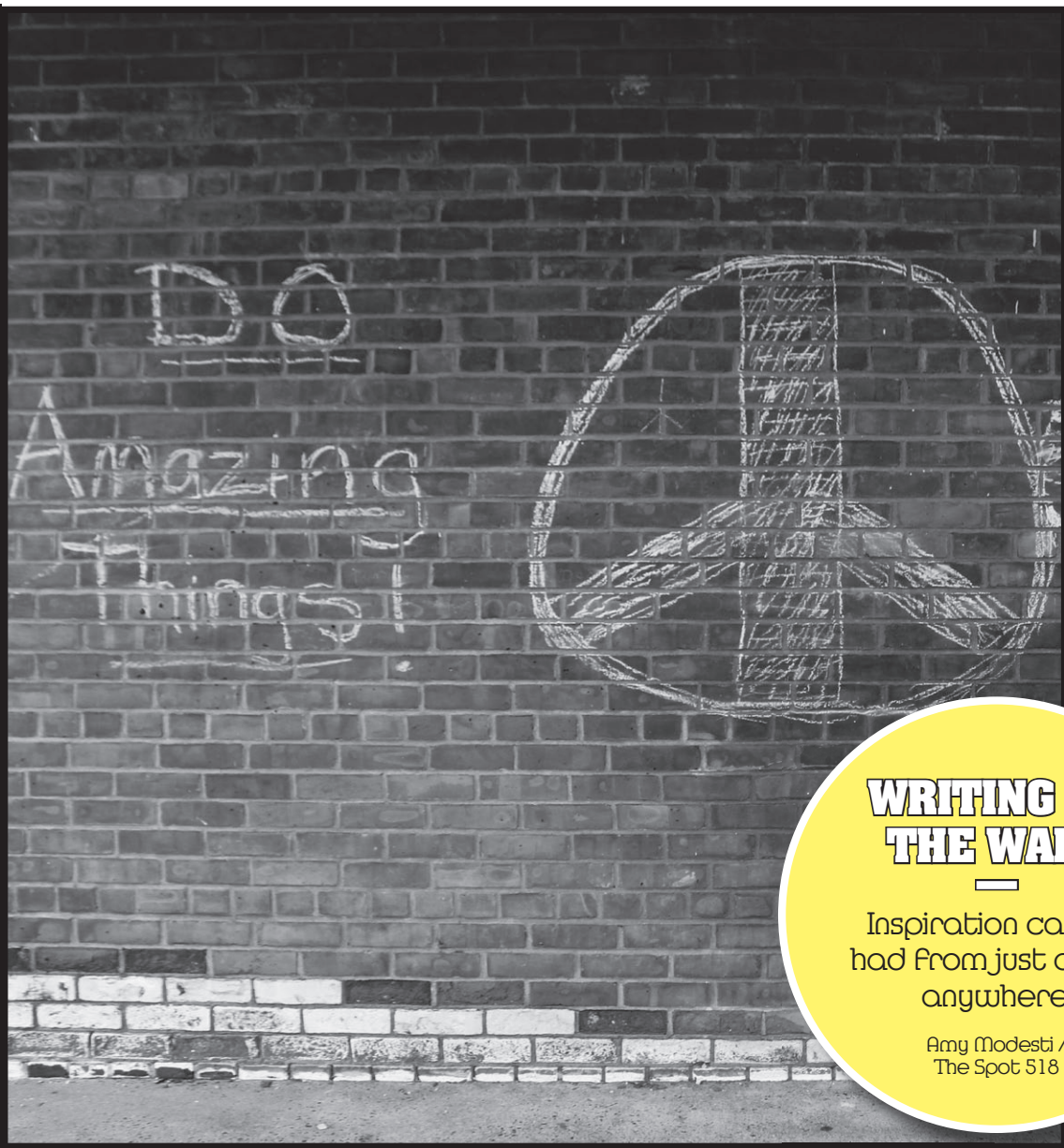


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quote of the week

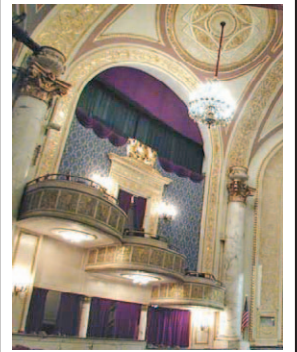
"I think the thing that's different is I don't take for granted that I will be able to do this, you know? So every time I have the time to talk with people — my friends, family, everyone — it's a new thing for me right now. I don't know. It's a different kind of outlook, I guess."

— Chuck Garvey, .moe guitarist recoving from a stroke

WRITING ON THE WALL

Inspiration can be had from just about anywhere.

Amy Modesti / The Spot 518



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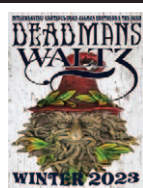
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MIDNIGHT REVIVAL BAND, ANGELS ON THE FOURTH & MORE
 FEBRUARY 25
 8:00 PM | \$10



FAMILY TREE
 FEBRUARY 27
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DEAD MAN'S WALTZ (Formerly Steal Your Peach)
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INTERVIEW

Garvey will return to The Palace stage

.moe guitarist on path to recovery after stroke initially took speech, guitar hand from him

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

ALBANY — When .moe plays the Albany Palace Theatre this Friday and Saturday, Feb. 24 and 25, it'll be the first time since Chuck Garvey's return from a sudden stroke in 2021.

There's some evidence that lingers behind. His speech pattern may be a little slower. Sometimes there's a pause as he chooses his words. But had you not known he had suffered a stroke a year ago, you wouldn't suspect it.

Garvey, 53, awoke on November 6, 2021 with his right hand shaking. Shortly after, he collapsed at his home. Once he gained consciousness, he said, he was able to recognize his wife and friends in the room with him, understand what they were saying, but he couldn't speak.

Garvey was named among the guitar-playing gods by Rolling Stone magazine. In the hospital, he had no control over the right side of his body. He had to go back "to the woodshed," as he would say, to relearn how to play the music in his head.

He sets a goal for himself to achieve a resemblance of his life

prior. For the New Year's Eve show, he wanted to play a few songs. He played an hour and a half. In conversation, he chooses a word to use. He now challenges himself through interviews before upcoming shows.

Everyday tasks are a game for him now. Conversations, the evening dishes — once taken for granted — have a desired outcome now attributed to them. He is putting himself out in front, talking about what he went through, and what he goes through today, in order to get back in front of crowds.

Have you performed on stage yet?

Yeah, I did. The first night was New Year's Eve, and I played about half the show. And since then, I've done three, three shows in one weekend. Now, this week, we are in Portland, for two shows and then another. So, I'm dipping my toes in a little bit. But we'll start touring more, like three-week runs and stuff like that. But right now, we're doing kind of like a short burst, and that really helps me.

I read how you were going to ease into things. With New Year's, you were planning on maybe doing a couple of songs. It sounds like you're pushing yourself. Are you playing the whole set now?

Yeah, with New Year's Eve, I played for about an hour and a half and since then I've been doing full



Chuck Garvey, here captured playing his guitar in 2013, is already playing full sets with .moe as the band tours.

Jim Gilbert

shows, which are three-and-a-half-hour gigs. So it's, it's long, but it's been working so far.

That's quite the feat. The endurance alone is impressive enough for me.

I think it is. Some people have a punk kind of band. They would do an hour, an hour and a half, and it's a sprint. We do more like a marathon.

It is a marathon. Absolutely. I'm getting the impression you are pushing yourself with just about everything that we take for granted; like this interview. I read how you are intentionally getting yourself out there, to get you into the action of speaking. Is that your mental approach to it?

Yes. I've learned over the space of the past year — plus — I just needed to set goals. Everything was happening so slowly that I wouldn't even see what I was accomplishing. After like a month or two I would see. Oh yeah, I've learned so many words, and other things. Or my hand is working better now. You know everything is just slow but it's getting better. Talking about my speech or people who have gone through this, who have lost their speech, it's really hard to speak with people, and if you don't do it enough, you lose it or you can't get it back as much as you could. So, sometimes some people actually withdraw from the real world and that's bad. Mentally and I can't say it.

No, that's perfectly fine.

But working on this every day, it really helps. I don't know, just so it's better to interact with people every day. You learn something new and you get farther. That's my approach.

I am um sorry. I dug a hole that's too deep for myself.

I guess the whole thing is, I like talking about this because I want other people to be inspired to work on themselves. I don't want them to be withdrawn because they can't speak enough or not well. So I'm setting myself goals and hopefully I can set some goals for other people,

You had touched upon how this can tax your outlook on things, that it could lead you into

depression. How do you keep yourself from doing that? Is it setting goals for yourself every day or is there a time increment within which you try to accomplish them?

I think when I got first couple of weeks I was in a hospital and then I was transferred to my rehab they had a lot of stuff to do everyday: speech therapy, [physical therapy]. You know? And they would mix it up. I would get to such sessions of each every day and I would go back and forth. So it's a way of end date engaging your mind and your body, and the whole thing. When I left there, it really helps me to think about that. So I could do that with myself. When I was at home or you know, in our daily lives, I would just try to work that into my schedule.

Reading about your recovery and what you've been through, it sounded like you were going from having to overcome sensory overload when you left the hospital, to not having really much control over the right side of your body.

What kind of steps do you have to take toward your recovery today?

I have to work on my speech every day. I did many months of speech therapy, and that really helped. I got really far with that. It was instilled in me, too. I could try to work on things every day by myself.

Continues on B18

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Fabulous Fillies Day at the Saratoga Race Track celebrates breast cancer survivors with a special day under the summer sun in Saratoga Springs. "To participate in an event like that is very empowering because you're doing something positive and surrounded by people who have had different and similar experiences," said breast cancer survivor, Denise Buono said.

Provided photo

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From page B1 ...
ToLife!

"And the community comes out and walks with you. That's something that makes everybody feel good. I tend to do a lot of things like that to keep things in perspective and enjoy life."

— Denise Buono

Local resident and ToLife support group attendee, Denise Buono, was first diagnosed with breast cancer in 2015 and finished treatment. In 2020, she was diagnosed with metastatic breast cancer. As she continues her treatment, she finds her way forward on her personal journey with her diagnosis.

"Along the way, you really need to connect with people, especially when you are metastatic. You feel like you need to talk to other people, share information and ideas, and see how everyone else is dealing with it," she commented.

This is where her connection with ToLife began. "So I joined one of the support groups through ToLife. There is a specific support group for metastatic breast cancer."

RoseMarie Carey, a friend of Denise Buono, is a breast cancer survivor. She has since developed lymphoma, which she is still receiving treatment for.

"When you're dealing with diagnoses and surgery, you don't really think about

the long term," reflected RoseMarie Carey. "The mental aspect is just as important as the physical aspect that you go through."

Mary Bowen is a nurse navigator, a relatively new component of the medical framework designed to help patients navigate the life-altering period that follows a diagnosis. After observing a systematic lack of guidance for patients

following a diagnosis, Harold P. Freeman, a physician in Harlem, New York, pioneered the role of patient navigation.

According to the American Cancer Society, a little over 1.9 million new cancer cases are expected to be diagnosed in the US in 2023. Uninsured people and people from other marginalized groups are much more likely to be diagnosed with cancer at a late stage, when treatment is often more involved, more expensive, and less effective.



As a part of educating people about cancer prevention, the American Cancer Society has an acronym called CAUTION:

- C:** Change in bowel or bladder habits
- A:** A sore that does not heal
- U:** Unusual bleeding or discharge
- T:** Thickening or lump in the breast or elsewhere
- I:** Indigestion or difficulty in swallowing
- O:** Obvious change in a wart or mole
- N:** Nagging cough or hoarseness



“We have to take responsibility for our own health and make medical care more wellness directed as opposed to illness directed,” advised Bowen. “Instead of just running to the doctors office when you have a lot of distressing systems, work in partnership with your healthcare providers, and do what is recommended.”

While she acknowledged, “I don’t want to portray that it’s all under our control, because it’s not,” she noted the importance of following a regular wellness cycle. This includes regular screening tests that detect malignancy at early stages, such as mammograms, skin exams, and prostate and colon screenings.

Bowen emphasized the importance of self-care as an act of prevention. “I think it’s a matter of placing value on taking care of ourselves.” She also recommends learning what genetic and biological risk factors may predispose you to cancer. “That’s proactive; knowledge is power.”

Within her ToLife support group, Denise Buono reflected on how she likes to be aware “if

someone reads something or learns something new.”

“I like to soak it all in,” she added. “I like to listen to what people have experienced, and I like to listen to experts. I think it’s a good thing to absorb all of that information.”

Mary Bowen recommends reading information about cancer at the National Cancer Institute, the Mayo Clinic, the American Cancer Society, and Susan G. Komen.

The support groups are at the core of Denise Buono and RoseMarie Carey’s lives. By offering virtual yoga, mindfulness sessions, seminars, and webinar programs, they help to create a sense of community and education.

Buono credits ToLife for introducing her to others who have been diagnosed with metastatic breast cancer. While everyone is at different stages and points in their lives and is going through different treatments, she is motivated by the uplifting and understanding spirit within the group.

“You become very familiar with the people in

“I think it’s really important to surround yourself with positive people. Just by the nature of what you’re dealing with, there’s enough out there that’s not very uplifting. I think it’s really helpful to surround yourself with caring, upbeat people, and not cave because they’ve had such a challenge.”

— RoseMarie Carey

your support group. You worry about them, and you pray for them. You always look forward to the next meeting to see how everyone is doing,” she said.

RoseMarie Carey’s friends in her former hometown of Rochester put her in contact with the Breast Cancer Coalition of Rochester. She recalls how



Former To Life! board member, Bronwyn Edwards out for her daily run to kick off Breast Cancer Awareness Month.

Provided photo

she received a care package that was put together by the organization. It contained items that would bring her comfort during her treatment, such as hand cream, a coloring book, and a book of reflections.

“That was an amazing outreach,” she remembered. “Someone who cared about people like me contributed the coloring book and

crayons because they care about cancer survivors.”

She suggested that one way to support those in and out of treatment is for the community to volunteer or donate to these local organizations. Denise Buono enjoys volunteering and taking part in the annual cancer awareness events, such as Strides for Breast Cancer.

“To participate in an event like that is very empowering because you’re doing something positive and surrounded by people who have had different and similar experiences,” Buono said.

“And the community comes out and walks with you,” she continued. “That’s something that makes everybody feel good. I tend to do a lot of things like that to keep things in perspective and enjoy life.”

“I think it’s really important to surround yourself with positive people,” agreed Carey. “Just by the nature of what you’re dealing with, there’s enough out there that’s not very uplifting. I think it’s really helpful to surround yourself with caring, upbeat people, and not cave because they’ve had such a challenge.”

“If I could be that for someone else, that’s really important, like passing it on,” she added. “That’s important— to just be positive and look for the silver lining wherever you can.”

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EDITOR'S NOTE: The following calendar is to benefit our readers looking for events to attend around the Capital District. Though some of these venues pay for additional advertising, none of these submissions represent paid content. The information below is curated and edited by our Customer Engagement Coordinator Frank Gillen. You can contact him by phone at 518-439-4949 or email at gillenf@spotlightnews.com.

HOT SPOTS EVENTS CALENDAR



Joe Mansman and The Midnight Revival Band

Take in a real rock and roll show as Joe Mansman and The Midnight Revival Band takes the stage at Putnam Place on Saturday, Feb. 25, at 8 p.m.

Jamie Greene

MUSIC

9 Maple Avenue

9 Maple Ave., Saratoga Springs.
518-583-CLUB
Fri: **Eric Ciarmello Quartet** | 8 p.m.
Sat: **Joe Barna Trio** | 8 p.m.

Albany Capital Center

55 Eagle St., Albany.
518-487-2155

Across The Street Pub

1238 Western Ave., Albany.
518-438-1718
Thurs: **Trivia** | 6:30-8:30 p.m.

The Avalon Lounge

29 Church St, Catskill
518-719-1640
Wed: **Pictoria Vark / Tiny Blue Ghost / New Vision** | 8 p.m.
Thurs: **The Big Net / Allegra Krieger / Nighttime** | 8 p.m.
Fri: **Nepenthae / The Dirt Whisperers** | 8 p.m.

Sat: **Primal Disco** | 8 p.m.

Sun: **Jon Camp + Scott Verrastro / Dann Pell / Nathan McLaughlin** | 7:30 p.m.

Bard & Baker

Board Game Cafe Troy
501 Broadway, Suite 105, Troy
518-948-6693
Wed: **Looking for Group Night** | 6 p.m.
Thurs: **Pathfinder Society Organized Play** | 6 p.m.
Sun: **Trivia** | 6 p.m.

Brown's Troy

Taproom & Brewery
417 River Street, Troy
518-273-2337

Black Bear Inn

310 19th St., Watervliet
518-272-9486

Caffè Lena

47 Phila St., Saratoga Springs
518-583-0022

Thurs: **Grace Pettis** | 7 p.m.
Fri: **Buttonwillow, Kat & Brad And High Tea** | 8 p.m.

Sat: **Hilltown Ramblers** | 8 p.m.

Sun: **The Swingin' Palms!** | 8 p.m.

Carson's Woodside Tavern

57 NY-9P, Malta
518-584-9791
Thurs: **Jay Yager & Chris Dollard** | 8 p.m.
Fri: **Stefan Solo** | 8 p.m.
Sat: **Nicholas Horace & Liam Davis** | 8 p.m.

Sun: **Jackslam with Rick Bolton & Jackie Dugas** | 4 p.m.

Centre Street Pub

308 Union St., Schenectady
518-393-2337
Fri: **Derek Forget** | 2 p.m.
Fri: **The Coverups** | 6 p.m.

Cohoes Music Hall

58 Remsen St., Cohoes
518-434-0776
Fri: **Sweet Baby James** | 8 p.m.
Sat: **Acrobat** | 8 p.m.
Sun: **Stephen Percy** | 7:30 p.m.

The Comedy Works

388 Broadway, Saratoga Springs
877-565-3849
Fri: **Drew Dunn** | 7:30 p.m.
Sat: **Drew Dunn** | 7:30 p.m.

Curtain Call Theatre

1 Jeanne Jugan Lane
Latham, NY
Tel: 518 - 877 PLAY (7529)

Druthers Brewing Company

1053 Broadway, Albany
(518) 650-7996

Eden Cafe

269 Osborne Road #3, Albany
518-977-3771
Thurs: **Who's Line is it?** | 7 p.m.
Fri: **Open mic** | 8 p.m.

The Egg

Empire State Plaza., Albany
518-473-1845
Thurs: **Steve Morse Band** | 7:30 p.m.

Fri: **Stavros Halkias** | 7:30 p.m.

Sat: **Natalie MacMaster & Donnell Leahy** | 7:30 p.m.

Emack & Bolio's

366 Delaware Ave., Albany
518-512-5100

Empire Live/Underground

93 North Pearl St., Albany
866-468-3399
Fri: **Shrek Rave!** | 9 p.m.
Fri: **The Suke Cerulo Band** | 11 p.m.
Sat: **Midnight Sun** | 11 p.m.

Empire State Plaza

Empire State Plaza., Albany
518-474-2418

Fort Orange Brewing

450 North Pearl St, Albany
518-992-3103

Frog Alley Brewing Co.

108 State Street Schenectady
518-631-4800

Fuze Box

12 Central Avenue Albany
518-992-6434
Thurs: **The TW3AKED Knee Tour** | 7 p.m.
Fri: **Prohibition 1923** | 8 p.m.
Sat: **Fuzions** | 9 p.m.

Funny Bone

1 Crossgates Mall Rd #K-206, Albany
518-313-7484.
Wed: **Rich Guzzi** | 8 p.m.
Fri: **Laurie Kilmartin** | 7:30 p.m.
Sat: **Laurie Kilmartin** | 7 p.m.

Grappa '72

818 Central Ave., Albany
518-482-7200
Thurs: **The Hamilton Street Jazz Trio** | 5:30-8:30 p.m.
Fri: **Earl Davis with Peg & Bill Delaney** | 5:30-8:30 p.m.

The Hangar on the Hudson

675 River St., Troy
518-272-9740.
Sat: **Greg Koch And The Koch Marshall Trio** | 8 p.m.

The Hollow Bar + Kitchen

79 North Pearl St., Albany
518-426-8550

Lark Hall

351 Hudson Ave, Albany
518-599-5804
Thurs: **The Dip with special guest Stephen Day** | 8 p.m.
Fri: **Albany Tay Tay Party** | 7 p.m.

The Linda

339 Central Ave, Albany
518-465-5233
Sat: **Tito Santana** | 8 p.m.
Sun: **Junior Watson and Dean Shot** | 8 p.m.

McGeary's Irish Pub

4 Clinton Square, Albany
518-463-1455
Tues: **Trivia Night** | 7 p.m.

Nashville Of Saratoga

39 Phila Street, Saratoga Springs
518-909-6274
Thurs: **Karaoke** | 8 p.m.

Fri: **DJ Eric C Dance Party** | 8 p.m.

Nanola

2639 Rt 9, Malta
518-587-1300

No Fun

275 River Street Troy Ny
Thurs: **Effs / Stoker / Laces Out / Spirit Killer** | 8 p.m.
Fri: **Flowers for Burial / Snubbed / Halo Bite** | 8 p.m.

Sat: **Electric Turtle / The Devil's Pension / The Classical** | 8 p.m.

Olde English Pub

683 Broadway, Albany.
518-434-6533

The Painted Lemon

54 Clifton Country Road
Clifton Park NY
518-889-2166
Wed: **Lumos** | 6:30 p.m.
Fri: **Bob Fink** | 6:30 p.m.
Sat: **Al and Friends** | 6:30 p.m.

The Palace Theatre

19 Clinton Ave., Albany
518-465-4663
Fri: **moe** | 8 p.m.
Sat: **moe** | 8 p.m.

Panza's

129 So. Broadway, Saratoga Springs
518-584-6882
Thurs: **The Nick Horace Experience** | 6 p.m.
Fri: **Radio Gold** | 6:30 p.m.
Sat: **Wayne Hawkins** | 6:30 p.m.

Sun: **Sinatra & Friends** | 5:30 p.m.

Parish Public House

388 Broadway, Albany
518-465-0444

The Parting Glass

40-42 Lake Ave., Saratoga Springs
518-583-1916

Paulys Hotel

337 Central Ave., Albany
518-426-0828

Fri: **B.Austin & Family Thing Records** | 8 p.m.

Sat: **Left Earth Battle** | 9 p.m.

Proctors

432 State Street., Schenectady
518-346-6204

Fri: **Kuumba Film Festival** | 12 p.m.

Putnam Place

63a Putnam St., Saratoga Springs
518-584-8066

Fri: **Jenna Sue w/ Mike-Bear + Line Dancing w/ Kevin Richards** | 6:30 p.m.

Sat: **Midnight Revival Band** | 8 p.m.

Rare Form Brewing Company

90 Congress Street Troy
(518) 326-4303

Ravenswood Grill & Tavern

1021 NY 146, Clifton Park.
518-371-8771

Tues: **Trivia Night** | 6:30 p.m.

The Ruck

104 3rd St., Troy
(518) 273-1872

Rustic Barn Pub

150 Speoigletown Rd, Troy
518-235-5858

Thurs: **Open Mic Night** | 5 p.m.

Fri: **The Harmonic Duo** | 7 p.m.

Sat: **Kelly Maguire** | 7 p.m.

The Saratoga Winery

462 NY-29, Saratoga Springs

Saratoga National

458 Union Avenue Saratoga Springs
518.583.4653

Saratoga City Tavern

19-21 Caroline St., Saratoga Springs
518-581-3230

Thurs: **Karaoke** | 9 p.m.

Mon: **Bingo** | 8 p.m.

Tues: **Trivia** | 8 p.m.

Sand Lake Center for the Arts

2880 NY 43 Averill Park
518-674-2007

Sat: **Food Glorious Food** | 12 p.m.

Sun: **Mandala Workshop** | 1 p.m.

SPAC

Avenue of the Pines, Saratoga Springs
518-584-9330

Troy Savings Bank Music Hall

30 Second St., Troy

518-273-0038

Wed: **Shawn Colvin, Marc Cohn & Sarah Jarosz** | 7:30 p.m.

Fri: **West-Eastern Divan Ensemble** | 7:30 p.m.

UPH

25 Washington Street, Saratoga Springs
(518) 346-6204

Sun: **Songs We Love** | 5 p.m.

Vapor

342 Jefferson St, Saratoga Springs



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Dan Sekellic Visual Arts Gallery

Gallery hours: Wednesday, 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

Lauren Kelley Location Scouting- Conceived and designed for conversation, dialogue, study, and contemplation, Location Scouting is the fourth exhibition in a series that invites an artist to re-imagine what a community space in the museum can be. Artist and curator Lauren Kelley reshapes the Tang Teaching Museum's mezzanine by combining meditations on travel with snapshots of everyday life in her drawings, sculpture, and stop-motion animation videos. Using plasticine, toys, and souvenirs, Kelley's videos conjure worlds that are malleable and unfixed, inhabited by robust protagonists whose quirks stem from efforts to correct the asymmetrical relationships they encounter. Accentuating the off-kilter, Location Scouting speaks to the shifts and rifts inherent in navigating today's post-pandemic landscape. Skidmore College, 815 North Broadway, Saratoga Springs. Museum hours: Tuesday - Sunday, noon to 5 p.m.; Thursday 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

Permanent Collection

The artworks in this exhibition were thoughtfully considered and purchased for inclusion in Union College's Permanent Collection over the past decade. These recent acquisitions have broadened the Collection's scope by incorporating contemporary African, African American, Asian, Indigenous Alaskan, and Native American artists. They include paintings, photographs, prints, digital media, mixed media, and works on paper. Exhibit is on going until June 12th 2023. Union College, Mandeville Gallery, Nott Memorial, 807 Union St. Schenectady, NY 12308

University Art Museum

Near & Far: Six Photography Portfolios From The University At Albany Fine Art Collections

Photographers Tom Baril, Andreas Feininger, Larry Fink, Mary Ellen Mark, Edward Steichen, and Andy Warhol from the University at Albany Fine Art Collections offer nuanced views of social class, power, desire, and beauty. Mark's intimate American portraits make strangers feel familiar. Fink's candid shots of socialites oscillate between satire and seduction. Warhol's close-up Polaroids of celebrities and photos of empty New York City streets contrast with Feininger's towering telephoto images of New York from a distance. And Steichen's pictorialist sensitivity continues to resonate in Baril's tactile botanical studies and cityscapes. January 23rd through April 5, 2023 University Art Museum is located at 1400 Washington Avenue, Albany.

THEATRE

Barefoot in the Park

Set in a magical fairy kingdom beneath the roots of a great tree, this beloved classic performed by New York Theatre Ballet is filled with magic and poetry, and tells the tale of Princess Aurora from her fateful birth to her triumphant wedding. Corrie and Paul are newlyweds in 1960s

New York City. After a hot and steamy honeymoon, the couple has moved in together for the first time and are learning that living together and showing one's true colors can, at times, make for a roller coaster of a marriage. Barefoot in the Park has delighted audiences for over 60 years. Catch the Show February 18th and 19th at 6 p.m. Only at Sand Lake Center for the Arts, 2880 NY-43 Averill Park.

COMEDY

Drew Dunn

Drew Dunn is a standup comedian that has quickly made a name for himself with his quick wit and unique point of view. After winning multiple comedy festivals, Drew was featured as a New Face of Comedy at the Just for Laughs Festival in Montreal in 2019. Drew now headlines comedy clubs across the US and Canada along with performing regularly around New York City and the Northeast. He is also a co-creator of the Character Debates Podcast and makes a variety of online content amassing over 12 million views just last year. This can be seen February 24th with a second show on the 18th at 8 p.m. only at The Comedy Works, 388 Broadway, Saratoga Springs.

Rich Guzzi

Watch as Rich invites volunteers from the audience to get hypnotized on stage right before your eyes then be amazed at what happens next when he gives them suggestions to do the most outrageously funny things you can possibly imagine. This is the Special EXTREME Comedy Hypnosis Show It contains extreme adult content and a closed door policy will be in effect once the performance has started. It is advised that you arrive early. YOU HAVE BEEN WARNED! Are you ready for something totally over the TOP? Laugh till it hurts with this non stop roller coaster ride. This is not your every day comedy show. It is an explosive night of madness that can best be described as an experience of Hysterical Debauchery. We can't even write what will happen at this show here. Let's just say that once the subjects on stage get hypnotized, it will get very out of control and leave it at that. Call your friends especially that special one that you want to see on stage and come down to the most powerfully funny show on the circuit today. PLUS. Its fan appreciation night so be ready for some SPECIAL surprises after the show. Catch this show February 22nd at 7:30 p.m. only at The Funny Bone, 1 Crossgates Mall Rd #K-206, Albany.

Laurie Kilmartin

Laurie Kilmartin is a comedian and WGA Award-winning writer for CONAN. She has also written for the White House Correspondents' Dinner, The Late Late Show, The Bonnie Hunt Show and Tough Crowd with Colin Quinn. She has performed standup on CONAN, Jimmy Kimmel Live, The Late Late Show with James Corden, Comedy Central and Showtime. Her See-so special, 45 Jokes About My Dead Dad made Vulture's list of Top Ten Comedy Specials of 2016. Festival appearances include Just for Laughs, the Edinburgh Fringe Festival and the Moontower Comedy Festival. Laurie has written two books, Dead People Suck and the New York Times bestseller Shitty Mom. She and fellow comic Jackie Kashian host a popular podcast about standup comedy called The Jackie and Laurie Show. Her new album, Corset, was released at #1 on the iTunes charts. Laurie was most recently seen on Apple TV's Gutsy Women series, being interviewed by Hillary and Chelsea Clinton. Catch this show February 24th at 7:30 p.m. with a second show on Saturday only at The Funny Bone, 1 Cross-

gates Mall Rd #K-206, Albany.

MISCELLANEOUS

Jerusalem Reformed Church

Soup, Sandwich, and Desert Take-out. Saturday, October 9th from 4:00 - 6:30 p.m. Donations welcome. Please note, masks are required to enter the building. 1433 Indian Fields Rd, Feura Bush.

Troy Farmers Market

More than 80 food growers, bakers, chefs and artisans gather to offer the Capital District's freshest and finest! Live music, great food, family activities and learning opportunities. Every Saturday, from 9 a.m. to 2 p.m., Troy. Free admission. 518-708-4216 or www.troymarket.org.

Schenectady GreenMarket

Vendors, shoppers, musicians and friends gather at this festive marketplace featuring more than 60 vendors who produce everything they sell. Sundays from 10 a.m. to 2 p.m. Free admission. 518-986-0318 or schenectadygreenmarket.org/

Veterans Meet-Up

All veterans welcome to free coffee Tuesdays, 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.

MUSIC

Eric Ciarmello Quartet

Eric was born and raised in Rotterdam, NY. He attended The College of Saint Rose where he received a Music Education degree with a minor in Jazz Studies. During that time, Eric performed with the Alex Torres Latin Orchestra and the Joey Thomas Big Band. Eric was also selected as a member of the Mid-Atlantic Collegiate Jazz Orchestra which is made up of the top collegiate musicians on the East Coast. The band was made up of students from New School, Manhattan School of Music, Berklee and many others. Upon graduation, Eric worked for Princess Cruise Lines as a Woodwind Specialist, performing with world class musicians throughout the South Pacific, South East Asia and Japan. When he returned to the states, he moved to New York City where he taught and performed for several years. Eric is now living back upstate and is the Elementary Band Director at Ravena-Coeymans-Selkirk and teaches privately at Blue Sky Music Studios. In addition to his teaching, he can be seen all over the Albany area performing mainly with Ten Most Wanted, but also as a sideman in various groups and leading his own quartet and trio. Eric has been composing for many years. The group's sound is a culmination of those many years and contains a wide array of influences. The Eric Ciarmello Quartet is made up of Eric Ciarmello on tenor saxophone, Kevin Carey on piano, Brad Monkell on upright bass and Matt Neidbalski on drums, performing mostly original music with a mix of modern jazz tunes and standards. The group will be recording their debut album later this year! Catch this show at February 24th at 8 p.m. only at 9 Maple Ave.

Joe Barna Trio

Joe Barna is a composer and drummer who's music and playing span the entire jazz idiom from swing and bebop, to hard



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AGES: 12 or under DISTANCES: 1/2 mile, 1/4 mile



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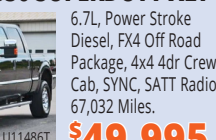
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bop, soul jazz, and modern. After finishing his degree in jazz studies from The Purchase College Conservatory of Music, Joe moved back to the Capital Region to continue writing and performing. Some of the teachers that have influenced this young drummer/composer have been John Riley, Adam Nussbaum, Hal Galper, Jon Faddis, Todd Coolman and Charles Blenzig. Joe's main influences as a drummer are Roy Haynes, "Philly" Joe Jones, Elvin Jones, Max Roach, Paul Motian, Art Blakey, Idris Mohammed, and Tony Williams. Catch this show at February 25th at 8 p.m. only at 9 Maple Ave.

Pictoria Vark / Tiny Blue Ghost / New Vision

Nobody sounds like Pictoria Vark. She's a classic punk balladeer and veritable witch of the North. Her melodies are cool and ethereal. It's the lyrics that are warm, and when she sings, her voice is naked: wholly unadulterated and unpretentious." - Little Village. Tiny Blue Ghost: dream rock created by your friendly neighborhood ghosts. New Vision fuse influences from 90's indie/emo and alt rock. Catch this February 22nd at 8 p.m. only at The Avalon Lounge 29 Church St. Catskill.

The Big Net / Allegra Krieger / Nighttime

The Big Net is Kevin Copeland (guitar/vocals), Logan Miley (bass guitar), and Andrew Emge (drumset). They are a drone-country power trio hailing from the great state of NY, and their sound is not unlike the sweet howling of a dog in a moving car. Allegra Krieger is a New York-based songwriter & composer. With emotive lyricism and explorative harmony, her songs are at once cathartic and compelling. She lives in a 5th floor walk-up apartment in lower Manhattan where she spends her mornings writing by the open window, which looks down on a bustling E-bike repair storefront and a United Methodist church. When mid-afternoon hits, she walks over to her bartending job up the street, or, on days off, heads towards the East River for a swim. She likes most things that are likeable, and some things that are objectionable. "Goodman performs warm bedroom folk that sounds unearthed from the year 1970 alongside the likes of Sibylle Baier and Vashti Bunyan. Contemplative arrangements of acoustic guitar and violin; gossamer webs of vocal harmonies; and enigmatic lyrics feting the changing of the seasons are swaddled in gently reverbed production that sounds both intimate and expansive..." - Bandcamp Daily. Catch this February 23rd at 7 p.m. only at The Avalon Lounge 29 Church St. Catskill.

Nepenthae / The Dirt Whisperers

The Dirt Whisperers: Blues and soul from the future with touches of gospel and Americana played by Eric Simons on guitar and Bradford Reed simultaneously on drums and his pencilina (a collision of the hammer dulcimer, slide guitar, koto and fretless bass). Past projects include Revel and Dimes, King Missile III and the Blue Man Group. Nepenthae, featuring Zach Layton (17-String Electric Bass), Bobby Previte (Drums), and Henry Fraser (Contrabass), is a "doom jazz" trio creating dense, multi-layered sonic textures rising from beyond the range of hearing, articulated by rhythms so slow that the space between becomes contemplative.

Catch this February 24th at 8 p.m. only at The Avalon Lounge 29 Church St. Catskill.

Jon Camp + Scott Verrastro / Dann Pell / Nathan McLaughlin

Jon Camp is a fingerstyle guitarist and composer from the Washington, DC region. Jon blends twang, drone, and melody into a cohesive whole that is exploratory without forsaking the hook. Of Jon's recent self-titled release on Centripetal Force, Andy French of Raven Sings the Blues said, "From fingerpicked folk to broken down blues, glycerine contemplation, bluegrass breezes and non-trad tributaries, the album doesn't settle. With so many muses, Jon keeps things from swerving between impulses, finding a common beam between the hues in his wheel of colors." For Jon's set, he'll perform in a duo setting with drummer Scott Verrastro (Kohoutek, Jeffrey Alexander & the Heavy Lidders). Dann Pell is a guitarist, vocalist and songwriter from Chester County, PA. His music embraces folk traditions; country-blues, jazz, chants/hymns/spirituals, and incorporates unique expansive rhythmic devices. Nathan McLaughlin lives and works in Hudson, NY. His focus is on the intersection of acoustic and electronic instruments, the human being and going to the center. Catch this February 26th at 7:30 p.m. only at The Avalon Lounge 29 Church St. Catskill.

Grace Pettis

Grace Pettis is kicking a** and taking names. From her fed-up Carrie Underwood-esque sass on Working Woman's "I Ain't Your Mama" (Between the pee on the seat/stack in the sink/I'm about to lose my mind) to the quiet emotional desperation on "Paper Boat," Pettis paints vibrant pictures of the world with fierce accuracy and soulful grace. Built around her latest album's title track, Pettis explains that alongside her producer, Mary Bragg, and an all-female/non-binary team, her latest release is both an activist statement as well as an artistic one. Catch this February 23rd at 7 p.m. only at Caffe Lena, 47 Phila Street, Saratoga Springs.

Buttonwillow, Kat & Brad, and High Tea

Buttonwillow navigates the uncharted waters of fiddle-ukulele duos with a blend of original music and obscure covers ranging from Django Reinhardt to Norwegian folk music. Kat & Brad draw from Stax records from the 50s/60s and American Songbook standards, channeling and fusing these influences through two voices, a guitar, mandolin, and violin to bring the audience a mix of original songs, as well as dusted off covers from the past. High Tea is an indie-folk duo hailing from Boston MA. Their sweepingly soulful harmonies, tasty guitar riffs, and a refreshing blend of old blues and new pop are ripe with Americana heart-break and nostalgic tales of growing up, going wild, and always coming back to the ones you love. Catch this February 24th at 8 p.m. only at Caffe Lena, 47 Phila Street, Saratoga Springs.

Hilltown Ramblers

From high in the beautiful Helderberg Mountains of Upstate New York, the Hilltown Ramblers have been sharing their own brand of acoustic bluegrass music since 1993. They have a repertoire ranging from contemporary to tradi-

tional with spirited originals mixed in. The Ramblers are made up of Dick Stock on guitar and mandolin, Moe Safford on banjo, "Smilin" Jim Selkirk on guitar, Ed Kryzkowski on electric bass and Tom White on fiddle. Now in their 30th year, the Hilltown Ramblers will be celebrating this milestone with a special anniversary concert at Caffe Lena and a brand new album in Spring of 2023. Catch this February 25th at 8 p.m. only at Caffe Lena, 47 Phila Street, Saratoga Springs.

The Swingin' Palms!

It's a Hawaiian pā'ina at Caffe Lena! Spring is not exactly around the corner in Upstate NY in late February, so why not get out the tropical shirts, leis and flip flops - and le'ale'a (have some fun) while we wait for warmer weather. Led by Graham Tichy on Hawaiian steel guitar and Don Young on electro-Spanish guitar, the Swingin' Palms present a mix of original music, Hapa Haole rarities, and forgotten gems reconceived in a style that's both authentic and fresh. Aloha! Catch this February 26th at 8 p.m. only at Caffe Lena, 47 Phila Street, Saratoga Springs.

Derek Forget

Albany native, Derrick Forget spent 10 years in Los Angeles as a professional musician. Primarily a rock 'n roll bass player and background singer, he diversified his style and skill set taking on guitar, keys, harmonica, and percussion. While playing with various rock and pop he developed his songwriting chops, churning out songs for everything from rock bands to a Disney actress. After joining the critically acclaimed rock band, Tsar, he toured the US, UK, and Canada sharing a stage with such acts as Billy Idol, New York Dolls, Social Distortion, Cake, 30 Seconds to Mars, Shinedown, Juliette Lewis, and many other national acts. Ultimately, Derrick would trade in the California sun for the Capital Region and the Adirondack Mountains, where he delivers a set list of nonstop hits from the 50's, originals, and today's chart toppers. Catch this show live February 24th at 2 p.m. only at Centre Street Pub, 308 Union Street, Schenectady.

The Coverups

The Coverups is an American rock supergroup that serves as a side project for Green Day members Billie Joe Armstrong and Mike Dirnt. Founded in January 2018 as an outlet for performing cover songs, the band consists of guitarists Armstrong and Dirnt as well as several musicians from the Green Day circle, such as touring guitarist Jason White, audio engineer Chris Dugan on drums and tour manager Bill Schneider on bass. White, Armstrong, and Dirnt all share lead vocal duties. Catch this show live February 24th at 6 p.m. only at Centre Street Pub, 308 Union Street, Schenectady.

Sweet Baby James

James Taylor tribute artist Bill Griese visits from Nashville with his acclaimed Sweet Baby James show. Join us for the timeless music of the 6-time Grammy winner, with a performance you have to hear to believe! Not your typical tribute band fare, Griese brings you the songs & stories of Taylor in a refreshingly authentic way, using only his spot-on vocals and guitar playing. It's a natural & respectful homage to an American original. Whether you're a lifelong or casual JT fan, this one is not-to-miss! See why audiences rave: "close my eyes and it's JT," "the next best thing to James himself," and "like having James Taylor in your living room!"

Walking Man Productions presents the ultimate James Taylor experience, with favorites like "Fire & Rain," "You've Got a Friend," "Shower the People," "How Sweet It Is," "Steamroller," and more; plus hidden gems for a truly "Taylor made" show honoring one of our greatest troubadours. Get your tickets in advance today. Catch this show February 24th at 8 p.m. only at Cohoes Music Hall 58 Remsen Street, Cohoes.

Acrobat

Based in Canada and touring internationally, ACROBAT - The U2 Tribute Band & Show has presented the live U2 concert experience to thousands of fans at packed music halls, festivals and corporate events across the Canada, the USA, and Latin America. Past references include such prestigious venues as House of Blues, Hard Rock, Revolution Live, and many other top music halls, universities, corporations and booking agencies. U2's own record label has three times commissioned ACROBAT to provide customized theme shows for industry events and fan festivals during both the U2: Innocence + Experience and The Joshua Tree 2017 tours. ACROBAT models its repertoire and performances after the best of U2's live concerts over the past 40 years - playing the top charted hits and rarities that satisfy both casual and hardcore fans alike. Each member is an avid fan who strongly believes that it is the live concert experience that has endeared U2 to its fans most. The full ACROBAT experience features a costumed show augmented by stunning multimedia visuals as a backdrop. ACROBAT was originally formed in 2004 as October, titled after U2's second album. Just prior to U2's 360 Tour original and newly joined members reached a consensus to rebrand the band after the number one most requested song that U2 had never played live: Acrobat, from Achtung Baby. While they could not have predicted the future, this foreshadowed U2 finally debuting the track live on the Experience + Innocence Tour in 2018. On July 6, 2015, U2 fulfilled every tribute band members' ultimate dream by inviting us onstage to perform in front of 22,000 cheering U2 fans at Toronto's Air Canada Centre. Relive the moment with us by visiting our Video page, and read the numerous newspaper and music industry articles and interviews on our Reviews page. ACROBAT thanks U2 sincerely for granting us our wish and the opportunity to play on their stage! Catch this show February 25th at 8 p.m. only at Cohoes Music Hall, 58 Remsen Street, Cohoes.

Stephen Pearcy

As the founder, lead singer and songwriter of the metal rock band RATT, Stephen Pearcy is credited with having been a pioneer of the early 80's Sunset Strip rock scene. Having led his creation to Mega Multi Platinum Success Year after Year from 1984 to 1991. Capturing critical acclaim for his performances, style and uniquely salacious vocals. Pearcy formed RATT in Los Angeles in 1982 from his previous band Mickey RATT. Known for their overtly sexual appearance, rebellious attitude and take no prisoner approach to metal, Atlantic Records recognized RATT's potential and star power thus signing the band to a contract resulting in the 1984 album "Out of the Cellar", which became one of many multi-platinum successes. RATT climbed up the charts with singles from "Out of the Cellar", soaring past Prince's "Let's Go Crazy", Van Halen's "Panama", Madonna's "Borderline" and David Bowie's "Blue Jean". The record generated top ten singles followed by sold out tours throughout the world. Catch this show February 26th at 7:30 p.m. only at Cohoes

Music Hall, 58 Remsen Street, Cohoes.

Steve Morse Band

Reunited and performing together for the first time in over 10 years, the Steve Morse Band - featuring the band's namesake and Guitar Player Hall of Famer Steve Morse, songwriter and bandleader of The Dixie Dregs, member of super group Flying Colors, as well as former guitarist of Deep Purple and Kansas - along with bassist Dave LaRue, and drummer Van Romaine. In a can't-miss celebration of musical prowess and unparalleled instrumental songwriting, Steve brings back one of his original career-defining acts that introduced the world to his supreme virtuosity over 30 years ago. See this show February 23rd at 7:30 p.m. only at The Egg, PO Box 2065, Albany.

Natalie MacMaster & Donnell Leahy

Two of the world's most celebrated fiddlers, Natalie MacMaster and Donnell Leahy perform "Visions from Cape Breton and Beyond" - melding their individual styles into a whirlwind of sounds from Canada, Ireland and the United States. Joined by their band, it's always a family affair when the reigning couple of Celtic music bring along their fiddling, clog dancing children for an evening traditional and contemporary music. See this show February 25th at 7:30 p.m. only at The Egg, PO Box 2065, Albany.

The Suke Cerulo Band

Suke Cerulo is a guitarist and multi-instrumentalist who's life long love of music has given him a very distinct and identifiable sound. From the fluid guitar sounds, to the warm organic sound of his voice and flute, Suke's sound is evident in all his creations. A veteran of the Jam Band scene since the early 90's Suke is the founding member of the band SCHLEIGHO. Releasing 5 albums and extensive touring led to signing a record deal with members of the ALL-MAN BROTHERS BAND. This expanded the bands exposure and time touring the country, especially with DEREK TRUCKS BAND. Catch this show February 24th at 11 p.m. only at Empire Underground, 93 North Pearl Street, Albany.

Midnight Sun

Sweden's Midnight Sun released four albums between 1997 and 2001 that epitomized the more commercial wing of European power metal, subject to the influence of American hard rock and even AOR at times. But Midnight Sun's incessant troubles with musician turnover ultimately spelled their death, long before they could make a name for themselves outside of their Scandinavian backyard. Originally founded in 1996 by Norwegian-born singer Pete Sandberg, guitarist Chris Palm, bassist Jonas Reingold, and drummer Anders Theander, Midnight Sun were nothing if not prolific, though, releasing their first three albums in quick succession despite these myriad personnel changes. For the record: after the aforementioned quartet's recording of 1997's Another World, 1998's Above & Beyond featured journeyman drummer Hempo Hilden, and 1999's Nemesis featured new guitarist Magnus Karlsson and yet another percussionist in Jaime Salazar. Then, although the latter pair and bassist Reingold would stay put for 2001's Metal Machine LP, it was now singer Pete Sandberg's turn to jump ship, a move that Midnight Sun would ultimately not recover from; despite the valiant efforts of his capable replacement, Jacob Samuels, the group fell apart just a short time later. All of the musicians went on to work with other name bands -- particularly Sandberg, who later joined

German supergroup Primal Fear. Catch this show February 25th at 11 p.m. only at Empire Underground, 93 North Pearl Street, Albany.

Greg Koch And The Koch Marshall Trio

Milwaukee native Greg Koch has forged a successful career as a guitar player's guitarist. He has been called "fiendishly talented" by author and former editor-in-chief of Guitar Player Magazine Tom Wheeler and "scary good" by guitar phenom Joe Bonamassa. In addition to his 15 releases on multiple record labels which feature his unique take on a variety of American guitar styles and his versatile compositions, Koch is widely known for his lengthy tenure as an international ambassador for Fender Guitars which listed him in their "Top Ten Unsung Guitarists" on Fender.com. He is also a best-selling author and video instructor for music publisher Hal Leonard. Greg is a contributing columnist for a variety of guitar magazines including Guitar Player Magazine which listed Greg's "Chief's Blues" in their "40 Badass Blues Solos You Must Hear" and Premier Guitar. For the last few years Greg is renowned for his wildly popular internet videos (which number in the thousands with tens of millions of views) originating from the legendary Colorado guitar shop Wildwood Guitars. Furthermore, Koch is internationally known for his work with Fishman Transducers as a clinician and for his contributions to the development of the highly acclaimed Greg Koch Signature Gristleton Pickups for Telecaster guitar. Dylan Koch gravitated to the drums early on in his life using kitchen utensils to play along with music as soon as he could walk. Catch this show February 25th at 8 p.m. only at The Hangar on the Hudson, 675 River Street, Troy.

The Dip

On their Dualtone Records debut Sticking With It, Seattle-based seven piece The Dip deliver the kind of unbridled rhythm-and-blues that hits on every emotional level. Inciting everything from raw catharsis to heavy-hearted reckoning to wildly exuberant joy, the self-produced album marks a major creative breakthrough for the band. To that end, Sticking With It fully channels the vitality of the freewheeling live show that's earned them an ardent following over the last decade, matching their sophisticated musicianship with a fantastically loose energy. When met with The Dip's reflection on matters both timely (the crush of late capitalism, the glaring need for true community) and irrefutably timeless (the vast complexities of love and loss), the resulting body of work captures the mood of the current moment while offering immediate escape into a more elevated state of mind.

The third full-length from The Dip, Sticking With It came to life at their studio in Seattle's Central District, a modest but meticulously outfitted space the band built entirely on their own. Although the album features a small number of guest musicians (including a Macedonia based string ensemble and background singers Vanessa Bryan, Dasha Chadwick, and Nic Jackson), The Dip crafted each extravagantly arranged track according to a self contained process that allowed for a rare depth of exploration and spontaneity. See this show February 23rd at 8 p.m. only at Lark Hall 351 Hudson Avenue Albany.

Junior Watson and Dean Shot

With nearly forty years of experience, Junior Watson has reached cult status. Junior has done what all great artists have done: melting diverse styles to

create a style all his own. With influences as diverse as Tiny Grimes, Oscar Moore, Bill Jennings, Rene Hall, Robert Jr. Lockwood, Jimmy Rogers, Eddie Taylor, Guitar Slim, Earl Hooker and others he has truly created one of the most unique and original guitar voices to come along in years. Besides his mastery of blues and swing he often adds his own cartoon-like twist to everything he plays. You'll never know what he will do and when asked he doesn't know himself. His energy and playing gives you a feeling of reckless abandonment. As he was once quoted "like a train off the tracks". His artist resume is as large as it is impressive. A founding member of The Mighty Flyers he stayed with the band for ten years. He then left to join Canned Heat for ten years. He then toured for a while with LA-based harmonica player/vocalist Lynwood Slim. All along the way he

has backed up and recorded with the who's-who of the blues. His list of musical endeavors include backing up and recording with Big Mama Thornton, George Smith, Jimmy Rogers, Shakey Jake, Luther Tucker, Charlie Musselwhite, Kim Wilson, William Clark and many more. While Junior Watson has appeared on hundreds of recordings, his solo releases are few. The latest release, Nothin' To It But To Do It shows Watson's command of the instrument - either when soloing or playing rhythm. His voice shines on the recording and, as with his previous Long Overdue recording Nothin' To It But To Do It features other vocalists as well - in this case the greats Alabama Mike and Lisa Leuschner Andersen. Also featured on the recording are saxophone great Sax Gordon along with organ master and Little Village Foundation founder Jim Pugh. Watson features his first boss Gary

Smith, the godfather of SF Bay Area blues harmonica. The rhythm section consists of longtime bass player Kedar Roy and drummer Andrew Gutterman. Catch the show February 26th at 7:30 p.m. only at The Linda WAMC's Performing Arts Studio, 339 Central Avenue, Albany.

Moe.

On the heels of the announcement that guitarist Chuck Garvey will be sitting-in as a "special guest" for their NYE performance, moe. has announced a short run of tour dates for early 2023 which includes a 2-night run at the Palace Theatre on February 24-25, coinciding with "moe. day" in Albany on 2/24. The band has yet to announce plans for Chuck to return to the band on a full-time basis following his sit-in on NYE. moe. is a one-of-a-kind band that has never been easily categorized. Their sonic adventurousness and

COMING UP

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HARRIET TELLS IT LIKE IT IS

UPH • March 4, Proctors • March 11, theREP • March 18

Travel back in time and journey north on the Underground Railroad with Harriet Tubman in this special adaptation. Harriet shares her story of bravery, resilience, and triumph as she fights for her freedom and the freedom of countless other African American slaves.



HADESTOWN

Proctors • Feb. 28-March 5

Welcome to HADESTOWN, where a song can change your fate. Winner of eight 2019 Tony® Awards, this acclaimed new musical by celebrated singer-songwriter Anais Mitchell and innovative director Rachel Chavkin (Natasha, Pierre & The Great Comet of 1812) is a love story for today... and always.



JAZZ AT LINCOLN CENTER PRESENTS: SONGS WE LOVE

UPH • Feb. 25

Songs We Love is a journey through the first 50 years of jazz song. Under the musical direction of Riley Mulherkar, 3 guest vocalists will join an all-star band made up of New York's rising stars.



STEEP CANYON RANGERS

UPH • March 3

The Grammy-winning, billboard chart-topping, and sometime Steve Martin collaborating Steep Canyon Rangers are coming to Universal Preservation Hall one night only! Don't miss these premiere modern bluegrass masters on their solo tour.



PASSPORT SERIES: DERVISH

Proctors • March 3

Dervish have been bringing Irish traditional music to the world for more than 25 years. Described by the BBC as "an icon of Irish music".



JAZZ REACH PRESENTS: SHE SAID/SHE SAYS & METTA QUINTET

UPH • March 10

METTA QUINTET is fueled by a collective, open-minded musical curiosity and dedicated to exploring new artistic territory while maintaining a passionate commitment to arts education, fostering new audiences and nurturing young talent.

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2/23 • Black History Month Movie: Nope

2/25 • Kuumba Film Festival

2/28-3/5 • HADESTOWN

2/28 • Oscar-Nominated Shorts 2023: Live Action

3/2 • Film - Baby Face

3/3 • Passport Series: Dervish

3/5 • The Irish Comedy Tour

theREP

3/17-3/19 • 13 Suits, A Mother's Monologue

3/18 • Harriet Tells It Like It Is

UPH

2/25 • Empire State Youth Dance Ensemble

2/25 • Jazz At Lincoln Center Presents: Songs We Love

3/3 • Steep Canyon Rangers

3/4 • Harriet Tells It Like It Is

3/10 • Jazz Reach Presents: She Said/She Says & Metta Quintet

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Answers on Pg. B17

tongue-in-cheek humor are distinctly and undeniably their own. Praised by American Songwriter for their "mind-bending musicality," moe. is treasured for their mesmerizing musical synergy, unfettered showmanship, and smart, resonant songcraft. moe.'s longevity is no doubt due to the family spirit shared between its members and its engaged fanbase, the Famoe.ly, a bond that has been fortified through decades on the road. moe. has performed innumerable headline tours, international festival sets, music-themed cruises, and sold-out shows alongside countless household name artists. They've also promoted and headlined multiple festivals of their own, including snoe.down and moe. down. The band's vibrant blend of inventive musicality and genre-blurring is on full display on two recent releases, their 12th studio album, 'This Is Not, We Are,' and the 'Not Normal' EP. Catch the show

February 24th & 25th at 7:30 p.m. at the Palace Theatre, 19 Clinton ave, Albany.

Jenna Sue w/ Mike-Bear + Line Dancing w/ Kevin Richards

Jenna Sue is a country singer from Upstate NY. That isn't the only genre she can sing. She is very versatile. Some genres she performs are rock, classic rock, pop, blues. She has opened for various country artists that have come to the capital region such as Ingrid Andress, Maddie and Tae, Kaylee Hammack, Trent Harmon from American Idol, Granger Smith. Most recently she had the honor of opening for Randy Travis at the Charleswood Theater in Glens Falls, NY. This was arranged by Kevin Richards from 100.9 The Cat. She has performed with many bands and has her own duo, the Jenna Sue Duo. She is the NCMA Entertainer and Best Female Vocalist of the Year Nominee. She has done many National Anthem performances at the MVP Arena for the basketball season and also various locations for the race car season. Mike-Bear, a full voiced vocal projectionist with eclectic musical influences and inspirations. A passionate harmonizing tenor ranging in soaring upper register with gritty amber tone and velvety refined control of low-end vibrato on every track. A soul-searching soul-sharing story teller groomed by the stylings of legends like the Clark Sisters, the Jackson 5, Oak Ridge Boys, Queen, Rascal Flatts, Lady A, Boyz II Men and Chris Cornell. Depending on the playlist or shuffles of the moment, Mike-Bear's influences span generations and all genre of songbooks. Bear strives to sing songs that evoke emotion and thought, holding nothing back. Kevin Richards is a Country Radio Broadcaster and Country Music promoter most noted



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for winning a national CMA Award as Medium Market radio personality of the year in 2006. In all, the Northeast radio veteran has earned 7 national Country Music Association (CMA) Award nominations since 2000, and one nod from the Academy of Country Music (ACM) in 2014. Richards' passion and credibility in Country Music led to an invitation from the CMA to host and produce the CMA Heritage Artist Panels at the CMA Music Festival in 2013. Richards worked with the CMA to book, host, and produce a groundbreaking reunion of CMA winners from the 70s, 80s and 90s on the CMA Close Up stage at Nashville's Music City Center- an event Richards cites as one of his greatest contributions to Country Music. Catch the show February 24th at 6:30 p.m. only at Putnam Place, 63a Putnam Street, Saratoga Springs.

Midnight Revival Band, Angels on the Fourth, and more

Joe Mansman and The Midnight Revival Band are a stark reminder of the authority of Rock and Roll. Where few bands still don the mantle, they carry the torch, combining attitude, swagger, colossal guitar solos, and boisterous lyrics into a crucible of classic rock, glam rock, blues, americana, and rockabilly. Their new EP "Live For Thrills", showcases the group at it's 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, carefully weaving their way in and out of your soul like a fiery sermon. Their live shows take no shortcuts either. The band's riveting presence captures the room, and before long they have you nodding in accord saying "Long live rock and roll." Angels on the Fourth has a sound that harkens back to the alterna-

tive music scene of the 90's. Inspired by equal parts punk, hip hop and stadium rock, the band delivers hard hitting music with infectious hooks, and aims to bring more guitar to mainstream rock and roll. With their first record, the band is poised to make their presence one you won't soon forget. Buzzard is a skate-thrash band from the 518 that has been reppin' since WAY back. Drew Wardle is a singer-songwriter who has played live and written songs in New York's capital region since 2016. His first band Paradox Saints drew audiences of 50-100 and demanded a loyal following. Influenced by songwriters like Leonard Cohen and Syd Barrett, Drew offers an emotional and thoughtful experience to those who see him perform. Catch the show February 25th at 8 p.m. only at Putnam Place, 63a Putnam Street, Saratoga Springs.

Shawn Colvin, Marc Cohn & Sarah Jarosz

Shawn Colvin, Marc Cohn & Sarah Jarosz come together onstage for a special evening. A singular and enduring talent, Grammy winner Shawn Colvin's songs like "Sunny Came Home" are slow-release works of craft and catharsis that become treasured, lifetime companions for their listeners. After winning a Grammy for his soulful ballad "Walking in Memphis," Marc Cohn solidified his place as one of this generation's most compelling singer-songwriters, combining the precision of a brilliant tunesmith with the passion of a great soul man. Though just barely in her thirties, Texas native Sarah Jarosz has compiled a remarkable career, winning four Grammy Awards in both the Americana and Folk categories. Catch the show February 22nd at 7:30 p.m. only at the Troy Savings Bank Music Hall, 30 second street, Troy.

HOROSCOPES

February 2023 Week 4

ARIES - MAR 21/APR 20

Opportunity awaits you, Aries. You just need to know where to look to get the best deal. Start chasing after your heart's desire because you could just get it this week.

TAURUS - APR 21/MAY 21

A financial windfall could be just over the horizon, Taurus. Stay the course over the next several days and wait and see what falls into your lap. You may be very surprised.

GEMINI - MAY 22/JUN 21

People in your life want the best for you, Gemini. Accept their support and good wishes and use each as a guiding light when challenges arise.

CANCER - JUN 22/JUL 22

The stars are all but shouting that you need some self-care right now, Cancer. Put aside all of the tasks you think you need to do and turn attention to tending to your own needs.

LEO - JUL 23/AUG 23

Leo, your love interest seems like he or she is keeping something from you, but avoid drawing any conclusions. A surprise may be in store for you.

VIRGO - AUG 24/SEPT 22

Virgo, take it slow may be the advice that is coming your way, but that might be hard right now. Your time is in demand and many people are seeking your expertise. Take a breath.

LIBRA - SEPT 23/OCT 23

You don't have to travel too far to find happiness this week, Libra. It's in all the small things around you. No extraordinary gestures are needed to make you smile.

SCORPIO - OCT 24/NOV 22

Scorpio, a potential love match could be on the horizon. Approach this with caution, but don't be afraid to share your thoughts and dreams with someone special.

SAGITTARIUS - NOV 23/DEC 21

Be careful when sharing your deepest desires and secrets, Sagittarius. There are many people you can trust, so make an effort to identify them before opening up.

CAPRICORN - DEC 22/JAN 20

Capricorn, your dreams can take you far, but smarts and action need to factor into the equation as well. Start fleshing out your plan and get moving.

AQUARIUS - JAN 21/FEB 18

Your friends can be a great help when you need some relationship advice this week, Aquarius. Seek their input and factor it into any decision you make.

PISCES - FEB 19/MAR 20

Pisces, if a friend or family member causes drama for you, don't let it get in your way. Offer to help but be ready for this person to seek their own path.

TECHNOLOGY

There's an app for that

Apps that can make driving safer and easier

It's hard to go anywhere without using or coming into contact with technology. For drivers, that includes their vehicles, which have come a long way since the Ford Motor Company's Model T was first introduced more than a century ago.

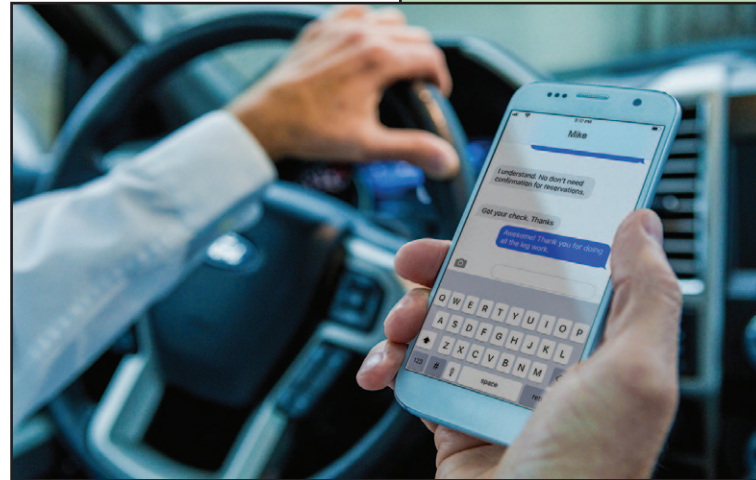
Devices and driving are now undeniably intertwined. Preoccupation with technology when behind the wheel can pose a threat to motorists, as the National Highway Traffic Safety Administration reports that more than 3,100 people were killed in motor vehicle crashes involving distracted driving in 2020. But technology also can be utilized to great and positive effect. Various apps can help make driving safer, potentially reducing the number of accidents and fatalities on the nation's roadways.

• **OneTap:** OneTap was designed to put an end to

distracted driving. Once enabled, the OneTap app blocks incoming alerts on drivers' phones and automatically replies to let individuals calling or sending messages that drivers will get in touch when they reach their destination. Drivers can manually activate the app each time they get in their vehicles, or set it up so it automatically activates when the car begins moving.

• **DriveMode:** DriveMode was designed for drivers who want a hands-free messaging and calling option while behind the wheel. The app utilizes voice-enabled commands so drivers reply to messages or texts using only their voice, and it also can be integrated with navigation, music and voice assistant apps. Drivers can choose to have the app launch automatically when they start driving.

• **OtoZen:** OtoZen can appeal to any drivers looking to be more safe, but it can be especially useful for parents of young drivers. Users can track family and friends with the app's GPS tracker that can share



location information in real time. Incoming messages are delivered through users' car speakers, and speed alerts notify drivers when they exceed safe speed limits.

• **OnMyWay:** The OnMyWay app automatically disables apps when vehicles are moving faster than 10 miles per hour. That functionality eliminates phone-related distractions like incoming text messages. But the hands-free component of the OnMyWay app allows users to make phone calls,

Did you know?

According to the National Occupant Protection Use Survey conducted by the National Highway Traffic Safety Administration, the prevalence of drivers using handheld cell phones at any given daylight moment decreased from 5.2 percent in 2012 to 2.5 percent in 2021. Though that's seemingly good news, the danger of combining devices and driving remains. In fact, the NOPUS found that the percentage of drivers manipulating handheld electronic devices increased from 1.5 percent in 2012 to 3.4 percent in 2021. Activities that fall under the umbrella of manipulating handheld electronic devices include text messaging, a behavior that an overwhelmingly high percentage of drivers recognize is dangerous. But in spite of 96 percent of drivers acknowledging in a recent AAA survey that texting or emailing while driving is a serious or very serious threat to their safety, nearly 40 percent of drivers admitted they had read a text or email while behind the wheel. In addition, 29 percent of survey respondents admitted to typing a text message or email while driving.

use navigation apps and even play music.

Modern vehicles are testaments to technological

innovation. Drivers can use that to their advantage by utilizing various apps designed specifically to reduce distracted driving.



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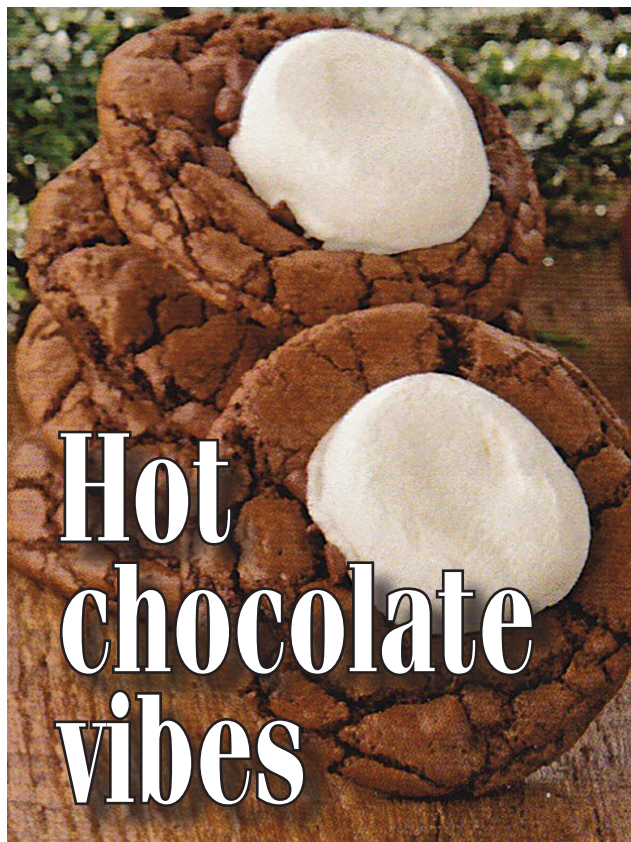
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Hot chocolate vibes

FOOD and VINO

Hot chocolate does a fine job of warming people up on cold winter days. This rich and creamy beverage is enjoyed many ways, with some people floating miniature marshmallows on top or adding a touch of liqueur for an adult treat. Of course, hot chocolate is equally delicious topped with whipped cream and a dusting of cinnamon.

What if you could replicate the taste of hot chocolate in a cookie? That's just what happens with this recipe for "Hot Chocolate Cookies" courtesy of creator Rachel Perry and American Lifestyle magazine. Enjoy them on their own, or paired with a mug of hot cocoa.

Hot Chocolate Cookies

INGREDIENTS: Makes 24

- 1/2 cup butter
- 1 12-ounce bag semisweet chocolate chips
- 1 1/4 cup light brown sugar
- 3 large eggs
- 2 teaspoons vanilla extract
- 1/4 cup unsweetened cocoa powder
- 1 1/2 cups all-purpose flour

- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 8 ounces semisweet baking chocolate, cut into 1-inch pieces
- 12 large marshmallows, sliced in half

INSTRUCTIONS

1. Place the butter and chocolate chips in a microwave-safe bowl, and heat on high for 1 minute. Stir, and then heat for 30 seconds; repeat until chocolate is melted.
2. Beat the brown sugar, eggs, and vanilla extract together on medium speed, and then blend in the chocolate mixture.
3. Add the cocoa powder, flour, baking powder, and salt, and mix on low until combined. Cover bowl with plastic wrap, and refrigerate for 2 hours.
4. Preheat oven to 325 F. Line two cookie sheets with parchment paper. Scoop 12 tablespoons of dough onto each cookie sheet.
5. Bake for 12 minutes, remove from oven, and top each cookie with 1 piece of chocolate and 1 piece of marshmallow. Bake for another 4 minutes, and let cool for 5 minutes before placing on wire racks to cool completely.

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MUSIC REVIEW

Haley Moley's 'Everybody Wins'

By W.A. WRIGHT
nippertown.com

Do you like the 80s? Well, it turns out they're back! Did they ever really go away? Not for our heroes like Haley Moley.

With Haley Moley, it's a sincere love for a finite collection of groups that were around during the "Me" Decade. Til Tuesday, The Smiths, Peter Dinklage, and The Cure: great artists who came out of and observed their best work in the 80s.

Despite the undeniable influence, much more is evident in the songs. Traces of the National (specifically in the rhythm section/percussion), Beach House (mood and instruments), and even an identifiable bit of Kate Bush: these songs are clearly of this era yet longing for the best parts of a bygone era, parts that perhaps have been ignored but have a lot more space to be developed.

As soon as you pop on "Everybody Wins," a late 20th-century pop song sound and structure is immediately recognizable in the leading track, "Deep Silence." It's like a lost B-side of one of the happier, poppier Cure tracks, but faster-paced, short, and catchy. And standard verse chorus bridge verse chorus structures and variations that were crystallized in the 80s are here and on most of the tracks.

And the catchy retro vibe continues with "Snow Blind." However, as much as "Deep Silence" has a straightforward, uptempo vibe, "Snow Blind" is more like most of Haley Moley's catalog in terms of the great range of emotions it expresses. As is the following track "Everybody Wins," on which this range that I appreciate most about Haley Moley is fully exhibited. Yes, all the songs are catchy. Yes, they're mostly upbeat. But there's usually a healthy, if not large dose of, introversion, sorrow, and a pensive atmosphere. Through the introversion, one detects an underlying conclusion of self-determination; as "Everyone Wins" makes clear.

Similarly, "Deep Silence" (sorry for going backward here, perhaps you'll see where I'm going with this or perhaps I'm just lazy) tells the tale of a figure we want to trust and admire that seems to be letting us down. Where is this moral authority we're counting on and longing for? The answer's unclear, but in the meantime, you have to figure things out for yourself.

Truth is, although the title's a happy sounding "Everybody Wins," and most of the songs are upbeat and (even though ruminative) for the most part optimistic sounding, the lyrics and themes presented (on the title track most fervently) are anecdotes of the struggle between the positives of existence and nihilism — which many just refer to as existentialism (it's complicated and I don't really understand it myself — if anyone gets Nietzsche's metaphor of eternal return PLEASE LMK ASAP). The title might just as well be "Waiting for Godot."

These are decidedly dark times we've been living through lately, and the darkest part about them is that we've lost our authority in every respect.

The pandemic exposed not only the ever unpredictably potentially cataclysmically danger of existence on Earth but perhaps more devastatingly the realization that those in charge aren't any smarter or wiser than the rest of us. And without humanity's previous history of the strength of faith in higher powers, more and more are coming to recognize that it is 'all up to you'. And it's, honestly, either terrifying or just endlessly hopeless. And as "No Difference" argues later in the album, no matter. It is up to us.

The standout track by far is "Amy." This is just the kind of song that's so transcendently good it's undeniable. And while it calls to mind the understated groove and moodiness of Beach House, the vocals are mixed at the top like a hit pop song. And it's a good thing they are because the chorus is an outstanding example of the kind of soaring harmonies and melodies one might find in, say, a Heart song, or one by Low or any other number of contemporary groups that have found a uniquely beautiful vocal style that hearkens back to older times

when instruments had less of an impact and you couldn't ever hide behind them (Mrs. Coleman certainly does NOT).

For a first album, "Everybody Wins" suffers from a lack of variety, each track sounds similar. I think that the group would be better off sticking to EPs; only at that point can one appreciate all the tracks individually. When they're all put together like this they kind of meld and get a bit tiresome after too many. However the tracks are for the most part incredibly strong, some certainly more so than others. And while there are a couple of misfires, the transcendence of the good tracks certainly leaves you with an overall impression of the quality of the songs and the quality of the group. To me what's really great is how in-depth the lyrics and themes are; if you're really listening and you really pay attention in a lot of ways this is a doom album. With unlikeable characters, untrustworthy gods, and self-determination over a life that's ultimately futile, the picture painted is one of great complexity yet overwhelmingly existence indicting simplicity.

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By John A. McIntyre, Jr.

Spotlight News is a monthly publication that provides a monthly update on local news and events. Now that its distribution is throughout the entire Capital District, we adhere to a philosophy that community newspapers, online products for our readers, clients, employees.

we were started in 1955 (The Spotlight) and in the decades that the paper has blossomed into source for local news greater Capital District.

Spotlight News now produces three local, weekly editions in Albany, Rensselaer, Schenectady and Saratoga counties, with a combined circulation of more than 25,000. Our newspapers are a mixture of paid subscription weeklies, free publications and total market publications.

Spotlight News also publishes a monthly publication, *Capital District Weekly*. Now that its distribution is throughout the entire Capital District, these publications along with Spotlight News' corresponding websites, provide readers with unparalleled coverage of community news and events, and advertisers with unparalleled exposure to consumers.

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'Music' Madness tournament kicks off

Over 150 bands, musicians nominated for March 'Music' Madness

NIPPERTOWN — Today marks the beginning of Nippertown's March "Music" Madness tournament, once again casting the spotlight on up-and-coming acts from the Capital District.


Over 150 musicians and bands from multiple genres have been nominated to compete in the event. With prizes such as \$1600 cash, a three-day recording session at White Lake Music and Bridge Road Entertainment, and a spot on the Main Stage of NipperFest 2023, this tournament is sure to draw attention from fans and bands across the region.

Each artist will go up against a new opponent as the competition progresses, and local music lovers will be encouraged to vote for their favorite bands to help them advance.

Voting will take place each week from Wednesday to Saturday on Nippertown.com, with results announced each Wednesday in both The Spot 518 and on Nippertown.com.

The list of competitors is available above, so show your support by buying their music or merchandise on Bandcamp or their websites!

We're just a click away.



editor's playlist

This is what I'm listening to. Send me your suggestions to halliseym@spotlightnews.com.

The local hip hop scene is a talented community with which I try to become more acquainted. Camtron5000 is a one-man juggernaut who I was introduced before a recent show at the Capital Repertory Theatre. Our paths later crossed at the Albany Wine and Dine Festival. His track with MC Chris goes next level, exhibiting attention to every aspect of production. There's more talent out there, as observed through the collaboration between B. Chaps, Freedom Stratton and Souly Had on "Make Believe." Kory Alexander, though he's slipping off the local moniker from his Spotify bio, is another gifted artist making a name for himself and this scene.

Origin Story [Explicit]
Camtron5000, MC Chris

Symptoms
Bendt

Make Believe
B. Chaps, Freedom Stratton, Souly Had

Holiday in Vegas
Young Culture

Everybody but You
State Champs, Ben Barlow

Dreams
Girl Blue

Messin' with Me
Northern Faces

Goldmine
Hanzolo

Shadows
Nymbis

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

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

From page B3 ... Chuck Garvey interview

things every day by myself. I look for a new word or, you know, something that I haven't used yet. I have to work on that. The same thing goes for [physical therapy]. I would try to get a lot of steps in every day. I have to try to get a lot of

steps in. You know what I mean? And, also, I have to work with fine motor skills with my hand.

It's almost like a game. I'm trying to work on this in a way that I get things done at home. But it's also a way to get myself better. Washing dishes, it's like something that's kind of a chore but it's something that helps me work on my skills.

I really have to work on a guitar. My right hand is the picking hand and then, so that takes a lot of time. I have to warm up like, like an hour or so before it gets into a place where I can actually play things that I feel are good enough for

the band and our songs. So it's really hard to just get to that point every day, too. To be able to play these songs that I've played many, many years.

Has it made things easier through your recovery to play your songs or has it made it more difficult because you remember how you played it then and how you need to approach it now?

The part of my brain that was affected by the stroke, it was more about my speech and a lot of my nerve pathways. Luckily I can remember our arrangements for songs and just my usage motion. Sorry, [my] musician's brain is still intact. I can hear melodies and so it's, that helps me. It helps me, too, to grasp the songs and the arrangements and everything. I can still

draw from sometimes there are little things — riffs or melodies. I have to go back and remember. it's not everything. But once in a while, I have to think about it. Like what, what is it? What was it? And maybe it was something more like muscle memory, or who knows? But I have to go back and relearn these things and it's almost the same as relearning how to say sounds or words. So I sometimes I have to go back to the woodshed. I'm doing it today actually. I'm working on songs and so it's, it's working to get to the baseline.

I was going to say with just speaking with you, had I not known that you had a stroke, I wouldn't have suspected. I mean, I could tell that you were choosing your words and pausing.

But outside of that, I couldn't tell.

That's one of the things that I learned doing my speech therapy. Everything that we talk about. every day, all these little phrases. You've used them a million times. But for me, I have to, think about them. Almost like the medic kind of phrases. I have to think about it. What they mean, and then how to. I have to actually practice. And the same goes with playing guitar. You have to do it a couple of times before it gets too a point where it's, I don't know, easy or I don't have to think about it.

Sounds like my writing process.

That's right. You have to edit. You have to edit all the time.

When I speak with you, the tone of your voice, you

sound very upbeat and you sound like a very positive person to be around in the room. Has your outlook on life changed since the stroke? Have you always been this upbeat? How has your perspective changed?

I'm the same person. I have the same personality, the same things that make me laugh, and the things that I think are funny are there. It's the same as always. I have loved language and things. I guess it's the same playfulness. I still have that. I think the thing that's different is I don't take for granted that I will be able to do this, you know? So every time I have the time to talk with people — my friends, family, everyone — it's a new thing for me right now. I don't know. It's a different kind of outlook, I guess.



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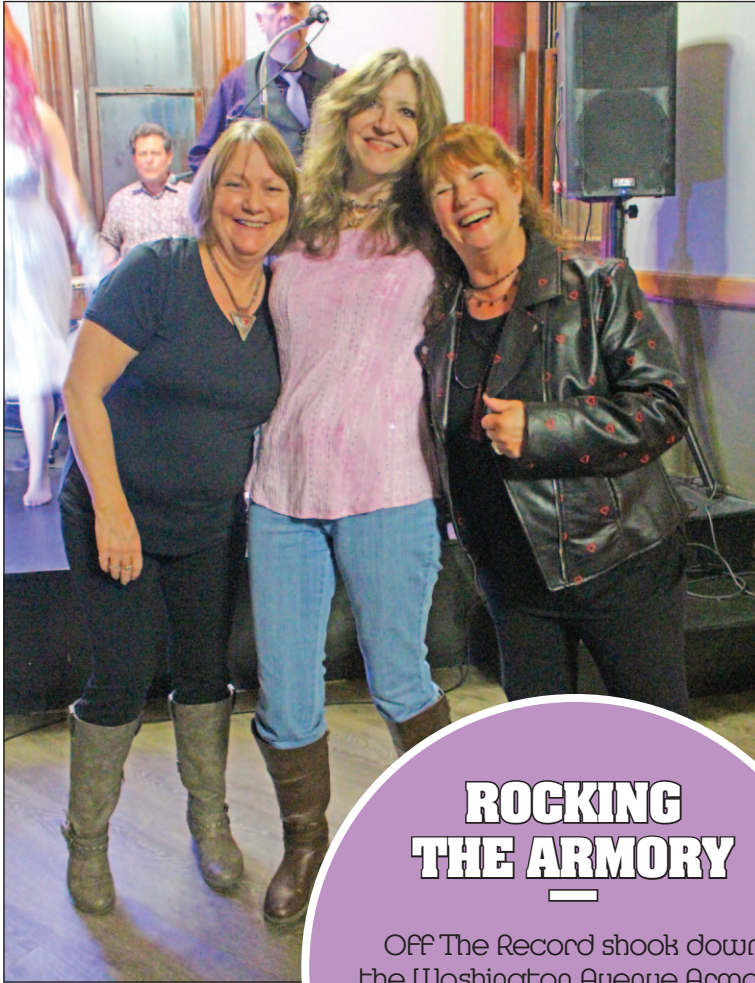
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