



■ TOP STORY

Town gathering traffic feedback

Workshop focuses on Kenwood Avenue corridor; public can still weigh in

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

DELMAR — On April 6, the Kenwood Avenue Traffic Calming Study held its first public workshop at the Bethlehem Middle School Library to discuss the Kenwood Avenue corridor between Delaware

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■ HEALTH & FITNESS



Understanding strokes

Coping strategies, prevention and education are key to surviving.

Page B1

■ SPORTS



BC Girls Lacrosse rocks

Team wins first home game against Saratoga last Tuesday.

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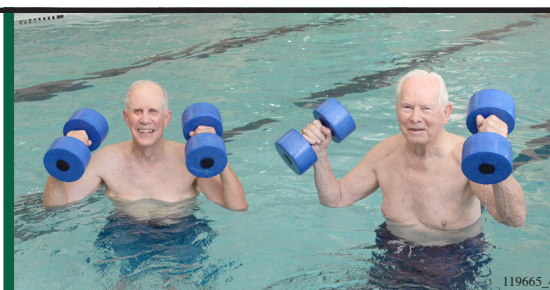


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■ POLICE, FIRE and EMERGENCY CALLS

No license, no registration but warrant

SELKIRK - Bethlehem police stopped a 28-year-old Rensselaer woman for having fraudulent plates and found she was wanted.

At approximately 8:58 a.m. on Tuesday, April 11, officers observed a white GMC Yukon with no front license plate driven by Natalie Lyons on River Road. The rear plate on the vehicle was a liberty plate from 1986 and the officer initiated a traffic stop.

Lyons identified herself with a Florida license and a check of both Florida and New York showed her privileges in both states were suspended.

Additionally, Lyons had an outstanding warrant from the Albany County Sheriff's Office for animal cruelty. She was taken into custody and charged with aggravated unlicensed operation, a misdemeanor, and operating an unregistered motor vehicle, operating with improper plates, no inspection sticker, operating a vehicle without insurance and a

plate display violation.

Lyons was issued tickets and was turned over to the Albany County Sheriff's office. She is scheduled to return to Bethlehem Town Court on Monday, April 25.

Probation violation and outstanding warrant

ALBANY - An Albany man was arrested by his probation officer in the City of Albany on Tuesday, April 11 for failing to appear in court in 2021 to answer charges of violated parole. This is the second time Joshua Torres, 23, was arrested for the warrant by Bethlehem police. The original warrant was issued in April of 2021 and Torres was arrested by Colonie police in November 2021, but was issued an appearance ticket by New Scotland Town Court for Bethlehem and

did not show up for court. According to reports, at the time of the 2021 arrest Bethlehem police did notify Torres' probation officer of the arrest.

It is unclear why it took 17 months for the same probation officer to arrest Torres.

He was arraigned by Bethlehem Town Judge Ryan Donovan and sent to the Albany County Jail without bail.

Warrant for 2021 Grand Larceny

DELMAR - Colonie police arrested a 51-year-old Mayfield man on Tuesday, April 11 for a bench warrant issued by Bethlehem Town Court because he did not show up for court to answer a 2021 grand larceny charge.

According to reports, Anthony Bills was originally arrested in May 2021 for taking payment

Continues on 15

Weekly Volunteer FIREFIGHTER CALLS

Bethlehem Volunteer Fire Log April 7 – April 14

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.

Friday, April 7

10:48 PM Structure Fire Alarm RITA CT Slingerlands VFD

Saturday, April 8

5:28 PM Outdoor Fire LINE DR Delmar VFD
5:30 PM Outdoor Fire ST / HUDSON AVE Delmar, Elsmere VFD

Sunday, April 9

5:38 AM Hazardous Condition COMMONWEALTH DR Elsmere VFD
7:37 AM Hazardous Condition MAYWOOD RD Elsmere VFD

Monday, April 10

7:09 AM Structure Fire Vulnerable LC KRUMKILL RD North Bethlehem, Slingerlands VFD
9:04 AM Crash PI RIVER RD Selkirk VFD
9:42 AM Crash PI ROUTE 9W Selkirk VFD
2:34 PM Crash PI RIVER RD Selkirk VFD
4:21 PM EMS Call AUTUMN DR, 294 North Bethlehem VFD

Tuesday, April 11

6:28 PM Structure Fire Vulnerable LC HICKORY DR North Bethlehem VFD
7:56 PM Structure Fire Vulnerable LC HICKORY DR North Bethlehem VFD

Wednesday, April 12

10:57 AM Hazardous Condition E POPLAR DR Elsmere VFD
12:11 PM Hazardous Condition VAN DYKE RD Delmar, Slingerlands VFD
1:56 PM Structure Fire Confirmed HUNTER RD Delmar, Elsmere, Slingerlands VFD
7:41 PM Outdoor Fire N BRIDGE DR North Bethlehem VFD
8:31 PM Outdoor Fire KENWOOD AVE Delmar VFD

Thursday, April 13

10:56 AM Rescue VOORHEESVILLE RD/BRANDLE RD Slingerlands VFD
1:18 PM Crash PI 9W / CORNING HILL RD Elsmere, Selkirk VFD
1:38 PM EMS Call CREEKSIDE CT North Bethlehem VFD
2:53 PM Outdoor Fire ROUTE 9W Elsmere VFD
4:50 PM EMS Call BEVERWYCK LN, 223 North Bethlehem VFD
11:43 PM EMS Call AUTUMN DR, 261 North Bethlehem VFD

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Wires cause fire on Cherry Avenue

DELMAR - Falling powerlines along Cherry Avenue caused a brush fire along the busy road on Friday, April 14. Crews from all the Bethlehem volunteer fire departments fought the fire along with 90 degree temperatures.

Photos by John McIntyre/Spotlight News



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■ POLICE, FIRE and EMERGENCY CALLS

Fire strikes house on Hunter Road

House is damaged, all occupants escape

DELMAR - Local fire departments responded to a house fire at 15 Hunter Road on Wednesday, April 12. About an hour later, firefighters had the fire out and were cleaning up.

At 1:56 p.m. crews were dispatched to a structure fire at the single-family residence. During the daytime hours, all fire

responses in the town trigger a mutual-aid response with Delmar, Elsmere and Slingerland fire departments.

Once they arrived a few minutes later, chiefs on the scene requested a FAST team from Westmere fire district.

"FAST team is requested if we do any

interior firefighting. They are there to rescue down firefighters if we need it," Delmar Fire Chief Dan Ryan said.

FAST stands for Firefighter Assist Search Team and because all of the Bethlehem fire companies were fighting the fire, they requested the team from Westmere to back them up. Team members receive

specialized training to extract firefighters from inside a burning structure and stand by when the fire is best battled from inside.

According to radio transmissions and confirmed by Ryan, there were two people home at the time, but escaped unharmed. The family dog was inside, but firefighters were able to rescue it and reunite it with the owner.

"Guys had a quick knock down and stop," Ryan said. "The makeup of the structure helped in this case."

According to Ryan, the lower level of the house and garage walls are concrete with siding attached, so fire could not spread up the walls. The fire was contained to the garage area and the room above it.

"The front of the garage was going pretty good when we got there and it went up the wall to the room above," Ryan said.

The damage was contained to the contents of the garage and some damage to the room above. Ryan said the structure will need repair, but the occupants will be able to return in a fairly short period of time.

The Bethlehem Police Department Fire Cause and Origin Team was requested by Chief Craig Sleurs to assist with determining origin and cause.

According to Bethlehem police, the fire originated in the garage of the residence, and appears to be non-criminal and non-suspicious in nature.



Firefighters battled a house fire on Hunter road on Friday. No one was hurt and firefighters rescued the family dog.

Photos above and left by Slingerlands Fire Department and below, Scott Anson.



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From page 1 ...

Town gathering traffic feedback

Avenue (NYS Route 443) and the Delmar Bypass (NYS Route 32). The Town of Bethlehem is performing this traffic study to evaluate potential traffic calming and pedestrian safety measures.

“After listening to the concerns and looking at it with our police department, our planning department, and our engineering department, we decided that this was a street that needed an extra hard look,” said Town Supervisor David VanLuven.

After bringing in an engineering firm, CHA Consulting, to characterize the challenges along the street, they identified potential changes that could be made to make the roadways safer for all users. CHA Consulting will deliver potential solutions as well as graphic concept designs in the next workshop.

“The goal is to address the pedestrian issues along Kenwood Avenue, as well as the nature of driving habits along Kenwood Avenue,” said the town’s Director of Planning Robert Leslie.

Leslie said the workshop was met with a positive reaction. An estimated 70 people gathered to listen to the presentation before splitting into groups to analyze the maps of Kenwood Avenue and proposed ideas.

“I found the tone of the meeting to be constructive and collaborative,” said VanLuven. “It was a classic moment where everyone was working to make our great community even better.”

The Kenwood Avenue Traffic Calming Study’s purpose is to evaluate the safety issues, analyze what appropriate measures can be taken to address the issues, and then develop traffic calming and pedestrian safety recommendations. A long-term goal is to create

“After listening to the concerns and looking at it with our police department, our planning department, and our engineering department, we decided that this was a street that needed an extra hard look.”
— David VanLuven, Town Supervisor



project opportunities with solutions.

The Project Development Team includes David VanLuven, Robert Leslie, Deputy

Commissioner of Public Works Paul Penman, Town Engineer Eric Johnson, and Senior Planner Nate Owens.

The team is encouraging public participation throughout the process. That participation is an essential component of the

project’s plans at all levels of development, design and construction. Ongoing efforts to engage the public will help provide a clear view of existing situations and challenges, as well as ensure that the study meets its aims and objectives.

From now through April 30, an interactive map at www.townofbethlehem.org encourages individuals to highlight safety issues, experiences and concerns about Kenwood Avenue. The feedback will be used to better understand the problems and develop solutions.

“We want to get as much local input as we can,” said VanLuven.

A second workshop is planned for August or September. At the second public workshop, there will be discussions with the community about the proposed solutions.

“This study project is part of a broader initiative we have to try to make our streets safer for everyone,” added VanLuven.

Information about the Kenwood Avenue Traffic Calming Study can be found at www.kenwoodavestudy.com, www.bethlehemsafestreeets.com, and www.townofbethlehem.org.

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COMMUNITY

Q.U.I.L.T. to Host Quilt Show

DELMAR - Quilters United in Learning Together (Q.U.I.L.T., Inc.), a Delmar quilting guild and not-for-profit organization formed by Capital Region women, will be hosting a quilt show on Saturday, April 29 from 9 a.m. to 4 p.m. and Sunday, April 30 from 11 a.m. to 4 p.m. at St. Matthew's Church,

25 Mountainview Street, Voorheesville.

Since its inception in 1977, Capital Region women continue to learn and share information about quilting. Organization members continue to spread their joy and knowledge of the craft through guest speakers, workshops, and quilt shows.

Q.U.I.L.T., Inc. will have over 100 spectacular quilts from members of their guild. Vendors will be selling fabric and sewing notions, a gift gallery of handmade items for sale made by members, and much more!

Admission is \$7 at the door.

Mohawk Hudson offers program

To help people to Recognize and Report Animal Cruelty

Mohawk Hudson Humane Society will offer its next educational seminar Recognizing and Reporting Animal Cruelty Wednesday, April 26, 5:30-6:30 p.m. at Lisa Mitzen

Animal Care Center, located at 3 Oakland Avenue in Menands.

The program, presented by MHHS Director of Humane Law Enforcement Andrew Fiumano will help citizens understand what to look for when an animal is neglected and abused, and how to report the case to

authorities in an effective and safe manner.

Registration is required to attend and space is limited. A \$10 suggested donation is payable at the door.

Learn more and register at www.mohawkhumane.org/seminar-series or call (518)-434-8128.

National Grid Accepted to SkillBridge program

Program links veterans to career

ALBANY - National Grid was recently approved by the U.S. Department of Defense as an industry partner for its SkillBridge program. DOD SkillBridge provides career development opportunities to service members approaching the end of their military commitment. Active duty service members can apply to spend the last six months of their commitment as an intern, bridging the gap between the end of their service and the beginning of their civilian careers.

"We have a long, proud history of hiring veterans of the U.S. armed forces," said Celeste Schneider, National Grid's chief people officer for New York. "DOD SkillBridge provides us with a new on-ramp for recruitment with exciting career opportunities for service members nearing their discharge date that maximize their military training and experience."

Service members with at least six months of service remaining before their discharge can approach their unit commander about participating in a DOD SkillBridge internship. National Grid interns will receive rigorous hands-on training and work

alongside our employees in the field. The interns retain their military pay and benefits, and all costs are covered by DOD SkillBridge.

National Grid has made an additional commitment to DOD SkillBridge interns. Those interns who meet company performance standards during their placement will be offered employment with National Grid upon their honorary discharge from the armed forces.

"We want the very best employees working for National Grid and DOD SkillBridge opens another door to access the world's most highly-trained and motivated workforce - the U.S. armed forces," Schneider said.

Now a senior field safety supervisor for National Grid, Jason Uhlig wished DOD SkillBridge existed when he began his transition from active duty with the U.S. Army. He spent his free time during the final few months of his active-duty service building resumes, applying for education benefits, and exploring and applying for jobs.

"Having an opportunity to transition towards a more secure career path would have been ideal," he said. Uhlig, currently a major in the U.S. Army Reserves, has spent more than 20 years in the Army.

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BETHLEHEM CENTRAL

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— SPRING SPORTS SCHEDULES —

Boys Baseball

Weekday	Date	Opponents	Start time
Mon	Apr 3	Guilderland	4:15 p.m.
Wed	Apr 5	Shaker	4:15 p.m.
Thu	Apr 6	@ Saugerties	7 p.m.
Wed	Apr 12	@ Saratoga Springs	11 a.m.
Fri	Apr 14	Schenectady	11 a.m.
Sat	Apr 15	@ LaSalle Institute	10 a.m.
Tue	Apr 18	@ Albany Academies	4:15 p.m.
Wed	Apr 19	@ CBA	4:15 p.m.
Fri	Apr 21	@ Albany	5:45 p.m.
Mon	Apr 24	BH-BL	4:15 p.m.
Wed	Apr 26	Niskayuna	4:15 p.m.
Fri	Apr 28	@ Ballston Spa	4:15 p.m.
Mon	May 1	@ Colonie	4:15 p.m.
Wed	May 3	Averill Park	4:15 p.m.
Fri	May 5	@ Columbia	4:15 p.m.
Sat	May 6	@ Niskayuna	12 p.m.
Mon	May 8	Shenendehowa	4:15 p.m.
Wed	May 10	@ Troy	4:30 p.m.
Sat	May 13	Fayetteville-Manlius	2 p.m.



Thu	Apr 20	Queensbury	5 p.m.
Sat	Apr 22	Albany	10 a.m.
Tue	Apr 25	@ BH-BL	7:30 p.m.
Thu	Apr 27	@ Niskayuna	4:15 p.m.
Tue	May 2	Ballston Spa	4:15 p.m.
Thu	May 4	Colonie	4:15 p.m.
Sat	May 6	@ Averill Park	11 a.m.
Tue	May 9	Columbia	7 p.m.
Thu	May 11	@ Shenendehowa	5:30 p.m.

Girls Outdoor Track

Weekday	Date	Opponents	Start time
Sat	Apr 1	Averill Park, Ballston Spa, Catholic Central, Troy, Fair Haven, Ichabod Crane, Shaker @ Guilderland	10 a.m.
Tue	Apr 4	@ BH-BL	4:15 p.m.
Sat	Apr 15	Vs. Multiple	8 a.m.
Tue	Apr 18	@ Niskayuna	4:15 p.m.
Tue	Apr 25	Guilderland, Shenendehowa	4:15 p.m.
Tue	May 2	Colonie	4:15 p.m.
Tue	May 9	Shaker, Saratoga Springs	4:15 p.m.
Wed	May 17	Vs. Multiple	4 p.m.
Thu	May 18	Vs. Multiple	4 p.m.

Boys Lacrosse

Weekday	Date	Opponents	Start time
Tue	Mar 28	Niskayuna	7 p.m.
Sat	Apr 1	@ Liverpool	1 p.m.
Tue	Apr 4	Guilderland	4:15 p.m.
Thu	Apr 6	Shaker	4:15 p.m.
Tue	Apr 11	@ Saratoga Springs	7 p.m.
Sat	Apr 15	@ Vestal	11 a.m.
Mon	Apr 17	@ Warwick Valley	5:15 p.m.
Thu	Apr 20	@ CBA	6:15 p.m.
Sat	Apr 22	@ Albany	11 a.m.
Tue	Apr 25	BH-BL	4:15 p.m.
Thu	Apr 27	Niskayuna	4:15 p.m.
Sat	Apr 29	Shenendehowa	9 a.m.
Tue	May 2	@ Ballston Spa	4:15 p.m.
Thu	May 4	@ Colonie	7 p.m.
Sat	May 6	Averill Park	3 p.m.
Tue	May 9	@ Columbia	7 p.m.
Thu	May 11	Shenendehowa	7 p.m.

Boys Outdoor Track

Weekday	Date	Opponents	Start time
Sat	Apr 1	Averill Park, Ballston Spa, Catholic Central, Troy, CBA, Columbia, Fair Haven, Ichabod Crane, Shaker @ Guilderland	10 a.m.
Wed	Apr 5	BH-BL @ CBA	4:15 p.m.
Tue	Apr 18	@ Niskayuna	4:15 p.m.
Wed	Apr 26	Guilderland, Shenendehowa	4:15 p.m.
Tue	May 2	Colonie @ CBA	4:15 p.m.
Wed	May 10	Shaker, Saratoga Springs	4:15 p.m.
Tue	May 16	Vs. Multiple	4 p.m.
Thu	May 18	Vs. Multiple	4 p.m.
Boys Tennis			
Mon	Apr 3	Guilderland	4:15 p.m.
Wed	Apr 5	Shaker	4:15 p.m.
Tue	Apr 18	@ Saratoga Springs	4:15 p.m.
Wed	Apr 19	@ CBA	4:30 p.m.
Fri	Apr 21	@ Albany	4:15 p.m.

Mon	Apr 24	BH-BL	4:15 p.m.
Wed	Apr 26	Niskayuna	4:15 p.m.
Fri	Apr 28	@ Ballston Spa	4:15 p.m.
Mon	May 1	@ Colonie	4:15 p.m.
Wed	May 3	Averill Park	4:15 p.m.
Fri	May 5	@ Columbia	4:15 p.m.
Mon	May 8	Shenendehowa	4:15 p.m.
Wed	May 10	@ Troy	4:15 p.m.

Girls Lacrosse

Weekday	Date	Opponents	Start time
Sat	Apr 1	@ Baldwinsville	2 p.m.
Tue	Apr 4	@ Guilderland	5:30 p.m.
Thu	Apr 6	@ Shaker	6:30 p.m.
Sat	Apr 8	@ Cicero-North Syracuse	10:30 a.m.
Tue	Apr 11	Saratoga Springs	11 a.m.
Sat	Apr 15	@ Marcellus	3 p.m.
Tue	Apr 18	Kingston	5 p.m.

Girls Softball

Weekday	Date	Opponents	Start time
Mon	Apr 3	Guilderland	4:15 p.m.
Wed	Apr 5	Shaker	4:15 p.m.
Sat	Apr 8	Greenville	10 a.m.
Wed	Apr 12	@ Saratoga Springs	11 a.m.
Mon	Apr 17	Berne-Knox-Westerlo	4:15 p.m.
Wed	Apr 19	Schenectady	4:15 p.m.
Fri	Apr 21	@ Albany	4:15 p.m.
Mon	Apr 24	BH-BL	4:15 p.m.
Wed	Apr 26	Niskayuna	4:15 p.m.
Fri	Apr 28	@ Ballston Spa	4:15 p.m.
Mon	May 1	@ Colonie	4:15 p.m.
Tue	May 2	Ravena-Coeymans	4:15 p.m.
Wed	May 3	Averill Park	4:15 p.m.
Fri	May 5	@ Columbia	4:15 p.m.
Mon	May 8	Shenendehowa	4:15 p.m.
Wed	May 10	@ Troy	4:30 p.m.



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Thomas H. Abele, DMD

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— WINTER SPORTS SCHEDULES —

Boys Baseball

Weekday	Date	Opponents	Start time
Wed	Mar 29	Columbia	4:15 p.m.
Thu	Mar 30	@ Niskayuna	4:15 p.m.
Fri	Mar 31	@ CBA	4 p.m.
Mon	Apr 3	@ Bethlehem	4:15 p.m.
Wed	Apr 5	Colonie	4:15 p.m.
Sat	Apr 8	@ Troy	11 a.m.
Sat	Apr 8	@ Troy	2 p.m.
Tue	Apr 11	Shaker	12 p.m.
Wed	Apr 12	@ Schenectady	11 a.m.
Fri	Apr 14	Saratoga Springs	11 a.m.
Mon	Apr 17	@ Ballston Spa	4:15 p.m.
Wed	Apr 19	@ Niskayuna	4:15 p.m.
Fri	Apr 21	CBA	4:15 p.m.
Mon	Apr 24	@ Shenendehowa	4:15 p.m.
Wed	Apr 26	Albany	4:15 p.m.
Fri	Apr 28	Troy	4:15 p.m.
Mon	May 1	Averill Park	4:15 p.m.
Wed	May 3	@ Shaker	4:30 p.m.
Fri	May 5	BH-BL	4:15 p.m.
Mon	May 8	Columbia	7 p.m.
Thu	May 11	Shenendehowa	6:30 p.m.
Fri	May 12	Massapequa	7 p.m.
Mon	May 15	@ Amsterdam	4:30 p.m.

Boys Cross Country

Weekday	Date	Opponents	Start time
Tue	Sep 6	Albany, Columbia @ Schenectady	4:30 p.m.
Sat	Sep 10	@ Voorheesville	TBD
Tue	Sep 20	Bethlehem, CBA @ Niskayuna	4:15 p.m.
Sat	Sep 24	@ North Kingstown	TBD
Tue	Sep 27	Shaker, Averill Park	4:15 p.m.
Mon	Oct 3	BH-BL, Troy @ Colonie	4:15 p.m.
Tue	Oct 11	Ballston Spa, Shenendehowa, Saratoga Springs	4:15 p.m.
Sat	Oct 15	Saratoga Springs, Niskayuna, Schenectady, South Glens Falls, Granville (Granville-Whitehall), Oneonta, Schuylerville, Shaker, Ballston Spa, Queensbury, Colonie, Albany, Shenendehowa @ BH-BL	9 a.m.
Fri	Oct 21	@ TBD	TBD
Sat	Oct 29	Vs. Multiple	1 p.m.
Sat	Nov 5	@ TBD	12 p.m.

Tue	Sep 6	Albany, Columbia @ Schenectady	4:30 p.m.
Sat	Sep 10	@ Voorheesville	TBD
Tue	Sep 20	Bethlehem, CBA @ Niskayuna	4:15 p.m.
Sat	Sep 24	@ North Kingstown	TBD
Tue	Sep 27	Shaker, Averill Park	4:15 p.m.

Boys Lacrosse

Weekday	Date	Opponents	Start time
Wed	Mar 22	Colonie	5:15 p.m.
Mon	Mar 27	Scotia-Glenville	5:30 p.m.
Fri	Mar 31	Voorheesville	5:30 p.m.
Tue	Apr 4	@ Bethlehem	4:15 p.m.
Thu	Apr 6	Colonie	5:30 p.m.
Fri	Apr 14	Saratoga Springs	11 a.m.
Tue	Apr 18	@ Ballston Spa	4:15 p.m.
Thu	Apr 20	@ Niskayuna	4:15 p.m.
Sat	Apr 22	CBA	11 a.m.
Tue	Apr 25	@ Shenendehowa	5:30 p.m.
Thu	Apr 27	@ Albany	4:45 p.m.
Sat	Apr 29	@ LaSalle Institute	12 p.m.
Tue	May 2	Troy	5:30 p.m.
Thu	May 4	Averill Park	7 p.m.
Fri	May 5	Queensbury	5:30 p.m.
Tue	May 9	BH-BL	7:15 p.m.
Thu	May 11	Columbia	5:30 p.m.
Sat	May 13	@ Shaker	10 a.m.

Boys Outdoor Track

Weekday	Date	Opponents	Start time
Sat	Apr 1	Averill Park, Ballston Spa, Bethlehem, Catholic Central, Troy, CBA, Columbia, Fair Haven, Ichabod Crane, Shaker	10 a.m.
Wed	Apr 5	@ Troy	4:45 p.m.
Wed	Apr 19	Saratoga Springs, Colonie	4:15 p.m.
Fri	Apr 21	@ Mohonasen	4:40 p.m.
Sat	Apr 22	@ Mohonasen	9:15 a.m.
Wed	Apr 26	Shenendehowa @ Bethlehem	4:15 p.m.
Sat	Apr 29	Coxsackie-Athens, Greenville, Saranac, Queensbury, South Glens Falls, Glens Falls, BH-BL, Schuylerville, Beekmantown, Ausable Valley, Broadalbin-Perth, Shaker, Lake George, Ichabod Crane, Greenwich, Mount Anthony, Stillwater, Ballston Spa, Scotia-Glenville, Taconic Hills @ Hudson Falls	9 a.m.

Wed	May 3	Niskayuna @ Shaker	4:15 p.m.
Sat	May 6	Green Tech High Charter School, Shenendehowa, Albany, BH-BL, Saratoga Springs @ Colonie	8 a.m.
Wed	May 10	CBA, Ballston Spa	4:15 p.m.
Fri	May 12	BH-BL, Colonie, Schenectady, Albany, Niskayuna @ Shenendehowa	4 p.m.
Tue	May 16	Vs. Multiple	4 p.m.
Thu	May 18	Vs. Multiple	4 p.m.
Fri	May 19	@ Fonda-Fultonville	4 p.m.
Sat	May 20	TBD, Shenendehowa, Niskayuna @ Schenectady	9 a.m.

Boys Tennis

Weekday	Date	Opponents	Start time
Mon	Apr 3	@ Bethlehem	4:15 p.m.
Tue	Apr 4	Saratoga Springs	4:15 p.m.
Wed	Apr 5	Colonie	4:15 p.m.
Mon	Apr 17	@ Ballston Spa	4:15 p.m.
Wed	Apr 19	@ Niskayuna	4:15 p.m.
Fri	Apr 21	CBA	4:15 p.m.
Mon	Apr 24	@ Shenendehowa	4:15 p.m.
Wed	Apr 26	@ Albany	4:15 p.m.
Fri	Apr 28	Troy	4:15 p.m.
Mon	May 1	Averill Park	4:15 p.m.
Wed	May 3	@ Shaker	4:15 p.m.
Fri	May 5	BH-BL	4:15 p.m.
Mon	May 8	Columbia	4:15 p.m.

Girls Lacrosse

Weekday	Date	Opponents	Start time
Sat	Mar 25	@ TBD	10 a.m.
Tue	Mar 28	@ Niskayuna	6:15 p.m.
Thu	Mar 30	Kingston	5:30 p.m.
Tue	Apr 4	Bethlehem	5:30 p.m.
Wed	Apr 5	@ Colonie	6 p.m.
Thu	Apr 13	@ Saratoga Springs	11 a.m.
Sat	Apr 15	@ Valley Central	11 a.m.
Mon	Apr 17	Ballston Spa	5:30 p.m.
Thu	Apr 20	Niskayuna	7:15 p.m.
Sat	Apr 22	Minisink Valley	1:30 p.m.
Tue	Apr 25	Shenendehowa	5:30 p.m.
Thu	Apr 27	Albany	5:30 p.m.
Thu	May 4	@ Averill Park	7 p.m.
Sat	May 6	Shaker	11 a.m.

Tue	May 9	@ BH-BL	6 p.m.
Thu	May 11	@ Columbia	6 p.m.
Sat	Mar 25	@ TBD	10 a.m.
Tue	Mar 28	@ Niskayuna	6:15 p.m.
Thu	Mar 30	Kingston	5:30 p.m.
Tue	Apr 4	Bethlehem	5:30 p.m.
Wed	Apr 5	@ Colonie	6 p.m.

Girls Outdoor Track

Weekday	Date	Opponents	Start time
Sat	Apr 1	Averill Park, Ballston Spa, Bethlehem, Catholic Central, Troy, Fair Haven, Ichabod Crane, Shaker	10 a.m.
Wed	Apr 5	@ Troy	4:45 p.m.
Sat	Apr 15	Vs. Multiple	8 a.m.
Tue	Apr 18	Saratoga Springs, Colonie	4:15 p.m.
Fri	Apr 21	Schenectady, Colonie, BH-BL, Averill Park @ Niskayuna	4:30 p.m.
Sat	Apr 22	@ Mohonasen	9 a.m.
Tue	Apr 25	Shenendehowa @ Bethlehem	4:15 p.m.
Fri	Apr 28	@ TBD	TBD
Sat	Apr 29	@ TBD	9 a.m.
Sat	Apr 29	@ TBD	TBD
Tue	May 2	Niskayuna @ Shaker	4:15 p.m.
Sat	May 6	Albany @ Colonie	8 a.m.
Tue	May 9	Ballston Spa	4:15 p.m.
Thu	May 11	@ White Plains	TBD
Fri	May 12	Colonie, BH-BL, Schenectady (Girls Varsity Trac), Albany, Niskayuna @ Shenendehowa	4 p.m.
Wed	May 17	Vs. Multiple	4 p.m.
Thu	May 18	Vs. Multiple	4 p.m.
Sat	May 20	Shenendehowa, Niskayuna @ Schenectady (Girls Varsity Track)	9 a.m.
Sat	Apr 1	Averill Park, Ballston Spa, Bethlehem, Catholic Central, Troy, Fair Haven, Ichabod Crane, Shaker	10 a.m.
Wed	Apr 5	@ Troy	4:45 p.m.
Sat	Apr 15	Vs. Multiple	8 a.m.
Tue	Apr 18	Saratoga Springs, Colonie	4:15 p.m.
Fri	Apr 21	Schenectady, Colonie, BH-BL, Averill Park @ Niskayuna	4:30 p.m.
Sat	Apr 22	@ Mohonasen	9 a.m.
Tue	Apr 25	Shenendehowa @ Bethlehem	4:15 p.m.
Fri	Apr 28	@ TBD	TBD

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■ HIGH SCHOOL SPORTS



DELMAR - On Tuesday, April 11 Bethlehem Girls Varsity Lacrosse team hosted its first home game of the season against Saratoga and took home the win in a 15-9 game. The win wouldn't have been possible without goalie Maddy Ward making 12 big saves and Kirsten Phang scoring four goals.

Photos by John McIntyre/Spotlight News



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NOTICE OF LLC FORMATION

1143 PARK LLC. Arts. of Org. filed with the SSNY on 03/17/23. 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 Richard Kevork Tahta, 114 East 90th Street, New York, NY 10128. Purpose: Any lawful purpose. D-308534

NOTICE OF LLC FORMATION

1165 MADISON 5S LLC. Arts. of Org. filed with the SSNY on 03/29/23. 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, 1165 Madison Avenue, Unit 5S, New York, NY 10028. Purpose: Any lawful purpose. D-308628

NOTICE OF LLC FORMATION

1362 BALCOM LLC. Arts. of Org. filed with the SSNY on 03/31/23. 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, 1362 Balcom Avenue, Bronx, NY 10461. Purpose: Any lawful purpose. D-308871

NOTICE OF LLC FORMATION

146 IRWIN STREET, LLC. Arts. of Org. filed with the SSNY on 03/08/23. 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, 146 Irwin Street, Brooklyn, NY 11235. Purpose: Any lawful purpose. D-307314

NOTICE OF LLC FORMATION

17-13 HIMROD OWNER LLC. Arts. of Org. filed with the SSNY on 11/28/22. 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 SLK Advisory Group, Inc., 1981 Marcus Avenue, Suite 227, Lake Success, NY 11042. Purpose: Any lawful purpose. D-307166

NOTICE OF LLC FORMATION

1747 LLC. Arts. of Org. filed with the SSNY on 03/10/23. 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, 1747 East 46th Street, Brooklyn, NY 11234. Purpose: Any lawful purpose. D-307506

NOTICE OF LLC FORMATION

1876 SA LLC. Arts. of Org. filed with the SSNY on 03/27/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall

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mail copy of process to the LLC, 1876 Seward Avenue, Suite #1, Bronx, NY 10473. Purpose: Any lawful purpose. D-308506

NOTICE OF LLC FORMATION

1900 GOLDEN AVENUE LLC. Arts. of Org. filed with the SSNY on 03/15/23. 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, 1900 Golden Avenue, Bronx, NY 10461. Purpose: Any lawful purpose. D-308083

NOTICE OF LLC FORMATION

20-24 36TH ST. LLC. Arts. of Org. filed with the SSNY on 02/27/23. 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, 20-24 36th Street, Astoria, NY 11105. Purpose: Any lawful purpose. D-307922

NOTICE OF LLC FORMATION

2046 52 STREET LLC. Arts. of Org. filed with the SSNY on 03/10/23. 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, c/o Yosef J alas, 1833 60th Street, Brooklyn, NY 11204. Purpose: Any lawful purpose. D-307514

NOTICE OF LLC FORMATION

253 56 LLC. Arts. of Org. filed with the SSNY on 02/17/23. 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, 253 East 56th Street, Brooklyn, NY 11203. Purpose: Any lawful purpose. D-308001

NOTICE OF LLC FORMATION

30 MARY LANE LLC. Arts. of Org. filed with the SSNY on 03/10/23. 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, c/o Ferney Gomez, 89-22 37th Avenue, Jackson Heights, NY 11372. Purpose: Any lawful purpose. D-308213

NOTICE OF LLC FORMATION

3061 ASTORIA LLC. Arts. of Org. filed with the SSNY on 03/09/23. 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, 30-61 Steinway Street, Astoria, NY 11103. Purpose: Any lawful purpose. D-307832

NOTICE OF LLC FORMATION

307 CLINTON AVE LLC. Arts. of Org. filed with the SSNY on 03/06/23. Office: Albany County.

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SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 204 Washington Avenue, #1, Brooklyn, NY 11205. Purpose: Any lawful purpose. D-307164

NOTICE OF LLC FORMATION

3079 LLC. Arts. of Org. filed with the SSNY on 03/10/23. 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, 3079 Coney Island Avenue, Brooklyn, NY 11235. Purpose: Any lawful purpose. D-307508

NOTICE OF LLC FORMATION

32 ORCHID STREET LLC. Arts. of Org. filed with the SSNY on 03/20/23. 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, c/o Alan Goldman, 1225 Franklin Avenue, Suite 515, Garden City, NY 11530. Purpose: Any lawful purpose. D-307996

NOTICE OF LLC FORMATION

32-01 BROADWAY LLC. Arts. of Org. filed with the SSNY on 04/03/23. 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 Ioannis Likidis, 40-30 235th Street, Douglaston, NY 11363. Purpose: Any lawful purpose. D-308925

NOTICE OF LLC FORMATION

32-33 95 REALTY LLC. Arts. of Org. filed with the SSNY on 03/22/23. 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 Ferney Gomez, 89-22 37th Avenue, Jackson Heights, NY 11372. Purpose: Any lawful purpose. D-308213

NOTICE OF LLC FORMATION

33 BRIGHTON LLC. Arts. of Org. filed with the SSNY on 03/10/23. 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, c/o Bruce H. Lederman, Esq., 9 East 40th Street, 5th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-308214

NOTICE OF LLC FORMATION

50 RIVERSIDE BOULEVARD 3R LLC. Arts. of Org. filed with the SSNY on 03/20/23. 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, c/o Marina Levin,

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Meadowridge Lane, Glen Head, NY 11545. Purpose: Any lawful purpose. D-307393

NOTICE OF LLC FORMATION

35-25 29 STREET TJA LLC. Arts. of Org. filed with the SSNY on 03/09/23. 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, 27 Meadowridge Lane, Glen Head, NY 11545. Purpose: Any lawful purpose. D-307394

NOTICE OF LLC FORMATION

37-21 LLC. Arts. of Org. filed with the SSNY on 03/13/23. 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 Michael Mourkakos, 23-53 Steinway Street, Astoria, NY 11105. Purpose: Any lawful purpose. D-307700

NOTICE OF LLC FORMATION

38 MACDOUGAL LLC. Arts. of Org. filed with the SSNY on 10/17/06. Office: Albany County. 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 Chris Paraskevaides, 67 Willow Avenue, Pelham, NY 10803. Purpose: Any lawful purpose. D-308093

NOTICE OF LLC FORMATION

4048 70TH STREET, LLC. Arts. of Org. filed with the SSNY on 11/08/22. 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, 32 Bainbridge Avenue, Melville, NY 11747. Purpose: Any lawful purpose. D-308402

NOTICE OF LLC FORMATION

444 W 48, LLC. Arts. of Org. filed with the SSNY on 02/22/23. 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 Bruce H. Lederman, Esq., 9 East 40th Street, 5th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-308214

NOTICE OF LLC FORMATION

50 RIVERSIDE BOULEVARD 3R LLC. Arts. of Org. filed with the SSNY on 03/20/23. 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, c/o Marina Levin,

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50 Riverside Boulevard, #12J, New York, NY 10069. Purpose: Any lawful purpose. D-308000

NOTICE OF LLC FORMATION

501 1/2 E 83, LLC. Arts. of Org. filed with the SSNY on 03/10/23. 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, 9 East 40th Street, 5th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-307515

NOTICE OF LLC FORMATION

506 LINCOLN HOLDINGS 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, 506 Lincoln Avenue, Brooklyn, NY 11208. Purpose: Any lawful purpose. D-308512

NOTICE OF LLC FORMATION

537 PACIFIC ST LLC. Arts. of Org. filed with the SSNY on 03/31/23. 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, 537 Pacific Street, Brooklyn, NY 11217. Purpose: Any lawful purpose. D-308872

NOTICE OF LLC FORMATION

6 TERRACE LLC. Arts. of Org. filed with the SSNY on 03/10/23. 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, 6 Brighton 10th Terrace, Brooklyn, NY 11235. Purpose: Any lawful purpose. D-307512

NOTICE OF LLC FORMATION

60 EAST 55TH STREET 39B LLC. Arts. of Org. filed with the SSNY on 03/24/23. 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, 60 E. 55th Street, 39B, New York, NY 10022. Purpose: Any lawful purpose. D-308404

NOTICE OF LLC FORMATION

71-11 FRESH POND 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 Razis & Ross, P.C., 23-09 31st Street, Astoria, NY 11105. Purpose: Any lawful purpose. D-307839

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NOTICE OF LLC FORMATION

7401 ROOSEVELT AVE LLC. Arts. of Org. filed with the SSNY on 04/10/23. 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, 62-51 Booth Street, Rego Park, NY 11374. Purpose: Any lawful purpose. D-309268

NOTICE OF LLC FORMATION

AJG UNLIMITED LLC. Arts. of Org. filed with the SSNY on 03/15/23. 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, 30-92 29th Street, Apartment #5D, Astoria, NY 11102. Purpose: Any lawful purpose. D-307785

NOTICE OF LLC FORMATION

ALPHABET CITY PRODUCTION LLC. Arts. of Org. filed with the SSNY on 02/16/23. 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, 264 W 40th St, Rm 401, New York, NY 10018. Registered agent address c/o United States Corporation Agents, Inc., 7014 13th Avenue, Suite 202, Brooklyn, NY 11228. Purpose: Any lawful purpose. D-307045

NOTICE OF LLC FORMATION

ARTIS CAPITAL LLC. Arts. of Org. filed with the SSNY on 04/11/23. 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 Kapsalis Associates P.C., 12-52 Clintonville Street, Suite 200, White-stone, NY 11357. Purpose: Any lawful purpose. D-309347

NOTICE OF LLC FORMATION

ASTROELENI LLC. Arts. of Org. filed with the SSNY on 03/30/23. 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, 365 West 20th Street, 8B, New York, NY 10011. Purpose: Any lawful purpose. D-308710

NOTICE OF LLC FORMATION

BARKERS POINT CAPITAL PARTNERS, LLC. Arts. of Org. filed with the SSNY on 03/16/23. 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, 101 West 24th Street, #5B, New York, NY 10011. Purpose: Any lawful purpose. D-307827

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NOTICE OF LLC FORMATION

BATH BEACH RESIDENCE LLC. Arts. of Org. filed with the SSNY on 03/29/23. 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, 49 Barlow Drive North, Brooklyn, NY 11234. Purpose: Any lawful purpose. D-308623

NOTICE OF LLC FORMATION

BAY 1 WASH, LLC. Arts. of Org. filed with the SSNY on 03/21/23. 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, 589 Union Road, Spring Valley, NY 10977. Purpose: Any lawful purpose. D-308107

NOTICE OF LLC FORMATION

BION IN NEW YORK LLC. Arts. of Org. filed with the SSNY on 04/13/23. 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, 412 W 110th Street, Apartment 72, New York, NY 10025. Purpose: Any lawful purpose. D-309459

NOTICE OF LLC FORMATION

BROONS, LLC. Arts. of Org. filed with the SSNY on 03/16/23. 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, 175 Newtown Lane, East Hampton, NY 11937. Purpose: Any lawful purpose. D-307828

NOTICE OF LLC FORMATION

CM COACHING LLC. Arts. of Org. filed with the SSNY on 03/02/23. 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, 42 West 33rd Street, 21 D, New York, NY 10001. Purpose: Any lawful purpose. D-307024

NOTICE OF LLC FORMATION

CONSISTENT DEVELOPMENT, LLC. Arts. of Org. filed with the SSNY on 03/28/23. 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 Stephen D. Flach, 627 Pinnacle Road, Voorheesville, NY 12186. Purpose: Any lawful purpose. D-308868

NOTICE OF LLC FORMATION

DANIZYOGA LLC. Arts. of Org. filed with the SSNY on 03/03/23. 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

LEGLALS

whom process against it may be served. SSNY shall mail copy of process to the LLC, 174 W. 107th Street, Apartment 4W, New York, NY 10025. Purpose: Any lawful purpose. D-307117

NOTICE OF LLC FORMATION

DEMI-MONDE LLC. Arts. of Org. filed with the SSNY on 03/20/23. 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, 460 Bergen Street, Apartment 2, Brooklyn, NY 11217. Purpose: Any lawful purpose. D-307995

NOTICE OF LLC FORMATION

DICAMILLO 4012, LLC. Arts. of Org. filed with the SSNY on 03/17/23. 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, 1961 71st Street, Brooklyn, NY 11204. Purpose: Any lawful purpose. D-307927

NOTICE OF LLC FORMATION

DNA GROUP USA LLC. App. for Auth. filed with the SSNY on 03/22/23. Originally filed with Secretary of State of Florida 03/20/23. 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, 340 East 64th Street, #19L, New York, NY 10065. Purpose: Any lawful purpose. D-308232

NOTICE OF LLC FORMATION

EAST DOSAN LLC. Arts. of Org. filed with the SSNY on 03/16/23. 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, 50 Riverside Boulevard, Apartment 9C, New York, NY 10069. Purpose: Any lawful purpose. D-307829

NOTICE OF LLC FORMATION

ECHO VALLEY RIDERS CLUB LLC. Arts. of Org. filed with the SSNY on 03/31/23. 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 Stephen D. Flach, 627 Pinnacle Road, Voorheesville, NY 12186. Purpose: Any lawful purpose. D-308868

NOTICE OF LLC FORMATION

ELITE LMD PROPERTIES, LLC. Arts. of Org. filed with the SSNY on 03/03/23. 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, 10

LEGALS
Cobbler Lane, East Se-
tauket, NY 11733. Pur-
pose: Any lawful pur-
pose.
D-307099

**NOTICE OF LLC
FORMATION**
FARBER FAMILY, LLC.
Arts. of Org. filed with
the SSNY on 01/27/23.
Latest date to dissolve:
12/31/2122. Office: Al-
bany County. SSNY desig-
nated as agent of the LLC
upon whom process against
it may be served. SSNY
shall mail copy of process
to the LLC, 7 Lois Place,
Katonah, NY 10536. Pur-
pose: Any lawful pur-
pose.
D-308409

**NOTICE OF LLC
FORMATION**
FAUXNICOLEROSE LLC.
Arts. of Org. filed with
the SSNY on 02/06/23.
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 Nicole
Elliott, 446 East 76th
St, Apt 3A, New York,
NY 10021. Purpose: Any
lawful purpose.
D-309450

**NOTICE OF LLC
FORMATION**
GC 108 FIFTH LLC. Arts.
of Org. filed with the
SSNY on 04/12/23. Of-
fice: Albany County.
SSNY designated as
agent of the LLC upon
whom process against
it may be served. SSNY
shall mail copy of process
to the LLC, 108 Fifth
Avenue, 8C, New York,
NY 10011. Purpose: Any
lawful purpose.
D-309415

**NOTICE OF LLC
FORMATION**
GOLD POINT NY LLC.
Arts. of Org. filed with
the SSNY on 03/17/23.
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 Thomaidis
& Lagoudis, P.C., 214-11
Northern Boulevard,
Suite 200, Bayside, NY
11361. Purpose: Any
lawful purpose.
D-307929

**NOTICE OF LLC
FORMATION**
GREENBLUE PARTNERS
LLC. Arts. of Org. filed
with the SSNY on
02/11/20. Office: Albany
County. SSNY designat-
ed as agent of the LLC
upon whom process
against it may be served.
SSNY shall mail copy of
process to the LLC, c/o
Northwest Registered
Agent LLC, 418 Broad-
way, Ste N, Albany, NY

LEGALS
12207, which also
serves as the registered
agent address. Purpose:
Any lawful purpose.
D-307545

**NOTICE OF LLC
FORMATION**
HEAVEN'S WAY LLC.
Arts. of Org. filed with
the SSNY on 03/09/23.
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 Schwartz
Levine Stark PLLC, 630
Third Avenue, 12th Floor,
New York, NY 10017.
Purpose: Any lawful
purpose.
D-307380

**NOTICE OF LLC
FORMATION**
HILLY CONSULT LLC.
Arts. of Org. filed with
the SSNY on 03/02/23.
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, 119-53
231st Street, Cambria
Heights, NY 11411.
Purpose: Any lawful
purpose.
D-307025

**NOTICE OF LLC
FORMATION**
JMEVENTS NYC, LLC.
Arts. of Org. filed with
the SSNY on 03/02/23.
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, c/o Julia
Esposito, 321 E. 45th
Street, Apartment 10J,
New York, NY 10017.
Purpose: Any lawful
purpose.
D-307026

**NOTICE OF LLC
FORMATION**
JMOA LLC. Arts. of Org.
filed with the SSNY on
03/07/23. Office: Albany
County. SSNY designat-
ed as agent of the LLC
upon whom process
against it may be served.
SSNY shall mail copy of
process to the LLC, c/o
John Lieberman, 299
Park Avenue, 2nd Floor,
New York, NY 10171.
Purpose: Any lawful
purpose.
D-307236

**NOTICE OF LLC
FORMATION**
JOANNA BUILDINGS
LLC. Arts. of Org. filed
with the SSNY on
03/15/23. Office: Albany
County. SSNY designat-
ed as agent of the LLC
upon whom process
against it may be served.
SSNY shall mail copy of
process to the LLC, 31-
42 45th Street, Astoria,
NY 11103. Purpose:
Any lawful purpose.
D-307788

LEGALS
**NOTICE OF LLC
FORMATION**
JUST ANOTHER ONE
LLC. Arts. of Org. filed
with the SSNY on
03/01/23. Office: Albany
County. SSNY designat-
ed as agent of the LLC
upon whom process
against it may be served.
SSNY shall mail copy of
process to the LLC, 230
Burr Road, Southbury,
CT 06488. Purpose:
Any lawful purpose.
D-307516

**NOTICE OF LLC
FORMATION**
K & A SWEET ASSO-
CIATES LLC. Arts. of
Org. filed with the SSNY
on 04/13/23. Office: Al-
bany County. SSNY desig-
nated as agent of the
LLC upon whom process
against it may be served.
SSNY shall mail copy of
process to the LLC, c/o
Kapsalis Associates P.C.,
12-52 Clintonville Street,
Suite 200, Whitestone,
NY 11357. Purpose: Any
lawful purpose.
D-309348

**NOTICE OF LLC
FORMATION**
KAISEKI NYC LLC. Arts.
of Org. filed with the
SSNY on 03/10/23. Of-
fice: Albany County.
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-308002

**NOTICE OF LLC
FORMATION**
LITTLE LEE LLC. Arts.
of Org. filed with the
SSNY on 04/12/23. Of-
fice: Albany County.
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
320195, Brooklyn, NY
11232. Purpose: Any
lawful purpose.
D-308501

**NOTICE OF LLC
FORMATION**
LLMLS 973, LLC. Arts.
of Org. filed with the
SSNY on 03/17/23. Of-
fice: Albany County.
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 John
Lieberman, 299 Park
Avenue, 2nd Floor,
New York, NY 10171.
Purpose: Any lawful
purpose.
D-309416

**NOTICE OF LLC
FORMATION**
MEMORIES EN ROUTE
LLC. Arts. of Org. filed
with the SSNY on
03/13/23. Office: Albany
County. SSNY designat-
ed 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-308782

LEGALS
process to the LLC, c/o
Northwest Registered
Agent LLC, 418 Broad-
way, Ste N, Albany, NY
12207. Purpose: Any
lawful purpose.
D-307670

**NOTICE OF LLC
FORMATION**
MWC 1502 LLC. Arts. of
Org. filed with the SSNY
on 04/11/23. 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 Kapsalis
Associates P.C., 12-52
Clintonville Street, Suite
200, Whitestone, NY
11357. Purpose: Any
lawful purpose.
D-309348

**NOTICE OF LLC
FORMATION**
NINIPOP, LLC. Arts. of
Org. filed with the SSNY
on 12/08/22. Latest
date to dissolve:
12/31/2121. Office: Al-
bany County. SSNY desig-
nated as agent of the
LLC upon whom process
against it may be served.
SSNY shall mail copy of
process to the LLC, 61
Bayport Avenue,
Bayport, NY 11705.
Purpose: Any lawful
purpose.
D-308406

**NOTICE OF LLC
FORMATION**
OAK HOSPITALITY LLC.
Arts. of Org. filed with
the SSNY on 03/27/23.
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, PO Box
320195, Brooklyn, NY
11232. Purpose: Any
lawful purpose.
D-308501

**NOTICE OF LLC
FORMATION**
OAK OFFICE LLC. Arts.
of Org. filed with the
SSNY on 03/27/23. Of-
fice: Albany County.
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
320195, Brooklyn, NY
11232. Purpose: Any
lawful purpose.
D-308502

**NOTICE OF LLC
FORMATION**
OPUS 272 LLC. Arts. of
Org. filed with the SSNY
on 03/30/23. 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 LP, 140 East 45th
Street, New York, NY
10017.
D-307288

LEGALS
**NOTICE OF LLC
FORMATION**
PIERIA COOLING LLC.
Arts. of Org. filed with
the SSNY on 03/08/23.
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
149th Street, White-
stone, NY 11357. Pur-
pose: Any lawful pur-
pose.
D-307308

**NOTICE OF LLC
FORMATION**
POOL HOUSE LLC. Arts.
of Org. filed with the
SSNY on 03/30/23. Of-
fice: Albany County.
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 Sheila
Yen Pfister, 333 East
14th Street, 14B,
New York, NY 10003,
which also serves as the
registered agent. Pur-
pose: Any lawful pur-
pose.
D-307046

**NOTICE OF LLC
FORMATION**
PV OLYMPIA LLC. Arts.
of Org. filed with the
SSNY on 03/13/23. Of-
fice: Albany County.
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
714, Burlingame, CA
94011. Purpose: Any
lawful purpose.
D-307671

**NOTICE OF PLLC
FORMATION**
ROBERT A. COX, JR.
PHD PSYCHOLOGICAL
SERVICES PLLC. Arts.
of Org. filed with the
SSNY on 03/21/23. Of-
fice: Albany County.
SSNY designated as
agent of the PLLC upon
whom process against
it may be served. SSNY
shall mail copy of process
to the PLLC, c/o Robert
A. Carpentier, P.C., 1
Pleasant Avenue, Port
Washington, NY 11050.
Purpose: For the practice
of the profession of
Psychology.
D-308203

**NOTICE OF LP
FORMATION**
SF VI BLE, LP. App. for
Auth. filed with the
SSNY on 03/07/23 under
the fictitious name SF VI
BLE, L.P. Originally filed
with Secretary of State
of Delaware 02/22/23.
Office: Albany County.
SSNY designated as
agent of the LP upon
whom process against
it may be served. SSNY
shall mail copy of process
to the LP, 140 East
45th Street, New York,
NY 10017.
D-307288

**NOTICE OF LLC
FORMATION**
SHANI HADJIAN LLC.
Arts. of Org. filed with
the SSNY on 03/20/23.

LEGALS
Office: Albany County.
SSNY designated as
agent of the LLC upon
whom process against
it may be served. SSNY
shall mail copy of process
to the LLC, 105 Winthrop
Street, Apartment 5D,
Brooklyn, NY 11225.
Purpose: Any lawful
purpose.
D-307998

**NOTICE OF LLC
FORMATION**
SHEILA YEN LLC. Arts.
of Org. filed with the
SSNY on 02/22/23. Of-
fice: Albany County.
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 Sheila
Yen Pfister, 333 East
14th Street, 14B,
New York, NY 10003,
which also serves as the
registered agent. Pur-
pose: Any lawful pur-
pose.
D-307046

**NOTICE OF LLC
FORMATION**
SIANO REALTY, LLC.
Arts. of Org. filed with
the SSNY on 03/07/23.
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, 17080 Best
Avenue, Port Charlotte,
FL 33954. Purpose: Any
lawful purpose.
D-307780

**NOTICE OF LLC
FORMATION**
SOMI KIDS LLC. Arts. of
Org. filed with the SSNY
on 03/13/23. 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, 287 Park Avenue
South, Suite 700,
New York, NY 10010.
Purpose: Any lawful
purpose.
D-307696

**NOTICE OF LLC
FORMATION**
ST JAMES JEWEL LLC.
Arts. of Org. filed with
the SSNY on 03/17/23.
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 Wexler
& Kaufman PLLC, One
Penn Plaza, Suite 3406,
New York, NY 10119.
Purpose: Any lawful
purpose.
D-307930

**NOTICE OF LLC
FORMATION**
STUYVESANT GARAGE
LLC. Arts. of Org. filed
with the SSNY on
03/28/23. Office: Albany
County. SSNY designat-
ed as agent of the LLC
upon whom process
against it may be served.

LEGALS
SSNY shall mail copy of
process to the LLC, 10
E. 33rd Street, 11th
Floor, New York, NY
10016. Purpose: Any
lawful purpose.
D-308543

**NOTICE OF PLLC
FORMATION**
SYDNEY SEIFERT,
LCSW, PLLC. Arts. of
Org. filed with the SSNY
on 03/30/23. Office: Al-
bany County. SSNY desig-
nated as agent of the
PLLC upon whom process
against it may be served.
SSNY shall mail copy of
process to the PLLC, c/o
Tesser, Ryan & Rochman,
LLP, 15 Fisher Lane,
Suite 200, White Plains,
NY 10603. Purpose: For
the practice of the profes-
sion of Licensed Clinical
Social Work.
D-308804

**NOTICE OF LLC
FORMATION**
TALYN HOLDINGS 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, 180 Varick
Street, Suite 420,
New York, NY 10014.
Purpose: Any lawful
purpose.
D-307272

**NOTICE OF LLC
FORMATION**
THE AVE EVENTS
VENUE LLC. Arts. of
Org. filed with the SSNY
on 03/21/23. Office: Al-
bany County. SSNY desig-
nated as agent of the
LLC upon whom process
against it may be served.
SSNY shall mail copy of
process to the LLC, 101-16
Liberty Avenue, Ozone
Park, NY 11417. Purpose:
Any lawful purpose.
D-308106

**NOTICE OF LLC
FORMATION**
THE DOLLHOUSE AT
STRUT LLC. Arts. of
Org. filed with the SSNY
on 03/31/23. Office: Al-
bany County. SSNY desig-
nated as agent of the
LLC upon whom process
against it may be served.
SSNY shall mail copy of
process to the LLC, 5 Metro
Park Road, Suite 4,
Albany, NY 12205. Purpose:
Any lawful purpose.
D-308869

**NOTICE OF LLC
FORMATION**
TM3 ADVISORY LLC.
Arts. of Org. filed with
the SSNY on 04/05/23.
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, 70 West
139th Street,

LEGALS
Apartment 7H, New
York, NY 10037. Pur-
pose: Any lawful pur-
pose.
D-309049

**NOTICE OF LLC
FORMATION**
TOWER 600 HOLDINGS
LLC. Arts. of Org. filed
with the SSNY on
03/29/23. Office: Albany
County. SSNY designat-
ed as agent of the LLC
upon whom process
against it may be served.
SSNY shall mail copy of
process to the LLC, 1509
Royce Street, Apartment
1E, Brooklyn, NY
11234. Purpose:
Any lawful purpose.
D-308727

**NOTICE OF LLC
FORMATION**
TRAINFOR24 LLC. Arts.
of Org. filed with the
SSNY on 03/24/23. Of-
fice: Albany County.
SSNY designated as
agent of the LLC upon
whom process against
it may be served. SSNY
shall mail copy of process
to the LLC, 3333 Broadway,
Apartment A9G,
New York, NY 10031.
Purpose: Any lawful
purpose.
D-308375

**NOTICE OF LLC
FORMATION**
VENTANA 9G LLC. Arts.
of Org. filed with the
SSNY on 03/08/23. Of-
fice: Albany County.
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 Gorden
& Petkos LLP, 5 Columbus
Circle, Suite 710, New
York, NY 10019. Purpose:
Any lawful purpose.
D-307315

**NOTICE OF LLC
FORMATION**
WINNER CATERING
LLC. Arts. of Org. filed
with the SSNY on
03/10/23. Office: Albany
County. SSNY designat-
ed as agent of the LLC
upon whom process
against it may be served.
SSNY shall mail copy of
process to the LLC, 367
7th Avenue, Brooklyn,
NY 11215. Purpose:
Any lawful purpose.
D-307498

**NOTICE OF LLC
FORMATION**
WN DEVELOPMENT OF
NY, LLC. Arts. of Org.
filed with the SSNY on
03/01/19. Office: Albany
County. SSNY designat-
ed as agent of the LLC
upon whom process
against it may be served.
SSNY shall mail copy of
process to the LLC, c/o
Stuart Waldman, 513
Bement Avenue, Staten
Island, NY 10310. Pur-
pose: Any lawful pur-
pose.
D-307524

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LIBRARIES

2023-24 budget and election news

Bethlehem Public Library has a proposed budget of \$4.73 million for the 2023-24 fiscal year. The levy portion of the budget comes in at about \$4.4 million, a 2.18 percent increase over last year and within the state-mandated spending cap.

This spending plan allows the library to continue to meet a growing post-pandemic desire for materials and programming while being mindful of potential economic uncertainties like inflation and energy costs.

“The number of checkouts we’ve been seeing lately is approaching what we saw in 2019, and that’s great news,” said library director Geoffrey Kirkpatrick. “We’re also seeing more people coming through the door looking for the educational opportunities and community connection that are unique to libraries. This budget allows us to keep up with that demand.”



A detailed budget chart and letter from the Board of Trustees are included in the May/June issue of the Footnotes newsletter, which will be mailed April 24, and available online at www.bethlehempubliclibrary.org

There are two trustee seats on the ballot, held by incumbents Mark Kissinger and Caroline Brancatella, who are both seeking re-election. A full list of 2023 candidates will be available on the library’s website following the petition deadline of April 17.

A Meet the Candidates night will be held Wednesday, May 3, at 6 p.m., and the Board of Trustees will hold a public budget review at their Monday, May 8, meeting, which begins at 6 p.m.

Bethlehem Central School District residents will vote on the budget Tuesday, May 16, from 7



The weather was warm and welcoming for storyteller Joe Bruchac’s visit to the library Monday, April 10, and these young patrons made themselves comfortable as they enjoyed the performance.

Kristen Roberts

a.m.-9 p.m. at Bethlehem Central High School.

Relax and read outside

This spring, you’re invited to spend some time in our welcoming outdoor nook just off the Children’s Place filled with fun-sized furniture and whimsical

decorations. The Ian Boegel Memorial Patio is just the place to hang out and enjoy sunny days with your library friends.

Read, relax or make your mark with a colorful chalk creation! With the Memorial Patio, our young visitors are invited to enjoy the library inside and out.

A story and a stroll

While you’re enjoying the library outside, why not take a Story Stroll around the building? Our newly installed Story Stroll at the library features the beautifully illustrated “Wish” by Chris Saunders. You can start your

adventure at the Delaware Avenue entrance and follow Rabbit as he shares his three wishes with his best friends. It’s the perfect way to enjoy a sunny day and stretch your legs!

Friends Book Sale Fundraiser

Coming soon! Stock up on some new-to-you books and DVDs this spring at the Friends of Bethlehem Public Library’s Pop-Up Book Sale on the library plaza Saturday, May 20 from 10 a.m.-4 p.m. For sale will be books and other materials that have been removed from the library collection and are in excellent condition. Many are duplicate copies of popular titles, and large print titles will be available.

Pricing is cash-only by suggested donation; the Friends will not be able to make change.

Enjoy some live music while you shop, with performers scheduled for 11 a.m. and 1 p.m.

Don’t Let Your Pet Distract You While Driving

Insurance study finds majority of U.S. drivers interact with their dogs while driving.

April is Distracted Driving Awareness month and Selective Insurance released a study that is reminding people that distracted driving means anything that diverts a driver’s attention, including pets, from safely operating their vehicle. In March 2023, the company commissioned a survey conducted by The Harris Poll to explore behavior while driving with furry

friends and the distractions they may cause for drivers.

The survey showed that a majority of U.S. adults (86 percent) believe having an unrestrained dog in a moving vehicle can be a distraction to the driver. 89 percent of licensed drivers who owned a dog in the past 12 months said they have driven with their dog during that time. 74 percent drove with their

dog several times a month or more often, while 65 percent had their pet in the car at least once a week.

“While K-9 passengers might not be as distracting as a typical ‘back seat driver,’ it’s important for drivers to be aware that anything that diverts our attention from operating a vehicle can be a distraction,” said Scott Smith, Vice President, Director of Safety Management, Selective Insurance. “Every American uses different

driving behaviors and by understanding how these habits evolve through distracted driving research, we can help educate and empower our customers to be advocates for the safety of everyone on the road – including our beloved pet passengers.”

The research showed that 91 percent of drivers that drove with their dog in the prior 12 months had interactions with the pet while driving. These included: 50 percent pet their dog, 40 percent talked

to them, 36 percent gave them food, water or a treat, 33 percent turned to look at them in the back seat.

For those who ever drove with a dog, 40 percent admit they engaged in a dangerous act while driving because of the dog being present. The survey showed that these acts included: 16 percent lacked awareness of another vehicle, 13 percent engaged in hard braking, 11 percent swerved out of a traffic lane and 10 percent did not use turn signals.

There are tips for driving safely with your dog:

Have your dog ride in the back seat and consider using a partition between the front seats.

A dog seatbelt, safety harness, or anchored crate will offer your dog some protection in an accident.

Plan ahead and identify rest stops along your route for breaks.

For emergency breaks, avoid the side of the road and instead look for a quiet parking lot.

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■ COMMUNITY



■ POLICE, FIRE and EMERGENCY CALLS

From page 2 ...
Police, Fire and Emergency Calls

from a man to remove a tree and failed to do so. He was charged with grand larceny, a felony, and issued an appearance ticket at that time, but did not return to court.

He was arraigned by Bethlehem Town Judge Ryan Donovan and released under supervision of parole. He is scheduled to return to court on Tuesday, April 18.

Felony DWI in Ravena

RAVENA - Albany County Sheriff's Deputies responded to a hit and run vehicle accident in the village on Monday, April 10 at approximately 5 p.m. but could not locate the suspect vehicle.

A short while later, deputies located the car and driver, Adam McMullen, 45, of Ravena at his residence.

While interviewing McMullen, the deputies observed a strong odor of an alcoholic beverage emanating from his breath and that he had glassy eyes. He was given and failed field sobriety tests, refused a test for breath alcohol on a pre-screening device and taken into custody.

At the police station, McMullen refused to submit a breath sample to determine BAC.

Because he had a prior conviction for DWI in the prior 10 years, McMullen was charged with felony DWI and felony

aggravated unlicensed operation. He was additionally charged with operating a vehicle without a license, leaving the scene of a property damage accident and failing to turn as required.

Due to a conflict of interest, he was arraigned in Westerlo Town Court

and given an appearance ticket for Coeymans Town Court. He is scheduled to return to court on Thursday, April 20.

Credit card thefts

CLARKSVILLE - A Rensselaer man turned

himself in to Albany County Sheriff's Deputies on Monday, March 27 on charges stemming from credit card use in Guilderland.

Deven Koehler, 27, was charged with identity theft and conspiracy-credit card, both felonies, and petit larceny, a misdemeanor.

Koehler allegedly fraudulently used a credit card at multiple locations in the town.

He was issued an appearance ticket for Guilderland Town Court to return on Thursday, April 20.

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COMMUNITY



DELMAR - On Sunday, April 16 runners from all over gathered at the Bethlehem Central Middle School to take part in the 33rd Annual Delmar Dash presented by the Hudson Mohawk Road Runners Club. Sponsors included Bryant Asset Protection, a local and longtime supporter of the event, and Spotlight News. Photos by Rachel Dottino/Spotlight News



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Rockin' the Rustic
 Matt Mirabelle and Allison Jacobs perform at Rustic Barn.
Pages B15



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■ **HEALTH & FITNESS**

■ **INSIDE**



Breaking barriers
 CREATE Symposium tasks inventors to help the disabled.
Pages B3



Atlas of isolation
 Thought-provoking exhibit on display through April 22.
Pages B16



Taking steps for stroke prevention

Knowing the signs and acting fast can set survivors up for a quicker recovery

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

ALBANY — A stroke and its effect can be painful to experience, whether someone is caring for a stroke survivor, concerned about their own health, or on the path to recovery. Coping strategies, prevention and education can all assist individuals in better understanding strokes and what steps to take forward.

“April is Move More Month,” said Katherine McCarthy, senior marketing communications director for the New York State American Heart Association. “It’s a good time of year to think about prevention.”

Dr. Colum Amory, a professor of neurology at Albany Medical College

Continues on page B12



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May 10

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Wed., May 3

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**UP FROM
A WINTER NAP**

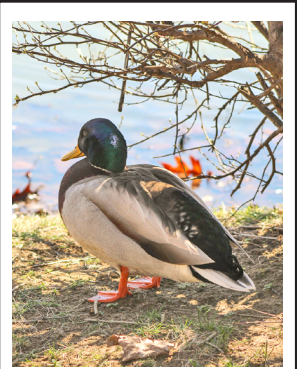
The Crossings park in Colonie was awake with life after with the warm weather last week.

Amy Modesti /
The Spot 518



I think people have this idea that a stroke is a death sentence or that it is a permanent injury. That's not true. The brain is very adaptable. With appropriate rehabilitation and work on the part of someone who's had a stroke, that combination together, people can really make a major recovery after a stroke.




— Dr. Colum Amory,
professor of neurology at
Albany Medical College



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COMMUNITY

Inclusive innovations break down barriers

Symposium challenges young inventors to make workplaces more accommodating to those with disabilities

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

ALBANY — NYSID (New York State Industries for the Disabled) is holding a competition Monday, April 24, at the Empire State Plaza in which college students across New York will display their specialized inventions to help people with disabilities.

The CREATE Symposium is hosted in Meeting Room 6 on the Plaza's North Concourse and will provide the opportunity to review the inventions, talk to the creators and meet with the agencies that they work with.

CREATE (Cultivating Resources for Employment with Assistive Technology) is a program through NYSID. The academic challenge encourages assistive technology innovation for New Yorkers with disabilities to remove barriers in the workplace. Their member agencies are corporations that are disability service providers. NYSID connects them with college engineering students.

The 2022-23 CREATE Symposium will have five academic institutions that are working with six NYSID member agencies to develop 10 different assistive technology innovations. These colleges span throughout New

York, from the University at Albany and the SUNY Polytechnic Institute to Manhattan College.

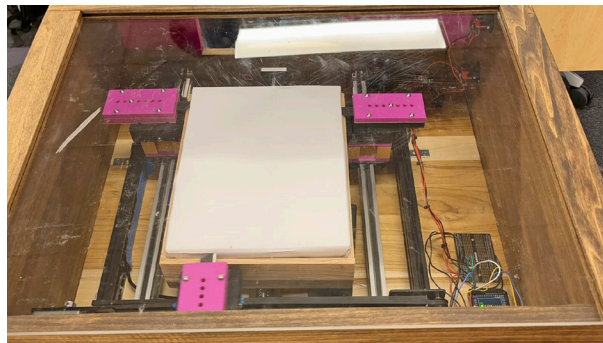
"There are great relationships between the agencies and colleges," said Maureen O'Brien, President and CEO of NYSID. She reflected on the students' "constant thought process on how they can create something interesting that can assist."

Dr. Jonathan Muckell, professor in the Department of Electrical and Computer Engineering at the University at Albany, describes the CREATE Symposium as a "high-energy, rewarding event."

His students work in teams of three to design innovative technology that has the "most impact."

"I tell the students that this is a real-world exercise," he said. "Someone truly wants what they're building."

The engineering students come into the NYSID member agency workplaces where individuals with disabilities are working. They collaborate to come up with a solution to a problem that they may



have at work so that it makes the workplace more inclusive and accessible.

At the CREATE Symposium, the 10 projects by the students will be displayed. The judges will decide which

is the most innovative, and awards will go to the 1st, 2nd, and 3rd places to honor their achievements in design.

As a part of their contribution to the symposium, a team

of students at SUNY Albany teamed up with the Center for Disability Services to create their Automated Paper Ream Opener, which is designed to efficiently assist with cutting paper reams.

Mazin Chater, a senior at the University of Albany majoring in electrical and computer engineering, described his team of three as "motivated." Their invention is an automated tray that enables the user to neatly split a paper ream with the press of a button.

"It's exciting to take it out and showcase what we've been working on," Chater said. "It's going to help real people in a real workplace, I think it adds way more meaning than just the engineering aspect."

O'Brien said it's important to always be thinking about how to make the workplace more inclusive.

"I think what people realize when they come to an event like this is that inclusivity is a lot easier than most people think," she said. "There are simple things that we can do every day that make the workplace more inclusive for people with disabilities."

For a list of the schools and the inventions in the CREATE Symposium, visit www.nysid/create.org. Individuals are encouraged to reach out to the agencies and colleges to see what their plans are post-event and how to support them moving forward.

"This is a workforce that we want people to notice and engage better with," O'Brien added.



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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

MUSIC

9 Maple Avenue
9 Maple Ave., Saratoga Springs.
518-583-CLUB
Fri: **Tim Olsen Quartet** | 8 p.m.
Sat: **Dave Fisk Quartet** | 8 p.m.

Albany Capital Center
55 Eagle St., Albany.
518-487-2155
Thurs: **A Magical Evening** | 5:30 p.m.

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
Thurs: **SpinCy/Lava / Sh' Witch / Of Atlas / Ph' Sleeze / L'Ve It Behind / Sonic Blue / Lurking Class / Icebox Cake** | 7 p.m.
Fri: **dogboy / watergh0st / Hz Montana / Counseling** | 7:30 p.m.
Sat: **Scott McMicken / Arc Iris** | 6:30 p.m.
Sun: **Francesca Hoffman / Aaron Roche** | 7 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.

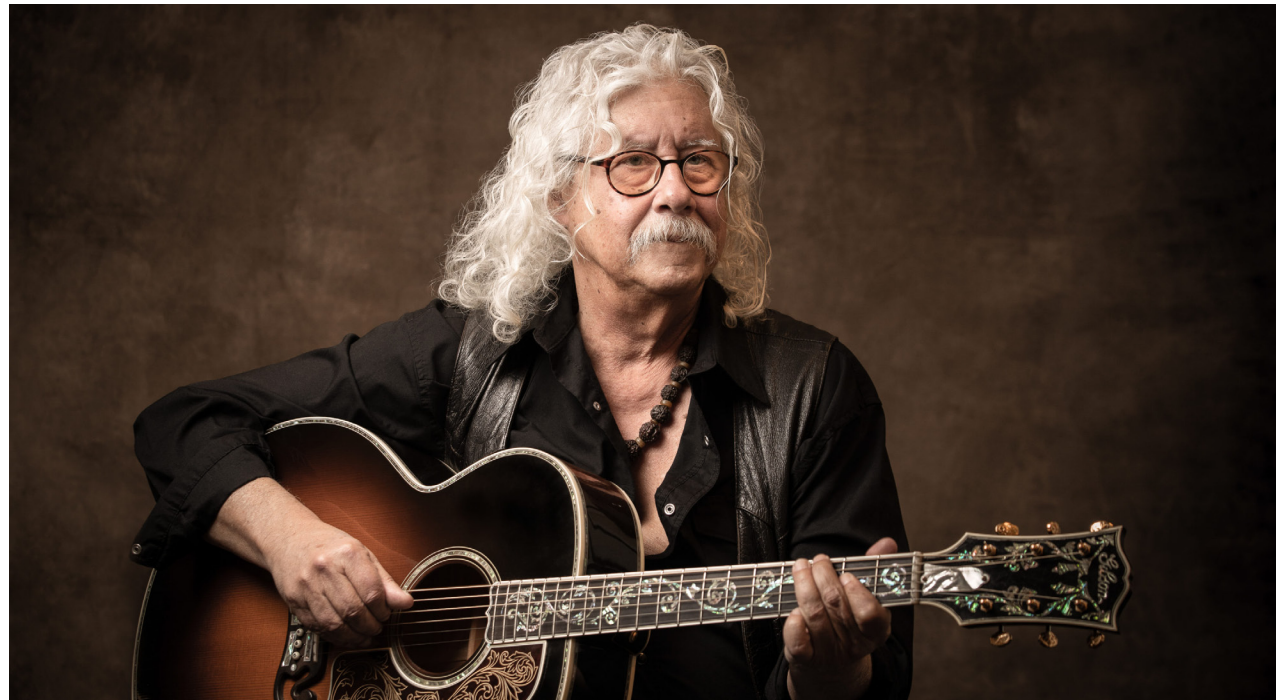
Brown's Troy Taproom & Brewery
417 River Street ,Troy
518-273-2337

Black Bear Inn
310 19th St., Watervliet
518-272-9486

Caffè Lena
47 Phila St., Saratoga Springs
518-583-0022
Thurs: **Della Mae** | 7 p.m.
Fri: **House Of Hamill** | 8 p.m.
Sat: **Cliff Eberhardt** | 8 p.m.
Sun: **Dan Berggren** | 7 p.m.

Carson's Woodside Tavern
57 NY-9P, Malta
518-584-9791
Thurs: **Art & Shawna** | 8 p.m.
Fri: **Steve Candlen** | 8 p.m.
Sat: **Eric Kufs** | 8 p.m.
Sun: **Bicycle Mary** | 8 p.m.

Centre Street Pub
308 Union St., Schenectady
518-393-2337
Fri: **Pete Pashoukos** | 2 p.m.
Sat: **The Wallies** | 6 p.m.



The stories return to the Egg

Arlo stopped performing concerts in 2020 – but now confessing that “retirement was fun while it lasted” he returns to the Egg with a new spoken word show.

Eric Brown

Cohoes Music Hall
58 Remsen St., Cohoes
518-434-0776
Thurs: **The Percy Jackson Musical** | 8 p.m.

The Comedy Works
388 Broadway, Saratoga Springs
877-565-3849
Fri: **Derek Gaines** | 7:30 p.m.

Curtain Call Theatre
1 Jeanne Jugan Lane, Latham
Tel: 518 - 877 PLAY (7529)
Thurs: **Incident at Our Lady of Perpetual Help** | 7:30 p.m.

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: **Girl Named Tom** | 7 p.m.
Sat: **Savion Glover and The Celebrated Orchest'dance Ra** | 8 p.m.

Emack & Bolio's
366 Delaware Ave., Albany
518-512-5100

Empire Live/Underground
93 North Pearl St., Albany
866-468-3399
Fri: **Schism** | 6 p.m.
Sat: **Houndmouth** | 7 p.m.

Empire State Plaza
Empire State Plaza., Albany
518-474-2418

Fort Orange Brewing
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518-992-3103

Frog Alley Brewing Co.
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518-631-4800

Fuze Box
12 Central Avenue Albany
518-992-6434

Funny Bone
1 Crossgates Mall Rd #K-206, Albany
518-313-7484.
Thurs: **Adam Mamawala** | 7 p.m.
Fri: **Christopher Titus** | 8 p.m.
Sat: **Steven Rogers** | 8 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: **Motorbike/ Rhoseway W/S/G Barbie Barker** | 7 p.m.

The Hollow Bar + Kitchen
79 North Pearl St., Albany
518-426-8550
Thurs: **Dr. Jah and the Love Prophets**
420 Celebration | 8 p.m.
Sat: **Reese Fulmer & The Carriage House Ban** | 7 p.m.

Lark Hall
351 Hudson Ave, Albany
518-599-5804
Thurs: **Ryan Montbleau Band** | 8 p.m.

The Linda
339 Central Ave, Albany
518-465-5233
Sat: **Manticore** | 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
Wed: **Byrdhouse B'day Show for Rachel-Vial / Ladybyrd / Proximity Crush** | 8 p.m.
Thurs: **4/20 Show - Acid Dad / The Abyssmals / The Sugar Hold** | 8 p.m.
Fri: **Sunbloc / Public Opinion / Who Decides / Only Sibling / Halo Bite** | 8 p.m.
Sat: **The Televisionaries / Les Green** | 8 p.m.

Other One Brewing Company
1505 Halfmoon Parkway, Halfmoon
518-807-5512

Olde English Pub
683 Broadway, Albany.
518-434-6533

The Painted Lemon
54 Clifton Country Road
Clifton Park NY
518-889-2166
Wed: **Russ Kennedy** | 6:30 p.m.
Fri: **Tooty Duo** | 6:30 p.m.
Sat: **Christine Spero & Mark Galeo** | 6:30 p.m.

The Palace Theatre
19 Clinton Ave., Albany
518-465-4663

Panza's
129 So. Broadway, Saratoga Springs
518-584-6882
Fri: **Radio Gold** | 7 p.m.
Sat: **Missy LaBate Duo** | 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: **Lady Byrd, The Thing** | 8 p.m.
Sat: **Boss Crowley, The Pine Boys, YORT** | 7 p.m.
Sun: **Source, Black Tongue reverend, Turf 'N' Turf** | 8 p.m.

Proctors
432 State Street., Schenectady
518-346-6204
Fri: **Dj T.G.I.F and Friends** | 8 p.m.

Putnam Place
63a Putnam St., Saratoga Springs
518-584-8066
Wed: **Dopapod** | 8 p.m.
Thurs: **Hallelujah Hat Trick w/ Laura Leigh** | 7 p.m.
Sat: **Porty w/ Oakum and Surrey Hill** | 9:30 p.m.
Sun: **Some Rise!** | 1 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 Speigletown Rd, Troy
518-235-5858
Thurs: **Open Mic Night** | 5 p.m.
Fri: **The Wheel** | 8 p.m.
Sat: **Whiskey Highway** | 8 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
Fri: **Dig** | 8 p.m.

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

Troy Savings Bank Music Hall
30 Second St., Troy
518-273-0038
Sat: **Beethoven's Ninth** | 7:30 p.m.

UPH
25 Washington Street, Saratoga Springs
(518) 346-6204
Fri: **Isaac Mizrahi** | 7:30 p.m.
Sat: **Mystic Bowies Talking Dreads** | 8 p.m.

Vapor
342 Jefferson St, Saratoga Springs
(518) 584-2110
Fri: **Ten Most Wanted** | 8 p.m.
Sat: **Big Sky Country** | 8 p.m.

Van Slyck's
Rivers Casino & Resort
1 Rush St., Schenectady
518-579-8800
Fri: **Scars N' Stripes** | 8 p.m.
Sat: **Dj Intell** | 8 p.m.

Waterworks Pub
76 Central Ave., Albany
518-465-9079
Fri: **Friday Night Dancing & Karaoke** | 10 p.m.-4 a.m.
Sat: **Saturday Night Dancing & Drag** | 10 p.m.-4 a.m.

Wicked
1602 Route 9, Clifton Park
518-467-8900

Wishing Well Restaurant
745 Saratoga Rd., Wilton
518-584-7640

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EXHIBITS

Albany Institute of History and Art It's a Wrap: Two Hundred Years of Outerwear

It's a Wrap: 200 Years of Outerwear highlights the fashionable garments that help keep us clean, dry, and warm. Exquisitely tailored jackets are juxtaposed with Gilded Age evening wraps encrusted with jet bead trim and dripping with fringe made by the famed Parisian House of Worth. Victorian capes, cloaks, and coats made from luxurious and colorful fabrics are displayed next to outfits worn in Albany during the 1880s tobogganing craze. The simple, yet colorful Shaker cloaks made in Mount Lebanon, New York, contrast with a glamorous 1962 golden brocade evening gown with matching coat by Sophie Gimbel for Saks Fifth Avenue. Picture perfect late nineteenth century velvet and lace trimmed children's coats pair with practical garments made to play in the snow. Also featured are contributions of capital region companies, such as Albany International's PrimaLoft®, a down-like insulation first used in 1990 by L.L. Bean. With this exhibition, we hope to build an appreciation for outerwear that can be fun and elegant. February 18, 2023–August 6, 2023.

Nineteenth Century American Sculpture: Erastus Dow Palmer and His Protégés Launt Thompson, Charles Calverley, and Richard Park- Designed to showcase the museum's nationally known collection of mid- to late-nineteenth-century sculpture, this exhibit is currently ongoing.

Ancient Egypt- Egyptologist and Guest Curator Dr. Peter Lacovara has incorporated the research and scientific discoveries revealed in the GE Presents: The Mystery of the Albany Mummies exhibition into a new exhibition about Ancient Egypt. This exhibit is currently ongoing.

Traders & Culture: Colonial Albany

and the Formation of American Identity- This exhibition looks at those diverse peoples who shaped colonial Albany and the objects that reflect their interests, values, commercial, and social interactions. This exhibit is currently ongoing. The Albany Institute of History and Art, 125 Washington Ave. Albany, 518.463.4478.

Albany International Airport Lumen- 3rd Floor, Main Terminal, 737 Albany Shaker Rd, Albany, NY. 518-242-2241 or www.albanyairport.com/arts

Arts Center of the Capital Region
Gallery hours: Daily, Monday-Thursday, 9 a.m. to 7:30 p.m., Friday, 9 a.m. to 4 p.m., Saturday, 9 a.m. to 5 p.m. and Sunday, noon to 4 p.m. 265 River St., Troy. Free admission. 518-273-0552 or artscenonline.org

The Clark Art Institute Orade Bones- This yearlong installation in public spaces around the Clark features work in a variety of media by Elizabeth Atterbury (b. 1982, West Palm Beach, Florida; lives and works in Portland, Maine). Atterbury makes vibrant geometric prints using chine collé and embossment; textured monochrome reliefs in raked mortar; and wood and stone sculptures that greatly enlarge objects of personal significance. This is ongoing until January 21, 2024.

Portals
Paul Goesch (1885–1940) produced one of the most inventive, peculiar, and poignant bodies of work to emerge from Weimar Germany. An artist and architect, he made both fanciful figurative drawings and visionary architectural designs. The latter, which drip with eclectic ornament and resemble little made then or since, are the subject of this exhibition, the first dedicated to Goesch's work in North America. March 11th - June 11th 2023. Museum hours: Daily, from 10 a.m.



Ryan Montbleau Band at Lark Hall

Ryan Montbleau, has a new record, a new home in Vermont and will be performing with Kat Wright on April 20th at 8 p.m.

Bob Wager

to 5 p.m., Tuesday through Saturday. Admission: Adults, \$20; children 18 and younger, free. 225 South St., Williamstown, Mass. 413-458-2303 or www.clarkart.edu

The Jan Rutland Memorial Artists' Space

Gallery hours Thursday, Friday, and Saturday from 10 a.m. to 4 p.m. Free. Second Floor, National Bottle Museum, 76 Milton Ave., Ballston Spa. 518-885-7589 or nationalbottlemuseum.org

miSci

Be the Astronaut - Be the Astronaut is a fun, interactive adventure where you

are in control as you launch a rocket, pilot a spaceship, and drive a rover in space!

The exhibit guides you as you discover the solar system first hand with the help of virtual astronauts as you land on multiple worlds, including the Moon, Mars, and Jupiter. Designed with the help of NASA experts, the exhibition is fun for the whole family and takes STEM learning into outer space.

African Americans at General Electric- African Americans at General Electric features 60 photographs from the Museum's Archives. The exhibition was created in collaboration with Milton and

Kenneth Evans and displays moments from a history of talented African American scientists, inventors, and engineers and more that worked at General Electric. Ongoing until May 8th 2023.

Let's Connect! Exploring Communication Technology - A voice travels through the air at 343 meters per second. That wasn't fast enough. A shout can be heard 2 kilometers away. That wasn't far enough. Let's Connect! explores a world of innovation in which scientists, inventors, and visionaries keep breaking limits to make our modern connections what they are today. This dynamic exhibition explores the ef-

forts of human beings to move an ever-growing quantity of information faster and more broadly than ever before. On view through May 14, 2023.

Museum hours: Tuesday–Saturday, 10 a.m. to 5 p.m. (observatory open until 8 p.m. on Thursday); Sunday, noon to 5 p.m. 15 Nott Terrace Heights, Schenectady. Admission: Adults (13+), \$12; seniors (65+), \$10; children (3-12) \$8. Additional \$6/person for planetarium show. 518-382-7890 or www.miSci.org

New York State Museum Unveiled: Wedding Wear in 19th-century New York

Berenice Abbott: Changing New York In 1929, after eight years in Europe, photographer Berenice Abbott (1898–1991) returned to New York City. She was inspired by its dramatic transformation. New construction was everywhere; hundreds of 19th-century buildings had been torn down to make way for dozens of skyscrapers. She was determined to capture this momentous change in photographs. Ongoing through July 2nd 2023.

Thomas Hart Benton - In 1956 Thomas Hart Benton was commissioned by Robert Moses, chairman of the New York Power Authority, to create two murals for the powerhouse building of the state's first hydropower facility in Massena. They feature Jacques Cartier's explorations of the St. Lawrence River and the Gulf of St. Lawrence. Ongoing until July 2nd 2023. Museum hours: Tuesday–Sun, 9 a.m. to 5 p.m.; 222 Madison Ave., Albany. Free admission; suggested donation of \$5/person or \$10/family. 518-474-5877 or www.nysm.nysed.gov

Opalka Gallery

Gallery Hours Tuesday through Saturday 12pm to 5pm open late Thursday 12pm to 8pm. Monday by appointment. Gallery is located at Russell Sage College 140 New Scotland Ave. Albany, NY 12208.

Saratoga Arts

320 Broadway, Saratoga Springs. Free

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CLUES ACROSS

1. It's all over the beach
5. A cirque
8. Corpuscle count (abbr.)
11. Influential report author
13. Satisfaction
14. Recurring only at long intervals
15. Islamic calendar month
16. Neither
17. Gelatinous substance
18. American electronic music producer
20. Old computer system
21. Professional organization
22. Malaria mosquitoes
25. Not composed of matter
30. It's in the ocean
31. Peyton's little brother
32. French commune
33. Eyelashes
38. Equal (prefix)
41. Quality of little or no rain
43. One who beheads
45. Sung to
48. Influential punk artist
49. Amount of time
50. Polio vaccine developer
55. Abba __, Israeli politician
56. Job
57. Flat-bottomed sailboat
59. Japanese wooden clog
60. Folk singer DiFranco
61. FL city
62. Naturally occurring solid
63. Language of indigenous Asian people
64. Dark brown

CLUES DOWN

1. Soviet Socialist Republic
2. Zoroastrian concept of holy fire

3. Venomous snake genus
4. Uninteresting
5. Straightforwardness
6. Expression of wild excitement
7. Arrange in order
8. East Indian cereal grass
9. Hillsides
10. Bird beak covering
12. Baseball stat
14. Edge of a surfboard
19. Wrapping accessory
23. Express approval
24. Deduce
25. Similar
26. Born of
27. Automobile
28. Obligated to repay
29. Live in
34. Influential journalist Tarbell
35. Set aflame
36. OJ trial judge
37. Scottish town
39. African nation
40. Egg-shaped wind instrument
41. Mimic
42. Frees
44. In slow tempo
45. Sword
46. Related on the mother's side
47. Mars crater
48. Plant of the lily family
51. Suitable in the circumstances
52. Hillside
53. Metrical foot
54. Amazon river tributary
58. Adult male human

Answers on Pg. B13

admission. Gallery hours: weekdays, 9 a.m. to 5 p.m.; Saturday, 11 a.m. to 5 p.m. 518-584-4132 or saratoga-arts.org

Schenectady County Historical Society

Ongoing: "Mapping Schenectady." Some of SCHS' most prominent and interesting maps are now on permanent display in the Map Gallery. Also, **Beyond the Pines: Early Schenectady** an exhibit focused entirely on early Schenectady: its founding, its people, and what life was like for the city's earliest residents. Plus permanent exhibits. Museum hours: weekdays, 9 a.m. to 5 p.m.; Saturday, 10 a.m. to 2 p.m. Library and Museum, 32 Washington Ave., Schenectady. Admission: \$5. 518-374-0263 or schenectadyhistorical.org

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. 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

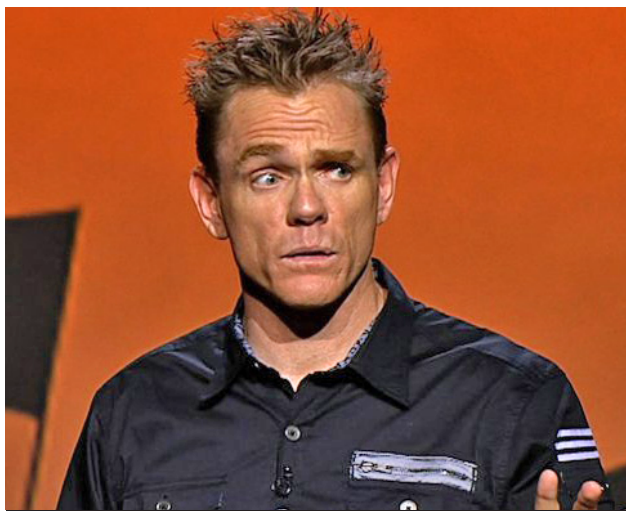
University Art Museum

University Art Museum is located at 1400 Washington Avenue, Albany.

THEATRE

The Lightning Thief: The Percy Jackson Musical

Adapted from the best-selling book *The Lightning Thief* by Rick Riordan and featuring a thrilling original rock score, *The Lightning Thief: The Percy Jackson Musical* is an action-packed mythical adventure "worthy of the gods" (Time Out New York). As the half-blood son of a Greek god, Percy Jackson has newly discovered powers he can't control, a destiny he doesn't want, and a mythology textbook's worth of monsters on his trail. When Zeus's lightning bolt is stolen and Percy becomes the prime suspect, he has to find and return the bolt to prove his innocence and prevent a war between the gods. But to succeed on his quest, Percy will have to do more than catch the thief. He must travel to the Underworld and back; solve the riddle of



Titus at Funny Bone

Known for leaving no stone unturned, Titus takes his audience on a ride that will leave them exhausted from laughter.

Submitted photo

the Oracle, which warns him of betrayal by a friend; and come to terms with the father who abandoned him. Catch the show Thursday, April 13th ongoing until Sunday, April 23rd only at Cohoes Music Hall, 58 Remsen Street, Cohoes.

Dig

A dying plant shop in a dying neighborhood receives a visitor from the past: Megan, the neighborhood screw-up, who made a suicide attempt after a terrible tragedy. Roger, the store owner, wants nothing to do with this situation, but Megan is improbably clinging to life. Can a soul beyond saving be saved? A play about courage, redemption, and photosynthesis. Catch the show starting April 21st and on going until April 30th only at Sand Lake Center for the Arts 2880 NY-43, Averill Parkny.

COMEDY

Derek Gaines

Derek Gaines was born in California, but found his comedy chops while growing up in Philadelphia. He currently calls New York City his home where he regularly performs and brings a unique perspective to growing up African American in the suburbs. Derek's first break came when he reached the semi-finals of Bill Bellamy's *Who's Got Jokes* in 2010. Also in 2010 Derek was a finalist in Philadelphia's Phunniest Person Competition. Derek made his standup comedy television debut in 2014 when he appeared on AXS TV's *Gotham Comedy Live* and was selected by the *Just For Laughs Festival* as part of their *New Faces* showcase. Derek has been a contributor to VH1's *Morning Buzz* and TRU TV's *Greatest Ever*. He starred in Morgan Spurlock's docuseries "Connected". Derek is also a cast member of MTV's *Joking Off* and the co-host of MTV's *Broke A\$\$ Game Show*. Catch this show April 21st at 8 p.m. only at The Comedy Works, 388 Broadway, Saratoga Springs.

The Most Offensive Show On Earth

Travis Charles is a 16 year veteran comic out of Richmond VA. His humor tends to come directly from his life experiences, for better or worse. His brutal honesty about his life and the world in general is somehow both abrasive and endearing. As the creator of the hilarious "The Most Offensive Show on Earth" him and his friends Kyle Kemper, Jon Morris and Nick Taylor are not at all afraid to push some of the boundaries of good taste in a way that stays somehow remarkably palatable. Travis has been seen on the

MTV, Travel Channel, Comcast OnDemand, and FOX. Travis has also received Millions and Millions of views on his Facebook reels and TikTok. A polished, professional comedian Travis is sure to please crowds of all kinds. Catch this show April 19th at 7:30 p.m. only at The Funny Bone, 1 Crossgates Mall Rd #K-206, Albany.

Adam Mamawala

Adam Mamawala is a stand-up comedian, actor and podcaster based out of New York City. He has appeared on Comedy Central, MTV, BET, Amazon Prime and SiriusXM, and both of his albums, *Statistically More Relatable* (2022) and *One of the Good Ones* (2017) debuted at #1 on the iTunes Comedy Charts. Adam has been a freelance contributor to Saturday Night Live's *Weekend Update* and *Someecards* and currently co-hosts podcasts *Away Games* and *HORSE*, as recently featured in the *New York Times*! Catch this show April 20th at 7:30 p.m. only at The Funny Bone, 1 Crossgates Mall Rd #K-206, Albany.

Christopher Titus

Employing what he's labeled 'hard funny,' Christopher Titus, star and creator of the Fox show, "Titus," has released eight ninety-minute albums in as many years. Known for leaving no stone unturned, especially within his own life and family, Titus takes his audience on a 90-minute ride that will leave them exhausted from laughter. To see one of Christopher Titus' shows, is to love him. Titus is currently performing his ninth and newest show, "Stories I Shouldn't Tell," in sold out theaters across the country. Titus also wrote, directed and starred in a full-length film called "Special Unit," released in 2017, that won several film awards, and has since been released in 68 countries. Catch this show April 21st at 7:30 p.m. only at The Funny Bone, 1 Crossgates Mall Rd #K-206, Albany.

Steven Rogers

Originally from Syracuse, NY Steven Rogers is comedian based in NYC who has been making others laugh for most of his life. Performing in clubs all over the country, Steven has opened for comedians such as Joe List, Tom Papa, and Brian Regan. He has appeared in multiple comedy festivals like Lucy Fest, Limestone Comedy Festival, 10,000 Laughs and the Rogue Island Comedy Festival. Steven's clever rapid fire material full of observations about his life and the world around him has lead him to appearing on the Late Show with Stephen Colbert, The Late Late Show with

James Corden and Dry Bar Comedy. His debut album/special "Before He Was Super" quickly hit #1 on iTunes and was named one of Paste's Top 12 Best Comedy Albums of 2022 and one of Vanyaland's Favorite Comedy Releases of 2022. Catch this show April 22nd at 7 p.m. only at The Funny Bone, 1 Crossgates Mall Rd #K-206, Albany.

MISCELLANEOUS

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

Tim Olsen Quartet

Tim Olsen is active as composer, performer, and educator. Born in 1961 in St. Paul, Minnesota, his early training involved playing trumpet in marching, concert, and jazz bands. Olsen began writing and arranging for these groups and picked up piano by ear. He went on to earn a Bachelor of Music (summa cum laude) in music theory and composition from Washington University in St. Louis (1983), a Master of Arts in music theory and composition from the University of Minnesota (1985), and Master of Music (1988), Master of Musical Arts (1989), and Doctor of Musical Arts (1995) in composition from Yale University. As a Fulbright Scholar in 1990-91, Olsen studied with composer Ib Nørholm at the Royal Danish Conservatory of Music in Copenhagen. Catch this April 21st at

COMING UP

PROCTORS theREP UPH
Proctors.org • CapitalRep.org • UniversalPreservationHall.org



A MIDSUMMER NIGHT'S DREAM
theREP • April 14-May 7

In a world where women are captured and married to the highest bidder, what are four unrequited young lovers to do on a Midsummer's night? Of course, run away into the dream-like arms of an enchanted forest where sprites lurk and fairies rule. While a feuding Fairy King and Queen are at war, their paths are crossed by Bottom, Quince and their friends presenting a play within a play.



FIDDLER ON THE ROOF
Proctors • April 26-27

Tony®-winning director Bartlett Sher and the team behind *South Pacific* and *The King and I* bring a fresh and authentic vision to this beloved theatrical masterpiece from Tony-winner Joseph Stein and Pulitzer Prize winners Jerry Bock and Sheldon Harnick. A wonderful cast and a lavish orchestra tell this heartwarming story of fathers and daughters, husbands and wives, and the timeless traditions that define faith and family.



ISAAC MIZRAHI
UPH • April 21

Don't miss famed Producer, director and designer Isaac Mizrahi at UPH one night only! This seasoned performer talks the ins and outs of showbiz, fashion, music and more in between bouts of timeless showtunes and jazz.



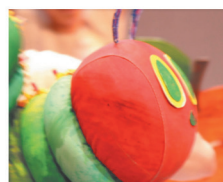
MYSTIC BOWIES TALKING DREAMS
UPH • April 22

The Talking Heads sang, "This ain't no party, this ain't no disco...no time for dancing..." all those anti-fun declarations go out the window when Mystic Bowie takes the stage with TH's classic catalogue, infused with a reggae flair that makes you happier just by listening.



RAIN - A TRIBUTE TO THE BEATLES
Proctors • April 25

RAIN - A TRIBUTE TO THE BEATLES performs songs from *Abbey Road* & the Rooftop Concert LIVE, in addition to all your favorites hits.



THE VERY HUNGRY CATERPILLAR
UPH • April 26

The critically acclaimed production of *The Very Hungry Caterpillar Show* created by Jonathan Rockefeller features a menagerie of 75 lovable puppets. The production faithfully adapts four stories by author/illustrator Eric Carle.



- 4/20 • Film - Blonde Venus
- 4/21 • DJ T.G.I.F. and Friends
- 4/22 • 8th Step Presents: Susan Werner
- 4/25 • RAIN - A Tribute to The Beatles
- 4/25 • Exhibition on Screen: Vermeer - the Greatest Exhibition
- 4/26-4/27 • Fiddler on the Roof
- 4/27 • Film - The Devil is a Woman
- 4/28 • Colin & Brad: Scared Scriptless
- 4/28 • Found Footage Festival



4/14-5/7 • A Midsummer Night's Dream



- 4/21 • Isaac Mizrahi
- 4/22 • Mystic Bowies Talking Dreams
- 4/26 • The Very Hungry Caterpillar

Proctors, theREP and UPH are part of PROCTORS Collaborative

518.346.6204
proctors.org
capitalrep.org
universalpreservationhall.org

8 p.m. only at 9 Maple Ave., Saratoga Springs.

Dave Fisk Quartet

Dave Fisk is a saxophonist in Albany, NY. Dave's interest in music started at a young age. His father, David Fisk Sr, was the source of his inspiration. His Father, (an amateur musician) introduced him to many styles of music; from Mozart to Hendrix to Paul Simon to Stan Getz. But it was when Dave's father played Miles Davis's album "Jazz Traxx" that Dave became "hooked" on jazz. The group on the album contained such notables as Juliann "Cannonball" Ad-derley, Alto Sax and John Coltrane Tenor Sax. Mr. Fisk entered the Crane School of Music as a Saxophone major pursuing a degree in music education with a minor in Jazz Studies. At Crane he studied with Robert Faub and Brett Zvacek. He also had the privilege to study with other musicians such as Dave Dempsey, Jim Corigliano, Joe Magnarelli, Mark Vinci and Ralph Lalama Catch this April 22nd at 8 p.m. only at 9 Maple Ave., Saratoga Springs.

dogboy / watergh0st / Hz Montana / Counseling

dogboy (formerly lead singer/guitarist of Hairbag) is a punk turned indie rocker exploring a spectrum of sounds, from the haunting and harrowing, to the uplifting and sublime. He is joined by friends Marco Spodek (drums), Connor Lennon (bass), Matt Gustafson (guitar), and Sage Willow (synth). watergh0st melds hypnagogic pop w/ abstract electronic. Hz Montana is ambient, nosie, drone, experimental. Counseling play indie folk/rock. Catch this April 21st at 8 p.m. only at Avalon Lounge , 29 Church St. Catskill.

Scott McMicken / Arc Iris

Scott McMicken has always thrived



Dopapod at Putnam

Dopapod access a heightened level of cosmic harmony in their music. They present albums as experiences meant to be shared out of your speakers and on stage.

Cats Cradle photo

on switching things up. As a founding member of Philadelphia rock mainstays Dr. Dog, McMicken and his bandmates consistently explored new sounds and new ways of writing songs across 10 gleefully eclectic albums before their 2021 hiatus. While McMicken has quietly released solo projects via cassette and vinyl on his own label Press On Records, for his latest effort, he's done something he's only done once before: started a band. With Shabang, out March 31, 2023, via ANTI-, comes the debut album from Scott McMicken and THE EVER-EXPANDING, and he's made

some of his freest and most adventurous music yet. Part Basement Tapes and Paul Simon, and part a globetrotting foray into progressive sounds, Shabang is some of the most exploratory music of McMicken's career. There are elements of jazz, dub reggae, country, and bossa nova throughout these 13 tracks, each exuding the excitement of being in a room with several other curious musicians. Opener "What About Now" originally started as a folk-rock dirge but when McMicken decided to add some bounce to the rhythm, the whole thing opened up. Even songs that dig deep

into personal conflict like "Reconcile" radiate with a joy that's tangible and rocking. Arc Iris are a wildly adventurous, genre-blurring band founded in Massachusetts by frontwoman, songwriter, and multi-instrumentalist Jocie Adams, formerly of the Low Anthem. Adams, a formally trained classical composer (and former NASA researcher), formed the group as a deliberately adventurous ensemble whose music is informed by everything from sophisticated '70s pop to folk, country, cabaret, jazz, classical music, and contemporary sources such as Grizzly Bear. Catch this April 22nd at

6:30 p.m. only at Avalon Lounge , 29 Church St. Catskill.

Francesca Hoffman / Aaron Roche

Francesca Hoffman is a multi-instrumentalist and singer based in the mid-Hudson Valley, NY. A classically trained flutist and self-taught guitarist, ukulele player and percussionist, she primarily writes songs about love and relationships. Aaron Roche is a musician living and moving in Brooklyn, New York. He has performed as a soloist with various orchestras around the United States. He has had formative musical experiences working with Shahzad Ismaili, Anohni, R. Stevie Moore, and many more. Catch this April 23rd at 7 p.m. only at Avalon Lounge , 29 Church St. Catskill.

Della Mae with opener Maya de Vitry

Della Mae is a GRAMMY-nominated all-woman string band founded by lead vocalist/guitarist Celia Woodsmith and 2-time Grand National champion fiddle player Kimber Ludiker. Rounding out the current touring lineup are guitarist Avril Smith, and bassist Vickie Vaughn.

Hailing from across North America, and reared in diverse musical styles, Della Mae is one of the most charismatic and engaging roots bands touring today. They have traveled to over 30 countries spreading peace and understanding through music. Their mission as a band is to showcase top female musicians, and to improve opportunities for women and girls through advocacy, mentorship, programming, and performance. Catch this April 20th at 7 p.m. only at Caffè Lena, 47 Phila Street, Saratoga Springs.

House of Hamill

Whether they're ripping through a set of original jigs and reels, adding lush

three-part harmonies into traditional folk ballads, or cracking up an audience with stories from the road, House of Hamill puts on a show that captivates audiences from the very first note. The band features Caroline Browning, Brian Buchanan and Rose Baldino of the Celtic folk-rock band Enter the Haggis. The Pennsylvania-based band is a fixture on festival stages across the US, and have shared their music and stories on the country's premier folk stages. Their version of "Pound a Week Rise" rose to #1 on the US Folk DJ charts, and the video for their all-violin cover of "Sweet Child O' Mine" amassed over 16 million views on Facebook, where it was shared over 400,000 times. Their latest release, "Folk Hero," captures perfectly the frenetic energy and eclecticism of their always engaging live show. It is a lively collection of original instrumentals, reimagined folk ballads, and new songs that showcase the trio's versatility. Catch this April 21st at 8 p.m. only at Caffè Lena, 47 Phila Street, Saratoga Springs.

Cliff Eberhardt

Cliff Eberhardt's guitar and piano melodies range from pop to folk to old-style jazz, with lyrics that find fresh, incisive ways to address the familiar themes of life gone good and bad. From melancholy to sweet optimism, Cliffs songs are the product of a mature and tested performer with the highest level of craftsmanship. A driving force of the Greenwich Village New Folk movement and beloved by his peers, Cliff's songs have been covered by Richie Havens, Buffy St. Marie, Erasure, Lucy Kaplansky and the folk superstar band. Catch this April 22nd at 8 p.m. only at Caffè Lena, 47 Phila Street, Saratoga Springs.

America Sings!

AMERICA SINGS is a concert series that amplifies the voices of BIPOC artists,

HOROSCOPES

**April 2023
Week 3**

ARIES - MAR 21/APR 20

You don't want to have mundane tasks hanging over your head, Aries. Try to check as many of them off your to-do list this week as you can. This will free up a lot of free time.

TAURUS - APR 21/MAY 21

Taurus, you may be planning a much-needed vacation at the present time. Figure out a place you've never been and then fill your itinerary with plenty of fun things.

GEMINI - MAY 22/JUN 21

You likely will have to devote a lot of attention to practical matters in the days to come, Gemini. This includes taking a hard look at your spending and making cuts.

CANCER - JUN 22/JUL 22

Cancer, the coming week will be a busy time for social opportunities. Other people will want to be around you as you can be the life of the party when you come out of your shell.

LEO - JUL 23/AUG 23

Don't be surprised if your energy level is high this week, Leo. This leads to you feeling restless at home and even at work. This could be a fine time to take up a hobby.

VIRGO - AUG 24/SEPT 22

Virgo, you may be looking forward to an evening out with a romantic partner or close friends. Try to narrow down a day this week or next. Have a few restaurants at the ready.

LIBRA - SEPT 23/OCT 23

Take advantage of some free time to get things done around the house, Libra. Cleaning or other home improvements should be a priority.

SCORPIO - OCT 24/NOV 22

There's a lot of activity expected close to home, Scorpio. A new business may open or there could be a movie star who is spotted in town. Maybe you'll get new neighbors.

SAGITTARIUS - NOV 23/DEC 21

The thought of financial prosperity has you scouring the recruitment sites this week, Sagittarius. Speak to others about the pros and cons of leaving your current job.

CAPRICORN - DEC 22/JAN 20

Capricorn, you are surrounded by positive energy and eager to be out and about with friends this week. Start exploring all of the possibilities around you.

AQUARIUS - JAN 21/FEB 18

This may be a good week to devote a large chunk of time to being alone. Some time with just your thoughts and a little silence could be everything you need.

PISCES - FEB 19/MAR 20

Pisces, discussions at work could get a bit heated. It's best to distance yourself from these situations as best as you can.

who have historically been underrepresented on the concert stage. Each event will feature a wide array of classical, jazz, and popular music. AMERICA SINGS concerts will be hosted in partnership with Caffè Lena, and will also be live-streamed to the public for free, but viewers are encouraged to contribute through a virtual donation to support both Opera Saratoga and this concert series. Helena graduated from the Peabody Conservatory with their MM in Voice and Pedagogy in May 2022. They also have a BM in Voice and a BA in Comparative American Studies with a concentration in Identity and Diversity from the Oberlin College and Conservatory. From string quartets and choir works to an Opera for guitars and cajon (a Peruvian drum), Johnny Gonzalez embraces every medium and genre with great zeal throughout his compositional endeavors as he strives towards authentic and meaningful connection between his music and audience. A recent graduate from Towson University of Baltimore with a Bachelor of Music, Gonzalez is an adamant composer at heart who also enjoys collaborations at the piano, seeing them as wonderful opportunities for workshopping and developing artistic rapport between composer and performer. Catch this April 23rd at 1 p.m. only at Caffè Lena, 47 Phila Street, Saratoga Springs.

Dan Berggren

Dan Berggren is a tradition-based songsmith with Adirondack roots who writes with honesty, humor and a strong sense of place. Rooted in mountain tradition and enviro-awareness, his songs explore the many dimensions of home, hard-working folks, taking care of our planet and each other - and Dan weaves them all together with humor and stories of community. This concert celebrates

Earth Day and his 50th year of performing, with over 20 albums of traditional and fresh acoustic folk under his belt. Catch this April 23rd at 7 p.m. only at Caffè Lena, 47 Phila Street, Saratoga Springs.

Eric Kufs

A Los Angeles singer/songwriter currently living in upstate New York, Eric Kufs is one part crooner, one part protest singer and every part artist. Eric's time performing in Southern California began years ago in local clubs and venues. With the lyrical bite of an Elvis Costello, the dynamic voice of a Van Morrison, and the passion of a Bruce Springsteen, his prowess eventually led to performances around the world. Catch this show April 22nd at 8 p.m. only at Carson's Woodside Tavern, 57 Route 9P, Malta.

Tiffany

A legendary pop star, Tiffany earned two U.S. number one hit singles with "I Think We're Alone Now" and "Could've Been," and set a record as the youngest female artist to top the Billboard charts with her debut album. In 2000, Billboard ranked Tiffany's album The Color of Silence as the "Top Ten Best Albums of the Year." In 2011, she released her country-pop LP Rose Tattoo, embracing the music she grew up on. Her 2016 critically acclaimed A Million Miles marked the first time Tiffany had been a co-producer on her own record. As a writer and co-producer on her 10th studio album, Pieces of Me, Tiffany fused elements of rock and pop, while still showcasing her trademark tendency for big radio friendly choruses. Now she's ready to bare her soul and invite listeners to walk with her into the light via her 11th studio album, Shadows. She has sold more than 15 million albums to date. Join us April 24th at 8 p.m. only at Cohoes Music Hall 58 Remsen Street, Cohoes.

Girl Named Tom

Three siblings unlock one harmony to unite the world. The trio—Bekah, Joshua, and Caleb Liechty—notably made history as "the only group to ever win NBC's The Voice." Along the way, they've impressively generated millions of streams across chart-rattling covers such as "River," "The Chain," and "Dust in the Wind." The proud Midwesterners gained further traction with the independent Another World EP. Returning to the road with a bang, they performed 100-plus shows throughout 2022 alone. Inking a deal with Republic Records, they serve up their debut holiday EP, One More Christmas, and embark on a massive arena tour supporting Pentatonix for "A Christmas Spectacular." Their inimitable harmony will only continue to resound louder in 2023 and beyond. Join us April 20th at 8 p.m. only at The Egg, Agency Building 1, S Mall Arterial, Albany.

Arlo Guthrie

Anyone who has had the good fortune to attend a performance by Arlo Guthrie knows that while – yes – the songs are wonderful – it's the STORIES that really make the show something really special. Arlo stopped performing concerts in 2020 – but now confessing that "retirement was fun while it lasted" he returns to the stage with a new spoken word show – "What's Left Of Me" – moderated by author, music historian and former director of the Grammy Museum Bob Santelli – that will include rarely seen video footage and audience Q&A. As the oldest son of Woody & Marjorie Guthrie, Arlo first made his appearance onstage at age 13, made music history with the composition "Alice's Restaurant" and a legendary performance at Woodstock. After 60 years on the road there should be a lot to talk about. Join us April 21st

at 8 p.m. only at The Egg, Agency Building 1, S Mall Arterial, Albany.

Schism

Not many cover or tribute bands out there ever attempt to engage in the raw talent, mysticism, math and magic that is TOOL, but if you talk to four brave souls from New York City (Keith Williams- Guitar, Angelo Rivera- Vocals, Pierson Milazzo- Bass, Donald Pusateri- Drums) their love and passion for this music led them to form SCHISM, New York City's premier TOOL tribute band. Catch the show April 21st at 8 p.m. only at Empire Live, 93 North Pearl Street, Albany.

Houndmouth

Houndmouth was formed in 2011 in New Albany, Indiana, a town across the river from Louisville, Kentucky. Founding members included guitarist/vocalist Matt Myers, keyboardist/vocalist Katie Toupin, bassist/vocalist Zak Appleby, and drummer/vocalist Shane Cody. The driven group of musicians quickly built a loyal following based on its fervent live shows, and was soon sharing stages with like-minded bands such as Drive-By Truckers and the Lumineers. In 2012, the group issued a self-titled four-song EP, and in 2013, Rough Trade released the band's full-length debut, From the Hills Below the City, a hearty collection of ragged, country-informed rock & roll. After a lengthy bout of touring, including stops at major festivals like Bonnaroo, Lollapalooza, and Newport Folk Festival, Houndmouth returned in March 2015 with Little Neon Limelight, another set of lean country boogie and late-night laments. The following year, Toupin left the band to pursue a solo career, leaving the remaining trio to quickly readjust their live act just before a major tour. Houndmouth carried on with a new set of touring members including keyboardist Caleb Hickman

and saxophonists Graeme Gardiner and Drew Miller. Catch the show April 22nd at 8 p.m. only at Empire Live, 93 North Pearl Street, Albany.

Motorbike/ Rhoseway W/S/G Barbie Barker

Saratoga Springs-native alt-rock full of soulful hooks on a pop platform with complex tones. Led by singer-songwriter Mike O'Donnell, performing music off 2019's debut album "Victory Lap", featuring production contributions by Wreckless Eric. Albany, NY-based RHOSEWAY is the creative indie alt-rock solo project from singer-songwriter Rob Fleming. Recently released "Country Sunrise // Cloak & Dagger", the third dual-single release, shaped by dense musical pairing of movements, melody, and dynamics. Troy-native Caitlin Barker's solo project, stemming as the front woman of garage-pop trio Candy Ambulance. Eclectic and intimate music with a dynamic foundation not to be missed. Catch this show April 22nd at 8 p.m. The Hangar on the Hudson, 675 River Street, Troy.

Reese Fulmer & The Carriage House Band and Blue Ranger w/s/g Caity Gallagher

if you ask Reese about himself, he'll tell you he's a brand new soul. But his songs tell a different story, with a clear eye, poetic touch, and unique imagination, of a conduit to something much older and deeper. Born and raised in Gloucester, MA, Reese has quickly made a name for himself in the Capital Region, NY, as a precocious songwriter and engaging performer, with a sound reminiscent of early work from Josh Ritter, Justin Townes Earle, and Iron & Wine. The Carriage House Band features a fluid lineup with some of the finest and most versatile musicians in the area, making every

live show a unique performance. Upstate NY based band Blue Ranger are here to remind us that there are small moments of magic in the everyday. Formed in 2015, the trio have been crafting soft-focused folk that celebrates the beauty in our uncertainties with an existential flair. Following their 2018 LP Saving A Beauty (Five Kill Records) comes a fresh single - True Blue - where candid, autobiographical tales dance among a wealth of imaginary characters. The trio brings their propulsive folk influenced sound to improvisatory heights in live settings - the product of countless years moving sound. A folk singer songwriter based in the Capital Region, Caity Gallagher's rootsy compositions and lilting vocal lines serve to showcase intimate lyrics that tell universally relatable stories. Likened to a modern combination of Jewel and Emmylou Harris, Caity elevates melodic, lyrical, and emotional expression in her music, with each song aiming to map the endless meandering paths of the human experience. Catch this show April 22nd at 7 p.m. only at The Hollow, 79 North Pearl Street, Albany.

Ryan Montbleau Band with special guest Kat Wright

Set to roll out across four distinct EPs, Wood, Fire, Water, and Air marks Montbleau's first studio release since putting down permanent roots in Burlington, Vermont, where he recently purchased a house after more than two decades of living on the road. While much of the material here was written in fits and starts over the past several years, it's clear that the desire for stability was very much on Montbleau's mind even before he settled on the banks of Lake Champlain, and the songs reflect a maturity and self-awareness that can only come from the difficult work of

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rigorous self-examination. Montbleau is quick to credit therapy for his growth of late, but he sings about more than just himself here, mixing sly humor and deep revelations as he meditates on the ties that bind all of us perfectly imperfect humans together. Kat Wright, whose voice is both sultry and dynamic, delicate yet powerful; gritty but highly emotive and nuanced, has been described as "a young Bonnie Raitt meets Amy Winehouse". There's soul flowing in and out of her rock 'n' roll with a serpentine seduction. Some of soul music's sweet, grand dames belt, shout, seethe, and succumb, while Wright sings gently like a heartache's apology. It's funky in spots and beautiful all over. And it hurts a little... like it should. Catch this show April 20th at 8 p.m at Lark Hall.

Manticore

Manticore – the tribute to Emerson Lake & Palmer recreates the original sound of ELP live on stage and delivers a uniquely dynamic and bombastic performance that you won't soon forget. There are less than a handful of ELP tributes in the world, due to the complexity and difficulty of the music and Manticore is the best there is. This year is the 50th anniversary of the Brain Salad Surgery album and Manticore will be performing hits from this album, as well as traditional favorites like Lucky Man, Fanfare For The Common Man, Tarkus and more. Catch this show April 22nd at 8 p.m. only at The Linda WAMC's Performing Arts Studio, 339 Central Avenue, Albany.

Boss Crowley, The Pine Boys, YORT

a band located out of Troy, NY that plays cosmic country/post-punk/psychedelic music. The Pine Boys provide such a unique musical interpretation with a blend of character-driven storytelling

and memorable guitar riffs. The group was founded by multi-instrumentalists, Brett Maney and Andrew Cerone, in 2016. When they started playing live in 2019, they added their longtime friend Sam Lasky on the instrument, the keytar, since they have been together, they have released 6 albums and played all over Upstate NY, anywhere from basements to bars. Catch this show April 22nd at 8 p.m. only at Pauly's Hotel, 337 Central Ave., Albany.

Dopapod with special guest Baked Shrimp

The group's hypnotic hybrid of funk, rock, jazz, bluegrass, and electronica bloomed brilliantly on 2009's Radar, and it continued to blossom on the likes of Never Odd Or Even [2014] and Megagem [2017]. Along the way, fan favorites such as "Present Ghosts" reeled in 2.4 million Spotify streams and counting. 2019's Emit Time arrived to acclaim from Guitar World, Relix, Glide, Jambase, and more. Simultaneously, they sold out headline gigs and graced the bills of Electric Forest, Summer Camp, High Sierra, and Bonaroo where Rolling Stone named them among the festival's "best kept secrets."

Baked Shrimp founded LonCon in 2021 following the passing of their most loyal supporter and ambassador, Lon "Conscious" Gellman. The inaugural festival featuring live music, art, and two nights of camping took place in August of 2021 at legendary Arrowhead Ranch in Parksville, NY. After a year off in 2022, the band looks forward to the return of LonCon in 2023.

Catch the show April 19th at 8 p.m. only at Putnam Place, 63a Putnam Street, Saratoga Springs.

Hallelujah Hat Trick w/ Laura Leigh

Hallelujah Hat Trick is more than just your average Grateful Dead cover band. With a collective of over 40 years of live playing experience, the band uses the songs you know and love as a platform for free exploration and exciting musical improvisation. They take the songs to new heights, with an emphasis on delicious vocal harmonies, soaring leads, and original jams; never attempting to recreate The Dead's unique style. They only wish to serve the songs the way they know how: patience and communication.

With open minds and full hearts they have taken the Albany-Saratoga region by force in a short couple years. Laura Leigh is a multi instrumentalist, singer, songwriter and story teller from upstate NY. From the sweeping landscapes of farm country, Laura's voice echoes old timey Appalachian mountain music with early day country ballads, and a big old love for rock and roll. Her songs are authentic tales of small-town USA through a lighthearted lens that is emotional, nostalgic, and emotional. Beginning her music career playing accordion in various bands in the Hudson Valley including Mister Roper, The Roadside Blues Band, Wise Roots, Swampfoot, and more- Laura released her first solo album, "Livin' In Cambridge" in 2021. Catch the show April 20th at 7 p.m. only at Putnam Place, 63a Putnam Street, Saratoga Springs.

Portyl w/ Oakum and Surrey Hill

Indie Electronic producer Portyl (Tyler DeMartino) is a Saratoga Springs, NY native most known for his unique layering of electronic sounds over cinematic elements and nostalgic textures. This

precise combination of sound creates a dynamic listening experience full of triumphant moments and dreamlike sequences. Glistening arps, large atmospheric soundscapes, and eclectic vocal chops create music defined by Portyl himself as "Adventure soundtrack music". Born and raised in Vancouver, a city on western side of Canada, OAKUM draws influence from the diverse landscapes surrounding the city such as its temperate rainforest, beaches, and lakes. His sound mixes feel good melodies, atmospheric textures, and driving rhythm into a combination of electronic, indie, and dance music. Future Bass and Trap artist Surrey Hill (Michael Naclerio) is best known for his bright synths and heavy bass. Residing from Latham, NY, His songs and remixes are filled with thick saws, bright arpeggiators, and a heavy thumping kick that can fill any room with energy and emotion. With an expected EP release later this year, he said he's most excited to "find my sound and to express my emotions in a new way."

Some Rise!

Please join us for a family-friendly musical celebration and fundraiser honoring the life of Justin Kreider at Putnam Place. All funds raised will benefit his surviving family: wife Melissa and children Allie and Dylan. The event will feature live music by Waller Road and Dog Star Orchestra, as well as catering by local restaurants, a silent auction, raffles for gift baskets and a 50/50 raffle. Justin was a frequent concertgoer in the jam band scene, an enthusiastic lover of the Grateful Dead and Phish, so we're honoring his legacy by holding a live concert. Ken Kesey once said that, "No one reaches across the distance and puts their hands on your shoulder

like the Grateful Dead!" We are lucky to belong to such an incredible and generous community and now is a moment to come together. All friends, family, community members, music-lovers, and of course Phish and Deadheads from across the region – please join us to make this event a success and support Justin's family. spread the word, or bring a friend. Reach out and let people know about the items that are being auctioned (soon to be posted!), there is going to be a lot of great stuff up, and people who may not be able to attend can still participate by reaching out to us through messenger. And for those friends who may be too far away to attend in person, we will be streaming the event live. Catch the show April 23rd at 1 p.m. only at Putnam Place, 63a Putnam Street, Saratoga Springs.

The Wheel

The Wheel brings a big, danceable groove to the party, driven by the deep pocket of rhythm guitarist and bandleader Andy Morse, bassist Dave Pallas, drummer Joe Sorbero and percussionist Pete Andriakos. They provide an unshakable foundation over which lead guitarist Bryan Gautie and keyboardist Rick Rothermel weave solo after evocative solo together with virtuosity and taste. Yet they are also capable of complex, interwoven conversations that display the nuance and dynamic range of the Dead's music in quieter, more blissful passages. Vocally, The Wheel possesses a diverse blend of styles, from Morse's smooth, heartfelt delivery, Rothermel's full-throated soul, Bryan Gautie's Jerry Garcia-like tenderness to Jill Gautie's soaring harmonies. Catch the show April 21st at 8 p.m. only at The Rustic Barn, 150 Speigletown Rd, Troy.

Isaac Mizrahi

Isaac Mizrahi has worked extensively in the entertainment industry as an actor, host, writer, designer and producer for over 30 years. He is the subject and co-creator of Unzipped, a documentary following the making of his Fall 1994 collection which received an award at the Sundance Film Festival. He hosted his own television talk show The Isaac Mizrahi Show for seven years, has written two books, and has made countless appearances in movies and on television. He currently serves as a judge on Project Runway: All-Stars. Catch this show April 21st at 7:30 p.m. only at the UPH , 25 Washington Street, Saratoga Springs.

Mystic Bowies Talking Dreads

Since debuting his musically revolutionary Talking Dreads project live at the High Times Music Festival on the beach in Negril in late 2015, the charismatic Jamaican-born singer and performer has electrified audiences at over 100 shows across North America – spinning the heads of initially skeptical Talking Heads fans, and getting everyone else grooving along to the infectious, joyous rhythms and jubilant spirit of his native island. Considering the success of these events, it was only a matter of time before Bowie – who has lived in the Northeastern U.S. for many years – headed back to his cherished homeland and set up shop at the famed Barry O'Hare Studios in Ocho Rios. He gathered old friends he had played music with since childhood, along with younger musicians, legendary Jamaican artists and other surprise guests to capture all the magic of his live performances.. Catch this show April 22nd at 8 p.m. only at the UPH , 25 Washington Street, Saratoga Springs.

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HEALTH AND FITNESS



The Delmar Dash is a sign of spring in the Capital Region. The race was held on Sunday, April 16.

Photos by Rachel Dottino/Spot 518



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From page 1 ...

Taking steps for stroke prevention

and spokesman for the American Stroke Association and the American Heart Association, said people need to be aware that a stroke is a common phenomenon.

“It happens a lot, and it’s not something that’s unlikely to happen to you or someone in your lifetime,” said Amory. “This is also really important to know: It’s treatable.”

He recommends that people follow the B.E. F.A.S.T. acronym.

As a way of educating people about the signs and symptoms of stroke and the urgency of the symptoms, www.BeFast.org explains the acronym B.E. F.A.S.T. as follows:

B: Balance — sudden loss of balance, staggering gait, severe vertigo.

E: Eyes — sudden loss of vision in one or both

eyes, onset of double vision.

F: Face — uneven or drooping face, drooling (ask the patient to smile).

A: Arm (leg) — loss of strength or sensation on one side of the body in the arm and/or leg

S: Speech — slurring of speech, difficulty saying words or understanding what is being said, sudden confusion.

T: Terrible headache (time) — very severe headache which has maximum intensity within seconds to a minute.

“Time” is traditionally

used for the “T” acronym in stroke awareness. Since a “terrible headache” can be a symptom of a stroke, it is used alternatively. As the acronym B.E. F.A.S.T. suggests, acting quickly is of critical importance after a stroke is suspected.

Amory stressed the importance of “getting to the hospital as quickly as possible after the onset of symptoms, not waiting and hoping that it will go away on its own, will make the biggest difference.”

He urged people to take strokes seriously.

“Strokes are currently the fifth-leading cause of death in the United States,” he said.

McCarthy said that the more a person knows, the better chance they have to avoid long-term repercussions from a stroke.

“If you know what the signs of a stroke are, you can act quickly if you have a stroke,” she said, “and that will set you up for a better recovery.”

Recovery is different for each person. An essential aspect is ensuring that people have appropriate support to rehabilitate after a stroke. Depending on the effects of their stroke, individuals may need emotional or physical care in order to recover.

“Depression and stroke are important to acknowledge,” said Amory. “It’s very common for people who have had a stroke to have a period of depression following it, as both a reactive process following a life-altering experience and also because the brain, the organ injured by stroke, is also the organ

that regulates emotions.”

He cited therapy, medication and emotional support as being key to the recovery process with depression and stroke. He recommends that if a loved one has had a stroke, to look for ways to offer assistance as they heal and readjust.

“Supporting somebody who had a stroke is a wonderful thing to do and

groups in the Capital Region have disappeared, but Elliott is actively working to bring them back.

“Stroke support groups and socialization play an important role in recovery for providing tools for coping, stress of the new boundaries, and new positive directions for recovery,” said Elliott.

Speakers and volunteers lead Steps

for Stroke meetings in discussions about further education. Recently, Elliott recalled an eye doctor attending to discuss vision-related effects from strokes.

After her stroke 20 years ago, Elliott found exercise and movement as a way to help her

in her recovery. Now, she uses her experience to educate and advocate for others.

Amory said that everyone’s recovery is different. He added that they are also “treatable and recoverable” when treated in time and with proper rehabilitation.

“I think people have this idea that a stroke is a death sentence or that it is a permanent injury,” he said. “That’s not true. The brain is very adaptable. With appropriate rehabilitation and work on the part of someone who’s had a stroke, that combination together, people can really make a major recovery after a stroke.”

“The most important thing I learned was to stay positive and “never give” up,” said Elliott. “You are going to have more challenges, but be persistent in your recovery and find positive solutions.”

I think people have this idea that a stroke is a death sentence or that it is a permanent injury. That’s not true. The brain is very adaptable. With appropriate rehabilitation and work on the part of someone who’s had a stroke, that combination together, people can really make a major recovery after a stroke.

— Dr. Colum Amory

a challenging thing as well,” he said. “I would advise people to look for ways to be there for their loved ones.”

Rosella Elliott, a volunteer coach for the Healthy for Good 5K Training Program and stroke support groups in the Capital Region, said there isn’t a “manual” to follow after having a stroke. She noted that for stroke survivors, one of the hardest moments is figuring out the next steps to take afterward.

Support groups have been essential in Elliott’s journey. She helps on the board for the Glens Falls Hospital stroke group called Steps for Stroke, a nonprofit and volunteer-run group. Elliott also does the women’s support groups held by the Brain Injury Association of New York State.

Within the past few years, several of the support



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TROY- Troy Savings Bank Music Hall brings back the music series Music at Noon, Tuesday, April 25 with a free performance from Ukrainian pianist Natalia Shevchuk.

The show, originally scheduled in March, was postponed due to snow.

The music hall’s Music at Noon concert series is held on the Second Tuesday of each month from October to May and

has presented exceptional musicians that bring a diverse mix of musical styles to the stage.

The show is free and open to the public.

ART



New Art at Via Port Mall

ROTTERDAM - Fans of all ages can visit the new Via Port Pop Culture Forever Exhibit Center. The museum-style exhibits feature art, artifacts, autographs, and rare memorabilia celebrating all that is pop culture. Exhibits are separated by category that will rotate every few months. Currently on display is A Century of Space Toys and King Kong, Superheroes and Villains of DC & Marvel Comics, The Dark Side of Disney, Impossible Insects and much more.

Photos by Frank Gillen/Spotlight



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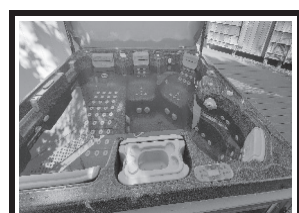
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FOOD and VINO

Spicy Margarita for Cinco de Mayo

Cinco de Mayo is a great opportunity to dance, eat and make a little noise. Often some well-crafted cocktails help celebrants to shake off their inhibitions and make the party a bit more festive.

Everyone should know how to make a margarita, especially those who plan to host Cinco de Mayo events. This version, courtesy of Liquor.com, puts a unique

and spicy spin on the flavor profile of margaritas.

Spicy Margarita

- 1 lime wedge
 - 2 jalapeño coins, seeds removed
 - 2 ounces blanco tequila
 - 1/2 ounce orange liqueur
 - 1 ounce lime juice, freshly squeezed
 - 1/2 ounce agave syrup
- Optional: garnish rim with salt and jalapeño coin

Rub the rim of a rocks glass with lime wedge, dip the rim in salt to coat (if desired), and set aside.

Add the jalapeño coins to a shaker and gently muddle.

Add the blanco tequila, orange liqueur, lime juice, and agave syrup, plus ice, and shake until well-chilled.

Strain into the prepared glass over fresh ice. Garnish with a jalapeño coin if desired.



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Photos by
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REVIEW

Review: An atlas of isolation

Tara Fracalossi's visually haunting solo exhibition to end Saturday

By Amy Modesti
modestia@spotlightnews.com

TROY – Artist Tara Fracalossi's solo exhibition, "An Atlas," will be on display at the Arts Center of the Capital Region through Saturday, April 22.

Fracalossi's work explores the nature and meaning of images and archives through photography and super enlargements of original postcards.

Fracalossi's ongoing work, "Postcards to Myself," is a byproduct of the pandemic's early isolation

when she turned to her iPhone to document her daily small world happenings while using online consumer printing services and the U.S. Postal Service. Currently in its second year, the series further explores the nature of image making while questioning ideas of what photographic "quality" means.

The exhibit is as unique as it is thought-provoking. The postcard imagery



will capture the eye and the enlargements will make one wonder why they're projected to sizes that expose their colorful imperfections.

Looking closely into the enlargements, one can

view the print grains, line and color variation. True imperfections, when blowing up an image that is perhaps seen as clear or abstracted on the outside, are seen up close and personal.

It is a reminder that nothing is perfect. When paper quality is altered over time,

it deteriorates. Fleeting moments in life must be experienced and captured mentally,



physically and socially. Otherwise all will be lost.

Displayed on two long shelves are 35 4-by-6-inch postcard-sized photos mailed to the Arts Center daily from Fracalossi.

Her snapshot subjects, sharp in focus, abstracted, blurred, or a pattern, vary based on her interests and what she did on that day. Intriguing imagery includes a printed receipt hanging from a blue gas

pump, the bottom section of a wind-blown American flag, dog fur with leash, and snow on a curb.

Also hanging on the gallery walls are large scale "super enlargements" of postcards. Several digital prints are framed while the "supers" are either draped down like a colorful cloth and horizontally hung. Each gallery pillar contained a black and white archival print from the "Postcards to Myself (Memorial II 11/5/22, 2/18/23)" series.




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Factors to consider when choosing a summer camp

Adults often look back fondly on their childhood experiences at summer camp. Camps can provide the opportunity to form lifelong friendships and discover rewarding hobbies that can enrich campers' lives for decades to come.

Choosing a summer camp is no small task, as the options at families' disposal range from overnight camps to weekday afternoon camps to camps that specialize in certain programs, such as music or dance. Cost also is likely to factor into families' decisions, as the American Camp Association notes that cost can vary greatly depending on which camp families choose. For example, the ACA notes that the average daily fee at a resident camp is \$85, while the same fee at a day camp is \$43.

When looking for a summer camp for kids, families should make



the decision together. Kids should be involved in the selection process, as they're more likely to have an enjoyable camp experience if they had a say in where they will be spending their summers. The following are some factors families should consider as they look for summer camps, courtesy of the ACA.

Kids' interests

The ACA urges parents to consider the child's interests and personality before choosing a summer camp. Parents might

want their children to attend the same summer camp they visited as youngsters, but each child is different. Just because mom and dad liked a particular camp does not mean their children will. The ACA notes that summer camps should align with children's interests and maturity level.

Locale

Locale may only be a consideration for families considering overnight camps. Kids will likely be familiar with the locations of local day camps, but overnight camps might be set in mountain ranges, near the ocean or environments less familiar to youngsters. Kids who love the ocean might benefit from oceanfront camps that focus on marine biology, boating or other activities involving the water. In the same vein, youngsters who like camping and hiking might be more likely to embrace camps



When looking for a summer camp for kids, families should make the decision together.

located in mountainous regions.

Session length

Camps may last as little as one week or up to a couple of months. Session length should be considered by families looking at both local day camps and overnight resident camps. Parents

who want their children to enjoy a largely schedule-free summer might not want to commit their children to lengthy camp sessions, even if those sessions are close to home. If parents think their children can benefit from the same structure they're accustomed to during the school year,

then an overnight camp that stretches for several weeks might be what they're looking for.

Summer camps give kids a chance to make memories that will last a lifetime. Choosing the right camp is an important decision that parents and kids should make together.



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Tips to make memorable camp experiences

As hours of sunlight increase, thoughts may turn to summer vacation. For many children, summer vacation wouldn't be the same without camp.

Adults may have their own fond memories of going to summer camp when they were children because of the opportunities it presented to be independent and meet new people. Campers often bond over shared experiences, whether they are planned activities or unexpected "disasters" like a rainstorm washing out a canoe trip. That is why so many parents choose to carry on the summer camp tradition when they have their own children.

However, some kids may not be ready to jump right into the summer



camp lifestyle. Such youngsters may need extra reassurance and support to make the most of their time at camp. The following are some tips for making summer camp an enjoyable experience.

Plan ahead

Families can visit the camp in advance and get a lay of the land. Knowing what to expect in terms of facilities and activities can assuage some anxiety. It also will help campers hone in on what to pack

and what to expect over the summer.

Try many new activities

Summer camp is about expanding boundaries and interests. Campers should sign up for many activities, including those that normally may be out of their wheelhouse. A camper may be pleased to learn that a new craft activity or a sports game piques his or her interest.

Connect with fellow campers in advance

If the camp has a social media presence, follow the camp's posts and connect with other like-minded campers even before they arrive. Talking with others who share similar interests can help campers feel more comfortable about meeting up once they arrive at camp.



Summer camp season is on the horizon and campers can take several steps to foster memorable and fun experiences along the way.

Develop a rapport with camp counselors

The saying "you only get one chance to make a

first impression" extends to campers meeting camp counselors. When campers interact with counselors for the first time, they should be

outgoing, polite and open to new ideas. Counselors will appreciate easy-going campers and could be good resources of useful information, such as how to score an extra dessert at mealtime.

Follow the safety rules

While campers may spread their wings a bit at summer camp when not under the watchful eyes of parents, any mischief should not come at the expense of safety. Campers should stick to the safety protocol so that camp is not memorable for the wrong reasons.

Change another camper's experience

A camper who recognizes a fellow camper is reserved and shy can invite that person to come sit with other friends at meals or to participate in an activity. This can help build a lasting friendship and make camp that much more enjoyable for someone in need.

Summer camp season is on the horizon and campers can take several steps to foster memorable and fun experiences along the way.

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Fun ways to keep kids occupied over summer break

Kids look forward to summer vacation every year. The last day of school gives way to less structured days when kids can spend more time outdoors and less time cracking the books.

Summer vacation can be a dilemma for parents, especially in households where both parents work full-time. A pandemic-related increase in remote working has made that problem somewhat more manageable, but even parents working from home must find fun way for kids to stay occupied until the new school year begins. No two kids are the same, so parents may need to try various activities on for size until they find something their children enjoy doing during the lazy days of summer.

• **DAY CAMP:** Day camps provide much of the structure of school without all the homework or time spent indoors. Many parks and recreation departments run summer day camps for kids. Camps can be generalized or specialized. For example, some may offer an array of activities, including sports and nature walks, in a given day, while others may focus on a single activity, like musical lessons or science-based programs. Camps run by local parks and rec departments do not typically last all summer long, which parents should keep in mind when enrolling



youngsters.

• **READING:** Parents may be surprised by how much their children enjoy a good book. A recent poll from the National Education Association found that 70 percent of middle school students read more than 10 books a year. The National Literacy Trust reports that roughly 45 percent of children between the ages of eight and 11 enjoy reading “very much.” When suggesting to children that they read more this summer, parents can note the many ways that reading for pleasure differs from reading for school. Point out that kids won’t have to submit book reports and emphasize that they can choose their own books. Depending on children’s ages, introduce kids to a series like “Harry Potter,” which is a set of seven fantasy novels that has helped millions of young people across the globe discover and develop a fondness for reading. Weekly visits to the library, where kids can pick from hundreds of

books, can get youngsters even more excited about reading.

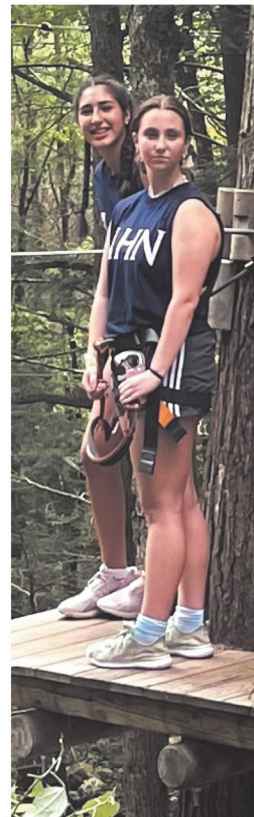
• **PLAY DATES:** Play dates are a great way to make kids happy and take a little off of parents’ daily plates. Arrange routine summer play dates with children’s school friends, neighbors and/or cousins. Parents can alternate hosting responsibilities so they can get work done at home and enjoy a break when it’s not their turn to host.

• **FIND SOMETHING FREE:** Perhaps in recognition of the need for affordable, family-friendly fare, many communities now host free events for kids and their parents each week. Weekly movie nights under the stars and concerts in community squares are popular in many communities, but those same towns also may host events specifically for kids during the daytime. A simple internet search of “free events near me” may unveil a host of activities that can keep kids happy and occupied on summer days when their schedules are open. Local libraries can be great resources for free events as well.

Summer vacation is a relaxing time for youngsters. Parents who don’t want that relaxation to turn into boredom can look to various activities to occupy their children’s time until a new school year begins.

ACADEMY OF THE HOLY NAMES

Summer Programs



Adventure Camp

WEEK 1: July 10 - 14 & WEEK 2: July 17 - 21
(8:30 am - 3:30 pm)

Girls, Grades 6 - 9

At Summer Adventure Camp you’ll experience something new and WILD every day: **white water rafting, hiking, zip-lining and even a high ropes course!** This camp will get you moving and stretch your limits, with a focus on the values of leadership, personal growth, community and nature. Students can attend both weeks for different activities. Week 2 will incorporate an overnight experience in the Adirondacks from Thursday, July 20, 2023 - Friday, July 21, 2023.

EXPLORE: CARES (Creating Authentic Relationships and Exploring Service)

July 31 - August 4 (8:30 am - 3:30 pm)

Girls, Grades 5 - 8

What skills do I need to be successful? How can I serve my community? Participants in this camp will learn the answers to these questions and more! Girls will be empowered to achieve their full potential, volunteer within their community and learn tools to help navigate the waters of middle school and beyond.

Summer Arts Program

August 7-11 (8:30 am - 3:30 pm)

Girls, Grades 4-8

Explore your creative side! **Music, theater and art all wrapped into one week of self-expression.** All levels of experience are welcome. Each day will include time exploring your creative side in both the visual and performing arts. Students will explore various mediums in art, make music with keyboards, singing, and instruments and develop their skills on the stage with both acting and singing.



EXPLORE: College Preparation

August 15, 16, 17 (9:00 am - 12:00 pm)

Girls and Boys, Grades 11 & 12

College preparation can be extremely stressful! Whether you are headed to a community college, or your sights are set on the Ivy League, our faculty, in conjunction with Siena College advisor Katie Szalda, will help ease your anxieties and prepare you for the tasks necessary for acceptance into the college of your choice.

Register today at ahns.org/summer-programs

PLUS: Sports clinics for soccer, volleyball, basketball and tennis (details to come)



Explore art-based extracurricular activities

Students looking to expand their extracurricular horizons need look no further than the arts. Art-related extracurricular activities can enhance lessons learned in the classroom and provide a way to explore creative pursuits to help relieve stress and improve focus.

Art-based extracurricular activities are easy to find. Consider these ideas to get started.

Visit an art museum

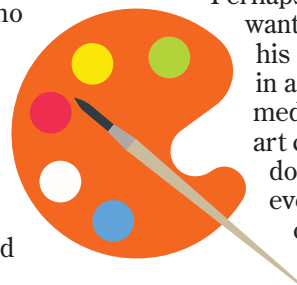
Those lucky enough to live close to an art museum can wander through the past or get artists' interpretations of the future. Many museums sponsor extracurricular activities for young artists, but even periodic visits using a student pass can provide all the inspiration creative young people need. Museums



showcase everything from paintings to sculptures to historical artifacts, so it's possible to find a specially curated collection that appeals to any artist's interests.

Enroll in an art course

Students who enjoy art can improve their skills by taking art classes and courses that extend lessons learned



during the school day. Perhaps a student wants to hone his or her skills in a particular medium? An art class can do that and even expand on lessons learned in



Art-based extracurricular activities are easy to find. Consider these ideas to get started.

the classroom.

Attend arts-related camps

Summer camps come in all shapes and sizes, including ones geared around artistic endeavors. When school lets out

for the summer or other breaks during the year, students can hang around with like-minded peers in specialty art camps.

Try other artistic activities

The arts include everything from music

instruction to acting in a play or musical to participating in a choral ensemble. Some children like to experience art through culinary endeavors. Students should not limit themselves to one activity. Dabbling in all sorts of activities may inspire students to pursue new interests.

Find art in daily life

One does not need to be enrolled in a regimented program to enjoy art. Children can engage in art-related hobbies on their own at home or in the community. Find art in collecting leaves and flowers, building sand castles, taking photographs, or just about any other creative endeavor.

Arts-related extracurricular activities can be the perfect way to pass time outside the classroom.

Summer Camps at the Arts Center!



DOES YOUR KID LOVE BEING CREATIVE?
We have something for everyone at the Arts Center!

We provide full-day art camps in downtown Troy for kids ages 6-17 in a wide variety of artistic media, led by experienced teaching artists. Sign your child up for a unique creative experience!

5 DAYS A WEEK from
June 25 to August 26,
9 am - 4 pm with before and after care available.

Sign up online at
artscenteronline.org/youthprograms/camps



The Arts Center of the Capital Region
265 River St, Troy NY 12180
518-273-0552 artscenteronline.org



Make the most of the summer camp experience

Summer camp season will soon be here, and throngs of children will board buses each morning or pack their parents' cars full of essentials to survive a few weeks away from home.

Looking back, many adults who experienced summer camp have fond memories of their adventures — whether they all went according to plan or there were some hiccups along the way. Parents want their children to make their own summer camp memories. Even if the canoe capsizes or the cabin leaks during a summer thunderstorm, such experiences can build character and strengthen friendships.

According to RegPack, an online registration software company, more than six million American children participate in some form of camp each year, including sleep-away camp or day camp. The American Camp



Association says that number is closer to 14 million, with the most popular camp session length around one week or less. Families getting prepared for camp can follow these guidelines to ensure the experience is one kids won't soon forget.

Search for an accredited camp

Accredited camps must meet more than 300 standards related to program quality, safety and health, according to the ACA. An accredited camp will likely give



Families getting prepared for camp can follow these guidelines to ensure the experience is one kids won't soon forget.

parents the most peace of mind.

Consider children's readiness

There's no magic age when a child may be ready to go to camp, but generally kids who are ages seven or eight may be fine to start a resident sleep-away camp. Day camp kids can begin as early as age three, the

same age kids often begin preschool programs. Gauge whether the child has spent time away from home at friends' or family members' homes to decide if a resident camp will be the right fit or if a day camp is more appropriate.

Connect with fellow campers

If possible, attend a

meet-and-greet prior to the start of the season. Neighborhood day camps tend to draw kids from local communities, so there's already a chance kids will know a few fellow campers.

Get to know camp counselors early on

Campers can introduce themselves to camp counselors and other

program directors and are urged to ask questions about specific programs. Counselors can direct campers toward activities they may enjoy.

Make the most of all situations

Much of summer camp will likely be smooth-sailing, but it's reasonable to expect some bumps along the way. Campers shouldn't expect perfection, but use the situations that may go awry as learning experiences on how to handle adversity — trying to find the fun in them anyway. Even a medical situation can be overcome, particularly because camps staff qualified medical personnel to ensure campers are safe and well.

Summer camp can be a great experience, especially when families take some pre-camp measures aimed at ensuring kids have a fun season.



2023 SUMMER PROGRAM

June 26 – August 25

7:30 am to 5:45 pm

Rising 1st – 6th Grade children

Fun-filled days with activities that engage interests, build confidence & promote creativity.

Social emotional wellness

Screen – free

Outdoor play

Summer Registration opens online Monday, April 17

Enrichment Center
239 Delaware Ave. Delmar, NY
www.schoolsoutinc.org

Contact us for more information:
518.439.9300

S.O.I. offers:
10% sibling discount
10% military family discount

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Twist 'N Flip Glenmont Summer Camp 2023



WEEK-LONG SUMMER CAMPS
June 26th - Sept. 1st

Gymnastics every day, games, themed activities, inflatable obstacle course, petting zoo.

REGISTER EARLY AND SAVE ON TUITION! SPOTS ARE LIMITED!

Enroll 3/1 - 6/30 *Tier 2* Enroll 7/1 & Later *Full Price*

Register at:
www.twistnflip.com/glenmont

**241 Route 9W
GLENMONT**

(518) 599-5837

glenmont@twistnflip.com



www.twistnflip.com

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Summertime projects for kids

Summer slide is a concept that has been on educators' minds since 1996, when the first comprehensive study on the topic was published. Students lose significant knowledge in core subjects over the summer break, and those losses increase each year. There's much parents can do to help their children continue learning over the summer. Educational projects may be a good start. Here's a brief list of educational projects children can work on this summer.

- Conduct informal science experiments, such as growing the biggest vegetable or studying butterflies or insects that visit the backyard.
- Maintain a journal about adventures during summer vacation through personal narratives or even through creative



fictional accounts based on the child's experiences.

- Search for patterns in nature, such as those in shells or flowers.
- Learn about money by keeping tallies on souvenir purchases or the cost of items in stores.
- Calculate distances from home by using maps and mileage.
- Become amateur meteorologists, keeping track of changing weather patterns and which signs



There's much parents can do to help their children continue learning over the summer.

indicate precipitation.

- Stock up on summer

reading books that everyone in the family can enjoy while sitting

poolside or at the beach.

- Visit a museum or a

local point of interest and learn about something historical.

Pick up YOUR copy of Capital District Family Now TODAY!

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or email maud@spotlightnews.com.
www.cdfamilynow.com

Consider popular experiential gifts for kids



The popularity of experiential gifts is undeniable. In its 2021 Shopping Report, the market research firm Mintel revealed that nearly half of individuals surveyed for the report felt that experiential gifts are superior to tangible items. Such preferences are something gift shoppers can keep in mind as they pursue the perfect gift for their loved ones.

Experiential gifts are often associated with adults and their bucket lists, but kids have much to gain from being gifted experiences as well. In addition to the lasting memories inspired by experiential gifts, such offerings also get kids up and out of the house. Parents recognize that's not always so easy in the digital age.

Though children likely don't have a bucket list that can make it easy for gift shoppers to find the perfect



experiential gift, the following are a number of experiences that kids of all ages can enjoy.

- A day at the zoo
- A trip to a trampoline park or bouncy house facility
- Tickets to a sporting event, concert or live show
- Music lessons
- A paint and sip (juice) event with one or both parents
- Cooking lessons
- A day at a nearby national park
- A camping trip
- Horseback riding lessons
- A day at a nearby amusement park
- A day at a local arcade
- A day at a local museum with interactive exhibits
- A helicopter ride
- Art lessons
- A day on the ski slopes
- A day on the beach
- Gymnastics lessons/classes
- A day at the local bowling alley with friends
- Ice skating lessons
- A round of mini golf
- Jewelry-making lessons/classes
- A fishing trip on a nearby body of water

There's no shortage of experiences that can benefit children's lives. That's something gift shoppers can keep in mind as they shop for the perfect gifts for youngsters on their shopping list.

The following are a number of experiences that kids of all ages can enjoy.

PLANET PARKER
parkerschool.org/summer
 Ages 4-13 & Forest Toddlers

Come Row With Us!
 9AM - 12PM • AGES 12-18
 \$260 per week

LEARN TO ROW WEEKLY SUMMER CAMPS

ALBANY ROWING CENTER

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 @albanyrowingcenter

JUNE 19, 2023 - AUGUST 18, 2023
www.albanyrowingcenter.org

WORLD CLASS GYMNASTICS ACADEMY

Join the fun!

- Weekly classes
- Vacation camps

Full week: Half day / Full Day & Single days available

- Ages: Walking to adult

Register @
worldclassgymnastics.com
518.785.3481
 Latham & Clifton Park Locations

SUMMER CAMP GUIDE | Resource Directory

Summer Camps and Programs

Academy of the Holy Names



We're offering four programs, all led by educational experts with a focus on fun and learning. Register for one, or more!

We will also be offering three sports clinics for soccer, volleyball, and tennis.

Contact: 1075 New Scotland Rd., Albany,
(518) 438-7895 • ahns.org

Sports Summer Camps

Afrim's Sports



Come and hang out with us at Afrim's Sports Summer Camps from June 19th - September 8th! Fun is the name of the game for our Action Camp ages 4-12. Getting touches on the soccer ball is the name of the game for Soccer Camp ages 6-14.

Contact: 636 Albany-Shaker Road, Colonie
(518)438-3131 • afrimsports.com

Youth Learn-to-Row

Albany Rowing Center



Our Junior Rowing Summer Camp Program is for ages 12-18. Athletes learn basic rowing and boat safety on and off the water. Weekly sessions, 9am-12 pm, \$260/wk, 6/19- 8/18. Come and enjoy the natural beauty of Hudson River and the wonderful sport of rowing, and maybe even spy an eagle!

Contact: 187 Water St, Albany
(518) 394-1984 • albanyrowingcenter.org/summer_camp

Kids on Campus

Hudson Valley Community College



Athletic Camps, Circus Theatrics, Technology Enrichment and new career exploration programs for those considering the applied technology or health care fields! Kids on Campus 2023 has something for everyone, including more than 100 tech-focused Virtual Camps this summer!

Contact: 80 Vandenburg Ave., Troy
(518) 629-7339 • hvcc.edu/kidscamps

Summer Program

School's Out Inc.



Program runs June 26- August 25, M-F 7:30am-5:45pm. Weekly rate \$285/ \$25 registration fee. Open to rising 1st - 6th graders. We provide 2 snacks daily and a field trip weekly to the Town pool. Activities include nature, water play, music, STEAM, outdoor games, playground, special visitors and much more!

Contact: 239 Delaware Ave., Delmar
(518)439-9300 • schoolsoutinc.org

Summer Classes

Museum of Innovation and Science



Summer Classes for kids in grades K-5 are presented Monday, June 26, through Friday, August 18, 2023 and cover a variety of STEAM-related topics including astronomy, engineering, and biology. Class activities include exhibit guided tours, outdoor games, Planetarium shows, and science demonstrations.

Contact: 15 Museum Drive, Schenectady
(518)382-7890 • miSci.org

Summer Camps

The Arts Center of the Capital Region



Come create with us! We have the camps for your young artist! Our camps are held in state-of-the-art studios in our downtown Troy location, for kids aged 6 to 17 in a wide variety of media. Camps run 6/26- 8/55, Monday-Friday 9-4, with before and after care available.

Contact: 265 River St., Troy
(518) 273-0552 • artscenteronline.org

Twist'N Flip Summer Camp

TNF Glenmont



Week-long themed summer camp with full day and half day options! Come join us for:

- *Gymnastics
- *Petting Zoo
- *Snow cones
- *Inflatable obstacle course
- *Pizza Fridays and much more!

Contact: 241 Rte 9W Glenmont
(518) 599-5837 • twistnflip.com/glenmont

SUMMER CAMP GUIDE | Resource Directory

Planet Parker

Robert C. Parker School



Planet Parker is an outgrowth of our interdisciplinary and progressive project-based school program. Utilizing our unique 77 acres campus, students are engaged in experiential investigations and discovery that ignites curiosity, and cultivates confidence and compassion. For ages 4-13 year olds including; Robotics, Ukulele, Gardening, Survival, Cooking, Theater, and more!

Contact: 4254 NY Route 43, East Greenbush
(518) 286-3449 x102 • parkerschool.org/summer/

TSL Kids Crew

TSL Adventures



TSL Kids Crew has numerous day camps throughout the capital region. TSL prides itself on its niche appeal, with a routinized program that boasts 350 camp games, projects and activities throughout the 10-week program. TSL is community-oriented with hands on staff, and a cooperative-based approach, and full day hours.

Contact: 183 Schoolhouse Road, Albany
(518) 368-2653 • tsladventures.net

Gymnastics Summer Camp

World Class Gymnastics



Summer fun for children ages 5 to 12. Gymnastics, crafts, games & activities in both of our air conditioned facilities. Sign up for a week or just a day! Half-day and full day options available.. Sibling discounts & multi-week discounts too! Sign up today!

Contact: Latham and Clifton Park Locations
(518) 785-3481 • worldclassgymnastics.com

Summer Resource for Parents

Capital District Family Now



Are you looking for things to do with those crazy kids? We can help!

If you are a parent of any age, we are the resource for you. Our Magazine is distributed to hundreds of locations during the first week of each month and provides information, tips and stories. Pick one up this month.

Contact: 341 Delaware Ave, Delmar
(518) 439-4949 • www.cdfamilynow.com

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