

# THE Spotlight

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Vol. 66, #19

May 10 - May 16, 2023



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# Two calls, 25 minutes



Naloxone Hydrochloride is the generic form of Narcan. It is being widely distributed to combat opioid overdoses.  
Photo by John McIntyre

Man dies, another saved by Narcan in Delmar

By **JOHN MCINTYRE**  
mcintyrej@spotlightnews.com

**DELMAR** — Three people potentially overdosed and one died on Sunday, April 30, in the Center Delmar area of the town. The calls to police and EMS came within 25 minutes of each other and were only a few streets apart.

The first drug-related call came in at 9:59 p.m. from a residence on Nathaniel

**Continues on page 11**

## ENTERTAINMENT



### The wonder of tulips

Albany's 75th festival celebrates hope and history.

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## SPORTS



### BC girls lacrosse score another win

Eagles soar past Ballston Spa, 21-2.


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■ POLICE, FIRE and EMERGENCY CALLS

# Crash leads to Fight and DWAI

GLENMONT - A homeless woman driving a 2022 Toyota Corolla at the intersection of Walmart and Route 9W allegedly struck a Dodge Charger waiting at the light on Tuesday, April 18 at approximately 4:15 p.m. and then left the area.

A chase ensued as a Charger which was hit followed, eventually pulling up to the Toyota near Glenmont Road. The driver of the Toyota, Alicia Seitz, 32, then allegedly crashed into the Charger again, but the driver fled the vehicle and ran to the parking lot at 329 Glenmont Road.

A fight between the drivers took place and bystanders tried to break it up and someone called police.

Upon arrival, Bethlehem police observed that Seitz was unable to concentrate, had red bloodshot eyes and poor coordination.

She was given and failed field sobriety tests and a pre-screening device for

breath alcohol showed no indication of alcohol present.

During an identification check, Seitz did not have a proper license and she and her passenger had outstanding warrants.

Seitz was taken into custody and, at the police station, was evaluated by a Drug Recognition Expert from the State Police.

According to reports, four days earlier Seitz purchased a television at the same Walmart, but returned to the store, took another one of the same model from the shelves, returned it at the service desk with the receipt from the purchased television and received cash.

She was arrested for petit larceny.

Seitz was charged with DWAI-drugs, a misdemeanor, and ticketed for driving without a proper license, leaving the scene of a property damage accident and other traffic violations.

Before towing the 2022 Toyota, a police inventory of its contents showed it contained drug paraphernalia including pipes and push rods.

Seitz was processed, arraigned by Bethlehem Town Judge Andrew Kirby and released on her own recognizance. She is scheduled back in court on Thursday, May 18.

The passenger was advised by City of Albany police to turn themselves in on the active warrant and released.

## Arrest Warrant

GLENMONT - An Albany woman was arrested on River Road on Tuesday, April 25 at approximately 8:24 a.m. because she was wanted by East Greenbush police.

Shakowna Harrison, 28, was processed and turned over to East Greenbush police.

**Continues on 9**

# Weekly Volunteer FIREFIGHTER CALLS

## Bethlehem Volunteer Fire Log April 27 - May 6

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

### Friday, April 28

2:00 AM	Structure Fire Vulnerable LC	ROCKEFELLER RD, 232	Elsmere, Delmar, Selkirk VFD
2:56 AM	Crash PI	I 87 SB	Selkirk VFD
9:13 AM	Structure Fire Alarm	ELM AVE E	Selkirk, Elsmere VFD
6:34 PM	Structure Fire Alarm	SANDHURST DR	North Bethlehem VFD

### Sunday, April 30

8:44 PM	Structure Fire Alarm	DAWSON RD	Delmar VFD
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### Monday, May 1

10:08 AM	Crash Unknown	BYP / BENDER LN	Elsmere, Delmar, Selkirk, S'lands VFD
1:50 PM	Hazardous Condition	HOYT AVE, A	Elsmere VFD
2:41 PM	Haz Mat	ROUTE 9W	Elsmere VFD

### Tuesday, May 2

6:46 AM	EMS Call	BLESSING RD	North Bethlehem VFD
12:23 PM	Structure Fire Possible	DELAWARE AVE	Delmar, Elsmere, Slingerlands VFD
12:27 PM	Structure Fire Alarm	W YARD RD	Selkirk, Delmar, Elsmere VFD
2:20 PM	Structure Fire Alarm	BEACON RD	Selkirk, Elsmere VFD
5:47 PM	Structure Fire Vulnerable LC	HICKORY DR	North Bethlehem, Slingerlands VFD
6:51 PM	Crash PI	AVE / ELSMERE AVE	Elsmere VFD

### Wednesday, May 3

6:52 AM	Structure Fire Confirmed	FRONTAGE RD	Elsmere, Delmar VFD
10:57 AM	EMS Call	LENA DR	North Bethlehem VFD
2:00 PM	Structure Fire Alarm	BEACON RD	Selkirk, Elsmere VFD
2:12 PM	Structure Fire Alarm	ROUTE 9W	Elsmere VFD
3:54 PM	Structure Fire Possible	CRESCENT CREEK WAY	Delmar VFD
10:05 PM	Carbon Monoxide No Illness	BAXTER CT	Delmar VFD

### Thursday, May 4

12:35 AM	Structure Fire Alarm	ROUTE 9W	Elsmere VFD
7:59 AM	Structure Fire Alarm	PRINCESS TAYLOR LN	North Bethlehem, Slingerlands VFD

### Saturday, May 6

10:43 AM	Structure Fire Vulnerable LC	MCCORMACK RD	Slingerlands VFD
1:30 PM	Structure Fire Confirmed	ORCHARD ST	Delmar, Elsmere, Slingerlands VFD
3:16 PM	EMS Call	EASTMOUNT DR, 245	North Bethlehem VFD



## Tuesday, June 6

### Normanside Country Club, Delmar

8:30 AM SIGN IN  
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■ ALBANY COUNTY

# Increasing the odds of safety

Albany County pilot program brings AEDs to Little League fields

By PEG ZOKOWSKI  
news@spotlightnews.com

ALBANY – The Albany County Legislature and Sheriff’s Department are collaborating on a pilot program that aims to get life-saving automated external defibrillators (AEDs) into the hands of local Little Leagues.

The initial investment of \$9,700 from the Legislature was used to purchase four AED devices. The first one was distributed to Green Island Little League last month.

The American Academy of Pediatrics website states that sudden cardiac arrest (SCA) is the leading cause of death in young athletes in the United States – resulting in one death in a high school student every 3 days.

Sudden cardiac arrest can occur after an athlete is hit in the chest.

“In most cases, the cause is a baseball, hockey puck or lacrosse ball hitting the left side of your chest. Immediate CPR provides your best chance of surviving,” according to the AAP.

AEDs are lightweight, portable medical devices that analyze the heart’s rhythm and deliver an electrical shock, or defibrillation, to re-establish an effective heart rhythm if necessary, in the event of cardiac arrest.

“I’d like to see every youth sports league have an AED,” Albany County

Legislator Sean Ward said.

Ward, Green Island’s representative, approached Andrew Joyce, chairman of the Albany County Legislature, after receiving requests from two leagues about the possibility of funding for AEDs. Joyce was receptive to piloting the idea and pledged to outfit all Little Leagues if there’s interest and then find the appropriate funding.

“As a dad of a Little League player, the dangers inherent with the sport, as witnessed here locally and on the national stage ... are always in the back of our minds,” said Joyce.

Albany County is no stranger to SCA events.

In the past 12 months, a referee and a coach each suffered a cardiac event on the playing surface during a game. In 2012, an 11-year-old Colonie Little Leaguer was hit by a pitch and revived after going into cardiac arrest.

The case for AEDs on site at sporting events was

highlighted in January when Buffalo Bills football player Damar Hamlin was revived on the field after collapsing.

According to the American Heart Association, survival from cardiac arrest decreases 10 percent for every minute fibrillation is delayed. Survival rates as high as 90 percent are possible if an AED is used with a minute of collapse.

“The more AEDs and CPR-trained individuals we get at the baseball fields will help make our little league fields the safest in the nation,” Albany County Sheriff Craig Apple said.

These simple, and easy-to-use, life-saving devices can be cost-prohibitive, however, for smaller community organizations, including youth sports leagues, in addition to already providing equipment to kids in need.

The average price for one AED ranges from \$1,250-\$2,500.



## Legion honors members

DELMAR—On Sunday, April 30 members of the The Blanchard-Currey American Legion Post #1040 gathered for a night of celebration in honor of past American Legion commanders, Legion Auxiliary presidents and Sons of the American Legion commanders. Lyle Maddock has held the position of Legion commander since 2017 and is set to be succeeded by Jeremy Martelle.

Photos by Dale Lukatschat via Facebook

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## COMMUNITY



# BOCES National Signing Day

Area students sign letters of intent to work with area employers

COLONIE – The annual Capital Region BOCES National Signing Day was a success with 30 high school students signing letters of intent and a crowd of more than 180 business, family, labor and education supporters watching.

During a ceremony on Thursday at the Career & Technical Education Center – Albany Campus, dignitaries celebrated the students as well as the valuable role BOCES plays in preparing students to become contributing members of society and the workforce.

“BOCES is creating the necessary and magnificent talent needed for what many of us are calling the building and infrastructure generation,” said Crickett Thomas-O’Dell, Statewide Pre-Apprentice Program Coordinator and Director of Community Engagement, Workforce Development Institute.

“Without workforce development, we cannot have economic development,” she added.

The Capital Region BOCES event was affiliated with the SkillsUSA National Signing Day, which mirrors the NCAA’s National Signing Day for athletes who commit to play sports in college. It is designed to honor students who are entering a technical field and to celebrate the dignity of work.

“Pursuing your career

now is as important as going to a four-year college or playing a sport,” Capital Region BOCES Senior Executive Officer Joseph P. Dragone, Ph.D. told the students.

Among those speaking at the event were Assemblymember Mary Beth Walsh; Chris Pinheiro, Director of Apprenticeship, New York State Department of Labor; Katie Newcombe, Chief Economic Development Officer, the Center for Economic Growth; and Todd G. Helfrich, President and CEO, Eastern Contractors Association.

“Students and leaders are here today, and they are already making a difference,” Newcombe said. “Whenever we are talking to a company about locating here or growing here, Capital Region BOCES is part of my selling point.”

Among the students signing a letter of intent was Jackson Stone of Guilderland, who is taking the skills he learned in the Capital Region BOCES Manufacturing & Machining Technology program to work for Package One, Inc.

“Attending this program has taught me all of the skills I need to start, as well as integrity and work ethic. This is amazing,” said Stone.

Pinheiro and Walsh praised the work the students have undertaken already.

Students signing letters, their Capital Region BOCES program, home school district and

employer are as follows:

Francis Broadhurst, Jr., Building Trades, UA Local 7 Plumbers and Steamfitters, Ravena-Coeymans-Selkirk

Aidan Conti, Building Trades, North Atlantic States Regional Council of Carpenters, Guilderland

Corey Franklin, Criminal Justice, Union College, Guilderland

Cameron Harless, HVAC/R, Crisafulli Bros. Plumbing & Heating Contractors, Inc., Berne-Knox-Westerlo

Tyler Harnett, Construction/Heavy Equipment, The Laborers’ International Union of North America Local 157, Berne-Knox-Westerlo

Nate Lupi, Construction/Heavy Equipment, The Laborers’ International Union of North America Local 157, Berne-Knox-Westerlo

Luke Napierski, Construction/Heavy Equipment, New York State Department of Transportation, Voorheesville

Dylan Poirier, Diesel Tech, United Road Services, Bethlehem

Jake Porter, Building Trades, AOW Associates, Inc./North Atlantic States Regional Council of Carpenters, Ravena-Coeymans-Selkirk

Dan Ralston, Building Trades, AMC Contracting/ North Atlantic States Regional Council of Carpenters, Guilderland

Jackson Stone, Manufacturing & Machining Technology, Package One, Inc., Guilderland.

## PRODUCTS OF THE WEEK:



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## LEGALS

**NOTICE OF FORMATION OF 10 NS LLC.**

Art. of Org. filed with Secy of State (SSNY) on 4/17/2023. Office: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC, 255 Washington Ave. Ext., Albany, NY 12205. Purpose: any lawful act/activity. D-309637

**NOTICE OF LLC FORMATION**

10023 PERFECT LLC. Arts. of Org. filed with the SSNY on 04/26/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 1913 Haight Avenue, Bronx, NY 10461. Purpose: Any lawful purpose. D-310542

**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY**

103 Douglas Court Property LLC  
Articles of Organization were filed with the Secretary of State of New York (SSNY) on April, 14, 2023. Office location: County of Albany, State of New York. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 14 Corporate Woods Blvd., Albany, NY 12211. For any lawful purpose. D-309536

**NOTICE OF LLC FORMATION**

1080 NJ LLC. Arts. of Org. filed with the SSNY on 04/21/23. 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, 1904 86<sup>th</sup> Street, Brooklyn, NY 11214. Purpose: Any lawful purpose. D-309989

**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**

1185 BROADWAY NYC LLC. Arts. of Org. filed with the SSNY on 04/24/23. Office: Albany County. SSNY designated as agent of the LLC

## LEGALS

upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Northwest Registered Agent, LLC, 90 State Suite, Suite 700, Office 40, Albany, NY 12207. Purpose: Any lawful purpose. D-310105

**TOWN OF BETHLEHEM Albany County - New York BOARD OF APPEALS NOTICE OF PUBLIC HEARING**

Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a Public Hearing on Wednesday, May 17, 2023 at 6:00 PM located at Town Hall, 445 Delaware Avenue, Delmar, New York, to take action on an application submitted by William and Jacklyn Reagan for an area variance located at 12 Borthwick Avenue, Delmar. The Applicant is proposing a detached garage with an accessory apartment that does not meet the Town Zoning Code requirements under Article V, Section 128-30, Signs, C. (2) and 128-30, (3). David Devaprasad Chair Board of Appeals D-310660

**Public Hearing Notice**  
Please take notice that the Town of Berne Zoning Board of Appeals will hold a Public Hearing to discuss a Variance for the land(s) owned by David and Judy Spring, located at 12 Koko Lane in the Town of East Berne (Parcel ID# 80.18-1-11) Said hearing will be held on Wednesday, May 24, 2023 at the Berne Community and Senior Center, 1360 Helderberg Trail, Berne, NY 12023 at 6:30 PM. Dated: May 3, 2023  
BY THE ORDER OF THE ZONING BOARD OF APPEALS  
Tom Spargo, Chairman D-310664

**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**

16 STRONG LLC. Arts. of Org. filed with the SSNY on 04/27/23. 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, 31 Cheever Pl, Apt Garden, Brooklyn, NY 11231. Purpose: Any lawful purpose. D-310290

**NOTICE OF LLC FORMATION**

1657 NORMAN LLC. Arts. of Org. filed with the SSNY on 02/09/23. Office: Albany County. SSNY designated as

## LEGALS

agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 225 Union Avenue, Brooklyn, NY 11211. Purpose: Any lawful purpose. D-309796

**LEGAL NOTICE**

On 1/11/23, Art. of Org. of 17 Berkley, LLC were filed with the SSNY. The office of the NY LLC is located in Albany County. The SSNY is designated as the agent of the LLC upon whom process against it may be served and the address within NY State to which the SSNY shall mail a copy of any process against it served upon it is, Richard Martino III, 17 Berkley Avenue, Apt 2, Cohoes, NY 12047. The purpose of the LLC is for any lawful purpose. D-309659

**NOTICE OF LLC FORMATION**

1732 B LLC. Arts. of Org. filed with the SSNY on 04/21/23. 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, 1904 86<sup>th</sup> Street, Brooklyn, NY 11214. Purpose: Any lawful purpose. D-309991

**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 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**

277 HUMBOLDT OWNER LLC. Arts. of Org. filed with the SSNY on 12/12/22. 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-310668

**TOWN OF BETHLEHEM Albany County - New York BOARD OF APPEALS NOTICE OF PUBLIC HEARING**

Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a Public Hearing on Wednesday, May 17, 2023 at 6:00 PM located at Town Hall, 445 Delaware Avenue, Delmar, New York, to take action on an application submitted by Max Kaplan for an area variance located at 30 Julia Rose Ct, Delmar. The Applicant is proposing construction of a deck to the existing house that does not meet the Town Zoning Code requirements under Article XIII,

## LEGALS

Section 128-100 A. David Devaprasad Chair Board of Appeals D-310662

**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, Douglas, NY 11363. Purpose: Any lawful purpose. D-308925

**TOWN OF BETHLEHEM Albany County - New York BOARD OF APPEALS NOTICE OF PUBLIC HEARING**

Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a Public Hearing on Wednesday, May 17, 2023 at 6:00 PM located at Town Hall, 445 Delaware Avenue, Delmar, New York, to take action on an application submitted by Thomas Lee on behalf of Price Chopper for area variance(s) located at located at 329 Glenmont Road, Glenmont. The Applicant is proposing signage that does not meet the Town Zoning Code requirements under Article VI, Section 128-59, Signs, J (2) (3). David Devaprasad Chair Board of Appeals D-310661

**373 BLEECKER OWNERS LLC**

App. for Auth. filed NY Sec. of State (SSNY) 12/28/22. LLC was organized in DE on 12/27/22. Office in Albany Co. SSNY desig. as agent of LLC upon whom process may be served. SSNY to mail copy of process to Corporation Service Company, 80 State St., Albany, NY 12207. Required office at 614 N. Dupont Hwy., Ste. 210, Dover, DE 19901. Cert. of Org. filed with SSDE., John G. Townsend Bldg., 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: Any lawful purpose. D-310055

**NOTICE OF LLC FORMATION**

3732 89 STREET FUNDING 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, c/o Hirshmark Capital LLC, 1140 Broadway, Suite 304, New York, NY 10001. Purpose: Any lawful purpose. D-310669

**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

## LEGALS

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**

485 MONROE BROOKLYN LLC. Arts. of Org. filed with the SSNY on 04/07/23. 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, 485 Monroe Street, Brooklyn, NY 11221. Purpose: Any lawful purpose. D-310552

**NOTICE OF LLC FORMATION**

50 EVERGREEN LLC. Arts. of Org. filed with the SSNY on 05/03/23. 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 Kaufman & Serota, P.C., 5 International Drive, Suite 110, Rye Brook, NY 10573. Purpose: Any lawful purpose. D-310666

**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 FORMATION OF LIMITED LIABILITY COMPANY.**

Name: 526-528 Albany Shaker Road, LLC. Articles of Organization were filed with the Secretary of State of NY (SSNY) on 4/18/23. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 951 Western Avenue, Albany NY 12203. Purpose: For any lawful purpose. D-309702

**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**

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

## LEGALS

process to the LLC, 60 E. 55th Street, 39B, New York, NY 10022. Purpose: Any lawful purpose. D-308404

**NOTICE OF LLC FORMATION**

619 EAST 6TH LLC. Arts. of Org. filed with the SSNY on 04/14/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 619 East 6th Street, Unit 3, New York, NY 10009. Purpose: Any lawful purpose. D-309767

**NOTICE OF LLC FORMATION**

676 DRIGGS RE LLC. Arts. of Org. filed with the SSNY on 04/26/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 676 Driggs Avenue, Brooklyn, NY 11211. Purpose: Any lawful purpose. D-310247

**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**

767 HART OWNER LLC. Arts. of Org. filed with the SSNY on 12/12/22. 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-310370

**NOTICE OF LLC FORMATION**

AL&AD LUXURY GROUP LLC. Arts. of Org. filed with the SSNY on 11/17/2022. Office loc: Albany County. SSNY has been designated as agent upon whom process against the LLC may be served. SSNY shall mail process to: Republic Registered Agent LLC, 600 Broadway Ste 200, Albany, NY 12207. Purpose: Any Lawful Purpose. D-309862

**NOTICE OF LLC FORMATION**

ALEON FAIRWAY, LLC. Arts. of Org. filed with the SSNY on 04/24/23. 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, 255 Jefferson Street, Apartment 1L, Brooklyn, NY 11237. Purpose: Any lawful purpose. D-310102

## LEGALS

**ANGELA WU DMD PLLC.**  
Arts. of Org. filed with the SSNY on 02/09/23. Office: Albany County. SSNY designated as agent of the PLLC upon whom process against it may be served. SSNY shall mail copy of process to the PLLC, 242 W. 53rd Street, Apt. 27H, New York, NY 10019. Purpose: For the practice of the profession of Dentistry. D-310098

**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**

BANURE CONSULTING 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, 2600 Haring Street, Brooklyn, NY 11235. Purpose: Any lawful purpose. D-310121

**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 Formation**  
of Bayview Electric LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 05/21/21. Office location: County of Albany. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 2785 Ocean Parkway, Apartment 3E, Brooklyn, NY 11235. Purpose: Any lawful purpose. D-309798

## LEGALS

**Notice of Formation**  
of Best Life LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 12/14/2022. Office location: County of Albany. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: United States Corporation of Agents, INC. 7014 13th Avenue, Suite 202, Brooklyn, NY 11228. Purpose: any lawful purpose. D-309438

**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 FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)**

The name of the LLC is Blaisdell's Adirondack Cabins LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on 5/4/2023. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 409 Creble Rd, Selkirk, NY 12158. D-310689

**NOTICE OF LLC FORMATION**

BLOOMINGDALE 104 LLC. Arts. of Org. filed with the SSNY on 04/25/23. 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, 209 West 104th Street, Suite 6A, New York, NY 10025. Purpose: Any lawful purpose. D-310146

**NOTICE OF LLC FORMATION**

BRAIMAN ENTERPRISES, LLC. Arts. of Org. filed with the SSNY on 04/19/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 2785 Ocean Parkway, Apartment 3E, Brooklyn, NY 11235. Purpose: Any lawful purpose. D-309798

**NOTICE OF LLC FORMATION**

BRUERN PLANNING LLC. Arts. of Org. filed with the SSNY on 04/26/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of



## LEGALS

process to the LLC, 6836 108th Street, B47, Forest Hills, NY 11375. Purpose: Any lawful purpose. D-310236

**LEGAL NOTICE OF PUBLIC HEARING, BUDGET VOTE AND ELECTION**

NOTICE IS HEREBY GIVEN, that a Public Hearing on the proposed 2023-2024 Budget for the Bethlehem Central School District shall be held at the Bethlehem Central High School located at 700 Delaware Avenue, Delmar, Albany County, New York, on Wednesday, May 3, 2023 at 7:00 p.m., Prevaling Time. The budget will be available for review commencing on April 26, 2023 at the Bethlehem Central High School, Business Office, 700 Delaware Avenue, Delmar, New York, and the offices of each Elementary School, the Middle School and the High School of the District. AND NOTICE IS FURTHER GIVEN that the election of candidates to the Bethlehem Central School Board of Education and the budget vote will be held on Tuesday, May 16, 2023 between the hours of 7:00 a.m. and 9:00 p.m., prevailing time, in the upper gymnasium of the Bethlehem Central High School, 700 Delaware Avenue, Delmar, Albany County, New York, at which time the polls will be opened to vote by voting machine on the following items:

**PROPOSITION #1**

To adopt the annual budget of the Bethlehem Central School District for the fiscal year 2023-2024 and to authorize the requisite portion therefore to be raised by taxation on the taxable property of the District.

**PROPOSITION #2**

To elect three (3) members of the Board of Education as follows: three (3) at-large seats to a three (3) year term commencing on July 1, 2023, and expiring on June 30, 2026, for the seats held by Ms. Christine Beck, Ms. Holly Delenbaugh and Ms. Meredith Moriarty, whose terms expire on June 30, 2023.

**PROPOSITION #3**

Resolved, that the Board of Trustees of the Bethlehem Public Library be authorized to expend for the operation of such library for the fiscal year July 1, 2023 to June 30, 2024, the sum of: \$4,725,992 and that the Board of Education of Bethlehem Central School District of the Towns of Bethlehem and New Scotland, County of Albany, New York, be authorized to levy the necessary tax therefor.

**PROPOSITION #4**

To elect two (2) trustees to the Board of Trustees of the Bethlehem Public Library, as follows: two (2) at large seats to a five (5) year term commencing on July 1, 2023 and expiring on June 30, 2028, for the seats held by Ms. Caroline B. Brancatella and Mr. Mark Kissinger, whose term

## LEGALS

expires on June 30, 2023.

**PROPOSITION #5**

RESOLVED, that the Board of Education of the Bethlehem Central School District is hereby authorized to (1) acquire school vehicles: one (1) 70 passenger electric bus (Large EV Bus); and two (2) 8 passenger gasoline 4 x 4 (Tahoe) at a cost not to exceed \$568,720 which is estimated to be the maximum cost thereof, (2) expend such sums for such purpose, (3) levy the tax necessary therefor, to be levied and collected in annual installments in such years and in such amounts as may be determined by the Board of Education, taking into account state aid received, and (4) in anticipation of the collection of such tax, to issue bonds and notes of the District at one time or from time to time in the principal amount not to exceed \$568,720 or enter into a lease-purchase agreement at a principal amount not to exceed \$568,720 to acquire such buses.

To transact such other business as may properly come before the meeting pursuant to the Education Law of the State of New York.

The election and budget vote shall be by voting machine or absentee ballot. The hours during which the polls shall be kept open shall be from 7:00 a.m. to 9:00 p.m. prevailing time or for as long thereafter as necessary to enable qualified voters who are in the polling place at 9:00 p.m. to cast their ballots. AND FURTHER NOTICE IS HEREBY GIVEN that a copy of the statement of the amount of money which will be required to fund the School District's budget for the 2023-2024 school year, exclusive of public monies, and Basic STAR exemption impact report may be obtained by any taxpayer in the District during the fourteen days immediately preceding the Annual Meeting except Saturdays, Sundays or holidays, at the Bethlehem Central High School, Business Office, 700 Delaware Avenue, Delmar, New York, and the offices of each Elementary School, the Middle School, the High School of the District, the School District Website and the Bethlehem Public Library between the hours of 8:30 a.m. and 4:00 p.m., prevailing time and also at said District Election.

AND FURTHER NOTICE IS HEREBY GIVEN that petitions nominating candidates for the office of member of the Board of Education and for the office of Trustee of the Bethlehem Public Library shall be filed with the District Clerk at the District Clerk's office at the Bethlehem Central High School, Superintendent's Office, 700 Delaware Avenue, Delmar, New York, not later than April 17, 2023 at 5:00 p.m. Each petition must be directed to the District Clerk, must be

## LEGALS

signed by at least Ninety Four (94) qualified voters of the District and must state the name and residence of the candidate. A copy of such petitions may be obtained at the Office of District Clerk in the Bethlehem Central School District during regular school hours.

AND FURTHER NOTICE IS HEREBY GIVEN that applications for absentee ballots will be obtainable between the hours of 8:00 a.m. and 4:30 p.m. Monday through Friday, except holidays, from the District Clerk. Completed applications for absentee ballots must be received by the District Clerk at least seven (7) days prior to the vote if the ballot is to be mailed to the voter, or the day before the election, if the ballot is to be delivered personally to the voter. Absentee ballots must be received by the District Clerk not later than 5:00 p.m. on May 16, 2023.

AND FURTHER NOTICE IS HEREBY GIVEN, that military voters who are not currently registered may apply to register as a qualified voter of the Bethlehem Central School District. A military voter registration application may be requested from the District Clerk at 700 Delaware Avenue, Delmar, New York and must be returned to the Office of the District Clerk at 700 Delaware Avenue, Delmar, New York not later than 5:00 pm on April 20, 2023. A military voter may indicate their preference for receiving the registration application by mail, facsimile transmission, or email.

AND FURTHER NOTICE IS HEREBY GIVEN, that Education Law also makes special provisions for absentee voting for "military" voters of the District. Specifically, the law provides a unique procedure for "military ballots" in school district votes.

Whereas absentee ballots must be received by the voter by mail, a military voter may elect to receive his/her absentee ballot application and absentee ballot by mail, email or facsimile. If a military voter does not designate a preference, the board of education shall transmit the military ballot application or military ballot by mail. If a military voter designates a preference for facsimile transmission or electronic mail but does not provide the necessary facsimile number or e-mail address, the Board of Education shall transmit the voter registration application, military ballot application or military ballot by mail and request the omitted information. The military voter must, however, return his/her original military ballot application and military ballot by mail or in person, regardless of how the absentee application or ballot was received. The District Clerk shall transmit the military voter's military ballot in ac-

## LEGALS

cord with the military voter's preferred method of transmission, or if not preference by mail, not later than April 22, 2022. The District Clerk must then receive the military voter's military ballot by mail not later than 5:00 p.m. on the day of the vote.

A list of all persons to whom absentee ballots shall have been issued will be available in the office of the District Clerk from 8:00 a.m. until 4:30 p.m. prevailing time on each of the five days prior to the day of the election, except Saturday, May 13 and Sunday, May 14, 2023, and on the day set for the election. Any qualified voter may challenge the acceptance of the ballot of any person on such list, by making his/her challenge and reasons therefore known to the Chief Election Inspector before the close of the polls.

AND FURTHER NOTICE IS HEREBY GIVEN that the qualified voters of the School District shall be entitled to vote in said annual vote and election. A qualified voter is one who is (1) a citizen of the United States of America, (2) eighteen (18) years of age or older, and (3) resident with the School District for a period of thirty (30) days preceding the annual vote and election. The School District may require all persons offering to vote at the budget vote and election to provide one form of proof of residency pursuant to Education Law section 2018-c.

Such form may include a driver's license, a non-driver identification card, a utility bill, or a voter registration card. Upon offer of proof of residency, the School District may also require all persons offering to vote to provide their signature, printed name and address as per School District Policy 2120.2.

AND FURTHER NOTICE IS HEREBY GIVEN, that pursuant to a policy adopted by the Board of Education in accordance with Sections 2035 and 2008 of the Education Law, any referendum or propositions to amend the budget, or otherwise to be submitted for voting at said vote and election, must be filed with the Board of Education at the Bethlehem Central School on or before April 17, 2023 at 5:00 p.m., prevailing time; must be typed or printed in the English language; must be directed to the Clerk of the School District; must be signed by at least Two Hundred and Thirty Five (235) of the qualified voters of the District; and must state the name and residence of each signer, except for any referendum or propositions pursuant to Section 1804 of the Education Law, which must be signed by at least One Thousand One Hundred and Seventy Nine (1,179) of the qualified voters of the District. However, the

## LEGALS

School Board will not entertain or place before the voters any proposition if its purpose is beyond the power of the voters or is illegal, or any proposition requiring the expenditure of moneys which fails to include specific appropriations for all such expenditures required by the proposition or any proposition which must be included in this notice of the annual meeting and was not received at least 60 days prior to the annual meeting. Date: March 29, 2023 Brittany L. Barrett Delmar, New York District Clerk, Bethlehem Central School District D-307835

**Voorheesville Central School District Notice of public hearing, budget vote, and election**

NOTICE IS HEREBY GIVEN THAT a public hearing of the qualified voters of Voorheesville Central School District, County of Albany, State of New York will be held on May 8, 2023 at 6:00 p.m. in the LGI of the Clayton A. Bouton High School in said district for the presentation of a budget for the school year 20232024.

AND NOTICE IS ALSO GIVEN that the Annual District Meeting will be held on Tuesday, May 16, 2023 in the Voorheesville Middle School Foyer. The polls will open at 2:30 p.m. Eastern Daylight Saving Time and voting will proceed until 9:00 p.m. on the following:

To elect two members of the Board of Education. To elect two members for two 4-year terms terminating June 30, 2027, to fill the vacancy created by the expiration of the terms of Rachel Gilker, and Barbara Owens. To vote on the Annual School Budget and the appropriation of the necessary funds to meet the estimate of expenditures, and to authorize the levy of taxes for this purpose.

AND NOTICE IS ALSO GIVEN that at said Annual District Election and Budget Vote to be held on May 16, 2023, the following propositions will be submitted:

**PROPOSITION #1: PURCHASE OF BUSES:**

RESOLVED That the Board of Education of the Voorheesville Central School District, in the County of Albany, New York (the "District"), is hereby authorized to purchase various school buses and vehicles for use by the District and to expend \$422,000 therefor; (b) that a tax is hereby voted in the aggregate amount of not to exceed \$422,000 to pay such cost, said tax to be levied and collected in installments in such years and in such amounts as shall be determined by said Board of Education; and (c) that in anticipation of said tax, bonds of the District are hereby authorized to be issued in the principal amount of not to exceed \$422,000

## LEGALS

and a tax is hereby voted to pay the interest on said bonds as the same shall become due and payable.

AND NOTICE IS ALSO GIVEN that a copy of the statement of the amount of money which will be required for the ensuing year for school purposes, exclusive of public money, may be obtained by any taxpayer in the district during the fourteen days immediately preceding the Annual Meeting, except Saturday, Sunday or holiday, at the following schoolhouses in which school is maintained during the hours designated:

Schoolhouses / Hours  
Voorheesville Elementary School  
8:30 a.m. to 3:00 p.m.

Voorheesville Middle School  
8:30 a.m. to 3:00 p.m.

Clayton A. Bouton High School  
8:30 a.m. to 3:00 p.m.

AND NOTICE IS ALSO GIVEN that petitions nominating candidates for the office of member of the Board of Education must be filed with the Clerk of the district not later than the close of business on April 17, 2023. Each petition must be directed to the Clerk of the district, must be signed by at least twenty-five (25) qualified voters of the district, must state the name and residence of the candidate and must describe the specific vacancy for which the candidate is nominated including at least the length of the term of office and the name of the last incumbent.

AND NOTICE IS ALSO GIVEN that a public hearing of the qualified voters of Voorheesville Central School District, County of Albany, State of New York will be held on Monday, May 15, 2023 at 7:00 p.m. at the Voorheesville Public Library for the presentation of the Public Library budget for the year 20232024.

AND NOTICE IS ALSO GIVEN that, as part of and contemporaneous with the Annual District Meeting, a vote will be held for the Voorheesville Public Library on the following: To elect one member of the Library Board of Trustees for a term of five years ending on June 30, 2028 to fill the vacancy created by the expiration of the term of Alan Kowlowitz.

To vote on the annual Public Library budget and the appropriation of the necessary funds to meet the estimate of expenditures, and to authorize the levy of taxes for this purpose.

AND NOTICE IS ALSO GIVEN that letters requesting application for absentee ballots may be received by the District Clerk not earlier than the thirtieth (30th) day nor later than the seventh (7th) day before the election. Requests should be addressed to: Clerk, Board of Education

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Voorheesville Central School District  
P.O. Box 498  
Voorheesville, NY 12186  
Dated: March 20, 2023  
Jessica Tabakian  
District Clerk  
D-308003

**Notice of Formation**  
of C & N Landscape Designs LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 04/25/23. Office location: County of Albany. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: ZenBusiness Inc. 41 State Street, Suite 112, Albany, NY 12207. Purpose: any lawful purpose. D-310381

**NOTICE OF LLC FORMATION**

CHELSEA 17TH STREET PROPERTIES, LLC. App. for Auth. filed with the SSNY on 04/14/23. Originally filed with Secretary of State of California 02/27/2013. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 252 Seventh Avenue, PHC, New York, NY 10011. Purpose: Any lawful purpose. D-309585

**NOTICE OF LLC FORMATION**

CHINESE TREND BUFFET HOT POT LLC. Arts. of Org. filed with the SSNY on 05/03/23. 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, 1421 64th Street, Brooklyn, NY 11219. Purpose: Any lawful purpose. D-310663

**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 Consistent Development, LLC, 223 Wall Street, No. 330, Huntington, NY 11743. Purpose: Any lawful purpose. D-309051

**Notice of Formation**

of CustomerX LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 02/23/23. Office location: County of Albany. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: ZenBusiness Inc. 41 State Street, Suite 112, Albany, NY 12207. Purpose: any lawful purpose. D-309653

**NOTICE OF LLC FORMATION**

DANIELS LANE ADVISORS LLC. Arts. of Org. filed with the SSNY on 03/13/23. Office: Albany

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County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 225 Central Park West, Suite 805, New York, NY 10024. Purpose: Any lawful purpose. D-310634

**NOTICE OF LLC FORMATION**

DECEMBER RECORDS, LLC. Arts. of Org. filed with the SSNY on 04/27/23. 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, 197 Columbia Street, Brooklyn, NY 11231. Purpose: Any lawful purpose. D-310296

**Notice of Formation**

of DOMESTIC ANIMALS LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 08/12/21. Office location: County of Albany. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: ZenBusiness Inc. 41 State Street, Suite 112, Albany, NY 12207. Purpose: any lawful purpose. D-310134

**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 PLLC FORMATION**

ELLIOTT BLITENTHAL LCSW PLLC. Arts. of Org. filed with the SSNY on 03/28/23. Office: Albany County. SSNY designated as agent of the PLLC upon whom process against it may be served. SSNY shall mail copy of process to the PLLC, 7118 Main Street, Suite 8, Flushing, NY 11367. Purpose: For the practice of the profession of Licensed Clinical Social Work. D-310276

**NOTICE OF LLC FORMATION**

EWIT, LLC. Arts. of Org. filed with the SSNY on 04/26/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 160 East 88th Street, Apartment 5F, New York, NY 10128. Purpose: Any lawful purpose. D-310238

**NOTICE OF LLC FORMATION**

EWT-MATEL LLC. Arts. of Org. filed with the SSNY on 04/28/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY



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shall mail copy of process to the LLC, 1326 Hastings Street, Teaneck, NJ 07666. Purpose: Any lawful purpose. D-310474

## 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: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 7 Lois Place, Katonah, NY 10536. Purpose: Any lawful purpose. 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

FITNESS BY SAMI LLC. Arts. of Org. filed with the SSNY on 04/24/23. 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, 10 Verton Court, East Northport, NY 11731. Purpose: Any lawful purpose. D-310103

## Notice of Formation

of GAG Property Solutions LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 04/26/2023. Office location: County of Albany. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: REGISTERED AGENTS INC. 418 BROADWAY STE R, ALBANY, NY, 12207, USA. Purpose: any lawful purpose. D-310459

## NOTICE OF LLC FORMATION

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

## NOTICE OF LLC FORMATION

GEVURAH LLC. Arts. of Org. filed with the SSNY on 04/28/23. 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

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the LLC, 1326 Hastings Street, Teaneck, NJ 07666. Purpose: Any lawful purpose. D-310475

## NOTICE OF LLC FORMATION

GLOBAL STONE OF NY LLC. Arts. of Org. filed with the SSNY on 04/14/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 35-02 Northern Boulevard, Long Island City, NY 11101. Purpose: Any lawful purpose. D-309586

## NOTICE OF LLC FORMATION

GOOD POTENTIAL PRODUCTIONS LLC. Arts. of Org. filed with the SSNY on 04/19/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Chaifetz & Chaifetz LLC, 1501 Broadway, Suite 1001, New York, NY 10036. Purpose: Any lawful purpose. D-310671

## Notice of Formation

of GovMed Solutions LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 1/18/23. Office location: County of Albany. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: ZenBusiness Inc. 41 State Street, Suite 112, Albany, NY 12207. Purpose: any lawful purpose. D-309649

## NOTICE OF LLC FORMATION

GREENLAKE CONSULTING, LLC. Arts. of Org. filed with the SSNY on 04/19/2023. Office loc: Albany County. SSNY has been designated as agent upon whom process against the LLC may be served. SSNY shall mail process to: The LLC, 3 Knollwood Drive, Latham, NY 12110. Purpose: Any Lawful Purpose. D-309791

## Notice of Formation

of Greg Allen Consulting, LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 04/14/2023. Office location: County of Albany. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: Greg Allen, 12 Penn Lane, Glenmont, NY 12077. Purpose: Healthcare Consulting. D-310608

## Notice of Formation

of HAAJ Contracting LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 12/26/22. Office location: County of Albany. SSNY is designated as agent of LLC upon whom process may be served. SSNY

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shall mail copy of process to: ZenBusiness Inc. 41 State Street, Suite 112, Albany, NY 12207. Purpose: any lawful purpose. D-309778

## NOTICE OF LLC FORMATION

HABAYIT BUILDING, LLC. Arts. of Org. filed with the SSNY on 04/20/23. 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 Michael Shelby, 1974 East 21st Street, Brooklyn, NY 11229. Purpose: Any lawful purpose. D-309896

## NOTICE OF LLC FORMATION

HAPBEE HORMONES NUTRITION AND WELLNESS LLC. Arts. of Org. filed with the SSNY on 09/01/22. 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 Northwest Registered Agent LLC, 418 Broadway, Ste N, Albany, NY 12207, which also serves as the registered agent address. Purpose: Any lawful purpose. D-310488

## NOTICE OF LLC FORMATION

HOUSE OF HUGO LLC. Arts. of Org. filed with the SSNY on 04/18/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 40 Exchange Place, 18th Floor, New York, NY 10005. Purpose: Any lawful purpose. D-309753

## NOTICE OF LLC FORMATION

HUBAN PROPERTIES, 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 a copy of process to the LLC, c/o Theodore Nicholas Huban, 273 Troy Schenectady Road, Latham, NY 12110. Purpose: Any lawful purpose. D-310487

## Notice of Formation

of Illumination Studio LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 04/13/23. Office location: County of Albany. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: Crystal Spiezio 6 Hanifin Avenue Colonie, NY 12205. Purpose: any lawful purpose. D-309564

## NOTICE OF LLC FORMATION

INTO THE CURL LLC. Arts. of Org. filed with the SSNY on 04/17/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY

## LEGALS

shall mail copy of process to the LLC, c/o Abrams Garfinkel Margolis Bergson, LLP, ATTN: Robert J. Teitelbaum Esq., 1430 Broadway, 17th Floor, New York, NY 10018. Purpose: Any lawful purpose. D-309641

## NOTICE OF LLC FORMATION

JBME VENTURES LLC. Arts. of Org. filed with the SSNY on 04/17/23. 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 Third Avenue, Apartment 12E, New York, NY 10010. Purpose: Any lawful purpose. D-309640

## Notice of Formation of JMS518 LLC.

Articles of Org. filed with NY Sec. of State (SSNY) on 03/12/2021. SSNY is designated agent of LLC for service of process. SSNY shall mail process to: JMS518 LLC, 17 Wellesley Court, Loudonville, NY 12211. Office location: Albany County. Purpose: Any lawful activity. D-310071

## Johnson &amp; Johnson Claims Management, LLC

Formed In - South Carolina Notice of Qualification - LLC was filed with the SSNY on April 13, 2023. Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: Francis G. Johnson, 200 Wingo Way, Ste. 200, Mt. Pleasant, SC 29464. Purpose: Any lawful purpose. D-310182

## NOTICE OF LLC FORMATION

K & A SWEET ASSOCIATES 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, 59 Steve Odell Road, Cropsyville, NY 12052. Purpose: Any lawful purpose. D-309458

## Notice of Formation

of L'Apothicaire 420 LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 11/18/22. Office location: County of Albany. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: ZenBusiness Inc. 41 State Street, Suite 112, Albany, NY 12207. Purpose: any lawful purpose. D-309779

## NOTICE OF LLC FORMATION

LINCEE'S BOWTIQUE LLC. Arts. of Org. filed with the SSNY on 05/01/23. Office: Albany County. SSNY designat-

## LEGALS

ed as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 21 Plowboy Path, Com-mack, NY 11725. Purpose: Any lawful purpose. D-310546

## NOTICE OF LLC FORMATION

LITTLE LEE LLC. Arts. of Org. filed with the SSNY on 04/12/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 622 Greenwich Street, Apartment 5C, New York, NY 10014. Purpose: Any lawful purpose. D-309416

## NOTICE OF LLC FORMATION

LocationShield LLC. Arts. of Org. filed with the SSNY on 05/02/23. 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 Joshua Blau CPA P.C., 641 Lexington Avenue, 14th Floor, New York, NY 10022. Purpose: Any lawful purpose. D-310635

## LEGAL NOTICE

Formation of Lone Pine Theatricals, LLC filed with the Secy. of State of NY (SSNY) on 4/26/2023. Office loc.: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. The address SSNY shall mail process to 240A 7th St., Apt. A, Brooklyn, NY 11215. Purpose: Any lawful activity. D-310268

## LYN LLC

Articles of Org. filed NY Sec. of State (SSNY) 4/24/23. Office in Albany Co. SSNY desig. agent of LLC whom process may be served. SSNY shall mail process to 3333 Broadway C14F, NY, NY, 10031. Purpose: Any lawful purpose. Principal business loc: 55 Christopher St., NY, NY 10014. D-310163

## NOTICE OF LLC FORMATION

MADAME.M LLC. App. for Auth. filed with the SSNY on 04/19/23. Originally filed with Secretary of State of Delaware 04/18/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 951 Western Avenue, Albany NY 12203. Purpose: For any lawful purpose. D-310175

## NOTICE OF LLC FORMATION

MISSING "S" LLC. Arts. of Org. filed with the SSNY on 04/28/23. 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, 80-80 Chevy Chase Street, Jamaica Estates, NY 11432. Purpose: Any lawful purpose. D-310476

## NOTICE OF LLC FORMATION

MEGA-GOLD LLC. Arts. of Org. filed with the SSNY on 04/25/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-

## LEGALS

cess to the LLC, c/o Mordechai Goldwaser, 1438 57th Street, Brooklyn, NY 11219. Purpose: Any lawful purpose. D-310500

## Notice of Formation

of Megaswoz Entertainment LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 02/15/23. Office location: County of Albany. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: ZenBusiness Inc. 41 State Street, Suite 112, Albany, NY 12207. Purpose: any lawful purpose. D-309651

## TOWN OF BERNE

PLEASE TAKE NOTICE The Helderberg Kiwanis will be hosting a Memorial Day Parade on Monday, May 29, 2023 beginning at 10:00AM and ending at 11:00AM. The staging area will start at Helderberg Blue-stone and continue to the BKW school parking lot. Parts of Route 156 will be affected from Rock Road to Rt. 443. If you have any questions, please contact the Berne Town Clerk at clerk@bermeny.org D-309797

## NOTICE OF LLC FORMATION

MEMORIZE LLC. Arts. of Org. filed with the SSNY on 04/21/23. 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, 205 West End Avenue, #20U, New York, NY 10023. Purpose: Any lawful purpose. D-309985

## NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY.

Name: MGP Properties 48, LLC. Articles of Organization were filed with the Secretary of State of NY (SSNY) on 4/26/23. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 951 Western Avenue, Albany NY 12203. Purpose: For any lawful purpose. D-310175

## NOTICE OF LLC FORMATION

MISSING "S" LLC. Arts. of Org. filed with the SSNY on 04/28/23. 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, 80-80 Chevy Chase Street, Jamaica Estates, NY 11432. Purpose: Any lawful purpose. D-310476

Notice of Formation of Mother Tongue Media L.L.C., a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 04/10/23. Office loca-

## LEGALS

tion: County of Albany. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: ZenBusiness Inc. 41 State Street, Suite 112, Albany, NY 12207. Purpose: any lawful purpose. D-309652

## MT GROWTH ASSOCIATES LLC

Articles of Org. filed NY Sec. of State (SSNY) 4/17/23. Office in Albany Co. SSNY desig. agent of LLC whom process may be served. SSNY shall mail process to 333 West Avenue, Unit 2, Darien, CT 06820. Purpose: Any lawful purpose. D-309590

## Notice of Formation

of MUSIC FOR INCOME LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 4/27/23. Office location: County of Albany. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: ZenBusiness Inc. 41 State Street, Suite 112, Albany, NY 12207. Purpose: any lawful purpose. D-310491

## 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

MYRTLE 888 LLC. Arts. of Org. filed with the SSNY on 04/26/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 26 Preston Lane, Syosset, NY 11791. Purpose: Any lawful purpose. D-310267

## Notice of Formation

of MZ FLEUR DESIGN LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 12/06/2022. Office location: County of ALBANY. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: 418 Broadway STE R, Albany, NY 12207, United States. Purpose: any lawful purpose. D-310637

## NOTICE OF LLC FORMATION

NFM 30TH AVE LLC. Arts. of Org. filed with the SSNY on 04/21/23. 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, 270 Park Avenue, New York, NY 10010. Purpose: Any lawful purpose. D-309986

## LEGALS

cess to the LLC, 200 East 61st Street, Apartment 18BC, New York, NY 10065. Purpose: Any lawful purpose. D-309992

## 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: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 61 Bayport Avenue, Bayport, NY 11705. Purpose: Any lawful purpose. D-308406

## NOTICE OF LLC FORMATION

NORTHERN DIGITAL LLC. Arts. of Org. filed with the SSNY on 04/25/23. 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 Falcon Rappaport & Berkman LLP, 265 Sunrise Highway, Suite 50, Rockville Centre, NY 11570. Purpose: Any lawful purpose. D-310496

## 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. Office: Albany County. 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 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

## NOTICE OF LLC FORMATION

PAR AVION GROUP LLC. Arts. of Org. filed with the SSNY on 04/21/23. 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, 270 Park Avenue, New York, NY 10010. Purpose: Any lawful purpose. D-309986



**From page 2 ...**

**Police, Fire and Emergency Calls  
Larceny at Price Chopper and  
DWI on Orchard**

**SLINGERLANDS** - A 54-year old homeless man was stopped by Bethlehem police near the Price Chopper on New Scotland Avenue on Saturday, April 29 after he allegedly ran from the store with merchandise.

After an investigation, William Terry, Jr., 54, had an outstanding warrant from the Town of Colonie. Price Chopper declined to press charges for the larceny, since they recovered the property.

Terry was transported and turned over to Colonie police.

**DWI on Orchard**

**DELMAR** - Bethlehem police observed a gray 2022 Subaru Impreza cross the yellow multiple times on Hudson Avenue and performed a traffic stop on Orchard Street on Sunday, April 30 at 1:09 a.m.

When officers interviewed the driver, a 32-year-old Delmar man, attempted to give officers a Lowes gift card instead of his driver's license. They observed a strong odor of an alcoholic beverage and the driver had bloodshot eyes and slurred speech.

The man also said he had three beers at home and one at a local restaurant. He was given and he failed field sobriety

tests and tested positive for breath alcohol on a pre-screening device.

He was taken into custody. At the police station he provided a breath sample that returned a .16 percent BAC.

He was charged with DWI, given a bill of particulars, issued traffic tickets and released. The man is due back in Bethlehem Town Court on Tuesday, May 16.

**Larceny and criminal contempt**

**SLINGERLANDS** - Bethlehem police responded to a larceny in progress call at Shoprite on Sunday, April 30. When officers arrived, store employees reported that two people ran from the store towards the Price Chopper plaza.

Officers located Leon Johnson Jr., 40, and another person at the CDTA bus stop at Price Chopper and found the stolen merchandise in their possession.

Shoprite declined to prosecute the pair for the larceny, but a check showed that Johnson had a full court-stay-away order from the other person and also had three prior convictions for criminal contempt. He was charged with felony criminal contempt, arraigned by Bethlehem Town Judge Ryan Donovan and sent to the Albany County jail without bail.

**Walmart larceny and warrant**

**GLENMONT** - A man arrested for allegedly leaving Walmart with two carts of merchandise

without paying for it in February, was arrested again on Tuesday, May 2 for not showing up for court.

Stephen Kirkley, 30, of Albany was brought to Bethlehem by Albany County Sheriff's Office employees. He was arrested by Bethlehem Town Judge Ryan Donovan. He is scheduled back in court on Tuesday, June 6.

**Felony aggravated DWI in crash**

**DELMAR** - A crash at the intersection of Elsmere and Delaware Avenues on Tuesday, May 2 led to felony charges against a Ravena man.

3:51 p.m., Bethlehem police responded to the crash and found Andrew Hamilton, 35, sitting in his Toyota Corolla in the

middle of the intersection.

While interviewing Hamilton, officers observed a strong odor of an alcoholic beverage emanating from his breath. He was given and failed field sobriety tests and tested positive for breath alcohol on a pre-screening device.

Hamilton was taken into custody and at the police station he provided a breath sample that returned a .18 percent BAC.

A check of his criminal history revealed he has a prior conviction for DWI and was charged with felony aggravated DWI.

He was issued tickets and released.

Hamilton is scheduled back in Bethlehem Town Court on Tuesday, May 16.

**LEGALS**

**NOTICE OF LLC FORMATION**  
PARKVAL LLC. Arts. of Org. filed with the SSNY on 05/01/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 432 Park Avenue, Apartment 36A, New York, NY 10022. Purpose: Any lawful purpose. D-310545

**NOTICE OF LLC FORMATION**  
PINEAPPLE MANAGEMENT LLC. Arts. of Org. filed with the SSNY on 03/23/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 19360 Rinaldi Street, #702, Porter Ranch, CA 91326. Purpose: Any lawful purpose. D-310307

**NOTICE OF LLC FORMATION**  
POOL HOUSE 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, 16 Madison Square West, Suite 1284, New York, NY 10010. Purpose: Any lawful purpose. D-308711

**NOTICE OF LLC FORMATION**  
QUINSTAR NY1 LLC. Arts. of Org. filed with the SSNY on 04/26/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 12615

**To place your Legal Notice: Call 439-4949**

**LEGALS**

Caminito Destello, San Diego, CA 92130. Purpose: Any lawful purpose. D-310239

**NOTICE OF LLC FORMATION**  
RIIS BATHHOUSE INVESTOR LLC. Arts. of Org. filed with the SSNY on 04/17/23. 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, 21 West 38th Street, 11th Floor, New York, NY 10018. Purpose: Any lawful purpose. D-309761

**NOTICE OF LLC FORMATION**  
ROSENBLATT REALTY LLC. Arts. of Org. filed with the SSNY on 04/20/23. 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 Law Offices of Thomas C. York, P.C., 427 Beach 69th Street, Arverne, NY 11692. Purpose: Any lawful purpose. D-309898

**NOTICE OF LLC FORMATION**  
RUAH YOGA LLC. Arts. of Org. filed with the SSNY on 04/24/23. 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, 211 Schermerhorn Street, PHB, Brooklyn, NY 11201. Purpose: Any lawful purpose. D-310490

**NOTICE OF LLC FORMATION**  
SASAF LLC. Arts. of Org. filed with the SSNY on 05/03/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served.

**LEGALS**

SSNY shall mail copy of process to the LLC, 156-26 77th Street, Howard Beach, NY 11414. Purpose: Any lawful purpose. D-310665

**SCHWOEGLER VET PROFESSIONAL, PLLC**  
Articles of Org. filed NY Sec. of State (SSNY) 2/24/23. Office in Albany Co. SSNY desig. agent of LLC whom process may be served. SSNY shall mail process to PO Box 364, Clinton, NY 13323. Purpose: To practice Veterinary Medicine. D-310358

**Notice of Formation**  
of Scurry Home LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 02/27/23. Office location: County of Albany. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: ZenBusiness Inc. 41 State Street, Suite 112, Albany, NY 12207. Purpose: any lawful purpose. D-310382

**Notice of Formation**  
of Sensibly Aesthetics LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 04/13/23. Office location: County of Albany. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: ZenBusiness Inc. 41 State Street, Suite 112, Albany, NY 12207. Purpose: any lawful purpose. D-309587

**Notice of Formation**  
of STARS AND STRIPES REMODELING LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed

**LEGALS**

with the Secretary of State of New York (SSNY) on 07/06/2022. Office location: County of ALBANY. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: 539 ONESQUETHAW CREEK RD. FEURA BUSH, NY 12067. Purpose: any lawful purpose. D-310061

**NOTICE OF LLC FORMATION**  
STUYVESANT GARAGE 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, 10 E. 33rd Street, 11th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-308543

**Notice of Formation**  
of Stylo Design Studio LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on February 13, 2023. Office location: County of Albany. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: 66 Maple Rd., Voorheesville, NY 12186. Purpose: any lawful purpose. D-309597

**NOTICE OF PLLC FORMATION**  
SYDNEY SEIFERT, LCSW, PLLC. Arts. of Org. filed with the SSNY on 03/30/23. Office: Albany County. SSNY designated as agent of the PLLC upon whom process against it may be served. SSNY shall mail copy of process to the PLLC, c/o Tesser, Ryan & Rochman, LLP, 15 Fisher Lane, Suite 200, White Plains, NY

**LEGALS**

10603. Purpose: For the practice of the profession of Licensed Clinical Social Work. D-308804

**NOTICE OF LLC FORMATION**  
T4TWO LLC. Arts. of Org. filed with the SSNY on 04/28/23. 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, 80-80 Chevy Chase Street, Jamaica Estates, NY 11432. Purpose: Any lawful purpose. D-310477

**NOTICE OF COMPLETION OF TENTATIVE ASSESSMENT ROLL AND HEARING OF COMPLAINTS**  
(PURSUANT TO §506 & §526 OF THE REAL PROPERTY TAX LAW) NOTICE IS HEREBY GIVEN that the Assessor for the Town of Berne, Albany County, New York, has completed the 2023 Tentative Assessment Roll and a copy thereof has been filed with the Berne Town Clerk where it may be seen and examined by any person interested therein until the fourth Wednesday in May. The Assessor will be in attendance with the roll at the Berne Town Hall located at 1656 Helderberg Trail, Berne, New York on the following dates:  
Wednesday, May 3, 2023 from 2:00 pm - 6:00 pm  
Wednesday, May 10, 2023 from 2:00 pm - 6:00 pm  
Wednesday, May 17, 2023 from 4:00 pm - 8:00 pm  
Saturday, May 20, 2023 from 10:00 am - 2:00 pm (by appointment only by calling (518) 872-1448, ext. 107 or via email to assessor@berne.ny.org.)

**NOTICE OF LLC FORMATION**  
THIRD AVENUE 33H LLC. Arts. of Org. filed with the SSNY on 04/20/23. 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 Avenues Real Estate LLC, 110 E. 31st Street, 1st Floor, New York, NY 10016. Purpose: Any lawful purpose. D-310489

**LEGALS**

The Board of Assessment Review will meet from 3:00 pm to 5:00 pm and 6:00 pm to 8:00 pm on Wednesday, May 24, 2023 in said Town Hall to hear complaints in relation to assessments of real property. Grievance forms and a publication containing procedures for contesting an assessment is available at the Assessor's office or on the Town's website at https://berneny.org. Christine Valachovic & Melanie Bunzey Town of Berne Assessors D-310209

**NOTICE OF LLC FORMATION**  
THE DOLLHOUSE AT STRUT 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, 5 Metro Park Road, Suite 4, Albany, NY 12205. Purpose: Any lawful purpose. D-308869

**Notice of Formation**  
of TheDigitalConnection LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 04/07/23. Office location: County of Albany. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: ZenBusiness Inc. 41 State Street, Suite 112, Albany, NY 12207. Purpose: any lawful purpose. D-309562

**NOTICE OF LLC FORMATION**  
THIRD AVENUE 33H LLC. Arts. of Org. filed with the SSNY on 04/20/23. Office: Albany County. SSNY designated as agent of the LLC

**LEGALS**

upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Avenues Real Estate LLC, 110 E. 31st Street, 1st Floor, New York, NY 10016. Purpose: Any lawful purpose. D-310489

**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, Apartment 7H, New York, NY 10037. Purpose: Any lawful purpose. 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 designated 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. Office: Albany County. 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 Formation of Trilateral Technologies LLC.**  
Articles of Org. filed with NY Sec. of State (SSNY)

**LEGALS**

on 05/12/2022. SSNY is designated agent of LLC for service of process. SSNY shall mail process to: Trilateral Technologies LLC, 412 Vly Road, Niskayuna, NY 12309. Office location: Albany County. Purpose: Any lawful activity. D-310072

**NOTICE OF LLC FORMATION**  
VANILLA SKY MUSIC LLC. Arts. of Org. filed with the SSNY on 04/26/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 1913 Haight Avenue, Bronx, NY 10461. Purpose: Any lawful purpose. D-310541

**NOTICE OF LLC FORMATION**  
WEST HILLS PLUMBING AND HEATING LLC. Arts. of Org. filed with the SSNY on 04/21/23. 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, 5 Sky-lark Court, Huntington Station, NY 11746. Purpose: Any lawful purpose. D-309987

**NOTICE OF LLC FORMATION**  
ZAHA SANKO LLC. Arts. of Org. filed with the SSNY on 05/01/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 520 West 28th Street, Unit 32, New York, NY 10001. Purpose: Any lawful purpose. D-310547

**To place your Legal Notice: Call 439-4949**



May 10 - May 16, 2023

LETTERS TO THE EDITOR

## McNay for school board

To the Editor;  
As your readers will likely know, elections for the Bethlehem School Board are being held on May 16th; I'm running to improve student mental health and bring a teacher/

scientist perspective and skillset to the board. Lots of details on my qualifications, background, and positions are at [www.ewanmcnay.com](http://www.ewanmcnay.com) - in short, I'm an educator and neuroscientist, father to two BCSD

sons. I'm aiming to support existing excellence (e.g. the music program) and support new initiatives where needed (for example, more proactive mental health support). I'd very much welcome input and questions from

your readers (as well as their vote!); the Bethlehem schools have been very good to our family and I'd like to use some of my expertise to give something back to the district.

*Sincerely, Ewan McNay*

LIBRARIES

## Moments and memories

**B**rendan Fahy Bequette was a gifted filmmaker and photographer whose brilliant life was tragically cut short at 25 by a rare form of cancer. A book of his photographs was published in 2022 with proceeds dedicated to a fund that supports and nurtures young artistic talent in all forms and disciplines.

Join us Thursday, May 11, at 7 p.m. as his parents, Pat Fahy and Wayne Bequette, along with the book's curators, discuss his life and work.

### Jumpstart your writing

Author Coleen Murtagh Paratore will be at the library Monday, May 15, to lead a creative writing workshop for teens from 3:30-5 p.m. Her 2022 book, "Dear Writer, Inspiration and Advice on Writing," is all about kick starting creativity if it has gone dormant for a while. This program is for ages 12-18; registration is required. Visit our online calendar at [bethlehem.librarycalendar.com](http://bethlehem.librarycalendar.com) to sign up.

### Get ready to ride

May is National Bike Month.



Are you ready to ride? The library has a public-use bicycle service station near the entrance closest to the parking lot. The Dero Fixit device features hanger arms that bring the bike off the ground and allow the pedals and wheels to move freely. It also includes all of the tools needed to perform basic bike repairs and maintenance on the spot. Change a flat, adjust the brakes and derailleurs, or fix a wobbly seat - all at the library. Attached to the Fixit station by cables are Philips and flat-head screwdrivers, six sizes of Allen wrenches, six sizes of box wrenches, and two tire levers. Adjacent to the station is a heavy-duty air pump with a universal pump head that accommodates all valve stem types. The library's bicycle service station is free for anyone to use, 24 hours a day.

We've also got bicycle locks to borrow from our Library of Things, so if you make an unplanned stop at the library, you can still keep your bike safe and secure.

On Saturday, May 20, from 10 a.m.-1 p.m., the library will be participating in the 2023 Bethlehem Walk and Roll Fest. Located at the Rear Lot of 250 Delaware Avenue in Delmar, Walk and Roll will have stations for riding skills, crosswalk and traffic safety, and free ice cream provided by Stewart's Shops. Stop by our table to say hi and learn about all of the cool events we have planned for summer. The event is sponsored by the Bethlehem Parks and Recreation Department, Bethlehem Police Community Services Unit, and the Bethlehem Bicycle and Pedestrian Committee.



On Wednesday, May 3, some of our littlest visitors brought in their favorite stuffed friends for a check-up with volunteers from the BCMS Helping Hands Club. All stuffed animals were found to be in good health with many hugs ahead of them.

*Photo by Kristen Roberts*

### Friends Book Sale Fundraiser

Stock up on some new-to-you books, audiobooks and DVDs at the Friends of Bethlehem Public Library's Book Sale Fundraiser on the library plaza Saturday, May 20

from 10 a.m.-4:30 p.m. For sale will be books and other materials that have been removed from the library collection and are in excellent condition.

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



# From page 1 ... Two calls, 25 minutes

Boulevard and police and EMS responded, according to Bethlehem police. The call was for a male and a female, both in their 20's. At least one was unresponsive.

Upon arrival, the individuals were given a dose of Narcan from EMS and police. They were stabilized and transported to a local hospital. According to Albany County Sheriff Craig Apple, one individual thought they were taking a brand name drug, and it turned out to be fentanyl or another opioid.

"In this case, the Narcan worked because it saved their lives," he said. "That is not always the case."

While EMS personnel and police were at the Nathaniel Boulevard scene a second call came into dispatch from a residence on Hawthorne Avenue, less than half a mile away, for an unresponsive male at 10:24 p.m., according to Bethlehem police.

The man, who was in his 40s, was unresponsive and not breathing. He could not be revived and died.

"The case remains an open investigation pending chemical testing of substances found at the scene and toxicology reports," Deputy Chief James Rexford said.

According to radio transmissions, EMS dispatched as an Echo response to the two residences, which is the highest priority and means the person is not breathing. Delmar-Bethlehem EMS had multiple other unrelated calls during this period as well.

Emergency officials say the roulette with the use of drugs purchased on the streets is becoming more dangerous.

"The makeup of street drugs has been changing, leading to very severe medical consequences," Delmar Bethlehem EMS Chief Steven Kroll said. "If you use street drugs, you don't know what is in them. Because people don't know and use them anyway, it is causing a nationwide crisis."

Kroll said that while the number of calls related to drugs and overdoses is not a large percentage of the total calls for Delmar

**"People should not think that this can't affect them because this is happening to our own neighbors, friends or families."**  
— Steven Kroll,  
Delmar Bethlehem EMS Chief

Bethlehem EMS, there has been a change from past years.

"Delmar Bethlehem EMS has been responding to an increasing number of drug-related and overdose calls in recent years," Kroll said.

Of the 4,318 calls that Delmar Bethlehem EMS had last year, only 57 of them listed overdose or substance abuse as the reason for the call. The classification is determined by what is documented as the presenting problem, not a determination of what was the final diagnosis, Kroll said.

The total calls also include overdoses of any drugs or substances, such as alcohol, he said. The totals have been increasing since 2019 when there were 42 calls in the category. In 2020 there were 44, with 43 in 2021, according to the agency's call data.

The calls for substances and overdoses were at the highest level in 2018 at 63, then settled down for four years and spiked again. Kroll noted that Delmar Bethlehem EMS is a relatively small agency and the data sets are small, but the trend is similar to what is happening elsewhere.

In Albany County, deaths from overdoses have also increased steadily, even with the wide deployment of Naloxone and increase in training on how to use it.

According to the Albany County Coroner's office, 100 people died in 2020 with an overdose as the cause of death. The number increased to 110 in 2021 and 122 in 2022. This year, there have been 31 overdose deaths in the county so far.

There has been a push nationwide and locally to expand the access to and training for administering Naloxone, the generic name of the brand Narcan. On Monday, May 1, a training session was held at the Palace Theatre in Albany.

"We train people who want it," Apple said. "Last night we did it for 60 restaurant and venue workers at the Palace."

Medical professionals said the increased training is an important step to keep people alive.

"We continue to expand the availability of Naloxone through Albany Med, the Albany County Sheriff and other agencies with the support of the NY Department of Health," Dr. Michael Dailey said. "Naloxone is a fantastic drug, but you can't give it to yourself."

Dailey is the Chief of Pre-Hospital Medicine at Albany Medical Center and also serves as the volunteer Regional Medical Director for EMS.

Dailey said the idea is to roll out training and have Naloxone available in places where

people gather, where they have access to opioids and near where the drugs are used so it can save lives.

"There has been a steady increase in overdoses region wide. There are a lot more than 10 years ago with intermittent spikes," he said.

Another program being used is the "Leave Behind Naloxone" program which is supported by the NY Department of Health, where EMS and law enforcement are leaving doses with families when they find someone at the home is using opioids, Dailey said.

Another concern is the change in the makeup of many of the drugs purchased illegally on the street.

"Overdoses are up mainly because of the strength of the drugs, as well as the mixture of other compounds such as Xylazine, which Narcan will not work on," Apple said.

According to the National Capital Poison Center, Xylazine, known on the street as "tranq," is an animal tranquilizer, and Ketamine, a human and veterinary anesthetic drug, have been increasingly found in street drugs because they are less expensive additives. Naloxone does not counteract the effects of these drugs when someone is overdosing.

"These are very powerful and effective drugs when used for their intended purposes," Dailey said. "They are very dangerous when used outside of that purpose."

"Drug abuse affects people from all quarters, all ages and all parts of our community. It affects teenagers, senior citizens, people who go to work everyday and those who struggle from addiction," Kroll said. "People should not think that this can't affect them because this is happening to our own neighbors, friends or families."

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**Spotlight NEWS**



■ HIGH SCHOOL SPORTS



**Eagles lax soar past B'Spa**

COLONIE - The Bethlehem Girls Lacrosse team played a home game on the turf at Affirms in Colonie on Tuesday, May 2 against Ballston Spa. The Eagles offense was crushing and they won the contest 21-2.

Bri Fabian led the Eagles with four goals, Maeve Conway had three and Addison Daget and Kristen Phang had two each.

Photos by John McIntyre

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**Free Comic Book Day**  
Earth World Comics welcomed Albany locals to celebrate on Saturday. **Page B5**

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**Cheers to 35 years!**  
Capital Underground show rocked at Putnam Place on Sunday. **Page B19**



**NYSID winners**  
Albany engineering students win competition to aid those with disabilities. **Page B3**



# The wonder of tulips

Albany's 75th festival celebrates hope and history

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

**ALBANY** — For 75 years, Albany has honored the tradition of the Tulip Festival with its signature street scrubbing, Tulip Queen coronation, and wide array of tulips. In honor of the 75th anniversary, the Albany Institute of History and Art is debuting a new exhibition that will be a time capsule of the decades of the iconic festival.

**Continues on page B16**



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**UPSTATE ARTIST GUILD**

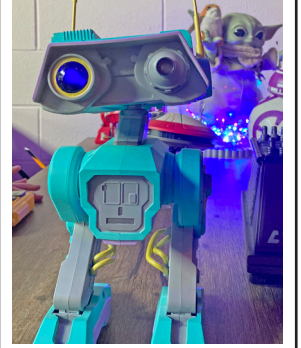
Upstate Artist Guild members showcased their art on First Friday at Art Associates Gallery Inc. The Colonie art gallery and frame shop will close its doors Saturday, May 27, after four-and-a-half years at 21 Railroad Avenue.

Photos by Amy Modesti /The Spot 518

**quote of the week**

*I thought that it would be our gift to the city as well, to do something that honored all of these years, all of these tulip queens, the good things they've done, and how the tulip festival has evolved from then to today.*

— Diane Shewchuk, curator at the Albany Institute of History and Art



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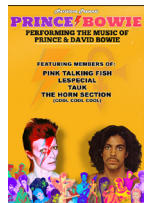
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■ COMMUNITY

# Albany engineering students win NYSID competition

Innovation helps create an inclusive workforce

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

ALBANY — NYSID (New York State Industries for the Disabled, Inc.), has announced the winners of the 2023 CREATE (Cultivating Resources for Employment with Assistive Technology) Symposium. NYSID is a non-profit organization dedicated to “advancing employment and other opportunities for individuals with disabilities.”

Each team’s innovations were in collaboration with NYSID’s member agencies. The first-place team was SUNY Albany and the Center for Disability Services. Second place went to the New York Institute of Technology (NYIT) and AHRC Nassau. Third place was awarded to SUNY Polytechnic Institute and The Arc Oneida-Lewis Chapter.

SUNY Albany’s winning invention was their Automated Ream Opener for the Center for Disability Services’ Mail Fulfillment Center. Designed for safety and efficacy, after inserting paper into the Automated Ream Opener, it automatically splits reams of paper for the user. The invention achieves the goal of developing a system that automatically opens reams of paper in an effective

way and contributes to an inclusive workforce.

“In New York State, we still have a very high unemployment rate for individuals with disabilities, and this

**“The CREATE Symposium is all about making a significant impact on the lives of others.”**  
— Maureen O’Brien

shouldn’t be the case,” said Maureen O’Brien, CEO of NYSID. “Many individuals with disabilities are able to work and contribute to our state economy.”

The NYIT and AHRC Nassau presented an Intelligent Glue Gun. Their high-tech glue gun will reduce risks to workers with disabilities by utilizing a digital safety checklist prior to use, a nontoxic chemical mixture and curing method as an adhesive, and a smart control system that prevents unauthorized glue gun use.

In third place were the SUNY Polytechnic Institute and The Arc Oneida-Lewis Chapter with their invention of a Scrub Pad Cutter. This machine will be capable of cutting raw scouring pad material into various diameters and roughness. Rather than purchasing scrub pads from an outside source, the Arc aims to employ four to five

employees with disabilities in its own manufacturing facility to create them.

While some of the projects at the CREATE Symposium received monetary awards, all projects will be used to assist individuals with disabilities by member organizations.

“The CREATE Symposium is all about making a significant impact on the lives of others. It highlights what we do at NYSID and allows college students to create inventions to help individuals with disabilities become more employable,” said O’Brien.



The winners of the 2023 NYSIDCREATE competition.

Submitted photo



## Star Wars Day: Galactic Cantina in Troy

Bard & Baker hosted an event designed to celebrate May the Fourth in a way that was reflective of being in the Star Wars universe. They featured signature cocktails and mocktails, along with themed board gaming. Sabacc lessons were also available, for those who wanted to learn the classic scoundrel’s card game.

Frank Gillen/Spot 518



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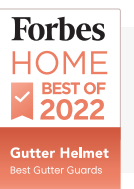
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# COMMUNITY

## Used musical instrument drive at Hannaford in Delmar

DELMAR - Vanguard-ASO, Inc., the volunteer supporters of the Albany Symphony Orchestra, is partnering with Hannaford Supermarket in Delmar in a used instrument drive benefiting Capital District children in need on Saturday, April 13 from 10-1 p.m.

The instruments will be distributed to twelve local school districts which lack sufficient instruments for hundreds of public school students whose families cannot afford expensive rental or purchase fees.

The donations are tax deductible and gives eager youngsters who crave musical experience the priceless opportunity to study music in depth

and play in their school orchestras or bands.

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They cannot accept pianos, guitars, banjos, accordions, recorders, or electric keyboards.

For further information or if another date is needed, please contact Jill Rifkin, Vanguard's Instrument for Students program at (518) 439-1843 or jrrif@aol.com.



## Free comic books in Albany

Comic Book fans unite at there local brick and mortar to celebrate Free Comic Book Day at Earth World Comics on Central Avenue in Albany. The day is an annual promotional effort by the North American comic book industry to attract new readers to independent comic book stores. It takes place on the first Saturday of May and is often cross-promoted with the release of a superhero film. Albany locals made the way to grab some exclusive comic titles only offered on this special day.

Frank Gillen/Spot 518

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## ■ FINE ARTS

# Gallery Says Farewell to Colonie

Final AAG exhibit "Until We Meet Again" opens

By Amy Modesti  
modestia@spotlightnews.com

COLONIE- The exhibit "Until We Meet Again" opened Friday, May 5 at Art Associates Gallery and the name is appropriate because it will be ending its stay in Colonie.

After its four-and-a-half year residence at 21 Railroad Avenue the independent art gallery and frame shop will be closing its doors Saturday, May 27.

Co-Gallery owner Kinga Zalavary, told Spotlight News that she and her husband, co-owner Attila, are looking for a new location for their business outside of Colonie.

"I will say the best (gallery space) will be found when I'm not looking," Kinga said. "In June, we'll start looking because if we do put things in storage it's going to be for a short period of time. I'm not going to just jump into anything, not at this stage in time."

According to Attila, there were many factors in closing the gallery, including the expiring lease, a pending increase in rent if they were to renew and his shoulder injury.

"I decided that the rent is too high now. I don't want to charge artists money they couldn't afford so I have to know when to pull back," Attila said. "I don't want to destroy what these artists have built all these years."

Attila added that once the building was sold, the rent tripled compared to when they arrived.

To pay for the \$6,300 a month rent, the Zalavarys must make at least 25-30 frames a week to break even.

Attila said he will continue to focus on his healing and put his framing tools in storage until he able to restart the business.

"I can't do any work and I don't want to fall behind. I don't want to disappoint my customers," Attila said.

"What I'm doing for the first time in a long time, is to listen to my wife and take her advice to cool it."

Attila was filled with happiness from the artists who came to support the final First Friday opening.

"All these artists came to support us because we supported them all these years and they don't mind giving up their Friday's, Saturday's, Sundays to be a part of this," Attila said.

The Upstate Artist Guild and the Fire House Group were chosen by Attila and Kinga to exhibit their art in the final show. In addition, a separate exhibition featuring photography from Michael

keep it open. Upstate Artist Guild members still wanted to keep their organization alive at another temporary space. Enter the Art Associates Gallery.

"We didn't want a space and we didn't want to deal with money, because that was the downfall for the guild." Schoonmaker said. "Once we had that show with Nina, then we decided to have an annual members show here and again, no submission fees, we didn't want to deal with any money and it just kind of worked out."

"What was so special about coming here was Attila. He's always been

**"What was so special about coming here was Attila. He's always been so generous. He just really wanted to help people and the community and it jived with what we were doing."**  
— Rebecca Schoonmaker

Panzarino and Ann Norsworthy, which ends in May, are also exhibited in the gallery.

## Reminiscing Moments

Founding member of Upstate Artist Guild Rebecca Schoonmaker recounts the time when her friend, Nina Stanley wanted her to check out the gallery.

"Nina was the one who told me you got to check out this space. She did a "Friends of Nina Show" that featured a lot of the UAG members," Schoonmaker said.

When Upstate Artist Guild was formed over twenty years ago by ten members, their gallery first opened on Hudson Avenue in Albany and eventually settled into a new location on Lark Street.

However, things changed. Members began having families and they didn't have time to commit to the gallery fully and

so generous. He just really wanted to help people and the community and it jived with what we were doing." Schoonmaker continued. "That's why so many people root for him and love his space."

When it was made clear that the gallery on Railroad Avenue would have to move or close, Schoonmaker's got the group together.

"We had a few meetings and we were trying to think; could we do classes and make this a real workshop space?" Schoonmaker said. "We wanted to make it work, but again, we just don't have the time to do it or the resources."

Schoonmaker estimates that it would take more than \$12,000 per month to achieve that goal and it wasn't in the cards at this time.

"We daydreamed about the events we would have, the shows we would have, and invited people to come and show stuff, but it just wasn't our time and that's



okay," she added.

Schoonmaker remains optimistic about the future of Art Associates Gallery Inc.

"They're going to find something and it's going to be bigger and better", Schoonmaker said.

## Origins of First Friday Albany

According to Schoonmaker, the Upstate Artist Guild, together with artist Elizabeth Dubben, UAG member Michael Wedrick originated the First Friday concept in Albany. Nearby galleries along Hudson Avenue first held exhibit openings on the same day each month. The openings later spread to Lark Street and other Albany County locations.

Wedrick continued to administer the event until he moved to Western New York. It was later passed down to Tammy Madalla and currently Overit Media and Nippertown run it.

"What I'm most excited about is the revival of First Fridays," Schoonmaker said.

## A Photographer's Perspective

Colonie photographer Michael Panzarino shared his experience at Art Associates Gallery and the fond memories of

exhibiting his photography at the space.

"I came in to take my stuff down and Kinga yelled at me because she wanted me to keep it up," Panzarino said. "She asked Attila and he said yes, give him the lobby."

Since March, Panzarino's photography has been hung in "The Art Of Photography" and in another show in April. According to Panzarino, Kinga asked him to stay for the final month of exhibitions.

**"I hate to see it end. But it's reality and I hope things will be better as far as health, moving, and everything else."**  
— Attila Zalavary

"They're fun people."

Panzarino said. Panzarino added that by having his photography up within the past three months, he had a larger audience checking out his work which resulted in photo sales.

## Firehouse Artist Group Reflects

Ellie Prakken of Bethlehem and member

of the Fire House artist group reminisced about her connection to Attila and the gallery.

According to Prakken, members of the artist group were introduced to Zalavary through friend Jackie Watsky. The Firehouse artist group formed in spring 2011 at the Duanesburg firehouse. It allowed artists to gather once a month to complete painting challenges and give art critiques.

"Jackie Watsky who's a member of our group, has worked closely with Attila over the years and brought her pieces in to get framed," Prakken said. "He has been very good to us over the years."

The group previously exhibited their art at the gallery twice. When the women attended the exhibit openings, including their third exhibit Friday evening, Zalavary was very kind and very supportive of all the members and the other artist groups involved, Prakken noted.

"Oh we're just sorry to see it go, I mean, it's kind of "Until We Meet Again", Prakken said. "Hopefully, Attila will find his new space and then we can reconnect with him."

"I hate to see it end. But it's reality and I hope things will be better as far as health, moving, and everything else," Attila said.



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 gillen@spotlightnews.com.

# HOT SPOTS EVENTS CALENDAR

## MUSIC

- 9 Maple Avenue**  
9 Maple Ave., Saratoga Springs.  
518-583-CLUB  
Fri: **Brian Patneau Quartet** | 8 p.m.  
Sat: **Rob Lindquist Quartet** | 8 p.m.
- Albany Capital Center**  
55 Eagle St., Albany.  
518-487-2155
- Across The Street Pub**  
1238 Western Ave., Albany.  
518-438-1718  
Thurs: **Trivia** | 6:30-8:30 p.m.
- The Avalon Lounge**  
29 Church St, Catskill  
518-719-1640  
Thurs: **Sandy Bell / Two Dark Birds / Thin Lear** | 7 p.m.  
Fri: **HORORTERIA w/ Cyborg Amok / DJs Tommy Grenas & Scott Harris** | 8 p.m.
- Bard & Baker Board Game Cafe Troy**  
501 Broadway, Suite 105, Troy  
518-948-6693  
Wed: **Looking for Group Night** | 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  
Wed: **Andrew Duhon** | 7 p.m.  
Thurs: **Pat Mcgee** | 7 p.m.  
Fri: **Gil Gutiérrez Trio** | 8 p.m.  
Sat: **Magpie 50th Anniversary Kick-Off** | 8 p.m.  
Sun: **Annie And The Hedonists** | 7 p.m.
- Carson's Woodside Tavern**  
57 NY-9P, Malta  
518-584-9791  
Fri: **Completely Different** | 6 p.m.  
Sat: **The Early Birds** | 6 p.m.  
Sun: **Nick Horace & Kevin Carey** | 8 p.m.
- Centre Street Pub**  
308 Union St., Schenectady  
518-393-2337  
Fri: **Josh Casano** | 2 p.m.  
Sat: **The Dude Abides** | 6 p.m.
- Cohoes Music Hall**  
58 Remsen St., Cohoes  
518-434-0776
- The Comedy Works**  
388 Broadway, Saratoga Springs  
877-565-3849  
Fri: **Lynne Koplitz** | 7:30 p.m.



## Pinkalicious: The Musical

Playhouse Stage Company presents a delightful adaptation of the beloved, best-selling children's book by Victoria and Elizabeth Kann. Look for performances at The Cohoes Music Hall May 5 through 14, 2023. Submitted Photo

- Curtain Call Theatre**  
1 Jeanne Jugan Lane, Latham  
Tel: 518 - 877 PLAY (7529)
- Druthers Brewing Company**  
1053 Broadway, Albany  
(518) 650-7996
- Eden Cafe**  
269 Osborne Road #3, Albany  
518-977-3771  
Thurs: **Who's Line is it?** | 7 p.m.  
Fri: **Open mic** | 8 p.m.
- The Egg**  
Empire State Plaza., Albany  
518-473-1845  
Sun: **Harmony in Diversity** | 2 p.m.  
Sun: **Boz Scaggs** | 7:30 p.m.
- Emack & Bolio's**  
366 Delaware Ave., Albany  
518-512-5100
- Empire Live/Underground**  
93 North Pearl St., Albany  
866-468-3399  
Fri: **The Menzingers** | 7 p.m.
- Empire State Plaza**  
Empire State Plaza., Albany  
518-474-2418
- Fort Orange Brewing**  
450 North Pearl St, Albany  
518-992-3103

- Frog Alley Brewing Co.**  
108 State Street Schenectady  
518-631-4800
- Fuze Box**  
12 Central Avenue Albany  
518-992-6434
- Funny Bone**  
1 Crossgates Mall Rd #K-206, Albany  
518-313-7484.  
Thurs: **The Irish Comedy Tour** | 8 p.m.  
Fri: **Dave Landau** | 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.  
Fri: **The Cactus Blossoms** | 8 p.m.
- The Hollow Bar + Kitchen**  
79 North Pearl St., Albany  
518-426-8550  
Fri: **Neon Avenue** | 8:30 p.m.
- Lark Hall**  
351 Hudson Ave, Albany  
518-599-5804  
Fri: **The Deadbeats & Company** | 8 p.m.  
Sat: **Hey Auntie** | 9 p.m.

- The Linda**  
339 Central Ave, Albany  
518-465-5233  
Thurs: **The Jimmy Carpenter Band** | 8 p.m.  
Sat: **Phil Ochs Song Night** | 7:30 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  
Sat: **Tame The Rooster** | 8 p.m.
- No Fun**  
275 River Street, Troy  
Wed: **Bee Sides Film With Live Music** | 8 p.m.  
Thurs: **Sun Urchins / The Lowliest One / Boss Crowley / Bare Mattress** | 8 p.m.  
Fri: **Mall Goth / Stadia / Ottobo / Starjuice** | 8 p.m.  
Sat: **Acid Mothers Temple / My Education / Wax Shamu** | 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: **Pat Perkinson** | 6:30 p.m.  
Fri: **Pat Perkinson & Mark Galeo** | 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: **Andy Iorio** | 6:30 p.m.  
Sat: **Colleen Pratt & The Peg Delaney Duo** | 6:30 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: **M.B.B World** | 8 p.m.  
Sat: **13 Fridays** | 8 p.m.
- Proctors**  
432 State Street., Schenectady  
518-346-6204  
Sun: **Schenectady Symphony Orchestra Concert 4** | 3 p.m.

- Putnam Place**  
63a Putnam St., Saratoga Springs  
518-584-8066  
Fri: **The Wheel + Grateful Dead Trivia** | 8 p.m.  
Sun: **Latin Night w/ DJ BoyBoy** | 7 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: **Brian Kane & The Beginning** | 8 p.m.  
Sat: **The Harmonic Duo** | 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
- SPAC**  
108 Avenue of the Pines, Saratoga Springs  
518-584-9330  
Sat: **An evening with David, Wu Han and Arnaud** | 7 p.m.
- Troy Savings Bank Music Hall**  
30 Second St., Troy  
518-273-0038  
Fri: **The Platters** | 7:30 p.m.
- UPH**  
25 Washington Street, Saratoga Springs  
(518) 346-6204
- Vapor**  
342 Jefferson St, Saratoga Springs  
(518) 584-2110  
Fri: **Skeeter Creek** | 8 p.m.  
Sat: **The Refrigerators** | 8 p.m.
- Van Slyck's**  
Rivers Casino & Resort  
1 Rush St., Schenectady  
518-579-8800  
Fri: **Jamie Lee Thurston** | 8 p.m.  
Sat: **Martin And Kelly** | 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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320 Broadway, Saratoga Springs. Free 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 schenectady-historical.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**

**Pinkalicious The Musical**

Based on the popular series of children's book by Victoria Kann and Elizabeth Kann, this is the tale of young Pinkalicious Pinkerton. She loves pink and wants everything in her life to radiate with a pink hue. After she can't stop eating pink cupcakes despite warnings from her parents, her pink indulgence lands her at the doctor's office with Pinkittis. This is an affliction that turns her pink from head to toe- a dream come true for this pink-loving enthusiast... or is it? Alas, Pinkalicious needs a way out of her pink predicament, and, joined by her family, she finds a solution through unity and appreciation for the unique quirks that define us all. A professional cast will bring this delightful tale to life, with



**Lynne Koplitz**

Born in New York, but raised in Florida, Lynne never lost her Long Island bite. The stand-up comedian and actress will be appearing at The Comedy Works on May 12 & 13. Submitted Photo

weekend shows for the general public, and weekday shows for schools to come and enjoy in our historic Music Hall. It's the perfect field trip, and a show with a perfect message for our elementary school audiences. Catch the show May 5th at 6 p.m. ongoing until May 15th only at the Cohoes Music Hall, 58 Remsen Street, Cohoes.

**Harmony in Diversity**

We, Myanmar Americans in the Capital Region, celebrate the diverse cultural heritage of the Asian Pacific Islander community through a concert that showcases the richness and depth of our traditions. Through music, dance, and other forms of artistic expression, we hope to promote unity in diversity,

multiculturalism, cultural competency, and inclusiveness. The audience will have the great opportunity to observe the variety of Myanmar multiethnic cultural performances including many solo and group dances of various Myanmar ethnic groups showing off their unique culture, many trace back to thousands of years ago. We try to show how we pass

on to our new generation through dance, music, and songs; our embraced tradition which is slowly declining due to the decade-long struggle in our home country. We assure you that: just a single glimpse, your heart will fill with the thrill of the never-before-seen rich heritage of our traditional Myanmar culture. Join us May 14th at 2 p.m. only at The Egg, Agency Building 1, S Mall Arterial, Albany

**COMEDY**

**Lynne Koplitz**

On television, Lynne was a regular on Joan and Melissa: Joan Knows Best. She also starred on the IFC cult favorite Z Rock. Lynne has been featured on The Late Late Show with Craig Ferguson, Tough Crowd with Colin Quinn, Comedy Knockout, and had her own special; Comedy Central Presents Lynne Koplitz. Koplitz can be heard co-hosting the radio show Star Talk with legendary astrophysicist Dr. Neil deGrasse Tyson and seen as a panelist on the History Channel's History of the Joke hosted by Lewis Black. Lynne is also a featured comedian in Jenny McCarthy's Epix comedy special "Dirty, Sexy, Funny," and her 2016 Netflix special "Hormonal Beast" received rave reviews! She is one of the most respected comedians in New York, and has recently opened for both Chris Rock and Louie CK. Catch this show May 12th at 8 p.m. only at The Comedy Works, 388 Broadway, Saratoga Springs.

**Mick Thomas And Sean Finnerty**

Born and raised in Wexford, Ireland, it wasn't until moving to New York that Mick Thomas' stand-up comedy career began. A natural performer and insightful writer, in a few short years Mick has blown away one club owner after the

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next with his honest and genuinely original takes on American society and life as a young and dedicated family man. Mick entertains audiences regularly across the country from LA to NY. He is swiftly becoming one of the most sought after acts in Clubs and Casinos up and down the East Coast. Mick has performed with the biggest names in comedy. Book Mick Thomas now and get ready for a hilarious night of comedy with one of the industry's best new talents! Catch this show May 11th at 7:30 p.m. only at The Funny Bone, 1 Crossgates Mall Rd #K-206, Albany.

**Dave Landau**

Cutting his comedic teeth as a teenager in Detroit in the Second City's Conservatory, Dave Landau has risen to become one of the most in-demand headliners working today. He's appeared 5 times on Comedy Central's and AXS.TV's "Live At Gotham" and was a finalist on season 8 of "Last Comic Standing" on NBC. He became a regular on the extremely popular "The Artie Lange and Anthony Cumia Radio Show," and was honored to be brought in full time as 3rd mic. When Artie left the program, it became "The Anthony Cumia Show with Dave Landau", where Dave became a valued member of the broadcast as co-host for two years. Catch this show May 12th at 7:30 p.m. with a second show on Saturday, 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,



**The Cactus Blossoms**

The extraordinary harmonious duo is set to hit the stage at The Hanger on the Hudson for two shows: Friday, May 12 at 8 P.M. & Saturday, May 13 at 12 A.M. Submitted Photo

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**

**Brian Patneau Quartet**

Brian Patneau is a saxophonist and educator currently living in Glenville, NY. He has performed with a variety of groups including The Empire Jazz Orchestra, Keith Pray's Big Soul Ensemble, Michael Benedict & Bopitude, Alex Torres & His Latin Orchestra and The Refrigerators among others. He has performed at the Montreal Jazz Festival, the Kingston International Jazz Festival, the Newport

Jazz Festival Saratoga, the Lake George Jazz Festival, the Albany Riverfront Jazz Festival, the Rochester International Jazz Festival and countless clubs and concert halls throughout the Northeast including an eight and a half year weekly residency at what was Albany's premiere jazz club – Justin's. In addition to performing, Patneau teaches at Schenectady County Community College, the College of Saint Rose and Blue Sky Music Studios and maintains www.albanyjazz.com, an online guide to the region's jazz community. Catch this show May 12th at 8 p.m. only at 9 Maple ave, Troy.

**Rob Lindquist Quartet**

Robert Lindquist was born and raised in Albany, New York. He has played piano since he was seven and started composing and improvising shortly thereafter. He attended SCCC and SUNY Potsdam for Music Education/Performance and obtained a Masters in Jazz Studies at The College of St. Rose. Rob has won several awards while playing at the "Notre Dame Collegiate Jazz Festival" in 1999 from Benny Green and Chuck Israels. He has performed professionally since he was fifteen in upstate NY and also in Boston, NYC, and NJ playing many styles including jazz, rock, theater, funk, soul, R&B and classical/chamber music. Catch this show May 13th at 8 p.m. only at 9 Maple ave, Troy.

**Sandy Bell / Two Dark Birds / Thin Lear**

Sandy Bell has moved through a vibrant and textured musical constellation, playing most notably with the late but eternally brilliant Jeff Buckley as well as singing on the Bat for Lashes album "The Bride." Bell's debut solo album, "When I Leave Ohio," was hailed by Stereo Embers Magazine as "...beautiful, resonant work that's stark and painful—Bell's songs

have crushing, emotional exactitude that is nothing short of staggering." Her new album is titled "Entelechy." Music journalist Alex Green found "Entelechy" to be "filled with stirring melancholy and musical grace." Two Dark Birds is a band from the Catskill mountains led by songwriter Steve Koester and drummer Jason Mills.. Prior to Two Dark Birds, Koester fronted the bands Punchdrunk, Koester, and Maplewood, who altogether have released twelve albums. The music has been called "knockout gorgeous" and "timeless... great rock music" and has received favorable reviews everywhere from Fader and Nylon to The Village Voice and The NY Times, showing up on year-end Best Of lists in Magnet, Popmatters, Rhapsody, Disclaimer and more. Koester has also written, recorded and produced a wide variety of songs for TV and film. Thin Lear, the eclectic project of NY-raised, NJ-based songwriter Matt Longo, harkens back to the haunting melodies and glimmering production work of 70's-era studio obsessives. Recording and performing with a collective of NYC musicians, Longo is driven by an immersive, idiosyncratic recording process inspired by songwriters in the Elephant 6 collective and melodists & storytellers like Harry Nilsson, Kate Bush, Leonard Cohen, and Shuggie Otis. Thin Lear's sprawling, evocative story songs pull from a rich palate of instrumentation and arrangements, from ornately orchestrated ballads to spectral folk and propulsive grooves. Catch this May 11th at 8 p.m. only at Avalon Lounge , 29 Church St. Catskill.

**HORORTERIA w/ Cyborg Amok / DJs Tommy Grenas & Scott Harris**

HORORTERIA is a goth/post punk/dark-wave/early industrial event with silent horror visuals. Live performance by Cy-

**HOROSCOPES**

**May 2023 Week 2**

**ARIES – MAR 21/APR 20**

Aries, pay attention to the smaller details, as those are the ones most often ignored. You'll be highly regarded if you pinpoint any errors in a timely manner.

**TAURUS – APR 21/MAY 21**

Work to the best of your ability, Taurus. Focus on your own work and serve as a source of encouragement to those around you who may be experiencing some difficulties.

**GEMINI – MAY 22/JUN 21**

A loved one may be hinting at a few things he or she wants to do with you, Gemini. Find the time to make these things happen. Let loose and have fun.

**CANCER – JUN 22/JUL 22**

It could be tempting to hole up in a bookstore or a coffee shop for hours in the days ahead, Cancer. However, avoiding certain issues is not the way to go. Confront them head on.

**LEO – JUL 23/AUG 23**

Leo, if you are going to leap, do so with both eyes open; otherwise, you may miss some of the dangers along the way. Always take the bigger picture into consideration.

**VIRGO – AUG 24/SEPT 22**

Virgo, accept that you may be different from most of the people with whom you associate, and that is perfectly fine. What makes you unique is what others like about you.

**LIBRA – SEPT 23/OCT 23**

Libra, explore all possibilities at work rather than pigeonholing yourself into one role. How will you know what things are like if you don't try stuff out?

**SCORPIO – OCT 24/NOV 22**

You may need to roll with the punches this week, Scorpio. Things are coming at you at a record pace and it could take a lot of effort to keep up. Learn and adapt as you go.

**SAGITTARIUS – NOV 23/DEC 21**

Sagittarius, even though you have been faced with a number of challenges lately, you have managed to come through with your head held high. Keep up the progress.

**CAPRICORN – DEC 22/JAN 20**

There's not much that will bother you this week, Capricorn. It seems you have all of your ducks in a row. Enjoy this good fortune while it lasts.

**AQUARIUS – JAN 21/FEB 18**

Remarkable opportunities are coming your way, Aquarius. All you need to do is sit back and wait for them to start. There is no need to do much legwork in this situation.

**PISCES – FEB 19/MAR 20**

Big changes can sometimes be scary, Pisces. But change is just what you need to do right now to spice things up.





## The Jimmy Carpenter Band

Grammy-winning composer, saxophonist, singer-songwriter, arranger, and Gulf Coast Records recording artist will perform at The Linda on May 11 at 8 P.M. Submitted photo

borg Amok and DJ sets by Tommy Grenas and Scott Harris from hororhaus. Cyborg Amok is a gothic infused, post-punk band based in central New Jersey, USA. A father-son duo, who's diverse musical influences include Depeche Mode, Peter Murphy, Pink Floyd & David Bowie. Their unique sound has been described as "prog-goth", and while that may be determined over time, the musical landscape they paint is reminiscent of the dark shadows of moontime. DJ Tommy Grenas Singer, songwriter, synthist and electronic musician, who began his career in 1982 with the Belfast garage band The Swamp Rats. Continued in 1987 with Los Angeles based Pressurehed. DJ Scott Harris Creator and conceptualist of dark-wave-occult-horror music act hororhaus. Scott has a weekly radio show on WaxRadioIndy.com called HORORTERIA which is a dark music focus encompassing multi-genres. Lon Clark is the owner of EVER RECORDS – an independent record shop in Woodstock NY located at 68 Tinker Street specializing in used, rare and collectables with a underlying post punk vibe. Lon currently promotes monthly events involving Silent Horror movies set to live music and other psychedelic events at Tinker Street Cinema. Catch this May 12th at 8 p.m. only at Avalon Lounge , 29 Church St. Catskill.

### Andrew Duhon

It was Leo Tolstoy who said "All great literature is one of two stories; a man goes on a journey or a stranger comes to town," and in the case of Andrew Duhon and his latest album Emerald Blue , both instances are true. Duhon temporarily left New Orleans, his longtime home and musical muse in 2019, finding himself inspired by the landscape of the Pacific Northwest and notably, its colors — a hue he describes as 'emerald blue' for which the album is named, the same shade looking back at him in his partner's eyes. Had he overlooked the specific shade of her eyes while living below sea level? Or did the change of location open his mind more acutely? The record does just that: examine the familiar in the context of the unfamiliar. Catch this May 10th at 8 p.m. only at Caffè Lena, 47 Phila Street, Saratoga Springs.

### Pat McGee

Pat McGee has a passion for getting wildly talented people together. Since

the formation of the road hungry Pat McGee Band in 1995, McGee has sought out uniquely skilled musicians to complement his songwriting. After relocating to Rhode Island from Virginia in the early 2000's Pat McGee added New England touring artist Patrick McAloon (backing vocals, guitar and mandolin) to his lineup. The two Pat's have performed together all over the world and have a natural synergy that shines bright on and off stage. Catch this May 11th at 8 p.m. only at Caffè Lena, 47 Phila Street, Saratoga Springs.

### Gil Gutiérrez Trio

Gil Gutiérrez is a virtuoso that has mastered the nylon string guitar. He is known throughout the music industry as one of Mexico's finest musicians with an unimaginable artistry in merging classical, jazz, and flamenco. Gutiérrez is revered among fellow musicians and attracts many celebrities to his performances, many of whom have spontaneously jumped on stage joining his jam session. Gutiérrez has established an avid following throughout Latin America, the U.S., and Spain with his classically trained mastery of jazz, flamenco, and son Cubano. "Gil Gutierrez brings the fullest meaning to the word, 'virtuoso.' Whether it is jazz, or pure classical, he brings sensitivity and excitement to the music. Gil, my dear friend, thanks for each gorgeous note!" Catch this May 12th at 8 p.m. only at Caffè Lena, 47 Phila Street, Saratoga Springs.

### Magpie

Well known to folk music audiences all over the country, Terry Leonino and Greg Artzner met and began singing together in Kent, Ohio back in 1973. In those 50 years, the duo have entertained, uplifted and inspired audiences around the world with their traditional, contemporary and vintage Americana folk sound. Magpie's versatility, powerful harmonies, and provocative, captivating, moving songs often focus on current issues and social activism. Catch this May 13th at 8 p.m. only at Caffè Lena, 47 Phila Street, Saratoga Springs.

### Annie & The Hedonists

Annie & the Hedonists transport us back to an age when heartache, boozing, and all sorts of romantic mayhem amounted to one big stylish adventure. From the gospel-rock of Sister Rosetta

Tharpe to the high-lonesome bluegrass of Claire Lynch and the irresistible swing of Fats Waller, the torchy, honey voice of Annie Rosen takes center stage, with super-tight, expert backing provided by husband Jonny Rosen on guitar, Peter Davis on clarinet, tenor guitar, piano, and vocals, Don Young on bass and vocals and Jerry Marotta on percussion/drums. Catch this May 14th at 7 p.m. only at Caffè Lena, 47 Phila Street, Saratoga Springs.

### Russ Kennedy

The best in Adult Contemporary and Classic Oldies, EZ Listening, Country & Irish as well as his original songs. Russ's rich vocal and strong guitar playing is his trademark sound. Russ has been entertaining over 30 years, performing to audiences in many night clubs, restaurants & country clubs and corporate events in the capital region and beyond. Catch this show May 11th at 6 p.m. only at Carson's Woodside Tavern, 57 Route 9P, Malta.

### Grand Central Station Trio

Grand Central Station is an exclusive, full-service entertainment band specializing in live music in the Albany New York Area and has also performed nationally. The top wedding venues, event planning companies and the industry's elite professionals turn to Grand Central Station for the highest caliber of entertainment. Grand Central Station is the preferred choice for the most discerning wedding clients. Having also performed for special events and celebrity clients and dignitaries, Grand Central Station embodies the right level of sophistication and flare for the most high-end events. Join us May 12th at 6 p.m. only at The Centre Street Pub, 308 Union Street, Schenectady.

### The Dude Abides

We originally met and formed in 2010 via craigslist with the intent of being a 1990's/2000's cover-band, but quickly realized how much fun it was to perform everything back to the early 70's so...after several line up changes and 10 years of experience under our belt...we've matured into a professional Classic/Modern Rock Cover Band that consistently leaves our audiences wanting more. We are constantly building our repertoire of songs so our fans have a great experience at every show. Oh, and if you're wondering where the name of the band comes from, you should watch the last

5 minutes of the 1998 cult classic movie The Big Lebowski, but that's just like my opinion man. Join us May 13th at 6 p.m. only at The Centre Street Pub, 308 Union Street, Schenectady.

### Boz Scaggs

Boz Scaggs spent his teenage years immersed in the blues, R&B and rock 'n roll. While attending school in Dallas, he played in local combos. After several years as a journeyman musician around Madison, WI and Austin, TX, Scaggs spent time traveling in Europe, the Middle East and Asia, eventually settling in Stockholm where he recorded the album Boz. Returning to the U.S. in 1967, Scaggs joined the Steve Miller Band in San Francisco, performing on their albums Children of the Future and Sailor, before launching his solo career with in 1968 with the seminal Boz Scaggs LP, recorded in Muscle Shoals, AL for Atlantic Records.

Scaggs continued to mine a personalized mix of rock, blues and R&B influences, along with a signature style of ballads on such influential albums as Moments, My Time, Slow Dancer and 1976's Silk Degrees. The latter release became a massive commercial breakthrough, reaching Number Two and remaining on the album charts for 115 weeks, and spawned three Top 40 hit singles: Silk Degrees was followed by the albums Down Two Then Left and Middle Man. Join us May 14th at 8 p.m. only at The Egg, Agency Building 1, S Mall Arterial, Albany.

### The Menzingers

Pennsylvania combo the Menzingers play a lyrical and passionate strain of punk rife with big melodies and energy. After establishing themselves in the latter part of the 2000s, they joined the Epitaph roster and really began to hit their stride

with 2012's acclaimed On the Impossible Past, which landed on a number of critics' year-end lists. Subsequent albums like 2017's After the Party and 2019's Hello Exile saw the Menzingers honing their sound, taking a more introspective, though no less powerful approach. Though they would later relocate to nearby Philadelphia, the Menzingers came together as teenagers in Scranton, Pennsylvania and included former members of local ska-punk bands Bob & the Sagets and Kos Mos. Co-frontmen Tom May (vocals, guitar) and Greg Barnett (vocals, guitar), along with bassist Eric Keen and drummer Joe Godino, released a self-titled demo in 2006, which found its way to the office of Go-Kart Records and subsequently earned the band a spot on the label's roster. Catch the show May 12th at 8 p.m. only at Empire Live, 93 North Pearl Street, Albany.

## COMING UP

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### HIGH SCHOOL MUSICAL THEATRE AWARDS

Proctors • May 13

The HSMETA program culminates on the MainStage at Proctors with an awards ceremony, modeled after the Tony Awards®, to recognize outstanding musical theatre productions and students. Winners are announced for each category interspersed with lively production numbers from the shows nominated for Best Musical and finalists for Best Actor and Best Actress.



### SCHENECTADY SYMPHONY ORCHESTRA: THE ROMANTIC IDEAL (1800-1935)

Proctors • May 14

A special romantic Mother's Day concert on the MainStage at Proctors featuring Florence Price's "Ethiopia's Shadow in America", and the majestic "Mahler Symphony No. 4" with guest soprano, Brittany Palmer.



### PERIOD! HOSTED BY OPAL ESSENCE

theREP • May 19

Do you love Drag? How about theater? Well, then do we have a show for you! Join Opal Essence as she hosts a drag experience like no other!



### AIN'T TOO PROUD THE LIFE & TIMES OF THE TEMPTATIONS

Proctors • May 23-28

Ain't Too Proud – The Life and Times of The Temptations is the new smash-hit Broadway musical that follows The Temptations' extraordinary journey from the streets of Detroit to the Rock & Roll Hall of Fame.



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5/14 • SSO - The Romantic Ideal

5/16 • 107.7 GNA's Secret Star Acoustic Jam

5/18 • Film - Dance, Girl, Dance

5/19-5/20 • Trevor Noah: Off The Record

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**The Cactus Blossoms**

The Cactus Blossoms broke out nationally in 2016 with their JD McPherson-produced debut, *You're Dreaming*. Dates with Kacey Musgraves, Jenny Lewis, and Lucius followed, as did raves from the New York Times and NPR, who praised "the brothers' extraordinary singing." The band was further catapulted into the spotlight in 2018, when David Lynch tapped them to perform in the return of *Twin Peaks*, and continued to build on their success with their 2019 sophomore LP, *Easy Way*, which led Rolling Stone to laud the duo's "rock-solid, freak of genetics harmonies." Catch this show May 12th at 8 p.m. only at The Hangar on the Hudson, 675 River Street, Troy.

**The Deadbeats & Company**

In June 2022 The Deadbeats were voted "Favorite Grateful Dead Cover Band" at The Listen Up Awards put on at Lark Hall by Mirth Films. They also ranked in the top four Favorite Local Bands in the Chronogrammys 2020 and 2021. Saratoga Living Magazine ranked them in the Top Five Local Tribute acts of 2019. They were voted Best Jam Band of 2017 in The Capital Region of NY, and they took second place for Best Cover Band and Best Tribute Band. After almost thirty years, the band is still rockin the music of The Grateful Dead, JGB, Phish, The Beatles, Bob Dylan, The Band, Aretha Franklin, Bob Marley, and Janis Joplin along with a healthy supply of upbeat and catchy originals. Currently The Deadbeats play in Kingston and Albany regularly, and can also be found playing all around NY's Hudson Valley and Capital Region. Their Grateful Dead/Phish inspired shows are a celebration of improvisational, jamming rock & roll. As a result of playing over a quarter of a century together, they have amassed a large and loyal following of fans who appreciate the open ended, participatory nature of their performances. Catch this show May 12th at 8 p.m. only at Lark Hall 351 Hudson Avenue Albany.

**The Jimmy Carpenter Band**

Saxophonist, singer-songwriter, arranger, and Gulf Coast Records recording artist, Jimmy Carpenter is currently on tour promoting his fifth album and latest Gulf Coast Records release, *The Louisiana Record*. He won the 2022 Blues

Music Award for Best Instrumentalist/Horn for the 2nd consecutive year. And he is now a Grammy-Winning Composer, for a composition he contributed to the New Orleans Nightcrawlers' winning album, *Atmosphere*. Jimmy has toured internationally with Tinsley Ellis, Jimmy Thackery, Walter Wolfman Washington, Eric Lindell, and Mike Zito and the Wheel. 2019's *Soul Doctor*, his first album on Gulf Coast Records, was extremely well-received worldwide. He has been a working musician for over 40 years, spent many years in New Orleans, and now resides in Las Vegas, where he is the Musical Director of one of the hottest blues festivals in the world, The Big Blues Bender. Catch the show May 11th at 8 p.m. only at The Linda WAMC's Performing Arts Studio, 339 Central Avenue, Albany.

**Schenectady Symphony Orchestra Concert 4**

A special romantic Mother's Day concert on the MainStage at Proctors featuring Florence Price's "Ethiopia's Shadow in America", and the majestic Mahler Symphony No. 4 with guest soprano, Brittany Palmer. Ms. Palmer was praised in the Washington Post for her performance in "Noli Me Tangere" at the Kennedy Center and has received accolades from other reputable publications such as The New York Times and The Wall Street Journal for her performances in New York City. She is also a member of the internationally acclaimed ensemble, SIREN Baroque. Ms. Palmer performs and lectures regularly with the Tauc River Cruise's "Musical Magic Along the Blue Danube" which tours from Budapest to Prague. Catch this show May 14th at 3 p.m. only at Proctors, 432 State Street, Schenectady.

**The Wheel**

Come on down for a night of Grateful Dead music by The Wheel. Get here early and play Grateful Dead trivia for prizes. Unlock the door, buckle up, put it in gear and enjoy the ride with the The Capital Region's authentic Grateful Dead Tribute Band, "The Wheel". Founded in 2010 by Andy Morse looking to play to his roots of years of chasing the Grateful Dead and current incarnations around he formed The Wheel. It's been said the medicine wheel is a "peaceful interaction among all living beings on Mother Earth-it represents harmony, balance and connections."

We like to apply that our live shows the best we can. We'd love to see you. Catch the show May 12th at 8 p.m. only at Putnam Place, 63a Putnam Street, Saratoga Springs.

**The Platters**

Considered the most romantic of all the early rock & roll groups (that is, the ultimate in "make-out music"), The Platters® produced hit after hit. The quintet effortlessly achieved domestic and international chart success with multiple tracks, including the timeless hits *The Great Pretender*, *My Prayer*, *Twilight Time*, *Smoke Gets In Your Eyes*, *Harbor Lights*, and many more. This success established The Platters as the classiest, groundbreaking vocal group of the early rock & roll era. Catch this show May 12th at 7:30 p.m. only at The Troy Savings Bank Music Hall, 30 second street, Troy.

**Donna the Buffalo**

Donna The Buffalo is not just a band, rather one might say that Donna The Buffalo has become a lifestyle for its members and audiences. Since 1989, the roots rockers have played thousands of shows and countless festivals including Bonna-roo, Newport Folk Festival, Telluride, Austin City Limits Festival, Merle Fest, and Philadelphia Folk Festival. They've opened for The Dead and have toured with Peter Rowan, Del McCoury, Los Lobos, Little Feat, Jim Lauderdale, Rusted Root, and Railroad Earth to name a few. They also toured with Ben Jerry's co-founder Ben Cohen to help raise awareness about increased corporate spending in politics. In 1991, the band started the Finger Lakes Grassroots Festival in Trumansburg, NY. The four day festival has become an annual destination for over 15,000 music lovers every year and was started as an AIDS benefit. It continues as a benefit for arts and education. To date, the event has raised hundreds of thousands of dollars and is now one of three Grassroots Festivals; the Bi-annual Shakori Hills fest in North Carolina and Virginia Key festival in Florida. In 2016 GrassRoots Culture Camp was introduced in Trumansburg, New York as four days of music, art, dance and movement workshops, including nightly dinners and dances. See the show May 19th at 8 p.m. only at Lark Hall 351 Hudson Avenue Albany.

**Family Tree**

Come join Family Tree on Monday nights from 7pm - 9pm. Family Tree features Steve Candlen, Kenny Hohman, Lori Friday, Chris Carey and Chad Ploss. They will be joined each week by various guests from the regional music scene. Sly Fox's Open Mic Jam is back with Sly Fox's Open Mic Jam immediately following Family Tree on Monday nights. We have a sound engineer and full backline including drums, bass rig and guitar amp, so whether you have an electric band, an acoustic duo or just want to perform a couple tunes on your own, come on down and show us what you got. Sign up starts at 8:00pm and all performers will get a BOGO drink. Join the fun May 15th at 7 p.m. Putnam Place, 63a Putnam Street, Saratoga Springs.

**High School Musical Theatre Awards 2023**

The HSMTA program culminates on the MainStage at Proctors with an awards ceremony, modeled after the Tony Awards®, to recognize outstanding musical theatre productions and students. Winners are announced for each category interspersed with lively production numbers from the shows nominated for Best Musical and finalists for Best Actor and Best Actress. Additionally, students selected from each participating school perform in the opening and closing numbers for an inclusive and celebratory event, also featuring a full orchestra and music direction and choreography by theatre professionals. Join us May 13th at 7 p.m. only at Proctors 432 State Street Schenectady.

**The Refrigerators**

The Refrigerators infuse funk, rock, and R&B with a pumping rhythm section, powerhouse horn section, ferocious guitar work, intense vocals, and kinetic stage presence. The result is electrifying, both sonically and visually. The Refrigerators' play list is full of songs you can dance and sing to by legendary artists. The Fridges have been delivering great music with high energy showmanship for years. See the show live May 13th at 8 p.m. only at Vapor 342 Jefferson St, Saratoga Springs.

**Aquanett**

Aquanett is anchored by the sounds of metal bands like Bon Jovi and Whitesnake, transporting you back at an 80's rock concert. As one of the most decadent and colorful tribute acts of today, they're always a crowd favorite. The Aquanett experience is unlike anything you have seen before. . . or at least since 1991! See the show live May 19th at 8 p.m. only at Vapor 342 Jefferson St, Saratoga Springs.

**Jamie Lee Thurston**

Music is not a hobby to Thurston. It's the only thing. The act of performing music is how he enters and relates to the world. And when you watch him live, it's as if you're witnessing a red giant of a star form before you, drawing in all of the stardust and matter of the immediate universe to power its very being. . . even if only for a fraction of time. Most musicians are great at one, maybe two parts of the musical quagmire, leaning in to those roles so far that the band and the creators and the pizzazz surrounding them carry the rest. It is an admirable and well-orchestrated feat, to be sure, and one that's been perfected for many decades of recorded music and live performance history. Music enthusiasts everywhere applaud their accomplishments, and love them all the same. Catch the show May 12th at 8 p.m. only at Van Slyck's, 1 Rush Street Schenectady.

**Martin And Kelly**

The incredibly talented duo of Jilly Martin and Ryan Brooks Kelly have become the next must-see act from New England to Nashville. Over the years, they've been featured as support acts for many traditional, and mainstream country artists. Standouts in today's crossover country music scene, Jilly & Ryan's songs bridge the boundary between traditional and new country. They've made their mark with highly-acclaimed original music and are winning over audiences each and every time they perform. Jilly and Ryan's compelling song-writing, dynamic vocal harmonies and stunning musicianship have them poised for a breakthrough in the music industry. Catch the show May 13th at 8 p.m. only at Van Slyck's, 1 Rush Street Schenectady.

**An evening with David, Wu Han and Arnaud**

Two of Beethoven's most vivacious works from his early period preface Dvorak's sentimental farewell to his beloved Bohemia. His "Dumky" Trio, composed on the eve of his departure for America, consists of six "dumky" (Czech folk ballads) that paint a vivid, personal portrait of the composer's homeland. This program features Violinist Arnaud Sussmann alongside CMS Artistic Directors David Finkel and Wu Han. See the show May 13th at 7 p.m. at the Saratoga Performing Arts Center 108 Avenue of the Pines, Saratoga Springs.

**Volcandra**

Since their 2019 inception and a well-received 2020 debut full-length, *Into the Azure*, VOLCANDRA have steadfastly been honing their craft on both the live-circuit and in the recording studio. Across Border World's runtime, VOLCANDRA offers a distinctively futuristic vision of melodic black metal - with lyrical tales of possessed mythical beasts, draconic cyborgs and mystical border worlds inspired by a deep love for video games and futuristic storytelling. All of these thematic elements are brought to life in stunning fashion by Varises Otak (Cattle Decapitation, Cryptopsy and Amon Amarth)'s cover art. Produced in its entirety by Devin Harper at Nocturnal Audio in the band's home city of Louisville, Border World's amalgam of sonic extremity and melodious sheen compliments the band's lofty musicianship - with guitar duo Jamie DeMar and River Jordan alternating between contorted rhythms and luculent leads. VOLCANDRA's propelling force of Mike Hargrave (drums) and Dyer Keathley (bass) provide a resolute backbone to the EP's more excoriating passages of black metal, allowing Dave Palenske's vocals to sit commandingly atop Border World's barrage of sound. See this amazing show May 15th at 6:30 p.m. Empire Underground, 93 North Pearl Street, Albany.

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Answers on Pg. B17

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HEALTH AND FITNESS

# What to do when a workout grows stale

Exercise is one of the foundations of a healthy lifestyle.

Routine exercise can help individuals reduce their risk for various illnesses, including cardiovascular disease, and can even have a positive effect on mental health.

Making a commitment to routine exercise can be an adjustment for people accustomed to a sedentary lifestyle. But even the most devoted fitness enthusiasts will face certain hurdles on their exercise journeys. One such obstacle is a stale workout. Repeating the same exercises each day for months on end can grow

boring, and that boredom may put individuals' commitment to fitness in jeopardy. If a workout has grown stale, the following strategies might help people stay on a healthy track.

- Don't wait for a workout to grow stale. The most effective way to overcome a stale workout routine is to avoid it entirely. Switching up a routine every four to six weeks can provide enough change to avoid the boredom that can develop after following the same regimen for weeks. Strength-training regimens can shift from focusing on building muscle to



toning muscle. Various fitness experts note that fewer repetitions with more weight is a great way to build muscle, while more reps with less weight can help to tone muscle. Switching back and forth between these approaches can help to avoid

exercise boredom. With cardiovascular training, skip the treadmill on nice days in favor of cycling or jogging outdoors.

- Establish new goals. Fitness goals can provide all the motivation individuals need to commit to an exercise regimen. But interest can wane after such goals have been achieved. That's why it's important to continue setting new goals. When establishing new fitness goals, don't forget to consider the fun factor. Pursuit of a goal that's fun will likely be more engaging, so identify some goals that will be effective and enjoyable.

- Bring others on board. The Centers for Disease Control and Prevention notes that individuals tend to feel more motivated and they're more likely to try new activities when working out with a partner. Individuals who have been going it alone with their fitness regimens might find involving others can make workouts less boring, and the presence of another person can make it safer for individuals to expand their exercise horizons. For example, a person can safely lift more weight if another person is always there to serve as a spotter.
- Work with a personal trainer. Personal

trainers and other fitness professionals recognize that workout boredom is as big a hurdle as anything in regard to committing to a healthy lifestyle. In recognition of that, personal trainers often know how to switch up a routine so it produces results and remains engaging. Trainers also have the knowledge to tweak routines so they play to clients' interests and strengths.

Workout boredom can be a big hurdle on the road to a healthy lifestyle. But there are many ways to ensure workouts don't grow stale.

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## From page 1 ... The wonder of tulips

The exhibition titled “Tulips for Albany” is open through Sept. 10. The curation of pictures and objects focuses on the relationship between Albany and the city of Nijmegen in the Netherlands, the origins and development of the festival, and the local history surrounding its integral role in Albany.

Diane Shewchuk, curator at the Albany Institute of History and Art, said, “I thought that it would be our gift to the city as well, to do something that honored all of these years, all of these tulip queens, the good things they’ve done, and how the tulip festival has evolved from then to today.”

One aspect of the exhibition is a collage wall that shows recent tulip festivals and their signature music and events.

“I want that section to show that it’s an active festival,” said Shewchuk regarding the festival that takes place this year May

13-14.

The exhibition features the Tulip Queen’s history of literacy programs, service for the community, and her regalia. Scepters, capes, crowns, and jewelry from the decades of Tulip Queens are focal points of the exhibition’s display.

Shewchuk had scrapbooks from the first 10 years of the festival with newspaper clippings discussing the gifts that the Tulip Queens were awarded. Since the 1950s, each Tulip Queen has been awarded a ballgown, including a Christian Dior gown in the 1950s and, in 1975, a gown from renowned designer James Daugherty.

In addition to their ball gowns, Tulip Queens were

given china or an entire year’s worth of wardrobe. Shewchuk reached out to the former Tulip Queens to fill the exhibition with real objects.

“I looked at what we had and received some objects on loan from retired queens,” said Shewchuk.

A separate section focuses on the tulips themselves, chronicling the history of the tulips planted and the care involved in creating the festival each

year. It also highlights Albany’s signature tulip, the Orange Wonder, a gift from Queen Wilhelmina of the Netherlands in 1948 to the city of Albany as a token of friendship.

The exhibition has photographs of the city of Nijmegen during World War II, along with a description of Albany’s involvement in the rebuilding of the city. Enlarged black-and-white photos are intended to

“envelop” the audience with mannequins that set the immersive scene.

The friendship between Albany and Nijmegen is a post-war story. Nijmegen is the oldest city in the Netherlands, was the first Dutch city to fall into German hands, and faced immense devastation in World War II. On Feb. 22, 1944, Nijmegen suffered heavy damage and fatalities from an accidental but ruinous American air

bombing raid.

“Maj. Gen. James Gavin, commander of the 82nd Airborne, saw the devastation in Nijmegen caused by the American bombing and felt that Americans should help,” said Cheryl Webber, president of The Dutch Settlers Society of Albany.

Albany was recommended as a leader in the relief effort due to its Dutch

heritage. In 1947, Albany adopted Nijmegen as a “sister city” and mobilized relief efforts.

The Albany Institute’s executive director at the time, John D. Hatch, chaired the committee that was vital to sending relief supplies to Nijmegen.

“The friendship that dates back to our cities in 1947 is very connected to the Institute,” said Anja Adriaans when describing



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# Memorial Day Early Deadlines

For issue of **May 31, 2023**

**Display Proof Advertising**

The Spot518: **Tues., May 23 at Noon**  
A Section: **Wed., May 24 at Noon**

**Display Advertising**

The Spot518: **Wed., May 24 at 11 a.m.**  
A Section: **Thurs., May 25 at 11 a.m.**

**Services Directory Advertising**

**Tues., May 23 at 2 p.m.**

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**Wed., May 24 at 10 a.m.**

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**Thurs., May 25 at 10 a.m.**



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PLEASE NOTE: The Spotlight News offices will be CLOSED on Monday, May 29, 2023.



her "love" of the museum's history.

Adriaans, founder-director of FAN (Friendship Albany NY & Nijmegen), was researching history of Albany and Nijmegen when she developed her mission. She said she founded the FAN friendship organization

in 2015 to "rekindle this wonderful story because of its beautiful history."

Albany sent ships filled with supplies to Nijmegen, including shoes, warm clothing, building materials, and hospital supplies, as well as vitamins and medication for the malnourished and sick.

A week was dedicated specifically to relief efforts, encouraging Albany citizens to donate to the cause.

"For the people in Nijmegen, it brought hope to their lives," said Adriaans. "They didn't know anybody in the United States or Albany,

but people with an ocean between us still wanted to help."

"It can also inspire us all to open our hearts for those in need," she added. "It's a beautiful story of the human capacity to help each other. And we can learn from each other!"

The first Tulip Festival was born from Queen Wilhelmina's gift of 2,000 tulip bulbs to Mayor Erastus Corning in appreciation for the relief effort. Charlie Mooney, editor of the Knickerbocker News, proposed establishing an official yearly tulip

festival. Now 75 years later, Adriaans praises "the force of a simple orange tulip."

"It's a wonderful story of human compassion and history," she said. "It's a reminder for all of us how we can help when people are in need."

CLASSIFIED DEADLINE: Thurs. at 10 A.M. | Please note: holiday weeks will have earlier deadlines, please call ahead.

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## Cold Mango Soufflés Topped With Toasted Coconut

(Makes 4)

- 4 small mangoes, peeled, pitted and chopped
- 2 tablespoons water
- 1 tablespoon powdered gelatine
- 2 egg yolks
- 1/2 cup superfine sugar
- 1/2 cup milk
- 1-1/4 cups heavy cream
- Grated rind of one orange
- Toasted flaked or coarsely shredded coconut, to decorate

Place a few pieces of mango in the base of each of four 2/3-cup ramekins. Wrap a creased collar of nonstick parchment paper around the outside of each dish, extending well above the rim. Secure with adhesive tape, then tie tightly with string.

Pour the water into a small heatproof bowl and sprinkle the gelatine over the surface. Leave for 5 minutes or until spongy. Place the bowl in a pan of hot water, stirring occasionally, until the gelatine has dissolved.

Meanwhile, whisk the egg yolks with the superfine sugar and milk in another heatproof bowl. Place the bowl over a pan of simmering water and continue to whisk until the mixture is thick and frothy. Remove from the heat and continue whisking until the mixture cools. Whisk in the liquid gelatine.

Puree the remaining mango pieces in



a food processor or blender, then fold the puree into the egg yolk mixture with the orange rind. Set the mixture aside until starting to thicken.

Whip the heavy cream to soft peaks. Reserve 4 tablespoons and fold the rest into the mango mixture. Spoon into the ramekins until the mixture is 1 inch above the rim of each dish. Chill for 3 to 4 hours, or until set.

Carefully remove the paper collars from the soufflés. Spoon a little of the reserved cream on top of each soufflé and decorate with some toasted flaked or coarsely shredded coconut.

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**CHEERS TO 35 YEARS!**

That Fuzzing Rock Show presented the 35th Anniversary of Ralph Renna's Capital Underground show at Putnam Place Sunday, May 7. Musicians and fans came together to party like underground rockstars and celebrate local music and radio.

Photos by  
Amy Modesti/  
TheSpot518



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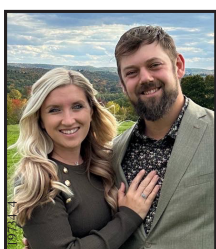


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