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■ TOP STORY

Colonie High School Senior dies after Route 85 crash

Traffic snarled for hours as authorities investigate horrific crash

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

SLINGERLANDS - A horrific crash on Route 85 on Thursday, May 11 claimed the life of a Colonie High School senior and injured a man from Slingerlands.

At approximately 2:08 p.m., Bethlehem police, Slingerlands Fire, Albany Fire, North-Bethlehem-Fire, McKownville Fire, Selkirk Fire, Delmar Bethlehem EMS, and Mohawk Ambulance all responded to the

Continues on page 11



Local first responders also responded to a plane crash at the South Albany Airport in Selkirk. — See story on page 12.

Photo by John McIntyre

■ ENTERTAINMENT



CHIME amplifies the voice of kindness

Empire State Youth Orchestra program teaches students to achieve. **Page B1**


■ SPORTS



Dual track & field

Eagles host Shaker & Saratoga at final home dual meet of the season.

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■ POLICE, FIRE and EMERGENCY CALLS

Man arrested for child porn

Local man arrested After State Police investigation

DELMAR - On Tuesday, May 4, State Police, with the assistance of the Troop G Computer Crimes Unit, the Internet Crimes Against Children Taskforce, arrested Jason Sammon, 39, of Bethlehem for promoting a sexual performance of a child and possessing of a sexual performance by a child, both felonies.

Sammon is accused of promoting and possessing images consistent with child sexual exploitation. His arrest followed an investigation and the execution of a search warrant at his home in Albany earlier in the day. The investigation stemmed from a cyber tip from the National Center for Missing and Exploited Children.

Sammon was arrested, processed, and was

arraigned at the Bethlehem Town Court. He was sent to the Albany County jail in lieu of \$5,000 cash, a \$15,000 bond, or a \$20,000 partially secured bond.

Felony Assault in Ravena

RAVENA - On Monday, May 3, at 7:30 a.m. Coeymans police responded to a report of an injured female on Route 9W in the Village.

When police arrived, they located a 27-year-old female subject who stated she was assaulted. The victim was transported to Albany Medical Center Hospital for treatment of broken bones, lacerations and bruising.

After an investigation, Coeymans police arrested James Lawson, 34, of Ravena for assault, a felony, and strangulation and Menacing, both misdemeanors. He was processed and arraigned in front of Coeymans Town

Justice Linda Eissing and released on \$1,500 bail pending further court action.

Motorcycle thefts

RAVENA - Coeymans Police received a report of a storage unit being burglarized on Route 9W and the theft of two off-road motorcycles on Monday, May 4 at approximately 1:00 a.m. A notice was broadcast and a State Police patrol unit observed two subjects in possession of one of the motorcycles.

Both subjects were placed in custody and returned to the Town of Coeymans where an investigation determined that the two, an 18-year-old male and Blaine Hopkins, 21, both of Ravena, broke into the storage unit causing damage and stole both

Continues on 10



Bethlehem Volunteer Fire Log May 6 – May 15

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

Saturday, May 6

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

Sunday, May 7

6:27 a.m.	Structure Fire Alarm	NEW SCOTLAND RD	Slingerlands VFD
11:27 a.m.	Crash Unknown	AVE / ADA.m.S ST	Delmar VFD
4:53 p.m.	Carbon Monoxide No Illness	LINDA CT	Elsmere VFD
6:15 p.m.	Structure Fire Alarm	ELM AVE	Delmar VFD
10:07 p.m.	Outdoor Fire	EUCLID AVE	Elsmere VFD

Monday, May 8

11:22 a.m.	Alpha	NORYL AVE	SABIC Fire and EMS
4:07 p.m.	Hazardous Condition	Ha.m.PTON ST	Delmar, Elsmere, Slingerlands VFD

Tuesday, May 9

2:24 a.m.	Structure Fire Alarm	PRINCESS TAYLOR LN	North Bethlehem VFD
8:15 a.m.	Crash Unknown	ROUTE 9W	Selkirk VFD
12:11 p.m.	Unknown	KRUMKILL RD	North Bethlehem VFD
12:52 p.m.	Outdoor Fire	ELM AVE	Delmar, Slingerlands VFD
6:17 p.m.	Outdoor Fire	HOUK DR	Selkirk VFD
7:23 p.m.	Structure Fire Confirmed	NEW SCOTLAND RD	Slingerlands, N Bethlehem, Elsmere, Delmar VFD

Wednesday, May 10

6:12 a.m.	Structure Fire Possible	HERBER AVE	Elsmere, Delmar VFD
1:26 p.m.	Hazardous Condition	DOMENICO DR	Elsmere VFD

Thursday, May 11

11:31 a.m.	Crash PI	RD / NEW SCOTLAND RD	Slingerlands, Delmar VFD
1:35 p.m.	Haz Mat	LONGMEADOW DR	Delmar, Slingerlands VFD
2:08 p.m.	Crash PI	85 / BLESSING RD	Slingerlands, N. Bethlehem VFD
3:06 p.m.	Outdoor Fire	ROUTE 9W	Elsmere VFD
3:26 p.m.	Hazardous Condition	GUILDER LN	Elsmere VFD

NOTICE OF THE START OF CONSTRUCTION FOR SEGMENTS 8 AND 9 OF THE CHAMPLAIN HUDSON POWER EXPRESS PROJECT

On or about May 19, 2023, the Champlain Hudson Power Express Project (“CHPE”) intends to begin site preparation and construction on Segments 8 and 9 of the proposed Champlain Hudson Power Express (“CHPE”) Project. Segment 8 includes installation of approximately 16.99 miles of buried overland cable running from the Town of Rotterdam (Schenectady County) through the Town of Bethlehem (Albany County), primarily along railroad rights-of-way. Segment 9 covers installation of approximately 5.31 miles of buried overland cable in the Town of Bethlehem. The initial construction work will involve preparation of the site, followed by installation of the cable and associated work. Where possible, construction near residences and sensitive receptors will generally occur during daylight hours, though some limited activities would extend to later hours as needed.

On April 18, 2013, the NYS Public Service Commission (Commission) issued to CHPE a certificate of environmental compatibility and public need (Certificate), pursuant to Article VII of the Public Service Law (PSL), to construct and operate the CHPE Project. Upon receipt of a Notice to Proceed with Construction letter sent by the New York State Department of Public Service’s Office of Electric, Gas and Water, CHPE will be authorized to commence construction activities for these Segments.

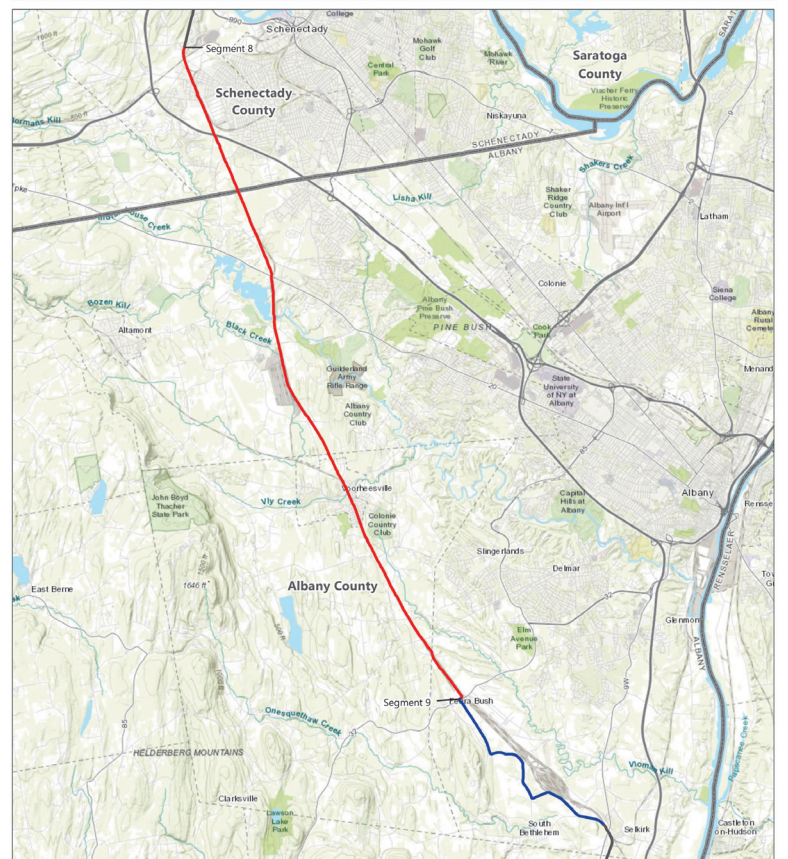
CHPE has established a toll-free number for questions regarding the Project, including a complaint resolution plan for issues arising during construction: 1-800-991-CHPE (2473). Questions or requests for further information can be directed to: publicoutreach@chpexpress.com or by mail to Molly Hollister, WSP USA, One Pennsylvania Plaza, New York, New York 10119.

Facility construction falls under the jurisdiction of the Commission, which is responsible for enforcing compliance with environmental and construction conditions, and which may be contacted through Matthew Smith, Office of Electric, Gas and Water, New York State Department of Public Service, Three Empire State Plaza, Albany, NY 12223, via telephone at (518)474-8702 or email at matthew.smith@dps.ny.gov.

Details of the planned work locations, including construction drawings showing in detail the approved Segment, are available on the Project website at: <https://chpexpress.com/overview-of-public-documents/environmental-management-construction-plan/>. The full Commission docket for the Project can be accessed via the Commission’s website at: <http://documents.dps.ny.gov/public/MatterManagement/CaseMaster.aspx?MatterCaseNo=10-T-0139>.

Paper copies of the Segment 8 EM&CP submissions are available for viewing at the following local document repositories: Rotterdam Branch Library, 1100 N. Westcott Rd., Schenectady, NY 12306; Bethlehem Public Library, 451 Delaware Avenue, Delmar, NY 12054; Voorheesville Public Library, 51 School Road, Voorheesville, NY 12186; and Guilderland Public Library, 2228 Western Avenue, Guilderland, NY 12084. Paper copies of the Segment 9 EM&CP submissions are available at the Bethlehem Public Library, 451 Delaware Avenue, Delmar, NY 12054.

Figure 1. Segment 8 and 9 Regional Project Location



CHPE EM&CP
Schenectady and Albany County



EDR

Prepared December 12, 2022
Basemap: Esri ArcGIS Online "World Topographic Map" map service.



COMMUNITY

Borrow, read and repeat

New lending library open at Plaza stocked by The Book House

By Amy Modesti
modestia@spotlightnews.com

ALBANY - A new lending library is born.

Stuyvesant Plaza unveiled a new miniature lending library in early April. This free lending library was stocked with books from The Book House, but will include others as people follow the theme of take a book, leave a book.

The concept of the blue customized free library, according to Rachel Ferluge, Stuyvesant Plaza General Manager, was to inspire readers and expand access to books for the community. Because of the plaza's geographic location, a sharing library at the plaza provides access to reading to more people at any time, day or night.

"The partnership with the Book House was an easy one," Ferluge said. "They are a local, independent book store that has been in business at Stuyvesant Plaza for nearly 40 years. Susan Novotny, the owner, and her team have always been dedicated to sharing books with the community in many ways through readings, in-store events, book clubs, volunteerism and now, stocking our little free library."

Located in the plaza's breezeway between RAD Soap Co. and Primal Butcher, the library was constructed from an upcycled newspaper rack. It features quotations from famous authors displayed on the sides to encourage readers of all ages to choose and take a book.

The reception for the lending library has been amazing, Ferluge said.

"We have restocked the library multiple times since we revealed it in

early April," she said. "We chose April simply because we received the refurbished newsstand at that time. We intend to link the library to important themes throughout the year."

May is Asian American and Pacific Islander Heritage Month, according to Ferluge. Readers can anticipate looking for some books by Asian authors and about Asian experiences.

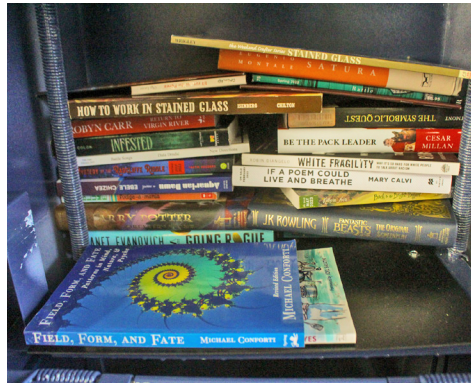
She encourages people to drop off new or used books to the free library so others may enjoy what they have already read.

Novotny said the Book House will design and print up a batch of "bookmark coupons" to insert into each book in the free library while

supplies last.

For now, Stuyvesant Plaza will have just one lending library, but the plaza could add a second one in the future, Ferluge added.

"I hope the library encourages shoppers and residents to slow down, take a moment to either give a book and/or take a book. It's an unexpected surprise that I hope brings a little joy to our visitors' day," she said.



Community yard sale for charities

DELMAR - What if there was a way you could get your spring cleaning done, connect with your neighbors and support a good cause? Now there is!

On Saturday, May 20 get ready for the Big Bethlehem Yard Sale. Partnered with The Bethlehem Community Fund to bring you a new community tradition. Register at bigbethlehemyardsale.com

Complete Streets Project Continues

DELMAR- The Town of Bethlehem is moving forward on an initiative to implement transportation improvements along Delaware Avenue between Elsmere Avenue and the City of Albany, with the goal of creating a safer, more inviting environment for drivers and pedestrians.

The effort, known as the Delaware Avenue Complete Streets project—supported by a \$2.9 million federal transportation grant—began in earnest in February with the Town's hiring of the engineering firm CHA to conduct the design study. The design study will include the documentation of existing conditions and analysis of alternatives.

Examples of changes that the study will analyze include installing "gateway features"; adding high-visibility, signalized mid-block pedestrian crossings and refuge islands; providing consistent travel lane widths throughout the corridor; and consolidating existing driveways or reducing widths of driveway openings.

While the study does not include a reduction in the number of travel lanes as originally envisioned, these potential changes—along with sidewalk improvements, landscaping, and lighting—can address longstanding challenges in this critical corridor for Bethlehem.

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COMMUNITY

Albany Med receives \$1.2 million

NIH Awards Albany Medical College grant to Study Heart Failure

ALBANY – Scientists at Albany Medical College have received a \$1.2 million grant from the National Institutes of Health (NIH) to study heart failure, as part of a joint award with Thomas Jefferson University totaling more than \$2.3 million over four years.

According to the CDC, approximately 6.2 million adults in the U.S. have heart failure, a chronic condition that occurs when the heart can't pump blood as well as it should. One in 500 people have hypertrophic cardiomyopathy, a genetic disorder that causes the heart muscle to thicken and which can lead to heart failure. In both diseases, the rest of the body doesn't get enough blood to function properly, which can cause symptoms

like fatigue and shortness of breath.

The research teams will focus on how the protein ryanodine receptor type 1 (RyR1) regulates cardiac function.

Using mouse models with both healthy and failing hearts, they'll test the hypothesis that RyR1 is initially expressed as an adaptive mechanism when the heart doesn't have enough energy to pump as well as it should. But when too much RyR1 is expressed, a vicious cycle ensues leading to muscle cell death and injury, and ultimately, heart failure.

"We'll also examine a potentially innovative therapeutic strategy that targets RyR1," said Yun-Min Zheng, MD, associate professor in the Department of Molecular and Cellular Physiology at Albany Medical College, one of the study's principal investigators.

"Drugs like dantrolene inhibit RyR1 and have

already been used to treat people who have a severe reaction to certain anesthesia drugs," she explained. "We hope to show that these drugs could also be an effective treatment for heart failure and hypertrophic cardiomyopathy."

Yong-Xiao Wang, MD, PhD, professor in the Department of Molecular and Cellular Physiology at Albany Medical College, and Shey-Shing Sheu, PhD, professor of Medicine, Division of Cardiology at Thomas Jefferson University, are also principal investigators.

Titled "Crosstalk Ca2+ Signaling between Ryanodine Receptors Type 1 and 2 in the Pathogenesis of Cardiac Hypertrophy and Heart Failure," the study is funded by the NIH's National Heart, Lung, and Blood Institute.



AED to Bethlehem Youth Football

DELMAR - The Bethlehem Republican Committee and Craig Sleurs teamed up to donate an automated external defibrillator, or AED, to Bethlehem Youth Football. A formal presentation was made by the BRC and the Sleurs campaign on Thursday, April 20 at the American Legion Blanchard-Currey Post 1040. Chris Carr, Director of Bethlehem Youth Football, and Chad Rice, a member of the board, were both on hand with their sons to accept a Cardiac Science Powerheart AED G3. The AED was purchased with funds from Sleurs and the BRC.

Photo Provided



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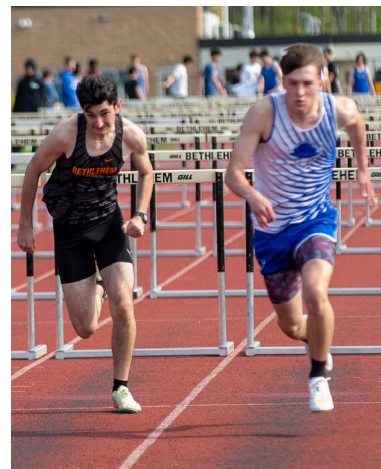
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■ HIGH SCHOOL SPORTS



The Eagles hosted Shaker and Saratoga on Wednesday, May 10 for its final home dual meet of the season.

Photos by John McIntyre

LEGALS**NOTICE OF LLC FORMATION**

(718) BEAUTY SCHOOL OF NEW YORK LLC. Arts. of Org. filed with the SSNY on 05/05/23. 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, c/o Michaela Blissett Williams, 458 Clinton Avenue, Brooklyn, NY 11238-1602. Purpose: To establish and operate a cosmetology school offering cosmetology, barbering and natural hair curriculums that will allow students to apply and obtain a NYS licenses. Nothing herein shall authorize the limited liability company to operate, maintain or manage a charter school, a nursery school, a kindergarten, an elementary school, a secondary school, a licensed private career school or certified English as a second language school unless authorized under Article 101 of the Education Law, a college, university or to advertise or offer credit-bearing courses or degrees in New York State. D-310860

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

LEGALS

the LLC, 1904 86th Street, Brooklyn, NY 11214. Purpose: Any lawful purpose. D-309989

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 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

NOTICE OF LLC FORMATION

123 PHILLIPS LLC. Arts. of Org. filed with the SSNY on 05/10/23. 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, 1809 E. 5th Street, Brooklyn, NY 11223. Purpose: Any lawful purpose. D-311133

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

150 SQUARETIME LLC. Arts. of Org. filed with the SSNY on 05/04/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 203 Aldershot Lane, Manhattan, NY 11030. Purpose: Any lawful purpose. D-310735

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 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 SSSNY. The office of the NY LLC

LEGALS

is located in Albany County. The SSSNY 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 SSSNY 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 86th Street, Brooklyn, NY 11214. Purpose: Any lawful purpose. D-309991

NOTICE OF LLC FORMATION

274 19 STREET LLC. Arts. of Org. filed with the SSNY on 05/09/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 9004 5th Avenue, Brooklyn, NY 11209. Purpose: Any lawful purpose. D-311014

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

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

NOTICE OF LLC FORMATION

33 LANDING LANE, LLC. Arts. of Org. filed with the SSNY on 05/10/23. 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, 33 Landing Lane, East Quogue, NY 11942. Purpose: Any lawful purpose. D-311083

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

LEGALS

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

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 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

LEGALS**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-310670

Notice of Formation of 93 Worth Street LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 05/08/23. 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-311026

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

LEGALS**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

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, Whitestone, 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 Formation of AUSTINTATIOUS WOOD FLOORS LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 03/22/2023. 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: 553 Delaware Ave, Albany NY 12209. Purpose: any lawful purpose. D-310917

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

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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 may be served. SSNY shall mail copy of process to: Registered Agents Inc. 90 State Street STE 700 Office 40 Albany, NY 12207. Purpose: any lawful purpose. D-310255

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 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 Formation of Blue3Q LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York

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(SSNY) on 02/24/23. 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-310792

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

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

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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, 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 County. 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
DPN PORTFOLIO LLC. Arts. of Org. filed with the SSNY on 02/21/23. 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, 835 Riverside Drive, Apartment 4A, New York, NY 10032. Purpose: Any lawful purpose. D-311132

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

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ed as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o 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 shall mail copy of process to the LLC, 1326 Hastings Street, Teaneck, NJ 07666. Purpose: Any lawful purpose. D-310474

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 LLC FORMATION
G.A. CAPITAL GROUP 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, c/o

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Ford, 2003 Paulding Avenue, #2F, Bronx, NY 10462. Purpose: Any lawful purpose. D-310825

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: Greg Allen, 12 Penn Lane, Glenmont, NY 12077. Purpose: Healthcare. D-310608

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 the LLC, 1326 Hastings Street, Teaneck, NJ 07666. Purpose: Any lawful purpose. D-309415

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-309778

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
HOLOCENE ACRES LLC. Arts. of Org. filed with the SSNY on 04/07/17. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Theodore Nicholas Huban, 273 Troy Schenectady Road, Latham, NY 12110. Purpose: Any lawful purpose. D-310487

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 copy of process to the LLC, c/o Francis G. Johnson, 200 Wingo Way, Ste. 200, Mt. Pleasant, SC 29464. Purpose: Any lawful purpose. D-310182

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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. D-310608

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
JOY UWS LLC. Arts. of Org. filed with the SSNY on 05/04/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Joshua Blau CPA P.C., 641 Lexington Avenue, 14th Floor, New York, NY 10022. Purpose: Any lawful purpose. D-310635

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, Cropseyville, NY 12052. Purpose: Any lawful purpose. D-309458

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
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

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agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 39-20 Glenwood Street, Little Neck, NY 11363. Purpose: Any lawful purpose. D-310938

NOTICE OF LLC FORMATION
JOY UWS LLC. Arts. of Org. filed with the SSNY on 05/04/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Theodore Nicholas Huban, 273 Troy Schenectady Road, Latham, NY 12110. Purpose: Any lawful purpose. D-310487

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, Cropseyville, NY 12052. Purpose: Any lawful purpose. D-309458

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
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
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
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

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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, 330 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 & 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 it 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
JOY UWS LLC. Arts. of Org. filed with the SSNY on 05/04/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Joshua Blau CPA P.C., 641 Lexington Avenue, 14th Floor, New York, NY 10022. Purpose: Any lawful purpose. D-310635

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, Cropseyville, NY 12052. Purpose: Any lawful purpose. D-309458

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
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

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Notice of Formation of LFN NETWORK LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on May 10, 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: 54 State Street STE 804, Albany NY, 12207. Purpose: any lawful purpose. D-311038

NOTICE OF LLC FORMATION
LINCÉE'S BOWTIQUE 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, 21 Plowboy Path, Comack, 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. Of-

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fice: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 19 Bond Street, Apartment 4A, New York, NY 10012. Purpose: Any lawful purpose. D-309803

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 process to the LLC, c/o Mordechai Goldwasser, 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

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

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Secretary of State of New York (SSNY) on 04/10/23. 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-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

LEGALS**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, 200 East 61st Street, Apartment 18BC, New York, NY 10065. Purpose: Any lawful purpose. D-309992

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

OLGA JURGA PROJECT SOLUTIONS LLC. Arts. of Org. filed with the SSNY on 05/05/23. 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, 73 Hausman Street, Unit 1, Brooklyn, NY 11222. Purpose: Any lawful purpose. D-311016

Notice of Formation of OMBRELLO LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 04/05/22. 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-310915

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 pro-

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cess to the LLC, 270 Park Avenue, New York, NY 10010. Purpose: Any lawful purpose. D-309986

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 Formation of PowerPlayground, LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 4/14/23. 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: 23 Hillside Drive, Ballston Lake, NY 12019. Purpose: any lawful purpose. D-310842

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

RESOLUTION # 23-012 NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem in the County of Albany, State of New York has on the 10th day of May 2023, duly adopted, subject to a permissive referendum, a resolution as follows:

WHEREAS, the Town Board of the Town of Bethlehem has determined that it is neces-

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sary to make trail improvements to the newly created Park, Normans Kill Ravines, and

WHEREAS, such improvements will provide better access for hikers and mountain bike riders, and,

WHEREAS, intended trail improvements will provide better all-terrain vehicle access for important maintenance and emergency services, and,

WHEREAS, in effort to obtain the best price for construction services for trail improvements it is imperative to create detailed construction plans and bid documents, and,

WHEREAS, in recognition of these needs, funds were identified in the 2023 Capital Spending Plan for Normans Kill Ravines Park, and,

WHEREAS, a capital spending project is necessary and funds for such purpose are in the General Fund Capital Reserve Fund; and,

WHEREAS, it is estimated that the cost of said project will be \$47,500

NOW, THEREFORE, BE IT RESOLVED,

That the Town Board hereby authorizes the execution of expending funds for engineering services related to improvements of up to 2-miles of the trail network at Normans Kill Ravines Park for clearing, widening, benching, and switchbacks, as well as replacement of up to two access bridges, from the General Fund Capital Reserves Fund.

BE IT FURTHER RESOLVED,

That the execution of said expenditure is subject to permissive referendum

BE IT FURTHER RESOLVED,

That the Supervisor is hereby authorized to execute the expenditure on behalf of the Town of Bethlehem.

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

AYES: Supervisor VanLuven, Councilmember Becker, Councilmember DeCancio

ABSENT: Councilmember Coffey

NOES: none

D-311112

NOTICE OF LLC FORMATION

RIHS 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 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, 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. 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 LLC FORMATION

SIMBARI LLC. Arts. of Org. filed with the SSNY on 05/09/23. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may

LEGALS

be served. SSNY shall mail copy of process to the LLC, 9004 5th Avenue, Brooklyn, NY 11209. Purpose: Any lawful purpose. D-311013

Notice of Formation

of STARS AND STRIPES REMODELING LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed 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 ONES-QUETHAW CREEK RD. FEURA BUSH, NY 12067. Purpose: any lawful purpose. D-310061

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 Formation of Supagenics Cleaning LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 09/30/2022. 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 the LLC, 39-20 Glenwood Street, Little Neck, NY 11363. Purpose: Any lawful purpose. D-310939

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 the LLC, 39-20 Glenwood Street, Little Neck, NY 11363. Purpose: Any lawful purpose. D-310939

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 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

LEGALS

Notice of Formation of The Bung Factory, LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 4/20/23. 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: 186 Jefferson Street, Albany, NY 12210. Purpose: any lawful purpose. D-310793

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

LEGAL NOTICE

Formation of The Emyrean Club LLC filed with the Secy. of State of NY (SSNY) on 5/5/2023. 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-310914

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 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,

LEGALS

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 Formation of Trilateral Technologies LLC.

Articles of Org. filed with NY Sec. of State (SSNY) 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

VACHI LLC. Arts. of Org. filed with the SSNY on 04/07/17. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 39-20 Glenwood Street, Little Neck, NY 11363. Purpose: Any lawful purpose. D-310939

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

LIBRARIES

Stay safe on the water

A safe day on the water is a fun day! To help ensure our waterways remain safe, New York State will require all motorized boaters to take a safe boating course and earn their safe boating certificate by 2025.

On Thursday, May 25, and Friday, May 26, the library will be hosting a two-part boater safety certification course from 5-9 p.m. This is a cumulative course, and students must complete both days in order to earn their certificate.

The course is free to children 10-17, however, if you are 18 or older, there is a \$10 fee for your permanent boating safety certificate, payable to New York State Parks.

For more information and to register, visit the NYS Boating Education page at parks.ny.gov/boating/.

Comics + creativity

Get creative Wednesday, May 24, with old comics, graphic novels and manga to make a collaborative



collage that will brighten up the library's Teen Space. Drop in anytime between 3:30-5 p.m. and see where your art takes you! For tweens and teens.

An online archive for all

The non-profit Internet Archive is building a digital library of websites and other cultural artifacts in digital form. Join us for the program "Archive.org: Our Digital Memory" on Monday, May 22, at 10 a.m. to learn about this vast and growing online library that collects eBooks, eAudiobooks, music, video, historic Web content and software — all free and available to the public. Registration for this event will close May 20. Visit our online calendar at bethlehem.brarycalendar.com to sign up.

Legos at the Library

Build something awesome with the library's Lego collection Wednesday, May 24, at 4 p.m. We provide the Legos, you provide the imagination! We will also have some building challenges available. For kids and families.

Friends Book Sale Fundraiser

It's almost here! Stock up on some new-to-you books 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. Enjoy some live music while you shop, with performers scheduled for 11 a.m. and 1 p.m.



Get a selfie with the bears on the bus when you stop by Bethlehem Public Library during the 2023 Library Expedition. Don't forget to use the hashtag #Library36er to share your adventure on social media. Photo by Kristen Roberts

Memorial Day closing

Bethlehem Public Library will be closed Memorial Day weekend Saturday-Monday, May 27-29. Be sure to look for us in the Town of Bethlehem Memorial Day parade on Monday!

Election information

Bethlehem Central School District residents voted on the 2023-24 budget Tuesday, May 16. Visit our website at www.bethlehempubliclibrary.org to find the results of that and the Board.

From page 2 ...

Police, Fire and Emergency Calls

motorcycles.

They were both charged with grand larceny, a felony, criminal trespass, and criminal mischief 4th degree, both misdemeanors. Both motorcycles were recovered.

Both subjects were arraigned in front of Coeymans Town Justice Linda Eissing and released pending further court action.

Criminal contempt in Coeymans

COEYMANS - On Sunday, April 30 at approximately 4:50 p.m.

Albany County Sheriff's Deputies observed a Vehicle with an expired inspection sticker leave the Cumberland Farms on Route 9W and performed a traffic stop.

Upon interviewing and checking the identification of the driver, Kevin Jones, 58, of Troy and his passenger, the deputy found that the passenger was wanted for grand larceny in the City of Troy, but Troy police could not find the hard copy of the warrant, so could not take him.

But Jones was issued a full-stay away order for the passenger out of the Schenectady County Court. Jones was also

wanted by Troy police, but they were too busy to come get him.

Deputies arrested and charged Jones with criminal contempt, a felony, because he violated the order three times before.

He was processed and arraigned by Coeymans Town Judge Thomas Frese and released on probation. He is scheduled back in court on May 18.

Warrant at Thatcher park

NEW SCOTLAND - An Albany County Sheriff's patrol observed a blue Subaru trespassing in the observation lot at Thatcher Park on Tuesday, May 2 at approximately 9:02 p.m.

While interviewing the driver and the passenger,

Jordan Morris, 28, of Rotterdam, the passenger said he did not have identification and gave the name of James. When the name did not return any results, the deputy again requested a real name. Morris was evasive but did give his real name and, after an investigation, it was found he was wanted by the City of Schenectady.

Morris was processed and turned over to Schenectady police.

Bench warrant at Price Chopper

SLINGERLANDS - A Schenectady woman was identified by Price Chopper loss prevention employees to be in the store shopping and was known to them from previous larcenies throughout the Capital Region on Saturday, May 6

and called police.

When Bethlehem police arrived they found Kimberly Allen, 54, still in the store and identified her before the final point of sale. A check of her identification showed she had an outstanding warrant from the City of Albany.

She was processed and turned over to Albany police at South Station.

DWI on Walden Fields

DELMAR - Bethlehem police observed a 2015 Chevrolet Silverado traveling 51 miles per hour on Elsmere Avenue in a 35 mile per hour zone on Monday, May 8 at 1:04 a.m. and performed a traffic stop.

Upon interviewing the driver, a 27-year-old

man from Delmar, officers observed a strong odor of an alcoholic beverage emanating from his breath and that he had bloodshot, droopy and watery eyes. The man said he had one beer prior to driving.

The man was given and failed field sobriety tests and tested positive for breath alcohol on a pre-screening device. He was taken into custody and at the police station provided a breath sample that returned a .21 percent BAC.

The man was charged with aggravated DWI and ticketed for speeding.

He was given an appearance ticket for Bethlehem Town Court on May 18.



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P.O. Box 100, 341 Delaware Ave., Delmar 12054 | OFFICE HOURS: 8:30 a.m. to 4 p.m. weekdays. Open until 5 p.m. on Thursdays

From page 1 ... Colonie High senior dies in 85 crash

two-car crash on Route 85 just south of the thruway overpass in the Town of Bethlehem.

"We were returning from a previous call for service and were on scene within 3 to 5 minutes of the time of being dispatched to the accident," Slingerlands Fire Department Chief Jason Tice said. "Upon arrival, it was determined it was a two car accident, one vehicle/occupant requiring extrication/disentanglement."

According to reports, a Mercedes driven by Thomas McGrath, 71, of Slingerlands and a Ford Mustang driven by Michael Kleinke, 17, from Colonie collided nearly head on.

Calls to 911 went to both the City of Albany and Bethlehem and both municipalities sent first responders due to its location near the City line.

First responders began patient assessment on the occupants of both vehicles, performed vehicle stabilization, and began the extrication process as

it had been determined there was heavy entrapment of Kleinke in Mustang, but both drivers had to be extricated.

McGrath was freed by firefighters by prying open the Mercedes door, but the Mustang was a much larger problem, according to reports.

"Multiple extrication techniques and tools were used during the process," Tice said. "It took approximately 59 minutes to remove the one patient. The other patient was removed much sooner."

During the long extraction, according to Tice, Kleinke was treated throughout the incident by Albany Fire paramedics and an emergency medicine physician who responded to the scene from Albany Medical Center Hospital. After they got him free, he was transported to Albany Medical Center Hospital via Mohawk Ambulance.

"The other patient in the vehicle not requiring extrication (McGrath) was removed and transported by

Delmar- Bethlehem EMS with unknown injuries," Tice said.

After both victims were transported to the hospital, their conditions were unknown until word filtered out that Kleinke had died.

The South Colonie School district posted an update by Superintendent Dr. David Perry on its website Saturday, May 13 that Kleinke, a member of the senior class, had died.

"Our entire South Colonie School community is devastated by this unimaginable loss. Our thoughts, prayers, and deepest condolences go out to Michael's family, friends and loved ones as they navigate through this incredibly difficult time," Perry wrote.

The school is providing support to the community.

"Our dedicated school counselors and support staff are available to provide assistance, guidance and emotional support to students and faculty members who may be struggling with grief or in need of someone to talk to. We encourage anyone in need to reach out to these resources for support," he said. "We extend our

heartfelt gratitude to the first responders and medical professionals who worked tirelessly to provide immediate care to Michael. Their efforts and expertise were truly invaluable."

The word also reached the first responders the same day.

"After returning from a call on Saturday, we were made aware that one patient

had succumbed to their injuries," Tice said. "Chief Craig Sleurs announced this information to our members and conveyed that if any member needed assistance in dealing with this tragedy arrangements would be made."

We will update this story as more information about funeral arrangements becomes available.

The crash is being investigated by members of the Bethlehem Police Department and the Albany County Crash Investigation Team. The team had Route 85 closed westbound for hours collecting data to find the cause of the wreck.

We will update this story when the findings are released.

OBITUARIES

Following in the footsteps... on a skateboard

Michael Kleinke Jr. was going to be an apprentice upon graduation

By JOHN MCINTYRE

mcintyrej@spotlightnews.com

COLONIE — Michael Kleinke Jr. was an avid skateboarder that loved cars and collecting sneakers.

"He taught himself how to skateboard and always supported local skate shops, his favorite being here in Albany, Seasons skate shop," Jessica and Mike Kleinke said. "He most recently had his best friend Greg videotaping his progress in skateboarding."

A trade was calling, however, as he prepared to graduate from Colonie High School next month, before his young life was cut short on Saturday, May 13 from injuries sustained in a vehicle accident earlier in the week.

"He was planning after graduation next month to start an apprenticeship with Local 7 Steamfitters Union," they said. "He was following in his papa's footsteps."

His parents said he loved working on cars with his dad and traveling with his mom which makes this such a devastating time for the family, because family was important to Michael.

"Michael was fun loving, outgoing, thoughtful, empathetic, and caring," they said. "He adored his niece Nicole and loved his big brother Jon and sister Callista. Michael also was a mentor for his cousin Justin, following a few years behind him at the high school."

Michael touched many people's lives in the community, at school, and in his family.

The family will hold services this week, detailed in the obituary below. They will also hold a celebration of life on Sunday, May 21 at Stanford Heights Fire Department.

He will be missed.



Michael J. Kleinke, Jr.

The full obituary for Michael J. Kleinke Jr.

ALBANY - Michael J. Kleinke Jr., 17, passed away on Saturday, May 13, 2023 with his loving family by his side. Michael was the son of Michael Kleinke, Sr. and Jessica Kleinke.

Michael enjoyed spending time with his friends and family. He was an avid skateboarder and sneaker collector. He enjoyed working on cars with his father and the time he spent traveling with his mother. Most of all, Michael cherished

the time he spent with his niece, Nicole as well as going to concerts with his brother, Jonathan.

In addition to his parents, Michael is survived by his brother, Jonathan R. Kleinke; sister, Callista L. Kleinke; niece, Nicole M. Kleinke; grandparents, Thomas P. Fine, Robin L. Mochrie, and Bonnie F. (the late Thomas J.) Kleinke; great grandparents, Edwin (Anne) Tribley and Eugenie Kleinke; as well as many other family and friends.

In addition to his grandpa, Michael is predeceased by his great grandparents, Carmela and John Fine, Gail Ridgeway, Audrey and Clarence Scoons and Edward Kleinke Jr.

A celebration of Michael's life will be held Sunday May 21st from 1-5pm at Stanford Heights Fire Department, 250 Morris Road Schenectady NY 12304

Calling hours will be held at New Comer Cremations & Funerals, 343 New Karner Road, Colonie, New York 12205 on Monday, May 22, 2023 from 4 to 7 p.m. with a funeral service to follow at 7p.m.

In lieu of flowers, the family requests that donations be made in Michael's name to Ronald McDonald House Charities of the Capital Region, 139 S. Lake Ave Albany NY 12205.

PERFECTION IS EFFORTLESS

All-Time Grilling Faves

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■ FIRE DEPARTMENTS

Three injured in local plane crash

Cessna crashes on CSX property south of airport

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

SELKIRK - Emergency crews responded to a plane crash at the South Albany Airport on Thursday, May 11.

At approximately 3:42 p.m., local fire, police and EMS were called to the airport for the report of a single-engine airplane that crashed and settled approximately 150 yards past the south end of the runway.

The Cessna 172 was piloted by Jacky Lo, 28, of Albany and the passengers were William Yetto, 35,

of Waterford and Thomas Kieper, 27, of Niskayuna.

"It landed in a field south of the airport on CSX property. The incident took place on takeoff," South Albany Airport President and Manager Ted Zabinski said.

A med flight helicopter had just taken off from the airport to answer a call when the crew saw the Cessna in the field.

"The med flight was taking off and saw what happened, then landed at the end of the runway," Selkirk Fire Chief Tom Neri said. "The medics jumped the fence and tended to the occupants of the plane."

The helicopter canceled its call and remained at the scene.

Fuel was leaking from the aircraft when fire crews arrived, but there was no fire, Neri said.

"We had to cut off both doors of the aircraft and



Area fire departments and police responded to a plane crash at the South Albany Airport in Selkirk on May 11.

Photo by Tom Heffernan Sr.

also the steering column to extricate the victims," he said. "The pilot was pinned by the column."

According to Neri, the plane looked as if it rolled sideways and then came to rest on its landing gear, rupturing one of the fuel tanks in the wing.

"It looked almost like it barrel rolled," he said. "There were puddles of fuel when we got there, but no fire."

Two people were

injured, one with back and leg injuries and the others were taken out on backboards as a precaution. All three were transported to Albany Medical Center Hospital, according to radio transmissions during the rescue effort.

"They were pretty shaken up, but it could have been worse," Neri said.

According to Bethlehem police, the National Transportation

Safety Board was notified to investigate the crash. It will likely take several months for a report on the cause of the crash.

Fire companies and emergency personnel just cleared a vehicle collision where two men had to be extricated from vehicles on Route 85 and also responded to two other calls in Glenmont at the same time. Fire departments cleared those scenes to go to the airport.

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Keb' Mo' at the Egg
Grammy-winning artist will perform in Albany on Wednesday.
Page B7

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'SWEAT' on stage
Union College play explores race, class, gender & more.
Page B3



Tulipfest 75!
Fun times were had by all at Washington Park on Saturday.
Page B15



CHIME is amplifying the voice of kindness



By AMARIS FORD
news@spotlightnews.com

SCHENECTADY — The Empire State Youth Orchestra's CHIME program's unique initiative called Amplify Our Voice (AOV) posed a question to its students: how can conversations about kindness and violence translate into music?

On Friday, May 19, at 5:30 p.m. in the Schenectady High School Auditorium, CHIME students will perform the year's world premiere performance, "Stop Violence, Show Kindness", for the All-CHIME Spring Concert. The performance will be held again at the Saratoga Performing Arts Center on June 4

Continues on page B6



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ALBANY - Nine Pin Cider and Samascott Orchards celebrated the 5th Anniversary of Albany's Urban Orchard with music from Northern Borne at Washington Park Tuesday, May 9. The band sang "Happy Bomeday" to a friend and music fan.

Photo by Amy Modesti /

quote of the week

They're giving their own honest perspective on the world... It's a remarkable journey in one year. I never tire of seeing students grow and achieve new things.




— David Bebe, CHIME Conductor



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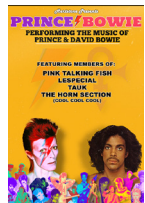
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■ COMMUNITY

Union College Theater presents Pulitzer Prize-winning 'SWEAT'

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

SCHENECTADY — On May 17 - 21, Union College Theater and Dance Department presents SWEAT by Lynn Nottage at the Yulman Theater in Schenectady. Directed by Jean-Remy Monnay of the Black Theatre Troupe of Upstate NY, the Pulitzer Prize-winning play Sweat explores the intricacies of race, class, gender, ethnicity, and labor relations.

"I was excited to audition, and I'm thrilled to help bring these stories to life," said theater and English major Maggie Kelley '24, playing the role of Tracey in Sweat. "This play is a beautiful window into the lives of these people who Nottage wrote to be so incredibly real. The relationships between each character are so nuanced and interesting, and it feels like an important story to tell."

Sweat chronicles the lives of a diverse cast of characters who live in Reading, Pennsylvania, as the plot shifts between 2000 and 2008 in present-day and flashback scenes. They work at one of Reading's only industries, a steel mill with a parallel story to Schenectady's General Electric Company.

Sweat delves into the lives of blue-collar employees affected by unions, immigration, and outsourcing during one of the greatest economic crises in modern American history.

"When I read the play for the first time, I saw how real these stories are, and yet they haven't been told. It was different, brutally honest, and it partook in what I believe is why we do theater: to tell stories others haven't seen and others have lived," said co-assistant director Melanie De La Cruz '26.

De La Cruz, who is a double major in political science and theater, added, "In addition to this play being written by an amazing playwright, the story revolves around an era of Americans facing all sorts of uncertainty, and it would be a great work of art to provoke thought as to how the

America then mirrors the America of today. We relate more to each other than you may think."

Lynn Nottage's play stemmed from her desire to seek out how 'poverty and economic stagnation were shifting the American narrative.' Drinks, secrets, laughter, and friendship are set against the backdrop of factory work and evenings spent at a familiar bar.

When layoffs, injustice, and prejudice begin to dissolve friendships and family bonds, the characters find themselves fighting each other and themselves to stay afloat.

"It sends an important message about how friends become foes in the face of adversity, the financial struggle of small-town America,

and the impact of prejudiced thoughts and behaviors on a tight-knit community," said Sarah Wright '23, assistant stage manager and a biomedical engineering major.

"There's something so real and hard-hitting about the story being told. As someone who has lived in a small town for their entire life, I know people just like Tracey, Stan, Jason, and Oscar," she added.

Wright commented on the production process that she loves "working with the theater department at Union, especially when we get the chance to work with guest directors and stage managers."

Monnay's work bringing culture and diversity to the local theater recommended him for the role of director. He was drawn to the relevancy of the topics of family, love, immigration, and the working class discussed in Sweat. For Monnay, the play is about "the things that are important to me."



Working with the students is a collaborative process infused with storytelling and delving into the deep messages of the play. Monnay said, "This production is so important to me because I get to work with the students and crew, who are such a pleasure to work with. I love them."

He was enthusiastic about the energy and effort that the cast has put into this production. "I can't wait for Wednesday," said Monnay. "They're doing a great job, and I'm really proud of them."

"I'm excited for this beautiful community of actors to demonstrate their hard work on stage and share their love for theater to the audience," said De La Cruz.

Tickets for Sweat are available through the Yulman Theater Box Office or through Eventbrite. Tickets are general seating. \$15 for general admission and \$5 for those with a Union ID (students, faculty, alumni), and senior citizens.

For more information, contact the Yulman Theater Box Office at boxoffice@union.edu or call (518) 388-6545. Please note: Sweat contains strong language and on-stage depictions of violence.

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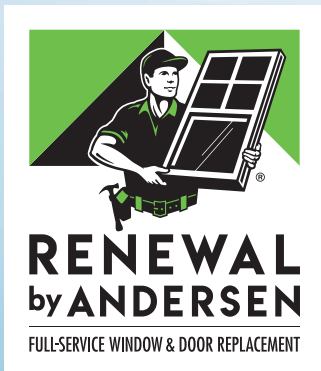
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COMMUNITY

Thomas Cole's paintings provide a snapshot of history

WMHT's 'Reframing an Empire' explores the context beyond the canvas

ALBANY - WMHT announced the launch of its latest multi platform project, 'Reframing an Empire,' which explores the history of New York state and the nation during the lifespan of noted landscape painter Thomas Cole.

Founder of the nation's first major art movement, now known as the Hudson River School of landscape painting, and subject of the Thomas Cole National Historic Site in Catskill, Cole's life and work coincide with a pivotal period in American history.

Before Cole's eyes and

on his canvas, the newly formed nation would find a vision of its identity born and its future questioned. American history fixates on 1776 and 1865, but in the period between lies a rich and under-explored territory. 'Reframing an Empire' acknowledges Cole's paintings as a timeless treasure of the Catskills, and explores the people and context that extends beyond his canvas.

'This production explores a critical period in our history that helps us understand who we are today,' said Betsy Jacks, executive director of the Thomas Cole National Historic Site. 'In pulling apart the details that Thomas Cole painted into his iconic Hudson River School landscape paintings,

and considering what he left out, a fuller picture of America comes into focus.'

The 10-part digital and on-air series examines the history and significance of New York state between the Revolutionary War and Civil War - a time that saw the abolition of slavery, the active possession of indigenous lands, major events around women's suffrage, and the construction of engineering feats such as the Erie Canal.

'While folks may be familiar with Thomas Cole's work and the Hudson River School, 'Reframing an Empire' explores the voices of artists and people also actively shaping the nation during this period of extreme transformation,' said Will Pedigo, vice

president and chief content and engagement officer at WMHT Public Media.

Episodes in 'Reframing an Empire' will explore the artistic contributions of Sarah Cole and notable landscape artist Susie Barstow, and focus on the lived experiences of Indigenous people, Black New Yorkers, and women as they actively sought the freedom and liberty promised in the creation of the United States.

Two episodes of 'Reframing an Empire' are now available online. The first looks at the creation of the American identity, and the second delves into Cole's life. Additional episodes will premiere through the spring and summer, both on-air and online.

To watch episodes, and for more information on 'Reframing an Empire,' visit wmht.org/reframinganempire.

The series coincides with the opening of a new exhibition at the Thomas Cole National Historic Site. 'Women Reframe American Landscape: Susie Barstow & Her Circle/Contemporary Practices' is a two-part exhibition and accompanying publication illuminating the artistic contributions and perspectives of women. The exhibition is open May 6-Oct. 29.

Electric City Barns Presents Motown And More



SCHENECTADY - Electric City Barn was the spot to hang out on Saturday, May 13. As part one of tulip fest festivities ended, the Schenectady party was beginning. Family, friends, and musicians enjoyed an evening of rap, funk, and soul as part of the Motown and More show. Headlined by Doc Horton and the Jay Street Band, the show also featured musical acts Ricky Bandana and Prime Time.

Photo by Amy Modesti

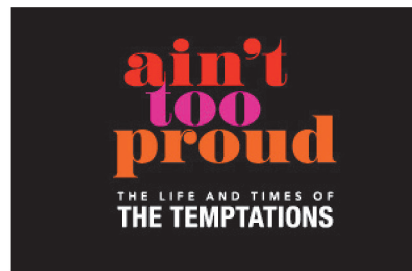
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From page 1 ... CHIME is amplifying voice of kindness

for the Adirondack Trust Company Festival of Young Artists.

“This is a yearlong creative journey that the students take,” explained CHIME Conductor David Bebe. “It begins in September and October, when they select a theme for what they’d like to focus on.”

The students have workshops on improvisation, creating musical motifs and mini-compositions based on the chosen topic, which are then shared with the artist-in-residence. The composition books are filled with the students’ ideas for the piece.

“It’s such a great project,” said Yates Lead Teaching Artist Cathy Gatta. “The kids learn to compose music and work with a composer that turns their ideas into something that goes into rehearsals and concerts for their friends and family to listen to; it’s a great experience.”

After careful discussions with each student, bullying, environmentalism, and economic concerns were the most common themes suggested. The theme “Stop Violence, Show Kindness” was then voted on by the students.

After deciding upon the theme, as the months progress, the education work continues as well. The goal of empowering young musicians and assisting with their musical, personal,



and social growth through music is part of the process.

This year’s artist-in-residence is North Carolina-based composer and writer of “Note to Self”, Adrian Gordon. He noted the ‘timely’ theme and the student collaboration. “They gave a lot of feedback, which guided my composition process,” he

said.

“I got to ask them several questions about what they envision music looking and sounding like, what words come to mind, and what prominent instruments they want to hear,” added Gordon, calling it “a partnership between myself and the students.”

“He would take little bits from the parts of all of our music and put them into this song,” said student Benjamin Campana, when describing his ‘excitement’ about the upcoming performance.



Gordon interpreted the words that the students gave him, utilizing biting string signatures and bass drums to convey the message of the music. “I was guided by human emotion,” he said.

“Throughout the music, there are aggressive and violent parts of the music,” said Gordon. “Then it moves into a hopeful section. The violence comes back, and then it moves into sadness. From there, I try to emulate hope triumphing over death and sadness.”

Fifth-grade student Campana has been playing in the orchestra since the second grade. As a violinist in the orchestra, he said, “I think it’s a really good song because it shows how there’s violence and no hope, but as it progresses, it gets better and sounds better. It shows how people can overcome violence with happiness.”

“Their idea of kindness prevailing or hope prevailing shines through at the end of the music,” said Gordon.

Bebe highlighted the ‘honesty’ of the performance. “They’re giving their own

honest perspective on the world... It’s a remarkable journey in one year,” reflected Bebe. “I never tire of seeing students grow and achieve new things.”

“It shows what the values of our children are,” added Bebe. “It shows what they see in the world, what they have concerns about, and what they think is possible.”

“
The kids learn to compose music and work with a composer that turns their ideas into something that goes into rehearsals and concerts for their friends and family to listen to; it’s a great experience.
 — Cathy Gatta, Yates Lead Teaching Artist

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What's hot this week?

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https://spotlightnews.com/hot-spots-calendar/

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

HOT SPOTS EVENTS CALENDAR

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Sat: **Pat Attanasio Trio with Steve Viglucci & John Deuth** | 8 p.m.
- Albany Capital Center**
55 Eagle St., Albany.
518-487-2155
Sat: **NYSAHA 2023 Annual Meeting** | 7 p.m.
- Across The Street Pub**
1238 Western Ave., Albany.
518-438-1718
Thurs: **Trivia** | 6:30-8:30 p.m.
- The Avalon Lounge**
29 Church St, Catskill
518-719-1640
Fri: **Screaming Females / Open Head / Cathedral Ceilings** | 8 p.m.
Sun: **Ross Wightman / Kallie Lampel / Webb Crawford** | 7:30 p.m.
- Bard & Baker Board Game Cafe Troy**
501 Broadway, Suite 105, Troy
518-948-6693
Wed: **Looking for Group Night** | 6 p.m.
Sun: **Trivia** | 6 p.m.
- Brown's Troy Taproom & Brewery**
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518-273-2337
- Black Bear Inn**
310 19th St., Watervliet
518-272-9486
- Caffè Lena**
47 Phila St., Saratoga Springs
518-583-0022
Thurs: **The Ballroom Thieves** | 7 p.m.
Fri: **Ria Curley with Chuck Lamb & The Curley Lamb Band** | 8 p.m.
Sat: **Garnet Rogers** | 8 p.m.
Sun: **Al Olender** | 7 p.m.
- Carson's Woodside Tavern**
57 NY-9P, Malta
518-584-9791
Fri: **Titanics** | 6 p.m.
Sun: **10 Most Wanted** | 8 p.m.
- Centre Street Pub**
308 Union St., Schenectady
518-393-2337
Thurs: **Josh Juron** | 2 p.m.
Fri: **The Sideways** | 6 p.m.
- Cohoes Music Hall**
58 Remsen St., Cohoes
518-434-0776
Fri: **Afterlife** | 8 p.m.
- The Comedy Works**
388 Broadway, Saratoga Springs
877-565-3849
Fri: **Sean Donnelly** | 7:30 p.m.



Keb' Mo'

Drawing on blues, folk, soul, country and rock with a style that transcends genre. Grammy and Blues Foundation Award-winning artist Keb' Mo' returns to The Egg in Albany with his band on Wednesday, May 17 at 7:30 p.m. 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
Wed: **Keb' Mo'** | 7:30 p.m.
Thurs: **Old Gods of Appalachia** | 8 p.m.
Fri: **Stayin' Alive** | 7:30 p.m.
Sat: **Richard Thompson** | 8 p.m.
- Emack & Bolio's**
366 Delaware Ave., Albany
518-512-5100
- Empire Live/Underground**
93 North Pearl St., Albany
866-468-3399
Wed: **Possessed** | 8 p.m.
Thurs: **Attack Attack!** | 6:30 p.m.
Sat: **The Acacia Strain** | 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
Thurs: **John Valby** | 8 p.m.
- Fuze Box**
12 Central Avenue Albany
518-992-6434
- Funny Bone**
1 Crossgates Mall Rd #K-206, Albany
518-313-7484.
Thurs: **Drew Lynch** | 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.
Thurs: **Rough Francis W/ Killer Kin/ Mystery Girl / Cheap Heat** | 8 p.m.
Fri: **Mckinley James** | 8 p.m.
- The Hollow Bar + Kitchen**
79 North Pearl St., Albany
518-426-8550
Sat: **FUNGKSHUI w/ The Laura Leigh Band** | 8 p.m.
- Lark Hall**
351 Hudson Ave, Albany
518-599-5804
Fri: **Donna the Buffalo** | 8 p.m.
Sat: **Pony in the Pancake** | 8 p.m.

- The Linda**
339 Central Ave, Albany
518-465-5233
Fri: **BOOBS! A Musical Comedy with Erica von Kleist** | 8 p.m.
Sat: **Who Are You** | 8 p.m.
- McGeary's Irish Pub**
4 Clinton Square, Albany
518-463-1455
Tues: **Trivia Night** | 7 p.m.
- Nashville Of Saratoga**
39 Phila Street, Saratoga Springs
518-909-6274
Thurs: **Karaoke** | 8 p.m.
Fri: **DJ Eric C Dance Party** | 8 p.m.
- Nanola**
2639 Rt 9, Malta
518-587-1300
- No Fun**
275 River Street, Troy
Thurs: **Girth Control / Hans Gruber and the Die Hards / Boss' Daughter / Uncle Frank Says No** | 8 p.m.
Fri: **Honey! Collective** | 8 p.m.
Sat: **City of Caterpillar / Prize / Spirit-killer** | 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: **Mark Galeo** | 6:30 p.m.
Fri: **Christine Spero & Mark Galeo** | 6:30 p.m.
Sat: **Tooty Duo** | 6:30 p.m.
- The Palace Theatre**
19 Clinton Ave., Albany
518-465-4663
- Panza's**
129 So. Broadway, Saratoga Springs
518-584-6882
Wed: **Christine Spero** | 6 p.m.
Thurs: **Chris Dollard** | 6 p.m.
Fri: **Azzaam Hameed & Annette Harris** | 6:30 p.m.
Sat: **Kevin Carey** | 6:30 p.m.
Sun: **Sinatra & Friends** | 6 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: **Pack The House** | 8 p.m.
Sat: **Hand Of Spite, Able Blood, The Dionysus Effect, black tongue, Reverend** | 8 p.m.
- Proctors**
432 State Street., Schenectady
518-346-6204
Fri: **Trevor Noah** | 8 p.m.
Sat: **Union College Orchestra** | 8 p.m.

- Putnam Place**
63a Putnam St., Saratoga Springs
518-584-8066
Fri: **Lucid Street & Waller Road** | 8 p.m.
Sat: **Prince/Bowie: Tribute to Prince & David Bowie w/ Escaper** | 9 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
Fri: **The Hawthornes** | 8 p.m.
Sat: **Rev Tor and The Deal** | 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
Sat: **Kevin McKrell** | 8 p.m.
- SPAC**
108 Avenue of the Pines, Saratoga Springs
518-584-9330
- Troy Savings Bank Music Hall**
30 Second St., Troy
518-273-0038
Fri: **Ustad Shahid Parvez Khan and Lalgudi Vijayalakshmi** | 7:30 p.m.
- UPH**
25 Washington Street, Saratoga Springs
(518) 346-6204
- Vapor**
342 Jefferson St, Saratoga Springs
(518) 584-2110
Fri: **Aquanett** | 8 p.m.
Sat: **Big Sky Country** | 8 p.m.
- Van Slyck's**
Rivers Casino & Resort
1 Rush St., Schenectady
518-579-8800
Fri: **Grand Central Station** | 8 p.m.
Sat: **Tommy V Live** | 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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NEW YORK STATE Office of General Services

JULY 4 | 5-10PM

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SHEILA E.

EXHIBITS

Albany Institute of History and Art

It's a Wrap: Two Hundred Years of Outerwear

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

Nineteenth Century American Sculpture: Erastus Dow Palmer and His Protégés Launt Thompson, Charles Calverley, and Richard Park-

Designed to showcase the museum's nationally known collection of mid- to late-nineteenth-century sculpture, this exhibit is currently ongoing.

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

Traders & Culture: Colonial Albany and the Formation of American Identity- This exhibition looks at those



GE Comic Books: Adventures in Science

The exhibit showcases the impact of vintage comic books on inspiring young people to study science and engineering. Starting May 13th at MiSci in Schenectady.

Submitted Photo

diverse peoples who shaped colonial Albany and the objects that reflect their interests, values, commercial, and social interactions. This exhibit is currently ongoing. The Albany Institute of History and Art, 125 Washington Ave. Albany,

518.463.4478.

Albany International Airport

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

Arts Center of the Capital Region

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

The Clark Art Institute

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

Portals

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

Museum hours: Daily, from 10 a.m. to 5 p.m., Tuesday through Saturday. Admission: Adults, \$20; children 18 and younger, free. 225 South St., Williamstown, Mass. 413-458-2303 or www.clarkart.edu

The Jan Rutland Memorial Artists' Space

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

miSci

Your Mind & The Machine

Designed for visitors of all ages, Artificial

Intelligence: Your Mind & The Machine presents technology in easy-to-understand terms with accessible games and hands-on interactives. In the exhibit, kids and adults explore what "smart machines" are and how they work. They also learn that the concept of man-made intelligence, popularized by Mary Shelley's "Frankenstein," has been around for thousands of years. Exhibit opens on May 27th.

GE Comic Books: Adventures in Science

GE Comic Books: Adventures in Science showcases the impact of comic books on inspiring young people to study science and engineering. The exhibit features a collection of 26 comic books created by General Electric (GE) between 1945 and 1964, that told the story of electricity and other scientific innovations through the eyes of a fictional teenager named Johnny Powers. Visitors to the exhibit will be able to see the original comic books, as well as learn about the impact they had on inspiring a generation of students to pursue careers in science and engineering, exhibit begins May 13th.

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

New York State Museum

Unveiled: Wedding Wear in 19th-century New York

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

Thomas Hart Benton - In 1956 Thomas

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

Opalka Gallery

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

Saratoga Arts

Juried Exhibition Series 2, Every year Saratoga Arts sends out an Open Call to all artists across the Capital Region and places the submissions in front of a jury of regional art professionals, to create a series of four-artist exhibitions. Our second Juried Exhibition of 2023 features painting, assemblage, sculpture, and photography – truly capturing the breadth this region has to offer. Exhibition dates: April 22nd – May 27th 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

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CLUES ACROSS

- Wear away by friction
- Insecticide
- Elicited a secret vote
- Beef
- Disagreement
- ___ Crawford, supermodel
- Jeweled headdress
- Digits
- Trillion hertz
- Snap up
- Classical portico
- Residue after burning
- Large integers
- Free agent
- Where ballplayers work
- Blood type
- Scottish city
- Google certification (abbr.)
- Serbian monetary unit
- Make a sudden surprise attack on
- Wood or metal bolt
- Relaxing attire
- Famed neurologist
- Dullish brown fabrics
- Member of ancient Jewish sect
- Griffith, Rooney
- Lawmakers
- Government lawyers
- The arch of the foot

CLUES DOWN

- Nonflowering aquatic plant
- Britpop rockers
- National capital

- Consumed
- The habitat of wild animals
- Sun up in New York
- Cygnus star
- Male parents
- Talk to you (abbr.)
- A place to clean oneself
- Southwestern US state
- South Korean idol singer
- Pirate
- Pituitary hormone (abbr.)
- Mistake
- Promotions
- Prepares
- Partner to flowed
- State lawyer
- Patti Hearst's captors
- Pound
- Electronic data processing
- Sports player
- Treats with contempt
- Apprehend
- Excessively talkative
- Highways
- Ribosomal ribonucleic acid
- College organization for males
- Any customary observance or practice
- Employee stock ownership plan
- Male parent
- The 23rd letter of the Greek alphabet
- Female bird
- Autonomic nervous system

Answers on Pg. B14

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

afterlife: a ghost story

Afterlife follows married couple Connor and Danielle as they prepare their beach front home for an impending storm. They do their best to come together and get the job done while packing up items stained by painful memories they don't know how to talk about. But when the storm rolls in faster than expected and a great wave rises up drags them under, it may be too late for them to come to terms with their history and escape the haunting world of unsent letters, unexpected snow, unfinished sand castles, unrelenting birds, and unforgettable loss that threatens to swallow the pair forever. Catch the show May 19th at 8 p.m. on-going until June 4th only at the Cohoes Music Hall, 58 Remsen Street, Cohoes.

Old Gods of Appalachia

An award-winning and critically-acclaimed audio drama podcast produced by Asheville, NC based DeepNerd Media. Old Gods of Appalachia was the first professional podcast nominated for a World Fantasy Award in 2022, has received numerous Audioverse Awards (and is nominated for 32 more for 2022), and won Best Overall Podcast in the 2021 DiscoverPod Awards. The podcast boasts over 12 million unique downloads since its launch in late 2019. OGoA recently announced a roleplaying game based on the series to be produced by legendary game developer Monte Cook Games that met its funding goal of \$50k within 10 minutes and raised over two million dollars on Kickstarter. Join us May 18th at 8 p.m. only at The Egg, Agency Building 1, S Mall Arterial, Albany



BOOBS! A Musical Comedy with Erica von Kleist

The show is an escapade of estrogen that leaves audiences in stitches. Join Erica May 19 at 8 p.m. at The Linda WAMC's Performing Arts Studio in Albany.

Submitted Photo

BOOBS! A Musical Comedy with Erica von Kleist

BOOBS is a hilarious 90-minute musical comedy show featuring all original songs and material by Grammy-nominee and Juilliard grad Erica von Kleist. Described as the musical lovechild of Amy Schumer

and Tim Minchin, BOOBS is sung and performed by Erica on piano, sax and ukulele. Covering everything from menstruation to mansplaining, nipples to breast reductions, the show is an escapade of estrogen that leaves audiences in stitches. Join the fun May 19th at 8 p.m. only at The Linda WAMC's Performing

Arts Studio, 339 Central Avenue, Albany.

COMEDY

Trevor Noah

Trevor Noah is one of the most successful comedians in the world and was the host

of the Emmy® Award-winning "The Daily Show" on Comedy Central for seven years. Under Trevor, "The Daily Show with Trevor Noah" broke free from the restraints of a 30-minute linear show, producing engaging social content, award-winning digital series, podcasts and more for its global audience. Last year, "The Daily Show with Trevor Noah" landed a record number of seven Emmy Award nominations. Catch this show May 19th at 8 p.m. with a second show on Saturday, only at Proctors, 432 State Street, Schenectady.

Sean Donnelly

When he's not catching a nap with his bulldog, Rickles, Sean can be found headlining clubs and festivals all over the country. He has appeared on The Late Show with David Letterman, Conan and NBC's Last Comic Standing. Sean co-hosts the podcast My Dumb Friends with fellow comedian Dan St. Germain on the All Things Comedy network. He released his debut comedy album "Manual Labor Face" in 2015 on Comedy Central Records. Sean has been featured on the truTV series World's Dumbest and Almost Genius as well as Adam Devine's House Party, The Half Hour, Broad City, and Inside Amy Schumer on Comedy Central, Amazon's Alpha House, GSN's Lie Detectors, Limitless on CBS, and Billions on Showtime. Catch this show May 19th at 8 p.m. only at The Comedy Works, 388 Broadway, Saratoga Springs.

Drew Lynch

Drew's vulnerability in dealing with his stutter and making it relatable to real-life situations propelled him each week of the competition - advancing him to the finals and ultimately landing him first runner-up on season 10 of America's Got Talent. Drew attributes much of his success from his ability to be honest, genuinely facing the "elephant in the

Please TAKE NOTE of our ...

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.

Classified Advertising

Wed., May 24 at 10 a.m.

Legal Advertising

Thurs., May 25 at 10 a.m.



For more information:
518.439.4940

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

Crossroads Ford



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FORD F250 SUPER DUTY



2022 & 2023 FORD EXPLORERS

ALERT!

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2022 FORD F-150 LIGHTNING



FORD BRONCO SPORT

PRE-OWNED SPECIALS

2020 FORD F-150 STX XL



4x4 4dr SuperCrew, Running Boards, Tow Package, Spray In Bed Liner, SATT Radio, 5.0L V8, 39,635 Miles.
\$39,995

2019 LINCOLN MKZ

Hybrid Reserve II, 4dr Sedan, 2.0L Gas Electric Hybrid, Power Moonroof, Back Up Camera, 84,039 Miles.
\$23,990



2020 FORD EXPLORER ST

AWD, 4dr, 3.0L Ford Performance V6, 3rd Row Seating, Power Moonroof, Back Up Camera, 46,744 Miles.
\$41,995



2020 HYUNDAI SANTA FE SE

AWD, 4dr Crossover, Silver Exterior, Gray Cloth Interior, Power Windows/Locks/Mirrors, 17 Alloy Wheels, 35,467 Miles.
Call for Price



room" head on. Inspired by comedians Bo Burnham, Louis C.K, he now headlines Comedy Clubs across the country. Since his success on America's Got Talent, Drew's career has come full circle and he has broken back into the acting scene. Drew recently garnered a recurring role on the Marc Maron Show, has appeared on "Dr. Oz," and as a celebrity guest on the game show "Idiot Test." He is collaborating on a book, and ultimately becoming the actor he always dreamed of, with a now different and enlightened perspective on who he thought he was, and who he is today. Catch this show May 18th at 7:30 p.m. with additional shows Friday and 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, 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 com-



FUNKSHUI

Look for the psychedelic funk quartet to play their seamless grooves and segues with mind shattering peaks at The Hollow Bar in Albany on May 20 at 8 p.m. Submitted Photo

munity. 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

Steve Lambert Quartet

Steve Lambert, born and raised in Schenectady NY, has been playing trumpet professionally in the capital region for over 10 years. Early in his career he performed with and learned from some of the best musicians in the area including Nick Brignola, Mike Canonico, Rennie

Craine, Mike Wicks, George Muscatello, and Brian Patneade. Steve moved to New York in 1999 to pursue a Bachelors Degree in Mechanical Engineering from Columbia University, after which he worked in the office of Second Floor Music for two years as assistant to world-renowned jazz trumpet player/arranger/producer Don Sickler. While on staff at Second Floor, he interacted with such legends as Jim Hall, Renee Rosnes, Charli Persip, Ray Bryant, and Rudy Van Gelder, and worked on many SFM publications

including "The Thelonious Monk Fake Book", "Sing Jazz!", and Charli Persipi's "How Not To Play Drums." Steve also freelanced around Manhattan, working at such jazz clubs as Kavehaz, Louis, and The Garage, and honed his chops while frequenting many jazz jams around the city including those at Smoke, The Lenox Lounge, Smalls, and Cleopatra's Needle. He returned to the Capital Region in 2003 where he enjoys playing with many of his old jazz friends, as well as freelancing in the show, commercial, and classical cir-

cuits. Catch this show May 19th at 8 p.m. only at 9 Maple ave, Troy.

Ross Wightman / Kallie Lampel / Webb Crawford

Ross Wightman is a New Haven based sound artist from New Jersey whose work incorporates microtonality, electro-acoustic multimedia composition and instrument building. He repurposes and deconstructs found instruments, augmenting them with 3D printing, robotics, and artificial intelligence to compose works that investigate themes related to performance practice, virtuosity, timbre and resonance. Kallie Lampel is an ambient artist based in Kingston, NY. By constructing swimming musical environments out of layers of loops both in and out of sync, he blurs the lines between melody, rhythm, and texture. Using primarily antiquated sound sources, Kallie constructs new dreams out of old dreams in an effort to marry the seemingly disconnected worlds of the past and present. Webb Crawford is a guitarist and instrument-builder. They like playing free-improvised music, Piedmont-style fingerpicking, and percussive/noisy stuff. They have built stringed instruments ranging from electric guitars, basses and mandolins to modern reconstructions of historical instruments and instruments made from recycled materials or found objects. Catch this May 21st at 8 p.m. only at Avalon Lounge, 29 Church St. Catskill.

The Ballroom Thieves

The newly paired-down duo are Callie Peters, vocalist, cellist and bassist, and Martin Early, vocalist and guitarist. Their latest release, Clouds, is a song cycle born of mixed experiences and fueled by the power of imagination. It's a lush meditation on longing to return to touring – to see different sunsets and cities, and this became an opportunity for the

band to mine the challenges of the past three years for creative inspiration. "We were able to step away from a lot of the big three-part harmonies and for the first time we recorded most of the album live," says Earley. "We try to let change inspire us, even when it comes with difficulty." The project is an artistic statement that doubles as a life mission. The pair both emphasize that they've learned to navigate complicated situations, including their struggles with depression, which often colors their songs. If they can impart anything to listeners, it's that talking about mental health is not a weakness – and that sharing any of life's trials can be a source of strength. Catch this May 18th at 8 p.m. only at Caffe Lena, 47 Phila Street, Saratoga Springs.

Ria Curley

Ria Curley hails from Central New York ... the oldest of six siblings in an artistic, musical family. Ria has been a songwriter, singer and composer of music and lyrics for most of her life, writing her first song at age 12 and performing her first public concert at age 15. Since then, Ria has continued her musical career ... with 22 of her original songs signed to publishing giant Warner-Chappell Music, a critically acclaimed album ("Take Me") of her sultry, r&b/pop songs, airplay on major radio stations and enthusiastic fans around the world. Although Ria writes across genres, her music as an artist has been described as a "retro-hip mix of poignant, melodic rock and sultry, romantic r&b." Catch this May 19th at 8 p.m. only at Caffe Lena, 47 Phila Street, Saratoga Springs.

Garnet Rogers

Born in Hamilton, Ontario to parents of Nova Scotian descent, Garnet Rogers spent many hours in front of the old floor model radio listening to Grand Ol'

HOROSCOPES

**May 2023
Week 3**

ARIES – MAR 21/APR 20

Aries, try to rectify an imbalance in a relationship with another person close to you this week. It's never too late to make amends, and the rewards are fully worth it.

TAURUS – APR 21/MAY 21

Taurus, friction can be overcome with patience and perseverance. Take an even-keeled approach and give things time to simmer. Change will come.

GEMINI – MAY 22/JUN 21

The brighter you shine, the more things will come your way this week, Gemini. Wear a big smile on your face and get out into the thick of things.

CANCER – JUN 22/JUL 22

Cancer, you may have to change your way of thinking to get on the same wavelength as some others this week. Be open-minded to new experiences.

LEO – JUL 23/AUG 23

Important lessons about balance could come your way soon, Leo. You need to find that happy medium between work and home responsibilities.

VIRGO – AUG 24/SEPT 22

Events this week could leave you a little dazed and bewildered, Virgo. Nothing seems to be going to plan and that could get on your nerves. Figure out a way to de-stress.

LIBRA – SEPT 23/OCT 23

Libra, your urge to take action comes on strong this week. Figure out a project you can put your efforts behind as soon as possible and then dive in with maximum effort.

SCORPIO – OCT 24/NOV 22

Use this week as an opportunity to tend to your own needs, Scorpio. Indulge in a spa treatment or play hooky and go on a road trip all by yourself.

SAGITTARIUS – NOV 23/DEC 21

Sagittarius, your desire to get ahead is very strong over the course of the next few days. Now you only need to figure out the venture that you will take on.

CAPRICORN – DEC 22/JAN 20

Others may be begging for your attention, Capricorn. But this week is all about self-healing for you. Focus inward to bring about any personal change you desire.

AQUARIUS – JAN 21/FEB 18

You can accomplish a great deal when you happen to get moving, Aquarius. This week the struggle may be finding the motivation to take the first step.

PISCES – FEB 19/MAR 20

Pisces, take a break from reality by reading a good fantasy book, watching a movie or enjoying a stage show. You can use the respite.

Opry broadcasts and harmonizing with his brother, the late folk legend Stan Rogers. Two years later, Garnet was playing the definitive 8-year-old's version of "Desolation Row" on his ukulele. He soon abandoned that instrument to teach himself the flute, violin and guitar. By 18, Garnet was on the road as a full-time working musician with brother Stan. Together they formed what has come to be accepted as one of the most influential duos in the history of North American folk music. Garnet acted as producer and arranger for his older brother from 1973 to 1983, when Stan died tragically in a plane crash. Catch this May 20th at 8 p.m. only at Caffè Lena, 47 Phila Street, Saratoga Springs.

Al Olender

Al Olender doesn't want to hide from you. After the sudden loss of her older brother and muse, singer/songwriter Olender realized that there's nothing scarier than being honest with yourself. The Upstate New York-based artist asks: what happens if we vow to never tell a lie, ever again? Charting the daunting territories of staring your demons right in the face and prodding at the ugly parts of your reflection, Olender pieces together her most vulnerable moments to produce celebratory and beautiful ruminations on grief, reminding us of the power that comes in really getting to know yourself. Catch this May 21 at 8 p.m. only at Caffè Lena, 47 Phila Street, Saratoga Springs.

The Sideways

Formed in 2018 to showcase the virtuosity of singer-songwriter Joey "Sideways Stehle in Rochester, NY. The Sideways has quickly built a fan base in Rochester, NY and other upstate NY music scenes. Joey expertly manages to deliver deeply personal and introspective lyrics over a wide variety of upbeat musical genres, ranging from Pop to Jazz, with a healthy helping of Funk and Soul to keep your head bouncing and your feet dancing. Join us May 19th at 6 p.m. only at The Centre Street Pub, 308 Union Street, Schenectady.

Keb' Mo'

With five GRAMMYS, 14 Blues Foundation Awards, Keb' Mo' draws on blues, folk, soul, country and rock with a style that transcends genre and geography, weaving together a joyful, heartwarming, and relentlessly optimistic musical tapestry. Keb' returns to The Egg with his band in support of his latest recording Good to Be that is inspired by his own story artfully linking the grit and groove of his Compton, California roots with the strum and twang of adopted hometown of Nashville. Join us May 17th at 8 p.m. only at The Egg, Agency Building 1, S Mall Arterial, Albany.

Richard Thompson

Iconic British folk rock legend Richard Thompson, one of the world's most critically acclaimed and prolific songwriters and admired guitarists, performs an intimate solo acoustic concert. Join us May 20th at 8 p.m. only at The Egg, Agency Building 1, S Mall Arterial, Albany.

Possessed

American death metal pioneers Possessed are often referred to as the god-fathers of the genre, having established themselves as such in 1983 with the creation of a three-song demo simply called Death Metal. Distancing themselves from the crowded Bay Area thrash scene with sheer savagery and the distinct, guttural howl of frontman Jeff Becerra, the band blazed a fiery trail for future death metal enthusiasts with the influential LPs Seven Churches (1985) and Beyond the Gates (1986) before disbanding in 1987. They re-formed in the 2010s and eventu-

ally returned to the studio and released their long-awaited third full-length effort, Revelations of Oblivion, in 2019.

Catch this show May 17th at 8 p.m. only at Empire Underground, 93 North Pearl Street, Albany.

Attack Attack!

A Cardiff, Wales band brought together by a strong love of punk, grunge, and new wave, Attack! Attack! first started blowing audiences away in 2007. Their frenetic electro-screamo brand of 21st century attitude was a quick success, and by 2008, the band signed a deal with American label Rock Ridge and released its debut (a self-titled affair) that same year. In addition to garnering attention from professionals in the biz, Attack! Attack! also managed to create quite a buzz with civilians and colleagues in the rock music universe, sharing stages with such names as Lostprophets, Go:Audio, and Funeral for a Friend. The members of Attack! Attack! were no strangers or newbies to the scene, however. Neil Starr (vocals, guitar), Will Davies (bass), and Ryan Day (drums) had earned their stripes and honed their chops as part of former outfits such as Dopamine, Adequate Seven, Midasuno, and Petes Sake. In addition to a strong reception for their album from the rock press, Attack! Attack! landed the band a rather high-profile festival appearance, storming the stages at 2008's Reading and Leeds festivals in England. Following a run of arena shows, including a tour with Alkaline Trio, Attack! Attack! decided to beef up their sound with renowned producer Romesh Dodangoda (Funeral for a Friend, Kids in Glass Houses) for The Latest Fashion, which was released by Hassle Records in 2011. Catch this show May 18th at 8 p.m. only at Empire Underground, 93 North Pearl Street, Albany.

The Acacia Strain

East Coast metalcore/deathcore ensemble The Acacia Strain utilize a bone-crushing rhythm section, apocalyptic samples, and a unique triple-guitar assault to deliver their signature blend of hardcore, noise, and death and doom metal. Emerging in the early 2000s, the band found success in 2008 with their fourth full-length effort, Continent, which soared to the top of Billboard's U.S. Heatseekers chart. Subsequent efforts like Death Is the Only Mortal (2012), Coma Witch (2014), It Comes in Waves (2019), and Step Into the Light



McKinley James

McKinley James will bring his serious mix of Motown soul and blues-based guitar playing to The Hanger on the Hudson on Friday, May 19 at 8 p.m.

Submitted Photo

(2023) continued to snap necks in the metal community with brutal efficacy. Catch this show May 20th at 8 p.m. only at Empire Underground, 93 North Pearl Street, Albany.

John Valby

After spending an evening with John Valby, Audiences find themselves wanting more and more of him. What makes Valby so unique and entertaining is his uncommon rapport with the audience and his ability to mix his musical Talent with a mad-cap variety of "Dirty Ditties". Few people can resist laughing at songs that would have earned them a mouthful of soap when they were children. Valby's repertoire is composed of popular songs, limericks, classical arrangements and his own original creations. Valby has made a career out of poking fun at his audiences, stretching the limits of free speech and accepted good taste and satirizing current events from behind the piano. Catch the show May 18th at 8 p.m. only at Frog Alley Brewing, 108 State Street, Schenectady.

McKinley James

The first thing you notice about McKinley James' extraordinary new EP Still Standing By is the serious mix of Motown

soul and blues-based guitar playing. It doesn't sound like the type of "blues" you get from traditional purveyors of the genre, but instead from a guitarist who understands chord theory so well you could swear you're hearing a horn section sometimes. That's because he leads a duo, and while guitar stores reverberate with licks from ham-fisted modern bluesmen when they don't know shuffle from shynola, McKinley would walk into that guitar store, plug in, and summon the spirits of his own idols, nearly forgotten pioneers like Otis Rush and Johnny "Guitar" Watson. Catch this show May 19th at 8 p.m. only at The Hangar

on the Hudson, 675 River Street, Troy.

FUNGKSHUI

Based in iconic Asbury Park, NJ, Psychedelic funk Quartet FUNGKSHUI has developed an unbreakable chemistry showcasing their seamless grooves and segues with mind shattering peaks making them a can't miss up and coming act. With well over 200 shows under their belt, the FUNGK shows no signs of slowing down. FUNGKSHUI has shared the stage with notable touring acts Pink Talking Fish, Eggy, Daniel Donato & Cosmic Country, Kick the Cat, Partide, Kung Fu, Pimps of Joytime, Consider the Source, as well as performing the official

after party Inside the Stone Pony following Umphrey's McGee summer stage show in 2022. The band has now become a guaranteed home town sell out and is quickly growing its fan base through out the northeast proving that they are a force to be reckoned with. Catch them in a city near you in 2023! See the show May 20th at 8 p.m. only at The Hollow Bar + Kitchen, 79 N Pearl St, Albany.

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. Join the fun May 19th at 8 p.m. only at Lark Hall 351 Hudson Avenue Albany.

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Answers on Pg. B14

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Pony in the Pancake

Pony and the Pancake presents a night of varied independent music from local artists. There will be something for everyone. The five acts on this bill span the spectrum of folk, electronica, rock and roll, new wave, old wave, true wave, psychedelic improvisation, and party music. By the end of the evening you will walk out of Lark Hall and lights will be brighter, trees greener, and water cooler. You will never be the same. You will be transformed into a being of Light and Love. We can't wait to see you there

Join the fun May 19th at 8 p.m. only at Lark Hall 351 Hudson Avenue Albany

Carl Dixon

Carl Dixon remains one of Canada's stellar rock voices. He's a musician and keynote speaker. Carl joined CONEY HATCH in the 80's opening for Iron Maiden, Judas Priest, Peter Dinklage, Ted Nugent, Accept, and Rush. CONEY HATCH still tours & plays winding up 2022 with a sold-out show at The El Mocambo, Toronto. Carl's written music for film and television, had a solo career, was the lead singer of The Guess Who, and played in April Wine. In 2008 a high-speed car accident in Australia almost killed Carl and left him comatose for 10 days with 52 injuries.

He's reshaped his life as an inspirational speaker. He has found a new voice, more powerful than ever. See the show live May 20th at 8 p.m. only at The Linda WAMC's Performing Arts Studio, 339 Central Avenue, Albany.

Union College Orchestra, Choir and Chamber Singers

This is a historic moment to showcase the combined forces of Union College Orchestra, Choir, and Chamber Singers. Each ensemble will perform its own repertoire before coming together to end the evening with Beethoven's monumental Choral Fantasy. The winners of this year's Lesh Concerto Competition at Union College will also be featured as soloists in this event. See the show live May 20th at 6 p.m. only at Proctors, 432 State Street Schenectady.

Lucid Street & Waller Road

Lucid Street is an upstate New York rock band composing of lead singer/violinist Cait Tizzone, keyboardist Billy Buono, drummer Mike Ilyadis, guitarist Nolan Hassler and bassist Phil Manitta. They have had a local rise to success since their formation in 2021, with recent accomplishments in 5th out of 6 place as finalist for the Best Music Act in the Times Union Best of 2023 Awards, and in the

Elite 8 in the Nippertown March "Music" Madness Awards for original musicians. You can expect to hear your favorites from the 70's-now and some fun original music at a Lucid Street show. Waller Road performs all types of rock covers ranging from classic rock to today's favorites. The band features Derik Hodson, Brett Roker, Dereck Buchner, Chad Jorgensen, Kenny Morgan and Mr. Paul Hodson. Catch the show May 19th at 8 p.m. only at Putnam Place, 63a Putnam Street, Saratoga Springs.

Tribute to Prince & David Bowie w/ Escaper

Prince/Bowie is a tribute fusion band that combines the music of Prince and David Bowie into a high energy live show. It features a rotating Allstar cast of characters from various national acts including Pink Talking Fish, Twiddle, Snarky Puppy, Trey Anastasio Band, Lotus, TAUk and more. Escaper is a New York City band known for their sci fi dance parties that mingle with progressive psych-rock. Defined as "one who breaks free from confinement," Escaper's lush and complex music knows no bounds. The quartet builds intricate tracks using layer upon layer of harmonious soundscapes, transporting the listeners on an auditory journey. Their live per-

formances are equally stunning, as they deliver dazzling improvisation alongside moving lyrics. Catch the show May 20th at 8 p.m. only at Putnam Place, 63a Putnam Street, Saratoga Springs.

The Hawthornes

That chemistry reaches a new peak with Tarot Cards and Shooting Stars, which marks the band's second collection of hook-driven country-rock and amplified Americana. Recorded in both L.A. and Nashville, it nods to both sides of the group's geographic and musical roots. The Nashville sessions took place in KP and Johnny's home studio, sandwiched between walks around the couple's new neighborhood, with cicadas chirping outside the studio doors. The southern culture and Tennessee humidity seeped its way into the music itself, adding gospel-soul grit to "Let's Get Together" and Allman Brothers-worthy swagger to "On The Way." A lush, layered album with diverse arrangements, Tarot Cards and Shooting Stars finds the group embracing its new home without forgetting its roots. See the show May 19th at 8 p.m. at the Rustic Barn Pub, 150 Speigletown Rd, Troy.

Kevin McKrell

Kevin McKrell pioneered American Celtic music beginning in 1979 with the band Donnybrook Fair. The original trio of Jeff Strange, David McDonnell and McKrell's 1982 album Tunnel Tigers remains a landmark of the form with its blend of Clancy Brothers swagger and upstate NY attitude. Donnybrook toured throughout the U.S. and Ireland performing in classic Irish Folk music rooms McAfferty's Red Hand in St. Paul Minnesota, The Patriot Game in San Diego, The Irish Village Chicago, O'Donoghue's The Blarney Stone, Pittsburgh, The Embankment, Tallaght Co. Dublin, The Parting Glass Saratoga Springs NY. In 1998, McKrell—who has four solo albums to his credit—formed a powerhouse band under his own name, merging the Irish sensibility of Donnybrook with a steely, world class bluegrass edge. McKrell, a respected portrait painter, is best known for his indelible songs—classics like 'Donegal', 'You and Me', 'I Miss the Rain' and the eternal 'All of The Hard Days Are Gone'—which have been sung and recorded by artists like The Kingston Trio, from Ireland The Furey Brothers, Seamus Kennedy, The Druids, The Dublin City Ramblers from Scotland North Sea Gas, from Australia Pat McKernan. From the US Bob Shane, Hair of the

Dog, Wood's Tea Company, Get Up Jack and many many more. Catch this show May 20th at 8 p.m. only at Sand Lake Center for the Arts, 2880 NY-43, Averill Park.

Ustad Shahid Parvez Khan and Lalgudi Vijayalakshmi

Shahid Parvez Khan is widely recognized as one of the greatest sitar players of the world. The recipient of numerous prestigious awards, including the Government of India's Padma Shri and the Sangeet Natak Academy Award, Shahid Parvez Khan regularly tours across India, Europe, North America, Asia and Australia, enthraling audiences everywhere. Anubrata Chatterjee is an eminent Indian tabla player of the Farukhabad gharana of Hindustani classical music. He is the son of world-renowned tabla maestro, Pt. Anindo Chatterjee. Patri Satish Kumar is an Indian Carnatic musician and composer, who is an exponent of the Mridangam, an Indian percussion instrument. He has been conferred with the prestigious Sangeet Natak Akademy award by the Government of India in the year 2020. Join us May 19th 7:30 p.m. only at The Troy Savings Bank Music Hall, 30 Second street, Troy.

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A simple, flavorful salad to whip up in a snap

When preparing meals at home, cooks know that it helps to have a few simple, easily prepared dishes in their culinary repertoire. These are dishes that don't require too much planning and utilize certain staples that are present in everyone's pantry. Such is the case with this recipe for "Crunchy Cucumber Salad with Crushed Peanuts" from Ruta Kahate's "5 Spices, 50 Dishes" (Chronicle Books). Most of the ingredients for this flavorful salad are likely already in your kitchen, and it won't be long after you begin preparing the recipe that you'll be sitting down and enjoying a meal with family and friends.

Crunchy Cucumber Salad with Crushed Peanuts (Serves 4)

- 2 English or other unwaxed cucumbers, chopped into 1/4-inch dice (about 3 cups)
- 1 medium green serrano chile, minced (seed first if you prefer)
- 1/2 cup peanuts, preferably raw, but toasted, unsalted ones will do
- 2 tablespoons lemon juice, or more if needed
- 1 teaspoon salt
- 1/2 to 3/4 teaspoon sugar
- 1/8 teaspoon cayenne
- 1 tablespoon canola oil
- 1/4 teaspoon mustard seeds



Place the diced cucumbers in a medium bowl along with the chile. Using a coffee grinder or food processor, pulse the peanuts until they are reduced to a coarse powder. (You don't want big chunks of peanuts, nor do you want a fine powder; stop grinding somewhere in between!) Add the peanuts to the

cucumbers along with the lemon juice, salt and sugar, and mix well. Taste and adjust the salt, sugar and lemon juice as needed. The salad should be slightly tart.

Make the tadka: Place the cayenne in a little pile on top of the salad. Do not stir it in yet. Heat the oil in a small skillet or butter warmer over high heat. When it begins to smoke, add the mustard seeds, covering the pan with a lid or spatter screen. As soon as the seeds stop sputtering, pour the oil over the cayenne. Stir the dressing in and serve at room temperature or cold.

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

Super Crossword Answers

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



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Photos by Amy Modesti / The Spot 518



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HEALTH & FITNESS

Kinderhook Fitness offering unique gym experience

By AMARIS FORD
news@spotlightnews.com

VALATIE — Steve Grogan, founder and trainer at Steve Grogan Science-Based Fitness at Kinderhook Fitness in Valatie, offers an alternative method of exercise that he is eager to share.

Grogan is a High-Intensity Trainer (not to be confused with High-Intensity Interval Training). Each workout includes one exercise for each muscle group and only one set of each exercise. Grogan only has individuals complete five exercises when they are new to it. He adds more as clients grow stronger and their muscle tone increases, also increasing the length of the workout.

His program is different from others, where an individual moves the weights quickly to reach a certain number of

“Since the method I teach focuses on reaching momentary muscle failure, this means we can all respond the same to this exercise.”
— Steve Grogan, High-Intensity Trainer

repetitions. Grogan’s method encourages hitting ‘momentary muscle failure’ by lifting and lowering the weights for five seconds in both directions for repetitions that are ten seconds long.

“The truth is this: no matter who you are or what your level of fitness currently is, all human muscles are physiologically the same. In other words, they all fatigue in the same way,” explained Grogan. “Since the method I teach focuses on reaching momentary muscle failure, this means we

can all respond the same to this exercise.”

Consistency can be a struggle while keeping a workout routine, and Grogan acknowledges how busy schedules can keep someone from achieving their personal goals. Regardless of a person’s fitness level and time, he accommodates the individual’s unique needs.

“There are so many people going to the gym... they give up because they don’t see results,” said Grogan.

Speaking of his own personal experience, he noted, “I didn’t have more time to workout. I was only working out three to four times a week and wasn’t happy about that.”

However, Grogan noted that he has “only seen results” since starting his program.

His passion for martial arts sparked his interest in High-Intensity Training. While reading a book about Weng Chun

written by Danny Xuan and John Little, an avid writer of Bruce Lee books, the book discussed a method of exercise that focused less on a rigorous schedule and more on the quality of the repetitions themselves.

As someone who avidly enjoys ‘educating himself on exercise’, Grogan was intrigued by Body by Science, written by John Little and Doug McGuff. After noticing vast improvements in his own physical health by practicing High-Intensity Training which has strength and cardiovascular benefits, he decided to pursue getting certified as an instructor.

Grogan is certified in personal training and High-Intensity Training and is the only personal trainer who teaches it in the Capital Region.

Visit @stevegrogansbf on Tik Tok and Instagram for more information. Book a session with Grogan at Kinderhook Fitness at 518-275-2267.

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