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NEWS:

RCS announces senior awards and scholarships

See page 3

THE RAVENA News-Herald

Albany County's oldest continuously published weekly newspaper

Volume 149, NO. 26 www.theupstater.com

THURSDAY, JUNE 29, 2023

CAPITAL REGION INDEPENDENT MEDIA

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RCS graduates look to the future



LEFT: A graduate accepts his diploma as he finishes his high school career. CENTER: Graduates recite the Pledge of Allegiance. RIGHT: One of the graduates accepting his diploma and congratulations from the district. Michael Hallisey/RCS Central School District



The Top 10 students of the Class of 2023, with District Superintendent Dr. Brian Bailey at the podium. Michael Hallisey/RCS Central School District

By Melanie Lekocevic
Capital Region Independent Media
RAVENA-COEYMANS-SELKIRK — The Class of 2023 at RCS High School celebrated their graduation Friday

evening and now will look to the next chapter in their lives.

For many, the commencement at the Empire State Plaza Convention Center was a bittersweet

celebration as they concluded their high school careers and next look ahead to college, the military or the job market.

Students filed into the convention center to the

traditional tune of "Pomp and Circumstance" as family and friends looked on.

This year's valedictorian is Sulamita Voronko and the salutatorian is

Howard "Brady" Engel IV.

In her valedictory speech, Voronko thanked faculty and family for helping to guide and support her throughout her

school years.

Voronko, who had the highest grade-point average of the Class of 2023, said her parents encouraged her to strive to achieve in the classroom, but while she and her peers worked hard academically, some of the greatest lessons learned in high school came outside the classroom.

"We learned that life is not simply just about facts but about the friendships and relationships we build with each other," Voronko said. "We learned the value of perseverance, adaptability and determination."

"And yes, we may have learned that $E=mc^2$ and the chain rule, but we have also learned that knowledge is a lifelong pursuit and true wisdom comes to those who perse-

See FUTURE A2

Town breaks ground on Joralemon Park bathroom facility

By Melanie Lekocevic
Capital Region Independent Media
COEYMANS — A project that first got its start 20 years ago is finally coming to fruition.

Town and county officials broke ground last Tuesday on the permanent bathroom facility that is being built at Joralemon Park.

The town began pursuing permanent bathrooms at the park back in 2001 and got as far as installing a well and septic system, but the project stalled. Former Town Councilman Frank Stanton, who was on the board 20 years ago, joined the groundbreaking ceremony this week.

Town Supervisor George McHugh was also on the board at the time and said it was gratifying to see the project finally getting done.

"Back in 2001 I was on the town board with Frank Stanton and we made an application for a grant



Town and county officials broke ground last Tuesday on the Joralemon Park bathroom facility project. Melanie Lekocevic/Capital Region Independent Media

to get a well and septic put in in preparation for bathrooms," McHugh said. "The well and septic were put in and nothing has happened since, until now. Thankfully, we will finally make it happen."

Construction on the bathrooms began Monday and is expected to be

finished by the middle of September.

The facility, which will be constructed of cement and block, will include a men's and ladies' bathroom, with a utility room in between. There will be two stalls in the ladies room and one stall and one urinal in the men's

room, with a baby changing station in both.

Joralemon Park currently uses Porta Potties.

Albany County Executive Daniel McCoy said the facility will be a benefit for the town and the people who utilize the park.

"It's really going to

be a convenience for the people who come to the park," McCoy said. "Not everyone likes using an outhouse and it will be easier for kids and for changing babies. It's long overdue."

McCoy commended the town board for its vision in improving the

park.

"It's about quality of life for our residents and giving them opportunities to come out here and enjoy the park," McCoy said.

The cost of the construction project will be paid primarily through federal funds given to the town through the American Rescue Plan Act, or ARPA, which was established in the wake of the COVID-19 pandemic.

"The cost is \$360,000 for the bid," McHugh said. "The funds are primarily coming from our ARPA monies, and whatever balance is left over — if there are change orders or things like that — we will use fund balance from the town budget."

ARPA funds can be used for a variety of purposes, and improving hygiene systems is on the list of approved uses.

"We reached out to the

See GROUND A2

Bethlehem Banner



341 graduates walk the stage at Bethlehem Central HS
See page B1

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Michael Hallisey/RCS Central School District

LEFT: Seniors perform as the ceremony gets underway. RIGHT: The graduates file into the convention center at the start of the ceremony.

FUTURE from A1

vere,” Voronko continued. Engle, the Class of 2023 salutatorian, urged his fellow graduates to move into the future fearlessly, and to pursue their passions without hesitation.

He said that in the future, he wants to be able to look back on his life and know that he worked hard

to achieve his dreams and goals.

“I want to watch my children walk across their graduation stage and look back on my life to when I was an eager and motivated 18-year-old and be proud of everything that I accomplished,” Engle said. “And if you are one of those older people I am talking about, and you’re

looking back on your life thinking, ‘I should’ve tried harder,’ then take these words as advice: Today is a new beginning.”

Voronko and Engle, as the students with the top two grade-point averages in the class, sat in seats of honor on the stage alongside the rest of the top 10 ranked students in the class.

Along with the valedictorian and salutatorian, the students with the top grades throughout their four years of high school, ranked No. 3 through 10 were, respectively, Jenna Grogan, Ian Brisco, Elizabeth Robertson, Colin McDermott, Maximilian May, Emily Robbins, Sara Hotaling and Elizabeth Baldes.

High school principal Ryan Funck offered parting words of advice to all of the graduates to trust their intuition and make goals for the future.

“My final piece of advice to you would be to sit down and set a few goals for yourself and ways in which you plan to achieve those goals and a timeline for each,” Funck said. “Put

those goals into an envelope — or notes section on your iPhone, because who uses paper anymore anyway? — and revisit those goals from time to time. Having something personal to work towards is the ultimate motivator.”

See more photos from Friday night’s commencement ceremony on page A8.

GROUND from A1

feds before we allocated that money and we made sure through our engineers and through ARPA that we could use the money for this purpose,” McHugh said.

Albany County Legislator Zachary Collins,

R-Coeymans, said the bathroom facility is part of an overall improvement plan for the park, which has seen numerous renovations over the past year.

“When I was on the town board we started this process. We already put in playground equipment,

we paved the tennis court and added the basketball court, paved the entrance, and this will be the cherry on top,” Collins said. “This shows we really care about quality of life and providing the residents with a nice place to go.”

The park improve-

ments will benefit town residents and others who come to the park, Deputy Town Supervisor Brandon LeFevre said.

“It’s a great park — people come here from all over the Capital Region and surrounding states,” LeFevre said. “I saw a [license] plate here from

Georgia today. The disc golf really brings people together and it’s a great way to get people outside and enjoying the outdoors.

The town has another bathroom facility project slated to begin later this summer at Coeymans Landing. A groundbreaking for that project

is scheduled for August, with construction expected to be completed in November.

The Joralemon Park project is slated for completion in mid-September.

“By the end of November, both bathrooms should be fully functional and done,” McHugh said.

The **Ravena NEWS-HERALD**
Capital Region Independent Media

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Courtesy of RCS Central School District
RCS bus driver Becky Walker was awarded the 2023 AAA Hudson Valley Safe Bus Driver Award.

RCS bus driver honored by AAA

RAVENA-COEYMANSELKIRK — RCS bus driver Becky Walker was awarded the 2023 AAA Hudson Valley Safe Bus Driver Award on June 14.

The award is given to drivers who present themselves in a positive and safe manner. They follow all regulations set forth by the multiple agencies that govern transportation, including

the state Department of Transportation, state Department of Motor Vehicles, and state Education Department.

Other factors include reliability and attendance, and according to the district’s transportation department, Walker far surpasses all expectations.

“Our transportation department has received multiple calls about

Becky being a positive influence on their child and teaches them the proper emergency procedures of a bus,” according to a statement from the department.

The district’s transportation department nominated Walker a few months ago.

“She could not have been more deserving of this award!” according to the department.

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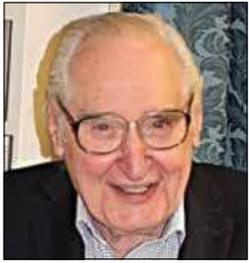
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News from the Past in Memory of Harry A. Sturges



IN MEMORY OF Harry A. Sturges

News Herald – June 22, 1923 - F.E. Bleezarde, Publisher

Coeymans:
 • Robbins Bros. have ordered a new auto hearse for their undertaking business. The hearse will be mounted on a Dodge chas-

sis.
 • Mr. and Mrs. Fred Baker entertained the faculty of the high school and a few friends in their home on Thursday evening of last week.

• Harry R. Harris and Charles V. Wagoner went to Floodwood in the Adirondacks the forepart of the week after pickerel. Their luck was poor for that kind of fish, but they caught some fine specimens of perch. The deer flies were very bothersome and Charlie looked as though he had been stung by a swarm of bees when he returned. He says no more mountain fishing for him in fly time.

• Members of the M.E.

church and congregation presented Bliss J. Youker, principal of the high school, with a handsome set of books of travel and a notebook. Mr. Youker will sail during July on a European tour and no doubt will find the books of interest.

• On Saturday afternoon a truckload of supposed whiskey was taken over by Prohibition officers near the Stonehouse Farms, Coeymans, but the driver and another truck driver who had started to come to the assistance of the disabled truck slipped away. The truck became disabled, and the odor from the load of barrels indicated spirits although the barrels were marked explosives. C.H.

Hallenbeck was notified and he in turn called the State Police, who were conveyed to the scene by Hempstead's jitney.

Ravena:

• The Ladies Aid Society of the Christian Church will meet at the home of Mrs. Emma Delaney on Thursday, June 28. Mrs. Nora VanSlyke and Mrs. Ambrose Palmer will assist in entertaining.

• While going into Albany on Monday night, Grover Gedney's sedan was run into by a man driving a Ford runabout. Mr. Gedney's car was badly dented in the rear door and mud guard smashed. Mrs. V. Waltz, who was with the party, was bruised about

the arm and side.

• The finishing of the new high school building is being rushed by the contractor so that the graduation events may be held in the auditorium.

• Samuel Martino's motorcycle was ablaze on Main Street on Tuesday when the overheated engine ignited some gasoline which dropped on the cylinder as the gas tank was being filled. The fire was quickly extinguished and the machine but slightly damaged.

• Mr. and Mrs. C.A. Becker of Catskill were in town on Tuesday coming here to transfer two lots which they owned on Western Avenue to Harry

VanHoesen.

Coeymans Herald – June 20, 1888 - S.H. & E.J. Sherman, Proprietors

• The demand for houses in this village is still much greater than the supply. There is need of many more houses.

• All who are willing to become members of the Coeymans Volunteer Fire Department are requested to call at the store of W.H. Keller and attach their signature to the roll.

• A strawberry and ice cream festival for the benefit of the North Coeymans Sunday School will be held in the schoolhouse at that place on the afternoon and evening of June 27.

RCS announces senior awards and scholarships

RAVENA-COEYMANS-SELKIRK — The RCS school district announced senior awards and scholarships for the Class of 2023.

This year's scholarship awards were given as follows:

- **1916 Teacher's Training Class Scholarship**
Emma Marie Banahan
- **Alice Christiana Memorial Scholarship**
Alexander J. Leto
- **American Red Cross Scholarship**
Maximillian McCarthur May
- **Angela Stott Memorial**

- Scholarship**
Jenna Marie Grogan
- **Bethlehem Community Fund Scholarship**
Nana Afua Anto-Asare, Jenna Marie Grogan, Maximillian McCarthur May and Kayla Stanton
- **Charles J. Kleinsteuber Award for Excellence in Music**
Elizabeth L. Robertson
- **Charles Poskanzer Memorial Scholarship**
Sara Noel Hotaling
- **Coeymans Fire Company Shirley Winnie Scholarship**

- Julianna M. Musso
- **Coeymans Hollow Volunteer Fire Company Auxiliary Scholarship**
Elizabeth L. Robertson
- **Colonial Council Principal's Award**
Robert J. Dorrance and Sara Noel Hotaling
- **David Taylor Memorial Scholarship**
Hannah Jayne VanDerzee and Aaron M. VanDyke
- **Donald Gillespie Memorial Scholarship**
Maximillian McCarthur May
- **Dorothy Bryan Roberts Memorial Scholarship**
Sara Noel Hotaling
- **Earl E. Jones Memorial Scholarship**
Kasey Lynn Holt
- **Greater Ravena Area Lions Club Scholarship**
Maximillian McCarthur May
- **Greene County Volunteer Fire Company and Ladies Auxiliary Scholarship**
Emily Robbins
- **Hudson Valley Book Award**
Sulamita Mariya Voronko
- **Isabel N. Denison Memorial Scholarship**
Kylie Jade D'Esposito
- **James G. Deragon Memorial Scholarship**
Elizabeth A. Baldes and Elizabeth L. Robertson
- **J. Leonard Douglas Scholarship**
Hannah Jayne VanDerzee
- **John J. Bassotti Music Award**

- Harry A. Lindmark
- **Julia O. Wells Memorial Education Foundation Scholarship**
Megan Dalbec
- **LaFarge North America Scholarship**
Nana Anto-Asare
- **Lillian Razmantas Pindiak Nursing Scholarship**
Khalia Madison Robinson
- **Logan Penzabene Memorial Scholarship**
Nana Anto-Asare
- **Luciano Polverelli Instrumental Music Award**
Maeva Anne Newkirk
- **Marie C. Muller Memorial Scholarship**
Robert J. Dorrance
- **Mervin D. Losey Family Scholarship**
Tyler S. Lischak
- **National Bank of Cossackie Scholarship**
Alexander J. Leto
- **NYS Scholarship for Academic Excellence**
Ian Paul Brisco, Howard Bray Engel IV, Jenna Marie Grogan and Sulamita Mariya Voronko
- **Ravena Hose Company Scholarship**
Maximillian McCarthur May
- **Ravena Shop 'n' Save Service Award**
Aaron J. Canosa, Cassidy Green-teriele, Holly Macera, Garrett B. Polan, and Nathan Ryan
- **RCS American Legion Post #114 Scholarship**
Dylan George Babcock and Aaron M. VanDyke
- **RCS Friends of**

- the Arts**
- Art Scholarship**
Arika M. Vogel and Maeva Anne Newkirk
- **RCS Friends of the Arts Music Scholarship**
Jasmine Marie Weidman
- **RCS Friends of the Arts Participation Award**
AnneMarie Rose Bradt
- **RCS High School Drama Club Scholarship**
Elizabeth L. Robertson and Arika M. Vogel
- **RCS Soccer Club John Halloran Scholarship**
Alicia Nicole Craft and Howard Bray Engel IV
- **RCS Teachers Association Scholarship**
Maximillian McCarthur May
- **Russell Lodge No. 850 Masonic Scholarship**
Jenna Marie Grogan
- **SABIC Scholarship**
Nana Afua Anto-Asare
- **School Systems Federal Credit Union Scholarship**
Aaron M. VanDyke
- **Seana Hazelton Memorial Scholarship**
Robert J. Dorrance, Jenna Marie Grogan, Ryan Thomas Knapp, Michael Anthony McMullen, Elizabeth L. Robertson, Khalia Madison Robinson and Hannah Avery Ryan
- **Selkirk Fire Company #3 Scholarship**
Hannah Avery Ryan
- **TCI of New York Scholarship**
Nana Afua Anto-Asare and Elizabeth

- L. Robertson
- **VFW Post 9495 Scholarship**
Benjamin A. Cruz
- **William A. Mueller Memorial Scholarship**
Aaron M. VanDyke
- **BOCES CTE Tech Endorsements**
Jack Martin Barry Francis J. Broadhurst Jr. Matthew Ryan Burns Joel C. Burton Robert Connors Madyson E. Davern Justina W. Graciani Louissaint Brendan David Leonard Tyler S. Lischak Brandon Lee Matott Joseph Albert McHugh Jake Lawrence Porter Alexander L. Potter Cody Sagendorph Robert John VanDyke
- **RCS High School Hall of Fame**
Emma Marie Banahan Angelina K. Brandt Ian Paul Brisco Jaymie T. Carkner Nicholas Mauro Cifone Robert J. Dorrance Howard Bray Engel IV Jenna Marie Grogan Sara Noel Hotaling Alexander J. Leto Harry A. Lindmark Maximillian McCarthur May Michael Anthony McMullen John R. Meddaugh Maeva Anne Newkirk Emily Robbins Elizabeth L. Robertson Khalia Madison Robinson Hannah Avery Ryan Kayla Stanton Arika M. Vogel Sulamita Mariya Voronko Jasmine Marie Weidman

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Senior Projects

RAVENA — Senior Projects of Ravenna offers dinner every Monday and Thursday at 5 p.m., and lunch on Tuesdays, Wednesdays and Fridays at noon. Senior Projects of Ravenna is located at 9 Bruno Boulevard, Ravenna. If there is a senior who needs assistance or you are concerned about a senior,

please call Senior Projects at 518-756-8593.

Below is the menu for the week of July 3 to July 7.

MONDAY:

Closed

TUESDAY:

Closed for Independence Day.

WEDNESDAY:

Kielbasa, sweet 'n' sour cabbage, German po-

tato salad, bread, milk and coffee.

THURSDAY:

Macaroni and cheese, stewed tomatoes, bread, milk and coffee.

FRIDAY:

Cheeseburger with lettuce and tomatoes, potato salad, bread, milk and coffee.



RCS COMMUNITY LIBRARY

• Rainbow Bubble Snakes

Thursday, June 29, from 6-7 p.m.

Start your summer fun with bubbles! Learn how to make bubble snakes using recycled plastic bottles and dish soap, and see how long you can grow these chains of bubbles with them popping. Participants will try dyeing them in rainbow color combinations with food coloring, so make sure you wear something you don't mind getting stained. For ages 7 and up. Registration required at rescommunitylibrary.org as materials are limited. Younger children are welcome with adult supervision and assistance.

• Romp and Read Friday, June 30, from 10-11 a.m.

Romp and Read will help get the wiggles out on Tuesdays and Fridays at 10 a.m. with interactive themes, stories and action songs with props. No need to register.

• Fiber Arts Meetup Saturday, July 1, from 11 a.m. to 12 p.m.

Unwind at an informal gathering with fellow yarn crafters to work on your projects, ask questions, get inspired, and just enjoy crafting in a

group. Bring your own supplies. All skill levels are welcome. Join in on the first Saturday of the month. Sign up to reserve your spot at rescommunitylibrary.org.

• Library closed for Independence Day

Library closed on Monday, July 3, and Tuesday, July 4.

• Family Storytime Wednesday, July 5, from 10-11 a.m.

Family Storytime meets on Wednesdays at 10 a.m. and combines music, movement, stories and play to encourage early literacy. For kids of all ages (and their grown-ups, too). No need to register.

• Wednesday Movie: "Book Club"

Wednesday, July 5, from 2-4:30 p.m.

For adults: "Four friends' lives are turned upside down when their book club tackles the infamous 'Fifty Shades of Grey.' From discovering new romance to rekindling old flames, they inspire each other to make the next chapter of their lives the best chapter."

Registration is appreciated at rescommunitylibrary.org but not required.

• Happier in 2023: The Happiness Project

Wednesday, July 5,

from 6:30-7:45 p.m.

Join in on a year-long journey as participants explore ways to have a happier 2023. The group will make use of materials from happiness guru Gretchen Rubin's Happiness Project course. There are 12 monthly themes, and the group will explore one theme each month. Monthly meetings will be held via Zoom and in person at the library to give everyone the most flexibility to participate. July's theme is: Family. Rubin will give practical ways to improve your relationships with family members. Attending every month is not a requirement for participation. Register at rescommunitylibrary.org.

NEW FICTION

- "The Road to Roswell" by Connie Willis
- "How Can I help You" by Saura Sims
- "The Majority" by Elizabeth L. Silver
- "The Paris Agent" by Kelly Rimmer
- "The Librarianist" by Patrick deWitt
- "Hello Stranger" by Katherine Center
- "The Air Raid Book Club" by Annie Lyons
- "The Rachel Incident" by Caroline O'Donoghue

Bear spotted in village, state offers tips to stay safe



Courtesy of Pexels

A black bear, similar to the one in this file photo, was spotted in the village earlier this month.

A black bear was sighted in the village June 13, Mayor Bill Misuraca announced in a statement on social media.

There has been an uptick in bear sightings in the region, including in nearby Columbia County and elsewhere.

The bear that was spotted in Ravenna was seen crossing the road and disappeared into the woods.

"One of our residents was walking down Railroad Avenue just a few minutes ago and encountered a young black bear! It crossed the road headed towards the railroad tracks," Misuraca said.

Most bears are not aggressive, but vigilance is still recommended, Misuraca said.

"99.9% of the time they're not going to bother you, but this was kind of wild being broad daylight right there, so just keep an eye out and pay attention to your surroundings," Misuraca added.

Black bears are most active in spring and summer, and with the increase in sightings in populated areas, the state is offering tips to stay safe if you do run across one.

New York State Department of Environmental Conservation Commissioner Basil Seggos announced that the DEC is joining the BearWise campaign as a cooperative

member state.

BearWise was developed by biologists from state conservation agencies across the U.S. to ensure people, regardless of location, learn to live responsibly with bears.

Using the "BearWise basics," residents are encouraged to take simple steps at home or when recreating outdoors to avoid negative interactions with black bears.

"DEC biologists and technicians respond to hundreds of human-bear conflicts each year that are nearly all preventable," Seggos said. "As New Yorkers head into the summer months, which is a busy time for bears, DEC encourages the public to practice the BearWise basics by removing things bears find attractive like pet food and trash to help reduce the potential for negative interactions."

Black bears are most active throughout the spring and summer months and can be attracted to human-created food sources, especially during dry weather periods when natural food sources are scarce.

The BearWise campaign recommends people take six basic steps to avoid attracting bears to areas around homes or neighborhoods:

- Never feed or approach black bears;

- Secure food, garbage, and recycling;

- Remove bird feeders when bears are active;

- Never leave pet food outdoors;

- Clean and store grills and smokers; and

- Alert neighbors to bear activity.

BearWise also recommends six basics when recreating or vacationing in bear country:

- Stay alert and together;

- Leave no trash or food scraps behind;

- Keep dogs leashed;

- Camp away from dense cover;

- Secure food and cook as far away from tents/living quarters as possible; and

- Carry bear spray, know how to use it, and know how to respond if you see a bear.

For more information on how to live responsibly with black bears and how to be BearWise, visit DEC's webpage at dec.ny.gov or the BearWise website at bearwise.org.

If a bear is damaging property or is reluctant to leave the area, but the situation is not an emergency, call DEC's regional wildlife office during business hours, or call the DEC Law Enforcement Dispatch Center at 1-844-DEC-ECOs (1-844-332-3267).

Junior awards honor RCS achievement

RAVENA-COEY-MANS-SELKIRK — Exceptional accomplishments from select rising seniors were celebrated with the inaugural Junior Awards Breakfast at RCS High School on June 9.

Awards under nearly two dozen subjects were granted to juniors who excelled under each respective subject.

The following is a list of those subjects and awards, and the students who earned recognition this year.

RCS DEPARTMENT AWARDS

ENGLISH

- Most Improved in English: Nina Kozlowski
- Outstanding Scholastic Student in English: Kaden Potter

SOCIAL STUDIES

- The Social Studies Citizenship Award: Destiny Collins
- Most Improved in Social Studies: Katelyn Visone

PHYSICAL EDUCATION

- Healthy & Active: Alivia Ortiz
- The Sportsmanship Award: Jillian Hallisey

WORLD LANGUAGE

- For Exceptional Achievement in French: Carl-Hanee Coquillon

- For Exceptional Achievement in Spanish: Jack Reif

MATH

- Award of Achievement in UHS Pre-Calculus: Alivia Ortiz

- Certificate of Honor in UHS Pre-Calculus: Max Deyoe

FAMILY AND CONSUMER SCIENCE

- Outstanding achievement in the Family and Consumer Science classroom: Lissandra Vasquez

BUSINESS

- Outstanding work and participation in the Business course Career and Financial Management: Kaden Potter

TECHNOLOGY

- Outstanding achievement in technology and engineering: Nina Kozlowski

CAREER AND TECHNICAL EDUCATION

- Exceptional performance in a Career and Technical Education program: Luciano Leto & Tyler Carrk

ON THE RISE

- In recognition of resilience and academic improvement: Kobi Boniface and Xianne Littlejohn

THE ARTS

- For dedication and celebration of the visual arts: Jeremy Pickup

- For outstanding dedication to musical studies and demonstrating an exceptional level of accomplishment in musical performance: Alivia Ortiz

SCIENCE

- For displaying the most improvement in Science: Jack Mullin

- For dedication to science in and out of the classroom: Maxwell Deyoe

COLLEGE SCHOLARSHIP AWARDS

Each year, certain colleges and universities ask school counselors to identify students based on specific criteria. Most of these students will receive a college application fee waiver. If the student applies, is accepted and attends this college, he or she will receive a significant scholarship, typically over the course of four years.

RPI Medalist: This is awarded to a promising junior who has distinguished him or herself in math and science: Max Deyoe

Rochester Institute of Technology: four outstanding students were nominated for the RIT High School Awards.

- For Humanities and Social Sciences: Jessica



Courtesy of RCS Central School District

RCS juniors were honored for their achievements in and out of the classroom.

Diaz

- For Art and Design: Nina Kozlowski

- For Women in STEM: Alivia Ortiz

- For Science and Math: Sienna Rinella

- Business AND Leadership: Austin Rosado

Sage Colleges - Student Sage Award: For a junior who has excelled in the classroom and who has been a role model and community leader: Sonia Snyder

The Saint Michael's Book Award: Abigail St. John

The Bonnie Scholarship: St. Bonaventure University's Junior Scholarship recognizes students' academic achievement and service to their school and community: Chloe Canham, Carl-Hanee Coquillon, Nicolas Plakas, Jack McFerreran, Katie Burch, Nicole Kamp, Katlin Strokes.

Elmira Key Award: For Elmira College, this award acknowledges outstanding school and community leadership: Tyler Carrk

Clarkson University Leadership Award: Demonstrates outstanding leadership and a student who has been a positive contributor to school and community: Roksolana Voronko.

Clarkson University Achievement Award: Demonstrates outstanding leadership and has been a positive contributor to school and community: Jeremy Pickup

Alfred University Scholars Award: In recognition of academic and community achievement, along with an outside of ordinary character: Jack Mullin

Wells College: In recognition of resilience, academic excellence and community spirit: Clarissa Ball

University of Rochester. The following four recipients will receive an annual scholarship:

- Bausch and Lomb Science Award: High achievement and rigor in math and science: Jack Reif.

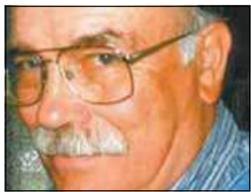
Frederick Douglass & Susan B. Anthony Award: Commitment to addressing social issues, leadership and dedication to community action. Strong grades and rigorous program in social sciences: Jillian Hallisey.

George Eastman Young Leaders Award: Strong leadership in school and community, academic excellence, and involvement in school activities: Chizoba Uba.

Xerox Award for Innovation and Information Technology: Interest in innovation and information technology and academic excellence: Nathaniel Cross.

Neatness

WHITTLING AWAY



DICK BROOKS

My life is full. So is my garage, the cellar and my closet.

I came to this conclusion while trying to close the kitchen junk drawer after removing a triple A battery that I needed for the television remote.

It is amazing how stuff accumulates when you're not paying attention. I'm not accusing the neighbors of dragging their ex-

cess stuff over and leaving it, but I'm suspicious.

I don't understand how neat people do it. I have a friend whose shop is arranged according to the Dewey Decimal System. A place for everything and everything in its place. He either spends more time cleaning and organizing than working or he does nothing in there that ever makes a mess.

My shop, on the other hand, has a lived-in quality that I feel comfortable in. There's a stack of lumber in the middle of the floor where it's convenient to locate the board I need. Tools are scattered around the benches, usually where I last used them and where I might need to use them again. I

know where most things are and can locate them within 15 or 20 minutes.

I will admit to needing a Philips screwdriver the other day and winding up going to the hardware store and purchasing a new one even though I know there are at least two dozen somewhere in my shop.

The shop is full of "roundtoits," things that I'm going to repair when I get a minute or two. Most are things that are just too good to throw out and just need a little work to make them as good as new.

I have collected several lawn chairs that need to be re-webbed; I even have the roll of re-webbing material. I will get right to them as soon as I

find it.

Some items taking up space are just too precious to part with. I still have the house I made for my daughter when she was about two. It started life as a large cardboard box; I cut a door and windows in it and added a roof. She spent many happy hours having tea parties in it. How could I take that to the transfer station?

Might as well tell me to throw away the swing I made for her out of the old milk crate. I cut leg holes in it and spent hours listening to her laugh as I pushed her under the maple tree.

I still have the red plastic remote control car my oldest son gave me for Father's Day that he had bought with his own

money and there are several projects built by my youngest son taking up space on my bench and in my heart. What do the neat people do with this sort of thing?

I guess its time to start doing what my parents did. It's constantly amazing that the older I get, the smarter my parents get. My mom started it after we were out on our own and had our own space. Every time we went to visit, we left with a "box of memories." It always contained our stuff from a younger day that was just too precious for her to throw away. You never knew what it might contain — old report cards, Mother's Day cards you had made in third grade, a special picture you made

that lived on the refrigerator for years, class pictures, your first pair of baby shoes, her treasures.

I'm so glad Mom wasn't a "neat" person. I'm glad I'm not a "neat" person. I am starting to get suspicious that it's not the neighbors smuggling stuff into the house during the night but some of the neat people who just don't have the heart to throw it out.

Maybe they're not aliens after all.

Thought for the week — Always remember you're unique, just like everyone else.

Until next week, may you and yours be happy and well.

Reach columnist Dick Brooks at whittle12124@yahoo.com.

Queen and Town: A chronicle of resilience, redemption and responsibility

Horses of Unbridled



SUSAN KAYNE

Queen of the Bayou and Town on Fire are two Thoroughbred mares gracing the pastures of the Sanctuary at Unbridled.

They radiate with beauty and vitality. Their soulful eyes invite visitors and volunteers to a world of companionship with horses. Whether during creative sessions, reading times, study breaks or grooming routines, Queen and Town provide emotional support to the humans who interact with them.

Gentle and always attentive, they are a repository for secrets, sorrows and joys, free from judgment. Despite their past filled with despair, the mares are always eager to make new connections.

With Queen and Town, we bear witness to the incredible ability of horses to forgive and flourish, even after enduring severe hardship. As you journey through the poignant tale of their rescue, allow these extraordinary creatures to touch your heart and see the importance of respecting them as fellow beings with their own intrinsic worth. You may find yourself transformed into an advocate, a spark igniting change in the world of horse racing.

Queen of the Bayou was born in Louisiana on March 12, 2008. At two years of age, her breeder sent her to auction in Florida. She sold for \$17,000. During training, Queen showed immense promise. Her powerful and elongated stride, accompanied by a swift turn of foot, covered vast stretches of ground.

As she prepared for her inaugural race at Louisiana Downs, anticipation built, and Queen did not disappoint. On Sept. 2, 2011, Queen won in her first outing. Celebrating with her in the Winner's Circle was a part-owner named Aaron Kennedy.

However, a nagging ankle injury necessitated Queen's retirement from racing. By February 2012, at the tender age of four,



Courtesy of Tonya Hughes

Queen and Town taking a stroll at Unbridled.

Queen was expecting her first foal. In all she would carry and nurture four for Kennedy's Wallace Lane Thoroughbreds. In 2017, Kennedy found Queen a new home. For a time she was cared for, until she reappeared in George Baker's slaughter-bound feedlot in Stroud, Oklahoma.

Once vibrant and spirited, Queen had become emaciated and severely lame, her prospect of rescue dishearteningly grim. Despite thousands of social media shares pleading for her life, no one seemed interested in saving her.

On the other hand, Town on Fire, an 18-year-old mare still in excellent health, had spent her years producing Quarter horse offspring. When she became unwanted, she too was discarded at the same slaughter-bound feedlot. It's estimated that two-thirds of all horses sent to slaughter are Quarter horses, many of them cast-offs from the rodeo or racing industries.

The paths of these mares intersected when Unbridled rescued them and altered their destiny from a livestock truck bound for Mexico to a soft spacious trailer ride to Sanctuary in New York. Unbridled's mission extends beyond mere rescue; they strive to reconnect these horses with their past connections, in hopes of securing financial and transformative support for the rescued animals.

Queen of the Bayou was lucky. Her past had intertwined with Aaron Kennedy, her former owner and unexpected hero. When Kennedy learned of Queen's plight, he swiftly and generously shouldered all expenses to



Queen, emaciated and exhausted on arrival from the Stroud slaughter-bound lot. Contributed photo

save Queen from slaughter and ensure her safe transport to Unbridled. His ongoing contributions secure her royal treatment at Unbridled, where she may spend another two decades in comfort.

Town on Fire's story was less fortunate. Despite being home-bred at millionaire Satish Sanan's Padua Stable, efforts to reach out to her past connections have been unsuccessful. Despite multiple attempts to contact Sanan via phone, email and letter, a response remains elusive.

Sanan, at the peak of his horse racing involvement, owned farms in Ocala, Florida, and Lexington, Kentucky. He has publicly claimed to have invested over \$150 million into the sport he loves, producing several Breeders' Cup winners like Vindication, Cajun Beat, Cash Run, and the great Curlin, the 2007 Breeders' Cup Classic victor and Horse of the Year.

Outside the racetrack, Sanan is a renowned figure in the business world, serving as chairman and CEO of Inspirata Inc., a leading provider of cancer

informatics and digital pathology solutions. These accomplishments underscore the potential for greater accountability, especially when it comes to the well-being of his horses. Whether they be successful like Curlin or not, they all bear his name.

This story is not just about Queen and Town; it's a clarion call for responsibility, compassion and advocacy. The contrast between Kennedy and Sanan is not just about individual responsibility but also about accountability. We must not only care for these animals when they are in use and service to us, but also be answerable for our actions and decisions that affect them and help them when they need a lifeline.

The world needs more individuals like Aaron Kennedy, willing to make provision for the horses they know. Kennedy's recent appointment in June 2023 as president of Des Moines advertising agency Flynn Wright, the first non-Flynn to assume this position, reflects his dedication and commitment. His journey from account coordinator to president in just 23 years highlights



Courtesy of Holly Scism

Town on Fire is now at peace in her stall at Unbridled.



Queen of the Bayou has found sanctuary at Unbridled Thoroughbred Foundation. Courtesy of Tonya Hughes



Courtesy of Holly Scism

Queen of the Bayou is thriving at Unbridled.

these traits, reflected clearly in his actions towards Queen of the Bayou.

Susan Kayne operates the horse rescue organiza-

tion Unbridled Thoroughbred Foundation, on the border of Albany County and Greenville.

Connect to the field

Positively Speaking



TOBY MOORE

Let's dive into one of life's big questions: How can we make our dreams come true?

You might have heard about people who seem to pull off miracles, accomplishing feats that seemed impossible. Is there a hidden trick? A magic formula?

The human body is buzzing with chemicals known as peptides. They help us to think, move and feel. We also have electricity coursing through our

bodies. A resting adult produces an output of around 100 watts. We are chemical, electric beings.

Think of your cell-phone; it has an invisible electric bubble around it. The science whizzes call this "radiation."

Our bodies are no different. We emit what's called thermal radiation. Most of our thermal radiation is in the infrared region.

There are theories and much research in quantum physics suggesting that our human electricity amplifies when we fill ourselves with love, joy, belief and passion.

The idea is that when you believe, your energy field connects to a thing some quantum physicists have called "The Quantum Field," a realm where anything and everything is possible. It's like plugging

into a cosmic energy grid. When you are feeling sad, depressed, angry and resentful, you're disconnecting from the field, and you cannot move effectively toward your dreams and desires.

The brilliant actor, Anthony Hopkins, said, "Whatever you want to do, believe it, believe it, believe it, even if you don't believe it... That is sheer power! And it will happen: it's worked in my life, and it will work in yours, so never give up!"

He is saying that belief is the key that turns on your potential. Think about this: before anything incredible happens, someone must believe it's possible first, or they won't even try.

Belief is the fuel in your car – without it, you aren't going anywhere. The beautiful thing is when you believe something can hap-

pen, you get this incredible rush of energy. Your batteries charge up. You'll jump out of bed, ready to take on the world.

Once you take action and get moving, good things start to happen. When you see even tiny bits of success, your belief grows, and so does your passion. It's like a snowball rolling down a hill, picking up speed and getting bigger.

The great salesman Tom Hopkins put it perfectly: "You got to believe in what you do... You need to find something you love; in fact, it needs to go beyond a love. You have to have a passion for what you do... people will say yes to your conviction more than they will to your technical skills."

When I started my company, all I had was a spark: a hope and a dream. People

told me it was too big, too crazy, and that the industry giants would squash me like a bug. But I believed in my dream, and once I had a firm belief, there was nothing anyone could say to stop me.

When a shady developer stole our initial investment of \$50,000, I was distraught yet undeterred.

Something unbelievable happened three days later. Someone far more qualified and talented decided to join our team to help us! Were my belief, passion and confidence a factor in his decision? I'd say so.

If you love it, you'll believe in it. If you believe in it, you'll start to take action. When you take action, you'll see results; once you have results, you'll become convinced that you're on the right path. And with confidence comes the abil-

ity to bounce back when things don't go your way.

Even when you have belief, passion and confidence, there will be times you fall flat on your face, and when you do, you'll get right back up and keep moving because you're on a mission.

Do you believe in what you're doing? Do you believe in your dreams? Without passion and belief, life is flat – no fizz, no pop.

What's that one thing that makes you jump out of bed in the morning? Grab that passion and let it guide you to greatness!

Plug into your power. Believe in yourself. Set your passion on fire. And who knows? You might just surprise yourself.

Toby Moore is a columnist, the star of Emmy-nominated "A Separate Peace," and the CEO of Cubestream Inc.

State takes steps to protect pollinator health

ALBANY — New York State Agriculture Commissioner Richard A. Ball recently highlighted actions the state has taken to promote and protect pollinator health across New York.

The state released its updated Pollinator Protection Plan, outlining the coordinated work of state agencies to enhance pollinator health, including beekeeper registration, outreach and education programs; continued support of the New York State Beekeeper Tech Team; improved landscape management at state facilities and along roadways to provide increased habitats, and more.

"Pollinators play a critical role in our agricultural industries statewide," Ball said. "We depend on our pollinating populations like birds, bees, butterflies and other insects to help our crops grow and support the agricultural econ-

omy. Together with our fellow agencies, our partners at Cornell University, and our hardworking farmers, we are committed to conserving and growing our pollinator populations to ensure a strong future for agriculture and our environment in New York."

According to information from the U.S. Department of Agriculture National Agricultural Statistics Service, pollinator services contributed to the production of \$469.8 million worth of crops grown in New York and add \$29 billion in value to crop production nationally each year. New York's ability to produce crops such as apples, cherries, strawberries, pumpkins and squash relies heavily on the presence of pollinators.

"Honeybees and other pollinators play a critical role in New York agriculture and our food system, which is why it is important to maintain a healthy

pollinator population," said New York Farm Bureau President David Fisher. "New York Farm Bureau has long supported the Integrated Pest Management program as an effective way to reduce pesticide use and take into account the needs of pollinators. New York Farm Bureau looks forward to continuing working with the New York State Department of Agriculture and Markets to reach the best possible outcome for pollinators and our state's important agricultural system."

Over the past several years, New York state has taken steps to promote honeybee health and better protect pollinators statewide. In 2022, the Department of Agriculture and Markets launched a beekeeper registration program to better help beekeepers maintain their colonies in a healthy condition, which has since

registered 1,625 beekeepers who are managing nearly 31,500 colonies throughout New York state.

Additionally, the department's honeybee health improvement program asks beekeepers to indicate if they intend to sell bee colonies to monitor colony movement across and between state borders. To ensure that the department can properly inspect bee colonies, all New York state beekeepers must complete the registration form and renew their registration annually at no charge. Register at beekeepers.agriculture.ny.gov/registration.

The Pollinator Protection Plan has also continued to fund, through the state budget, the development and expansion of the New York State Beekeeper Tech Team at Cornell University, which works directly with beekeepers to improve honeybee health,

reduce colony losses, and increase profitability of the beekeeping industry.

In its eighth year, the New York State Beekeeper Tech Team program team has worked with 65 beekeepers who manage 47,604 colonies in New York, representing approximately 60% of the state's estimated 80,000 colonies.

In January 2022, the Department of Environmental Conservation took action to limit the unrestricted use of certain pesticides that can impact bee and other pollinator populations. In effect as of January 2023, certain products containing the neonicotinoid (neonic) insecticides imidacloprid, thiamethoxam and acetamiprid are now classified as "restricted use" to ensure applications are limited to trained pesticide applicators in specific situations. Restricting the use of these pesticides en-

ables DEC to collect new data to determine where, when, and how they are used, as well as their potential impacts.

Additionally, partners at the Department of Transportation (DOT), Thruway Authority, and Office of General Services (OGS) continue to enhance pollinator habitats and employ best landscape management strategies on state land and along roadways.

"Pollinators are critical to the health of New York's environment and must be protected from threats like habitat loss, parasites, climate change, and pesticide misuse," DEC Commissioner Basil Seggos said. "Working with partners across the state, DEC is committed to promoting best practices to maintain healthy pollinator populations and safeguard the future of our natural resources."

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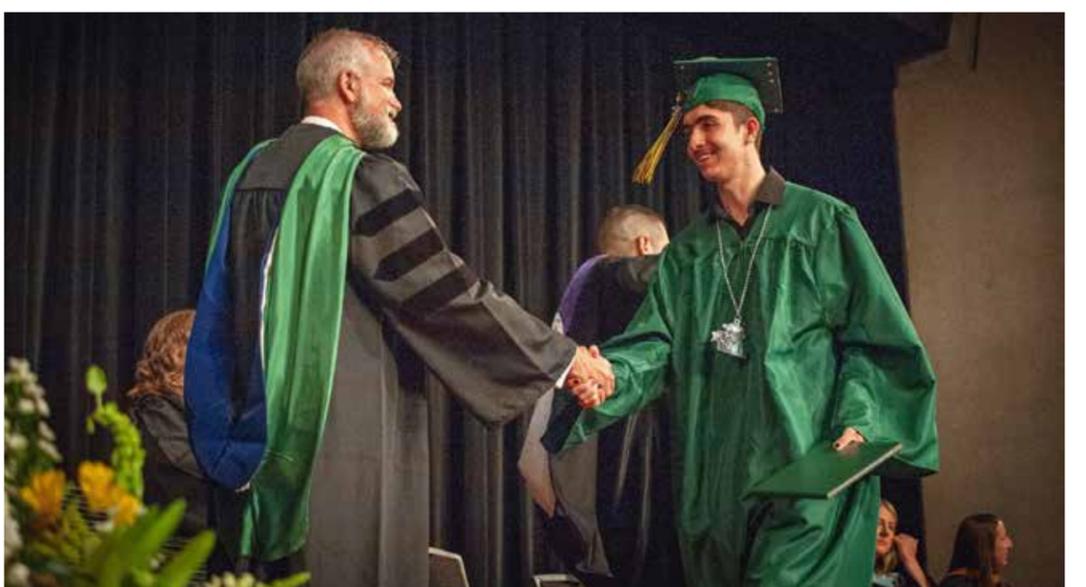
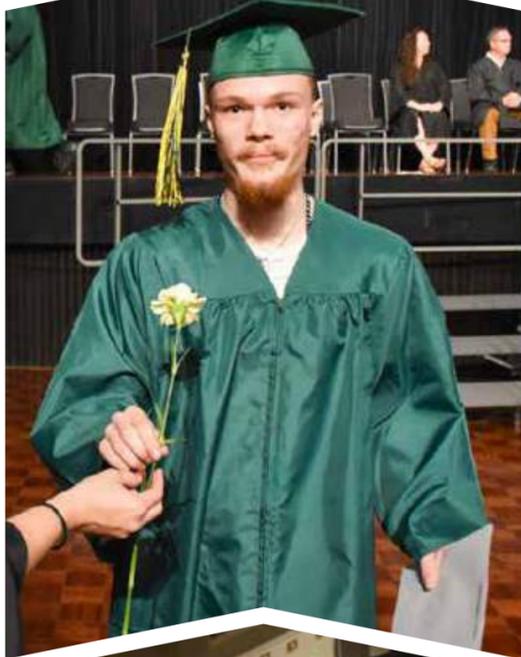
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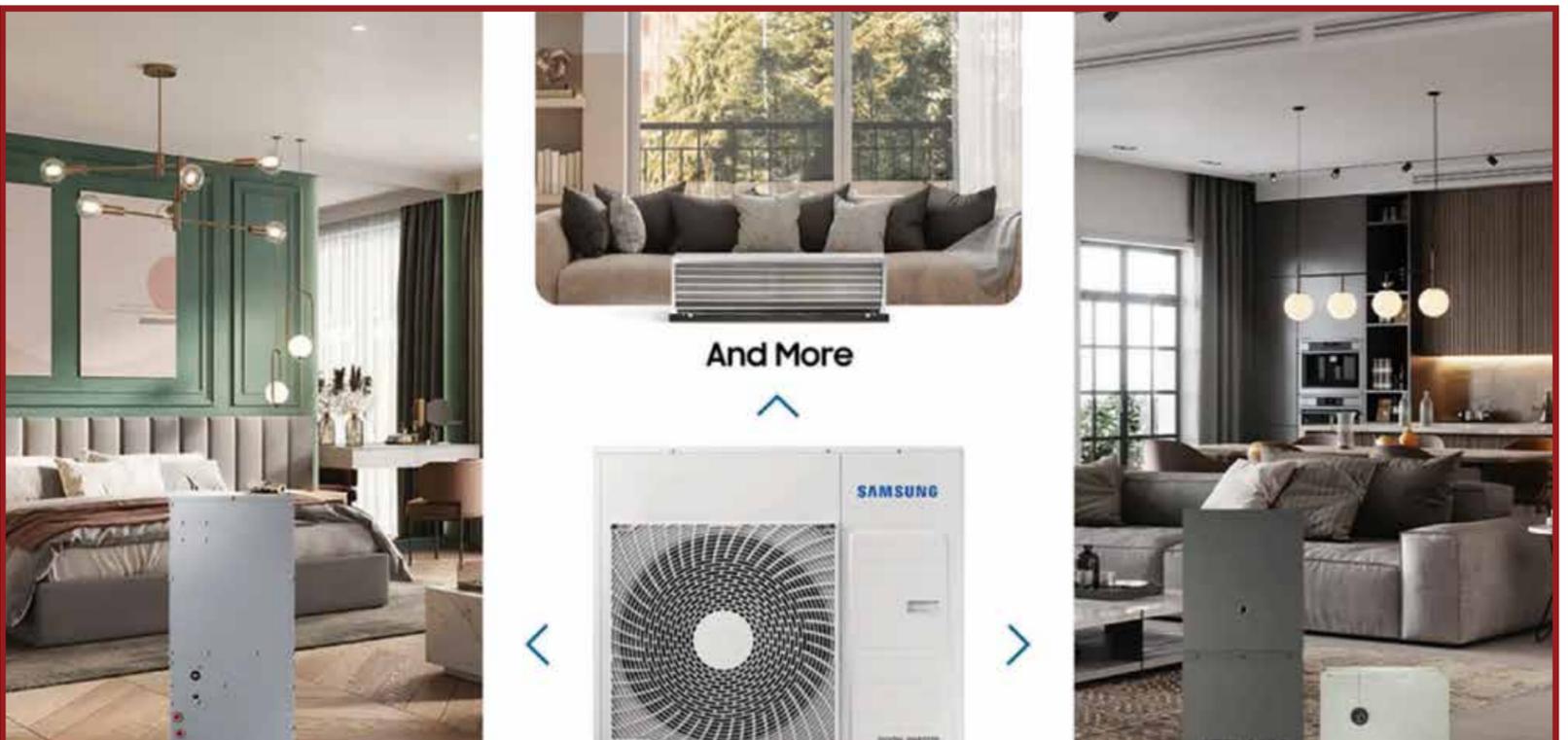
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Community Calendar

RAVENA Community Bulletin Board

JULY 2023

- 4 - Town and village offices closed for Independence Day.
- 5 - Evening on the Green Concert, 6 p.m., at Coeymans Landing. Off the Record will perform.
- 10 - Coeymans Planning/Zoning Board of Appeals meeting, 7 p.m., at Town Hall, 18 Russell Avenue, Ravena.
- 12 - Evening on the Green Concert, 6 p.m., at Coeymans Landing. Hot Vox Trio will perform.
- 13 - Coeymans Town Board meeting, 6 p.m., at Town Hall, 18 Russell Avenue, Ravena.
- 18 - Ravena Village Board meeting, 6 p.m., at Village Hall, 15 Mountain Road, Ravena.
- 19 - Evening on the Green Concert, 6 p.m., at Coeymans Landing. Sugarskull will perform.
- 25 - Ravena Village Board workshop, 6 p.m., at Village Hall, 15 Mountain Road, Ravena.
- 26 - Coeymans Planning/Zoning Board of Appeals meeting, 7 p.m., at Town Hall, 18 Russell Avenue, Ravena.
- 26 - Evening on the Green Concert, 6 p.m., at Coeymans Landing. The Rockin' Johnsons will perform.
- 27 - Coeymans Town Board meeting, 6 p.m., at Town Hall, 18 Russell Avenue, Ravena.

AUGUST 2023

- 1 - Ravena Village Board meeting, 6 p.m., at Village Hall, 15 Mountain Road, Ravena.
- 2 - Evening on the Green Concert, 6 p.m., at Coeymans Landing. Don & Company will perform.
- 10 - Coeymans Town Board meeting, 6 p.m., at Town Hall, 18 Russell Avenue, Ravena.
- 14 - Coeymans Planning/Zoning Board of Appeals, 7 p.m., at Town Hall, 18 Russell Avenue, Ravena.
- 15 - Ravena Village Board meeting, 6 p.m., at Village Hall, 15 Mountain Road, Ravena.
- 16 - Evening on the Green Concert, 6 p.m., at Coeymans Landing. Sugarskull will perform.
- 22 - Ravena Village Board workshop, 6 p.m., at Village Hall, 15 Mountain Road, Ravena.
- 23 - Evening on the Green Concert, 6 p.m., at Coeymans Landing. Off the Record Trio will perform.
- 23 - Coeymans Planning/Zoning Board of Appeals, 7 p.m., at Town Hall, 18 Russell Avenue, Ravena.
- 24 - Coeymans Town Board meeting, 6 p.m., at Town Hall, 18 Russell Avenue, Ravena.
- 26 - Friendship Festival, all day, at Mosher Park, Ravena. Free admission.
- 30 - Evening on the Green Concert, 6 p.m., at Coeymans Landing. Playing with Fire Band will perform.

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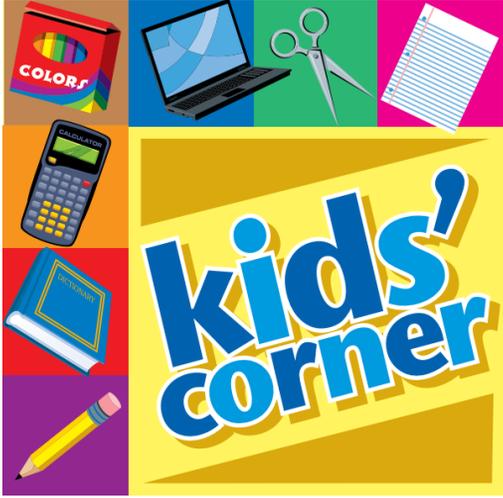
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Math Blocks

Fill in the missing blocks with numbers between 0-10. The numbers in each row add up to the totals on the right. The numbers in each column add up to the totals on the bottom.

4		7	13
	1		4
	8	9	23
10	11	19	

6	8	6
3	1	0
7	2	4

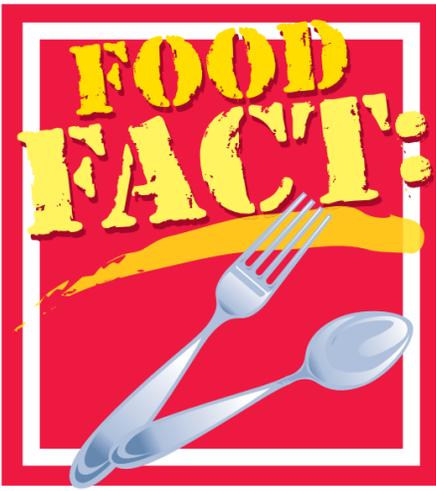
Solution

THIS WEEK IN...



HISTORY

- **1928:** SLICED BREAD IS SOLD FOR THE FIRST TIME.
- **1958:** PRESIDENT EISENHOWER SIGNS THE ALASKA STATEHOOD ACT INTO LAW.
- **2003:** NASA OPPORTUNITY ROVER, MER-B OR MARS EXPLORATION ROVER-B, IS LAUNCHED INTO SPACE ABOARD A DELTA II ROCKET.



SANDWICHES, AS WELL AS THIS FOOD, ARE COMMON PICNIC TREATS.

ANSWER: FRIED CHICKEN

Get Scrambled

Unscramble the words to determine the phrase.

C P C I I N M T E I

ANSWER: Picnic Time

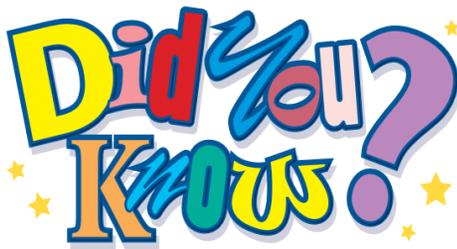


COZY

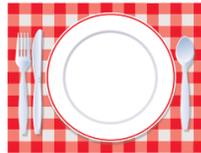
giving a feeling of comfort

How they SAY that in...

- ENGLISH:** Egg
- SPANISH:** Huevo
- ITALIAN:** Uovo
- FRENCH:** Oeuf
- GERMAN:** Ei



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Can you guess what the bigger picture is?

ANSWER: PICNIC BASKET

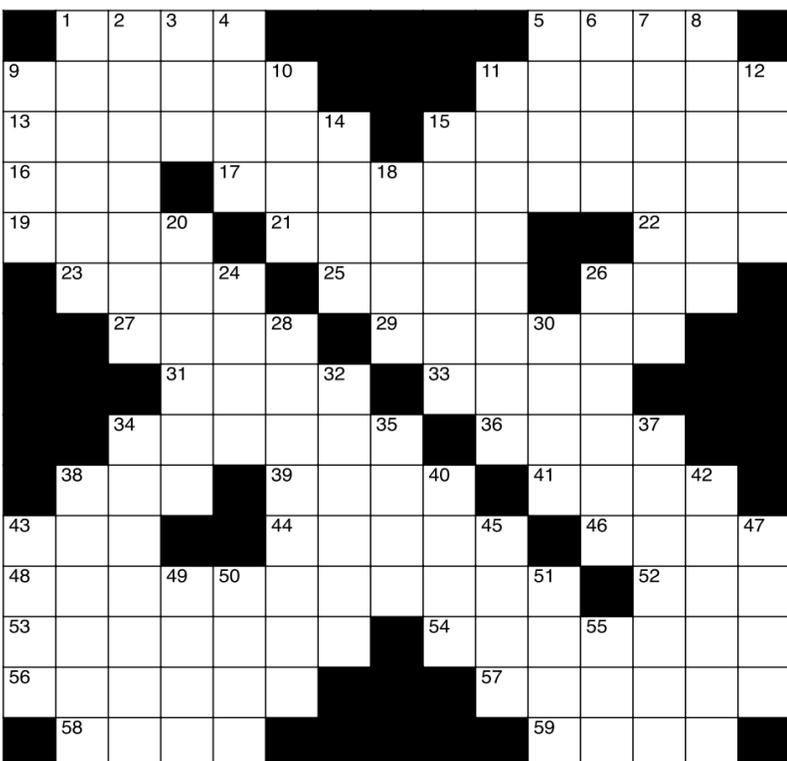


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CLUES ACROSS

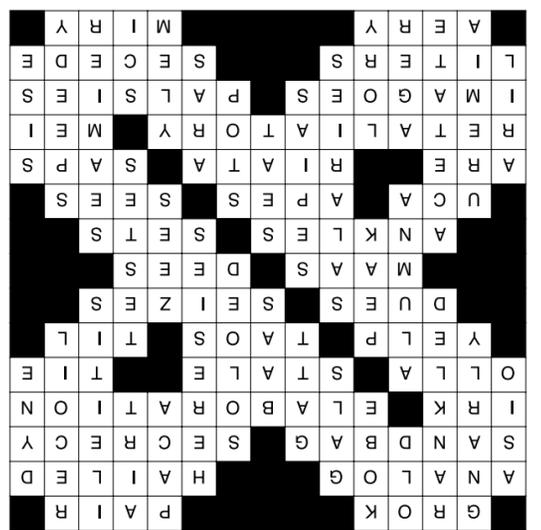
- 1. Understand intuitively
- 5. Two of something
- 9. Not involving computer tech
- 11. Acclaimed
- 13. Undermine
- 15. The condition of being concealed or hidden
- 16. Irritate
- 17. The process of developing a theory
- 19. Ceramic jar
- 21. Not fresh
- 22. Dad's fashion accessory
- 23. Popular review site
- 25. New Mexico county
- 26. '___ death do us part
- 27. Fees
- 29. Takes with force
- 31. One-time Yankees

- rookie sensation
- 33. Gordon and Snider are two
- 34. Body parts
- 36. Arranges
- 38. Fiddler crabs
- 39. Mimics
- 41. Witnesses
- 43. They ___
- 44. Lasso
- 46. Runs down
- 48. In response to
- 52. Bird-like dinosaur
- 53. Metamorphic stages
- 54. Conditions of incapacity
- 56. Sodas are sold in these units
- 57. Break away from
- 58. Ethereal
- 59. Boggy

CLUES DOWN

- 1. Mangled
- 2. Ruffled some feathers
- 3. Not young
- 4. Lakers legend
- 5. Nocturnal S. American rodent
- 6. Direction (Scottish)
- 7. Intestinal inflammation
- 8. Spring back in fear
- 9. Owl genus
- 10. Girls
- 11. Unbeliefs

- 12. Force unit
- 14. Expired trade agreement
- 15. Went alone
- 18. Animal noises
- 20. Woman who graduated from a specific school
- 24. The very top
- 26. Organs in males
- 28. Earnings
- 30. ZZZ
- 32. Reddish browns
- 34. A salt or ester of acetic acid
- 35. A place to get off your feet
- 37. More disreputable
- 38. Kidney condition
- 40. Cease moving
- 42. Quick
- 43. Extra seed covering
- 45. "Survivor: Panama" winner
- 47. Six
- 49. One who inspects lamps
- 50. Small parrot
- 51. Primordial matter of the universe
- 55. ___ fi (slang)





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341 graduates walk the stage at Bethlehem Central HS



BETHLEHEM — A class of 341 students from Bethlehem Central High School received diplomas at an evening commencement ceremony June 23 held at the MVP Arena in downtown Albany.

It was a joyous event for the members of the Class of 2023, their families, friends, teachers, staff, administrators and members of the board of education.

Principal David Doemel, Jr., Superintendent Jody Monroe and Board of Education President Holly Dellenbaugh addressed the graduating class and guests. There

were also three student speakers at the 89th BCHS commencement ceremony.

Hannah Fronheiser gave an opening address that reflected on a school environment in Bethlehem that provided the Class of 2023 with an essential foundation for success in life. Using her own experience as a swimmer, Fronheiser likened each student's unique experiences to ripples in the water.

"Ripples are positive actions or decisions that make a change," said Fronheiser. "Bethlehem allowed us to create rip-

ples in school and our community by having a can-do attitude to make the world better. High school is just the ripples; our life after Bethlehem is where we will see waves."

Violet Macdonald delivered a keynote address that took her classmates on a proverbial road trip through their years together in Bethlehem. Without focusing on the bumps in the road, Macdonald emphasized that life's milestones are a series of journeys and destinations.

"The miles slipped away and we've reached the end of the road," said

Macdonald. "Leaving such a tight-knit school community to enter the real world is terrifying, but I feel so fortunate that the goodbyes will be tearful and the reunions joyful."

"Taking the wheel and leaving behind the car full of people you've grown up with won't be easy, but this is what we've been waiting for," said Macdonald. "Nobody goes on a road trip just to stay in the car; we weren't driving just to drive. Whether we realized it or not, every moment on the road was spent preparing for the next chapter of our

lives."

Lily Watson closed the ceremony with a speech that took students down memory lane.

"There is no other class that would continue to sing Journey's 'Don't Stop Believing' at the football games long after it ended playing over the loudspeaker," Watson said. "There is no other class that looked as goofy as us on pajama day for Spirit Week. I hope you all realize that these moments were the ones where we bonded together and created stories that will last a lifetime."

Students were also ac-

companied by their high school counselors as well as the 2023 honorary graduation marshals who are faculty members selected by the students as having had a significant impact on their time in Bethlehem.

This year's marshals were Michele Atallah (BCHS), Adam Ayers (BCHS), Elizabeth Barrett (BCMS), McKenzie Barrett (BCMS), Matthew Bixby (BCMS), Susan Cullen (BCHS), Cori DiFabbio (BCMS), Kristy Eldeen (BCHS), Corey Fong (BCHS), Evan Harley (BCMS), Thomas Hotaling (Hamagrael), Durray Mahmood (BCHS), Jeffrey Mongue (BCMS), Kimberly Montalvo (Eagle), Sean Mooney (BCHS), Maria Qualtere (Slingerlands), Matthew Rehbit (BCHS), Stephen Smith (BCMS), Vanessa Treffert (BCMS), Sarah Trombadore (BCHS), Michael Valenti (Elsmere), David Vara (BCHS), Lauren Ward (Glenmont), Jessica Westervelt (BCHS), Anthony Wilson (BCHS) and Christine Zemsky (BCMS).

Bethlehem Police equipped with body-worn cameras

BETHLEHEM — On June 19, the Bethlehem Police Department completed phase one of a large-scale project that has equipped officers in the town of Bethlehem with body-worn cameras.

The body-worn camera project originated as one of Police Chief Gina Cocchiara's long-range goals for the department in 2020, as well as one of the core recommendations of the Police Reform & Collaborative Plan. The move was supported by the members of the Bethlehem Police Department.

"The implementation of body-worn cameras will improve police accountability and adds a layer of trust, while inevitably lowering reports of

alleged misconduct and community complaints," Cocchiara said. "There is a cost saving component from reduced complaints against officers, and the reduced time required by the police administration to resolve such complaints. The cameras can be used as a training tool and will provide useful evidence for court cases."

The policy for the use of the cameras and the video footage was derived from multiple sources.

First, the policy is guided by specific state guidelines set forth by the Division of Criminal Justice Services that regulates the standards and "best practices" that police departments should meet when utilizing body-

worn cameras.

Additionally, members of the Bethlehem Police Administration have met with other police agencies that are currently using body-worn cameras and have considered their recommendations on what aspects assist in creating a strong policy.

Lastly, the Police Department Administration reviewed the policy with members of the Police Community Advisory Group and considered their recommendations as well.

The goal of the process was to create a policy that would strengthen trust between the police department and the community, increase transparency and accountability,

and be supported by both the public and the police officers.

The body-worn camera policy is now available on the Town of Bethlehem web page along with other department policies.

"I am so pleased that our outstanding police officers are now equipped with body-worn cameras," said Town Supervisor David VanLoven. "The cameras advance our collective goal of further increasing transparency and accountability, supporting our officers, and protecting all community members."

Phase two of the project is to replace the aging mobile car camera systems in the patrol vehicles



Contributed photo
Sergeant Michael Whiteley and Officer Amanda Mueller from the Bethlehem Police Department wearing body-worn cameras under a new department policy.

with new cameras that work in conjunction with the body-worn cameras.

Get grounded!

Back To Better Health



DR. ELIZABETH BOOMHOWER

Our bodies are electrical systems. From the way our nerves fire, our heart beats, and our muscles contract, it all comes down to electrical charge. Positive and negative. The biochemical nature of our body is at work 100% of the time and it all automatically happens.

As a holistic health care provider, I look to alternative and natural ways that we can support the body to heal. Most of the time these methods are simple and it's a bonus if they are low cost or no cost.

Well, what if I told you there is a tremendous power to heal your body by simply walking on the earth with bare feet? This is termed "grounding" and the science behind it is profound.

The earth's surface is abundant with free electrons, which carry a negative charge. This negative charge happens by millions of lightning strikes across the earth's surface at any given second, as well as production deep within the earth's core. This negative charge can be passed on to us to neutralize our body's charge by making contact with the earth through a conductive surface, such as

our bare skin. It can also be passed through any tree or rock that is in contact with the earth, natural sources of water like streams or the sea, or through leather-soled shoes.

By spending time outside in contact with the earth's surface throughout the day, the inflammation in our body decreases.

Inflammation is a complex cascade of biochemical reactions in the body that can be initiated by many different causes. As a result of inflammation, our body produces free radicals, which are essentially unstable molecules that are searching for an electron to help neutralize them. They are chaotic molecules that may end up ripping an electron from a healthy cell to balance them, which in turn creates more inflammation and potential DNA damage.

This is a never-ending

process as our body creates more free radicals in response to environmental and physical stressors on the body. This is chronic inflammation.

Grounding is the single best method to help combat inflammation in our body instantaneously through exchange of free electrons. The earth's abundant supply of free electrons begins to flow through us the second we connect with the earth via a conductive surface, such as our bare feet. This contact allows for free electrons to "feed" the free radicals that are in chaotic search for an electron to neutralize them. As soon as they get what they want, inflammatory processes cease. Simple, free and instant.

Unfortunately, we have effectively insulated ourselves from the healing charge of the earth via shoes, houses, cars, beds,

etc. It was only around the 1960s that shoes with synthetic materials began to be produced on a mass scale. Prior to that we were already insulating ourselves from the earth through houses and beds.

We have grown to be further and further away from making contact with the earth. Thinking back to when humans would walk the earth with only leather moccasins covering their feet, sleeping on the ground, and bathing in natural sources of water, our world today looks very different.

I encourage you to start intentionally grounding today and notice how good it feels! With the warmer weather, you have more opportunity to be outside comfortably, taking advantage of the healing power of the earth.

Try grounding when you have a headache, backache, or maybe ten-

donitis. You may notice relief after 15-30 minutes of contact.

These results have been studied for many years now by scientists after Clint Ober initially began to investigate the changes that occur in the body after grounding yourself. He brought the earth inside via "Earthing" pads, which you can sit or sleep on and conduct via grounding rods or wires. He is co-author of the book "Earthing: The Most Important Health Discovery Ever!" which I highly recommend for further reading on this fascinating subject.

Dr. Elizabeth Boomhower is a chiropractor certified in the Webster Technique, whole food nutrition and a specialized interest in myofascial release techniques. She is the owner of Catskill Valley Chiropractic: A Center for Wellness.

What you need to know about ticks



Courtesy of Pexels

Tick season is here, but there are ways to protect yourself.

By Deborah E. Lans
For Capital Region
Independent Media

There aren't many reasons to dislike spring and summer, but ticks are one. The blacklegged tick, aka deer tick, becomes active once the temperature hits about 40° F.

It is a highly unusual organism, a spirochete (spiral-shaped) that can spread six different diseases through multiple means — a bacteria, a virus and a parasite — in the second year of its two-year life cycle. Lyme disease, anaplasmosis, ehrlichiosis and babesiosis are the most prevalent illnesses in our area.

This year, the ticks are expected to be especially active and numerous, the product of a warmer climate and the increase in animal host populations (deer and white-footed mice).

According to Dr. Ronald Pope, vice president of Medical Services at Columbia Memorial Health, in the 12 months from March 2022 through February 2023, the CMH lab diagnosed 343 cases of Lyme, 157 of anaplasmosis, 118 of ehrlichiosis and 109 of babesiosis. Although there are Lyme diagnoses throughout the

year, diagnoses rise in April and peak in August. The other three diseases spike beginning in May, peaking in June and again in October.

Experts agree the best approach to ticks is to avoid a bite altogether. The Cornell Cooperative Extension, Environmental Protection Agency (EPA) and Centers for Disease Control (CDC) websites, among many others, all offer advice.

Simplified, this includes:

- **GO LONG:** Wear long pants, a long-sleeved shirt and high socks. Also, wearing light colors makes tick-spotting easier.

- **TUCK:** Tuck your shirt into your pants and your pant bottoms into your socks, to close off entry points.

- **DETER:** To ward off ticks, you can treat clothing with Permethrin or spray on Picaridin or, to go natural, Lemon Eucalyptus oil. (A full list of effective products can be found on the EPA website.)

- **AVOID:** Ticks are most prevalent in brushy, wooded and high-grass areas. Avoid these or, when hiking, stick to the middle of the trail.

- **CHECK:** Frequently, check your clothes, yourself and your pet for ticks, hoping to remove them before they embed.

- **REMOVE:** The longer a tick is attached, the greater the chance of disease transmission. You can simply pick off a tick that is not embedded, without risk. But, tempting as it is to remove an embedded tick by hand the moment you spot it, don't, as you'll increase the risk of disease transmission. Use a sterilized fine-tipped tweezers, pull upwards, don't twist or jerk.

- **DOSE:** It takes up to 36 hours for a tick to transmit Lyme. So, the CDC recommends that in areas like ours, within 72 hours of removing an embedded tick, you take a single, high dose of doxycycline. The symptoms of tick-borne diseases make diagnosis "tricky," according to CMH infectious disease specialist Manuel Revuelta. Symptoms overlap with many other conditions, including vitamin D deficiency, gout, celiac and other autoimmune conditions, and the available tests are notoriously inadequate.

Nevertheless, Dr. Revuelta says patients should

seek medical advice if they have symptoms, as tick-borne illnesses can have serious consequences if left untreated. Symptoms of Lyme, anaplasmosis, ehrlichiosis and babesiosis all include a feeling of general malaise or flu-like symptoms, headaches, fatigue, fever, rash, chills, sweats, nausea or loss of appetite, and, occasionally, confusion.

The dramatic increase in tick-borne disease diagnoses in the past 20 years has spurred greatly needed research into better diagnostic tools and vaccines, although experts lament the inadequacy of funding in New York state for education and research. The efforts are primarily directed at Lyme disease.

A partnership of the U.S. Department of Health and Human Services (HSS) and the Steven & Alexandra Cohen Foundation recently launched the LymeX Diagnostics Prize to accelerate the search for better tests, and in 2023 it funded 10 groups with promising approaches to Lyme diagnosis.

At the Cary Institute of Ecosystems Studies in Millbrook, Dr. Richard Ostfeld, a disease ecologist, and others are exploring the biological control of ticks with an environmentally safe and effective means of controlling ticks using a native fungus. *Metarhizium anisopliae*, a fungus widespread in local soil and leaf litter, is known to attack and kill or weaken ticks.

Under consideration is spraying forest understory vegetation with a fungus solution in the fall and delivering the fungus to the nesting area of the host white-footed mouse.

A number of vaccines

are also under development. At MassBiologics of UMass Chan Medical School, researchers have developed a human vaccine that delivers a monoclonal antibody into ticks when they bite that neutralizes the bacterium that causes Lyme. The vaccine conveys immunity almost immediately.

A vaccine invented by a partnership of Pfizer and Valneva will require three doses, induces the development of antibodies, and is entering Phase 3 human trials, with a goal of coming to market in 2025.

At the Yale School of Medicine, researchers have developed a vaccine that, using mRNA technology, recognizes a tick's saliva, weakens the tick's ability to stay attached for the 36-plus hours needed to transmit the disease, and makes it easier to pull a tick off.

Moderna recently announced it is exploring two Lyme vaccines, using the mRNA technology employed in Moderna's COVID-19 vaccine.

There are also developments underway for treating Lyme disease. Currently, broad spectrum antibiotics are used, which have drawbacks including that the drugs kill not only the Lyme-causing bacterium *B. burgdorferi* but also damage organisms (gut microbes) important to a patient's health.

Recently, a team at Northeastern University discovered that an antibiotic, hygromycin A, developed in 1953 but abandoned because it was effective only against a few bacteria, was very effective against *B. burgdorferi*; Now what was perceived as a weakness of the drug is seen as a benefit. The drug does not affect gut microbes or oth-

er healthy bacteria. The drug is being studied as a targeted therapeutic for Lyme disease.

Research is also underway into the use of stem cell therapy to reduce the severity of Lyme disease symptoms and promote the repair of tissues damaged by the bacterium, particularly for patients who have not responded well to other treatments.

Finally, a few words in favor of ticks and to remind us of the interconnectedness of all life.

Ticks are an important food source for some reptiles, amphibians, birds (including wild turkeys) and opossums. (Some people raise guinea fowl because they eat ticks and thereby reduce the population.)

Accordingly, scientists study tick populations for indications of ecosystem health. To take two examples: a low tick population can indicate that predators of the small animals that host ticks may be out of control; and, since healthy snakes eliminate thousands of ticks by eating the small mammals on which ticks feed, an increase in ticks may suggest a problem within the snake population.

And ticks serve the evolutionary purpose of controlling the population of certain animals. By transmitting their illnesses to their hosts, ticks cause weaker and older animals to die, promoting the natural selection process.

A one-hour program recently hosted by state Sen. Michelle Hinchey, D-41, and available on her Facebook page covers the areas of prevention, diagnosis and treatment through four brief presentations by ecological and medical experts.

DEC adopts new fishing regulations for striped bass in marine waters

The New York State Department of Environmental Conservation recently announced the adoption of new regulations in the state's marine waters for recreational Atlantic striped bass fishing.

The new recreational slot limit of 28 to 31 inches takes effect immediately and is set as required by the Atlantic States Marine Fisheries Commission (ASMFC) to reduce

recreational harvest. The recreational slot limit in the Hudson River north of the George Washington Bridge remains 18 to 28 inches.

New York state works with the ASMFC and all East Coast states under the Atlantic Striped Bass Interstate Fishery Management Plan. On May 2, the ASMFC Atlantic Striped Bass Management Board approved an emer-

gency action to implement a 31-inch maximum size limit for the striped bass recreational fishery for 2023. This action was taken in response to the large increase in recreational harvest of striped bass in 2022, and repeated years of poor reproductive success.

The new slot limit is intended to protect a large proportion of the remaining adults to allow them to

contribute to future spawning and stock rebuilding. ASMFC will continue to monitor harvest and success of spawning stock rebuilding, and if it deems necessary, may extend the emergency action for two additional periods of up to one year each.

New York's failure to implement the 28- to 31-inch slot limit for recreational striped bass fishing in marine waters would

place the state out of compliance with ASMFC requirements and could result in the closure of New York's recreational and commercial striped bass fisheries. DEC continues to advocate for New York's marine resources and fishing community by participating in all levels of marine fisheries management to help ensure abundant and sustainable recreational and commer-

cial fishing opportunities.

The complete text of the rulemaking is available on DEC's website at dec.ny.gov. The DEC is accepting comments on the regulations from July 6, through Sept. 5. Written comments can be sent by mail to Caitlin Craig, New York State DEC, 123 Kings Park Blvd., Kings Park, NY 11754, or by email to fw.marine@dec.ny.gov.

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LIVING ON PURPOSE

Will the return of Christ interfere with your plans?

By Dr. William Holland
For Capital Region
Independent Media

Henry Allan “Harry” Ironside was a Canadian-American Bible teacher, preacher, theologian, pastor and author who pastored Moody Church in Chicago from 1929 to 1948.

It is said that Harry Ironside was one of the most prolific Christian writers of the 20th century and published more than 100 books, booklets and pamphlets, many of which are still in print. He also wrote several hymns including “Overshadowed,” “His Grace Proclaim” and “The Wonder of His Love to Me.”

One editorial reviewer wrote in a 2005 republication that, “Ironside’s commentaries are a Christian standard and have stood the test of time.”

In his comments on Isaiah 57, Dr. Harry Iron-

side shares this true story: “Years ago, before the First World War, Professor Stroeter, a well-known prophetic teacher in Germany, would travel through the country giving lectures and using charts to explain the dispensations. His meetings attracted the attention of the German Emperor, Kaiser Wilhelm, who despite his many idiosyncrasies, was quite a Bible student himself, and would deliver sermons in the palace chapel on many occasions. One day the emperor invited Professor Stroeter to his royal mansion so that he could have a personal session to learn more about the information the professor had been teaching. The professor was taken into the library and he began to spread his charts out on the table. The emperor listened closely as he pointed out various prophetic

stages that led up to the glorious Second Coming of the Lord.”

“After a lengthy conversation the emperor said, ‘Do you mean to say that Jesus Christ is coming back literally, and when He returns all the kingdoms of the world are going to be destroyed and He will set up His kingdom on the ruins of them all?’ Professor Stroeter said, ‘Exactly, your Majesty.’ The emperor backed away with a look of disappointment and said, ‘Oh no, I can’t accept that! This would interfere with all of my plans!’”

What an honest but troubling admission from a man who professed to be a student and teacher of the Bible. There are indeed many interpretations and opinions about what the future may bring, but Christians can agree there is coming a day when this world will be no more

and God will establish His heavenly kingdom forever.

We look around and notice that many people are working hard to build their dreams. I know individuals that are making plans 10, 20 and even 30 years in the future, but are these divine blueprints that God has drawn? Have you known or heard about individuals that had their lives all mapped out, but were suddenly taken out of this world at a young age?

It’s worth considering whose voice we are following as the Bible declares there is nothing more important than keeping our spiritual eyes and ears open to where the Lord desires to lead us. Proverbs 19:21 says, “Many are the plans in a person’s heart, but it is the Lord’s purpose that prevails.”

Many of us add Christ

to our long list of things we are interested in, but there are only so many hours in our already crowded schedule. Yes, we all have responsibilities, but ignoring God and not being prepared comes with steep consequences.

Are we just seeking the God we want without taking the time to know Him? Maybe our “busyness” is a way of hiding our brokenness. We notice in Luke 5:15-16, Jesus was becoming very popular and multitudes were constantly seeking Him for His wisdom and power to heal. Yet, the more hectic things became, the more time He spent praying and maintaining His relationship with the Father.

How often do Christians stop and consider that when they made a vow to surrender their will to God, their lives were no longer their own?

They declared to the world that from now on they will only follow His voice. So, I ask myself, is there anything in this world that would cause me to wish that Christ would wait a while before He returns?

Our daughter-in-law recently had twins and, of course, I want to know my grandchildren and watch them grow, but what could be better than for us all to go to heaven today?

What about you, dear friend? Are things like enjoying your wealth, building a house, seeing the world, finishing college, getting married, having children, getting that promotion, retiring or completing some project you’ve been working on for years, more important than the return of Jesus?

Read more about the Christian life at billyhol-landministries.com.

College & Military Corner

• Ryan Teplitzky, of Delmar, was named a Presidential Scholar at Clarkson University for the spring 2023 semester.

• Selkirk resident Emily Towle was named to the dean’s list at Cazenovia College for the spring semester.

• The following local students earned President’s List honors at The College of Saint Rose: Liv Bryant, of Delmar; Emma Carter, of Delmar; Jillian Hagen, of Selkirk; and Victoria Vadney, of Selkirk.

• Five Delmar residents earned dean’s list honors at The College of Saint

Rose this spring. They are Lamiya Farid, Alexis Averill, Samuel Costantini, Christopher Allen and Gwendolyn Jacobs-Friedman.

• Two local students earned master’s degrees at Rensselaer Polytechnic Institute: Dylan Keyer, of Ravena, graduated with a MS in business analytics, and Eric Segerstrom, of Delmar, graduated with a MS in electrical engineering.

• The following area students earned a spot on the dean’s list for the spring semester at Siena College: Morgan Campbell, of Del-

mar; Aidan Ciancio, of Delmar; Jessica Epstein, of Selkirk; Christopher LaDuke, of Ravena; Ryan Lynch, of Delmar; Kira Martin, of Delmar; Richard Myers, of Delmar; Caitlyn O’Connell, of Delmar; Avery Proper, of Delmar; Andrew Ramsey, of Delmar; Uarda Sulo, of Delmar; and Julianna Tourangeau, of Selkirk.

• Six Delmar residents were named to the President’s list at Siena College: Makayla Alfred, Ryan Ciancio, Elizabeth Hussar, Koal Kornfield, Emma Radzyminski and Caroline Spore.

• The following students earned inclusion on the dean’s honor list at Rensselaer Polytechnic Institute: Izaak King, of Ravena, a computer science major; Na’sir Miller, of Selkirk, a business analytics major; and Avery Roach, of Delmar, an electronic arts major.

• Anna Bernasconi, of Selkirk, was named to the President’s List at Saint Francis University.

• Delmar resident Mary Fleischut was named to the President’s List at SUNY Canton.

• Theresa Rossi, of Delmar, earned dean’s list

honors at SUNY Canton.

• Four local students were named to the President’s List at SUNY Potsdam. They are Vincenzo Bonaiuto, of Selkirk, a biology major; Madeline Fitzgerald, of Delmar, a music education major; Simon Lindmark, of Selkirk, a music education major; and Avery Manning, of Selkirk, a psychology major.

• Local students named to the dean’s list at SUNY New Paltz for the spring semester include: West Allen, Morgan Sumner, Bryce Swiader, and Maxine Weiss, of Selkirk;

Benjamin Bryant, Isabella Cremo, Eliana Cromling, Nicholas DeFazio, Michael Devoe, Elena Koutsourades, Caroline Mentis, Nika Midgette, Emma Paulsen, Lily Rutski, Hugh Talmage and Abigail Taylor, all of Delmar; and Carter Sorensen, of Ravena.

• The following area students made the dean’s list at the University of Rhode Island: Aurora Lagace, Ian Penfield, Abby Thomas and Jack Watson, all of Delmar; and Camryn Keppler and Katie Pagnotta, both of Selkirk.

June is Pride Month

Celebrate and raise awareness for LGBTQ equality

Pride Month is currently celebrated each year in June to honor the Stonewall Uprising, also known as Stonewall Riots, which took place in the Greenwich Village area of Manhattan. In the early morning hours of June 28, 1969, New York City Police raided the Stonewall Inn, a popular gather place for the city’s lesbian, gay, bisexual, transgender, and queer or questioning (LGBTQ) community. Citing an existing statute, commonly referred to as the “masquerade law,” police targeted individuals for arrest who were not wearing at least three articles of clothing that conformed to apparel associated with the sex they were assigned at birth. Fed up with years of outdated and unjust laws, police harassment and persecution, the patrons at the club stood up for themselves, resisted arrest and demanded their civil rights. The raid sparked a series of violent clashes between police and protesters that lasted six days.

The first Pride March was organized for June 28, 1970, the anniversary of the raid. The march started at Christopher Street and ended in Central Park with thousands of peaceful protesters participating. The uprising and subsequent march were the first steps in a movement to eliminate laws and practices that singled out and discriminated against people who identify as LGBTQ in the United States.

Since this first event, cities across the country and around the world have hosted pride parades, parties, picnics and other celebrations to commemorate Stonewall. Ahead of the 30th anniversary, in June 1999, President Bill Clinton issued a presidential proclamation officially recognizing Gay and Lesbian Pride Month.

And on June 24, 2016, the National Park Service established the Stonewall National Monument which is located in Christopher Park across the street from the historic Stonewall Inn. The Inn itself is a National Historic Landmark and State Historic Site. It is also a privately-owned establishment and a working bar.

Pride Month isn’t only a celebration of the freedom to express one’s authentic self, but also serves to increase awareness of the need for equal justice and equal opportunity for people of the LGBTQ community.

For more information, visit the Stonewall National Monument in New York City or go to the National Park Service website at <https://www.nps.gov/ston/index.htm>. The site includes a virtual tour and educational resources.

Newspaper Activities:

- The National Park Service’s mission is “preserving history unimpaired.” Compare and contrast this mission with the goal or mission of your local newspaper.
- Search recent news about upcoming commemorations or celebrations. What is being done? Do any of these events promote diversity, equity and inclusiveness?
- Look through the news for current issues involving the LGBTQ community. Share what you find as a class.
- The patrons of Stonewall finally rebelled after suffering from constant harassment and discrimination. Look for current examples of individuals or groups of people dealing with unfair treatment. Compare and contrast one modern example with that of Stonewall. Brainstorm ways you and others might safely and effectively stand up to defend and protect against this injustice.

Look through your local newspaper to find and celebrate the monuments honoring significant people or places in your local community!

DEC: Pheasants will be available for 2023 seasons

The New York State Department of Environmental Conservation has announced that the fall 2023 pheasant season will proceed as planned.

After the loss of the pheasant flock at DEC’s Reynolds Game Farm earlier this year due to an outbreak of highly pathogenic avian influenza (HPAI), DEC is acquiring ring-necked pheasants from a commercial hatchery to supplement fall upland bird hunting opportunities around the state.

Every year, DEC releases 30,000 pheasants on more than 100 properties that are open to the public for pheasant hunting.

“Pheasant hunting serves as an introduction to hunting for many New York hunters,” said DEC Commissioner Basil Seggos. “DEC was devastated by the loss of the state’s breeder flock this spring and is grateful to be able to offer the pheasant program this fall and beyond.”

New York does not have sufficient habitat quantity on a large landscape scale needed to support a wild, self-sustaining pheasant population, so the chance to harvest pheasants on publicly ac-

cessible lands relies on DEC’s pheasant propagation program.

Pheasant hunting provides excellent opportunities to engage new hunters of all ages and to re-engage people who no longer hunt. In this way, the pheasant propagation program is an important hunter recruitment tool and many of these birds will be distributed to organizations hosting sponsored pheasant hunts for youth, people with disabilities, women and novice hunters.

Both young (8-12 weeks) and adult birds will be received at Reynolds Game Farm over the coming weeks and raised until they are ready for stocking at locations around the state. DEC will continue to follow existing HPAI protocols to protect the flock and remains committed to producing and releasing pheasants in 2023 and beyond.

For more information about pheasant hunting in New York, including an interactive map of pheasant stocking locations, visit DEC’s website at dec.ny.gov. The interactive map will be updated with 2023-24 information in September.



Working widow seeks to maximize Social Security benefits

SOCIAL SECURITY MATTERS



RUSSELL GLOOR

Dear Rusty:

I was widowed years ago and, when I approached age 60, I looked into Social Security survivor benefits based on my late husband's record.

He started receiving Social Security shortly

before he died at \$1,200 per month. My income at age 60 was \$42,000 and, since Social Security would keep \$1 for every \$2 above the limit (around \$15,000 at that time), I did not apply.

Next year I will reach my full retirement age of 66½, but I plan to work until I am 70. Will I be able to receive full survivor benefits next year if I continue to work? I plan to switch to my own Social Security benefit at age 70, which will be higher than my husband received.

Since I am waiting to apply for survivor benefits, will there be an increase in the amount I receive? I am a municipal employee and when I retire, I will collect from the state retirement system. I paid into the state retire-

ment system and also paid Social Security taxes, so will my state pension have any impact on my Social Security?

Signed: Still Working Dear Still Working:

Congratulations on having an excellent strategy for maximizing your survivor benefit as well as your personal SS retirement benefit. Once you reach your full retirement age (FRA) next year, you are no longer subject to Social Security's "earnings test" and can collect Social Security benefits without those benefits being affected by your work earnings.

Your surviving spouse benefit will be more because you are waiting until your full retirement age to claim it. At your FRA you can claim your

full survivor benefit from your deceased husband (without reduction) and collect only that while still allowing your personal SS retirement benefit to grow to maximum when you are 70. Then, at age 70, you can switch from your smaller survivor benefit to your maximum SS retirement benefit and collect that higher amount for the rest of your life.

Essentially, your survivor benefit reaches maximum at your FRA and your personal SS retirement benefit reaches maximum at age 70.

Note that you should apply for your benefits a couple of months before you wish them to start. For example, if you reach your FRA in May of next year you can apply for your survivor benefit in

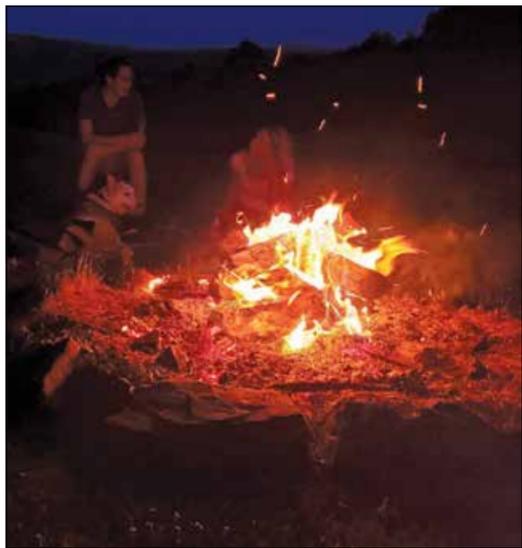
February or March, specifying that you wish your survivor benefit to begin in May 2024 at your full retirement age. Just be sure to emphasize that you are applying only for your survivor benefit and wish your personal SS retirement benefit to continue to grow by earning Delayed Retirement Credits (DRCs) until you are 70.

You cannot apply for your survivor benefit online, so you will need to call Social Security, at either the national number (1-800-772-1213) or your local Social Security office, to make an appointment to apply for your benefit as your husband's widow.

And to answer your last question, your state pension won't affect your monthly Social Security

payments because you paid Social Security FICA payroll taxes from your municipal earnings.

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Courtesy of Department of Environmental Conservation Campers should use firewood that has been locally sourced to prevent the spread of invasive species and diseases, according to the DEC.

DEC: Use local firewood this camping season

Many people like to take firewood from their homes before traveling to a campsite. Invasive pests like the emerald ash borer or Asian longhorned beetle often hitch a ride to new areas in untreated firewood. Transport of untreated firewood across the state has caused outbreaks of these damaging pests.

Since 2009, New York state has regulated the movement of firewood to

help control the spread of invasive species and diseases. Untreated firewood must have been grown in New York and cannot be moved more than 50 miles from where it was grown or its source.

Producers of firewood for sale are allowed to declare their business as the source provided the wood was grown within 50 miles of their business and they must maintain documentation. Those moving

untreated firewood for their own use must fill out a Self-Issued Certificate of Origin.

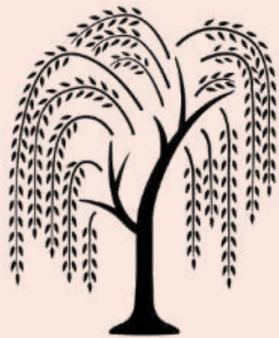
Treated firewood, which has been heated to a core temperature of 160-degrees Fahrenheit for 75 minutes and labeled as "New York Approved Heat-treated Firewood/Pest Free," can be moved without restrictions.

DEC has an interactive map that shows if firewood's source and its

destination are within 50 miles.

Violation of firewood regulations can result in fines, penalties and the potential destruction of beloved trees and habitats.

The safest way to enjoy a campfire and protect New York forests is to buy and burn local firewood at your destination. Read more about New York's firewood regulations on DEC's website at dec.ny.gov.



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Concepts in Fitness



MARY SCHOEPE

"I don't have time" is the most common excuse people make when they want to avoid doing something like exercise. Between work, kids and other responsibilities, our

24/7 lifestyle often leaves us feeling like there just isn't enough time to squeeze exercise in. Or is there?

Today's post describes how you can turn your body into a fat-burning machine and reap tons of other benefits in as little as 15 minutes a day with HIIT.

High-Intensity Interval Training (HIIT) combines short, high-intensity bursts of exercise with slow recovery phases repeated throughout one short 15-30 minute session. At one time only elite athletes used HIIT,

but now all fitness levels are doing it, enjoying the same benefits and achieving amazing results with little or no equipment.

Not sure you believe it? Well, there's tons of research available proving that high-intensity interval training is more effective than a 60-minute routine, making it an ideal fit for your busy schedule or if you must get in shape for a fast-approaching event!

Check this out — a 2019 review in The British Journal of Sports Medicine analyzed 77 scientific studies and found that people who did HIIT

training workouts lost an average of 28.5% more fat than people who did moderately intense continuous exercise like running.

Plus, HIIT workouts can also help reduce your risk for developing heart disease by lowering your blood pressure and blood sugar. A 2015 study published in the Journal of the Public Library of Science found that after eight weeks of HIIT, people with Type 2 diabetes had better control of their insulin levels and better pancreatic function.

HIIT training is also great for your heart. And

according to a 2011 study presented at the American College of Sports Medicine's annual meeting, just two weeks of high-intensity intervals improves your aerobic capacity as much as six to eight weeks of aerobic endurance training.

But if you still need more convincing, then listen up. According to the European Society of Cardiology, HIIT exercise increases telomerase, a well-known anti-aging enzyme. In addition to affecting DNA, the wide variety of anti-aging HIIT benefits includes firmer

skin, increased energy and metabolism, muscle tone improvement and fat loss. And who doesn't want to look younger?

And HIIT is so effective that even the World Health Organization recommends it!

So ditch your old workout routine and try something new. There are plenty of free online apps like J & J Official 7-Minute Workout and Workout for Women. Both sites offer plenty of workout variations for beginners to advanced athletes.

Now you have no excuse!

How to identify giant hogweed



Courtesy of Department of Environmental Conservation
The giant hogweed is an invasive species that can cause painful burns and scarring.

Giant hogweed is a large, flowering plant from Eurasia with sap that can cause painful burns and scarring.

Adult giant hogweed plants tend to be 7-14 feet tall with an umbrella-shaped cluster of white flowers up to 2.5 feet wide. The stem is green with purple splotches and coarse white hairs, and the leaves are large (up to 5 feet across), incised, and deeply lobed.

The most common lookalike found in New York is our native cow parsnip, which flowers earlier and does not have the purple splotches on the stem (but can also cause burns). You can find more identification tips, including a table of other lookalikes, on the DEC website at dec.ny.gov.

If you think you have found giant hogweed:

- Do not touch it.
- From a safe distance, take photos of the plant's stem, leaves, flowers, seeds, and the whole plant.
- Report your sighting to the DEC by emailing photos and location information to ghogweed@dec.ny.gov or by calling 845-256-3111. DEC staff will help you confirm if it is giant hogweed and provide you with information on how to control it.

Giant hogweed plants are beginning to bloom across many parts of the state, making it a prime time to spot this harmful invasive species.

DEC seeks reports of moose sightings



Courtesy of Pexels

The state DEC is asking the public to report moose sightings and be vigilant on the roads.

The Department of Environmental Conservation is asking the public to report moose sightings via an online form as part of ongoing efforts to monitor moose distribution across New York.

While the Adirondacks are home to most New York moose, some live in the eastern part of the state along the Vermont and Massachusetts borders. Moose can also occasionally be found in southeastern New York and the Catskills, but these are usually individuals that have dispersed from other areas.

Moose are the largest

land mammal in the state. In the summer, when most sightings occur, moose typically spend a lot of time in ponds and wetlands feeding on submerged aquatic plants. During the rest of the year in cooler weather, they browse on leaves, twigs and buds of trees and shrubs. Favored browse species include willows, birches, maples, balsam fir, viburnums, aspen and mountain ash.

Bulls weigh up to 1,200 pounds and stand up to 6 feet tall at the shoulder. Cows weigh anywhere from 500 to 800 pounds and usually give

birth to one or two calves in late May or early June.

Many moose sightings occur along roadways. Drive cautiously at dusk and dawn as moose can be hard to spot due to their dark color. If you see a moose, do not block traffic, and remember to respect wildlife by keeping quiet and viewing from a distance.

If you manage to capture one of these magnificent mammals on camera, share your photos by sending them to wildlife@dec.ny.gov.

Report moose sightings at dec.ny.gov.

Study outlines role of manufactured homes in NYS housing crisis

ALBANY — More than 20 million Americans live in manufactured housing, according to the U.S. Census Bureau. That's more than in public housing and federally subsidized rental housing combined.

Since manufactured homes make up a significant part of the nation's housing stock and provide a viable affordable housing option, the Rural Housing Coalition of New York (RHC) contends manufactured homes should play a larger role in discussions, policies and plans to address the ongoing housing shortage, according to the organization.

The Rural Housing Coalition commissioned a report titled "The Role of Manufactured Housing in New York's Affordable Housing Crisis" that lays out policy recommendations based on 30 years of data collected from 1989 to 2019.

"There are 192,890 manufactured housing units in New York state — making up 2.4% of the state's total housing stock," said Mike Borges, executive director of the Rural Housing Coalition. "However, in rural areas, that percentage jumps to 10.3% of housing stock — more than 100,000 manufactured housing units. The report identifies Saratoga, Dutchess and Ulster counties as having the highest concentrations of manufactured housing communities in the state."

The study was funded by a grant from Enterprise Community Partners and completed by the Center for Impact Finance at the University of New Hampshire. The report gleaned data from existing public documents to inform policymakers on the conditions, locations and demographics of Manufactured Housing Communities (MHCs) in New York state.

Top recommendations of the report were:

- Better enforcement and compliance with existing laws and regulations regarding the registration of manufactured housing communities with the NYS Department of Taxation and Finance.
- The research uncovered a significant decline in mobile home park registrations in recent years — but the parks are still there. Until 2019, NYS Housing and Community Renewal (HCR) managed the registration of these parks, but in 2020, the NYS Department of Taxation and Finance took on the task of managing park registrations. The report showed that the "number of registered parks has declined from 1,800 to 1,200" — and that information is missing on about one-third of the manufactured home communities in New York.
- Legislation to support expanded opportunities for residents to purchase their manufactured housing communities in the case of sale of the property regardless of any change of use.
- The rights of manufactured homeowners who rent space in a manufactured home park in New York State are covered under Section 233 of the Real Property Law, also known as the "Manufactured Homeowners Bill of Rights." At the end of the 2023 session, the NYS Legislature passed a measure to give manufactured homeowners the right of first refusal when the park in which they live is put up for sale regardless of land use changes. The bill will be sent to Governor Hochul for consideration.
- Legislation that would foster and fund the purchase of development rights of manufactured housing communities using open space and farmland conservation programs as a model.
- Across New York State — and the country — large national investment firms are buying up mobile home parks, dramatically raising fees, and evicting people who can't pay the lot rent, even though they own their homes. To help preserve locally owned MHCs as an affordable

housing option, the report calls for the creation of a state-funded program to offset the cost of purchasing the development rights of MHCs. Successful programs to preserve open space and farmland could serve as a model.

- Increase mortgage recording taxes on MHC sales to for-profit entities to establish a resident displacement fund.
- When a manufactured home community is sold, residents can't easily move their homes, even if they can find an alternative site. Accordingly, many people are forced to abandon their homes and start from scratch. The report proposes increasing mortgage recording taxes on MHC sales to for-profit entities to establish a resident displacement fund.
- Help low- and moderate-income homeowners replace dilapidated manufactured homes.
- The report calls for an increase in funding for the Mobile and Manufactured Home Replacement Program administered by HCR from the current \$5 million to \$10 million, and an increase on the amount allocated per home from \$100,000 to \$200,000.

"As state policymakers continue to tackle the affordable housing shortage in New York, we urge them to work toward a solution that addresses the needs of the whole state and not just downstate," Borges said. "That solution should include ways to preserve manufactured housing communities as an affordable housing option."

The Rural Housing Coalition of New York is a statewide organization dedicated to revitalizing rural New York by strengthening housing and community development providers. The coalition supports rural housing and community development providers through organizational capacity development, training and technical assistance, and raising public awareness and advocacy.

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Coeymans Hollow Volunteer Fire Corporation News

COEYMANS HOLLOW —

- **Coeymans Hollow Ladies Auxiliary scholarship winners announced:** The Coeymans Hollow Volunteer Fire Corporation would like to congratulate Elizabeth Robertson of RCS and Victoria Maile of Greenville on being named the winners of the Coeymans Hollow Ladies Auxiliary 2023 Scholarship. Congratulations Elizabeth and Victoria!
- **Officers meeting scheduled:** The Coeymans Hollow Line Officers will hold its monthly meeting on Tues-

day, July 11, beginning at 6:30 p.m. All Coeymans Hollow line officers are encouraged to attend.

- **Membership meeting scheduled:** The Coeymans Hollow Volunteer Fire Corporation will hold its monthly membership meeting on Tuesday, July 11, beginning at 7:30 p.m. All Coeymans Hollow members are encouraged to attend.
- **Recruitment and retention:** Please consider joining your local volunteer fire company. They all need your help, and are in desperate need of firefighters and EMTs. Summer is

here and they need to prevent shortages of firefighters throughout the summer and throughout the year. They will provide all the training necessary for you to become a volunteer firefighter or an EMT at no cost to you. If you are 16 years old or older, and are interested in the volunteer fire service, please call the firehouse at 518-756-6310 or stop by on drill night (Tuesdays) to see what it is all about or to obtain an application. For junior firefighters, remember — volunteering for your community looks good on your college or work application. They have the

equipment, now all they need is you. Please join today. Remember, they are neighbors, helping neighbors.

- **Events scheduled by neighboring fire companies and community groups:**
 - Village of Ravena Mosher Park Pool Party – 50th anniversary celebration on Saturday, July 8, from 12-5 p.m. Food, games, music and swimming. Donations at the door to sponsor children's activities for the Friendship Festival.
 - Selkirk Fire Company No. 2 will hold the Glenmont Flea Market on

Saturday, July 29, from 8 a.m. to 5 p.m. Over 100 vendors and refreshments will be available for purchase.

- **Drill scheduled:** Tim Pinson, Coeymans Hollow training officer, has announced the drill scheduled for Tuesday, July 18, will be using the roof simulator. The drill will begin promptly at 7 p.m. and all Coeymans Hollow firefighters and EMS personnel are encouraged to attend.
- **Safety tip:** Enjoy the Fourth of July, but please don't drink and drive.
- **Be safe on the**

Fourth of July: The Coeymans Hollow Volunteer Fire Corporation would like to remind everyone to be safe on the Fourth of July. Please do not use banned fireworks. Attend one of the many safe public displays that are being scheduled in the area, especially the display at the Empire State Plaza.

- **Fire and EMS report:** The Coeymans Hollow Volunteer Fire Corporation responded to one fire and three EMS calls in the past week.



Contributed photo

The spring-fed pond was dug in 1997 and is a central focus of the property.



Contributed photo

The home of Carol and Jerry McDonald was built with stone and wood resourced from their own property.



Contributed photo

Jerry and Carol McDonald enjoy their Garden of the Month at their home in Coeymans Hollow.

Garden of the Month

COEYMANS HOLLOW — The Clematis Garden Club has selected the beautiful gardens of Carol and Jerry McDonald of Coeymans Hollow for Garden of the Month.

The McDonalds purchased their 130-acre homestead in 1995, established their gardens and built their stunning home with stone and wood resourced from their property.

Jerry and Carol have developed a paradise of meandering wood trails, shade gardens, beautiful

stone walls, extensive flower gardens for pollinators plus productive vegetable and herb gardens.

Their orchard consists of apple, persimmon, peach, pear, plum and nut trees.

The spring-fed pond, dug in 1997, is completely bordered by bright yellow iris and perennials and is stocked with grass carp to keep the pond vegetation at bay.

Jerry is well known for cultivating mushrooms and is currently growing

shiitake and oyster mushrooms.

Their beautiful gardens were featured on the Town of Coeymans' 350-year Celebration Garden Tour.

The Clematis Garden Club has members from Greene, Albany and Schoharie counties, meets the third Friday of the month at the American Legion Hall in Greenville, and guests are always welcome.

For more information, please call Jean Horn at 518-966-4260.



Contributed photo

The Garden of the Month was also featured on the Secret Gardens of Coeymans Tour celebrating the 350th anniversary of Coeymans earlier this month.



Contributed photo

The 130-acre property of Jerry and Carol McDonald was selected for the Garden of the Month by the Clematis Garden Club.

AG warns about e-bike safety

NEW YORK — New York Attorney General Letitia James last week warned New Yorkers of the dangers caused by electrical bike (e-bike) batteries and provided tips on how to safely handle them.

The alert comes in light of a deadly fire that killed four individuals at an e-bike repair shop in Manhattan's Chinatown last week.

Most e-bikes, as well

as e-scooters and hoverboards, use powerful lithium-ion batteries that store more energy and are more likely to catch fire than a typical battery. In 2022, there were at least 220 fires and six deaths as a result of lithium-ion batteries from e-bikes and other devices in New York City alone. This year, these batteries have caused at least 108 fires and resulted in 13 deaths.

"E-Bikes can be great tools, but also can pose significant risks to New Yorkers and their families," James said. "The best way to protect our loved ones from the risks associated with e-bikes is to handle these devices and their batteries carefully and follow all safety precautions. As we continue to mourn the lives of those we lost in this week's fire, I urge everyone to take all neces-

sary steps to avoid future e-bike-related tragedies."

In September 2022, James issued a consumer alert about the dangers posed by e-bike batteries, and noted that when proper precautions are taken when buying, storing, charging and disposing of these batteries, accidents can be avoided.

James recommended consumers take the following steps when using

e-bikes:

- Buy your e-bike and battery from a trusted manufacturer.
- Maintain your battery by carefully checking it from time to time. If you notice any strange smells or changes in shape or color, stop using the battery immediately and contact your local fire station or call 911.
- Store your battery in a safe place.

- Charge your battery using only the cord and power adapter provided by the manufacturer.
- Dispose your battery at a battery-recycling location. Do not reuse or refurbish used lithium-ion batteries or its parts.
- Note: Putting batteries in the trash or recycling them is both dangerous and illegal, and can lead to fires on sanitation trucks and in recycling facilities.

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Legals

Notice of Formation of Decker Disposal, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-26. Office location: Albany County. SSNY designated as agent of upon whom process against it may be served. SSNY should mail process to The LLC: c/o Whiteman Osterman & Hanna LLP One Commerce Plaza Albany NY 12260. Purpose: Any lawful purpose

Notice of Form. of PERMISSIBLE CAPITAL LLC. Arts. of Org. filed with SSNY on 05/18/2023. Office location: Albany SSNY desg. as agent of LLC upon whom process against it may be served. SSNY mail process to Christopher Wilson: P.O. Box 192 Round Top NY 12473. Purpose: Any lawful purpose

Notice of Formation of Tbrei LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-15. Office location: Greene County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to LLC: 7 Joshuas Path Round Top NY 12473. Purpose: Any lawful purpose

Notice of Formation of Preston Property Services LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-06-11. Office location: Albany County. SSNY designated as agent of upon whom process against it may be served. SSNY should mail process to Preston Property Services LLC: 1443 Indian Fields Road Feura Bush NY 12067. Purpose: Any lawful purpose

Notice of Form. of MARSPROJECT LLC. Arts. of Org. filed with SSNY on 05/19/2023. Office location: Albany SSNY desg. as agent of LLC upon whom process against it may be served. SSNY mail process to 90 STATE STREET, SUITE 700 BOX 10, ALBANY, NY 12207. Any lawful purpose.

SERRES LLC Art of Org. filed with the SSNY on 06/07/2023. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, LEGALCORP SOLUTIONS 1060 Broadway Suite 100 ALBANY, NY 12204 Purpose: Any lawful purpose.

Notice of Formation of Nascimento Law LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-09. Office location: Albany County. SSNY designated as agent of Professional Limited Liability Company (PLLC) upon whom process against it may be served. SSNY should mail process to REGISTERED AGENTS INC.: 418 Broadway STE R Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of Lemus Nova LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-23. Office location: Greene County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to LLC: 16 Bailey Rd Purling NY 12470. Purpose: Any lawful purpose

Notice of Formation of Velare Bags LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-22. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to New York Registered Agent LLC: 418 Broadway STE Y Albany NY 12207. Purpose: Any lawful purpose

Notice of Form. of 25911 81 AVE LLC. Arts. of Org. filed with SSNY on 05/12/2023. Office location: Albany SSNY desg. as agent of LLC upon whom process against it may be served. SSNY mail process to 90 STATE STREET, SUITE 700 BOX 10, ALBANY, NY, 12207. Any lawful purpose.

Notice of Formation of GoodVets Services of Brooklyn Heights LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-03-20. Office location: Albany

County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to REGISTERED AGENTS INC.: 418 Broadway, STE R Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of Phase Lighting Audio Events LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-06-07. Office location: Greene County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Christopher Wilson: P.O. Box 192 Round Top NY 12473. Purpose: Any lawful purpose

Notice of Form. of GOOD RACK LLC. Arts. of Org. filed with SSNY on 05/26/2023. Office location: Albany SSNY desg. as agent of LLC upon whom process against it may be served. SSNY mail process to 1967 WEHRLE DRIVE, SUITE 1-086, BUFFALO, NY, 14221. Any lawful purpose.

Notice of Formation of Woodlene, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-03-13. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Registered Agents, INC: 418 Broadway Suite R Albany NY 12207. Purpose: Any lawful purpose

Notice of Form. of NO-BLEBOW LLC. Arts. of Org. filed with SSNY on 05/18/2023. Office location: Albany SSNY desg. as agent of LLC upon whom process against it may be served. SSNY should mail process to 90 STATE STREET, SUITE 700 BOX 10, ALBANY, NY 12207. Any lawful purpose.

Notice of Form. of 515 PARK AVENUE 18 LLC. Arts. of Org. filed with SSNY on 05/12/2023. Office location: Albany SSNY desg. as agent of LLC upon whom process against it may be served. SSNY mail process to 90 STATE STREET, SUITE 700 BOX 10, ALBANY, NY, 12207. Any lawful purpose.

Notice of Form. of STUNNING JEWELRY LLC. Arts. of Org. filed with SSNY on 05/10/2023. Office location: Albany SSNY desg. as agent of LLC upon whom process against it may be served. SSNY mail process to 90 STATE STREET, SUITE 700 BOX 10, ALBANY, NY, 12207. Any lawful purpose.

Notice of Formation of BLL Art LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-04-16. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to REGISTERED AGENTS INC.: 418 Broadway, STE R Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of JR Wood LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-31. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to JR Wood LLC: 103 Webster Ave FL 2 Brooklyn NY 11230. Purpose: Any lawful purpose

Notice of Formation of 105 Cobleskill Kenyon LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-22. Office location: Albany County. SSNY designated as agent of upon whom process against it may be served. SSNY should mail process to Jacob Constantine: 1391 Indian Fields Road Feura Bush NY 12067. Purpose: Any lawful purpose

Notice of Formation of AA Basement Technologies LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-05. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to LLC: 975 Starr Road Ravena NY 12143. Purpose: Any lawful purpose

NOTICE OF FORMATION

OF A LIMITED LIABILITY COMPANY Notice of Form. of TRIARCH MANAGEMENT II LLC. Arts. of Org. filed with SSNY on 05/18/2023. Office location: Albany SSNY desg. as agent of LLC upon whom process against it may be served. SSNY mail process to 90 STATE STREET, SUITE 700 BOX 10, ALBANY, NY 12207. Any lawful purpose.

Notice of Formation of LITTLE LAMBS LLC. Arts of Org filed with the SSNY on 06/01/2023. Office: Albany County. SSNY designated as agt upon whom process against it may be served. SSNY shall mail process to the LLC, 7001 Brush Hollow Rd, Westbury, NY 11590 Purpose: any lawful activity

Notice of Formation of 170-172 Holland LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-03-16. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to 170-172 Holland LLC: 75 Huntington Street Brooklyn NY 11231. Purpose: Any lawful purpose

Notice of Form. of CUSTOM RESIDENTIAL SOLUTIONS, LLC. Arts. of Org. filed with SSNY on 05/23/2023. Office location: Albany SSNY desg. as agent of LLC upon whom process against it may be served. SSNY mail process to 90 STATE STREET, SUITE 700 BOX 10, ALBANY, NY 12207. Any lawful purpose.

Notice of Formation of Big Barn Realty, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-31. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Big Barn Realty, LLC: 707 County Route 401 Westerlo NY 12193. Purpose: Any lawful purpose

Notice of Formation of PHI SQUARED LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-15. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Northwest Registered Agency LLC: 418 Broadway Ste N Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of HOT POINT TOUR LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-31. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Northwest Registered Agency LLC: 418 Broadway STE N ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of Elmhurst Investors, LLC. Arts. of Organization filed with Secretary of State of NY (SSNY) on 2023-06-15. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Registered Agents, Inc. : 418 Broadway, Ste R Albany NY 12207. Purpose: Any lawful purpose

Notice of Form. of 25909 81 AVE LLC. Arts. of Org. filed with SSNY on 05/12/2023. Office location: Albany SSNY desg. as agent of LLC upon whom process against it may be served. SSNY mail process to 90 STATE STREET, SUITE 700 BOX 10, ALBANY, NY, 12207. Any lawful purpose

Notice of Formation of Devils Choice LLC. Arts. of Organization filed with Secretary of State of NY (SSNY) on 2023-05-23. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Jersey Degraia, 70 Morris St Albany NY 12208. Purpose: Any lawful purpose

Notice of Form. of YAD AVRAHAM DOVID MARRIAGE WORKSHOP LLC. Arts. of Org. filed with SSNY on 05/23/2023. Of-

fice location: Albany SSNY desg. as agent of LLC upon whom process against it may be served. SSNY mail process to 90 STATE STREET, SUITE 700 BOX 10, ALBANY, NY 12207. Any lawful purpose.

Notice of Formation of JCS Apparel, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-02-01. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Craig J Marcklinger : 247 Jefferson Heights Apartment 3 Catskill NY 12414. Purpose: Any lawful purpose

Notice of Formation of 40 BAILEY LLC. Arts. of Org. filed with SSNY on 06/06/2023. Office location: Greene SSNY desg. As agent of LLC upon whom process against it may be served SSNY mail process to 65 KATYDID DR, BRANCHBURG, NJ, 08876. Any lawful purpose.

Notice of Formation of 170-172 Holland Ave LLC. Arts. of Organization filed with Secretary of State of NY (SSNY) on 2023-02-23. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to 170-172 Holland Ave LLC: 4770 White Plains Rd Bronx NY 10470. Purpose: Any lawful purpose

Notice of Formation of ByronJBeegs LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-24. Office location: Greene County. SSNY designated as agent of upon whom process against it may be served. SSNY should mail process to Aaron O'Brien: PO Box 14 New Baltimore NY 12124. Purpose: Any lawful purpose

Notice of Form. of KNC813 WELLINGTON MANAGEMENT, LLC. Arts. of Org. filed with SSNY on 05/01/2023. Office location: Albany SSNY desg. as agent of LLC upon whom process against it may be served. SSNY mail process to 31 WELLINGTON AVENUE, ALBANY, NY 12203. Any lawful purpose.

Notice of Form. of SAB-BATH LEGACY CAPITAL, LLC. Arts. of Org. filed with SSNY on 05/11/2023. Office location: Albany SSNY desg. as agent of LLC upon whom process against it may be served. SSNY mail process to 90 STATE STREET, SUITE 700 BOX 10, ALBANY, NY, 12207. Any lawful purpose.

Notice of Formation of 42ND FLOOR CONSULTING LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-06-06. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to 42ND FLOOR CONSULTING LLC: 19 Dutch Street 42H New York NY 10038. Purpose: Any lawful purpose

Notice of Form. of BRUCE H. YAFFE MEDICAL SERVICES PLLC. Arts. of Org. filed with SSNY on 05/16/2023. Office location: Albany SSNY desg. as agent of PLLC upon whom process against it may be served. SSNY mail process to 90 STATE STREET, SUITE 700 BOX 10, ALBANY, NY, 12207. Any lawful purpose.

Notice of Formation of Over Drinks Productions LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-01. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Registered Agents Inc.: 418 Broadway Ste R Albany NY 12207. Purpose: Any lawful purpose

Notice of Filing of Application for Authority in New York by IndusPAD-Flair, LLC, Application for Authority filed with NY Secy of State (SSNY) on March 23, 2023. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to The LLC at c/o 46 Stafford Street, Lawrence, MA 01841. Purpose: any lawful activity.

Notice of Formation of Wild Amaranth Farm LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-02-09. Office location: Greene County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Craig J Marcklinger : 247 Jefferson Heights Apartment 3 Catskill NY 12414. Purpose: Any lawful purpose

Notice of Qualification of Mezeh 111 Fulton LLC. Certificate of Authority filed with Secretary of State of NY (SSNY) on 2022-11-28 Office location: Albany County. Limited Liability Company (LLC) formed in VA on 2022-11-28. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY shall mail process to Incorp Services, INC: One Commerce Plaza 99 Washington Ave., Suite 805A Albany NY 12210-2822 Articles of Organization originally filed with VA Secretary of State (SOS). 3975 Fair Ridge Drive Suite N430 Fairfax VA 22033. Purpose: Any lawful purpose.

Notice of Formation of NOTEBOOK VERSE LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-08. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to REPUBLIC REGISTERED AGENT SERVICES INC.: 54 State Street, Ste 804 Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of Interstate Cleaning Services LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-16. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Robin Jones: 418 Broadway Albany NY 12207-2950. Purpose: Any lawful purpose

Notice of Formation of Stable View Pastures LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-31. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Nat smith: 418 broadway Albany NY 12270. Purpose: Any lawful purpose

Notice of Form. of 241 LE-NOX AVE OWNER LLC. Arts. of Org. filed with SSNY on 05/03/2023. Office location: Albany SSNY desg. as agent of LLC upon whom process against it may be served. SSNY mail process to 90 STATE STREET, SUITE 700 BOX 10, ALBANY, NY, 12207. Any lawful purpose.

Notice of Formation of Bending Birches Laughing Skies Nurse Practitioner in Psychiatry, PLLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-30. Office location: Albany County. SSNY designated as agent of Professional Limited Liability Company (PLLC) upon whom process against it may be served. SSNY should mail process to Northwest Registered Agent LLC: 418 Broadway STE N Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of SP ADVISORY, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-04-20. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to SP ADVISORY, LLC : 60 BROADWAY 4N BROOKLYN NY 11249. Purpose: Any lawful purpose

Notice of Formation of Peace and Kaos Media Productions. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-06-08. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Northwest Registered Agent LLC: 418 Broadway, STE N Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of 652 Myrtle LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-11. Office

location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Gregory Bruno: 652 Myrtle Ave Albany NY 12208. Purpose: Any lawful purpose

Notice of Formation of Virtuon Pursuits LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on June 13, 2023. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Northwest Registered Agent LLC: 418 Broadway Suite N Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of CB Mental Health Counseling, PLLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-03-13. Office location: Albany County. SSNY designated as agent of Professional Limited Liability Company (PLLC) upon whom process against it may be served. SSNY should mail process to NORTHWEST REGISTERED AGENT LLC: 418 Broadway STE N Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of LA FAMILIA DE CINCO LLC. Arts. of Org. filed with SSNY on 12/19/2022. Office location: Albany SSNY desg. as agent of LLC upon whom process against it may be served. SSNY mail process to 90 STATE STREET STE 700 BOX 10 , ALBANY, NY, 12207. Any lawful purpose.

Notice of Formation of 4200 Victory LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-02-07. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to 1712 Davidson Holdings LLC: 199 Lee Avenue Suite 411 Brooklyn NY 11211. Purpose: Any lawful purpose

Notice of Formation of Faibish Capital LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-02-06. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Faibish Capital LLC: 4118 14th Avenue Suite #4 Brooklyn NY 11219. Purpose: Any lawful purpose

Notice of Formation of MIROSA DIAMONDS LLC. Arts. of Org. filed with SSNY on 05/16/2023. Office location: Albany SSNY desg. as agent of LLC upon whom process against it may be served. SSNY mail process to 90 STATE STREET, SUITE 700 BOX 10, ALBANY, NY, 12207. Any lawful purpose.

Notice of Form. of GK SUB SHOP 1, LLC. Arts. of Org. filed with SSNY on 1/11/2022. Office location: Albany SSNY desg. as agent of LLC upon whom process against it may be served. SSNY mail process to 612 WATERVLIET SHAKER ROAD, LATHAM, NY, 12110. Any lawful purpose.

Notice of Formation of PHP LAW PLLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-19. Office location: Albany County. SSNY designated as agent of Professional Limited Liability Company (PLLC) upon whom process against it may be served. SSNY should mail process to Northwest Registered Agent LLC: 418 Broadway STE Y Albany NY 12207. Purpose: Any lawful purpose

Notice of Qual. of CHARLEMONT MANAGEMENT LLC Auth. filed with SSNY on 05/11/2023. Office location: Albany, LLC formed in DE on 01/17/2023. SSNY desg. as agent of LLC upon whom process against it may be served. SSNY mail process to 1967 WEHRLE DRIVE, SUITE 1-086, BUFFALO, NY, 14221. Arts. of Org. filed with DE SOS. Townsend Bldg. Dover, DE 19091. Any lawful purpose.

Notice of Formation of 652 Myrtle LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-11. Office

location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Gregory Bruno: 652 Myrtle Ave Albany NY 12208. Purpose: Any lawful purpose

Notice of Formation of Virtuon Pursuits LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on June 13, 2023. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Northwest Registered Agent LLC: 418 Broadway Suite N Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of CB Mental Health Counseling, PLLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-03-13. Office location: Albany County. SSNY designated as agent of Professional Limited Liability Company (PLLC) upon whom process against it may be served. SSNY should mail process to NORTHWEST REGISTERED AGENT LLC: 418 Broadway STE N Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of LA FAMILIA DE CINCO LLC. Arts. of Org. filed with SSNY on 12/19/2022. Office location: Albany SSNY desg. as agent of LLC upon whom process against it may be served. SSNY mail process to 90 STATE STREET STE 700 BOX 10 , ALBANY, NY, 12207. Any lawful purpose.

Notice of Formation of 4200 Victory LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-02-07. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to 1712 Davidson Holdings LLC: 199 Lee Avenue Suite 411 Brooklyn NY 11211. Purpose: Any lawful purpose

Notice of Formation of Faibish Capital LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-02-06. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Faibish Capital LLC: 4118 14th Avenue Suite #4 Brooklyn NY 11219. Purpose: Any lawful purpose

Notice of Formation of MIROSA DIAMONDS LLC. Arts. of Org. filed with SSNY on 05/16/2023. Office location: Albany SSNY desg. as agent of LLC upon whom process against it may be served. SSNY mail process to 90 STATE STREET, SUITE 700 BOX 10, ALBANY, NY, 12207. Any lawful purpose.

Notice of Form. of GK SUB SHOP 1, LLC. Arts. of Org. filed with SSNY on 1/11/2022. Office location: Albany SSNY desg. as agent of LLC upon whom process against it may be served. SSNY mail process to 612 WATERVLIET SHAKER ROAD, LATHAM, NY, 12110. Any lawful purpose.

Notice of Formation of PHP LAW PLLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-19. Office location: Albany County. SSNY designated as agent of Professional Limited Liability Company (PLLC) upon whom process against it may be served. SSNY should mail process to Northwest Registered Agent LLC: 418 Broadway STE Y Albany NY 12207. Purpose: Any lawful purpose

Notice of Qual. of CHARLEMONT MANAGEMENT LLC Auth. filed with SSNY on 05/11/2023. Office location: Albany, LLC formed in DE on 01/17/2023. SSNY desg. as agent of LLC upon whom process against it may be served. SSNY mail process to 1967 WEHRLE DRIVE, SUITE 1-086, BUFFALO, NY, 14221. Arts. of Org. filed with DE SOS. Townsend Bldg. Dover, DE 19091. Any lawful purpose.

Notice of Formation of 652 Myrtle LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-11. Office

Professional Limited Liability Company (PLLC) upon whom process against it may be served. SSNY should mail process to Northwest Registered Agent LLC: 418 Broadway STE N Albany NY 12207. Purpose: Any lawful purpose

Notice of Form. of DIEGETIC MEDIA, LLC. Arts. of Org. filed with SSNY on 03/16/2023. Office location: Albany SSNY desg. as agent of LLC upon whom process against it may be served. SSNY mail process to 90 STATE STREET, SUITE 700 BOX 10, ALBANY, NY, 12207. Any lawful purpose.

Notice of Formation of FMC Data Systems LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-03-27. Office location: Albany County. SSNY designated as agent of upon whom process against it may be served. SSNY should mail process to FMC Data Systems LLC: 72 Old Town Rd Apt C Selkirk NY 12158. Purpose: Any lawful purpose

Notice of Formation of RISE Psychological Services PLLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2021-11-02. Office location: Albany County. SSNY designated as agent of Professional Limited Liability Company (PLLC) upon whom process against it may be served. SSNY should mail process to NORTHWEST REGISTERED AGENT LLC: 418 Broadway, STE N, Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of 1712 Davidson Holdings LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-02-15. Office location: Albany County. SSNY designated as agent of upon whom process against it may be served. SSNY should mail process to 1712 Davidson Holdings LLC: 199 Lee Avenue Suite 411 Brooklyn NY 11211. Purpose: Any lawful purpose

Notice of Formation of AUGUST JAC LLC. Arts of Org filed with the SSNY on 06/19/2023. Office: Albany County. SSNY designated as agt upon whom process against it may be served. SSNY shall mail process to the LLC, 7001 Brush Hollow Rd, Westbury, NY 11590 Purpose: any lawful activity

Notice of Formation of Waverly Unit 31 LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-24. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Waverly Unit 31 LLC: 1238 47th Street Brooklyn NY 11219. Purpose: Any lawful purpose

Notice of Formation of Lurie Technologies, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-03-23. Office location: Albany County. SSNY designated as agent of upon whom process against it may be served. SSNY should mail process to Northwest Registered Agent LLC: 418 Broadway Suite N Albany NY 12207. Purpose: Any lawful purpose

Notice of Form. of JEREMY MONTROSE DENTISTRY, PLLC. Arts. of Org. filed with SSNY on 05/16/2023. Office location: Albany SSNY desg. as agent of PLLC upon whom process against it may be served. SSNY mail process to 90 STATE STREET, SUITE 700 BOX 10, ALBANY, NY, 12207. Any lawful purpose.

Notice of Formation of Dough! A Gluten and Dairy Free Bakery LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-06-07. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Northwestern Registered Agent LLC : 418 Broadway STE N Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of Legacy Trades, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-04-03. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process

against it may be served. SSNY should mail process to North West Registered Agent: 418 Broadway STE N Albany NY 12207. Purpose: Any lawful purpose

Notice of Form. of METABOLIC NASHVILLE, LLC. Arts. of Org. filed with SSNY on 04/05/2023. Office location: Albany SSNY desg. as agent of LLC upon whom process against it may be served. SSNY should mail process to 180 LOUDON RD., LATHAM, NY, 12110. Any lawful purpose.

Notice of Formation of Sixth Peak Armory. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-30. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Northwest Registered Agent LLC: 418 Broadway STE N Albany NY 12207. Purpose: Any lawful purpose

Notice of Form. of FOXRIDGE PARTNERS, LLC. Arts. of Org. filed with SSNY on 05/16/2023. Office location: Albany SSNY desg. as agent of LLC upon whom process against it may be served. SSNY should mail process to 90 STATE STREET, SUITE 700 BOX 10, ALBANY, NY, 12207. Any lawful purpose.

Notice of Formation of The Paloma Girls, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-03-18. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Northwest Registered Agent: 418 Broadway STE N Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of YNK Solutions LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-02-21. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to YNK Solutions LLC: 202 Foster Ave Brooklyn NY 11230. Purpose: Any lawful purpose

Notice of Formation of The Writing Sage LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-01-03. Office: Albany County. Northwest Registered Agent designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to Northwest Registered Agent: 418 Broadway Suite N Albany NY 12207. Purpose: Any lawful purpose

Notice of Form. of BEAUTY LASER SPA LLC. Arts. of Org. filed with SSNY on 05/25/2023. Office location: Albany SSNY desg. as agent of LLC upon whom process against it may be served. SSNY mail process to 32-62 FRANCIS LEWIS BLVD, FLUSHING, NY, 11358. Any lawful purpose.

Notice of Formation of ClearCare Services LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-11. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to The LLC: 1191 Broadway Brooklyn NY 11221. Purpose: Any lawful purpose

Notice of Formation of Optimized Movement LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-01-18. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Northwest Registered Agent: 418 Broadway STE N Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of Embark Properties, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-03. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Registered Agents Inc.: 418 Broadway, STE R Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of GLOBAL DJS & CO LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-25. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to REGISTERED AGENTS INC.: 418 BROADWAY STE R ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of 2928 SND, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-19. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to LLC: 2918 West Lydius Street Schenectady NY 12303. Purpose: Any lawful purpose

Notice of Formation of Numero 95 LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-03. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Registered Agents Inc: 418 Broadway Suite R Albany NY 12207. Purpose: Any lawful purpose

Notice of Form. of TRUE BARBERS LLC. Arts. of Org. filed with SSNY on 05/15/2023. Office location: Albany SSNY desg. as agent of LLC upon whom process against it may be served. SSNY mail process to 90 STATE STREET, SUITE 700 BOX 10, ALBANY, NY, 12207. Any lawful purpose.

NOTICE OF ORGANIZATION OF LIMITED LIABILITY COMPANY FIRST: The name of the Limited Liability Company is R&M Catskill, LLC (hereinafter referred to as the Company). SECOND: The Articles of Organization of the Company were filed with the Secretary of State on June 19, 2023. THIRD: The County within the State of New York in which the office of the Company is located is Greene County. FOURTH: The Secretary of State has been designated as agent upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail process is 2758 Old Kings Road, Catskill, New York 12414. FIFTH: The Company is organized for all lawful purposes. DATED: June 19, 2023 GUTERMAN SHALLO & ALFORD, PLLC 21 North Seventh Street Hudson, New York 12534 (518) 828-5400

Notice of Formation of GOODVETS SERVICES OF BROOKLYN HEIGHTS LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-03-20. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to REGISTERED AGENTS INC.: 418 Broadway, STE R Albany NY 12207. Purpose: Any lawful purpose

Notice of Form. of SPORTS CONSULTING AND INVESTING LLC. Arts. of Org. filed with SSNY on 05/17/2023. Office location: Albany SSNY desg. as agent of LLC upon whom process against it may be served. SSNY mail process to 1967 WEHRLER DRIVE, SUITE 1-086, BUFFALO, NY, 14221. Any lawful purpose.

TERESA'S ARTISTRY LLC. Art of Org. filed with SSNY on 03/30/2023. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, LEGALCORP SOLUTIONS 1060 Broadway Suite 100 ALBANY, NY 12204 Purpose: Any lawful purpose.

Notice of Formation of Documentology, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-24. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Elizabeth Robson: 207 Vineyard St Cohoes NY 12047. Purpose: Any lawful purpose

Notice of Qualification of ALLEGIANT PARTNERS, LLC. Certificate of Authority filed with Secretary of State of NY (SSNY) on 2023-03-16 Office location: Albany County. Limited Liability Company (LLC) formed in DE on 2023-03-07. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY shall mail process

to Northwest Registered Agent LLC: 418 Broadway STE N Albany NY 12207 Articles of Organization originally filed with DE Secretary of State (SOS). 8 The Green STE B Dover DE 19901. Purpose: Any lawful purpose.

Notice of Formation of Muggen Universal, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-06-13. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Northwest Registered Agent: 418 BROADWAY STE N ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of TALK LINK LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-03. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Northwest Registered Agent LLC: 418 Broadway, STE N Albany NY 10012. Purpose: Any lawful purpose

Notice of Formation of Artful Studios. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-06-19. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Northwest Registered Agent: 418 Broadway STE N Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of BE-MAG LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2022-10-07. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Northwest Registered Agent LLC: 418 Broadway, STE N Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of 1000 Dean Brooklyn LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-01-18. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to 1000 Dean Brooklyn LLC: 75 Huntington Street Brooklyn NY 11231. Purpose: Any lawful purpose

Notice of Formation of Kreider Spataro LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-04-18. Office location: Greene County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to REPUBLIC REGISTERED AGENT SERVICES INC.: 54 State Street Ste 804 Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of BGCSY Consulting. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-01-11. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to BGCSY Consulting: 1326 59th Street Brooklyn NY 11219. Purpose: Any lawful purpose

Notice of Formation of WPD Energy Solutions LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-03-02. Office location: Greene County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to WPD Energy Solutions: 150 woodland dr purling NY 12470. Purpose: Any lawful purpose

Notice of Formation of DUO Design Studio. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-04-09. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Northwest Registered Agent LLC: 418 Broadway, STE N Albany NY 10012. Purpose: Any lawful purpose

Notice of Formation of Ashuraey Law PLLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-11. Office location: Albany County. SSNY designated as agent of Professional Limited Liability Company (PLLC) upon whom process against it may be served. SSNY should mail process to Northwest Registered Agent LLC: 418 Broadway, STE N Albany NY 12207. Purpose: Any lawful purpose

Notice of Form. of BANGKOK IN BROOKLYN LLC. Arts. of Org. filed with SSNY on 05/25/2023. Office location: Albany SSNY desg. as agent of LLC upon whom process against it may be served. SSNY mail process to 472 LORIMER ST, BROOKLYN, NY, 11211. Any lawful purpose.

Notice of Qualification of Sightline Commercial Solutions LLC. Certificate of Authority filed with Secretary of State of NY (SSNY) on 2023-03-22 Office location: Albany County. Limited Liability Company (LLC) formed in MN on 2022-11-28. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY shall mail process to Registered Agents Inc.: 418 Broadway STE R Albany NY 12207 Articles of Organization originally filed with MN Secretary of State (SOS). 7008 Northland Drive N STE 150 Minneapolis MN 55428. Purpose: Any lawful purpose.

Notice of Form. of AVILES LAW FIRM PLLC. Arts. of Org. filed with SSNY on 05/10/2023. Office location: Albany SSNY desg. as

agent of PLLC upon whom process against it may be served. SSNY mail process to 90 STATE STREET, SUITE 700 BOX 10, ALBANY, NY, 12207. Any lawful purpose.

Notice of Formation of Quamar LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-06-05. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Northwest Registered Agent LLC: 418 Broadway STE N Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of COOPER PHYSICAL THERAPY PLLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-04-27. Office location: Albany County. SSNY designated as agent of Professional Limited Liability Company (PLLC) upon whom process against it may be served. SSNY should mail process to Northwest Registered Agent LLC: 202 Foster Ave Brooklyn NY 11230. Purpose: Any lawful purpose

Notice of Formation of ASCEND GLOBAL PARTNERS LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-03-16. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to REGISTERED AGENTS INC.: 418 BROADWAY, STE R ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of Sorensen Registered Nurse Services, PLLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2022-09-21. Office location: Albany County. SSNY designated as agent of Professional Limited Liability Company (PLLC) upon whom process against it may be served. SSNY should mail process to Northwest Registered Agent LLC: 418 Broadway STE N Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of BMC Studio LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-03-27. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Northwest Registered Agent LLC: 418 Broadway STE N Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of ML security LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-04-18. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to REGISTERED AGENTS INC.: 418 Broadway STE R Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of Kenneth Katz Law PLLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-06-12. Office location: Albany County. SSNY designated as agent of Professional Limited Liability Company (PLLC) upon whom process against it may be served. SSNY should mail process to Northwest Registered Agent LLC: 418 Broadway STE N Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of Bridgeform LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-03-09. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to New York Registered Agent LLC: 418 Broadway, R Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of WAVERLY 30 LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-24. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Waverly 30 LLC: 1238 47th Street Brooklyn NY 11219. Purpose: Any lawful purpose

Notice of Form. of SOLARBLOCKS ENERGY LLC. Arts. of Org. filed with SSNY on 05/11/2023. Office location: Albany SSNY desg. as agent of LLC upon whom process against it may be served. SSNY mail process to 3 GRACE AVE, GREAT NECK, NY, 11021. Any lawful purpose.

Notice of Formation of Chauncey Property Management LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-22. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to REGISTERED AGENTS INC.: 418 BROADWAY, STE R ALBANY NY 12207. Purpose: Any lawful purpose

Notice of Formation of Apple Valley Waste Services, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2022-11-02. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Whiteman Osterman & Hanna LLP: One Commerce Plaza Albany NY 12260. Purpose: Any lawful purpose

Notice of Formation of Koru Studio LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-02-06. Office location: Albany County. SSNY designated as agent of upon whom process against it may be served. SSNY should mail process to Northwest Registered Agent: 418 Broadway Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of Kota Bear Property, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-18. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Registered Agents inc: 90 state street Ste 700 Office 40 Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of Kinesthetic Minds LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-05-26. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Quinn Kelly: 127 Bullock Road Slingerlands NY 12159. Purpose: Any lawful purpose

Notice of Formation of 343 Delaware Holdings LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2022-10-24. Office location: Albany County. SSNY designated as agent of upon whom process against it may be served. SSNY should mail process to Quinn Kelly: 127 Bullock Road Slingerlands NY 12159. Purpose: Any lawful purpose

Notice of Formation of All Phase Property Management and Remodeling LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-01-30. Office location: Greene County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to Bonnie DuHart: 924 Route 67 Leeds NY 12451. Purpose: Any lawful purpose

Notice of Form. of JME & CO. NYC, LLC. Arts. of Org. filed with SSNY on 05/15/2023. Office location: Albany SSNY desg. as agent of LLC upon whom process against it may be served. SSNY mail process to 90 STATE STREET, SUITE 700 BOX 10, ALBANY, NY, 12207. Any lawful purpose.

Notice of Form. of CJB WEALTH MANAGEMENT, LLC. Arts. of Org. filed with SSNY on 05/24/2023. Office location: Albany SSNY desg. as agent of LLC upon whom process against it may be served. SSNY mail process to 1280 NEW SCOTLAND ROAD, SLINGERLANDS, NY, 12159. Any lawful purpose.

Notice of Formation of Dhamo LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-06-01. Office location: Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to New York Registered Agent LLC: 418 Broadway Ste Y Albany NY 12207. Purpose: Any lawful purpose

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Notice of formation of VITAMIN LLC.
Articles filed with NY DOS on 06/23/2023. Office location: ALBANY County, NY Secretary of State is designated as agent upon whom process may be served. DOS shall mail service of process to REGISTERED AGENTS INC. at 418 BROADWAY STE R ALBANY, NY 12207. REGISTERED AGENTS INC. is designated as agent for SOP at 418 BROADWAY STE R ALBANY, NY 12207. Company is organized for any lawful purpose. 68838823

Notice of formation of Bright Brook Ventures, LLC.
Articles filed with NY DOS on 06/23/2023. Office location: ALBANY County, NY Secretary of State is designated as agent upon whom process may be served. DOS shall mail service of process to NORTHWEST REGISTERED AGENT LLC at 418 BROADWAY STE N ALBANY, NY 12207. NORTHWEST REGISTERED AGENT LLC is designated as agent for SOP at 418 BROADWAY STE N ALBANY, NY 12207. Company is organized for any lawful purpose. 6883886

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Section of Law - 206
Eastman Handyman Services LLC. Filed 4/10/23. Office: Greene Co. SSNY desig. as agent for process & shall mail to: Zachary Eastman, Po Box 486, Tannersville, NY 12485. Purpose: General.

Section of Law - 206
Goodwoodfloor LLC. Filed 1/18/23. Office: Greene Co. SSNY desig. as agent for process & shall mail to: 126 Tool House Rd, Catskill, NY 12414. Registered Agent: United States Corporation Agents, Inc., 7014 13th Ave, Ste 202, Bklyn, NY 11228. Purpose: General.

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ATTENTION COEYMAN'S RESIDENTS

Did you know that Long Energy is actively seeking approval from the Coeymans Planning Board for propane storage on Route 9W? This project has garnered significant attention, with multiple articles in the Times Union covering the latest developments. However, our progress has hit a roadblock. On April 26, 2023, the project approval vote resulted in a deadlock (3-3).

We want to emphasize that we have meticulously adhered to all legal requirements and have gone above and beyond to anticipate and accommodate the wishes of your community. As one Board member astutely stated during the April 26th meeting, "When I fall back to the code, the site plan section and the special-use section, if I went through that, they are in compliance with everything."

We deeply value the support of our customers, and we remain committed to offering more competitively priced fuel and service. By granting approval for this propane storage, we can enhance our ability to meet the energy needs of the community efficiently and effectively.

We appreciate your continued support and kindly encourage you to voice your opinions and help us tell the Town Planning Board to

"FOLLOW THE CODE. APPROVE THE PLAN!"

Together, we can ensure a reliable and affordable energy future for everyone in our community.



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