

Bliss promoted to chief administrative officer at National Bank of Coxsackie

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Leap into these Leap Year facts

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THE RAVENA News-Herald

Albany County's oldest continuously published weekly newspaper

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Rescue squad bids farewell to retiring chief



Courtesy of Ravena Rescue Squad
Past Chief Brian Dunican, right, with new Chief Travis Witbeck from the Ravena Rescue Squad.

By Melanie Lekocevic
Capital Region Independent Media
RAVENA — The Ravena Rescue Squad recently bid a fond farewell to Chief Brian Dunican, who
See RESCUE A2



The Great Migration took place from 1910 to 1940, and directly led to the construction of Riverview Missionary Baptist Church in the hamlet. Melanie Lekocevic/Capital Region Independent Media

Great Migration has profound effect on history of Coeymans

By Melanie Lekocevic
Capital Region Independent Media
COEYMANS — A watershed time period in American history directly led to the construction of one of Coeymans' major landmarks. Riverview Missionary Baptist Church was the brainchild of African Americans who moved from the South to the North during this time period in search of employment and better opportunities for their families. The Great Migration took place from the early years of the 1900s through nearly the middle of the century, and had a profound impact on the entire country and the make-up of Coeymans, as well. The time period, and the construction of the local church, was the topic of the February meeting of the Ravena Coeymans Historical Society, with retired Revs. Dr. Roxanne Jones Booth and Antonio

Booth presenting to a packed audience. "The Great Migration is a period in American history when people moved from one location to another," the Rev. Dr. Roxanne Jones Booth said. "This period of time marked the time when nearly 6 million people of African descent, African Americans, left the South and migrated to the North — 6 million." Prior to the Great Migration, the vast majority of African Americans lived in the southern states. "When the Emancipation Proclamation was signed in 1863 — when [President Abraham] Lincoln said all the enslaved people in the southern states were now free — less than 8% of African Americans lived in the other areas of the United States. So, in the North, Northeast, out west, Midwest, there were

small populations of people of color." In 1900, 90% of the nation's Black population lived in the south, descendants of enslaved people who were now free but had remained in the South. One reason they stayed was to search for their relatives, Jones Booth said, family members who had been "sold" to other places in the South and they were still searching for them. But when families started migrating north, it was a monumental change for the country. "The Great Migration is considered the largest migration of Americans that this country had ever experienced," Antonio Booth said. "There were 6 million people migrating from one part of the country to another." The migration was spurred by the need for workers in the North.

"There was a labor shortage in the wake of the First World War from 1914 to 1917, and we know that people of African descent could not fight in the war because it was segregated," Roxanne Jones Booth said. "So, when white men went away to fight in the war, that left some places and jobs available for people of African descent and they began to migrate to these urban settings. If there was expanding industry, that meant there were job opportunities in northern businesses, such as the railroads, meat-packing companies, brick-yards and stockyards — they all recruited people and the people they recruited were those people in the South who were looking for a better opportunity." Some also left because of the reemergence of the Ku Klux Klan

See MIGRATION A2

B1 Bethlehem



Empty Bowls event raises \$1K donation to Regional Food Bank

J-Park Ice Bowl: 'No Wimps, No Whiners'

COMPETITORS HELP TO FEED THE HUNGRY 18 YEARS RUNNING

By Marlene McTigue
Capital Region Independent Media
The 18th annual J-Park Ice Bowl went off without a hitch as players from all over the Capital Region and beyond once again donned their gloves, sweaters and wool hats to spend the day in friendly competition and raise money for the hungry. This year's longest distance driver was Emily Braun from Hudson, Massachusetts. Since 2006, intrepid competitors have gathered at Joralemon Park to brave the elements and test their skills. It's not for the faint of heart. As always, scheduled in the heart of winter, the bowl's motto is "No Wimps, No Whiners!" This year, 72 competitors took up the challenge and made up 36 teams in five divisions — Pro, Advanced, Novice, Ladies and Mixed(male/female). In the simplest of terms and according to the Professional Disc



This year's Pro winners were the team 60k's — Harry Lehmann and Jason Lasasso. Contributed photo

Golf Association, disc golf is a variant of ball golf, but with special frisbees or flying discs. How-

ever, instead of hitting a ball off a tee and aiming at getting it down a hole in as few strokes as possi-

ble, disc golf involves throwing a

See ICE BOWL A2

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This Day In History

- 1940 Hattie McDaniel becomes first African American actress to win Oscar
- 1916 Two ships sink in North Sea battle





Courtesy of Ravenna Rescue Squad
New rescue squad chief Travis Witbeck addresses the crowd during the ceremony.



Courtesy of Ravenna Rescue Squad
Members of the Ravenna Rescue Squad presented Brian Dunican, right, with a letter of commendation and a plaque thanking him for his many years of service to the community.

RESCUE from A1

retired from the position after six years at the organization's helm.

First responders from across several communities and local residents gathered at the ambulance station on Bruno Boulevard to thank Dunican for his service.

"The reason we are here is to show gratitude to Chief Dunican for his service to the rescue squad," new chief Travis Witbeck told the crowd at the beginning of the ceremony. "We have an amazing team right now and that is largely because of the chief."

Dunican has been with

the squad for over 20 years, beginning in 1999, and took over as chief in November 2017. His last day on the job was Dec. 31, and the squad's ceremony was held earlier this month.

Dunican said he has always been active in the community.

"Growing up in this community I have always been a part of it," he said.

Though he is stepping down from his duties with the rescue squad, Dunican will move to a full-time position working with the Albany County Sheriff's Department, he said.

He started out with the Ravenna Rescue Squad as a

volunteer before the squad moved to an all-paid staff, and then took a position with the crew. He moved up through the ranks to the role of supervisor before being named the squad's fifth chief; prior to moving to a paid staff, the squad was led by a captain.

Witbeck said he and Dunican were partners on the squad and the two built a strong professional relationship and friendship. The connection helped when they headed to a rescue call, oftentimes dealing with life-or-death situations.

"With your partner you just know what needs to be done," Witbeck said. "As

time goes on, you build this relationship and realize how important that person has become to you. When you share these good and bad experiences, you never forget that."

A slate of community leaders attended the Feb. 10 ceremony thanking Dunican for his service, including Deputy Mayor Nancy Warner, Past Chief Sherle Slingerland, numerous squad members past and present, and members of area fire departments, including Ravenna, Coeymans, Coeymans Hollow and New Baltimore.

Over the years, Dunican oversaw numerous investments in the squad's equip-

ment and training, and the squad became more active in the community, Witbeck said.

"Over the last several years, our rescue squad has really gelled and we realized the impact we can have on the community," Witbeck said, adding that the team often attends local events — such as teaching CPR techniques to anyone who wants to learn. "We really started stepping up into the community."

Dunican also led the squad through the difficult years of the COVID-19 pandemic.

"There is no organization in this community that

had more contact with sick people during COVID than the Ravenna Rescue Squad," Witbeck said.

Those challenges also made staying afloat more difficult, and Dunican steered the squad through those grim days as well, he added.

"The reason the squad was able to stay in business was because a lot of the time, the chief came in and staffed the truck himself," Witbeck said.

Dunican will remain a member of the Ravenna Rescue Squad Board of Directors.



Contributed photo
Not just for the men. These two teams of ladies came to compete and have fun at this year's J-Park Ice Bowl. Pictured are The Snow Birdies, Jessica Lasasso and Macia Focht, and The Feline Fatales, Emily Braun and Lisa Lundquestat.



Melanie Lekocevic/Capital Region Independent Media
The Rev. Dr. Roxanne Jones Booth, right, addresses the audience as he husband, the Rev. Antonio Booth, looks on.



Melanie Lekocevic/Capital Region Independent Media
Riverview Missionary Baptist Church was built during the Great Migration, when African-American workers moved from the South to the North for employment.

were preachers from Halifax, Virginia, and they started a prayer group to bring people together for prayer and to read the Bible," she said. "One day, the brickyard owner from Sutton & Sudderly told them they need to purchase some land and build a church, and they did — they purchased the land where the building is today."

Many of the founding members of the church had masonry skills, and they dug out the foundation and built the church themselves. Women of the prayer group also had a lasting impact on the church's creation.

"Susie Moton and three other women contributed \$1 each to purchase the first bricks to build a church building," she said.

The Rev. Nathaniel Staggers was the church's first pastor after the building was constructed, and he led the congregation from 1933 to 1946.



Contributed photo
Over 70 players gathered at Joralemon Park on Feb. 17 for the 18th Annual J-Park Ice Bowl disc golf tournament, an annual tradition.

ICE BOWL from A1

disc from the tee and hitting an above-ground target in as few throws as you can. At Joralemon, or J-Park, there are 36 holes.

Jeff Wiechowski, one of the event's organizers, said the day started with a round of "Best Score," where teams play singles and record only the best score for each hole.

After the first-round, players took a break to have lunch together under the park pavilion, the traditional Ice Bowl fires burning in the fire pits nearby to warm competitors.

After lunch came a round of Best Shot, which is "basically a two-player scramble," according to Wiechowski.

The day of the competition started out cloudy and cold with occasional sunlight, but in typical Ice Bowl fashion, it ended with snow and wind.

As is true of every year's event, it's not all about the competition. Part of what makes the Ice Bowl such a memorable event is that these disc golfers are also working for a greater good that goes beyond competing for the win.

Every year, an integral

part of the event is making a donation to help feed the hungry. This year a raffle of items was held that raised over \$500. Also, mulligans were sold and raised over \$700.

"All told we raised \$3,000 and collected about 80 pounds of food items for the Regional Food Bank of Northeastern New York," Wiechowski said.

It was a banner year as the contributions just keep growing, the organizer said.

"In 2023 we raised \$1,500, 2022 was \$1,800," he said. "Totals over 18 years is around \$20,000 and literally tons of food."

MIGRATION from A1

in the South, Roxanne Jones Booth said, and the terrorism and lynchings that followed.

When families arrived in Coeymans, they took on a variety of jobs, many with the local brickyard. In addition to moving their families to the North, they also brought another important aspect of their lives.

"They also brought their faith, because they were Christian folks in the South, and when they made that trek up north, they brought their faith, which was a part of who they were," she said.

And that was how the Riverview Missionary Baptist Church was founded in 1926.

"It started as a prayer group — some of the men

VFW/AMVET monthly meetings

RAVENA — VFW/AMVET Post 9594 meets the second Tuesday of every month at 7 p.m. The next

scheduled meeting will be March 12.

All veterans are welcome. The post is located at 13

Whitbeck St. in Ravenna, next to Mosher Park. Call 518-756-9594 for more information.

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News from the Past in Memory of Harry A. Sturges



IN MEMORY OF Harry A. Sturges

News Herald – February 22, 1924 - F.E. Bleezarde, Publisher

Coeymans:
Powell & Minnock are preparing to harvest ice from the river at their icehouse.

The ice is over 10 inches in thickness. No ice has been harvested at this point so far this winter.

• Miss Barbara Baker, 6-year-old daughter of Mr. and Mrs. Fred Baker, had a narrow escape from a serious accident one day last week while coasting near her home. Her sleigh ran into a house and her leg was quite badly bruised. Fortunately, no bones were broken.

• Mr. and Mrs. John H. Suderley gave a party in honor of the 10th birthday of their daughter Ann on Wednesday afternoon. In spite of the stormy weather, a number of her young friends gathered and enjoyed a very

pleasant time playing games. Delicious refreshments were served.

• The worst snowstorm of the season visited this section on Tuesday night and snow continued to fall until late in the afternoon Wednesday. About eight inches of snow fell. Auto trucks had considerable trouble to make hills, owing to the depth of the snow, but in the afternoon, the five-ton caterpillar tractor, one of the new ones purchased from the \$50,000 snow removal fund appropriated by the board of supervisors for keeping clear of snow the 203 miles of state and county highways in Albany County, came through

and opened up the state road.

Ravena:
• The regular meeting of LeRoy M. Whipple Council, No. 96, D. of A. will be held this Friday evening at 8 o'clock.

• District convention of O.E.S. will be held in the Masonic temple, Schenectady, Wednesday, Feb. 27. All members are urged to attend.

• The village election takes place on the third Tuesday in March, the 21st. The caucus for the nomination is being held as this paper goes into the mail.

• The second ice secured from the pond of the Ravena Lumber Company was started on Tuesday. The snow at

night postponed further operations until yesterday when the snow was scraped off.

• The Loyal Daughters Sunday School class of the Christian church will hold a food sale this Saturday at Babcock's store at 2:30. Cake and pie will be on sale, also baked beans by the pound.

Coeymans Herald – February 20, 1889 - S.H. & E.J. Sherman, Proprietors

• Mr. and Mrs. William Seabridge will attend the inaugural of President Harrison.

• The Rev. A.E. Lord, of South Bethlehem, will occupy the pulpit of the M.E. church in this place Sabbath morning.

• Freighter Henry Slingeland has all his large storehouses filled and has commenced stacking baled hay and straw on the brickyard lot.

• While drawing material from the Ziegler Island house in Baeren Island, a team belonging to the K.I. Co. broke through the ice, and one of the horses drowned.

• On account of the storm Monday, the icemen had to suspend work and a general "soup day" was had. Several "up-land seamen" engaged in altercations with one another, and as a result, several eyes are still wearing mourning badges.

Local business association sees record growth



Contributed photo

Local businesswomen Joy Iafallo and Caryn Zeh at the RCS Community Business Association's networking event earlier this month.



Contributed photo

Eric and Nadia Busuttill of Brooklyn-based O'Rita's Roasters attend the RCS CBA networking event at Patrick Henry's.



Contributed photo

RCS Community Library Director and RCS CBA board member Lisa Neuman with the Capital Region's Traveling Gnome at the mixer.

By Marlene McTigue
For Capital Region Independent Media

Around 50 members of the Ravena Coeymans Selkirk Community Business Association (RCS CBA) and their guests gathered last Thursday at Patrick Henry's Waterfront Grill in Cossack-

ie to network and celebrate the recent success of their growing organization.

Since 2016, the all-volunteer organization has sought to be a catalyst for growth and prosperity in the RCS communities and has seen a recent uptick in interest from

many fledgling businesses.

The group is starting off 2024 with some big wins. Since their first event of the year, a marketing seminar held at the RCS Community Library in January, nine new businesses have joined the organization, an all-time

high for one month since the group's early days.

The association provides programming that informs and instructs membership, such as project management, insurance options for employers, getting to know your local school district's budget and how it can impact your business, as well as tours of local member business in their effort to give members a greater understanding of the local business community. In the past, tours have included the Port Coeymans, TCI and Palliatech.

Though last Thursday's event was all about getting membership together and having a good time, many local businesses volunteered their time and services to enhance the party atmosphere.

As attendees ascended the steps from the lower level of Patrick Henry's to the second floor event space, they were greeted by a festive atmosphere.

In one corner near the bar, participants could don feather boas, hats and crazy sunglasses before they hopped up into 360 Photo Booth provided by 360 Photo Fun by R U Ready Events, free chair massages by Jessica Whitbeck of Body Balance Massage, and a chance to meet and have photos taken with Henry Bellagnome, the Capital District Tourism Gnome.

Aaron Flach, a CBA member and owner/developer of Patrick Henry's, The Wire Conference Center and the James Newberry Hotel, led attendees on a tour of the campus' properties.

Long-time members took part in the fun as well as some new faces.

Eric and Nadia Busuttill of Brooklyn were in the area for the NYS Legislative and Business Conference in Albany. The couple's business, O'Rita's Roasters, is considering opening a Greene County manufacturing facility and decided to stop in.

"This is a phenomenal event," Eric Busuttill said. "We were happy to participate and be involved. The space here is phenomenal. Our tour with Mr. Flach was phenomenal as well."

Local business owner Jessica Whitbeck, who provided free chair massages,



Contributed photo

Quantum Engineering's Curtis and Denise Wilsey, who are always willing to lend a hand to help local businesses succeed, also know how to have a good time as they avail themselves of the 360 Photo Booth at the CBA mixer.

said participating in events like this is good for her business.

"It's a great opportunity to connect with the community and talk about the health benefits of massage," said Whitbeck, whose massage studio is located on Route 9W in Ravena. "Being a member of the CBA has helped grow my business in the community and connect with others as well. It's so important to get to know the businesses here and having an association like CBA is something I'm very grateful for."

While CBA leadership is working on the school budget review session planned for the upcoming weeks they also have another reason to celebrate. March will mark

the launch of Discover RCS, a community and business attraction program years in the making.

According to Vice Chair Rebecca Flach, who spearheaded the project, "The goal at Discover RCS is to showcase the excellence of Ravena-Coeymans-Selkirk, promoting its finest attributes to generate interest and investment in our charming small towns."

A kickoff party where members and nonmembers alike will be the first to see the new website and accompanying hard copy of the community business map is planned for the upcoming weeks. Check back in with the News-Herald to learn more.



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RCS SCHOOL MENUS

RCS Elementary School Menu March 4 to March 8 Breakfast Menu

MONDAY: Whole-grain pancakes, berries/peaches, skim or 1% milk.

TUESDAY: Cold cereal, apples, pears, skim or 1% milk.

WEDNESDAY: Whole-grain waffles, mixed fruit, skim or 1% milk.

THURSDAY: Egg and cheese on a roll, sausage, apples, skim or 1% milk.

FRIDAY: French toast, strawberries, peaches, skim or 1% milk.

Lunch Menu MONDAY:

Peanut butter and jelly sandwich or grilled chicken with cheese on a roll, corn, pears, mixed fruit, skim or 1% milk.

TUESDAY:

Chicken tenders, dinner roll, spinach, peaches, skim or 1% milk.

WEDNESDAY: Ham sandwich or cheese burgers, fries, broccoli, bananas, skim or 1% milk.

THURSDAY: Mixed sandwich or fish and chips, green beans, peaches, apples, skim or 1% milk.

FRIDAY: Tuna salad sandwich or chicken pizza, green leafy salad, pears, mixed fruit, skim or 1% milk.

RCS Middle & High School Menu March 4 to March 8 Breakfast Menu

MONDAY: Whole-grain pancakes, berries, peaches, skim or 1% milk.

TUESDAY: Cold cereal, apples, pears, skim or 1% milk.

WEDNESDAY: Whole-grain waffles, mixed fruit, skim or 1% milk.

THURSDAY: Egg and cheese on a roll, sausage, apples, skim or 1% milk.

FRIDAY: French toast, strawberries, peaches, skim or 1% milk.

Lunch Menu MONDAY:

Grilled chicken with cheese on a roll, corn, pears, mixed fruit, skim or 1% milk.

TUESDAY: Chicken tenders, dinner roll, spinach, peaches, skim or 1% milk.

WEDNESDAY: Cheese burgers, fries, broccoli, bananas, skim or 1% milk.

THURSDAY: Crispy fish, chips, green beans, peaches, apples, skim or 1% milk.

FRIDAY: Chicken pizza, green leafy salad, pears, mixed fruit, skim or 1% milk.

Senior Projects

RAVENA — Senior Projects of Ravena offers dinner every Monday and Thursday at 5 p.m., and lunch on Tuesdays, Wednesdays and Fridays, at noon. Senior Projects of Ravena is located at 9 Bruno Boulevard, Ravena. 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 March 4 to March 8. **MONDAY:** Baked ham, scalloped potatoes, peas and carrots, bread, milk and coffee. **TUESDAY:** Chili con carne, green beans, bread, milk and coffee. **WEDNESDAY:**

Chicken tenders, oven-fried potatoes and corn, bread, milk and coffee. **THURSDAY:** Pork chops, sweet 'n' sour red cabbage, bread, milk and coffee. **FRIDAY:** Turkey and Swiss cheese Reuben, rainbow pasta salad, bread, milk and coffee.



RCS COMMUNITY LIBRARY

• Silent Book Club Thursday, Feb. 29, from 6:30-7:30 p.m. This non-traditional "book club" has no required reading and no book discussion. Instead, it's the perfect opportunity to enjoy the company of others without the pressure of conversation. Simply bring a book that you're reading (or have been meaning to read!), join the group in the library's comfy chairs and settle in for some uninterrupted reading while in the presence of others. Covered mugs with a warm beverage are welcome. **• Chair Yoga for Seniors Friday, March 1, from 10:30-11:15 a.m.** This series of gentle classes is for folks ages 50 and up. No experience or equipment is required. Join in at Senior Projects of Ravena for this series of yoga classes taught by local instructor Kelley Curran of Well & Kell. There is no fee for this class. Registration is required at rsccommunityli-

brary.org. Please provide an email address so the library may notify you in the event of any change to the schedule. **• Saturday Fun for Families: Read Across America Day Saturday, March 2, from 10:30-11:30 a.m.** Join in for the library's Saturday Fun for Families monthly event. This month, the group will be celebrating Read Across America Day with a multicultural storytime and themed activities. Kids and their caregivers are all welcome, whether you have a library card or not. For ages 0-8. **• Fiber Arts Meetup Saturday, March 2, 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 rsccommunitylibrary.org. **• Wednesday Movie: 'Dead Poets Society' Wednesday, March 6, from 2-4 p.m.** Originally released in 1989, the library will be showing this classic film on its 35-year anniversary. A new English teacher, John Keating (Robin Williams), is introduced to an all-boys preparatory school that is known for its ancient traditions and high standards. He uses unorthodox methods to reach out to his students, who face enormous pressures from their parents and the school. With Keating's help, students learn to break out of their shells, pursue their dreams and seize the day. Raged PG. For adults. **JUVENILE FICTION** "Breakers of the Code" by Erin Hunter "Heroes" by Alan Gratz "The Princess Protection Program" by Alex London "Waffles" by Ellen Miles

Historical program: 'Saving SLATER'

On Sunday, March 10, at 2 p.m., the Ravena Coeymans Historical Society will present the program "Saving SLATER."

Guest speaker Charles Sparks will discuss the history of the USS SLATER and why she was chosen to become the Destroyer Escort Historical Museum.

Stories will be shared about the history of destroyer escorts, SLATER'S involvement in WWII, her service in the Greek Navy, and the restoration to transform her into a world-class museum.

The USS SLATER has been designated a National Historic Landmark. Of over 2,500 national museum



Contributed photo

The history and restoration of the USS SLATER will be the subject of the presentation at the March meeting of the Ravena Coeymans Historical Society.

members, 120 local volunteers are actively engaged with the organization, interpreting the USS SLATER to the public, maintaining the ship and her vintage equipment and preserving the maintenance techniques of 60 years ago. Starks, who has been a

SLATER education volunteer for nine years, will give a first-hand look at the hard work that goes into keeping the "Old Girl" afloat.

Join in for this program of local interest that is open to the public and held in the museum at 15 Mountain Road in Ravena.

OBITUARIES

SUSAN B. CARHART

RAVENA — Susan B. Carhart, 93, passed away peacefully on Monday, Feb. 19, 2024.

Born in Ravena on April 10, 1930, she was a daughter of the late Lloyd and Grace Bainbridge Phillips. Sue was a graduate of the old Ravena High School and was a lifelong Ravena resident. She worked briefly for New York Telephone before becoming a bus driver for Ravena-Coeymans-Selkirk Central School District, retiring after 20 years of service. Sue also worked for many years as a waitress for several former restaurants in the Ravena area, including Barke's, The Brick Oven, and The Squire Inn, to name just a few.

In her younger years, Sue enjoyed bowling. She was a



Susan B. Carhart

member of VFW Post 9594 Ladies Auxiliary, and the Ravena Fire Company Ladies Auxiliary.

Sue is survived by four children — Steven Blood, Scott (Wendy) Blood, Carol Abby (Wayne) Fuhrman, and David (Kathy) Wolfe; seven grandchildren; eight

great-grandchildren; two great-great-grandchildren. Sue was the youngest of the nine Phillips siblings, and is survived by one brother, John Phillips, and many nieces and nephews. In addition to her parents and seven siblings, Sue is predeceased by her husband, Kenneth Carhart.

Sue will be buried privately at a later date. In lieu of flowers, memorial donations to VFW Post 9594 and/or Ladies Auxiliary, 13 Whitbeck St., Ravena, NY 12143, or to the Northeastern Association of the Blind, 301 Washington Ave., Albany, NY 12206 will be appreciated. Condolence page is available at ajcunningham-fh.com.

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MARK VINCIGUERRA
PRESIDENT

WARREN DEWS JR.
PUBLISHER

MELANIE LEKOCEVIC
EXECUTIVE EDITOR

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PHONE: 1-518-756-2030 After April 1: 1-518-642-4138

EMAIL: markvinciguerra@ravenanews.com

WEBSITE: www.theupstater.com

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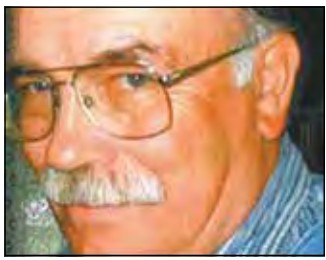
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My, how things have changed

WHITTLING AWAY



DICK BROOKS

In spite of my advancing age, there are still those rare moments when things snap into focus. It's at these times that I realize that things are missing or not the same.

Watches for instance — have you noticed they

are disappearing? Very few folks under the age of 25 wear one. Ask them the time and they pull out their cell-phones — if they weren't already talking or texting on them.

What ever happened to those bell hoses at gas stations? I can't remember the last one I saw. I used to love jumping on them until the station owner came out and chased me away. They're probably stored away with the old Texaco uniforms, bow ties, hats and all. When was the last time you went to a gas station and someone came out, pumped your gas, washed your windshield, checked your oil and gave you a glass or a plate and

Green Stamps?

For that matter, what happened to Green Stamps? They used to be everywhere. I can remember my mother sending me back into a store because I'd forgotten the Green Stamps. They were taken home and pasted carefully into their little book. Twenty or so books taken to the Green Stamp store would get you a washcloth or an ashtray.

Remember ashtrays? Another object that's disappeared. They used to be everywhere, every home had a selection, the fanciest one was always on the coffee table in the living room. The better homes had a cigarette lighter next to it that

matched the ashtray. Our public library had ashtrays on the tables where you read your books.

I don't remember when glass milk bottles went away. Those little paper tops with the pull tab on the side were so much easier to use than those paper cartons with the pull and pinch spouts that drive me crazy.

Some of these things are hard to explain to those who have never experienced them. I tried to explain The Empire State to a youngster the other day. Do you remember The Empire State? You don't hear much about it nowadays. It seems to have gone the way of the bell hose and the ashtrays.

We learned all about it when I was a mere lad. It had the biggest city in the world. Its education system was the envy of all the other 47 states. It was the financial center of the world. It had the tallest building on Earth. The highest standard of living and the best medical care anywhere was found there. Of all the busy and beautiful places on this old planet, this was the biggest, the brightest and the best. Everyone wanted to live in The Empire State. People came here from all over the world and we welcomed them because that's what you do when you're The Empire State.

Yep, I wonder where all these things went. I miss

them, but that's what life's all about. I guess change is a good thing but sometimes a glance backwards is a good thing. A rearview mirror gives you a clear vision of where you've been and is a useful thing.

I would like to have some things back the way they were though, like my former abs that now hang over my belt buckle.

Thought for the week — "As I grow older, I pay less attention to what men say. I just watch what they do." ~ Andrew Carnegie

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

Reach columnist Dick Brooks at Whittle12124@yahoo.com.

Finding family: LadyBug's path to trust and togetherness

Horses of Unbridled



SUSAN KAYNE

Amid the fields of Unbridled Sanctuary, a young life of one year frolics freely with her friends. She is a leggy filly with a fine silhouette, untouched by the harsh realities her mother once faced.

Her name is LadyBug, and on Feb. 23, 2024, we celebrated a milestone — her first year at Unbridled, marking what is technically her second birthday, as all Thoroughbreds age a year each Jan. 1.

Born on Feb. 23, 2023, LadyBug's arrival was a joyous event and a testament to Unbridled's unwavering dedication to helping horses who need a lifeline.

LadyBug's mother, Ivy, a beautifully pedigreed Thoroughbred, was known by her registered name, "I Get By." She was born in Kentucky on Feb. 8, 2015. As a yearling, she sold for \$35,000 through Keeneland and entered the racing world.

To us, she is simply "Ivy." Found pregnant and abandoned at the Unadilla auction, tethered in a dark corner, Ivy was mere steps away from entering the slaughter pipeline. Unbridled stepped in, outbidding a local horsemeat broker, to offer her and the unborn foal she carried a chance at a new life.

LadyBug arrived tall and sassy with exceptionally long legs and a distinct spoon-shaped marking on her face. Ivy adored her little filly. The "silver spoon" upon her forehead transcends the traditional understanding of wealth and privilege by representing the boundless love, safety and protection she was granted from the moment she entered the world within the nurturing embrace of Unbridled, where every equine is seen not as a commodity, but as a beloved sentient being deserving of respect, care and dignity.

As the first filly born under Unbridled's care, LadyBug is a living testament to the Sanctuary's mission. Delving into her diary, we encounter her experiences, shared in her own voice. Through her eyes, we're taught not about birthdays, but about the moments that define a life.

LADYBUG: MY FIRST YEAR AT UNBRIDLED

The ground under my hooves is hard and uneven, crunching with each step. Yet, this doesn't deter me and my friend Lil'Pea from enjoying our time together. Today, Sweet Pea joins us, dividing her time between us and Arnie, the big white mule whom I also admire. He greets us over the fence occasionally.

With winter upon us, our outdoor activities and spaces shift with the weather. Despite the cold, the afternoon sun beams down, warming my dark, fluffy coat like a natural heater. Beside Lil'Pea, we rest, almost dozing on our feet after a hearty breakfast, too full to even nibble at the alfalfa at our hooves.

This season brings memories of my first mama, Ivy. Folks often say I resemble her. She was my universe in my earliest days. Shielded within our stall, her presence a constant reassurance amidst the world's unknown sounds. The soft straw and her warm side were my sanctuary, each heartbeat and nuzzle a lesson in love and security.

Then, a day arrived that changed everything. I was playing in the indoor arena with mama, she laid down to roll in the sand, just like she always did. She loved to roll back and forth, then she would stand up tall on her hind legs, shake her head, and then we'd run around in circles and buck and twist our necks. But this time, she didn't get up. I pawed, nuzzled and nickered at her. She didn't move.

I was taken to our stall. I was alone. People were there, but not mama. The stall felt larger without her, each corner echoing with the memory of her presence. The loneliness was indescribable, my calls for mama answered in silence.

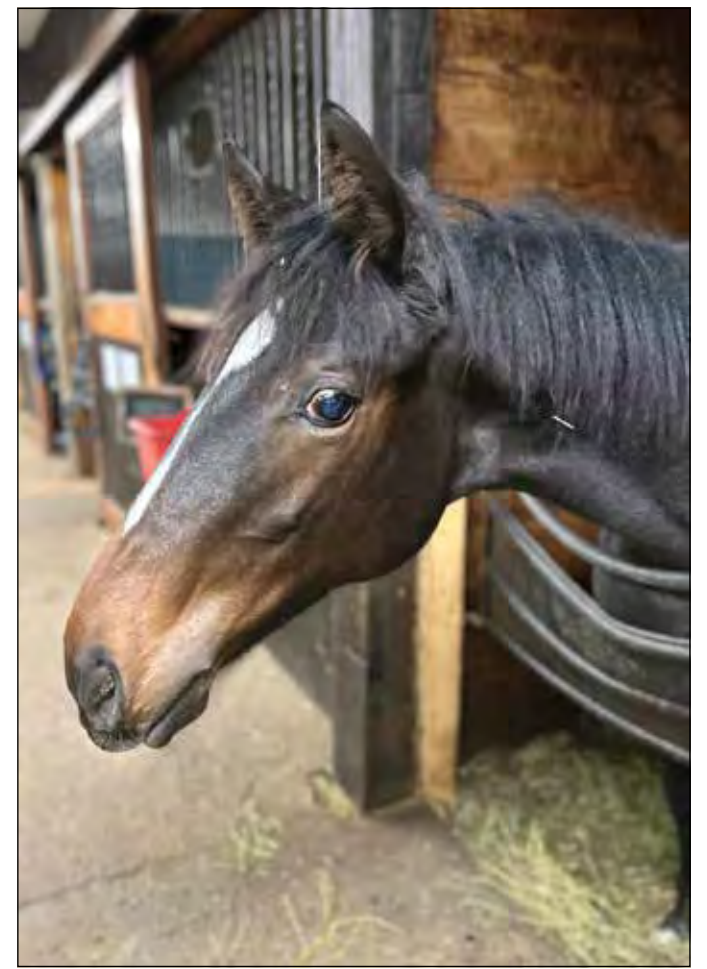
Then came a big red mare, she kind of looked like Miss Ruud and Lucky. She answered my cries, but I did not know her, I had never seen her before. Susan said, "LadyBug, this is Merry, she will help you." Merry was gentle, and they put me in a stall with her. I was terrified.

Merry nuzzled me, she nudged at me like mama did. And she had milk like mama, too. She actually let me drink! I missed mama's milk. Merry kept pushing at me and guiding me to drink. She must have sensed my hunger and loss. Merry was not Ivy, but she was my new mama. She loved me and cared for me as if I was her very own foal. She taught me to trust again. In her strength I felt the promise of



Contributed photo

The long-legged filly was born at Unbridled.



Contributed photo

Ladybug looks out of her stall at Unbridled Sanctuary.



Contributed photo

Ladybug with Merry, her "foster mother" who cared for her after her mother's passing.



Contributed photo

Ladybug has a distinctive spoon-shaped white marking on her face.

a new beginning.

Now, I am one year old! My home is a place of gentle strength and shared spirits. Merry, along with her friend Maddie, cuddled me. It took them a long time to allow me to play with other horses. Finally, the day came when I got to say hello to Sweet Pea and Cinnamon Sparkles. But they were friends first and hadn't room for a little sister.

From across the laneway, Lil'Pea was watching me try to make friends. She was with her friends Heaven, Angel and Red. But she was different. While the trio played, she watched me. I felt her curious gaze on me, like she was secretly calling to me.

One day, when we were turned out inside, Lil'Pea came up to the fence and we sniffed noses. Susan let her in the space with me, mama Merry and Aunt Maddie. Of course, they had to check out Lil'Pea first. They gave us the go ahead to play and we have been best friends ever since.

Now, I live with Lil'Pea. She is just a few years older than me. I cherish her companionship. We play a lot together. If we are not playing, we are eating or resting, or flat-out REM sleeping!

My heart, once shattered by loss, is slowly mending through the love and care of those around me.

Smoozzles, LadyBug



Contributed photo

A young Ladybug with mama.

Susan Kayne is the founder and president of Unbridled Sanctuary, an equine rescue on the border of Albany County and Greenville.

Forgive and forget

Positively Speaking



TOBY MOORE

My mom always said to me, "Toby, just forgive and forget." I always thought, "Of course, just forgive and forget." But when I got older and serious offenses came my way, I found it wasn't that simple.

I'm all about forgiveness. It's not easy to do, and although having an attitude of forgiveness benefits you more than anyone else, letting go of all the feelings is challenging. How do you forget? Is that even possible? I think it is but it's not a one-sided issue.

Sometimes, I've forgiven someone who has treated

me badly, but then, a month or two later, I've found myself angry with them all over again. That leads me to wonder, "Wait, I thought I forgave them. Why am I feeling this way?" Does that mean I didn't forgive them, or maybe that I did forgive but didn't forget?

I don't have an easy answer.

If you forgive someone, does that mean you give them another chance to hurt you? Is that what it means to forgive and forget? We just pretend it never happened and give them another chance?

That old saying, "Fool me once, shame on you; fool me twice, shame on me!" resonates here. There's also, "Forgive but never forget."

Is it possible to forgive and forget? Won't we always remember? On a human level, this is complex. In some religious traditions, it's said that God forgives and forgets our wrongs. But can humans do the same?

Bishop Desmond Tutu,

who endured the profound injustices of South Africa's apartheid system, came to believe that "Forgiving is not forgetting; it's remembering — remembering and not using your right to hit back. It's a second chance for a new beginning."

This quote underscores the nuanced nature of forgiveness, suggesting it's about choosing not to retaliate rather than erasing the memory.

I try to take a path of forgiving before someone has even asked for forgiveness but the reasons for that are probably selfish because I understand a little about how bitterness can destroy the body and soul, but then I ask myself, "Is that real forgiveness, or is that me letting it go? And is that the same thing?"

Some of the people I find myself wanting to forgive the most are those who hurt me deeply, including family members and close friends. I forgave them as soon as it happened, but then I noticed

a pattern of repeated offenses.

I've had family members who were combative towards me on a regular basis, often pushing me to the brink of madness every time I saw them. No matter what I did or how I approached the situation, it seemed they were out to get me. What made it especially hard was the fact that they were family, and it appeared there was nothing I could do to fix it — mainly because they didn't want to fix it.

Time and again, I'd forgive them and then try to help them or spend time with them, thinking things would change. However, the same old pattern not only kept repeating itself but also got significantly worse with each visitation. I didn't know what to do, and when I got my first opportunity, I packed up and left town as quickly as I could. I saw no other solution but to run away.

It's a strange thing but some people won't stop until

they just can't do it anymore and oftentimes that means removing yourself from the situation altogether so they don't have the opportunity to do it again.

Dr. Robert Enright, a psychologist and pioneer in the study of forgiveness, suggests that forgiveness is a choice and a process, not a one-time act or an erasure of memory. He argues that forgiveness can lead to psychological and relational healing but doesn't necessarily mean forgetting or condoning the offense.

One day, it dawned on me that, although I'm protecting myself against bitterness by trying to forgive and forget, they never apologized or acknowledged their wrongdoings so why am I allowing them the opportunity to do it again? How can I forget when they haven't apologized?

Forgiveness involves more than just letting go of resentment. Even if you've forgiven someone and are keen on "remembering no

more," there's another component to the story.

Did they ask for forgiveness? Have they taken steps to ensure it will never happen again? If not, then experience tells me it's going to happen again and forgetting the offense is futile.

I remain committed to practicing the art of forgiveness. However, granting someone access to my life again and considering a renewed friendship demands their active involvement. While I acknowledge that forgiveness can be a solitary journey, I've come to understand that truly moving beyond the hurt — to forgive and forget—necessitates regaining trust from the person who wronged me.

Thus, though forgiveness may be the work of one, the process of fully forgiving and forgetting involves the efforts of two.

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

Humane Society offers vaccine clinic for cats, dogs

HUDSON — The Columbia-Greene Humane Society/SPCA will be offering vaccination clinics on Saturday, March 2, and Saturday, March 23, for cats, dogs, kittens and puppies.

The clinics will run from 8-10 a.m., and no appoint-

ment is necessary.

Vaccines the clinics will offer include rabies, Bordetella (kennel cough), feline leukemia, canine and feline distemper combination, and/or canine Lyme disease for \$25 per vaccine. Canine influenza vaccines can be

purchased for \$39.

The shelter is located at 111 Humane Society Road in Hudson. For more information, please call 518-828-6044 or email info@cghs.org.

Bliss promoted to chief administrative officer at National Bank of Coxsackie

COXSACKIE — The National Bank of Coxsackie announced last week the promotion of Nicole Bliss to chief administrative officer.

"This promotion better reflects Nicole's true contribution to NBC," said John Balli, NBC's president and chief executive officer, "Nicole continuously takes ownership of many key functions and projects within the bank and her hard work and dedication ensures successful outcomes. NBC is fortunate to have Nicole in a key leadership role and



Nicole Bliss

she will be very instrumental in our growth."

Bliss has been with NBC since 2011. She began her career as their marketing

manager and expanded her duties over her initial tenure to include strategic planning.

In 2018, she added human resources to her oversight and today she also manages the compliance function at NBC as well.

"I am honored to be promoted to chief administrative officer at NBC," Bliss said. "Having been with NBC for 13 years, I have been lucky to be a part of their journey. I am looking forward to continuing to have an impact on the growth and strategy of NBC!"

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SENIOR PROJECTS THANKS DONORS FOR NEW VEHICLES

Holcim Ravenna cement plant was proud to be among local businesses and individuals who helped purchase new vehicles for Senior Projects of Ravenna.

With the new SUVs, the nonprofit continues its important work of delivering hot meals to vulnerable homebound residents, helping them with shopping, providing rides to the doctor, making in-person wellness checks, and more.

"This donation is so important because it stays in the community where we operate and work and directly impacts people in need," said Dave MacLauchlin, plant manager at Holcim Ravenna. "This is what it means to truly give back."

The purchase of new SUVs was funded by a \$20,000 contribution from Holcim, which was matched by \$24,000 from individual and business donors.

The **Holcim Ravenna** team is committed to supporting the local community and thanks everyone who made this project possible. We wish everyone a happy and healthy holiday season.



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SPORTS



Gina Pelletier/For Capital Region Independent Media
RCS's Jayden Acomb, left, faces off against Dylan DePew-Cappadonia of Canisteo-Greenwood.



Gina Pelletier/For Capital Region Independent Media
Jayden Acomb made it to the state wrestling championships this weekend as a freshman.



Gina Pelletier/For Capital Region Independent Media
Acomb competed in the 116-pound weight class.

Acomb competes at state wrestling championships

By Melanie Lekocevic
Capital Region Independent Media
RAVENA - COEY-MANS-SELKIRK — The future looks bright for

RCS's Jayden Acomb, who competed at the state wrestling championships as a high school freshman this weekend.

He was the only RCS athlete to head to the New York State Public High School Athletic Association, or NYSPHSAA, state cham-

ionship. The state's best wrestlers traveled to the MVP Arena on Friday and Saturday to vie for the state champion-

ship. Acomb competed in the 116-pound weight class and lost by technical fall to Dylan DePew-Cappadonia

17-2 in 4:45. DePew-Cappadonia, of Canisteo-Greenwood, would go on to take fifth place in the state at 116.

Tip-up tips

Tip-ups are often a mainstay in an ice angler's arsenal of fishing gear.

They are designed to sit over a hole in the ice and passively fish by holding bait at a selected depth. A flag pops up to indicate when a fish is on the end of the line.

Tip-ups are great when fishing with kids because it can be a lot of fun racing to a tripped flag to pull in their catch.

Regulation Reminder: No more than seven ice-fishing lines in any combination of devices (includes hand lines/jigging rods, tip-ups and tip-downs) per angler are permitted (unless otherwise noted in Special Regulations).

TIP UP TIPS:
• It's always a good idea to periodically check your tip up holes to make sure they aren't freezing back up. Allowing snow or ice to fill

back in can prevent your tip up from working properly. Added bonus: Doing this moves your tip-up, which can cause your minnow to also move around, potentially eliciting some extra strikes.

- Try setting your tip ups at various depths from the bottom. If you notice you're catching more fish at a particular depth, adjust the rest of them to the same depth.

- Orient tip-ups in a line or direction so a simple glance can check the series of tip-ups.

- Keep bait bucket water temperature as close to lake's temperature as possible. Dropping baitfish into water 10 degrees or more colder can shock the fish and diminish their vigor.

- Try different sizes of minnows depending on the size of fish you're after. The

bigger the bait... the bigger the fish. If large minnows aren't working, try downsizing bait for finicky fish.

- Use the appropriate strength fluorocarbon leader for species targeted. For example, 6- to 8-pound test for walleye versus 12- to 20-pound test for northern pike.

- Place an adjustable depth marker on backing line (button, small bobber, etc.) so when landing a fish you can quickly reset the tip-up to the same depth.

- To prevent the spread of aquatic invasive species, dump unused bait in a trash can and bucket water on dry land (never back in the water).



Courtesy of NYS Department of Environmental Conservation
Tip-ups can be a great way to experience ice fishing this season, according to the DEC.

Spring sports registration now open

RAVENA - COEY-MANS-SELKIRK — The RCS Athletics Department has opened spring sports registration for junior varsity (JV) and varsity teams.

Registration for both junior varsity (JV) and varsity sports began Feb. 11 and will continue through Friday, March 15. Varsity and junior varsity is open to students to grades 9-12.

Modified spring sports registration opened Feb. 18 and run through Friday, March 22, and is open to students in grades 7 and 8.

Spring sports include

baseball (modified, JV and varsity), softball (modified, HV and varsity), boys' tennis (varsity), and outdoor track and field, boys and girls (modified and varsity).

All varsity and JV spring sports can begin on or after Monday, March 11, and modified spring sports can begin on or after Monday, March 18.

Registration for all sports is completed online through FamilyID, at www.familyid.com. This is the only way for families to register students for sports.

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Community Calendar

RAVENA Community Bulletin Board

MARCH 2024

- 2 - Trinity UMC Souper Saturday, 12-2 p.m., on Route 143, Coeymans Hollow. Join in for free soup, bread and fellowship. All are welcome.
- 5 - Ravena Village Board meeting, 6 p.m., at Village Hall, 15 Mountain Road, Ravena.
- 9 - Corned beef and cabbage dinner, 3-6 p.m., at Bethlehem Grange 137, at 24 Bridge St., Selkirk. Cost is \$16. Dinner includes corned beef and cabbage, boiled potatoes, carrots, Irish soda bread, dessert and beverage. Call Carol Carpenter at 518-421-1384 by March 7 to reserve a meal.
- 10 - History Program: "Saving SLATER" at Ravena Coeymans Historical Society, 2 p.m., at 15 Mountain Road, Ravena. Free admission.
- 11 - Coeymans Planning Board/ Zoning Board of Appeals meeting, at Town Hall, 18 Russell Avenue, Ravena.

- 12 - VFW/AMVET Post 9594 meets the second Tuesday of every month, 7 p.m. All veterans are welcome. The post is located at 13 Whitbeck St., Ravena, next to the town park. Call 518-756-9594 for more information.
- 14 - Coeymans Town Board meeting, 6 p.m., at Town Hall, 18 Russell Avenue, Ravena.
- 19 - Ravena village elections, at Village Hall, 15 Mountain Road, Ravena.
- 19 - Ravena Village Board meeting, 6 p.m., at Village Hall, 15 Mountain Road, Ravena.
- 26 - Ravena Village Board workshop, 6 p.m., at Village Hall, 15 Mountain Road, Ravena.
- 27 - Coeymans Planning Board/ Zoning Board of Appeals meeting, at Town Hall, 18 Russell Avenue, Ravena.
- 28 - Coeymans Town Board meeting, 6 p.m., at Town Hall, 18 Russell Avenue, Ravena.

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ANSWER: LIVER

Math Blocks

Fill in the missing blocks with numbers between 0-20.
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.

2		19	
	8		26
9	10		33
26	24	36	

4	0	8
3	8	15
18	8	2

Solution

THIS WEEK IN...

HISTORY

- **1769:** MOZART DEPARTS ITALY AFTER THE LAST OF HIS THREE TOURS THERE.
- **1837:** THE CITY OF CHICAGO IS INCORPORATED.
- **1913:** THE UNITED STATES DEPARTMENT OF LABOR IS FORMED.

Get Scrambled

Unscramble the words to determine the phrase.

RUTNOITNI CFSAT

Answer: Nutrition facts

New Word

MINERAL

a solid inorganic substance of natural occurrence

How they SAY that in...

ENGLISH: Nutrient

SPANISH: Nutriente

ITALIAN: Sostanza nutriente

FRENCH: Nutriment

GERMAN: Nährstoff

Did You Know?

NUTRITION IS THE PROCESS OF OBTAINING FOOD NECESSARY FOR HEALTH AND GROWTH.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: CARROTS



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58								59	

CLUES ACROSS

- | | | |
|--------------------------|---|---------------------------------------|
| 1. Chaps | 13. European city | 19. Gold or silver wire cord |
| 5. Currently fashionable | 15. Implicitly | 21. Muscles along insects' diaphragm |
| 9. Collision | 16. The side of something that is sheltered from the wind | 22. Trent Reznor's band |
| 11. More slim | 17. The Mount Rushmore State | 23. Sweet juicy gritty-textured fruit |

25. Broken branch
26. Indicates ten
27. Expression of annoyance
29. Brings together
31. Ancient city in Thrace
33. Sailors' spirit
34. Looked into
36. Muckraking woman journalist Rheta
38. A type of cast
39. One's responsibility
41. Where golfers begin
43. Make a mistake
44. Semitic Sun god
46. Ancient Italian-Greek colony
48. Beheaded
52. A place to stay
53. Unwise
54. Most supernatural
56. "Dennis" is a famous one
57. Ointments
58. Exam
59. Leaked blood

CLUES DOWN

1. Baseball managers assemble it
2. Revised
3. Mountain is a popular kind
4. Takes to civil court
5. Pouches
6. A type of veil
7. Chants
8. Boston hoopster
9. Elongated appendage
10. Sailboat
11. 2017 Oscar-winning film

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|----------------------------------|-----------------------------------|
| 12. Actor Gosling | 37. Take over for |
| 14. Monetary units | 38. Put in advance |
| 15. Assembly | 40. Satisfy |
| 18. Russian pop duo | 42. Felt |
| 20. Embellished with expressions | 43. Dutch cheese |
| 24. Infrequent | 45. Witnesses |
| 26. Temperature unit | 47. Strong insects |
| 28. Hydrophilic amino acid | 49. Gasteyer and de Armas are two |
| 30. Honk | 50. Ancient people of Scotland |
| 32. Legislative body | 51. Cheerless |
| 34. Swinish | 55. Sick |



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RAVENA NEWS-HERALD | CAPITAL REGION INDEPENDENT MEDIA

Thursday, February 29, 2024

Empty Bowls event raises \$1K donation to Regional Food Bank

BETHLEHEM — On Wednesday, Feb. 14, Students for Peace and Survival (SPAS) at BCHS presented Betsy Dickson of the Regional Food Bank of Northeastern New York with a check for \$1,000 to help address food insecurity.

The money was raised during the high school's Empty Bowls event. The food provided by the Regional Food Bank helps to feed over 350,000 people each month. The organization serves 23 counties in New York state.

Dickson is the senior director of children's programs for the Regional Food Bank. She was also the guest

speaker at the club's meeting where she spent time with the students describing the programs provided by the food bank and answering questions posed by students.

Several of the students' questions focused on the important role schools play in helping to address food insecurity for students. Dickson spoke about the efforts by healthy food advocates to bring universal free breakfast and lunch to New York state. She also spoke about the importance of eligible families applying for free school meals available through the Free and Reduced Lunch program.



The group Students for Peace and Survival raised \$1,000 for the Regional Food Bank of Northeastern New York.

Courtesy of Bethlehem Central School District

Bethlehem Chamber workshop series: Grow yourself, grow your business



DR. BRIAN BAILEY

BETHLEHEM — As you face the demands of your personal and professional life, do you feel selfish taking time for yourself? The truth is that when you are not at your best, neither is your work or your business.

The day-to-day rigors of work (and home) can sometimes erode our energy and distract us from our personal best.

"We are excited to announce that Dr. Brian Bailey,

a certified Canfield Success Principles Trainer, will be guiding participants in an exclusive series of workshop offered by the Bethlehem Chamber of Commerce," said Chamber President Terri Egan. "He is also a member of the Chamber Board and superintendent of Ravena-Coeymans-Selkirk Central School District. Brian reminds us that 'everyone searches for satisfaction and a sense of self-worth in their

lives. Events happen, and it is our response to those events that help us navigate our way to a better future.'"

"Grow Yourself, Grown Your Business" will take place once a week, for five weeks, starting on April 9, at the Plug Power facility, 125 Vista Boulevard in Slingerlands.

"We are fortunate to have Dr. Bailey available to offer this special and dynamic opportunity for our members

and others in the business community," Egan said. "With the challenges of doing business in the post-pandemic era, finding and retaining employees, and making sure everyone is successful, we are in the need of new skills, new ways of thinking, and new ways of operating."

These highly interactive and engaging sessions will include essential strategies for: understanding personal purpose, deciding what you

want, establishing goals, taking action and using feedback to improve your professional and personal life.

The sessions will be held on Tuesdays, April 9, 16, 23 and 30, and May 14, from 5:30-6:30 pm. The cost is \$75 for Bethlehem Chamber members; and \$100 for non-members.

Registration can be made online at bit.ly/3ufXpu7, or by calling the Bethlehem Chamber at 518-439-0512.

Stage 700 to perform 'Sweeney Todd'

BETHLEHEM — Join Stage 700 at Bethlehem Central High School as they perform the hit Stephen Sondheim musical, "Sweeney Todd: (School Edition)." Ticket sales begin Thursday, Feb. 29.

Sweeney Todd, an unjustly exiled barber, returns to London to seek revenge against the lecherous judge with his comedic counterpart Mrs. Lovett. The fictional character of Sweeney Todd first appeared in weekly magazines called Penny Dreadfuls in the 1840's and

has been captivating audiences ever since.

"Sweeney Todd" is widely considered Sondheim's masterpiece. When the show first appeared in 1979, it won eight Tony awards, including best new musical.

Performances will be held in the Bethlehem Central High School auditorium, at 700 Delaware Ave. in Delmar.

There will be four performances: Thursday, March 21, at 7 p.m.; Friday, March 22, at 7 p.m.; Saturday, March 23, at 7 p.m.; and

Sunday, March 24, at 2 p.m.

Note: This show is intended for a mature audience

Tickets are \$12 for general admission; \$10 for students. This is a two-act musical that will run approximately 2 hours and 30 minutes with one 15-minute intermission.

IN PERSON, AT THE DOOR

Presale tickets allow for seat selection and will be sold at the following times in front of the BCHS auditorium (enter through the main entrance): on Friday, March

1, from 4:30-6 p.m. and Saturday, March 16, from 12-2 p.m.

Tickets may also be purchased at the door up to one hour before each performance.

ONLINE IN ADVANCE ONLY (NO SAME-DAY TIX)

Go to the My School Bucks website www.myschoolbucks.com.

• Anyone who would like to purchase tickets who is not already a member will need to create an account.

• You will see "Sweeney

Todd" in the school store as well as in the featured item section and can purchase tickets there.

• Online sales will not be available for the same-day performance.

• Tickets purchased online can be picked up at the door up to one hour prior to each performance or at one of the in-person sale dates listed above.

• Please note that tickets are non-refundable.

• The ability to purchase tickets online will end the day before each perfor-

mance. In each case, the performance will be noted as "Sold Out," however tickets will still be available at the door.

HANDICAP ACCESSIBLE SEATING

A limited number of handicap accessible seats are available. If you need to secure handicap accessible seating, please email bcstage700tickets@gmail.com to arrange.

For more information visit www.bcstage700.org or email bcstage700tickets@gmail.com.

Church supper cook-off

DELMAR — St. Stephen's Episcopal Church in Delmar is holding a cook-off supporting its Missions Pro-

gram on Friday, April 19.

Five contestants will be making lasagna, and five others will make meatballs

with sauce, side of pasta or noodles.

Cost is \$12 for adults, children 5-12 are \$6. Salad

and drinks are included.

Dinner will be served at St. Stephen's Episcopal Church, located at 16 Els-

mere Ave. in Delmar, from 5-7 p.m.

For more information, please call 518-439-3265.

There will also be a fancy cakes raffle and handmade quilts for purchase.

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Contributed photo
An ice rescue demonstration showed how first responders handle emergencies on the ice.



Contributed photo
A child gets a big smooch from one of the sled dogs at Winterfest this weekend.

Winterfest shares season's best at Lawson Lake

COEYMANS HOLLOW — The temperatures may have been chilly this past weekend, but that didn't deter visitors from checking out the cold-weather activities available at Lawson Lake.

Albany County held the annual Winterfest at the lake where visitors could check out snowmobiles, meet and greet sled dogs, watch an ice rescue demonstration and more.

"Thank you to everyone who braved the cold to make our Winterfest a huge suc-

cess," Albany County Executive Daniel McCoy said in a social media statement. "Your support and enthusiasm truly made it an unforgettable event."

Scheduled participating partners included the NYS Snowmobile Association, state Department of Environmental Conservation, Cornell Cooperative Extension, the Albany County Departments of Children, Youth and Families, Crime Victim and Sexual Violence Center, and Aging, along with the Frontier Sno-Riders.



Contributed photo
Albany County hosted the annual Winterfest at Lawson Lake on Saturday.



Contributed photo
The New York State Snowmobile Association was on hand to share information and exhibits about their sport during the event.

In-Play: 'The Minutes' reveals the truth about small-town America



Courtesy of Albany Civic Theatre
"The Minutes" reveals the dark side of small-town American life. The show runs through March 3.

By Sophie Yalkejian
For Capital Region Independent Media

Sitting on a quiet residential block, you could easily miss the old firehouse facade of the Albany Civic Theatre (ACT).

Beyond its worn red block lettering is a theatrical institution that's been churning out an impressive rotation of productions since its inception back in 1955. We were lucky enough to catch their latest show, a dark comedy penned by "August: Osage County" writer Tracy Letts, titled "The Minutes."

Beyond the laughs, this play asks its audience to re-examine their unavoidable role in the societal institutions that hold our communities together. Over the course of an hour and 45 minutes, the audience witnessed a droll city council meeting in the fictional town of Big Cherry slowly reveal the darkest truths of the American political land-

scape, exemplifying why it's so hard to fight for change, let alone enact it, from the comfortable seat of privilege.

The experienced cast gave stellar performances, from Alexandra Doggette playing mousy court clerk Johnson to Patrick White's full-throated hilarity in the role of Councilman Assalone (pronounced Ass-alon-ay, which he repeated to the crowd's delight). Ryan Palmer and Gary Hoffmann brought incredible comedic timing to their council member characters, who were equal parts irksome and beloved.

The heart of this story centers around newcomer councilman Peel, gracefully played by Kevin O'Toole in his ACT mainstage debut. His plucky charm and hearty handshakes had the audience rooting for him as he unpeeled the layers of a controversial history the

council was attempting to keep closed.

Humor sharply cut through tension a number of times throughout the night, including when Aaron Moore's councilman Blake earnestly argued for a cage match-style fight called the "Lincoln Smackdown" to be performed at the town festival.

Near its conclusion, the theater turned still as Bill Douglas delivered a stunning monologue as councilman Carp. His character exists only in flashback, as a past transcript is read, but manages to steal the show entirely with his candor and warmth. His words evoke the question held at the center of this play: What kind of community do we create when we ignore the truth?

"The Minutes" runs through March 3. Tickets can be purchased on their website at albanycivictheater.org.

HVCC to host apprenticeship roundtable for employers

TROY — Hudson Valley Community College will host "Apprenticeships, SUNY Training Funds and You: An Employer Roundtable," on Friday, March 1, from 8:30-11 a.m. in the Bulmer Telecommunications Center.

The event, hosted by the college's Office of Community, Professional and Workforce Development, aims to bring together Capital Re-

gion business owners who are interested in learning more about the state Department of Labor's Registered Apprenticeship program as well as funds available through the State University of New York for workforce training.

Those attending the roundtable will have the chance to ask questions about how Hudson Valley can help facilitate getting started with

apprenticeship training and how to access training funds available through SUNY.

"Registered apprenticeship is a proven strategy to build a skilled workforce, and it certainly benefits both the employer and the apprentice. We also want Capital Region employers to know about training funds available through SUNY that we at Hudson Valley can help them access," said President

Roger Ramsammy. "I urge business owners to join us and learn how Hudson Valley Community College can help them."

The college currently offers apprenticeship programs in advanced manufacturing technology, computer information systems, biotechnology, electrical construction and maintenance, and basic direct care skills.

The college's Office of

Community, Professional and Workforce Development oversees customized workforce training.

Contact communityed@hvcc.edu or 518-629-7339 for more information. Register to attend at hvcc.edu/forms/apprenticeship-roundtable.html.

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LIVING ON PURPOSE



Dr. William Holland

I want to begin today by saying how much I appreciate you for being a faithful reader of this newspaper and this column. Newspapers are still considered valuable to the older generations as they remember their grandparents and parents who embraced the daily news as part

of their regular routines.

As technology is constantly advancing, we see younger readers choosing to receive their information through various forms of modern media rather than holding the printed page. I'm personally grateful for all the great publications that agree to carry columns like "Living on Purpose" as they believe sharing positive and thought-provoking content is a blessing to their audience.

Since the beginning of the year, I admit the messages have been rather sobering. Focusing on self-examination and searching deep into our soul about what we believe is usually not a top priority. We talked about the carnal desires of our flesh, compromising, justifying our rebellion, and how we have the free will ability to ignore intentional sin without the concern to repent.

By the way, repentance

is more than saying we're sorry. We used the example of Achan and asked if intentional sin is hindering the churches and the demonstration of God's glory today. We agreed that sin offends His holiness and obstructs the advancement of His kingdom.

Is something making you sad or anxious today? Have you spent time with God about it? Facing hardships and trials is a part of life, but holding on to the one that does not falter and is never caught by surprise is our greatest hope for being content and enjoying the abundant life we will ever have.

There is no such thing as God being confused and pacing the floor unsure of what to do. The mountain plateaus feel good and we love these seasons of victory, but when we enter into a dark valley, though it's not pleasant, it can give us peace and security to understand that Christ

is always teaching and ready to carry us through suffering in His perfect time.

We decide which view of life we will embrace. If our mind is set on being negative, there is little anyone can say or do to cheer us up. However, for those who choose the higher road of embracing optimism, no dead-end or dire situation can prevent faith and hope from declaring that anything is impossible with God.

To think or say there is no answer to a certain circumstance is revealing to ourselves and the world we no longer believe that God is who He says He is. Ephesians 3:20 promises, "Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us."

If the devil or anything in this life is more powerful than God, then either He is not the Almighty or our view

of Him is in error. Which do you believe? God's word reassures us in Jeremiah 32:17, "O sovereign Lord! You made the heavens and earth with your strong hand and powerful arm. Nothing is too difficult for you!"

We know the dark side is not trying to help us be a light for God or a spiritual overcomer, which should inspire our faith to become stronger in our quest to please Christ. We become good and faithful soldiers through extensive training and developing a passion to be a living sacrifice for His glory.

We cannot succeed for the Lord if we are ready to give up every time we are challenged. Babe Ruth hit 714 home runs but also struck out 1,333 times. Cy Young is famous for winning 511 games, but did you know he lost 316 times? The point is that defeat does not mean failure and no one who

is known for great accomplishments has ever avoided disappointments.

It's easy to stay enthused when times are good, but our perseverance goes on trial when we face discouragement from difficulty. Our thoughts can come from God or the devil and both have a plan. If God is saying to stand and press through the pain, then He has a vision that will eventually bring victory and joy. However, if we choose to agree with the enemy, he will forever keep us offended and tangled up in a depressing victim mentality. God can help us succeed when we have an unrelenting determination to become like Him.

Dr. Holland is a Christian minister, chaplain, and author. To read more about the Christian life visit his website at billyhollandministries.com.

Applications open for NYS Summer School of the Arts



Contributed photo

The deadline to apply for the New York State Summer School of the Arts is approaching. Pictured are dancers at a previous session.

Applications are currently being accepted for the 2024 New York State Summer School of the Arts (NYSSSA) program, State Education Commissioner Betty A. Rosa announced. Students throughout New York state, in grades 8-12,

are encouraged to apply on the NYSSSA website at oce.nysed.gov/summerarts, where they can also learn more about the application process and the three programs offered this year in visual arts, media arts and theater.

Applications, along with respective materials, are due by Friday, March 8 for theater applicants and by Friday, March 15 for visual arts and media arts applicants.

"This transformative program empowers students and provides them with the opportunity to enhance their artistic talent under the guidance of professional artists," said Board of Regents Chancellor Lester W. Young, Jr. "We are proud to offer this life-changing experience, which fosters critical thinking, resilience, and a deep appreciation for the arts for young people across this state."

Since the NYSSSA program was founded in 1970, more than 18,000 students have benefitted from its curriculum and training. Many talented high school students have had and will continue to have the opportunity to study with some of the professional artists in the visual and performing arts, giving students a unique opportunity to experience the rigors of their chosen arts field.

"The New York State Summer School of the Arts program serves as a catalyst for personal growth and offers students a platform to explore their creativity and self-expression," Rosa said. "Students emerge from this exceptional summer experience ready to thrive and con-

tribute to the cultural richness of our society."

Students are accepted into the schools through a competitive audition and portfolio review process conducted by the artistic staff. Tuition rates are maintained at a modest level and tuition assistance is available, giving every student who qualifies the opportunity to participate in the program.

Following is a schedule of the 2024 NYSSSA schools and locations:

SCHOOL OF MEDIA ARTS

The School of Media Arts will be held July 6-27, at the State University of New York (SUNY) at Fredonia. Under the direction of Ghen Zando-Dennis, a nationally known media educator and videographer, the program consists of a review of media fundamentals, instruction in new techniques and processes, instruction in aesthetics, and surveys of contemporary work, trends, and ideas. Students will be immersed in production work in 16 mm film, digital video, photography and computer animation.

In addition to the application form, students must submit an artist statement and portfolio to be considered. More information can be found on the School of Media Arts web page.

SCHOOL OF THEATRE

The School of Theatre will be held July 6-27, at SUNY Fredonia. The program provides students with intensive instruction in acting, movement, improvisation and voice, working side by side with nationally recognized faculty.

Under the artistic direction of award-winning director Margaret Denithorne, daily classes include acting, improvisation, scene study, voice and movement, along with guest artist workshops in stage combat, mask, Shakespeare, playwriting, tango, directing, and acting technique.

In addition to the application form, students must submit a recorded audition to be considered. More information can be found on the School of Theatre web page.

SCHOOL OF VISUAL ARTS

The School of Visual Arts will be held July 6-27, at SUNY Fredonia. Directed by New York-based sculpture artist and educator Greg Lendeck, and visual artist and novelist Nicholas Rispoli, students will work in sculpture studies, mixed media, figure studies, printmaking, drawing and painting, landscape drawing and painting, and figure sculpture under the direction of noted exhibiting artists and educators.

The program includes drawing and painting from live models, 3-dimensional installations, modeling life-size objects in clay, practice with printmaking techniques, and field trips. In addition to the application form, students must submit an artist statement and portfolio to be considered. More information can be found on the School of Visual Arts web page.

SCHOLARSHIP PROGRAM

In addition to the in-residency programs for young artists, NYSSSA will once again offer the Empire State Arts Scholarship program, providing students with scholarships to attend summer arts programs in their own communities. Administered by the New York State Education Department's (NYSED) Office of Cultural Education, the funding will support the Empire State Summer Arts Scholarship Program's goal of promoting access and equity to arts education by providing need-based grants to low-income students who want to pursue summer growth opportunities. This year \$180,000 is available for students who meet application requirements.

The scholarship application review process will be evaluated based on financial need. Scholarship applications are due by Friday, April 19. More information can be found on the Arts Scholarship Program web page at oce.nysed.gov/nysssa/arts-scholarship-program.

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Medicare's dreaded 'IRMAA' provision

SOCIAL SECURITY MATTERS



RUSSELL GLOOR

Dear Rusty:

My wife is on Medicare and receiving Social Security benefits each month. We built a house and used money from our investments to pay for it. We knew we would pay taxes on that withdrawal, but my wife got

a letter from Social Security saying that because the money we withdrew was listed as income, her 2024 Medicare premium went up over \$500. And since Medicare is taken out of her Social Security, that results in a \$6,000 loss to our budget.

Is there anything that can be done about this situation? We sent a letter to Social Security, but they responded that unless her situation was one of only a few categories (loss of house, divorce, etc.) nothing could be done for the year.

The money was used strictly on another investment — our new house. It wasn't like we took it out and spent it wildly. Can you please advise?

Signed:
Frustrated Homeowner
Dear Frustrated:
Unfortunately, it sounds

like your wife is a victim of the Medicare provision known as "IRMAA" — the "Income Related Monthly Adjustment Amount."

Each person's Medicare Part B premium (coverage for outpatient health care) is determined yearly from their income from all sources as reported to the IRS two years prior. IRMAA sets income thresholds, depending on your IRS filing status, and if those thresholds are exceeded you must pay a higher Medicare Part B premium (and also a higher Part D premium if you have prescription drug coverage).

Assuming you file your taxes as "married/jointly," if your combined 2022 income as a couple was between \$206,000 and \$258,000, your wife's 2024 Part B premium is \$244.60 (instead of the standard \$174.70); if

your combined 2022 income was between \$258,000 and \$322,000 then your wife's Part B premium for 2024 is \$349.40; if your combined in 2022 was between \$322,000 and \$386,000, her Part B premium is \$454.20; if your combined 2022 income as a married couple was between \$386,000 to \$750,000 then your wife's 2024 Part B premium is \$559; and if your 2022 income as a married couple was over \$750,000 your wife's Part B premium is \$594.

If your wife also has private Part D prescription drug coverage, IRMAA also increases those premiums. Note that the IRMAA thresholds are different for other income tax filing statuses.

As the Social Security office has already explained, you could appeal your wife's

IRMAA premium increase if she had a "life-changing event," but the list of acceptable life changing events is quite small (see form SSA-44).

The only good news is that your wife's Medicare premium will be calculated anew for next year, so her Medicare premium for 2025 will — if your 2023 joint income is less than the first IRMAA threshold — revert to the standard 2025 premium.

FYI, it doesn't matter what you used the money for. Your withdrawal was reported to the IRS as taxable income, which is what caused IRMAA to apply to your wife's Medicare premium for 2024. Many people don't realize that Medicare premiums are higher for those with a higher income, but since your withdrawal was a one-time event, your

wife's Medicare Part B premium next year should be much less and her Social Security benefit correspondingly higher.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

Editor's Note: The Ravena News-Herald is pleased to offer a new column, "The Retired Investor" by financial columnist Bill Schmick. We hope you enjoy it.

The chocolate crisis

THE RETIRED INVESTOR



BILL SCHMICK

The chocolate crisis, or where is Willie Wonka when you need him

Valentine's Day has come and gone. About 92% of American consumers were planning to share chocolate and other candies for Valentine's Day this year, according to the National Confectioners Association, but the price tag for that heart-shaped box of chocolates may have left a bad taste in many a mouth this year.

Last year, chocolate sales exceeded more than \$4 billion. It feels like I paid my fair share of that total. You

see my wife, Barbara, loves chocolate, so giving a gift on Valentine's Day was easy. Along with flowers and a card, a generous amount of dark chocolate (but not milk chocolate) in any form— hearts, cups, dipped pretzels, bonbons, truffles—is sure to win the day. Her craving, however, transcends that one day, so chocolate is my go-to source for gift-giving on birthdays, and most holidays. As such, in this era of inflation, I have kept track of how much these sweet dark delights are costing me.

This year, I was not surprised to see candy prices continue higher. Retail chocolate prices have risen about 17% over the last two years, according to a report by Co-Bank, and I expect they will continue to do so. Why?

Cocoa, a main ingredient in chocolate, is responsible for much of the price rise. The price of cocoa hit record highs last week, just in time for Valentine's Day. Prices have doubled over the past year and are up 40% since January. This week cocoa futures prices continued higher to \$6,030 per ton, an

other record high. The outlook for the 2024 growing season is worsening, which is leading to fears of a larger global deficit.

Cocoa, you see, is another victim of climate change. Poor weather and crop disease have afflicted the world's main cocoa-growing region, which is in West Africa. Massive rains followed by severe drought, coupled with wind, devastated the cocoa crop. Insects and disease followed shortly thereafter. This has led to the third year in a row where cocoa harvests have been coming up short.

But don't think that higher prices in the futures markets are making growers in Ghana and the Ivory Coast rich. Ghanaian farmers are receiving between \$1,800 and \$1,900 per ton and Ivorian growers even less (\$1,600/ton), according to the Ghana Cocoa Marketing Company. In both countries, the government controls prices that farmers receive, which are based on prices that were current anywhere from 12 to 18 months ago. That is an unworkable sys-

tem but that is another story.

It is the world's hedge funds that have reaped most of the benefits of this surge in prices. At the end of 2023, speculative traders began massing billion-dollar bets on cocoa futures contracts, gambling that this year's harvests would be poor as well. At this point, the hedge fund community has the largest risk exposure ever, according to the Commodity Futures Trading Commission, with more than \$8 billion in futures positions.

Of course, with all these new traders jumping into the market, prices have soared, but so has volatility, making it even more difficult for processors to hedge their purchases. They need cocoa beans to make cocoa butter to supply chocolate makers. As a chocolate buyer throughout this period, I have noticed that big companies like Nestle and Cadbury have been raising prices consistently for the last two years.

Hershey, one of America's most loved chocolate makers, said product prices rose 6.5% in the fourth quar-

ter, and 9% in all of 2023. The company is planning on cutting 5% of its workforce because price inflation is forcing consumers to pull back on purchases.

The bad news is that not only are cocoa prices continuing to rise, but so too are the price of sugar and wages. Both are key components in just about every chocolate factory including Willi Wonka's, where even Oompa-Loompas demand raises. I would expect that by Easter we will see yet another hike in chocolate prices and by Halloween, well, who knows? So, unless you discover a golden ticket inside your chocolate bar, I would buy it early.

Bill Schmick is the founding partner of Onota Partners, Inc., in the Berkshires. Bill's forecasts and opinions are purely his own and do not necessarily represent the views of Onota Partners, Inc. (OPI). None of his commentary is or should be considered investment advice. Anyone seeking individualized investment advice should contact a qualified investment adviser. None of

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Leap into these Leap Year facts



Leap Year typically takes place every four years. The process of adding a day to the calendar every four years was designed to realign the clock and calendar more closely with how long it takes the Earth to rotate around the sun, which is slightly longer than the 365 days attributed to a year.

If not for Leap Year, the seasons would slowly shift out of place.

This year is a Leap Year, meaning February has 29 days instead of the usual 28.

There are many interesting facts to learn about Leap Year, and Feb. 29 is the perfect time to explore them.

- It takes the Earth 365 days, five hours, 48 minutes and 45 seconds to circle once around the sun, says Time and Date. Without leap years, we would lose almost six hours every year. After a century, the calendar would be off by nearly 24 days.
- Despite 2100, the next turn of the century, being divisible by four, it will not be a leap year. That's because it is divisible by 100 but not

400, which means it will not be a leap year. This exception to the rule pertains to new century years.

- Forbes reports that it is likely the calendar will need to be changed again since the Earth's rotation rate, the axial tilt orientation and the Earth's orbital motion around the sun is not constant. Various effects, such as earthquakes and something called tidal braking, affect the passage of time.
- Legend states that on Feb. 29, it is alright for a woman to propose to a man, a custom attributed to St. Bridget. Bridget complained to St. Patrick that some women had to wait too long for their suitors to pop the question. As the legend goes, Patrick supposedly provided women this day to propose to compensate.
- Some cultures view Feb. 29 as an unlucky day. In Greece, couples are warned against planning weddings during leap years. In Italy, the phrase, "Anno biseto, anno funesto," ("leap year, doom year") is uttered.
- Individuals who are born on Feb. 29 are known as leaplings or leapers.
- Leap Day is not considered a legal day. Those who are leaplings have to choose February 28 or March 1 for their official and legal birthdays.
- Individuals who are paid fixed monthly incomes

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often work for free on Feb. 29 because their wages will not be calculated to include the extra day.

- Guinness World Records indicates the only family it could verify as producing three consecutive

generations born on leap days belongs to the Keoghs. The elder Patrick Anthony Keogh was born in 1940, his

son Peter Eric was born in 1964, and his granddaughter Bethany in 1996.

Sleeping like a baby

BODY, MIND & SPIRIT



PAT LARSEN

THAT was just the teaser. Honestly, the question on the minds of mostly everyone is, "How do we... sleep like a baby again?" I have no answers that you probably haven't heard

of or tried before.

So, let's approach this topic with a more common-sense consideration and see if that will trigger a solution for you and me both.

We all need sleep. Back in the day, sleep came after a good long hard day's work. Now that we're retired or working from home on a computer, or meeting friends at Stewart's for a cup of coffee until just before lunch, we can't exactly admit that any degree of "hard work" has taken place, can we?

There are no alarms going off except the ones that we hear outside our windows suggesting the roosters are serenading us at 4:45 a.m.

So, thinking this subject over, I've concluded, we

have to look at "sleep" differently than we did years ago.

Gone are the nights of eight hours of deep, restorative sleep. Away with the notion that at nighttime we don those cute little Llama PJs and slip into warm flannel sheets after drinking some warm milk.

I give my vote to sleep when you just feel like it, day or night. Be sure you've fed the cats or the dog first, though, before resting that head on the down pillow. Put away the computerized solitaire game and stop scrolling on your phone to look for the next best game app.

You get tired, you go to sleep for a bit. Who knows, maybe even a few hours. Just take that continuous

pressure off an expectation that you don't have to subscribe to anymore.

Nap... maybe two times a day. Get up when you're feeling refreshed. If it's the middle of the night, go outside and look up. The nighttime sky is awash with satellites streaming on by and star constellations that you probably haven't considered for years.

Play a game of "stay awake" by actively NOT closing your eyes.

Take a break from continuously thinking that you should be sleeping and enjoy the evening by reading a book, listening to soothing music, or knitting.

I particularly love imagining that I'm telling a story to my grandkids. Maybe even a favorite from your

childhood and see if you can recall all the details, even if it's something as simple as "Goldilocks and the Three Bears" or "Little Red Riding Hood."

Ever have a truly "happy" place that you've enjoyed? That could be great imagery to conjure up and replay from beginning to end.

Stop pressuring yourself into sleep. Think about anything else but what you think you should be doing and just relax into the time you're spending in bed or on that couch enjoying the simplicity of the moment.

If you find yourself roaming around rather than in bed, do something like watering the plants or uncluttering a drawer. I know that kind of sounds like a ri-

diculous task-oriented solution but it's productive and you already are frustrated by not sleeping so why not turn that into a check mark on your other "to do" list.

The "sleeping like a baby" ship may have sailed for all of us but we can make the best of the already frustrating scenario that is unnecessarily keeping us awake anyway.

Until then, may the sleep fairy sprinkle some sleepy dust in our eyes often and soon!

Life always offers us another chance... it's called tomorrow. Nighty night all!

Pat Larsen teaches really fun fitness programs at The Shamrock House in East Durham weekday mornings. Contact Pat at 518-275-8686.

Editor's Note: We are pleased to welcome new columnist Bill Schmick to the Ravena News-Herald. He will be writing two weekly columns — The Retired Investor and this column, @ the Market. We hope you enjoy them.

Nvidia leads markets to record highs

@theMarket



BILL SCHMICK

Stocks forged ahead this week, making new highs with technology stocks continuing to take the lead. Financial flows into equity buoyed the overall market despite some disappointing results in the U.S. government's Treasury auctions.

Credit for the continued move higher must go to the number one AI stock in the world, Nvidia.

It was touch and go on Wednesday night as all eyes waited for Nvidia's earnings results. The Street was divided on which way the markets would go. It depended on whether this leading semiconductor company could beat estimates once again and deliver higher forward guidance on the world's demand for its artificial intelligence chips.

Both the Mag 7 and the AI 5 stocks spent the beginning of the week falling in fear that Nvidia results could not possibly top the results of the last two quarters. Strategists were warning that the entire market was at risk since the AI boom has

been the main driver of the market's advance for more than a year.

The company's corporate earnings and sales not only fulfilled the hopes of the biggest bulls but super charged the price of every stock that was even remotely involved in the AI boom. Nvidia hit a new high for the year on Thursday and Friday while triggering an almost 3% gain on the NASDAQ. The S&P 500 Index added close to 2%, although the Dow and the Russell 2000 small cap index did add far less.

And while stocks rallied, bonds did the opposite. The U.S. Treasury's ten-year bond yield has been climbing higher, reaching 4.319%. Bond buyers are insisting on higher returns, and they should, given the billions of

dollars in bonds the Treasury is auctioning this quarter and next. In the recent past, this reaction in the fixed-income market would have put downward pressure on stocks, but not this week.

The need of the U.S. Treasury to sell more longer-dated bonds and fewer short-term notes is forcing the Fed into a quandary. While the Fed stands pat on raising interest rates any further, the Treasury auction sales are forcing yields higher anyway. If this continues, (and it will) at some point equity investors will start to pay attention. That would not be good news for the stock market. In an election year, this could spell trouble for the incumbent.

The Fed may be forced to somehow ease the situation, but how? They have already said that cutting Interest rates too soon might spark an upsurge in inflation. The obvious answer, therefore, would be to ease up on the pedal of quantitative tightening, which would inject more liquidity into the financial markets. That would be good for markets and presumably the President.

But right now, momentum traders don't care about bond yields, the dollar, or even corporate earnings for the most part. We have entered a riskier period of the market that can deliver great gains and great losses in quick succession. The first half of the week saw stocks plummet in fear that one company's results would take the entire market down. Thursday and Friday deliv-

ered the opposite results.

The momentum in the U.S. stock market is beginning to catch on in global markets as well. Japan's benchmark Nikkei Index hit a record high this week, beating the previous record set 34 years ago. Shares in Frankfurt, Paris and Milan gained more than 1% while Europe's Stoxx 600 Index also hit an all-time high. Even China, considered a basket case and the worst market around, has seen stocks gain over the last week or two.

This stock market rally is getting a bit long in the tooth. The last two rallies that occurred (between 2022 and 2023) lasted between 16 and 19 weeks, gaining 20% and 21% respectively. This present one is in its 17th week with a gain of 23% thus far. Could it run further?

Yes, technical charts say we can, even though we could see some short-term weakness ahead. It appears that financial flows into equity markets are still strong, so there is enough buying power available to fuel further upside. And so far, stocks have not fallen on good news, if this week is any indication. My first target remains 5,140 on the S&P 500 Index, and we are getting close to that level. A short-term pullback could be in the offing.

But after that, a rally that extends into mid-March, or even April could see a few percentage points tacked onto this year's gains. Let's target 5,220 on the S&P 500 Index as a good guess.

Bill Schmick is the founding partner of Onota Partners, Inc., in the Berkshires. Bill's forecasts and opinions are purely his own and do not necessarily represent the views of Onota Partners, Inc. (OPI). None of his commentary is or should be considered investment advice. Anyone seeking individualized investment advice should contact a qualified investment adviser. None of the information presented in this article is intended to be and should not be construed as an endorsement of OPI, Inc. or a solicitation to become a client of OPI. The reader should not assume that any strategies, or specific investments discussed are employed, bought, sold or held by OPI. Direct your inquiries to Bill at 1-413-347-2401 or e-mail him at bill@schmicksretiredinvestor.com. for more of Bill's insights. Investments in securities are not insured, protected or guaranteed and may result in loss of income and/or principal. This communication may include opinions and forward-looking statements, and we can give no assurance that such beliefs and expectations will prove to be correct. Investments in securities are not insured, protected or guaranteed and may result in loss of income and/or principal. This communication may include opinions and forward-looking statements, and we can give no assurance that such beliefs and expectations will prove to be correct.

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County's second annual Farmers Market scheduled

ALBANY — Albany County Executive Daniel P. McCoy, MVP Health Care President and CEO Chris Del Vecchio and the Downtown Albany Business Improvement District have announced the return of the Albany County Farmers Market.

The market has been expanded and will run each Sunday from July 14 to Sept. 29, from 10 a.m. to 2 p.m. on South Pearl Street in front of the MVP Arena.

"Thanks to the overwhelming support of our community, and with the help of our partners at the Downtown Albany Business Improvement District and MVP Health Care, the Farmers Market has grown into a weekly event this year," said Albany County Executive McCoy "This will provide even more opportunities for residents and visitors to enjoy locally sourced produce and other products while supporting local business."

The Farmers Market series is supported by the Innovation Fund, a partnership between Albany County and

MVP Health Care. The purpose of the fund is to improve the overall health and vitality of the surrounding community. The fund also promotes the MVP Arena as a marquee asset to the community by supporting healthier, inclusive and expanded opportunities.

"At MVP Health Care, we know that healthy food is good medicine, which is why the Farmers Market is vital to improving the overall health and well-being of our community," said MVP Health Care's President and CEO, Chris Del Vecchio. "When we launched the Farmers Market last year in partnership with Albany County and the Downtown Albany BID, we did so to further invest in our mutual commitment to building healthy communities. We are proud to offer an expanded Farmers Market this year to provide access to non-traditional health and well-being options while also supporting local businesses, artists, and entertainers."

"With the success of last year's market series, our com-

munity showed us that this market is quickly becoming a valuable resource for our residents, and an attraction for visitors. We look forward to offering even more fresh, affordable, locally farmed produce, meat, dairy, and other staples as well as delicious baked goods, ready-to-eat meals and beverages from local vendors, while widening this platform for local artists and makers to showcase and sell their products. The BID thanks the County Executive and MVP Health Care for recognizing the need for this market and dedicating the necessary resources to ensure its continued growth and prosperity," said Downtown Albany BID Executive Director, Georgette Steffens.

Parking will be free at the MVP Arena Parking Garage on Beaver Street.

Vendor applications are now being accepted. For more information about the Farmers Market Series or to sign up as a vendor, visit albanycountyfarmersmarket.com to apply and learn more.

Coeymans Hollow Volunteer Fire Corporation News

COEYMANS HOLLOW —

- Line officers meeting scheduled: Coeymans Hollow Line Officers will hold its monthly meeting on Tuesday, March 5, beginning at 6:30 p.m. All Coeymans Hollow line officers are encouraged to attend.
- Coeymans Hollow membership meeting scheduled: The Coeymans Hollow Volunteer Fire Corporation will hold its monthly membership meeting on Tuesday, March 5, beginning at 7:30 p.m. All Coeymans Hollow members are encouraged to attend.
- CHVFC nomination of officers for 2024-25 is now open: The nominating committee of company officers for 2024-25 has announced if you would like to nominate someone for an office, please contact committee members Jack Dennis, Jack Stratta or Eileen Steenbuck, or sign

up on the nomination sheet in the downstairs kitchen. Company elections will be held on **Tuesday, April 2, beginning at 7 p.m.**

- Installation Banquet sign-up: The Coeymans Hollow Volunteer Fire Corporation will hold its 79th annual Installation Banquet at Sycamore Country Club on Saturday, April 6, beginning at 6 p.m. All members who wish to attend this year's Installation Banquet are encouraged to sign up on the sheet that is located on the bulletin board in the downstairs kitchen or contact Sue Stratta or Mary Ann Dennis **no later than Tuesday, April 2.**
- Property tax exemption for volunteer firefighters: The town of Coeymans, along with other area towns, has a 10% property tax credit applied to property taxes for active volunteer firefighters in the town of Coeymans. Town of Coeymans volunteer firefighters are encour-

aged to contact the town's assessor's office for more information. Note: You can only take either the \$200 state credit that has been in place for some time or the 10% property tax credit. Either way, there is **no harm in filling this out now.**

- **Shirt and jacket orders** are currently being accepted: Darlene Wilson has announced that members can start to order their Coeymans Hollow shirts and jackets on the order form in the downstairs kitchen. A representative from the shirt company will be available with samples as soon as a date is scheduled. Shirts, jackets, hats and fleeces are the same as the ones that have been ordered previously. If you have any questions, **please contact Darlene Wilson.**
- Recruitment and retention: New volunteers are needed to help protect the community. Active interior and

exterior firefighters, EMS personnel, fire police, ladies' auxiliary members and associate members are needed to assist with many committees. These are volunteers here to protect lives and property in the Coeymans Hollow Fire District. They will provide all the equipment and training for you to become a member of the Coeymans Hollow Volunteer Fire Corporation. If you are between the ages of 16 and 18, and are interested in being a junior volunteer in the fire service, please call or stop by the firehouse. For junior firefighters, remember — volunteering for your community looks good on your college or work application. Think about it — if you don't volunteer, who will? For more information or to obtain an application, call 518-756-6310 or stop by and check it out on Tuesdays **on drill nights beginning at 7 p.m.**

- **Emergency Responders**

Course being planned: The Ravena Rescue Squad and the Coeymans Hollow Volunteer Fire Corporation have teamed up to plan an Emergency Responders Course for this spring. The course is being offered to local firefighters at this time. If you are interested in taking this course, please contact the Ravena Rescue Squad or Coeymans Hollow Training Officer Dan Houghtaling by calling 518-756-6310 and leave a message. The course is **scheduled to run for about 68 hours.**

- **Drill scheduled:** Coeymans Hollow Training Officer Dan Houghtaling has announced that the drill scheduled for Tuesday, March 12, will be announced soon. The drill will begin promptly at 7 p.m. and all Coeymans Hollow firefighters and EMS personnel are **encouraged to attend.**
- **Events scheduled by neighboring fire companies and**

community groups:

- Selkirk #1 on Maple Avenue will hold a fish fry dinner on Friday, March 1, March 15, and March 29, from 4:30-7 p.m. Eat-in or take-out will be available.
- Soups for Seniors will be held on Saturday, March 23, at the Ravena Senior Projects building from 11 a.m. to 2 p.m. To enter a soup, please email lakkenatspr@gmail.com. Fifteen slots are open and a \$100 cash prize will be awarded to the winner. All proceeds will benefit the Senior Projects of Ravena.
- **Safety tip:** Spring is on the way! Daylight saving time begins next Sunday, March 10. Turn your clocks ahead one hour before you **go to bed on Saturday, March 9.**
- **Fire and EMS report:** The Coeymans Hollow Volunteer Fire Corporation responded to one fire and three EMS calls in the past week.

Kindergarteners learn about 'community helpers'

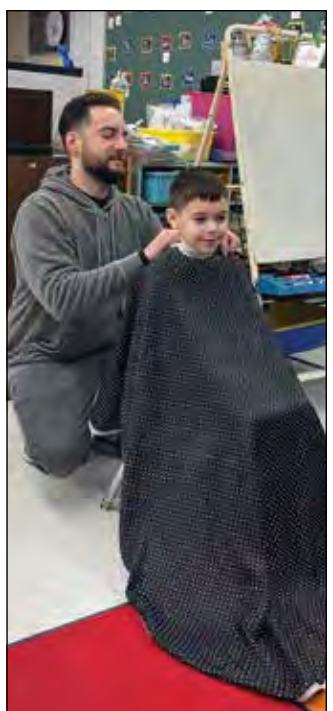


All photos are courtesy of RCS Central School District.

SELKIRK — It takes many people — and many jobs — to make up a community. Students in Jennifer Byrnes' kindergarten class at A.W. Becker Elementary

School had the chance recently to learn about community helpers and the roles they play in the community. The class recently had special guests visit and share in-

formation about the jobs they do, from construction workers to barbers. Here are some images from the day's learning experience.



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- ♦ Top 5 Women ♦ BIPOC (Black, Indigenous & People of Color)
- ♦ Youth (ages 15-21) ♦ Businesses

You may also submit a video presentation for your nomination. Please email a .mov or .mpg to wdewsjr@gmail.com. If you have any questions please contact Warren Dews Jr. at 413-212-0130.

Nominations will be accepted through Feb. 29, 2024.
 Winners will receive an award and an invitation to a dinner ceremony in their honor in April.

*We are looking for nominations among people who live, work or were raised in our services areas of southern Albany County, Columbia County and Greene County.

Communities where nominations can come from in Albany County include Ravena, Coeymans, Coeymans Hollow, Selkirk, Medusa, Rensselaerville, Westerlo, Bethlehem, Delmar and Glenmont.

In Greene County, individuals and businesses can be nominated from Greenville, Cairo, Durham, New Baltimore, Coxsackie and Athens.

In Columbia County individuals and businesses can be nominated from all of Columbia County.

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Legals

Notice of Formation of GOT IT MAID LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 01 15 2024. Office location Albany, SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to LEGALCORP SOLUTIONS . Purpose Any lawful purpose.

Notice of Formation of Curiosity Management LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-01-19. 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 New York Registered Agent LLC: 418 Broadway Suite Y Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of The Bagel Lassie LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 01 29 2024. 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 LEGALCORP SOLUTIONS 1060 Broadway Suite 100, ALBANY, NY 12204. Purpose Any lawful purpose.

Notice of Formation of CABIN AT PARADISE LAKE LLC. Arts. Of Org. filed with SSNY on 01 18 2024. Office location Greene SSNY desg. As agent of LLC upon whom process against it may be served. SSNY mail process to ONE COMMERCE PLAZA, 99 WASHINGTON AVE STE 805A, ALBANY, NY 12210. Any lawful purpose.

SKY VENTURES GLOB-AL LLC. Art of Org. filed with the SSNY on 02 02 2024. Office Albany County. 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.

OLIVESTONE INSURANCE AGENCY LLC. Art of Org. filed with the SSNY on 01 10 2024. Office Albany County. 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 6119 PROPERTY LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 02 12 2024. 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.

LEGACY COUNSELING LLC. Art of Org. filed with the SSNY on 12 27 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 Qualification of VOSS STRUCTURAL ENGINEERING, PLLC. Certificate of Authority filed with Secretary of State of NY (SSNY) on 11 28 2023 Office location Albany. Professional Limited Liability Company (PLLC) formed in on 06 16 2022. SSNY designated as agent of Professional Limited Liability Company (PLLC) upon whom process against it may be served. SSNY shall mail process to NORTHWEST REGISTERED AGENT LLC 418 Broadway, Albany, NY 12207, USA Articles of Organization originally filed with Secretary of State (SOS). 115 S Wilke Rd ste 202, Arlington Heights, IL 60005, USA. Purpose Any lawful purpose.

Notice of Formation of AWCB Holdings LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 01 05 2024. 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 AWCB Holdings LLC 5860 Main Street, Tannersville, NY 12485. Purpose Any lawful purpose.

Notice of Formation of Okundaye Legal PLLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 06 22 2023. 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 Studio Incomplete, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2024-01-15. 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 Studio Incomplete, LLC 3311 Norma Drive Thornedale PA 19372. Purpose Any lawful purpose

Notice of Formation of JLANI LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2024-01-12. Office location: Albany County. SSNY designated as agent of upon whom process against it may be served. SSNY should mail process to JOHN ERIC LANIER: 49 Swatling Rd. Latham NY 12110. Purpose: Any lawful purpose

Notice of Formation of GRACEFUL INNOCENCE LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 01 08 2024. 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 Western Field Holdings LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 02 06 2024. 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 300 Lonnstrom Lane, Slingerlands, NY 12159. Purpose Any lawful purpose.

Notice of Formation of AIRGC PLLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 02 06 2024. 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 BR Project 4 LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 02 08 2024. 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 QUALITY TELEHEALTH NP IN PSYCHIATRY, PLLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 09 01 2023. 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.

BS BEE HAVEN FARM LLC. Art of Org. filed with the SSNY on 02 15 2024. Office Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY should mail process to Registered Agents Inc: 418 Broadway ST R Albany NY 12207. Purpose: Any lawful purpose

WALLETS AND WAISTLINES LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 09 04 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, STE N, ALBANY, NY, UNITED STATES, 12207. Purpose Any lawful purpose.

Notice of Formation of Prime Management NJ LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2024-01-10. Office location: Albany County. SSNY designated as agent of upon whom process against it may be served. SSNY should mail process to New York Registered Agent LLC: 418 Broadway STE R Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of Everlore Events LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2024-01-12. 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 LLC: 418 Broadway, STE N Albany Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of Walls R Russ LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 01 29 2024. 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 TYCHE DEVELOPMENT GROUP, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 04 24 2014. 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 HARMONY CARE MEDICAL PLLC Arts of Org filed with the SSNY on 01 30 2024. Office Albany County. SSNY designated as agt upon whom process against it may be served. SSNY shall mail process to The LLC at c o 20 Corporate Woods Blvd, 3rd Fl, Albany, NY 12211. Purpose Any lawful activity

Notice of Formation of Purp Door Productionz, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 08 28 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 . Purpose Any lawful purpose.

Notice of Formation of Coastal Land Development LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 01 18 2024. 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 LLC 418 Broadway, Ste N, Albany NY 12207. Purpose Any lawful purpose.

Notice of Formation of Your Homeowner Helper LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 12 22 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 North West Registered Agent LLC 418 Broadway, STE R Albany NY 12207. Purpose Any lawful purpose.

Notice of Formation of Page Painting and Services LLC . Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-11-16. 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 ST R Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of

SSNY should mail process to Registered Agents Inc. 418 BROADWAY STE R, ALBANY, NY 12207. Purpose Any lawful purpose.

Notice of Formation of BR Project 3 LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 02 08 2024. 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 NY-SERDA 17 Columbia Circle Albany, NY 12203. Purpose Any lawful purpose.

Notice of Formation of Lozano Rentals LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 08 18 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 North West Registered Agent LLC 418 Broadway, STE N Albany, NY 11207. Purpose Any lawful purpose.

Notice of Formation of DANE JOHNSON AGENCY LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 02 16 2024. 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 LLC 418 Broadway, STE N Albany, NY 12207. Purpose Any lawful purpose.

Alchemist Research LLC. Filed with SSNY on 01 29 24. Office Albany County. SSNY designated as agent for process & shall mail copy to 418 Broadway, STE N, Albany, NY 12207. Purpose Any lawful.

Notice of Formation of Rochester Albany LLC, Arts of Org. filed with NY Secy of State (SSNY) on 2 2 2024. Office location Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to The LLC at c o 20 Corporate Woods Blvd, 3rd Fl, Albany, NY 12211. Purpose any lawful activity.

Notice of Formation of Future Tense, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 02 03 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 North West Registered Agent 418 Broadway, Ste N, Albany NY 12207. Purpose Any lawful purpose.

Notice of Formation of 82-04 138TH STREET, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 01 18 2024. 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 LLC 418 Broadway, STE N, Albany NY 12207. Purpose Any lawful purpose.

LLC DOMESTIC . Section of Law 206 . Notice of formation of MIRACLE MINDSET LLC. Articles of Org. filed with the Secretary of State of New York (SSNY) on MAY 31, 2023. Office location Albany County, SSNY is designated as agent upon whom process may be served. SSNY shall mail service of process to Registered Agent Inc at 418 BROADWAY, STE R Albany NY 12207. Registered Agent Inc. is designated as agent for SOP 418 BROADWAY, STE R Albany NY 12207. Company is organized for any lawful purpose.

Notice of Formation of 3022 PROPERTY LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 02 13 2024. 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 ST R Albany NY 12207. Purpose: Any lawful purpose

Notice of Qualification of KOMARI & ALKHASONEH LLP. Certificate of Authority filed with Secretary of State of NY (SSNY) on 11 01 2023 Office location Albany County. Limited Liability Partnership (LLP) formed in on 03 10 2021. SSNY designated as agent of Limited Liability Partnership (LLP) upon whom process against it may be served. SSNY shall mail process to REGISTERED AGENTS INC. Articles of Organization originally filed with Secretary of State (SOS), 418 Broadway, Albany, NY 12207, USA. Purpose Any lawful purpose.

Notice of Formation of Geehee Mama, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 01 16 2024. 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 Amanda Williams 13616 222 street Apt 9B Laurelton NY 11413. Purpose Any lawful purpose.

Notice of Formation of MANHATTAN III, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 02 16 2024. 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 MANHATTAN III, LLC 194 S. Port Road, Albany, NY 12202. Purpose Any lawful purpose.

Notice of Formation of DJNY ART LLC.. Articles of Organization filed with Secretary of State of NY (SSNY) on 01 23 2024. 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 NY-SERDA 17 Columbia Circle Albany, NY 12203. Purpose Any lawful purpose.

Notice of Formation of QUACKMIRE LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 02 07 2024. 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 NYS REGISTERED AGENT 418 BROADWAY STE Y ALBANY, NY 12207. Purpose Any lawful purpose.

MDB MUSIC, LLC. Art of Org. filed with the SSNY on 02 06 2024. Office Albany County. 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 FITZSIMONS MENTAL HEALTH COUNSELING, PLLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 08 23 2023. 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 North West Registered Agent LLC 418 Broadway, STE N Albany, NY 12207. Purpose Any lawful purpose.

Notice of Formation of Raquette River Roasters LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 01 26 2024. 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 LLC 418 Broadway STE N, Albany, NY 12207. Purpose Any lawful purpose.

Notice of Formation of Creble Contractors LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2023-11-10. Office location: Albany County. SSNY designated as agent of upon whom process against it may be served. SSNY should mail process to Creble Contrac-

tors LLC: 267 woodscape drive Albany NY 12203. Purpose: Any lawful purpose

Notice of Formation of TAVERNER VENTURES LLC. Arts. Of Org. filed with SSNY on 02 06 2024. Office location Greene County. SSNY desg. As agent of LLC upon whom process against it may be served. SSNY mail process to 5 GARDINER ST, CATSKILL, NY, 12414. Any lawful purpose.

Notice of Formation of SkyBound Notebooks. Articles of Organization filed with Secretary of State of NY (SSNY) on 01 31 2024. 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 LLC 418 Broadway, STE N Albany, NY 12207. Purpose Any lawful purpose.

Notice of Formation of Guiding Pearl. Articles of Organization filed with Secretary of State of NY (SSNY) on 11 27 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 North West Registered Agent LLC 418 Broadway, STE N Albany, NY 12207. Purpose Any lawful purpose.

Notice of Formation of DIANE JOHNSON AGENCY LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 02 12 2024. 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 LLC 418 Broadway, STE N Albany, NY 12207. Purpose Any lawful purpose.

Willow Ridge Senior Living - Sierra Vista LLC filed Articles of Organization with the NY Department of State on February 14, 2024. Its office is located in Albany County. The Secretary of State has been designated as agent of the Company upon whom process against it may be served, and a copy of any process shall be mailed to PO Box 3978, Albany, NY 12203. Its purpose is any lawful business.

Notice of Formation of CFN LAWYERS LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 12 07 2023. 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 . Purpose Any lawful purpose.

Notice of Formation of Golf Dudes LLC, Arts of Org. filed with NY Secy of State (SSNY) on February 6, 2024. 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 PO Box 584, Guiderland, NY 12084. Purpose any lawful activity.

Notice of Formation of BR Project 5 LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 02 08 2024. 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 NY-SERDA 17 Columbia Circle Albany, NY 12203. Purpose Any lawful purpose.

Notice of Formation of BR Project 2 LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 02 08 2024. 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 NY-SERDA 17 Columbia Circle Albany, NY 12203. Purpose Any lawful purpose.

Notice of Formation of Delaware Field Holdings LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 02 14 2024. 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 LLC 418 Broadway, STE N Albany, NY 12207. Purpose Any lawful purpose.

SSNY should mail process to LLC 300 Lonnstrom Lane, Slingerlands, NY 12159. Purpose Any lawful purpose.

Notice of Formation of NARTHEX ENGINEERING PLLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 05 26 2023. 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, UNITED STATES, 12207. Purpose Any lawful purpose.

Notice of Formation of STURDYCLEANER LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 01 15 2024. Office location Albany. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to LEGALCORP SOLUTIONS 1060 Broadway Suite 100, ALBANY, NY 12204. Purpose Any lawful purpose.

Notice of Formation of Anaphor Analytics, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2024-01-02. 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 North West Registered Agent LLC: 418 Broadway, STE N Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of KELLY BROTHERS HOME IMPROVEMENTS LLC. Arts of Org filed with the SSNY on 01 29 2024. 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 Qualification of PROCRAFTERS LLC. Certificate of Authority filed with Secretary of State of NY (SSNY) on 10 19 2023 Office location Albany. Limited Liability Company (LLC) formed in on 09 28 2022. 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 LLC 418 Broadway, STE N Albany NY 12207. Purpose Any lawful purpose.

Notice of Formation of Hillovanni LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 01 17 2024. 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 PO Box 335, Round Top, NY 12473. Purpose Any lawful purpose.

Notice of Formation of STARR DELIGHTSS LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 01 30 2024. 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 LLC: 418 Broadway STE N Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of Hudson Valley Food Specialist LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 12 08 2022. 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 LLC 418 Broadway, STE N Albany NY 12207. Purpose Any lawful purpose.

Sezze Solar Ventures LLC filed Articles of Organization with the NY Department of State on February 21, 2024. Its office is located in Albany County. The Secretary of State has been designated as agent of the Company upon whom

process against it may be served, and a copy of any process shall be mailed to 125 Wolf Road, Suite 312, Colonia, NY 12205. Its purpose is any lawful business.

Notice of Formation of STURDYCLEANER LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 01 15 2024. Office location Albany. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to LEGALCORP SOLUTIONS 1060 Broadway Suite 100, ALBANY, NY 12204. Purpose Any lawful purpose.

NEW YORK COUNTY NOTICE OF FORMATION Soups&Stews LLC. filed in NY on 2023-16-11. located at 1062 college Ave Bronx NY 10456

Notice of Formation of Flourish Performing Arts LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2024-01-12. 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 Alan Dornak: 5009 Broadway Apt. 609 New York NY 10034. Purpose: Any lawful purpose

Notice of Formation of Empire State Bullies LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 2024-01-02. 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 North West Registered Agent LLC 418 Broadway, STE N Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of Emily Pomilio Consulting LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 01 23 2024. 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 LLC 418 Broadway, STE N Albany NY 12207. Purpose Any lawful purpose.

Notice of Qualification of Wathco, LLC. Authority filed with NY Dept. of State (NYDOS) on 01 02 24. The county within New York State in which the office of the foreign limited liability company is to be located is in Albany County. LLC formed in Georgia (GA) on 02 23 1996. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to 5470 Technology Parkway, Braselton, GA 30517. GA address of LLC 5470 Technology Parkway, Braselton, GA 30517. Articles of Organization filed with GA Secy of State, 313 West Tower, 2 Martin Luther King, Jr. Dr., Atlanta, GA 30334-1530. Purpose any lawful activity.

Notice of Formation of Empire State Bullies. Articles of Organization filed with Secretary of State of NY (SSNY) on 2024-01-02. Office location: Albany County. SSNY designated as agent of upon whom process against it may be served. SSNY should mail process to North West Registered Agent LLC: 418 Broadway STE N Albany NY 12207. Purpose: Any lawful purpose

Notice of Formation of NACLIGHT LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 01 08 2024. 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 iBrowBar/Bufallo LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 12 15 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 North West RA 418 BROADWAY STE N ALBANY NY 12207. Purpose Any lawful purpose.

WATCHER MUSICAL LLC. Art of Org. filed with the SSNY on 07 12 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 3551 PROPERTY LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 11 27 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 REGISTERED AGENTS INC. 418 BROADWAY STE R ALBANY, NY 12207. Purpose Any lawful purpose.

Notice of Formation of The Financial Grove, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 01 24 2024. 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 Hunter Creek Fish and Game LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 02 02 2024. 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 138 Walgrove Ave, Dobbs Ferry, NY 10522. Purpose Any lawful purpose.

Harlem Standard Realty LLC. Art of Org. filed with the SSNY on 02 13 2024. Office Albany County. 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 Qualification of TIMOTHY BALDRIDGE PE ENGINEERING, PLLC. Certificate of Authority filed with Secretary of State of NY (SSNY) on 10 26 2023. Office location Albany. Professional Limited Liability Company (PLLC) formed in on 05 26 2023. SSNY designated as agent of Professional Limited Liability Company (PLLC) upon whom process against it may be served. SSNY shall mail process to Northwest Registered Agent LLC 418 Broadway ste n, Albany, NY 12207, USA. Articles of Organization originally filed with Secretary of State (SOS), 2222 W Grand River Ave, Okemos, MI 48864, USA. Purpose Any lawful purpose.

Notice of Qualification of RESTORE HEALTH, LLC. Certificate of Authority filed with Secretary of State of NY (SSNY) on 04 12 2023. Office location Albany. Limited Liability Company (LLC) formed in on 07 27 2023. 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, USA. Articles of Organization originally filed with Secretary of State (SOS), 8 The Green ste a, Dover,

DE 19901, USA. Purpose Any lawful purpose.

Notice of Formation of Reflections in Focus LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 12 21 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, STE N, Albany, NY 12207. Purpose Any lawful purpose.

Notice of Formation of Electric City Machine Works LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 01 18 2024. 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 CIN114 LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 11 27 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 418 Broadway STE N, Albany, NY 12207. Purpose Any lawful purpose.

Notice of Formation of Enitan Cher LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 01 29 2024. 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 HEAVY INTERNATIONAL TRANSPORT SOLUTIONS LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 01 29 2024. 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 Rivercat LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 02 03 2024. 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 Sam McDermott 37 Thompson St., Catskill, NY 12414. Purpose Any lawful purpose.

Notice of Qualification of TOPLINE MECHANICAL LLC. Application for Authority filed with Secretary of State of NY (SSNY) on 1 22 2024. Office location Albany County. LLC formed in Pennsylvania (PA) on 12 13 19. PA Address of LLC 5051 HORSESHOE PIKE, HONEY BROOK, PA 19344. SSNY designated as agent upon whom process may be served. SSNY shall mail service of process to the LLC at 5051 HORSESHOE PIKE, HONEY BROOK, PA 19344. Cert. of Organization filed with Secretary of the Commonwealth of PA, 401 North Street, Rm 206, Harrisburg, PA 17120. Company is organized for

any lawful purpose.

J-Jireh Home Improvements LLC. Art of Org. filed with the SSNY on 02 14 2024. Office Albany County. 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 Eastwood Condos LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 02 02 2024. 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 382 Willoughby Ave. Brooklyn, NY, 11205. Purpose Any lawful purpose.

Notice of Formation of WC DENTAL PLLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 11 14 2023. 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, UNITED STATES, 12207. Purpose Any lawful purpose.

The Annual Policyholders' Meeting of the Eastern Mutual Insurance Company of Greenville, New York will be held on Tuesday March 19, 2024 at 9 30 A.M. at the Company Office located at 6504 State Route 32, Greenville, NY 12083. The purpose of this meeting is to elect Directors and transact such other business that may come properly before it. Leslie A. Hallenbeck Secretary

Notice of Formation of 305 Childress, LLC, Arts of Org. filed with NY Secy of State (SSNY) on January 18, 2024. 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 17 Corporate Circle, Albany, NY 12203. Purpose any lawful activity.

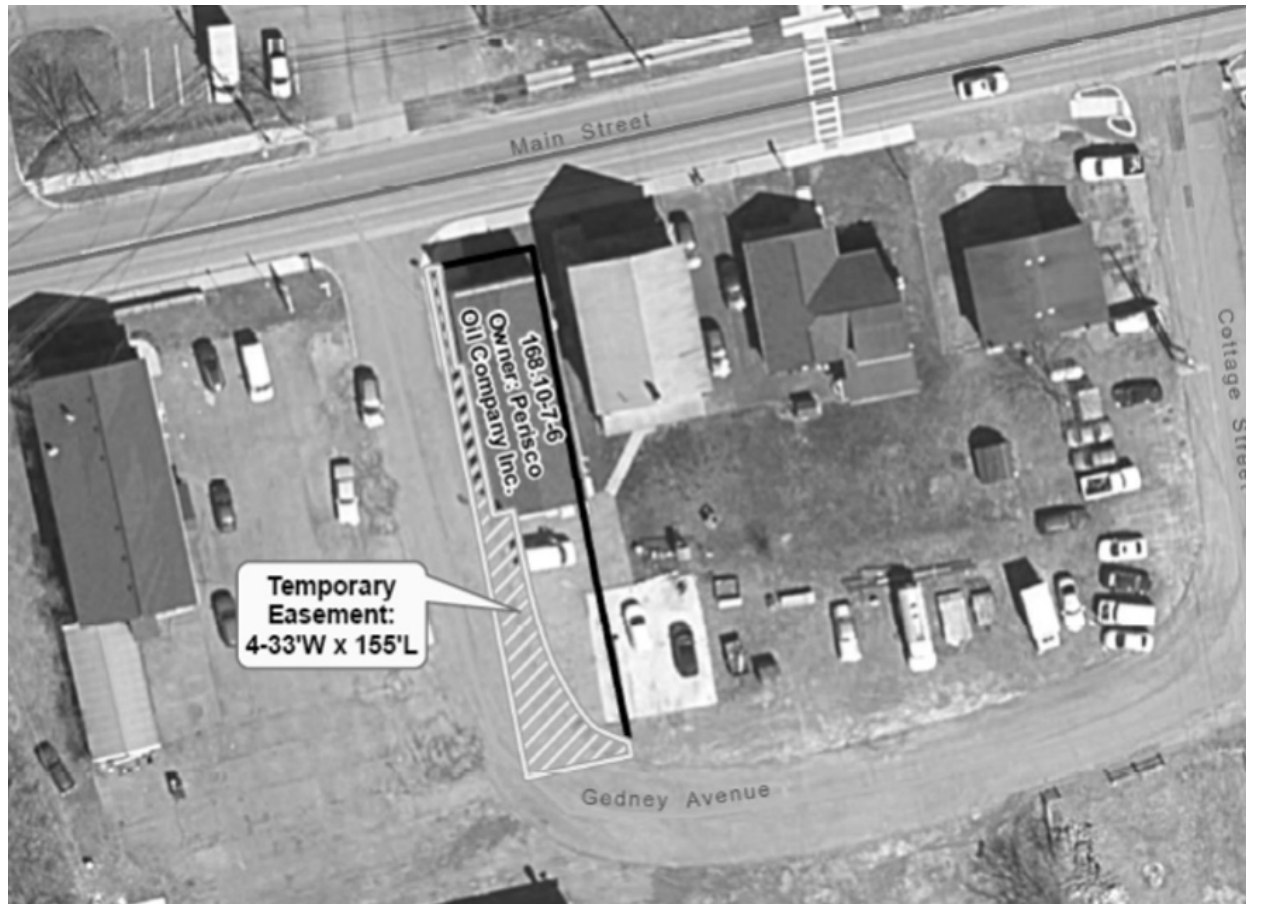
Notice of Formation of SHADES OF ROSE LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 01 29 2024. Office location Albany County. SSNY designated as agent of Limited Liability Company (LLC) upon whom process against it may be served. SSNY should mail process to NORTHWEST REGISTERED AGENT LLC 418 BROADWAY STE N ALBANY NY 12207. Purpose Any lawful purpose.

GREENVILLE EATS LLC. Arts. of Org. filed with the SSNY on 02 06 2024. Office loc Greene County. SSNY has been designated as agent upon whom process against the LLC may be served. SSNY shall mail process to Jessie Scofield-Murphy, 77 Myrtle Ln, Westerlo, NY 12193. Purpose Any Lawful Purpose.

Notice of Formation of 11 Rock Hill LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 01 26 2024. 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 Kevin Amanna PO Box 431, Leeds, NY 12451. Purpose Any lawful purpose.

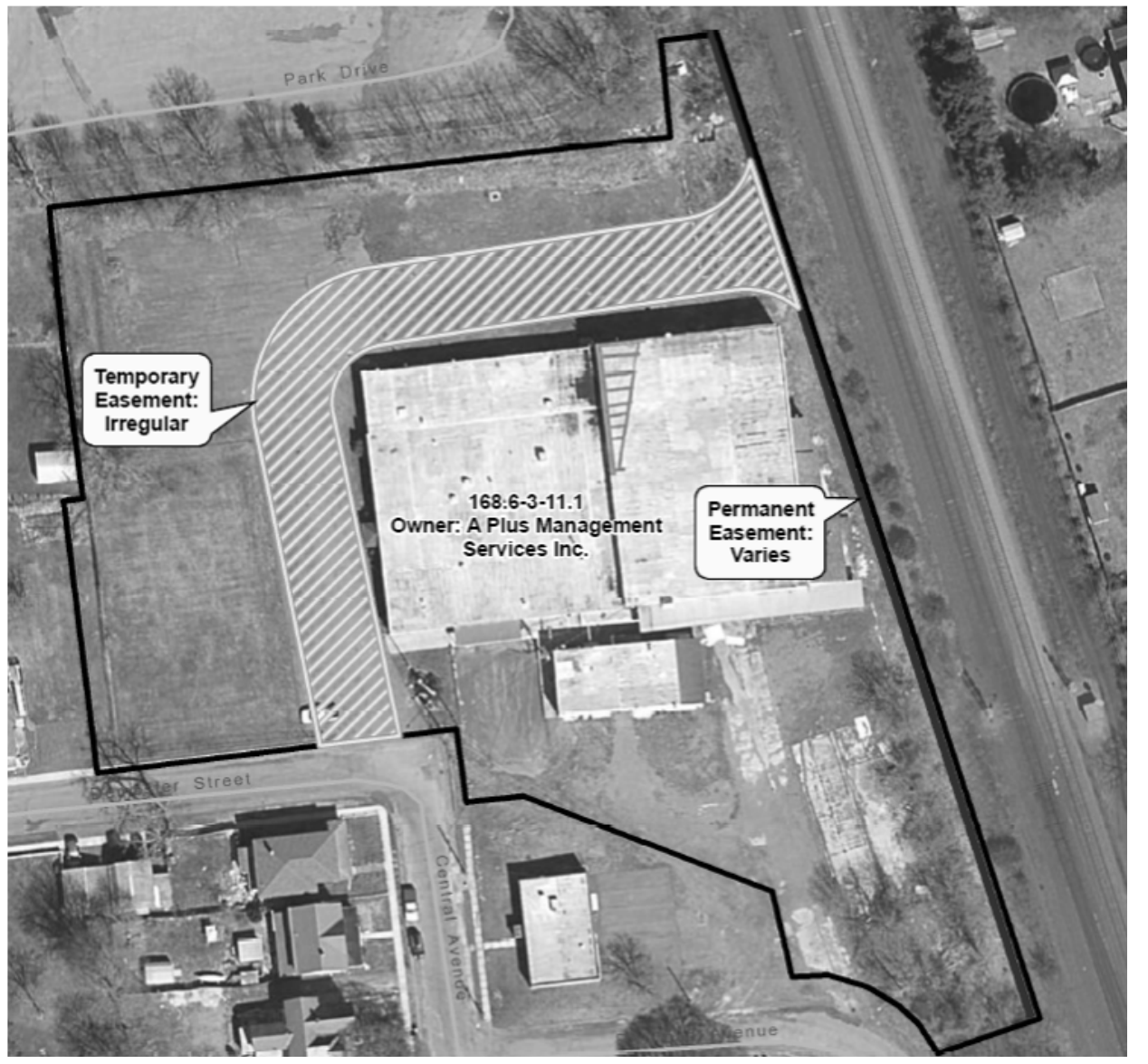
EMINENT DOMAIN NOTICE

In accordance with Section 402(B)(2)(a) of the Eminent Domain Procedure Law, notice is hereby given that the Verified Petition of CHPE Properties, Inc., in a proceeding bearing Albany County Index No. 901598-24, with all supporting exhibits attached thereto will be presented in person to the Supreme Court of the State of New York at a special term thereof to be held in and for the County of Albany before the Honorable Denise A. Hartman, A.C.J., at the Albany County Courthouse, 16 Eagle Street, Albany, New York 12207, on March 12, 2024 on the submission of papers only, for an Order to acquire by eminent domain, certain easement interests in the real property as described below and depicted in the below Acquisition Map, and for permission to file the Acquisition Map, and to vest title to such real property interests in the Petitioner. The real property at issue, situated in the Village of Ravena, Town of Coeymans, County of Albany, is identified as Tax Map Parcel No. 168.10-7-6 and shown in the below Acquisition Map.



EMINENT DOMAIN NOTICE

In accordance with Section 402(B)(2)(a) of the Eminent Domain Procedure Law, notice is hereby given that the Verified Petition of CHPE Properties, Inc., in a proceeding bearing Albany County Index No. 901597-24, with all supporting exhibits attached thereto will be presented in person to the Supreme Court of the State of New York at a special term thereof to be held in and for the County of Albany before the Honorable Denise A. Hartman, A.C.J., at the Albany County Courthouse, 16 Eagle Street, Albany, New York 12207 on March 12, 2024 on the submission of papers, for an Order to acquire by eminent domain, certain easement interests in the real property as described below and depicted in the below Acquisition Map, and for permission to file the Acquisition Map, and to vest title to such real property interests in the Petitioner. The real property at issue, situated in the Village of Ravena, Town of Coeymans, County of Albany, is identified as Tax Map Parcel No. 168.6-3-11.1 and shown in the below Acquisition Map.



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BROADWAY STE N ALBANY, NY 12207. Company is organized for Real Estate.

 Notice of registration of LX HOSPITALITY LLC. Certificate of Authority filed with the Secretary of State of New York (SSNY) on 01/29/2024. Office location: ALBANY County, SSNY is designated as agent upon whom process may be served. SSNY 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.

 Notice of registration of POINT DESIGNS NY, LLC. Certificate of Authority filed with the Secretary of State of New York (SSNY) on 11/14/2023. Office location: ALBANY County, SSNY is designated as agent upon whom process may be served. SSNY 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.

 Notice of registration of SANDMAN WOOD DESIGN LLC. Certificate of Authority filed with the Secretary of State of New York (SSNY) on 09/05/2023. Office location: ALBANY County, SSNY is designated as agent upon whom process may be served. SSNY shall mail service of process to REGISTERED AGENTS INC. at 418 BROADWAY STE R ALBANY, NY 12207. Company is organized for any lawful purpose.

 Notice of registration of COMPOSED WEALTH LLC. Certificate of Authority filed with the Secretary of State of New York (SSNY) on 01/10/2024. Office location: ALBANY County, SSNY is designated as agent upon whom process may be served. SSNY 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.

 Notice of registration of NOVIS LIVING LLC. Certificate of Authority filed with the Secretary of State of New York (SSNY) on 12/28/2023. Office location: ALBANY County, SSNY is designated as agent upon whom process may be served. SSNY 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.

 Notice of registration of MONTRO B.V. LIMITED LIABILITY COMPANY. Certificate of Authority filed with the Secretary of State of New York (SSNY) on 12/15/2023. Office

location: ALBANY County, SSNY is designated as agent upon whom process may be served. SSNY 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 R ALBANY, NY 12207. Company is organized for any lawful purpose.

 Notice of registration of PROTEAM TACTICAL PERFORMANCE, LLC. Certificate of Authority filed with the Secretary of State of New York (SSNY) on 01/19/2024. Office location: ALBANY County, SSNY is designated as agent upon whom process may be served. SSNY 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.

 Notice of registration of

KELLEMAN HOLDINGS LLC. Certificate of Authority filed with the Secretary of State of New York (SSNY) on 05/17/2023. Office location: ALBANY County, SSNY is designated as agent upon whom process may be served. SSNY shall mail service of process to NORTHWEST REGISTERED AGENT LLC at 418 BROADWAY STE N ALBANY, NY 12207. Company is organized for any lawful purpose.

 Notice of registration of DIRT CHEAP ATM LLC. Certificate of Authority filed with the Secretary of State of New York (SSNY) on 10/25/2023. Office location: ALBANY County, SSNY is designated as agent upon whom process may be served. SSNY 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.

 Notice of registration of AGBHF, LLC. Certificate of Authority filed with the Secretary of State of New York (SSNY) on 02/02/2024. Office location: ALBANY County, SSNY is designated as agent upon whom process may be served. SSNY 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 Ecommerce and Software Development.

 Notice of registration of SEAIRES, LLC. Certificate of Authority filed with the Secretary of State of New York (SSNY) on 02/06/2024. Office location: ALBANY County, SSNY is designated as agent upon whom process may be served. SSNY 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 Developing marketing and selling beauty products.

 Notice of registration of VIRTUAL BREASTFEEDING, LLC. Certificate of Authority filed with the Secretary of State of New York (SSNY) on 02/16/2024. Office location: ALBANY County, SSNY is designated as agent upon whom process may be served. SSNY 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.

 Notice of registration of SERAPHIM MENTAL WHOLENESS, LLC. Certificate of Authority filed with the Secretary of State of New York (SSNY) on 12/08/2023. Office location: ALBANY County, SSNY is designated as agent upon whom process may be served. SSNY 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.

 Notice of registration of DRIIVNN LUXURY TRANSPORTATION LLC. Certificate of Authority filed with the Secretary of State of New York (SSNY) on 11/17/2023. Office location: ALBANY County, SSNY is designated as agent upon whom process may be served. SSNY 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.



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