

1. CRIME

2. NOT FOR PROFIT

3. ECONOMY

4. ENVIRONMENTAL

5. EMPLOYMENT

PROGRAM	DATE	SUMMARY	CRIME
NEWS	04/03/2023	Investigators now say they strongly believe a person is responsible for the fire at the former Doane Stuart School in Albany last month. They don't know if it was set intentionally though and the cause is still considered undetermined. They're offering a \$10,000 reward for any information regarding the person responsible. Officials say many pieces of potential physical evidence were destroyed before they could be analyzed further.	
	04/04/2023	A man from Saratoga Springs has been arrested accused of threatening someone with a machete. The Saratoga County Sheriff's Office says the crime happened Sunday night at the Saratoga Lake Motel. Shawn Soderburg is charged with criminal possession of a weapon in the third degree and menacing in the 2 nd degree. He's been arraigned and is currently in jail without bail.	
	04/06/2023	State Lawmakers proposing legislation that would upgrade penalties for those school swatting incidents. Those phony threats of violence, sending many first responders to a school campus. Now the call for action comes after multiple waves of incidents across New York State, including here in the capital region and also affecting other schools across the country. The bill would upgrade school swatting from a class A misdemeanor to a Class E felony. Lawmakers say that would increase the penalty to up to four years in prison.	
	04/07/2023	State Police arresting a business owner they say took thousands of dollars from customers and never even started the projects he promised to complete. Troopers say James Larkin of Wolcott, Connecticut ran a company called Blue View Windows in Albany. They say in nine months from October of 2021 to July of 2022. He took in more than \$35,000 as deposits or contract payments and never returned any of that money. Larkin is facing charges of grand larceny, petit larceny and scheming to defraud.	
	04/11/2023	Schenectady Police making an arrest in an Easter morning shooting. Before 6:30 on Sunday morning officers responded to Eastern Avenue and Prospect Street where they found one victim shot in the thigh and foot. A suspect was arrested later that morning. 37 year old Pierre Sanders of Schenectady now faces attempted murder and gun charges.	
	04/11/2023	A suspect is in custody after trying to steal guns from the Calamity Jane Store in Hudson Falls. Police found a teenage male running from the shop. Officers tracked him down on Feeder Street, not the first time Calamity Jane's has had to deal with something like this. They were broken into last October when somebody made off with guns that time as well.	
	04/13/2023	Seven men in Western Massachusetts are now arrested for their alleged roles in a string of catalytic converter thefts. Authorities say the men stole 500 catalytic converters throughout Massachusetts and then sold them to scrap dealers, making roughly 2 million dollars. All 7 were charged with bank theft, money laundering and transporting stolen property across state lines.	
	04/17/2023	A 14 year old boy is recovering after getting stabbed at a Pine Hills Library. Isaiah Anderson of Troy is now charged with one count of assault and one count of weapon's possession. Police say it happened at a library at 517 Western Avenue on Saturday. The victim was found with two small puncture wounds to his back and was treated by EMS. The suspect, a 17 year old, was found at a Greyhound Bus Station. Police say the incident appears to be the result of a dispute between the two. The suspect is expected to be arraigned this week.	
	04/18/2023	A 20 year old Schuylerville woman is dead after allegedly being shot by a homeowner. According to the Washington County Sheriff Jeff Murphy, Kaylin Gillis and her friends had been driving through Hebron to get to a friend's house Saturday night, when they mistakenly arrived at the wrong address. They started to pull out of the driveway when the homeowner came out of the house and shot twice. One of the bullets fatally wounding Gillis. The homeowner 65 year old Kevin Monahan is now facing a charge of 2 nd degree murder.	
	04/18/2023	Schenectady Police have arrested a minor who allegedly made a false bomb threat at Mont Pleasant Middle School. Staff and students were moved to other city school buildings for safety several weeks ago after the school received that voicemail threat. Police were able to trace the voicemail to the minor allegedly responsible and make the arrest.	
	04/20/2023	Schenectady Police have arrested four people in connection to a home invasion that resulted in a shooting. Two of them are the suspected burglars and the others are residents that opened fire. Police say LeGrant Foster and Pierre Thompson broke into a home on Kings Road last night. Officers believe that they made it into the breezeway before Monique Serano and David Jackson opened fire striking one of them. The two men were arrested at Ellis Hospital where they reportedly fled to seek treatment. Serano and Jackson are accused of possessing an illegal handgun.	
	04/21/2023	A plea deal in the 2018 Schoharie Limo crash that left 20 people dead, will not be reinstated. An Appeals Court decided it will not allow Naumann Hussein, the Limo company's operator, to avoid prison time. The plea deal was reached in 2021, but was rejected by a different judge last year. Hussein's trial is set to start May 1 st .	
	04/25/2023	The driver who killed a woman in a Westerlo drunk driving crash back in 2021 has finally been sentenced and will serve 10 to 32 years in prison. Andrew Gibson sentenced yesterday, more than a year after he was supposed to be, due to the fact that he tried to escape. Lisa Sperry, killed in May of 2021, when Gibson slammed his car into her minivan. In February of 2022, he was a no show at his sentencing after pleading guilty to the cash. He was captured after a domestic violence call to Police in August.	

04/25/2023 Two people are now facing charges after allegedly trying to scam a Loudonville man out of thousands of dollars. Colonie Police say the man received a phone call from someone claiming to be his grandson last month, saying he had been arrested and needed \$19,000 for bail. The man contacted Police and 25 year old Xavier Buchanan and 25 year old Melissa Charles, both from Florida, were arrested and charged with attempted grand larceny. Investigators are now using this case to remind the public to be vigilant and to report any suspicious calls to Police.

04/26/2023 Employees and the owner of a local midwife practice are facing federal charges for allegedly running a fraudulent covid-19 vaccine clinic. Licensed midwife Kelly McDermott, who owns Sage-Femme Midwifery in Albany, as well as employee Kathleen Breault are facing charges of conspiracy to defraud the U.S. According to the Grand Jury indictment they enrolled Sage-Femme as an authorized covid-19 vaccine administration site with the state, but they allegedly destroyed vials of the vaccine.

04/26/2023 Schenectady is set to receive money from the state to help prevent and investigate gun violence. The City will use \$150,000 from the state to help fund a new task force focused on investigating non-fatal shootings. The Police Department hopes to extend that task force after that money runs out in June.

04/26/2023 New York State Attorney General Letisha James is hosting a statewide gun buyback event this weekend in an effort to curb gun violence in New York. The gun buybacks will be held from 10am to 1pm. Several locations all over New York, including here in the Capital Region. Depending on what type of gun you bring in you'll receive anywhere between a \$25 to \$500 pre-paid gift card.

04/27/2023 An Altamont man will serve up to a decade or more in prison for hitting and killing a woman with his car last year. 34 year old Niskak Okure pleading guilty in February to aggravated vehicular homicide and leaving the scene of an accident. It happened on Clinton Avenue in Albany on September 14th of last year. He hit and killed 31 year old Tanisha Brathwaite. A memorial for her was established near the scene of the accident.

04/28/2023 Troy Police say they've made an arrest in the hit and run accident on Fifth Avenue, three weeks ago. Angelica Ponce of Troy has been arrested and charged with leaving the scene of a personal injury accident. Police say their investigation led them to her in Massachusetts. The pedestrian who was hit while walking on Fifth Avenue suffered significant injuries. Police say he's now recovering at home.

04/28/2023 Three current and former Rensselaer County officials are now facing criminal charges in connection to a voter fraud investigation dating back to 2021. The 3 defendants are Rich Crist, Jim Gordon and Leslie Wallace. All charged yesterday and taken into custody by the FBI with conspiracy to violate constitutional rights. That carries a maximum of ten years in prison. Gordon is also being charged with one count of witness tampering and Wallace faces an additional charge of making false statements.

04/28/2023 Police say a Troy man used a U-Haul truck and his mother's wheelchair to dump a woman's body outside of a vacant home in Albany. 45 year old Tevell Harris is charged with 2nd degree manslaughter and concealment of a human corpse, accused of dumping the body of Negera Walker outside that vacant home on Colonie Street.

05/03/2023 As more recreational cannabis shops open up across the state, cases of driving while impaired by marijuana are on the rise. Local agencies are training Drug Recognition officers, DRE's to tell if someone is under the influence of cannabis.

05/05/2023 A Latham man has entered a guilty plea in connection to a violent stabbing back in December that left a victim seriously injured. The Albany County District Attorney's Office says 41 year old Bledhar Hoxha admitted to first degree assault fully satisfying the original 8 count indictment against him, that included a charge of attempted murder. He faces 18 to 22 years behind bars when he is sentenced next month.

05/08/2023 Advocacy groups and elected officials are rallying at the capitol this morning to push for the passage of Kyra's Law, aimed to help end child homicides, in custody cases. If passed, the bill will prioritize a child's safety when making final custody and visitation decisions.

05/10/2023 A Colonie man was sentenced yesterday for several violent crimes in June of 2020. Prosecutors say he admitted to killing someone and trying to kill three others, all in the course of that one month. 20 year old Jarrell Howard has been ordered to serve 37 years to life in prison. This after pleading guilty to murder, 3 charges of attempted murder and felony weapon's possession. The Albany County D.A.'s Office says the murder happened in the city of Albany. The victim was identified as Nyjawaun Thomas. Howard was already behind bars before he was sentenced, serving 15 years for a different violent crime.

05/11/2023 Charges have been dropped against Columbia County Sheriff's Deputy Kelly Rosenstock and her husband Alex, IRS agent Brian Hague and contractor Corey Gaylord. The group was previously accused of beating mechanic Harold Handy during a 4th of July party, but it was later revealed that Handy's attorney had attempted to strike a potentially unethical deal with one of the defendant's lawyers. Again, all charges have been dropped.

05/11/2023 A 13 year old student at Ballston Spa Middle School has been arrested, accused of threatening a school shooting via snapchat. The threat was received by several students on Tuesday, April 4th. The arrest was just made this past Monday. The student, whose name is not being released, is facing two misdemeanor charges.

05/16/2023 Former New York City Mayor Rudy Giuliani has been named in a sexual harassment lawsuit, accused of demanding sexual favors, going on alcohol fueled rants and not paying a woman for all of the work that she did for his law firm. She's now requesting 10 million dollars in damages. A representative for Giuliani denies these accusations.

05/17/2023 Saratoga Springs City leaders are working to potentially add new punishment for people carrying firearms while intoxicated. The proposal was the focus of discussion at last night's city council meeting. There was no vote on the proposed ordinance, only discussion over whether it would infringe on state law. The city ordinance would ban anyone from carrying a firearm in a public place, while under the influence of alcohol or drugs, regardless of whether you have a license to carry.

05/17/2023 A man from Washington County has been sentenced to 25 years in prison for attempting to kill his landlord. Police say Matthew Parant reacted violently to being evicted from his rental unit in White Creek last summer, firing his gun in the direction of his landlord. No injuries were reported, but Parant was found guilty of attempted murder, reckless endangerment and menacing.

05/18/2023 A verdict was reached in the Schoharie Limo trial. Prestige Limo operator Naumann Hussein found guilty on 20 counts of second degree manslaughter, that's one charge for each person killed in the crash. Testimony only lasted a week, the jury only deliberating for one day. Hussein is expected to be sentenced in two weeks, that's May 31st, but even then this legal process will not be over. Hussein's Attorney says he intends to appeal the verdict.

05/24/2023 Saratoga Springs Fire Chief Joseph Dolan is still facing 16 administrative charges of misconduct. They date from 2020 to 2022, mostly related to the Chief being paid as a city employee for work he did outside of the fire department. The allegations are administrative in nature not criminal, according to the city's public Safety Commissioner.

05/26/2023 Dennis Drue, the man responsible for a crash on the Northway nearly 11 years ago that claimed the lives of two Shen students, is now out of prison, released from custody on parole. Drue served 9 ½ years for the drug and alcohol fueled collision that killed Deanna Rivers and Christopher Stewart. Drue was serving a 5 to 15 year sentence. His release was not voted on by the Board of Parole, but instead based on him earning what is known as limited credit time allowance.

05/30/2023 More details are to be made available later today from the Montgomery County Sheriff's Department concerning the arrest of a man accused of murdering his wife back in 2019. Michael Darling was at large and was considered armed and dangerous from Friday night through Saturday afternoon when the Sheriff reported his capture. Darling is charged with 2nd degree murder, criminal possession of a weapon and 2 counts of tampering with evidence.

05/31/2023 The Town of Colonie is suing the City of Albany and New York City after a group of migrants arrived at a Hotel on Wolf Road Saturday. Colonie Town Supervisor Peter Crummey claims that Albany Mayor Kathy Sheehan knew those asylum seekers were coming to Colonie before he says he was blindsided by the news on Friday night.

06/01/2023 Naumann Hussein will serve 5 to 15 years behind bars for his role in the 2018 Schoharie Limo crash. This comes after he was convicted of 20 counts of 2nd degree manslaughter, one for each of the people killed in that devastating crash. Hussein's Attorney says he's filed his notice of appeal and a bail application will be coming soon, pending that appeal. Family members of many of the victims took the stand yesterday letting the Judge and the court know the pain that they continue to endure. They say they'll make sure that they're at every parole hearing, advocating that Hussein serve the maximum sentence.

06/06/2023 Police have arrested a man in connection with a string of fires in Colonie last month, including one that spread to a church. The fire destroyed a storage shed at the Blessed Virgin Mary Church on Maxwell Road. It also damaged the siding and the roof of that Church. Colonie Police say the same suspect also set fire to seed pods along Albany Shaker, Maxwell and Everett Roads, just yesterday morning. Colonie Police also say the same suspect, 25 year old Mark Marcus of Albany started another brush fire on the traffic roundabout near Albany Shaker and Maxwell Road. He's been arraigned on a number of charges.

06/06/2023 The man allegedly connected with the deaths of his ex-wife and girlfriend is being charged with second degree murder. According to court documents, Timothy Taylor, who's charged in connection with the death of Theresa Gregg in Brooklyn and Tishaun Folkes-Taylor in Schenectady has a past pattern of alleged abuse with his ex-wife. Documents show that in 2021 Tishaun was granted an order of protection against Taylor after he was charged with choking her.

06/09/2023 The man found guilty of the 2018 murder of a 21 year old woman in Fulton County has now had his conviction overturned. The appeals court decided that Daniel Nellis, Sr. did not have a fair trial due to alleged misconduct from the prosecutor, who they say used prejudicial language in court. Nellis was serving a 40 year sentence for killing Michaela MacVilla. Her body was found in a field in Oppenheim after she vanished after leaving work at a Stewart's in St. Johnsville.

06/13/2023 A Grafton man is charged with arson and reckless endangerment for allegedly setting fire to a detached garage, next to his apartment building on State Route 2. The Rensselaer County Sheriff's Office says 61 year old Paul Coleman was arraigned on Friday and sent to the Rensselaer County Jail without bail. Stay away orders of protection are also in place for all occupants of that apartment building. Eight of them were inside, asleep at the time of the fire. The garage was completely destroyed, the apartment building was damaged and no one was injured.

06/14/2023 A man has been arrested in connection with a stabbing at a Stewart's in Cohoes on Monday night. Police responded to Stewart's on Columbia Street at around 11pm. Investigators say the suspect allegedly stabbed the victim with a screwdriver. The victim was taken to Albany Medical Center with non-life threatening injuries. Meanwhile, Police say the suspect Thomas Spears is also accused of assaulting a woman at the Columbia Gardens Apartment Complex. He's been arraigned on a number of charges and is being held in jail without bail.

06/15/2023 Northville Village Police arrested an area construction contractor in connection with the death of one of his employees. Police say that Jeremiah Weedmann reported back in May, that 38 year old James Warner died from falling off the Batchlerville Bridge, however, a subsequent investigation led officials to believe that Warner fell at a site where Weedman's contracting company had been working to replace a roof. Weedman is now being charged with tampering with physical evidence and failure to provide workman's compensation.

06/16/2023 The City of Watervliet is installing new security cameras to help fight crime. It was paid for by \$250,000 in state funding. Some are already operational in Veteran's Memorial Park. The cameras will be on streets and in other public parks within the city.

06/19/2023 Colonie Police have charged a former aide of both Governor Kathy Hochul and Former Governor Andrew Cuomo with aggravated DWI after she crashed into a telephone pole. The NY Post said Haley Vaccaro was double the legal limit when the crash happened. It also says this was her 2nd DWI arrest.

06/20/2023 A Ballston Spa man is now facing charges for allegedly damaging more than a dozen cars parked at SPAC. The 18 cars were at SPAC for the Dead & Company concert this past weekend. State Police say 24 year old Scott Bullard, allegedly damaged the cars by jumping and standing on them. Thankfully, no one was injured in these incidents. Bullard was charged with 18 counts of criminal mischief. He is due back in court next month.

06/21/2023 The Saratoga Springs Police Department applauds one of its canine officers for sniffing out drugs inside of a vehicle. Officers say canine Vas and his handler went to work on Monday in connection to an investigation that started during one of the Dead & Company concerts at SPAC over the weekend. Police say quantities of PCP, magic mushrooms, LSD, Xstacy and nitrous oxide tanks were now taken off the streets.

06/27/2023 Mavis Discount Tire has reached a settlement with families of four of the victims of the deadly 2018 Schoharie Limo crash. The terms of the settlements remained sealed for now under a court order. The families of the 20 victims of the crash sued Mavis back in 2018 claiming the company neglected the safety of the limo. Naumann Hussein, the Limo Company operator, was convicted of manslaughter last month in connection to the deadly crash.

06/27/2023 The Johnstown Funeral Home Director who mishandled human remains has been sentenced to 2 1/3 to 7 years in state prison. Brian Barnett, arrested in January of 2022 after Police found decomposing remains that families had paid him to cremate. He pleaded guilty back in March.

PROGRAM	DATE	SUMMARY	NOT FOR PROFIT
NEWS	04/04/2023	April is Child Abuse Prevention Month. State officials are working to build awareness to protect children from abuse. The State Office of Children and Family Services holding its annual Pinwheel Planting service in Rensselaer. Those pinwheels are the universal symbol of a childhood free of fear and trauma.	
	04/06/2023	Law Enforcement, elected leaders and community members coming together in Johnstown with a donation of food from hunters to those who served our country and are in need of help. 4,000 pounds of meat lined the Checkers Out Speedway yesterday for the 15 th annual Venison for Veterans event. The meat was packaged up and sent to 140 families in need.	
	04/10/2023	A day of giving at the Capital City Rescue Mission for Easter Sunday. Hundreds of volunteers set up that lunch. The Mission serves about 1,000 plates and bag lunches for the homeless and those in need each day, but last week they were preparing to serve about 2,000 people for that community meal yesterday on Easter Sunday.	
	04/21/2023	New York State's annual No Empty Chair Campaign is underway. It lines up with High School Proms and graduations. It's all about warning kids about drunk and distracted driving. Posters now hang throughout schools across the state that highlight the consequences of drunk driving. The campaign runs from April 14 to April 28 th .	
	04/21/2023	The next Red Cross Blood drive could be coming directly to you. The American Red Cross launched two new bloodmobile trucks throughout the capital region. Officials say the new bloodmobiles will help the community by going to different areas and bringing the blood donation service right to them to make it easier for people to donate and those donations are greatly needed.	
	04/27/2023	A new neighborhood center is opening up on Henry Johnson in Albany. Mayor Kathy Sheehan says specialists on hand will help address the concerns of the community in hopes that it will reduce crime. She says it will provide people with a more streamlined way of getting answers to certain issues, in turn, freeing up the Police to focus on fighting crime instead.	
	04/28/2023	An organization in Rensselaer County holding their annual take back the night walk. It's been raising awareness in the capital region for nearly 20 years now. Dozens joining the family and friends of Liza Ellen Warner as they started their walk, which wound its way around the neighborhood in East Greenbush there. The Police Department and the Clinton Heights Fire Department, leading the way.	
	05/01/2023	April was Autism Acceptance Month and the Autism Society Greater Hudson Region ended it strong yesterday with its Hero 5K run yesterday. Money raised goes toward providing critical services to families who needs them. One works to prevent drowning, which 91% of accidental deaths of children on the spectrum die from.	
	05/01/2023	The Chinese Cultural Center in Schenectady is preparing for its 50 th anniversary celebration. Young performers are training hard to present a traditional retelling of the Chinese legend Journey to the West. The CCC hopes they can inspire capital region neighbors to learn and appreciate Asian culture. That celebration will be taking place at Proctor's Theater.	
	05/22/2023	This weekend Albany's Washington Park was all about the tulip sale. It all started Saturday with a tulip dig in the park and yesterday crowds were able to buy a bag of 30 bulbs at \$10.00 a bag. Proceeds from the tulip dig and the sale go towards efforts to restore and preserve Washington Park.	
	06/01/2023	A new community center is opening in the capital region for help for incoming migrants to adjust to their new life in New York. The Afghan American Community Center opened its doors this month to all migrants looking to adjust to their new surroundings. It's offering help finding jobs, getting kids enrolled in school and will help them get a driver's license.	
	06/12/2023	A new homeless shelter is set to open today in Saratoga Springs. The city plans to move people who are currently staying in the Woodlawn Avenue Parking Garage into the building which will support staff and resources. The City Council debated for months over the location of this shelter, receiving input from community members.	
	06/12/2023	The American Red Cross hosted the food and sneaker drive for veterans. The Red Cross was at the Stratton VA Medical Center running the event, collecting food and clothing for those who served. They say that their pantry has been running low in recent weeks, but won't stay that way for long, once donors start coming.	
	06/20/2023	The Albany Police Athletic League awards grants for local student finalists. Claudia Corradino, an 8 th grade student at Hackett Middle School receiving a \$2,000 scholarship. Two runner up students receiving \$1,000 each and 5 other finalists received \$500.00 each. Organizers say the educational investments will help students set their future goals.	
	06/21/2023	The Watervliet Housing Authority holding their 15 th annual laptops for graduating seniors ceremony. They donated fully equipped laptops to 15 students from low income housing and others in need. The Executive Director Matthew Ethier says he hopes students will use the computers to be successful and pay it forward in the future.	
	06/23/2023	Albany is about to open up its first ever south end based LGBTQ plus center. Trandra Lagrone, Executive Director of In Our Own Voices giving a preview of that new space. She said it's meant to provide a number of services for those in need, including employment, housing, transportation and food. It should open officially in mid July.	

06/26/2023 The Albany Chapter of Huntington's Disease Society of America hosting a kick ball tournament in Ridgefield Park. The goal was to educate and raise awareness for Huntington's within the community. It's a disease that impacts 41,000 Americans and it is inherited and it causes nerve cells in the brain to break down and die. There is no cure.

06/28/2023 Local leaders in Albany announced over \$600,000 in grants for local business owners and non-profits. Funding for the Building Improvement Grants Program coming from the American Rescue Plan. 37 small businesses and non-profits through Albany are being awarded money.

06/30/2023 City leaders in Albany powered through those hazy, smoky conditions yesterday to host Bike to Work Day. This year's event was organized by Capital Streets, a local non-profit, advocating for people to explore alternatives to cars like walking, or biking to work.

PROGRAM	DATE	SUMMARY	ECONOMY
NEWS	04/03/2023	The Capital region now officially has access to a local marijuana dispensary. Hundreds gathered in the rain to check out the upstate Canna-co dispensary and to find out more about affordable options this past Saturday. The shop is only one of four to receive this first initial retail license and plans to be open 7 days a week.	
	04/06/2023	A federal pandemic era law helping uninsured Americans get health care is coming to an end. Now states have a little over a year to determine who still qualifies to be in the Medicaid program. During the pandemic, states were prohibited from kicking people off the low income health insurance program, but those rules are now lifted. In response, Governor Kathy Hochul is proposing expanding Medicaid coverage in the state budget. This would cover nearly 8 million New Yorkers.	
	04/06/2023	Happening today Aldi's is opening a new location in Troy. The Grocery retailer's new location will be opening at 8:30 this morning. Normally, hours will be 9am to 8pm. The first 100 customers will receive an eco-bag filled with samples. Shoppers can also enter a sweepstakes today through Sunday to win a \$500.00 gift card.	
	04/07/2023	A new Medicaid pharmacy benefit program called N-Y-R-X is underway across the state. It allows pharmacies to be paid directly for the prescriptions of some 8 million New Yorkers enrolled in Medicaid. State Medicaid officials say it results in lower costs for the program as a whole.	
	04/10/2023	Another Cannabis dispensary is coming to the capital region. Stage One dispensary is about to open in the city of Rensselaer. The shop will be located on Broadway in the old Rensselaer County Bank. The owners say that they plan to start deliveries next month and open their storefront in June.	
	04/12/2023	A warning from Ellis Hospital to some patients, it says they could lose insurance coverage for services within the hospital and its network at the end of this month, due to stalled contract negotiations between the hospital and Empire Blue Cross. A notice to patients, posted on the Ellis website, explains to patients that Ellis believes current rates are not enough to cover cost of care, as operation costs have risen due to inflation and covid-19. Without a new contract, patients with Empire Blue Cross could continue to receive care through Ellis, but at much higher out-of-network rates.	
	04/25/2023	Advocates at the State Capitol pushing for the Medical Aid in Dying Act, which would allow doctors to prescribe terminally ill patients medicine that would help them die peacefully. Medical aid in dying is legal in ten states, but has yet to find success here in New York State. Advocates have been pushing for it for the past eight years.	
	04/27/2023	Some lawmakers are pushing for an increase in the minimum wage to be included in the state budget now. State Senator Jessica Ramos is sponsoring a bill which would bring the minimum wage to more than \$21.00 an hour by 2026. No word yet on the progress of the budget, but it's now almost 4 weeks late.	
	04/28/2023	Governor Kathy Hochul says a conceptual agreement has been reached for the state's 2024 budget. She says key initiatives are included, like changes to criminal justice reform and investments in housing and education. This agreement comes 27 days after the budget's initial due date. The budget, clocking in right now at 229 billion dollars and the Governor says it's balanced. Hochul noted it includes changes to judicial discretion and five and a half billion dollars allocated to the energy crisis.	
	05/02/2023	Around 5 million New Yorkers enrolled in Medicaid will be getting expanded dental coverage, thanks to a federal class action lawsuit against the Department of Health. The settlement is now forcing Medicaid to focus on treating and keeping teeth that can be saved, rather than extracting them.	
	05/03/2023	The State Budget has finally passed, here in Albany, a little over a month since it was due. The Legislature wrapped up shortly before 11:30 last night. Assembly member Pat Fahey says she's disappointed that housing didn't get more funding, but she is happy with the money going towards higher education. Republicans like Senator Jim Tedisco, however, say more needs to be done to keep New Yorkers here in this state.	

05/04/2023 The Town of Guilderland Zoning Board approved a special use permit for construction of that Costco. The board approved it unanimously 4-0. Two board members recused themselves from voting. Part of the decision, there will also be a CDTA Bus stop added and a traffic circle there in the area of Western Avenue.

05/05/2023 Rising costs due to inflation have made things much harder on New Yorkers. Governor Kathy Hochul says the budget should help families with young children. The State's Child Tax Credit is now expanded to include families with kids under the age of three. New York's minimum wage will be increasing as well. Starting next year minimum wage earners will make \$16.00 an hour in New York City and \$15.00 an hour upstate, but some lawmakers say a lot more needs to be done to keep people in New York State.

05/05/2023 New York State's Thruway System needs a boost in funding if it wants to continue to be safe and operation, according to those running the Thruway. In Albany alone, about 14 million vehicles pass through on the Thruway each day. Funding for the Thruway comes from profits made from rest areas and tolls and those tolls are expected to increase in January of 2024. Some experts say while the recent toll hike will help fund the Thruway, others say it won't be enough.

05/09/2023 Protestors at the capitol were led away in handcuffs, including actress Susan Sarandon, protesting New York State's minimum wage. Advocates for the group, One Fair Wage, say the recently passed minimum wage increase doesn't include restaurant workers who receive tips.

05/11/2023 Advocates continue to push for the Medical Aid in Dying Act to help end suffering for those terminally ill adults with a prognosis of 6 months or less to live. 10 states and Washington D.C. currently have laws on the books for this. However, it is unlikely to pass here in New York. Recently Vermont amended its law to include out of state residents.

05/17/2023 More than 200,000 Jeep SUVs are being recalled globally due to a fire risk. The recall covers Jeep Cherokees with the model years 2014 through 2016. Jeep says water could get inside the lift gate control computer and catch fire. Owners are being warned to park their vehicles outside and away from structures and other cars. The automaker is now working to develop a fix for this issue and says it will be sending out letters to owners starting June 30th.

05/18/2023 A group of NYS Lawmakers want wine to be available in grocery stores, but wine and liquor stores are pushing back, saying it would devastate small businesses. Right now they're the only ones aside from wineries that can sell wine. With this new bill, grocery stores would get additional incentives to sell New York produced wines. Sponsors hope to pass it this legislative session, but they only have 11 days to do that.

05/23/2023 Turnout was low last night at a public hearing to submit comments on proposed toll hikes on the Thruway. Only five people showed up, this was at Glenmont Elementary School. It was the third of four hearings. Tolls would increase by 5 percent in 2024 and another five percent in 2027. For drivers not using EZ Pass, tolls would now be 75 percent higher. There will be one more hearing in early June and it will be virtual.

06/01/2023 Governor Kathy Hochul and SUNY Chancellor John King laid out new funding for the college system at this year's state of the university address. Governor Hochul highlighted the 1.4 billion dollars allocated for SUNY capital projects. Chancellor King says he wants to make hands-on internships a key part for students moving forward.

06/08/2023 Officials are urging New Yorkers to renew their Medicaid eligibility or shop around for coverage if they're no longer eligible. During covid, Congress prohibited states from dropping anyone from Medicaid regardless of eligibility. With the pandemic emergency over, some people are eligible for auto-renewal, but you need to make sure your contact information is updated so you're getting that notice.

06/09/2023 Another marijuana dispensary is launching a delivery service in the Capital Region. Stage One Dispensary is under construction in Rensselaer, but while they get their physical location ready, the owners are delivering cannabis products to customer's homes. They accept orders seven days a week and they plan to open their physical location in July.

06/13/2023 New state regulations that aim to crack down on unlicensed and untested cannabis dispensaries will soon take effect. The Office of Cannabis Management will adopt the new measures that include criminalizing the sale of unlicensed cannabis products and create a new tax fraud crime for vendors, who knowingly fail to collect or pay the required taxes.

06/13/2023 A change to the city code in Hudson could allow for more big name retail box stores to open up shop. The current city code states that stores and restaurants within the city limits cannot have more than 4 locations, which is meant to preserve Hudson's quote unique charm and character. The proposed amendment would remove that 4 location limitation.

06/14/2023 Some new data from the state cannabis regulators, showing that the cannabis industry is making progress despite a slower than expected roll out of retail marijuana sales. According to the Office of Cannabis Management, 13 dispensaries have opened statewide and more than 40 are actively working towards opening. Dispensaries have brought in more than 20 million dollars in sales, since the start of this year. Last month's sales also increased by 10 percent over the month before.

06/16/2023 In Vermont, people will soon be able to bet on their favorite sports teams online. Governor Phil Scott signing a bill to legalize mobile sports betting. First the state will hold a 30 day public hearing period, put out a request for proposals to sports booking operators who will then have the opportunity to submit prospective bids. Leaders hoping to have that system fully in place by the end of the year.

06/23/2023 Governor Kathy Hochul says New York State is cracking down on unlicensed cannabis sales in the state. The governor says unlicensed businesses selling cannabis are now subject to fines of \$10,000 per day. Fines can double if they continue to sell, once a notice of violation is delivered and placed on the businesses window.

06/28/2023 Amtrak has suspended the Adirondack service line between New York City and Montreal. This coming at the worst possible time, peak tourist season. Local officials are now pushing Amtrak to reverse their decision or at least offer routes into the Adirondacks this summer. In a statement Amtrak said its rail partner Canadian National has implemented reduced speed regulations in Canada, due to heat, impacting the Amtrak Adirondack route. They went on to say trains 68 & 69 would therefore begin and end in Albany until further notice.

06/28/2023 Town officials in Guilderland are deliberating over whether to give the developer of a proposed Costco a more than 2 million tax break. The Town's Industrial Development Agency is questioning the Pyramid Corporation about the project. The Pyramid Corporation also owns Crossgates. One of the questions is why Pyramid has more than quadrupled its initial tax break request from \$400,000 dollars to more than 2.1 million dollars. A decision on whether to grant Pyramid's request could happen as early as next month, but an exact date has not been given.

06/29/2023 Hundreds of thousands of pounds of cannabis are unable to be sold in New York State, with many blaming the state for a slow roll-out of legal recreational sales. Now State lawmakers and Native Americans are calling on the Governor to act fast and sign legislation to address the oversupply. The Shinnecock Nation says it's ready to purchase 10 million dollars worth of cannabis products from cultivators. Legislation to allow that has passed both the Assembly and the Senate. All it needs is the Governor's signature.

PROGRAM	DATE	SUMMARY	ENVIRONMENTAL
NEWS	04/07/2023	Residents voiced their concerns over the safety of Kenwood Avenue in Bethlehem, always considered a residential street. Kenwood Avenue is home to schools, Religious institutions, ball fields and the rail trail. It's causing concerns for pedestrian safety. To remedy it, the Town Supervisor wants to lower the speed limit starting with Kenwood, currently it's 30 miles per hour, they want to lower it to 25.	
	04/13/2023	Albany County officials unveiling new sustainability programs ahead of Earth Day later this month, including a new design for reusable tote bags, funded through fees that were collected for paper and plastic bags. The county is also partnering with the State DEC to collect data on greenhouse gas emissions from county buildings and local businesses.	
	04/14/2023	A local group known as Kenwood Reserve is organizing to support the preservation of the historic former home of the Doane Stuart School, which was also once a convent, also known as the Kenwood Academy. After a fire tore through there last month the group has established a petition. They're looking for 1,000 signatures to support their work and preserve that site.	
	04/18/2023	Many local communities are celebrating Earth Week by organizing clean up events. Leaders from across the Mohawk Valley are partnering with environmental and economic development groups to host a cleanup event this Saturday as part of keep Mohawk Valley Beautiful, made up of volunteers from 6 counties.	
	04/24/2023	An earthquake hit upstate New York yesterday, strong enough for neighbors in the capital region to feel the shake. The 3.6 magnitude earthquake was a shock no one expected. Volcano Discovery confirmed the earthquake happened just after 2 yesterday afternoon. The epicenter was in Watertown, in Jefferson County. Those who live in Ballston Spa, Saratoga Springs, Latham and Troy say they felt it too and described the earthquake as light shaking. In total, Volcano Discovery reports just under 870 of its users reported feeling the earthquake.	
	05/04/2023	One of the proposals that made the final state budget, a ban on natural gas appliances in new construction. For those who already have a gas stove, gas furnace that they love, no need to worry. The state budget requires all electric heating and cooking appliances in new buildings, new construction. Those buildings shorter than 7 stories need to comply by the year 2026, for taller buildings they must comply by 2029.	
	05/08/2023	Community members in Malta say they are outraged over a proposal to build a new State Police Barracks in their neighborhood, in Luther Forest. The current State Police Barracks is located on Route 9. If it's moved to the Luther Forest area, Neighborhood community members say that trees will have to be cut down. They're not happy about that and have formed a committee to stop that barracks from being built.	
	05/12/2023	Poestenkill residents expressed concern after last night's town meeting to address PFAS contamination in their drinking water. Dozens filling the fire house as the LaBarge Engineering Group presented a 5 ½ million dollar solution to that contaminated water supply. Nearly 60 percent of that money would be covered by grants, but still leaves the town and residents on the hook for the rest.	
	05/31/2023	With summer just around the corner, Albany County is taking the initiative to help you prevent skin cancer. They're installing automatic sunscreen dispensers throughout area parks, countywide. The announcement coincides with Melanoma Awareness Month and helps the county's efforts to raise awareness about the risks and prevention of skin cancer.	
	06/01/2023	More local students will soon be riding electric buses to school. The Chatham School District received a grant from the EPA to buy five of them. School officials say taking advantage of that federal money will help reduce the cost of new buses for taxpayers and will also improve safety for students.	
	06/02/2023	New York State is seeing an elevated fire risk with the summer like temperatures that we've been seeing. According to the DEC, the entire state is at a high risk for brush fires heading into the weekend. Local fire departments are urging people to exercise caution when handling any flammable materials outside to prevent outdoor fires.	
	06/06/2023	An air quality advisory has been issued for the entire capital region and the Adirondacks. That means high levels of pollution are expected to exceed the threshold for health concerns. New Yorkers are urged to follow a couple of energy saving and pollution reducing steps, including using mass transit instead of driving, combining necessary car trips, turning off unnecessary lights, use fans, not air conditioners and limit use of household appliances like dishwashers.	
	06/07/2023	Environmental advocates are asking state leaders to stop a company by the name of Holtec from dumping alleged radioactive chemicals into the Hudson River, near New York City. The disposal part of the plan to decommission the Indian Point Power Plant just north of NYC. Rather than dumping it in the Hudson River, advocates hope it can be held in tanks to decompose naturally.	
	06/20/2023	A portion of the Thruway eastbound running through Schenectady County was closed for about an hour yesterday due to a chemical spill. Four boxes of a fungicide powder fell from a vehicle between Exits 26 and 25A. One of those boxes was hit by cars, prompting the need for cleanup. The road was back open around 3:30 yesterday afternoon. The State DEC says there are no impacts to storm drains or surface water.	
	06/20/2023	Senator Chuck Schumer of New York is launching his push to make New York State a hub for clean energy across the Northeast. The push comes as New York has received just over a billion dollars in federal funding. One of the recipients of that funding is Plug Power's Giga Factory. It employs over 400 people and works to create green hydrogen energy and products. Senator Schumer hopes to make that facility the center of a proposed hub.	

06/26/2023 Residents of the Colonial Village Mobile Home Park in Cobleskill have been under a boil water advisory for nearly a year now after e-coli was found in their water supply last July. The Cobleskill Town Clerk saying that the park has the ability to access clean town water, but that the Park's Management has not yet taken the steps to make that happen.

PROGRAM	DATE	SUMMARY	EMPLOYMENT
NEWS	04/05/2023	Happening today, a rally for Health Care workers calling on Governor Kathy Hochul to expand worker benefits in the state budget. Nurses, Doctors and other staff plan to rally during their lunch break outside their individual institutions, banging on pots and pans to raise the alarm of New York's Health Care crisis, also the need to close the Medicaid coverage gap in the state's final budget.	
	04/06/2023	The leader of the St. Clare's Hospital workers fighting for their pensions is calling for the Pope to step in and help. Mary Hartshorne wrote an open letter to Pope Francis saying the end of the pension funds in 2018 was the pinnacle of lies and deception from the St. Clare's Board and the Albany Roman Catholic Diocese. She says that the 1,100 pensioners have nowhere else to turn now, especially in light of the Diocese declaring bankruptcy.	
	04/12/2023	The New York State Department of Labor is sharing new details on updated sexual harassment prevention training. The statewide training has to be updated every five years and the Department of Labor focused specifically on how the pandemic has changed how and where people work.	
	04/19/2023	School Districts across New York continue to grapple with the shortage of bus drivers and in the Shen District they have put out a general notice to parents about the problem. School transportation officials have combined bus routes for Shen as a result of the shortage there.	
	04/26/2023	A new report from U-Albany showing that New York's health care industry is starting to recover from the pandemic. The report finding jobs and health care grew between the years of 2020 and 2021, although they have not returned to those pre-pandemic levels. The most difficult positions to fill have been registered nurses and home health care aides. However, more people are graduating from nurse and social work programs, something leaders say is good news.	
	04/28/2023	Some state lawmakers are pushing for legislation they say would empower nail salon workers. An estimated 6,000 salons across the state employ both documented and undocumented immigrants. This bill would create a council of nail salon workers and state officials to discuss wages and workplace safety.	
	06/13/2023	Albany leaders are pushing for the federal government to reduce the work authorization period for asylum seekers. Asylees, here in the capital region, currently have to wait at least 180 days before they can receive authorization to work in the United States, but Albany Mayor Kathy Sheehan is pushing for that wait period to reduced to 30 days.	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5AM-10AM	CHAD & MEREDITH	CHAD & MEREDITH	CHAD & MEREDITH	CHAD & MEREDITH	CHAD & MEREDITH
10AM-2PM	JACKIE POWELL	JACKIE POWELL	JACKIE POWELL	JACKIE POWELL	JACKIE POWELL
3PM-7PM	TERRY O'DONNELL	TERRY O'DONNELL	TERRY O'DONNELL	TERRY O'DONNELL	TERRY O'DONNELL
7PM-12AM	DELILAH	DELILAH	DELILAH	DELILAH	DELILAH
	SATURDAY			SUNDAY	
7AM-11AM	BEN PATTEN		7AM-11AM	JIM CERQUA	
11AM-3PM	(ROTATING TALENT)		11AM-3PM	MARK DAVID	
3PM-7PM	(ROTATING TALENT)		3PM-7PM	(ROTATING TALENT)	
7PM-12AM	DELILAH		7PM-12AM	DELILAH	

ALBANY STREET IS AN AWARD WINNING ½ HOUR LOCAL PUBLIC AFFAIRS SHOW , HOSTED BY BRIAN CADY, WHICH AIRS SUNDAY MORNINGS AT 5:30AM ON WROW-AM-590/FM 100.5 AND 6:30AM ON ON WYJB-FM-B-95.5

4/9/23: ON THIS EASTER SUNDAY EPISODE, BRIAN IS JOINED BY "JACK OF ALL TRADES" ART HUNSINGER. THEY DISCUSS ART'S CONTINUED WORK IN TELEVISION OVER THE LAST FOUR DECADES, HIS COMMITMENT AS A VOLUNTEER FIREFIGHTER AND HOW THINGS CAN BE DONE TO HELP GROW NUMBERS BACK TOWARDS WHAT THEY USED TO BE IN THE VOLUNTEER FORCE. BRIAN ALSO GIVES ANOTHER COMPELLING STORY FROM THE ONGOING APPLICATIONS FOR MARIA COLLEGE'S KINDNESS SCHOLARSHIP!

4/16/23: TWO AMAZING REPRESENTATIVES OF THE COMMUNITY JOIN THE PROGRAM IN CRICKETT THOMAS-O'DELL AND BENITA ZAHN! CRICKETT DISCUSSES HER PROFESSIONAL JOURNEY, BEGINNING AT ALBANY HIGH AND RUSSELL SAGE COLLEGE, NOW LEADING TO HER EFFORT IN WORKFORCE DEVELOPMENT WITH THE WORKFORCE DEVELOPMENT INSTITUTE. BENITA JOINS THE END OF THE SHOW TO DISCUSS SOME OF HER FAVORITE MOMENTS AS A REPORTER AND LEAD ANCHOR FOR WNYT, AS WELL AS HER CALLING AS A HEALTH COACH AND THE LECTURE SHE IS GIVING AT CDPHP'S 3RD ANNUAL JUST FOR THE HEALTH OF IT EVENT.

4/23/23: BETH SMITH-BOIVIN IS THE EXECUTIVE DIRECTOR AND CEO OF THE NENY CHAPTER FOR THE ALZHEIMER'S ASSOCIATION. BETH DISCUSSED HER TIME SPENT WITH THE ASSOCIATION, THE VARIOUS SERVICES THEY PROVIDE TO THE COMMUNITY, RECENT DEVELOPMENTS REGARDING ALZHEIMER'S DISEASE AND HOW PEOPLE CAN ATTEND THEIR CAREGIVER CONFERENCE IN JUNE.

4/30/23: SEAN MARTIN IS A FREELANCE SPORTS WRITER FOR THE ALBANY TIMES UNION, OWNER OF 518 BOOKKEEPING AND A NEW AUTHOR! SEAN DISCUSSES RECENT NEWS FOR HIS OAKLAND A'S, HIS PAST IN THE FINANCE WORLD AND HIS NEW BOOK "DEAR LIAM AND NOAH, LETTERS FROM DADDY." THE SHOW ENDS WITH THE REVEAL OF WHO WON THE MARIA COLLEGE KINDNESS SCHOLARSHIPS!

5/7/23: SEGMENT 1 FEATURES KEITH MORALES FROM THE CITY OF ALBANY OFFICE OF CULTURAL AFFAIRS, WHERE KEITH EXPLAINS WHAT BROUGHT HIM FROM THE BRONX TO UPSTATE NEW YORK, AS WELL AS PREVIEW THE EVENTS FOR THE 75TH ALBANY TULIP FESTIVAL. SEGMENT 2 FEATURES CBS6 SPORTS DIRECTOR AJ PANKOWSKI, WHO TRIES TO MAKE SENSE OF THE MESS CREATED WITHIN THE ALBANY EMPIRE INDOOR FOOTBALL FRANCHISE.

5/14/23: A TRUE "JACK OF ALL TRADES," SIENA COLLEGE PROFESSOR MAHMOOD KARIMI HAKAK JOINED THE SHOW WITH SOME MEMORIES TO SHARE FROM BRIAN'S TIME AS A SIENA STUDENT, HOW MAHMOOD TRANSITIONED TO THE UNITED STATES FROM HIS CHILDHOOD IN IRAN AND A REMARKABLE STORY ABOUT HIS ATTEMPT TO DIRECT A PLAY YEARS LATER IN HIS HOME COUNTRY.

5/21/23: THE SHOW BEGINS WITH THE FINAL SEGMENT OF THE INTERVIEW WITH SIENA COLLEGE PROFESSOR MAHMOOD KARIMI HAKAK, DISCUSSING HIS THOUGHTS ABOUT CREATIVE ARTS AND THE JOURNEY INTO OPENING HIS BRAND NEW CAFE DIALOGUE IN SCHENECTADY. WE WRAP UP WITH JULIA DUFF FROM THE SPINA BIFIDA ASSOCIATION OF NYS, DISCUSSING THE GROWTH OF THE ORGANIZATION

TO A STATEWIDE LEVEL OVER THE LAST YEAR AND THEIR ANNUAL WALK-N-ROLL EVENT IN SCHENECTADY.

5/28/23: SAM VANDEMARK FROM WHITMAN BREWING COMPANY IS THE FIRST GUEST, DISCUSSING HIS TRANSITION FROM WORKING AT SARATOGA HOSPITAL DURING THE EARLY STAGES OF COVID-19, AS WELL AS THE UPCOMING WHITMAN BREWING PRIDEFEST. ON THE OTHER SIDE, CLAIRE ANSBRO MAKES HER REGULAR TRIP INTO THE STUDIO TO DISCUSS THE NOW 9TH ANNUAL KENNETH'S RIDE BEING HELD IN THE HELDERBERGS.

6/4/23: DEVON WIMBERLY FROM THE SCHENECTADY CITY SCHOOL DISTRICT AND OWNER OF WIMBERLY ATHLETICS & TRAINING JOINS THE SHOW. HE PROVIDES VALUABLE INSIGHT ON BEING PART OF A BIRACIAL COUPLE IN AMERICA, THE IMPORTANCE OF MENTORS IN LIFE (INCLUDING HIS OWN) AND THE CONTINUED WORK BEING PUT INTO "SCHENECTADY RISING."

6/11/23: THIS WEEK'S GUESTS ARE EMIL BAKER AND PETER POTTER FROM THE ALBANY STRATTON VA MEDICAL CENTER. BOTH MEN DISCUSSED THEIR SERVICE IN THE MILITARY, THE MENTALITY OF SOLDIERS LOOKING FOR HELP AFTER THEIR SERVICE (OR NOT), AND THE MULTITUDE OF SERVICES OFFERED BY THE ALBANY STRATTON VA WHICH COULD BE BOOSTED BY THE PACT ACT.

6/18/23: RENE LEROUX JOINS THE PROGRAM TO DISCUSS THE FOUNDING OF THREE HALLS OF FAME FOR NEW YORK STATE IN BASEBALL, BASKETBALL AND HOCKEY. RENE ALSO REVEALS ONE OF THE MOST SURPRISING SPEECHES HE HAS EVER HEARD AND WHAT TO EXPECT WITH THE PHYSICAL LOCATION OF ALL THREE IN THE COMING MONTHS!

B 95.5 fm
**Today's Hits and
Yesterday's Favorites**

WYJB Public File Material

April 1st thru June 30th 2023

Chad Ohara

From: William C Trigg <wtrigg@neny.wish.org>
Sent: Wednesday, March 29, 2023 6:05 PM
To: Chad Ohara
Subject: THANK YOU!

Good afternoon Chad.

I want to take this opportunity to offer my heartfelt gratitude for your service as co-emcee of our 2023 Wish Gala on March 25th. I appreciate so much the contribution of your and Alyssa's time and talent to the success of the event, and especially to the success of the after-dinner program. We raised more than \$261,000, and netted about \$150,000, including \$93,000 for wishes!

It has been an immense privilege working with you, Chad, since 2007 to raise awareness about and contributions for our Wish Granting program. Thank you for helping to create (and to be part of) a whole lot of wonderful memories.

I look forward to taking you to lunch in the very near future to thank you in person.

My love to Chantel and Carli 😊

Bill

William C. Trigg, III, Ph.D.
Chief Executive Officer
Make-A-Wish Northeast New York

Together, we create life-changing wishes for children with critical illnesses.

Hannaford's 20 Outstanding Women 2023 Solicit (6:21 am - Liner) | Hannaford

Listener Benefit: Celebrate women in the Capital Region who go above and beyond to make their communities a better place to live

What: Hannaford's 20 Outstanding Women

How: head to B95.com and nominate a woman you know who is an unsung hero - who is already busy, yet finds time to give back in big ways to help others

More info: Each Outstanding Woman will be highlighted on B95.5 with her own day of recognition, and will be invited to an exclusive celebration with all The 20 Outstanding Women of 2023!

ATTIE
DESMOND -
250
HANNAFORD
GIFT CARDS

PRESENTED By HANNAFORD & B95.5 -

SCHEDULE/AGENDA

5:30 – people will start arriving/checking in – name tags are set

6pm is “official” start of the meet and greet and reception

@6:30/6:40 – we ask people to start taking a seat

Chad will do brief welcome – and introduce Hannaford to speak

(HANNAFORD BIO)

Andrea Nickerson, Hannaford’s V.P. of Operations for their Western Division and Executive Sponsor of the Women’s Business Resource Group at Hannaford

Hannaford speaks

Dinner

Awards – Chad will intro and give brief bio on each – they come up and are handed award (need to figure who can hand award since Chad will be at podium)

When awards end – we are hopeful that Megan Baker will be there

Megan Baker – President and CEO of Baker Communications.

Megan has been a communicator for more than 20 years. Before transitioning to a communications executive and entrepreneur, Megan enjoyed a highly-visible, 10-year career in television news where she won a New York State Emmy and was honored by the Associated Press for Breaking News.

Today, Megan specializes in developing and leading media training programs for high level CEOs and executives, using her skills honed as a reporter to prepare clients for live events and aggressive media questioning.

Megan graduated from Indiana University of Pennsylvania where she earned a bachelor’s in Communications/Media. She serves on the IUP College of Education and Communications Dean Advancement Council and as co-vice chair on the board of the Leukemia and Lymphoma Society Upstate New York/Vermont Chapter and is a 2012 Albany Business Review 40 under Forty honoree. Megan also hosts a video and audio podcast featuring conversations with the Capital Region’s most notable women. Produced by Baker Public Relations Influence-HER is fun, educational and inspirational.

Chad says brief close --

Dessert/coffee/mingle

JACKIE WAS THERE

Hannaford 20 Outstanding Women

Monday	Tuesday	Wednesday	Thursday	Friday
February 27th Christine Rem	February 28th Lori Gardner	March 1st Jaime Manka	March 2nd Kate Hockford	March 3rd Jolynn Backes
March 6th Betsy Sepowitz	March 7th Kathy Bounds	March 8th Joni Bonilla	March 9th Elena Killcullen	March 10th Amanda Kyle-Sprague
March 13th Carolyn Huston	March 14th Marie Thorne	March 15th Marshay Hines	March 16th Mary Debonis	March 17th Nancy Birdsall Bacon
March 20th Barbara MacCormack	March 21st Renee Merges	March 22nd Sarah Zwack	March 23rd Patricia Buffaline	March 24th Trish Geary

Food for Thought & All That Jazz 2023 (6:21 pm - Liner) | Community Bank

Enjoy wine, great jazz and incredible food? B95.5 invites you to the 31st Annual celebration of Food For Thought & All That Jazz presented by Community Bank on Tuesday, April 4th beginning at 5:30pm at SUNY Schenectady County Community College.

Join Daria Mallin, Honorary Chair for an evening of jazz, elaborate Hors d'oeuvres and gourmet food stations.

Get more information and your tickets at B95.com or call 518-381-1461.

*CARLIS GAME -
UConn CHAMPIONS*

The 31st Annual Food For Thought & All That Jazz, presented by Community Bank and proudly supported by B95.5-

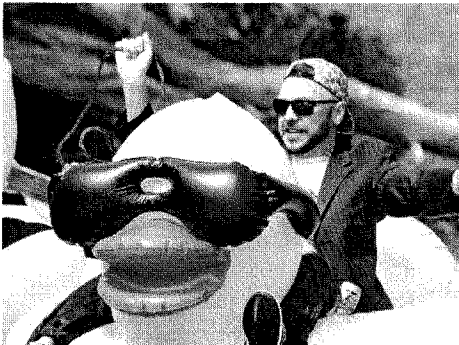
WJVB
- INTERVIEW
11:30
AM
4/1/23

'Anything that Floats' Regatta to be Held in Mechanicville

Wanna see something cool on Sunday? Head over to Mechanicville for the White Water Derby followed by the 'anything that floats' race.

'Anything that Floats' means participants can build some kind of vessel and set sail down the Anthony Kill Creek to the Mechanicville Dock.

Here are some homemade vessels from years past:



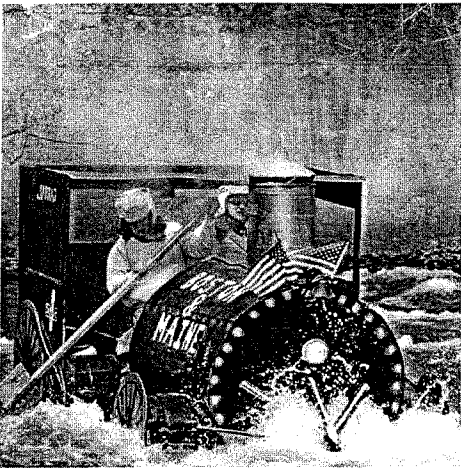
Mechanicville Area Community Center
via Facebook



Mechanicville Area Community Center
via Facebook



Mechanicville Area Community Center
via Facebook



Mechanicville Area Community Center
via Facebook



Mechanicville Area Community Center
via Facebook

The White Water Derby starts at 12pm, 'Anything that Floats' will immediately follow at 2:30pm. If you're interested in watching, come to the O'Reilly Auto Parts parking lot. Vendors, food trucks, face painters and live music will all be part of the event.

*48th Annual White-Water Derby,
Anything That Floats Regatta & Cast off Derby*

SUNDAY
APRIL 2, 2023
12:00pm -4:00pm, Mechanicville NY

WHITE WATER DERBY
Registration 9:00-11:00 am (*Kicks off at 12:00pm*)

CAST OFF DERBY
Cast Off from Francis Street Bridge at **2:00pm**
(directly following the White Water Derby)

ANYTHING THAT FLOATS REGATTA
Registration 12:00-1:00 pm (*Kicks off at 2:30pm*)
(Start behind O'Reilly Auto Parts, Ends Mechanicville City Docks)
(launch directly following Cast Off Derby)

AWARDS + CLOSING
Kicks off at 3:30pm
(directly following Anything That Floats)

LIVE Entertainment by Imperial Sound
Face Painting, Games, Narcan Training & Distribution, and Tabling on the Docks
Food Vendors next to the Fire Department: Sammy Cohen Restaurant & Bar, The Mac Factor, Smith's Smokeshack & Kitchen, Kane's Hotdog on Wheels



Mechanicville Area Community Services Center
6 South Main St. Mechanicville NY 12118
(518) 664-8322 | www.mechanicvillecsc.org

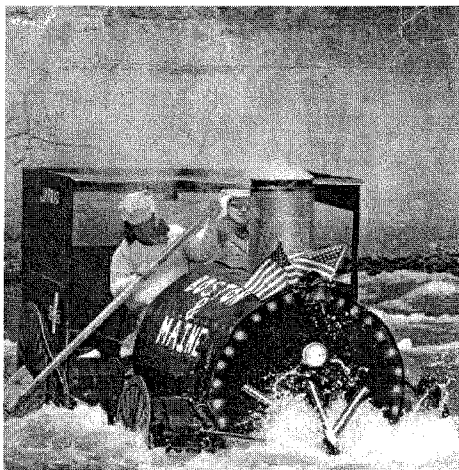
Event Sponsors





DECRESCENTE
Kane's Hotdogs
Adirondack Basement
Basement & Foundation Specialists

Mechanicville Area Community Center via Facebook



Mechanicville Area Community Center

via Facebook



Mechanicville Area Community Center

via Facebook

The White Water Derby starts at 12pm, 'Anything that Floats' will immediately follow at 2:30pm. If you're interested in watching, come to the O'Reilly Auto Parts parking lot. Vendors, food trucks, face painters and live music will all be part of the event.

Chad Ohara

WYJB
- 5:45am

From: Kimmy Venter (RMHCofAlbany) <kventer@rmhcofalbany.org>
Sent: Wednesday, April 5, 2023 3:23 PM
Subject: NEWS: Debbie Ross Retires After 41 Years as Resident House Director

4/6/23



FOR IMMEDIATE RELEASE

April 5, 2023

Contact: Kimmy Venter, Director of Communications
518-410-0481 | kventer@rmhcofalbany.org

Debbie Ross Retires After 41 Years as Resident House Director at Ronald McDonald House Charities® of the Capital Region

ALBANY, N.Y. – After more than 41 years at the helm of the Albany Ronald McDonald House, resident director Debbie Ross has officially retired. Though she will soon move out of the Victorian home on S. Lake Avenue where she has worked and lived since 1981, Ross will forever be the foundation and the heart of “The House That Love Built.”

“From its very origins, Debbie Ross has been the healing heart and soul of the Ronald McDonald House,” says Dr. Bill Cromie, founding board member. “She has brought comfort and inspiration to tens of thousands of families living through the worst moments in their life. After 41 years of wonderful service, she deserves a joyful retirement full of blessings, as she has been a blessing to so many others.”

Debbie Ross was hired as a young social worker to open the doors of a new Ronald McDonald House in Albany, NY — originally an eight-bedroom home for families with seriously ill children receiving care at nearby Albany Medical Center. Seven years later, she oversaw the House’s first expansion, doubling the organization’s capacity to welcome families in need. In 2015, Ross was a driving force behind the House’s next expansion, bringing it to its current 25-bedroom capacity and curating every detail to maintain a warm, homelike, and loving environment for each family that walks through the doors. Over the course of her distinguished career, Ross has welcomed more than 23,000 families to “The House That Love Built” and has had a profound impact on more lives than anyone can count.

As Ross managed day-to-day operations at the Ronald McDonald House and continually cultivated the compassion of the community to help the House grow, she also played a critical role in developing new programs at Ronald McDonald House Charities of the Capital Region (RMHC-CR). Today, in addition to the House, the organization operates the Ronald McDonald Family Room and Comfort Cart inside the Bernard & Millie Duker Children’s Hospital at Albany Med, offers support to NICU families through the HOPE (Helping Our Premies Excel) program, and runs the first-of-its-kind Ronald McDonald Family Retreat at Krantz Cottage in Lake George. For many years, Ross dreamed of developing a program that would give families with very sick children a chance to spend quality time together and make memories far away from the hospital. Through her dedicated efforts, that dream became a reality with the opening of the Ronald McDonald Family Retreat in July of 2021.

“It has been such a privilege to wake up every morning and walk down the stairs of the Ronald McDonald House as resident house director,” says Ross. “I’ve found great purpose in my life by helping families with sick children in absolutely any way possible. Even in retirement, that will always be my passion. For more than 41 years, I have been a witness to so much love poured out from our community. That love is what built this house, what sustains this house, and what I hope will always be at the very core of RMHC of the Capital Region.”

Ross retires as the longest-serving resident house director in the global RMHC network, which spans 49 countries and regions and more than 380 Ronald McDonald House programs around the world. She has been recognized with

numerous awards and accolades over the last four decades, including the Distinguished Service Award presented at RMHC-CR's 40 Years of Love anniversary celebration in 2022. Most importantly, she has dedicated not just her career but her entire life to caring for sick and injured children and their families with love and compassion. She leaves a legacy that will continue to shape how RMHC-CR meets the needs of families for years to come.

As RMHC-CR celebrates Ross' 41+ years of dedicated and loving service, past Ronald McDonald House guest families, volunteers, community partners, supporters and friends are invited to share well-wishes, words of gratitude, and special memories with her. Please visit rmhcofalbany.org to leave an electronic message, or send messages by mail to RMHC of the Capital Region, 139 S. Lake Avenue, Albany, NY 12208. All messages received will be shared with Ross directly, and may also be used by RMHC-CR to showcase her incredible and enduring impact.

This press release is available online with accompanying photos at <https://rmhcofalbany.org/news/debbie-ross-retires-after-41-years-as-resident-house-director/>.

About Ronald McDonald House Charities® of the Capital Region

Ronald McDonald House Charities of the Capital Region (RMHC®-CR) draws on the compassion of our community to deliver and support programs that directly improve the health and well-being of children and families. Through our core programs – the Ronald McDonald House®, Ronald McDonald Family Room®, and Ronald McDonald Family Retreat – we offer access to quality health care with a family-centered approach. RMHC-CR helps families with sick children stay close to each other and the care they need and brings critical health care resources where they are needed most. With the help of dedicated volunteers and community partners, we ensure that families are fully supported and actively involved in every aspect of their children's care. For more information, visit rmhcofalbany.org and follow RMHC-CR on [Facebook](#), [Instagram](#), [LinkedIn](#) and [TikTok](#).

###

Chad Ohara

WYJB
8:45

From: ELA Media <Media@edlewi.com>
Sent: Wednesday, April 12, 2023 9:20 AM
Subject: ALBANY EMPIRE PLAYERS TO PAY SURPRISE VISIT TO DUNKIN' IN ADVANCE OF SEASON OPENER

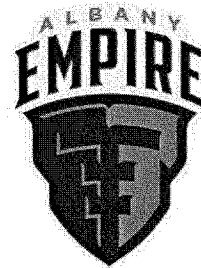
INTERVIEW
4/13/23

FOR PLANNING PURPOSES ONLY

EMBARGOED THROUGH THURSDAY, APRIL 13 AT 12 P.M.

8:30am?

DUNKIN'



MEDIA ADVISORY/DAYBOOK ITEM

Albany Empire players to pay surprise visit to Dunkin' in advance of season opener

- WHAT:** Albany Empire players - outfitted in full gear - will surprise Dunkin' guests by filling drive-thru orders and working the front counter in advance of the arena football team's home opener this Sunday at MVP Arena.
- WHEN:** **Thursday, April 13**
12 p.m. to 1 p.m.
- WHERE:** **Dunkin'**
667 New Loudon Road
Latham, N.Y.
- DETAILS:** During the surprise visit to Dunkin', Albany Empire players in full gear will celebrate the opening of the 2023 National Arena League season by handing out Empire game tickets and branded merchandise to Capital Region fans.

The Albany Empire will host the Orlando Predators for their home and season opener this Sunday, April 16, at the MVP Arena in Albany at 2:30 p.m. The team enters the 2023 season as two-time defending champions.

Tickets for all seven regular season Albany Empire home games are on sale now, and can be purchased at AlbanyEmpireNAL.com or at the MVP Arena Box Office located at 51 S. Pearl Street in Albany.



24TH ANNIVERSARY

Capital Region Best MOM



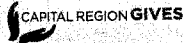
Nominate a deserving mom who is committed to family and community

Nominate February 25 - April 8, 2023 at www.timesunion.com/capitalregionbestmom

See the finalists on Sunday, May 14 at the Tulip Festival 11 a.m. in Washington Park, Albany

ALBANY INSTITUTE OF HISTORY & ART

TIMES UNION



It's not *just* business; it *is* personal!



Joint Chiefs of Staff this fall, and Biden is looking for two men to succeed him.

In some ways, the candidates could not be more different — from education to experience, and from military to civilian.

Gen. Charles Q. Brown Jr., known widely as the Air Force's "Chief of Staff" — the first African American to hold the position in a position where diversity is valued.

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T

Chad Ohara

WYJB
8:10 AM
4/19/23

From: Darcy Knapp, MBA <darcy@darcyknapp.ccsend.com> on behalf of Darcy Knapp, MBA <darcy@albanyjobfair.com>
Sent: Monday, April 17, 2023 10:10 AM
To: Chad Ohara
Subject: The Albany Job Fair is this Wednesday April 19, 2023

- A CHANGE? FRESH START? WANT TO BE MORE APPROVED?



Will you be new?

The Albany Job Fair is this Wednesday April 19, 2023

Hours: 9:00 am - 4:00 pm
Holiday Inn Express & Conf Center
400 Old Loudon Road (Route 9), Latham, NY 12110

Please share with students, recent grads and alumni!!
Feel free to post to social media

120+ Confirmed Recruiters including:

- A New England Nanny
- Ace Hardware
- AFLAC
- AIM Services, Inc.
- Air National Guard
- Albany Broadcasting
- Albany City School District
- Albany Medical Center
- Albany VA Medical Center
- AMAZON
- America's Swimming Pool Co
- AQUATIC DEVELOPMENT GROUP
- ARC of Rensselaer County
- AVANGRID
- Berkshire Health Systems

8:30am?
8:10am?

BOCES Albany-Scho-Schen
BrightView Landscape Services
BSNB
Callanan Industries
Carver Companies
CDPHP
Centrotherm
Coach Connection
Combined Insurance
Conifer Park
Curtis Lumber
Daughters of Sarah
DeCrescente Distributors
Donnelley Construction
Express Employment
Fabcon Precast LLC
FASNY Fireman's Home
Ferguson Enterprises
First Student
Frito Lay
Fusco Personnel
Glenmont Job Corps
Grasshopper Heating and Cooling
Greater Johnstown SD
Green Meadows
Home Instead
Human Technologies
Imperial Pools, Inc.
In Flight Inc
IRD
IRS Taxpayer Advocacy
Janitronics
Kingsway Community
KIPP Capital Region Public Schools
Latremore Agency
Law Firm of Alex Dell, PLLC
Lia Cars/Lia Toyota
Living Resources
Local 669 AFP Union
Main-Care Energy
Marquis Certified Home Care
MAXIMUS
Midland Farms
Mildred Elley
NA States Carpenters
Nathan Littauer Hospital
Nationwide
NESCO Resource
Niskayuna Central School District
NY Army National Guard
NY Creates
NY Life

NY State of Health
NYS Dept of Civil Service
NYS Dept of Corrections
NYS Dept of Labor
NYS Insurance Fund
NYS Offic for People with Developmental Disabilities
NYS Office of Children and Family
NYS Office of General Services
NYS Office of IT Services
NYS Troopers
Ocean State Job Lot
OrthoNY
Owens Corning
Peak Environmental
Penske Truck Leasing
Plug Power
Price Chopper
Primark
Prime Storage Group
Ravena Coeymans Selkirk CSD
RedShift
Rensselaer Polytechnic Institute
Robert Half
SABIC
Sam's Club
Saratoga Casino Hotel
Saratoga National Bank
SI Group
Solomon Organization
Spectrum Mobile
Spectrum - Sales & Marketing
Spectrum (TWC Recruiting)
St Peter's Health Partners
Sunmark Credit Union
SYSCO
Teresian House
The Grand at Barnwell
T-Mobile/Assurance Wireless
Traveler's Insurance
Trucking Assoc of NY
Trustco Bank
U.S. Army Watervliet Arsenal
United Mobility and Accessibility Inc.
Unity House of Troy, Inc.
US Air Force Reserve
US Navy
USPS
Van Rensselaer Manor
Vanderheyden Hall
Visiting Nurses
VP Supply Corp
Wadhams Enterprises

Warren, Wash & Albany ARC

[Download Event Flyer](#)


Albany Job Fair



Wednesday April 19th From 9am-4pm
Holiday Inn Express & Conference Center
400 Old Loudon Road, Latham, NY 12110

Featuring 100+ Recruiters on site!
Many will be Interviewing and Hiring on the Spot.
Send your Resume for Distribution to all Recruiters:
Resumes@AlbanyJobFair.com
Free Admission/Free Onsite Parking
For more details visit www.AlbanyJobFair.com
Located on the CDTA Bus Route #182

CONNECT WITH US!



Albany Job Fair | 400 Old Loudon Rd, 5188721707,
Latham, NY 12009 <https://albanyjobfair.com>

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Sent by darcy@albanyjobfair.com powered by



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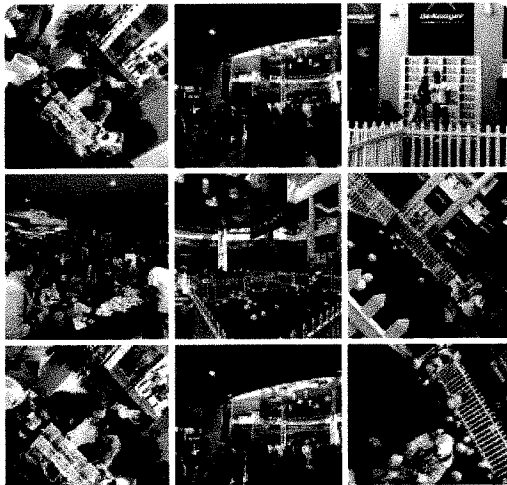
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Photos

[See all photos](#)



10

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Get that resume ready! Tomorrow is the Albany Job Fair!

Albany Job Fair



Albany Job Fair

Wednesday Apr 19, 2023

9:00 am – 4:00 pm

Holiday Inn Express & Conference Center

400 Old Loudon Road, Latham, NY 12110

100+ Recruiters on Site

At the Albany Job Fair you will find national, regional and local companies interviewing and hiring for open positions! Many offering same day

B95.COM

Albany Job Fair Tomorrow

Showcase your skills, experience, and talents to potential employer...

3

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Albany Job Fair



Albany Job Fair

Wednesday Apr 19, 2023

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Holiday Inn Express & Conference Center

400 Old Loudon Road, Latham, NY 12110

100+ Recruiters on Site

At the Albany Job Fair you will find national, regional and local companies interviewing and hiring for open positions! Many offering same day hiring, next day starting!

Albany Job Fair Tomorrow

Jackie Powell

April 18, 2023

Attention all job seekers! The Albany Job Fair is coming to town tomorrow, and it's your chance to showcase your skills, experience, and talents to potential employers at the Holiday Inn Express & Suites in Latham on Wednesday, April 19 from 9a – 4p.

FREE REPORT

BROADCASTING

LEARN HOW

RECRUITMENT & RETENTION SEMINAR



RECRUITING IS MORE DIFFICULT THAN EVER. THAT'S WHY YOU NEED TO ATTEND THIS FREE, SHRM CERTIFIED, CHRIS STONICK SEMINAR

Thursday, May 4th | 9a to 11a
Holiday Inn Express & Suites, Latham
www.HIH.com | Latham, NY | Continental Breakfast Included

Register Here

Albany Job Fair

Albany Job Fair

WEDNESDAY

Wednesday April 19th From 9am-4pm

Holiday Inn Express & Conference Center
400 Old Loudon Road, Latham, NY 12110

Featuring 100+ Recruiters on site!

Many will be interviewing and Hiring on the Spot
From Entry Level to Senior Management, CDL Drivers to RN/LPN positions, Home Health to Construction, Retail to Marketing and Accounting positions available.
Talk to representatives from Amazon, NYS Agencies, Corporations and Local Employers all ready to hire you! Full time, Part time, Temporary, Work from Home and Seasonal jobs available

Send your Resume for Distribution to all Recruiters:
Resumes@AlbanyJobFair.com
Free Admission/Free Onsite Parking
For more details visit www.AlbanyJobFair.com
Located on the CDTA Bus Route #182

Hope to see everyone at the Albany Job Fair, 4-19-23 at the Holiday Inn Express Hotel & Suites Latham!

10 1 15

This job fair has 120+ confirmed recruiters from various industries, offering a wide range of positions from entry-level to executive roles along with national, regional and local companies interviewing and hiring for open positions. Many offering same day hiring, next day starting. Whether you're a recent graduate, a professional who's looking for a change, or someone who's been out of the workforce for a while, this job fair has something for everyone.

So, mark your calendars, and get ready to join us for the job fair tomorrow at 400 Old Loudon Road, Latham! This is an incredible opportunity to take the next step in your career and find the job of your dreams. Good luck and get more details at www.AlbanyJobFair.com

Feature photo courtesy of the *Albany Job Fair*

[Read more!](#)

Albany County Crime Victim and Sexual Violence Center
is proud to bring you...

42nd Annual

wy JB
Hortarview
8:45AM
4/20/23

Take Back the Night

Rally and March Against Sexual Violence

Thursday, April 20, 2023

Washington Park Lakehouse

Do you have a talent you want
to share? Would you like to
use your voice and share
your story?

For more information, contact:
Jolynn.backes@albanycountyny.gov

- 4:00 pm Pre-Rally**
- 5:00 pm Welcoming Remarks**
- 5:30 pm Speak Out**
- 6:30 pm Rally & March**
- 7:30 pm Candlelight Vigil**



Daniel P. McCoy
Albany County Executive

ALBANY COUNTY
Cares about our community





CITY OF AMSTERDAM, NEW YORK

Tourism, Marketing & Recreation Department

Michele Pawlik, Assistant Recreation Director

wyJB
5:45am

4/21/23

Reduce - REUSE - RECYCLE

April 17, 2023

FOR IMMEDIATE RELEASE:

The City of Amsterdam Earth Day Cleanup Sponsored by Century 21 Purtell Realty and Montgomery County Chairman Legislator Robert Purtell

Amsterdam, NY - The City of Amsterdam celebrates Earth Day with our annual Earth Day Clean-Up Sponsored by Century 21 Purtell Realty and Montgomery County Legislator Robert Purtell on Saturday, April 22nd from 8:30am-1pm at Veterans Park (lower parking lot). Volunteers can pick up gloves and garbage bags and enjoy free breakfast, lunch, and drinks.

Mayor Cinquanti stated "I can't think of a more helpful and enjoyable way for Amsterdam residents to spend their Saturday. First, they get to work up an appetite in the morning, by participating in one of our City's Spring Clean-up projects and then in the afternoon they get to fill themselves up with delicious chicken wings served by our amazing group of locally owned restaurants. Our city wins, our local restaurants win and best of all we get to spend the day with family and friends!"

County Chairman and Legislator Robert Purtell stated "This is a good opportunity for every individual and organization in our city to spend a little time cleaning up their own property, curbsides, and vacant lots in their own neighborhoods. A little bit of volunteer cleanup effort from a whole bunch of people at the same time makes a huge difference in the appearance of our city. Join us this Saturday and take pride in your community."

This year we're happy to announce that we will be partnering with GreenSheenPaint and Grow Amsterdam NY Inc to host a free paint collection event on Earth Day at Veteran's Park (lower parking lot) from 9am-1pm. We will be accepting all your unwanted and leftover paint products. We can accept latex paint, stains, shellac, lacquer, varnish, sealers, textured coatings, oil paint and urethanes. Paint should be in its original sealed can with the label. We can't accept aerosol paint, paint thinner, solvents, cleaning agents, gasoline, drywall compound, caulks, or household hazardous waste. The paint will be recycled into new paint.

For more information, please contact Michele Pawlik at mpawlik@amsterdamny.gov

61 CHURCH STREET, AMSTERDAM, NEW YORK 12010

PHONE 518-841-4369 FAX 518-843-5049

mpawlik@amsterdamny.gov

Chad Ohara

WYJB
7:45 AM
4/21/23

From: Erica Komoroske <ekomoroske@stewartsshops.com>
Sent: Friday, April 14, 2023 11:47 AM
To: Erica Komoroske
Subject: Earth Day Deal: Bring in Your Travel Mug and Get a Free Stewart's Hot Coffee on Saturday, April 22nd
Attachments: Earth Day Reusable Mug Img.jpg; '23 Earth Day Web Image.jpg



FOR IMMEDIATE RELEASE
April 14, 2023

**Earth Day Deal:
Bring in Your Travel Mug and Get a Free Stewart's Hot Coffee**

Did someone say FREE hot coffee? Just bring in any travel mug to Stewart's Shops on Earth Day, Saturday, April 22nd and get a free Earth Day hot coffee up to 32 oz. Choose from a variety of hot coffee flavors including Stewart's House Blend, Decaf, Blueberry Crumble, French Vanilla, Hazelnut, Richer Roast, Maple French Toast and seasonal Irish Cream.

For those who prefer hot tea or hot chocolate, they will also be free with a travel mug. This promotion runs all day, Earth Day on Saturday, April 22nd. Stewart's Shops is Your Coffee Shop!

Did you know? You can Receive Coffee Savings All Year Long

Stewart's customers pay only \$1.45 + tax to refill their travel mug with hot coffee (up to 32 oz.)! And if you buy a new Stewart's refillable mug, your first fill is always free!



American Heart Association.
Heart Walk.

WYJ13
9:45
4/25/23

Tuesday, April 25 is Rally Day for Capital Region Heart Walk and Run

12-year-old born with a heart defect; stroke survivor will share their stories at June 4 event

ALBANY, N.Y. – April 24, 2023 — Thousands will gather on June 4 to fight heart disease and stroke at the Capital Region Heart Walk and Run at the W. Averell Harriman State Office Building Campus in Albany.

Teams have been forming and fundraising since the 2022 event, and TUESDAY, APRIL 25, is Rally Day for the Heart Walk and Run. The American Heart Association is calling on people to register for the 5K run or 1- or 3-mile walk; form teams; and fundraise. **The goal for the day is to raise \$10,000. The company that recruits the most walkers on Rally Day will be declared the Rally Day Recruitment Champion.**

To register, or to donate, visit CapitalRegionHeartWalk.org.

Details of the Capital Region Heart Walk and Run:

- Sunday, June 4
- W. Averell Harriman State Office Building Campus, Lots M & N, Albany
- Registration for the run begins at 7 a.m.
- The 5K run begins at 8 a.m.
- Walk activities begin at 9 a.m.
- The Walk program begins at 10:15 a.m.
- The Walk steps off at 10:45 a.m.

12-year-old Emma Duncan is the Heart Hero of the Walk, and will share her story of living with a congenital heart defect.

Heather Wells will share her story of surviving an unexpected stroke.

There will be a Kids Zone, CPR demos, a doggie area and health education and screenings.

Heart disease is the ~~No. 1 killer~~ of all Americans, and stroke is No. 5. The American Heart Association invests in research and programs to change that statistic.

Sponsors include Albany Med Health System, the Live Fierce Sponsor; Broadview Federal Credit Union; National Grid; CBS 6 Albany; B95.5; and The Times Union.

For information or to register, visit CapitalRegionHeartWalk.org or contact Kim.Sheedy@heart.org.

##

About the American Heart Association

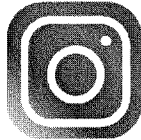
The American Heart Association is devoted to saving people from heart disease and stroke – the two leading causes of death in the world. We team with millions of volunteers to fund innovative research, fight for

stronger public health policies, and provide lifesaving tools and information to prevent and treat these diseases. The Dallas-based association is the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke. To learn more or to get involved, call 1-800-AHA-USA1, visit heart.org or call any of our offices around the country. Follow us on [Facebook](#) and [Twitter](#).

For Media Inquiries:

Katherine McCarthy, Sr. Director, Marketing Communications, New York State: 518.366.7920 (cell) or Katherine.McCarthy@heart.org.

For Public Inquiries: 1-800-AHA-USA1 (242-8721)
heart.org and stroke.org



#HeartWalk518 @AHANewYork

The Best Solo Travel Destinations in the United States for an Unforgettable Adventure

WJB

Whether you're looking for activity or relaxation, your dream trip awaits.



BY STEFANIE WALDEK

PUBLISHED: APR 21, 2023

7:30 AM

INTERVIEW

4/27/23

GOOD HOUSEKEEPING

SARATOGA SPRINGS!

While traveling with friends and family can be a lot of fun, going somewhere alone has its perks. You get to choose *everything* — the destination, the hotel, the itinerary, the restaurants, how much money you spend and beyond. Only one opinion matters...yours. It's also a great way to push yourself out of your comfort zone, meet new people (if you so choose), unplug, rejuvenate and bask in moments of reflection — or even just escape reality for a few days.

Whether you're planning your first adventure on your own or are a solo travel veteran, choosing a destination can be overwhelming, especially if you still have a

lot of places to check off your bucket list. The good news is, you don't have to go far for the adventure *or* relaxation you crave, because there are plenty of options across the U.S.

Weighing variables such as walkability, safety, self care opportunities, number of historic sites and museums and access to nature, we've come up with a list of the best places in the U.S. for solo travelers — ranging from mountain and beach destinations to small towns and large cities. Time to book your ticket for one, plan your itinerary (or don't, remember, it's your trip!) and answer to no one except yourself for a few days.



Saratoga Springs, New York

This beautiful upstate New York town is a short Amtrak ride from the city, so it's ideal for NYC residents looking for a quick solo escape. Watch a horse race at the historic Saratoga Race Track, jam out at a concert at the Saratoga Performing Arts Center and enjoy the mineral spring baths (where the city gets its name!) at the Saratoga Spa State Park. Oh and don't miss the fabulous dining and shopping up and down Broadway.

3 of 4

IF YOU'RE LEAVING, IN IT
OR JUST DRIVING
THRU IT

4/26/2023, 8:48 A.

RIGHT NOW

CONGRATS TO
SARATOGA SPRINGS
FOR TRULY BEING
THE SAME PLACE TO
B WITH
BAGS

15th - - J-E-T-S

D E FAN SA

WILL Mc DONALD
TYPE 4TH

GHENT, N.Y. (NEWS10) - It's the night football fans have been waiting for, the first round of the NFL Draft! Tonight, a boy from Columbia County will be taking to the stage to help the New York Jets announce their first round draft pick.

WYJB

INTERVIEW

8:10AM

4/28/23

13-year-old Kyle Stickles has been given the opportunity through the Make-A-Wish Foundation. He was diagnosed with bone cancer at the age of 11.

OF NEWSPAPERS
NEW YORK

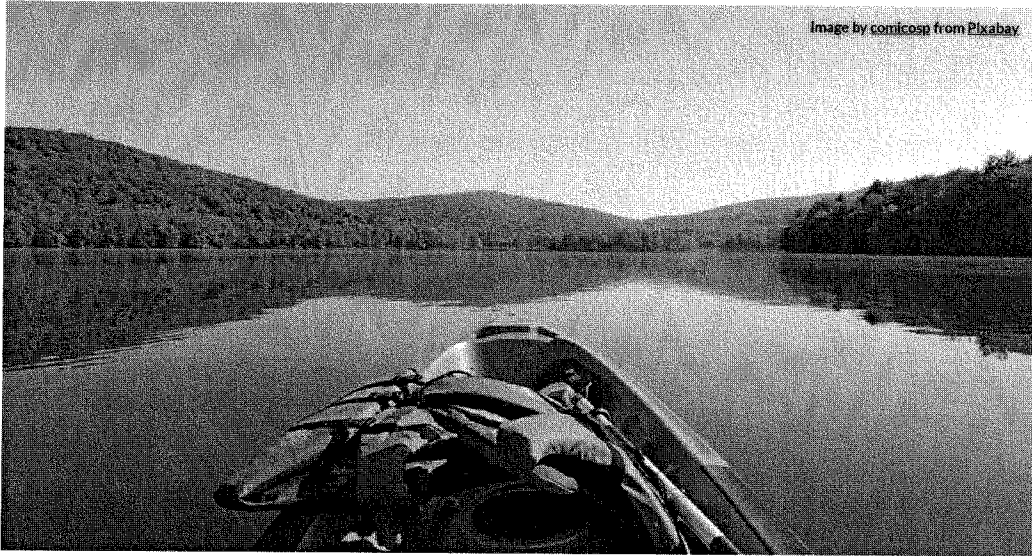
Before Kyle heads to Kansas City, he made a stop at the New York Jets Training Center in New Jersey. He even got to meet one of his favorite players, Garrett Wilson, and throw the football around on the field.

Leading up to tonight's announcement, the teen has been practicing in the comfort of his own room. Watch the NFL Draft tonight on ABC and #WakeUpWith10 to see Kyle's big moment on the world stage and learn about the road it took to get there.

These Are The 10 Most Beautiful Places You Can Visit In New York State

There are plenty of beautiful places in New York State, but these stunning destinations promise an unforgettable adventure in the Empire State.

BY STEPHEN NDUNG'U PUBLISHED 15 HOURS AGO



Kayaking in the Catskills, New York

Ad

New York is a beautiful state blessed with so many exciting things to do and see. From historical museums to pristine state parks and fascinating museums, adventurers could spend the rest of their lives here experiencing never-ending fun. The region is also home to one of the wonders of the world, Niagara Falls, as well as some of the best backpacking destinations in New York worth exploring. Be it winter, summer, spring, or fall, tourists can never experience any moment of boredom while vacationing in the Empire State. For an unforgettable adventure, here are some of the most beautiful places to visit in New York State.

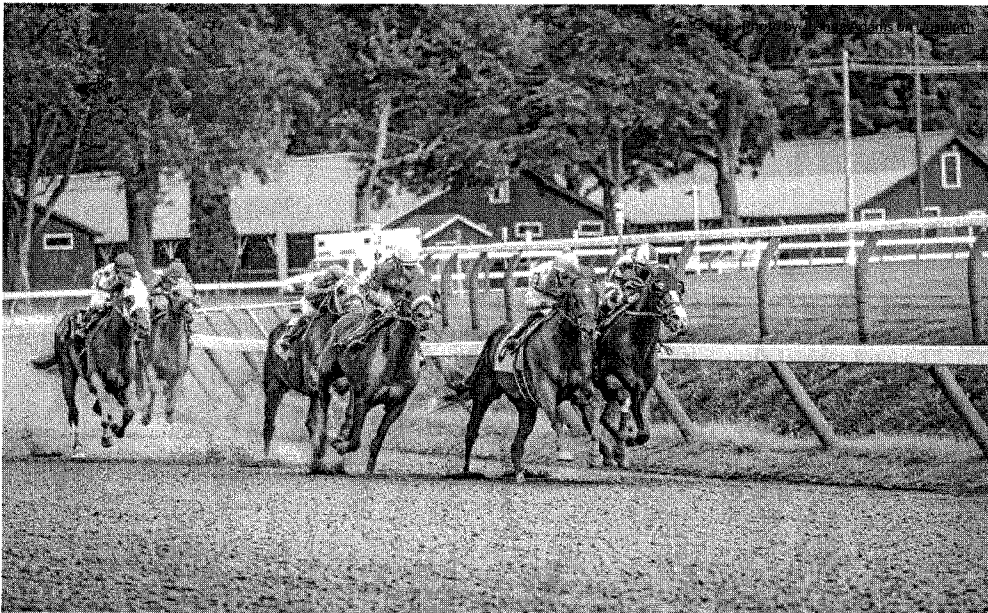
Ad



WYJB
INTERVIEW
8:30 AM
4/28/23

6000
HOUSEKEEPING'S
BEST SOLO
DESTINATION
IN THE
US
SARATOGA
SPRINGS
CAME
IN
THE
TOP
20

10 Saratoga Race Course, Saratoga Springs



Thoroughbred horse racing in Saratoga Springs

Travelers who love horses should include Saratoga Springs in the bucket list of places to visit during the upcoming holiday. This beautiful city is home to one of the most famous sports venues in New York State, the Saratoga Race Course. Located along Union Avenue, the venue attracts tourists from all around the world to come to see thoroughbred racing. History buffs also come not only to see horses racing but to witness what's considered to be the oldest major sporting venue in the United States.



Ad

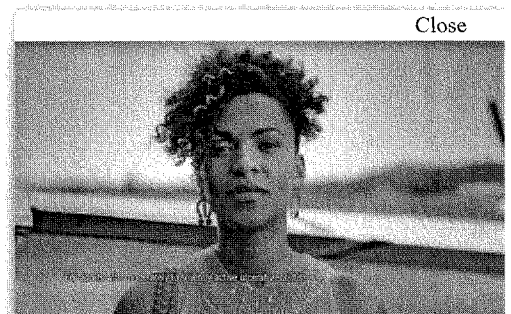
9 Times Square, New York City



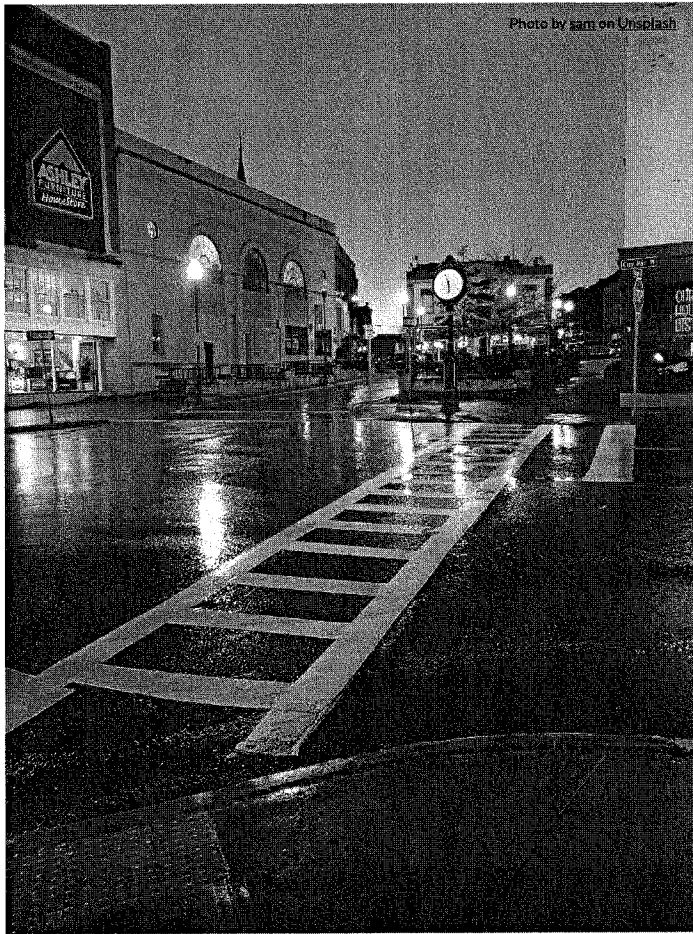
A night view of Times Square, NYC

Whether tourists are looking to indulge in thrilling nightlife or to shop till they drop, there is no better place to be in New York than at Times Square. Foodies can quench their appetite with local delights, thanks to the many food stands and restaurants lining the streets (opting for some of the best food tours in New York State, not just NYC, is also ideal for hungry visitors). Travelers also come here to interact with the locals as they window-shop or enjoy some fine dining. At night the plaza is usually illuminated by bright lights.

Ad



8 Clinton County Historical Association And Museum, Plattsburgh



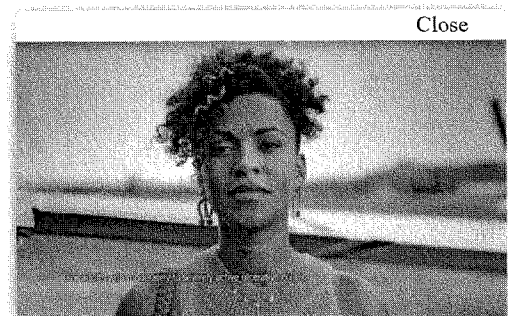
Beautiful street in Plattsburgh

For those who like uncovering mysteries, the adorable city of Plattsburgh is a great starting point when vacationing in the Adirondacks. It's one of the most charming towns to visit in the Adirondacks and is home to the Clinton County Historical Association and Museum. The museum houses a wide collection of photographs and documents which showcases the rich history of the county. Tourists also get to view exhibitions of artifacts from the Revolutionary War's Battle of Valcour and the War of 1812's Battle of Plattsburgh.

RELATED:

Spring In New York: 10 Beautiful Spring Destinations To Visit In This State

Ad



7 Long Island Aquarium, Riverhead



A picture of a jellyfish in Long Island Aquarium

Long Island offers lots of fun things to do and is a place that is blessed with a ton of picturesque scenery. One of the top attractions on the island is the Long Island Aquarium, located in the town of Riverhead. The aquarium, which is one of the biggest on the island, houses more than five hundred species of aquatic animals. Thrill-seekers can partake in fun activities such as boat rides and shark dives. Tourists also come here to frolic with sea lions and feed stingrays.

Ad

6 Catskill Town



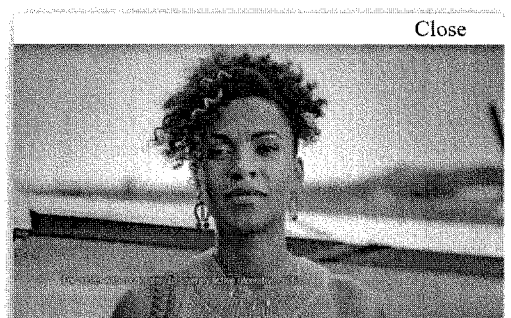


The Catskill Mountains viewed from the top of Kaaterskill Falls in Hunter, NY

The town of Hunter in Greene County is a marvelous destination for thrill-seekers in New York State. It's home to popular ski resorts and shops, making it a must-visit destination for winter travelers. Families vacationing in the town can enjoy a fun outdoor adventure at New York Zipline Adventures LLC. This is an amusement park that welcomes visitors of all ages to partake in enthralling activities such as zip lines, climbing towers, as well as rope bridges. The town is also incredibly close to the Catskill Mountains, making it an excellent base from which to explore this beautiful, mountainous area in New York.

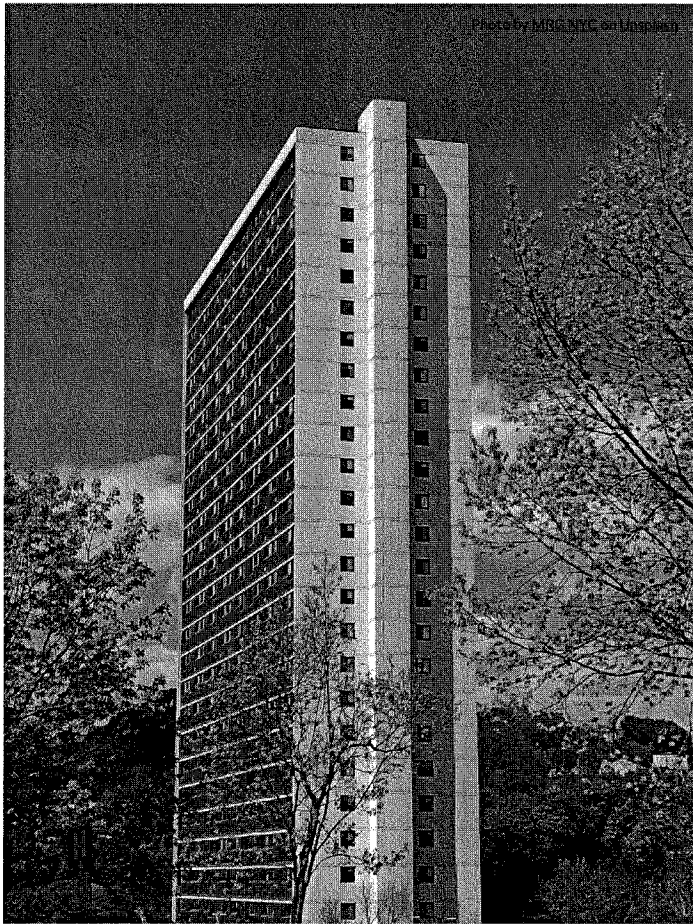
RELATED:

Flowers, But No Showers: 10 Best New York State Parks To Visit In April



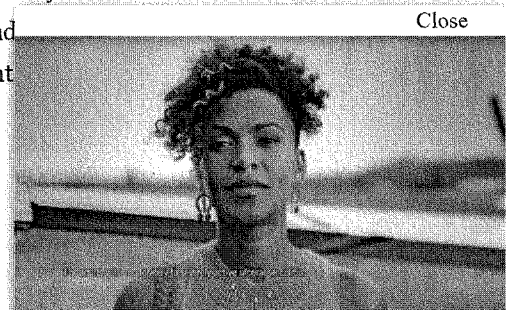
Ad

4 Ridge Hill, Yonkers



A skyscraper surrounded by lush greenery in Yonkers

Perched on the banks of the Hudson River, Yonkers is a gorgeous city that features one of the must-see attractions along the Hudson River, Ridge Hill. This is a trendy shopping mall nestled in Ridge Hill Boulevard, where shopaholics come to spend time shopping till they drop. Traveling families like to bring their kids here to play, while honeymooners and lovebirds come here to enjoy a romantic moment in the cinema. There are restaurant site where fun-seekers can hop in to satiate their hunger pangs.



Ad

3 Lake Placid



A beautiful pink sunset view of Lake Placid

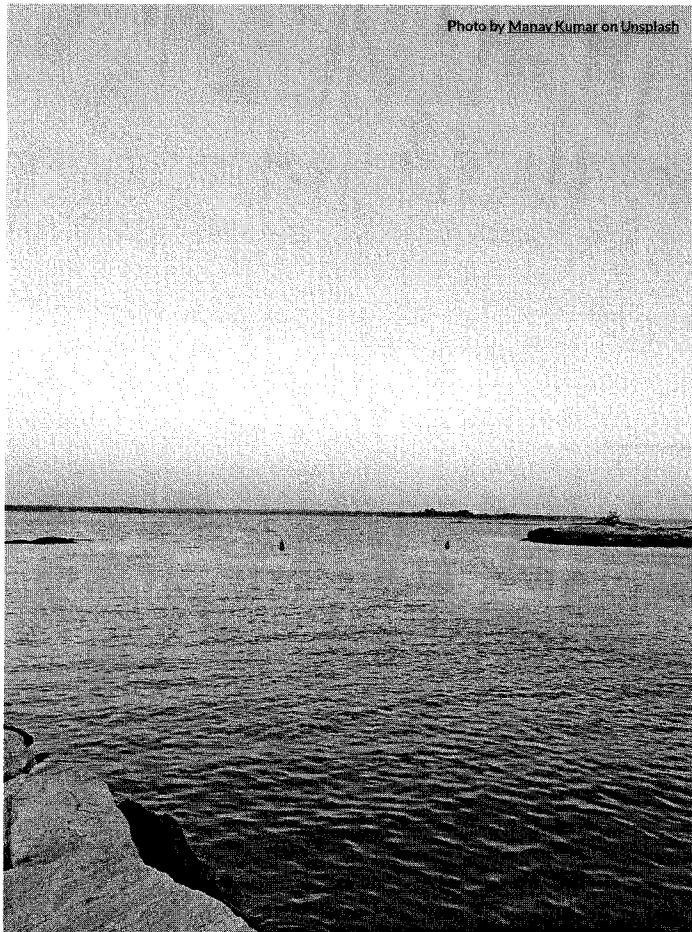
Not many tourists know that Lake Placid actually involves two lakes: Lake Placid and a smaller one, Mirror Lake, which also shares the name with the surrounding village. Lake Placid offers everything for a New York vacation; breathtaking scenery, nature spots, and a charming main street in town with a chilled-out vibe. Plus, there's camping as well as luxurious resorts, such as Whiteface Lodge and Lake Placid Lodge.

Lake Placid is also an excellent base for visiting the Adirondack Mountains, which feature the biggest trail system in the US. Fishing, hiking, and biking are all popular in these mountains, making it one of the best places in the US for nature lovers and adventurers alike. Come winter, Lake Placid transforms into a winter wonderland and is popular for its wintertime sports, from ice fishing and ice skating to skiing.



Ad

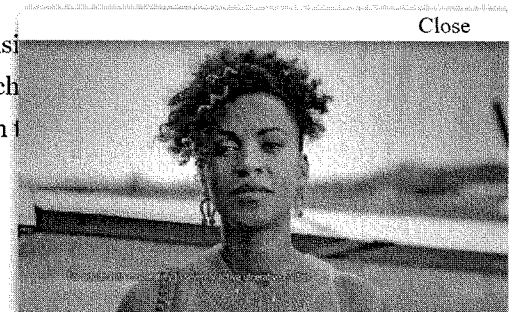
2 Glen Island Park, New Rochelle



A beach in Glen Island Park


New Rochelle is a fantastic destination in the state of New York for water activities enthusiasts as well as vacationing families. The city features one of the most popular parks not only in the state but in the country, Glen Island Park. It's an iconic waterfront recreational area that covers 105 acres (42.5 hectares) on the Long Island Sound. Visitors come to enjoy picnics and allow kids to have fun on the playgrounds. There are beaches at the park for those looking to play with water. Couples can go for a romantic stroll on the promenade.

RELATED:



10 Quirky Roadside Attractions In New York Worth A Road Trip

Ad

 Subscribe to our newsletter

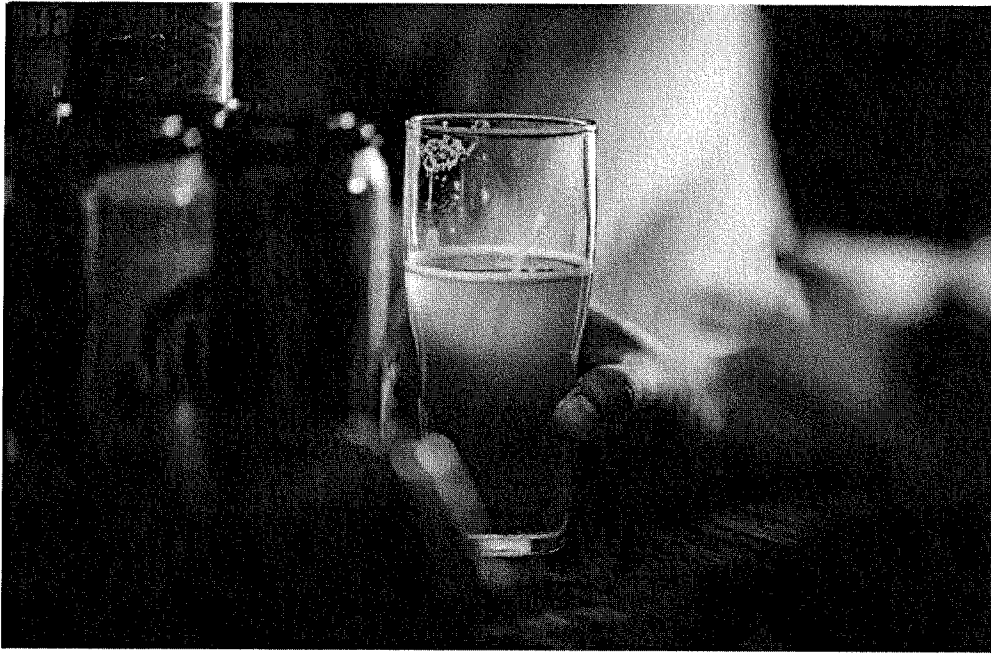
1  Comments       



An aerial view of Niagara Falls

For those who love nature, visiting Niagara Falls State Park is one of the things any adventurer would surely do while vacationing in New York State. Outdoor enthusiasts from near and far come here to admire the awe-inspiring scenery around the falls as they partake in fun activities such as hiking or sightseeing. What makes this falls so iconic is that it straddles the borders of Canada in the state of Ontario and the United States in New York State.





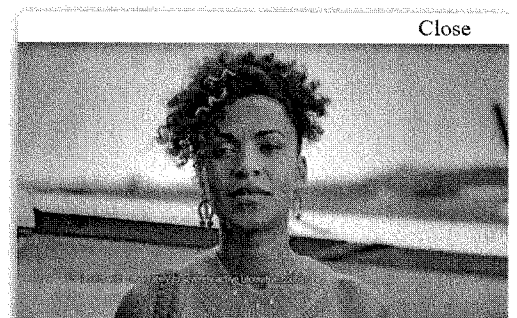
A glass of beer

There are plenty of places in the state of New York where traveling families can enjoy unforgettable getaways, but the town of Catskill has a special irresistible charm. Tucked on the banks of the Hudson River, Catskill Creek flows through the town of the same name. Catskill is the quintessential showcase of a pretty and historic river town in New York, with a beautiful main street where Victorian storefronts, eateries, and boutiques line the streets. There's also the historic Thomas Cole House here, which one served as the home of the iconic artist who founded the Hudson River School of Art.

One of the other interesting and beautiful attractions in Catskill is Subversive Malting + Brewing, a popular brewery surrounded by lush greenery in a quiet place. Visitors come here to taste locally brewed beer as well as indulge in local delicacies such as homemade sauerkraut and wood-fired pizza. Guests can relax and enjoy their meals on-site or just buy takeout to eat at home.

Ad

5 Hunter



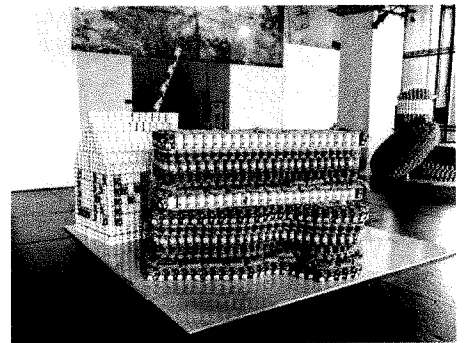
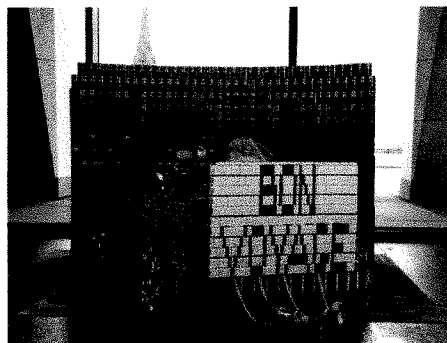
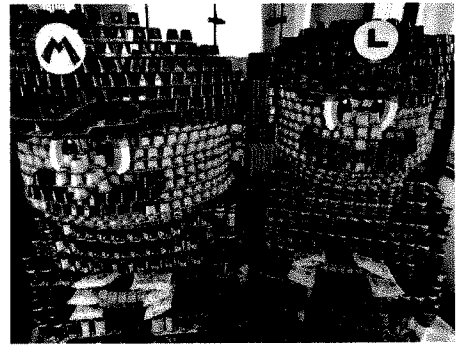
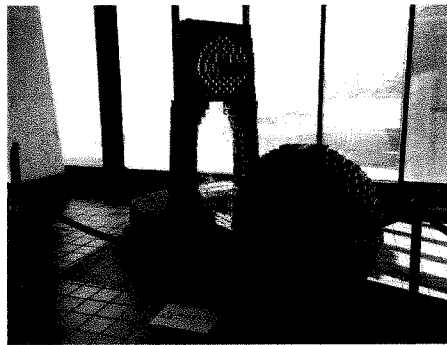
WYJB
INTERVIEW
12:30P
4/29/23

CANstruction builds will be returning on April 18, 2023.

Canstructures will be on display at Crossgates Mall till Monday, May 1, 2023.

Bring a can to vote for your favorite canstructure!

If you have any questions please contact Jill Shorter, President, at JShorter@ryanbiggs.com or 518-406-5506 ext 301.





Tackling hunger one can at a time

All food and funds from CANstruction benefit the Food Pantries for the Capital District.

WYJB
INTERVIEW
11:30 AM
4/29/23



Wing Fest

Saturday, April 29th, 2023

The Glens Falls Collaborative will be hosting its annual Wing Fest event on Saturday, April 29, 2023, from noon to 3 p.m. in Downtown Glens Falls. The event is a competition between restaurants for the best wings. Tasting is from noon to 3 p.m. and an awards ceremony at the bandstand in City Park at 3:30 p.m. will close out the event, with multiple categories of winners. There will also be live music in Downtown Glens Falls. This event is cash only – there will be no tickets this year.

4/17/23, 2:56 AM

about:blank

CDPHP Workforce Team Challenge Pre-Register Week 3 (6:31 am - Limer) |
CDPHP

Listener Benefit: Give back to your community with the 2023
CDPHP Workforce Team Challenge

When: May 18th

More info: head to B95.com for more information!

Registration is limited so visit www.CDPHPWTC.com to register
today!

*B95's Chad Oliver
ME / FOR
EVENT'S
PAGE*



ON YOUR MARK... GET SET...

You've waited all year for this day. You've worked hard and trained hard. Go to www.cdphpwtc.com to register for the **2023 CDPHP Workforce Team Challenge** before the May 1 deadline! This year's race is on Thursday, May 18, and both runners and walkers are highly encouraged to participate.

EVERY DOLLAR MAKES A DIFFERENCE!

Aside from improving your fitness and bonding with your teammates, you'll be helping a worthy cause, as a portion of the race proceeds benefits **Rotterdam Community Center**. Even a dollar or two can make a big impact for this charity. You'll have the opportunity to make a donation when you sign up.



VOLUNTEERS NEEDED

Not up to running or walking this year? You can still join in the fun by volunteering. Learn more at www.cdphpwtc.com.

We'll see you at the start line!

2023 CDPHP® Workforce Team Challenge
Thursday, May 18
Empire State Plaza, Albany
Start Time: 6:25 p.m.





PRESS RELEASE
May 8, 2023

Contact: Anne Curcurito
Director of Community Engagement
Anne.curcurito@timesunion.com
Times Union 518-454-5792

The 24th Annual Capital Region Best Mom of the Year Contest

The City of Albany and St. Peter's Health Partners Maternity Care, A Member of Trinity Health, are proud to recognize compassionate mothers in the 24th Annual Capital Region Best Mom of the Year Contest. The contest celebrates mothers who are committed to their families and communities while serving as positive role models making a positive impact on their children and loved ones.

Over 70 mothers were nominated this year, making the judging process difficult. Every nominee deserves congratulations. As some of the Capital Region's most remarkable women, their love and devotion are appreciated by many.

The five finalists are Amie Bloom of Selkirk, nominated by her friend Beth Pattison, Jenae Gayle of Colonie, nominated by her co-worker Anna Kuwabara, Julia Long of Albany, nominated by her friend Julia Henderson, Leah Reed of Pittsfield, nominated by her sister Natalie Monroe, and Jessica Ryder of Mechanicville, nominated by her advocate, Julia Duff.

Chad O'Hara from B95.5 Albany Broadcasting will introduce Albany Mayor Kathy Sheehan and the Tulip Queen Court members to greet the five finalists on the Lakehouse Stage in Washington Park on Sunday, May 14th Mother's Day during the Tulip Festival. The ceremony will take place at 12pm where one of the finalists will be crowned, Capital Region's Best Mom. All five finalists will receive a gift bag including prizes from HEBE Medical Spa, Albany Institute of History and Art and flowers from Ambiance Florals and Events.

Media sponsors are B95.5 FM, the Times Union, and Women@Work.

For more information on the Albany Tulip Festival, www.albanyevents.org or call 518-434-2032.

Photo and interview opportunities will be available immediately following the crowning ceremony.

Chad Ohara

From: Katherine McCarthy <Katherine.McCarthy@heart.org>
Sent: Wednesday, May 17, 2023 4:40 PM
To: Katherine McCarthy
Subject: Barb Hess, retired Broadview exec, to receive award at Heart Walk
Attachments: Retired Broadview Executive to receive Heart Association award at Heart Walk.docx; Tom and Barb Hess.jpg; Barb and Kathy.jpg; Caption Barb and Kathy.docx; Caption Tom and Barb Hess.docx

Good afternoon,

We are so happy to present our very first Lifestyle Change Award to Barb Hess, retired chief administrative officer at Broadview Federal Credit Union. Barb has led many of our events, and was our board chair. We will present the award to her at the Capital Region Heart Walk on June 4 at the W. Averell Harriman State Office Building Campus.

I've attached a press release and a couple of photos of Barb, participating in our virtual Heart Walk in 2021 with her husband.

The release is also posted below my signature.

I hope you can help us spread the word about Barb's award!

Thank you!

Kathy



Katherine McCarthy, APR

Sr. Marketing Communications Director, New York State

American Heart Association

Serving the Capital Region, Hudson Valley and Mohawk Valley, New York

O 518.626.8759 | M 518.366.7920

Business operations mailing/shipping address:

Four Gateway Center

444 Liberty Ave Suite 1300

Pittsburgh | PA | 15222



American Heart Association®
Heart Walk®

Retired Broadview Executive to receive inaugural Lifestyle Change Award

Barb Hess will be recognized for her work promoting health and wellness as a top volunteer with the American Heart Association

ALBANY, N.Y. – May 17, 2023 — Retired Broadview Federal Credit Union executive Barb Hess has been a champion of the American Heart Association for years. She has chaired the Go Red for Women Luncheon and Capital Region Heart Walk and served on and chaired the association’s board of directors. More important, Hess brought the association’s mission of healthy living to the hundreds of people who worked at Broadview Federal Credit Union, formerly known as SEFCU, and the entire Capital Region community.

The American Heart Association will honor Barb Hess, recently retired chief administrative officer at Broadview, with its inaugural Lifestyle Change Award at the Capital Region Heart Walk at the W. Averell Harriman State Office Building Campus on June 4.

“We created this award so we can acknowledge the changes that people make to improve their health,” said Kaweeda Adams, chair of the Board of Directors of the American Heart Association in the Capital Region. “When thinking about a worthy recipient for the first year, we immediately thought of all the ways Barb has worked with the American Heart Association. By living our mission, and championing our message of health and wellness at her workplace and in our community, she has made it possible for many people to know what steps they can take to improve their health. Barb always walked the walk, and made it easy for others to take that walk, too.”

“This award feels so meaningful, and it brought a tear to my eye,” Hess said. “I’m really humbled and honored to be the first person selected for this award.”

Hess’ work with the American Heart Association began in 2009, when she chaired the Go Red for Women Luncheon. She then joined the board of directors, and chaired the Capital Region Heart Walk in 2014. Throughout that time, she also served on committees for the Go Red movement and the Heart Walk.

“In addition to supporting us, Barb brought the American Heart Association to Broadview,” Adams said. “Under her leadership, the credit union’s buildings always illuminated red on Wear Red Day, during American Heart Month, and the organization hosted many Glow Red ceremonies. Staff at Broadview always support our events, and I suspect they are following Barb’s strong lead. From hosting ‘Healthy Cupcake Wars,’ and basketball games on the company court to selling paper hearts in local branches, like Barb, Broadview always brings its A-game to support the Heart Association.”

Hess also brought the BetterU to then-SEFCU, where staff could participate in a 12-week heart-health improvement program.

“When I first started with the Heart Association, I didn’t realize the serious risk that heart disease poses to all of us - women, men, and children,” Hess said. “Knowing that while some forms of cardiovascular disease are not preventable, many are. There are opportunities for us to avoid, minimize, or mitigate very dangerous heart-related issues. Medical professionals are the real heroes, but those of us who are not can become heroes by developing awareness about heart disease, talking about it, and supporting the cause any way we can.”

Hess said that as the credit union family of companies became more connected with the American Heart Association, a culture of employee well-being and wellness grew at the organization. And, she said, it was often fun.

“When I started with the Go Red for Women Luncheon, we were about 70% female, so it was a game-changer to address the biggest threat to women’s health, heart disease,” she said. “The Heart Walk is a grassroots movement, and so many people in our organization have contributed in one way or another. People have walked, donated, and participated in fundraising events at our locations. We’ve had a lot of laughs and fun, to support camaraderie and teamwork even as we do this important work. The two don’t have to be mutually exclusive.”

Bringing the knowledge of health and wellbeing to her workplace increased Hess’ enjoyment of her work.

"I was at Broadview - then SEFCU - for 25 years," she said. "I felt like I had the best job on the planet all that time. It's a very supportive organization, and especially supportive of my efforts and the American Heart Association. That started at the top, with our CEO Michael Castellana."

When she and coworkers were at Heart Association events, Hess always found touching moments, many of which began with her own coworkers.

"We've lost active employees to heart disease, and we have employees whose children are born with heart defects," Hess said. "Stroke survivors within our organization have shared their stories with us and throughout the community. When you go to the Heart Walk, you realize that this is a disease that touches everyone. We hear the stories of children born with congenital heart defects, who had surgeries right after they were born. We see the amazing work the cardiologists do in our community and you see the families and friends who rally around the survivors, and the people there in memory of someone, or to support someone. You realize that heart disease and stroke touches everyone in some way."

Hess also knows firsthand how stroke can affect someone. Her father had a debilitating stroke when he was 69.

"He lived with very limited speech and mobility until his early 80s," Hess said. "The difficult thing about that was what we didn't know - we didn't know the warning signs that would have told us he was having a stroke. That's a deeply troubling thought, and if we'd known the acronym FAST - Face Drooping, Arm Weakness, Slurred Speech, Time to Call 911 - there might have been a different outcome."

Recently retired, Hess and her husband Tom plan a lot of travel, including visiting their adult daughter, Rachel, and new grandchild. The Niskayuna resident is looking forward to more skiing and gardening - and re-engaging with activities of daily life.

"I used to like to grocery shop, and cook," she said. "As days got busier, that became a chore, not a joy. Now that I have time again, I'm enjoying cooking and even grocery shopping."

She remains active in the community, and will continue volunteering.

"Spreading the word, educating others - hopefully, that can prevent the kind of suffering that otherwise, people might be facing," she said. "Knowledge is power."

In future years, the Lifestyle Change Award will go to someone who makes changes that improve their health. Hess had simple advice for them.

"Small changes can make a big difference," she said. "You don't have to change everything all at once. Changes are cumulative and contagious. When you start to make them, there's a snowball effect, and the success of those changes will lead to more. It's a marathon, not a sprint."

About the Capital Region Heart Walk and Run

The 2023 Capital Region Heart Walk and Run is set for Sunday, June 4, at the W. Averell Harriman State Office Building Campus, 1220 Washington Ave., Albany. Registration for the 5K run begins at 7 a.m., and the run itself starts at 8 a.m. Walk activities begin at 9 a.m. The Walk program begins at 10:15 a.m. and the 1- or 3-mile walk steps off at 10:45 a.m. 13-year-old Emma Duncan will share her story of living with congenital heart defects. Heather Wells will share her story of having a stroke at 47 years old. Barb Hess, retired chief administrative officer at Broadview Federal Credit Union, will receive the first Lifestyle Change Award. Funds raised help the American Heart Association fight the No. 1 and No. 5 killers of all Americans, heart disease and stroke. Albany Med Health System is the Live Fierce sponsor of the American Heart Association. Sponsors of the heart Walk include Broadview Federal Credit Union, National Grid, CBS 6, the Times

Union and B95.5. To register or for information, visit CapitalRegionHeartWalk.org or contact Kim.Sheedy@heart.org or Cary.Rueppel@heart.org.

Additional Resources:

- CapitalRegionHeartWalk.org
- [Facebook Event Page](#) for Capital Region Heart Walk and Run
- Stroke.org
- <https://www.stroke.org/en/help-and-support/resource-library/fast-materials/fast-infographic>

##

About the American Heart Association

The American Heart Association is devoted to saving people from heart disease and stroke – the two leading causes of death in the world. We team with millions of volunteers to fund innovative research, fight for stronger public health policies, and provide lifesaving tools and information to prevent and treat these diseases. The Dallas-based association is the nation’s oldest and largest voluntary organization dedicated to fighting heart disease and stroke. To learn more or to get involved, call 1-800-AHA-USA1, visit heart.org or call any of our offices around the country. Follow us on [Facebook](#) and [Twitter](#).

For Media Inquiries:

Katherine McCarthy, Sr. Director, Marketing Communications, New York State: 518.366.7920 (cell) or Katherine.McCarthy@heart.org.

For Public Inquiries: 1-800-AHA-USA1 (242-8721)

heart.org and stroke.org



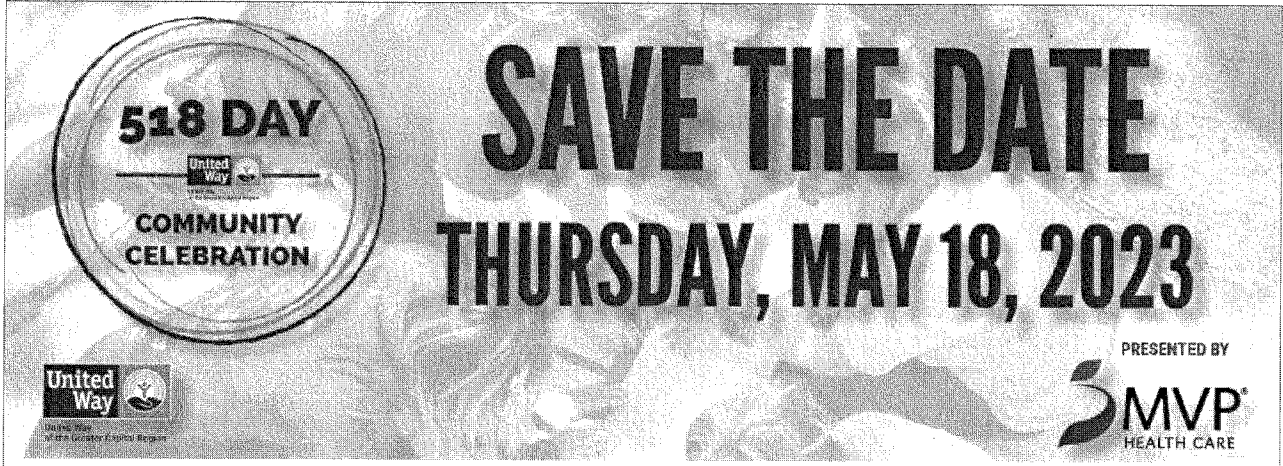
#HeartWalk518 @AHANewYork

WYJB
INTERVIEW
7:45

Chad Ohara

From: United Way of the Greater Capital Region <some@unitedwaygcr.org>
Sent: Wednesday, May 3, 2023 10:31 AM
To: Chad Ohara
Subject: Celebrate after 518 Day with us at Mohawk Harbor in Schenectady!

5/18/23



As we get closer to our favorite day of the year, United Way of the Greater Capital Region and Presenting Sponsor MVP Health Care are encouraging all of our partners and volunteers to unwind with us at our 518 Day End of Day Celebration! Featuring delicious food and family-friendly entertainment from our friends at Fly 92.3, it's our way of saying "thank you" for pitching in on *The Largest Single Day of Community Impact in the Capital Region*.

The fun begins at Noon at Mohawk Harbor in Schenectady. We look forward to seeing you there! **Please click the link below to RSVP.**

RSVP



END OF DAY CELEBRATION!



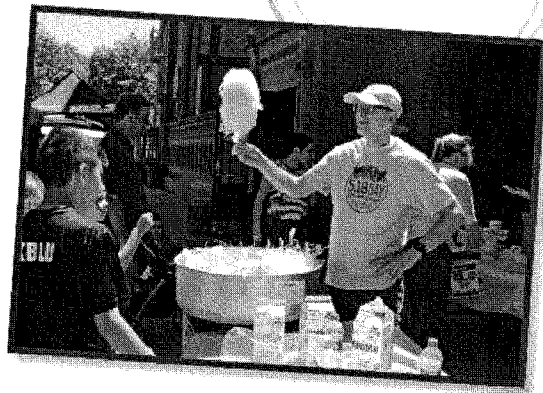
May 18, 2023



12 - 3 PM



Mohawk Harbor, Schenectady, NY



RSVP

[518 Day Website](#)

[United To Volunteer](#)

[Support UWGCR](#)



United Way
of the Greater Capital Region

unitedwaygcr.org

Follow UWGCR



United Way of the Greater Capital Region | at The Blake Annex, 1 Steuben Place, Albany, NY
12207

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Sent by some@unitedwaygcr.org in collaboration with





CITY OF AMSTERDAM, NEW YORK
Tourism, Marketing & Recreation Department
Michele Pawlik, Assistant Recreation Director

WJJB
INTERVIEW
5-19-23
7:45AM

May 15, 2023

FOR IMMEDIATE RELEASE:

**Amsterdam's Spring Fling Festival
Sponsored by The Sentinel of Amsterdam**

Amsterdam, NY: The City of Amsterdam and the Amsterdam Tourism, Marketing & Recreation Department presents Amsterdam's Spring Fling Festival Sponsored by The Sentinel of Amsterdam on Saturday, May 20 from 11am-5pm. Spring Fling Festival is the City of Amsterdam's first big outdoor festival of the year, and it is back on Main Street in Downtown Amsterdam.

Mayor Michael Cinquanti stated “Spring Fling is going to be the fun-filled kick-off to what promises to be an entertaining and action-packed spring and summer full of great outdoor things to do in Amsterdam. I'm looking forward to great food, great music, kid’s activities, great vendors, great friends and great (fingers-crossed) weather!”

Families of all ages can enjoy kid activities, arts and crafts, vendors, food, Bobby Motyl will be DJing from 11am- 2:00pm, then solo guitar from 2:30-5pm. Enjoy a nice spring day outside and visit our downtown businesses.

For more information, please contact Michele Pawlik at mpawlik@amsterdamny.gov.

61 CHURCH STREET, AMSTERDAM, NEW YORK 12010
PHONE 518-841-4307 FAX 518-843-5049
mpawlik@amsterdamny.gov

Chad Ohara

From: Katherine McCarthy <Katherine.McCarthy@heart.org>
Sent: Friday, May 19, 2023 9:31 AM
To: Katherine McCarthy
Subject: Capital Region Heart Walk and Run set for June 4
Attachments: Capital Region Heart Walk and Run set for June 4.docx; Capital Region Heart Walk 2022.jpg; Caption Capital Region Heart Walk 2022.docx

Good morning,

We're looking forward to the Capital Region Heart Walk and Run on Sunday, June 4! The run starts at 8 a.m. and the Walk program starts at 10:15 a.m.

I've attached a brief about it, and a photo from last year. The brief is also pasted below my signature.

Can you help us spread the word?

Thank you so much!

Kathy



Katherine McCarthy, APR
Sr. Marketing Communications Director, New York State
American Heart Association
Serving the Capital Region, Hudson Valley and Mohawk Valley, New York
O 518.626.8759 | M 518.366.7920

Business operations mailing/shipping address:
Four Gateway Center
444 Liberty Ave Suite 1300
Pittsburgh | PA | 15222



Capital Region Heart Walk and Run set for Sunday, June 4

Thousands expected to run or walk to fight heart disease and stroke

ALBANY, N.Y. – May 19, 2023 — Heart disease is the No. 1 killer of all Americans, and stroke is No. 5. On Sunday, June 4, Capital Region supporters of the American Heart Association will turn out to change that statistic.

The Capital Region Heart Walk and Run will take place at the W. Averell Harriman State Office Building Campus on Sunday, June 4. The day's activities include:

- 7 a.m. Run Registration
- 8 a.m. 5K Run Begins

- 9 a.m. Walk activities start
- 10:15 a.m. Heart Walk program begins
- 10:45 a.m. Heart Walk kicks off

Highlights of the event include:

- A Kids Zone
- Hands-Only CPR training
- Blood pressure screenings
- **Recognition of Heart Hero, 13-year-old Emma Duncan, who was born with congenital heart defects**
- **Acknowledgement of Stroke Ambassador, 46-year-old Heather Wells, who had no risk factors but suffered a stroke last October**
- **Presentation of the Lifestyle Change Award to Barb Hess, retired chief administrative officer of Broadview Federal Credit Union and longtime volunteer with the American Heart Association**
- **Chris Duwe of Broadview Federal Credit Union, who will begin running at 2 a.m. in honor of a coworker lost to heart disease**
- A moment of silence for those lost to heart disease and stroke
- The Red Cap Wave, honoring survivors at the Heart Walk, identified by their red or white caps, or capes if they are children.
- The Walk itself!

To register or donate, visit CapitalRegionHeartWalk.org.

About the Capital Region Heart Walk and Run

The Capital Region Heart Walk and Run is set for Sunday, June 4, at the W. Averell Harriman State Office Building Campus, 1220 Washington Ave., Albany. Registration for the 5K run begins at 7 a.m., and the run itself starts at 8 a.m. Walk activities begin at 9 a.m. The Walk program begins at 10:15 a.m. and the 1- or 3-mile walk steps off at 10:45 a.m. 13-year-old Emma Duncan will share her story of living with congenital heart defects. Heather Wells will share her story of having a stroke at 47 years old. Barb Hess, retired chief administrative officer at SEFCU, will receive the first Lifestyle Change Award. JT Fetch of CBS 6 Albany and Meredith McNeil of B95.5 will emcee the event. Funds raised help the American Heart Association fight the No. 1 and No. 5 killers of all Americans, heart disease and stroke. Albany Med Health System is the Live Fierce sponsor of the American Heart Association. Sponsors of the heart Walk include Broadview Federal Credit Union, National Grid, CBS 6, the Times Union and B95.5. To register or for information, visit CapitalRegionHeartWalk.org or contact Kim.Sheedy@heart.org or Cary.Rueppel@heart.org.

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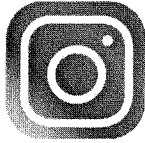
About the American Heart Association

The American Heart Association is devoted to saving people from heart disease and stroke – the two leading causes of death in the world. We team with millions of volunteers to fund innovative research, fight for stronger public health policies, and provide lifesaving tools and information to prevent and treat these diseases. The Dallas-based association is the nation’s oldest and largest voluntary organization dedicated to fighting heart disease and stroke. To learn more or to get involved, call 1-800-AHA-USA1, visit heart.org or call any of our offices around the country. Follow us on [Facebook](#) and [Twitter](#).

For Media Inquiries:

Katherine McCarthy, Sr. Director, Marketing Communications, New York State: 518.366.7920 (cell) or Katherine.McCarthy@heart.org.

For Public Inquiries: 1-800-AHA-USA1 (242-8721) heart.org and stroke.org



#HeartWalk518 @AHANewYork

WYB INTERVIEW
8:10 AM
5/19/23

For Immediate Release

Media Contact:
Taylor Myers
(518) 824-8924
tMyers@sftp.com



The Official Start of Summer 2023 Begins at Six Flags Great Escape

Resort Debuts Improvements Focused on an Enhanced Guest Experience

[Click Here for Photos](#)

LAKE GEORGE, NY — May 4, 2023 — Six Flags Great Escape, the thrill capital of upstate New York, will launch the 2023 season Saturday, May 20. Featuring park improvements and renovations, the park continues to focus on a thrilling and memorable guest experience. Six Flags' investments include renovations to the popular Raging River white-water rafting experience, brand new grab-and-go dining options including We Proudly Serve™ Starbucks offerings, park beautification efforts and a robust event line-up.

The Six Flags Great Escape Lodge will continue hotel upgrades with 26 more rooms receiving renovations. The additional room renovations bring the lodge to over 35% upgraded room inventory since starting the project in 2019.

"We are thrilled to debut an incredible list of additions, renovations and enhancements all designed to deliver a world-class experience at Six Flags Great Escape this summer," said Resort President, Rebecca Wood. "We are very proud to embrace the beauty and tradition of this wonderful park while continuing our commitment to entertain for generations to come."

Six Flags Great Escape Resort 2023 enhancements include:

- **Raging River:** Visitors who love the Raging River rafting experience will enjoy the new entrance complete with a waterfall, revitalized ride water features, updated theming and refreshed, lush landscaping.
- **Boot Hill Café:** New this year, Six Flags is thrilled to bring in the addition of iconic coffee offerings featuring "We Proudly Serve Starbucks™". Grab-and-go coffee, sandwiches, salads and pastries will provide the perfect mid-day recharge.
- **Hospitality Center:** Guests will experience enhanced customer service with a new hospitality center located just behind guest relations. Decorated with a new fountain and shade structures, this location will provide park information, directions, pass holder and guest assistance, and other park-related needs.
- **Park Beautification:** Guests will enjoy added benches, picnic tables and water park chairs improving the number of available seats by over 25%. Cinderella's Castle will feature a beautifully updated courtyard with seating available for guests to relax and take a break. Increased trash can locations will improve park cleanliness and provide added guest convenience.
- **Restroom Upgrades:** Amenity improvements include air quality enhancements and new paint in all restrooms, a renovated Noah's Bath House and key locations fitted with

water bottle refilling stations to keep guests hydrated. Opening this summer will be two brand-new family restrooms conveniently located in the front gate area.

- **Events:** An exciting lineup of special events during the 2023 season allows guests endless opportunities for fun all season long.
 - **New Wild West Fest:** Weekends in June, celebrate the wild, wild west in Ghost Town. Journey into the past with pony rides, lasso shows, special food offerings, line dancing, cowboys and special appearances from our in-park characters.
 - **4th of July Fireworks Celebration Presented by Coca-Cola:** July 2 - 4, guests can enjoy fireworks, rides, discounted tickets and more.
 - **Oktoberfest:** Select days in September, visitors can explore German-inspired cuisines, brews and desserts.
 - **Boo Fest:** Select days in October, featuring family friendly trick-or-treating, unique fall festivities, fun character photo opportunities and delicious treats.
 - **Fright Fest:** Select days in October, guests will experience thrills by day and the scariest frights by night.
- **Lodge room renovations:** After taking a splash in the indoor water park, or a long day at the theme park, guests can cozy up in newly renovated suites at the Six Flags Great Escape Lodge and Indoor Water Park, designed to increase the guest experience making them feel more at home.

Opening weekend at Six Flags Great Escape is a sure sign that summer fun has officially returned, and this year's season is packed with thrills for the entire family. The theme park will be open weekends and select dates beginning May 20, with daily operations beginning June 23.

The resort is currently hiring for a variety of positions across departments, including a seamless rapid-hire option for qualified applicants. A variety of departments and positions offers exciting opportunities with flexible hours and great perks, and many jobs start at \$15 per hour. Interested applicants can learn more and apply at [sixflagsjobs.com](https://www.sixflagsjobs.com).

Six Flags 2023 passes are currently on sale. Gold, Platinum and Diamond levels are available. Guests can enjoy perks including unlimited visits to the park, tremendous discounts on food and merchandise all season long, skip-the-line passes and much more! During the Memorial Day Season Pass Sale through May 29, buy a **Gold Pass** and get a free upgrade to **Platinum**. For more information visit [sixflags.com/greatescape](https://www.sixflags.com/greatescape).

About Six Flags Great Escape Resort

Six Flags Great Escape Resort is the quintessential location to play, stay and get away. This unique family vacation features a 200-suite, kid-friendly lodge with an indoor water park and a theme park that offers thrills for all ages. With rides, shows, and attractions, and an outdoor water park, Six Flags Great Escape features classic coasters like the Comet, family-friendly kid's areas and hours of fun for everyone.

About Six Flags Entertainment Corporation

Six Flags Entertainment Corporation is the world's largest regional theme park company with 27 parks across the United States, Mexico and Canada. For nearly 62 years, Six Flags has entertained hundreds of millions of guests with world-class coasters, themed rides, thrilling waterparks and unique attractions. Six Flags is committed to creating an inclusive environment that fully embraces the diversity of our team members and guests. For more information, visit www.sixflags.com

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Six Flags, 924 East Avenue J, Grand Prairie, Texas 75050, USA
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