

THE Spotlight

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NEWS Masterminds

Bethlehem Central sends a winning team to annual academic competition

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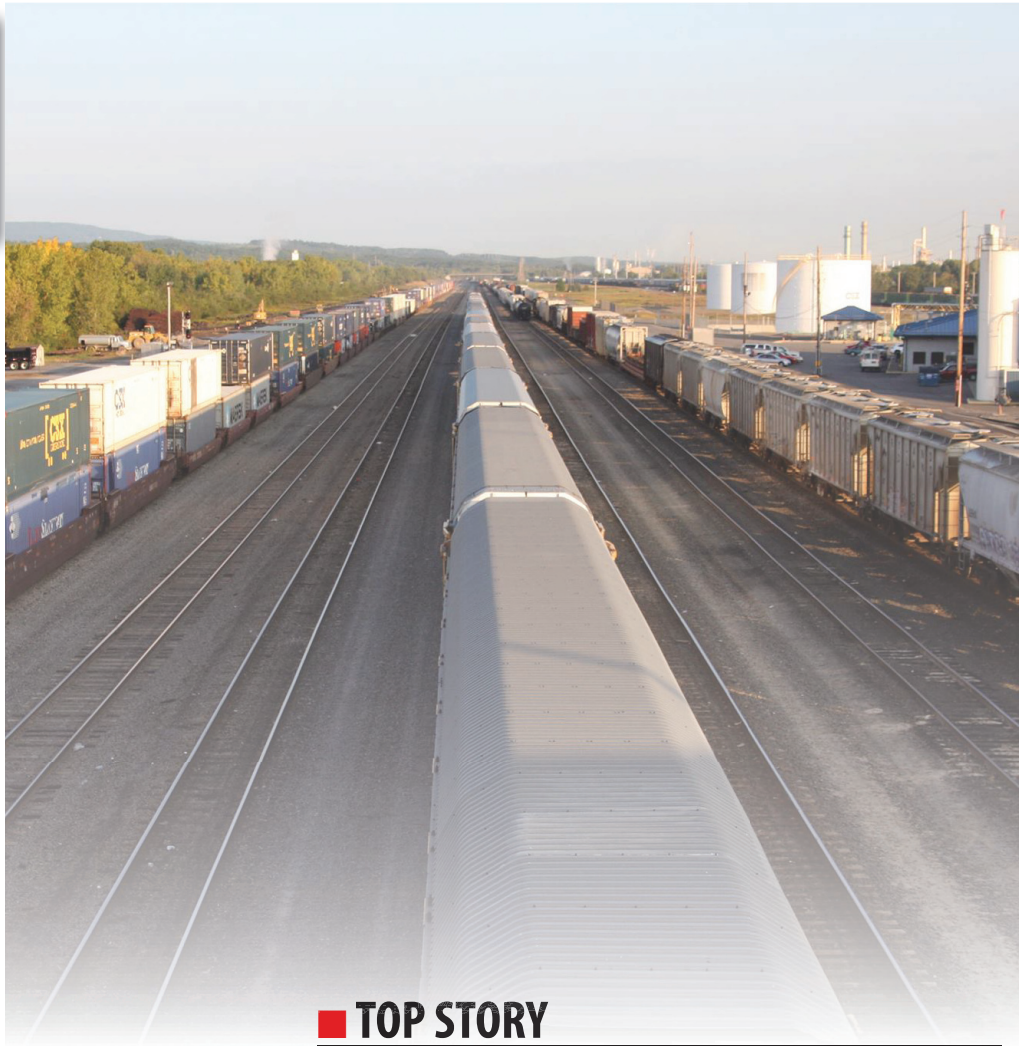
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Gateway Commerce

Site plan clears Town Board, now goes to the residents

Story on Page 4



TOP STORY

Off the rails

Two tanker derailments at Selkirk Rail Yard have some local officials yelling, and others yawning

By ALI HIBBS
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SELKIRK — Two separate derailments that occurred just five days apart at Selkirk Rail Yard last month have local officials reiterating calls for legislative reforms aimed at ensuring safe practices for the shipment of volatile fuels through the Capital District.

While the eight cars in question—four of which contained hazardous flammable materials—remained upright and the derailments did not result in any hazardous spills, officials point to the occurrences as evidence that more destructive derailments are not just possible, but inevitable.

“I have said it is just a matter of time before something serious, even deadly, could happen due to the volume of trains transporting crude oil and other flammable and

Continues on Next Page



Two derailments within a week are providing fodder for those opposed to the transporting of oil by rail.

Photo by Brian Zwicklbauer

ENTERTAINMENT



Animated absurdity

Local couple mastermind stop-action animated series picked up by Amazon

Story on Page B1

SPORTS



Job well done

The ValleyCats take charge on offense

Story on Page 7

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■ COPS, COURTS & EMERGENCY CALLS

State Police nab two for DWI

On Friday, June 24, at approximately 4:28 a.m., State Police stopped a vehicle on I-90 for a speeding violation. The driver of the vehicle, Leeann M. Huff, 31, of Albany, N.Y., was reportedly found to be intoxicated and was transported and processed at the Albany station, where her blood alcohol content was allegedly determined to be 0.26 percent. She was subsequently charged with aggravated DWI, a misdemeanor, as well as multiple vehicle and traffic violations.

The defendant was turned over to a sober third party and released on appearance tickets returnable to the Town of Guiderland Court on Monday, July 11 at 5:30 p.m.

On Wednesday, June 29, at approximately 8:35 p.m., State Police stopped a vehicle on I-90 at Exit 25 for multiple traffic violations. The driver of the vehicle, Andrew J. Hyatt, 26, of Ellenville, N.Y., was reportedly found to be intoxicated. He was transported and processed at the Albany station, where his blood alcohol content was allegedly determined to be 0.22 percent.

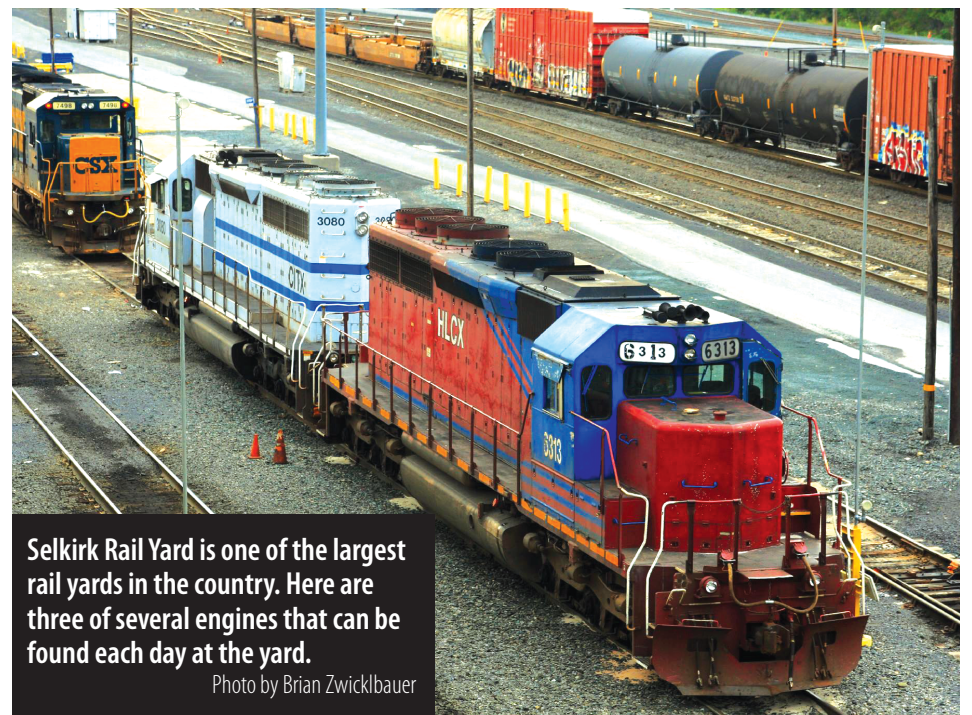
Hyatt was subsequently charged with aggravated driving while intoxicated, a misdemeanor, as well as multiple vehicle and traffic violations. Hyatt was turned over to a sober third party and released on an appearance ticket returnable to the Town of Guiderland Court on July 7 at 5:30 p.m.



Watch for motorcycles

Emergency responders tend to a seriously injured motorcyclist at an accident at River and Glenmont roads. Bethlehem Police are investigating the cause.

Photo by Tom Heffernan, Sr.



Selkirk Rail Yard is one of the largest rail yards in the country. Here are three of several engines that can be found each day at the yard.

Photo by Brian Zwicklbauer

From page 1 ... Off the rails

hazardous materials through our backyards, neighborhoods and right along the Hudson River," said Albany County Executive Dan McCoy in a press release following the latest derailment on Wednesday, June 29. "I am again renewing my call to our state and federal governments for extensive reforms. Derailments continue to happen and we need to ensure the safety of our residents with stricter standards imposed on our rail lines and the equipment."

According to Selkirk Fire Chief Bill Asprion, the derailments that occurred last month are not uncommon and pose a limited threat. The term derailment, he explained, can cover many different types of event. "Derailment can consist of many things," he said. "One, a complete rollover—on their side, upside down and inside out—but, if they have just one wheel come off the track, that's considered a derailment too. In both of these [Selkirk] cases, the cars just had a wheel come off the track. They were totally upright."

Comparing such incidents to getting a flat tire or having a chain come off of a bicycle, Asprion said that he did not see any reason for alarm. "It costs a lot of money to get them back on the track," he said. "We have to bring in big machinery to set it back on the track." Oftentimes, the issue is caused by a twisted

or misaligned track and that needs to be repaired as well; other times human error or faulty cars turn out to be the cause. The Selkirk tracks, he said, have already been repaired and the trains are up and running.

"There are derailments everywhere in the country all the time," said Asprion. "You obviously hope it doesn't happen, but it happens. Is there a way to avoid it? Probably not." Selkirk is the largest rail yard in the Northeast, he noted, and sees more hazardous cargo than the much-ballyhooed Port of Albany—and he's more concerned about the flammable materials traveling our local highways. After nearly 40 years as fire chief, he says he has faith in the safety systems that are in place. "It's a dangerous place," he admitted. "It's a rail yard. We've had nine injuries or fatalities down and I've been there for most of them."

"But my guys are well trained," he continued, "and we respond as needed."

"I try not to get involved with the politics, and that's what a lot of this is. It is dangerous, but so is riding your bike or driving a car. Is it needed? Yes, we need the products and we need the jobs. We need a tax base and every bit of that."

McCoy has made oil train safety a linchpin of his political career since the volume of volatile material traveling through the Port of Albany

exploded around the time that Albany Mayor Jerry Jennings left office. (In 2012, the DEC approved a permit allowing Global Partners to bring up to 1.8 billion gallons of crude oil into the Port of Albany annually and, according to documents pertaining to the approvals, Jennings was the only local politician who was notified—and he neglected to notify the public.) In March of 2014, McCoy issued a moratorium on oil tanker traffic pending a study on the environmental effects of the increased traffic, and he subsequently sent letters to federal and state officials requesting increased safety regulations. Since then, he has continued to draw attention to rail safety and the communities that he feels are disproportionately affected by the oil trains such as those in the South End of Albany near the port, including the formation of a crude oil commission and the filing of lawsuits against Global Partners.

In a recent editorial piece, the county executive remembered Lac-Megantic, the deadly oil tanker explosion that devastated a community in Canada exactly three years ago today (July 6). "There have been disasters across the country that have had devastating effects and polluted waterways," he said. "Fortunately that hasn't happened here but just last week . . . we had a train derailment involving propane tankers. There was no leakage but we must remain vigilant and take actions to ensure that we are doing all we can to protect ourselves."

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■ EDUCATION

Camp lets kids become inventors for a week

By **KASSIE PARISI**
parisik@spotlightnews.com

COLONIE — A nationally recognized STEM summer camp will be returning to the North Colonie Central School this summer.

The week of July 11, Shaker High School will host Camp Invention, a weeklong program that focuses on introducing children to and engaging them in the fields of science, technology, engineering, and math (STEM) by utilizing problem solving projects. Any student entering grades one through six can attend the camp, but it

only accepts 110 students and costs \$220 to register. The camp will run from 9 a.m. to 3:30 p.m., Monday through Friday. This is the second year that North Colonie has hosted the program.

Brian Ashline, a technology teacher at Shaker High, was the camp director last year and will be resuming that role this summer. Ashline, who just finished his ninth year of teaching, said he became involved when he saw that it was a great way to get younger kids involved in STEM based activities.

“This camp is really designed to get a kid

excited about it,” Ashline told *Spotlight News*.

He works with an assistant director and other instructors, along with older students ranging from high school to middle school age to run the camp. Even though the campers are all younger students, older students get involved by supervising and helping groups of campers while they work on their projects. Ashline noted that it’s beneficial for older kids as well as the younger ones because they get work experience along with 40 hours of community service credit.

According to Ashline,

about half the students who attended last year are signed up to come back this year.

“All of the kids, they just love it,” he said.

Camp Invention, a non-profit organization, is the brainchild of the National Inventors Hall of Fame and was created through a partnership with the United States Patent and Trademark Office, according to Camp Invention spokesperson Susan Lessman.

Camp Invention relies on local educators such as Ashline to facilitate their programs. The program serves more than 94,000

students every year through nearly 1,400 camps across the nation, according to a press release. Each year the program has a new curriculum that consists of different projects for students to focus on. This year’s curriculum is called “Epic.” For one week, campers will have the chance to build and personalize a solar powered cricket robot and work together to develop an eco-adventure park. They’ll also be brainstorming ideas for their own products and building prototypes, and taking part in a lab that centers on the science of slime, demolition, coding, and electronic sound.

As a high school teacher, Ashline enjoys the chance to work with younger students. But, having a STEM centered camp for a week doesn’t solve the larger pervasive issue of trying to get kids involved long term with STEM programs throughout their school careers.

“Kids need to find what they’re passionate about and if they do that, they’ll be successful in life,” he said.

This summer, Camp Invention will be held in a few other Capital Region areas, including Pine Bush Elementary School and Scotia-Glenville Middle School.

BC repeats as Masterminds champs

BETHLEHEM — The Bethlehem Central High School academic quiz bowl team, the Masterminds, won the New York State championship on Saturday, June 11, for the fourth consecutive year. After a final competition at LeMoyne College in Syracuse, the Bethlehem team—students Eric Wolfsberg, Jimmy Cody, and Mike Bartlett, coached by BHS teacher Paul O’Reilly—were undefeated against other regional champions from Buffalo, Rochester and Syracuse; Wolfsberg was named the all-tournament MVP.

More than 120 high schools across the state took part in this year’s competition. This is the fourth time Bethlehem has won the championship in

six years of participating in the New York State Masterminds competition.

Established in 1993 in the Rochester area as a local version of the General Electric College Bowl Program that aired on television in the 1950s, 60s and 70s, the first Masterminds competitions in New York state were attended by only 25 schools. In 1995, the program was adopted and offered through state BOCES (Board of Cooperative Education Services) organizations and expanded into the Buffalo region. It wasn’t until the 1999-2000 school year that the program came to the Capital District and until 2005-06 that the competition became a statewide tournament.

In each region, schools are organized into different leagues at the start of the school year—each team plays a 12 game regular season and the top schools advance to double elimination playoffs. The state is divided into eight regions: Buffalo (Section VI), Rochester/Genesee Valley (Section V), Syracuse/Watertown/Utica/Rome (Section III), Binghamton/Southern Tier (Section IV), Albany/Capital District (Section II), Adirondacks/North Country (Section VII and X), Catskills/Westchester (Sections 1 and IX), and Long Island (Sections VIII and XI). All public, private, charter and parochial high schools are eligible and any student from those schools may play. Competition



The team is, from left, coach Paul O’Reilly, Mike Bartlett, Eric Wolfsberg and James Cody.

Screen shot from bethlehemschools.org

questions cover a broad range of topics: art, biology, chemistry, current events, geography, history, literature, music, political science, pop culture, religion and sports.

The victorious BCHS team can be seen playing against Burnt Hills High School online at openstagemedia.org/ video-demand in a regular season game. League

results, players’ stats and other Masterminds information can be found at www.nymasterminds.com.

— Ali Hibbs

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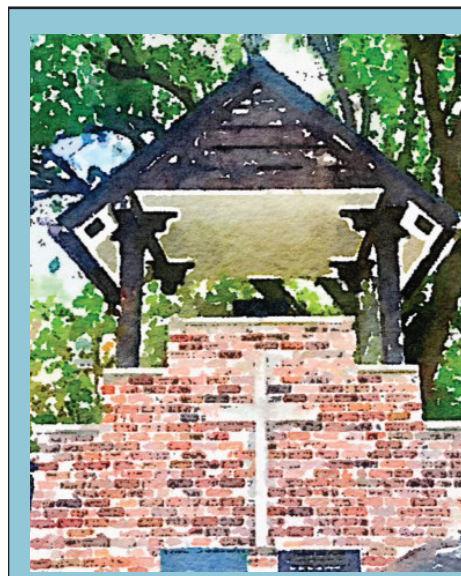
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■ TOWN GOVERNMENT

Bethlehem Town Board accepts site plan

Gateway Commerce Center clears its first hurdle; will go before town residents for review

By **ALI HIBBS**
hibbsa@spotlightnews.com

BETHLEHEM — On Wednesday, June 22, the Bethlehem Town Board accepted a “Master Site Plan” that was submitted for the parcel of land on River Road between Maple Avenue and the NYS Thruway Exit 22 in Selkirk. The plan, which will still need to be approved following a public hearing on July 27, outlines a development project consisting of three buildings with individual parking lots and driveways that will provide space for storage, offices and/or counter service, and research and development projects called the Gateway Commerce Center.

The proposed project, according to Bethlehem’s Director of Economic Development and Planning Robert Leslie, is consistent with the town’s Comprehensive

Plan, as well as waterfront revitalization initiatives. “The waterfront revitalization plan did recognize this area as having development potential based on its location next to the Thruway and Exit 22,” he said. “That’s the attraction of Rosenblum to that site, that it has easy, direct access to Exit 22.”

Rosenblum Development Companies, the project applicant, owns and manages properties around the Capital Region and just recently significantly increased its property portfolio with the acquisition of approximately 650,000 square feet in the Wolf Road area of Colonie. The Gateway Commerce Center project is consistent with diversification strategies that the company is pursuing—a mix of ground-up building, adaptive reuse and strategic acquisition, according to the Rosenblum CFO Jeff

Mirel. Development projects in the Town of Bethlehem don’t typically require approval by the town board. According to Leslie, the location of this particular project—within what is called a Mixed Economic Development (MED) zoning district—necessitated the additional level of town oversight.

“These are lands that are zoned for light industrial uses, some office use, some research and development use as well as a mix of other uses and the zoning code was set up to require the town board to review and approve a development master plan for any building that occurs within an MED district,” said Leslie.

The reason for the additional oversight is reportedly to “encourage the treatment of individual lots as part of an integrated plan for development of planned office, industry,

service, small scale retail, and technology based businesses,” he said.

“The town board accepted the application back in February of this year,” said Leslie. “And, procedurally, they referred the project to the town planning board for review and recommendation. The planning board reviewed the project layout and the environmental parameters of the project, and they provided a recommendation resolution in support of the project back to the town board. At this Wednesday’s town board meeting, the board accepted the planning board’s resolution and issued what is called a negative declaration resolution for the State Environmental Quality Review (SEQR)—meaning that it won’t have any significant environmental impacts.”

After issuing the negative declaration resolution, the board is

required to schedule a public hearing to solicit public comment on the project. “They will listen to the public comments and staff will respond to those comments at the meeting, if necessary, or maybe we’ll have to look further into those comments and come back at a second meeting to address them,” said Leslie. “At some point, the board will consider approval.”

If approved, the applicant is then required to submit a separate site plan proposals for each individual building within the master plan for review and approval by the planning board only.

“That’s when we get into a more detailed review of that site,” said Leslie. “The master plan affords a higher level of review—rather than the full detail that a site plan requires.”

Due to the fact that the project will disturb more than 10 acres

(approximately 12, in this case) of the approximately 27-acre parcel of land, it was deemed a Type 1 action under SEQR and has already required a coordinated review of the project by various state agencies, including New York State Department of Transportation (NYSDOT), Army Corps of Engineers and New York State Department of Environmental Conservation (DEC). The findings of these agencies were presented to the town board, along with the planning board’s recommendation that the board accept the master plan, and can be found on the town website.

Assuming all projects receive approval, said Mirel, Bethlehem residents can expect to see the first buildings up by the middle of next year. The public hearing on July 27 will take place at the town board meeting at 6 p.m.



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■ COUNTY GOVERNMENT

Legislators tackle charter reform again

By **ALI HIBBS**

hibbsa@spotlightnews.com

ALBANY— After a failed attempt to amend the Albany County charter failed last year when nearly 60 percent of county residents voted down a ballot proposition that would have allowed legislators to retain control of a redistricting process for which they've been repeatedly sued, as well as to decide the size of the body itself, new legislation has just been proposed to revisit what many have long considered to be 'good government' reforms.

Back in November, local advocacy groups, sitting legislators and local media all expressed displeasure with Proposition One, proposed legislation to amend the county charter that was advanced by leadership in the Albany County Legislature. The League of Women Voters, a Democratic Reform Coalition within the legislature, and even the *Times Union* editorial board characterized the proposal as a "power grab" and expressed distaste with a legislative leadership that they saw as maneuvering to give themselves more influence while wasting county resources.

"Unlike most of the power grabs in government," claimed a *Times Union* editorial, "this isn't about one part or branch of government trying to take power from one another . . . it's about politicians seizing power from the people—the people who these politicians supposedly serve."

In 2012, an independent Albany County Charter Review Commission was created; it was composed of eleven non-elected members—appointed by legislative leadership—who were tasked with "identifying and proposing modifications to the size and structure of Albany County government which would result in cost savings and efficiency" by improving on a charter that has remained the same since 1993. (The last revision was under the only republican county executive in the history of Albany County.) In early 2015, the commission presented the legislature with a series of recommendations based on

their findings and suggested, among other things: reducing the size of the legislature by 14 members—it is currently the largest, per capita, in the state and the commission estimated that the county could save up to \$400,000 annually, make elections more competitive, foster bipartisanship and increase efficiency by reducing legislative districts from 39 to 25; and the formation of an independent redistricting committee—for the last thirty years, or the last three county redistricting efforts (done after each federal census), Albany County Legislature has faced censure by the federal government for redistricting practices that were deemed overtly discriminatory against minority populations.

Instead, county democratic leadership formed its own internal committee and came back with proposed legislation (Prop. One) that provided for a redistricting committee consisting of seven members, "which would make recommendations to the County Legislature on whether and how" it should be reapportioned. Four committee members would be appointed by leadership and the remaining three would be chosen by those already appointed; committee recommendations, however, would not have been binding on the legislature's ultimate redistricting decisions. The proposition also allowed for the eventual (potential) reduction of the legislature to no less than 29 members, but did not require any such action, and gave legislators authority over succession to the office of the county executive in the event that it is vacated. (Currently, any changes to the size of the legislature would require voter approval.)

"There is a clear understanding on the need for a new Albany County Charter," said the League of Women Voters in a statement. "An independent charter commission published its findings in 2014 and was surprised to learn that Albany County does not collect, codify and publish all local laws, ordinances and the like in an Administrative Code. As a consequence, it is difficult even for the most

skilled to understand what laws have been enacted. The commission was also stunned by the fact that the County Legislature and County Attorney's Office were unable to agree upon a single, accurate and complete version of the current Charter." Even so, the League spoke out against the charter amendments last November, contending that the legislature "completely ignored" the commission's recommendations.

The three legislative reforms to the charter were introduced on June 27 by republican legislators Peter Crouse (R-24), Brian Hogan (R-21), Peter Tunny (R-22) and Patrice Lockart (R-26) who, interestingly, were the breakaway members of the minority caucus early this year when they chose to support sitting democratic leadership rather than a reform-minded bipartisan coalition—the same sitting leadership that refused to accept nearly identical reforms last year. Some reform democrats, confused

that Majority Leader Frank Comisso would allow such significant legislation to be carried by a minority faction of the minority party, are wondering if the prestige conferred was granted as part of a deal intended to keep the threatened leadership in power.

The proposed laws are essentially a revised version of many of the reforms originally suggested by the commission—with a few exceptions. The legislature would be reduced, but only to 29 members and over the course of two decades, decreasing the number of seats from 39 to 33 after the 2020 census and 29 following the 2030 census. A second law would remove the redistricting process from the direct purview of legislators, instead drawing a seven member general commission to be chosen from a pool of interested community members solicited through a public campaign, four of whom are chosen by the leaders of both parties and three of whom

are chosen by the initial four. It would also provide for a minority-majority subcommittee—ostensibly to ensure representation of minority residents—chosen by the representatives of such districts, with the chairman given the deciding vote in the event of a tie resulting from an even number of minority-majority districts (those with a majority of eligible minority voters). The third and final piece of legislation would make a series of changes to the language of the charter, clarifying requirements and revising outdated language. Most of the changes are largely uncontroversial, with the exception of the coroner clause. The four county coroners are currently appointed and do not need to be certified, requiring medical professionals to sign death certificates. The commission recommended a medical examiner; the most recent amendment would merely require coroners to become certified within two years of taking office.

The legislative law committee voted to recommend the laws be scheduled for a public hearing after some spirited debate, during which Legislator Christopher Higgins questioned the method by which the legislation was introduced and the need to pass this legislation this year, when redistricting and downsizing won't occur until the year 2020. He also balked at the way in which the downsizing would occur, as well as the final number of 29 legislators. Two day later he and a bipartisan group of 13 other legislators introduced a downsizing law that would reduce the number to 25 and do it in a single step.

If the legislature accepts any of the proposed legislation at their July 11 meeting, a public hearing will be set for Tuesday, July 26, where county residents will be able to learn more, ask questions and raise concerns.



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COMMUNITY

On your mark, get set ... mini-golf

In the spirit of this year's Summer Reading theme, the library will transform into an 18-hole miniature golf course on Sunday, July 10, from 1 to 5 p.m. Library mini-golf was such a hit at our centennial celebration a couple of years ago that we decided to bring it back this summer. For one afternoon only, you can putt your way through the stacks and see the library in a whole new light. Golfers of all ages, from pros to duffers, can enjoy this favorite family pastime inside the library's delightfully climate-controlled environs. The best part? There are no greens fees, and everyone is welcome.

Afternoon festivities will also include a meet-and-greet with beloved book characters Frog and Toad and so much more. Regular library services will be limited.



Keep score or just keep it casual; when there's miniature golf at the library, everyone's a winner. This program is co-sponsored by the Friends of the Library.

Summer hours reminder

During the summer, the library will be closed on Sundays, with regular Sunday hours resuming in September. You can access the library catalog and other library services online anytime at www.bethlehempubliclibrary.org.

Board of Trustees to meet

The Bethlehem

Library Board of Trustees meets Monday, July 11, at 6 p.m. The board will be swearing in one new trustee — Paula Rice — and assigning officers. As always, the public is encouraged to attend.

WiFi at the pool

Next time you're kicking back at the town pool and enjoying a lazy summer day, go ahead and stream some music using the library's free WiFi signal. Or surf the web, do some online shopping, or check email.

You can take advantage of free WiFi access at the Elm Avenue Park pool complex all year long thanks to a partnership between the library and the Town of Bethlehem. The signal, which went live last summer, will appear on electronic devices as "Free Library WiFi" and

is available 24 hours a day, seven days a week.

Be a Jedi

Do you have what it takes to be a Jedi knight? The Force will be strong at the library on Tuesday, July 12, as the Jedi Academy opens to young initiates ages 4-12.

Embrace the ways of the Jedi with Panniken Moonjumper, a master of intergalactic fun and adventure. Enjoy comic antics, exciting physical challenges, magical mayhem and light saber lessons! Come dressed as your favorite Star Wars character or come as you are. The adventure begins at 7 p.m.

Panniken Moonjumper, aka David Engel, has been performing before family audiences since 1989, and his shows are known for their special blend of theatrical entertainment and

loads of active on-your-feet, full-audience participation.

Sheep to Shawl

Kids and families are invited to clean, comb and spin wool into yarn and then learn how to weave that yarn into cloth with educators from the Brookside Museum who will be presenting a Sheep to Shawl program at the library Wednesday, July 13, at 2:30 p.m.

Upcoming events

All events are free and take place at Bethlehem Public Library, 451 Delaware Ave., Delmar. For more information, call 439-9314 or visit bethlehempubliclibrary.org.

Friday, July 8

Summer Cinema: Cinderella

Bring a blanket or pillow;

the library will provide the popcorn, 2:30 p.m. For children and families.

Monday, July 11

LittleBits Workshop

Make electric circuits that control lights, sounds, movements and more with LittleBits magnetic building blocks, 2 to 3 p.m. For kids going into grades 3, 4 and 5. Sign up online or call.

Tuesday, July 12

Lego Club

We supply the Legos; you supply the imagination, 10 a.m. For kids and families.

Wednesday, July 13

Evenings on the Green

Red Haired Strangers will perform covers and original country blues, 7 p.m.

— Kristen Roberts

How does your garden grow

Our gardens should be thriving this time of year.

Come to a discussion on Tuesday, July 12, at 7 p.m. to brainstorm solutions for challenges you're having in your garden, share your successes and start to "return" or trade borrowed seeds.

We will briefly review how to save seeds for those who are interested in contributing to the library. Bring in samples of vegetables or flowers you're growing, whether from the seed library's collection or others. Identify seeds in our library's collection for succession planting for the rest of the summer and



into the fall.

Local gardeners and Cornell Cooperative Extension Master Gardeners will facilitate the discussion and help answer questions. Beginners to advanced-level gardeners are welcome. Please register.

Borrow, grow and share with the Voorheesville Seed Library.

Summer reading program

Studies show that elementary aged children

who don't read regularly over the summer vacation lose a portion of their learned skills. This is called the "summer slide."

You can help your kids avoid the summer slide by participating in a summer reading program at the library of your choice. At Voorheesville, we're doing the "On Your Mark, Get Set...Read!" program this year.

We're excited to help keep our young people reading and learning through the summer. There's always something fun happening at a library near you.

— Lynn Kohler

Granny square challenge

On Wednesday, July 13, at 6:30 p.m., join us as we begin a project to create granny squares to be joined into blankets for those in need of some comfort. Share your crochet talents and bring your hooks, we will supply the yarn.

Let Them Eat Cake bake-off

Celebrate Bastille Day on Thursday, July 14, with the library's first Cake Bake-Off. Whip up your best cake recipe and bring your entry to the library by 6:30 p.m. to be entered. Know a good cake when you taste one? Sign up to

RCS COMMUNITY LIBRARY

be a judge.

Friday flicks

We will show "Whiskey Tango Foxtrot" (R) on our big screen Friday, July 15, at 2 p.m. See Tina Fey, Margot Robbie and Martin Freeman in this new release detailing a journalist's wartime coverage in Afghanistan.

Story Times in your local park

Explore our local

parks with the library this summer on Wednesday evenings beginning at 6:30 p.m.

Bring the family and a blanket, and enjoy a summer evening story time at a new park each week. We will visit six parks in six weeks — complete the tour and earn a prize.

Story times take place July 13 through Aug. 17. The first one is in Mosher Park. No story time in the event of inclement weather.

— Carol Melewski

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July 6, 2016

Spotlight on Sports

www.spotlightnews.com PAGE 7

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■ VALLEYCATS PLAYER OF THE WEEK



CARMEN BENEDETTI

First baseman Carmen Benedetti is The Spotlight Tri-City ValleyCats Player of the Week for the period ending Friday, July 1. Benedetti collected five hits and scored five runs over a four-game stretch last week, including a two-hit performance in an 8-4 victory over Williamsport Thursday, June 30.

■ INSIDE



National honor

Delmar resident Alan Lobel is one of 10 nominees for the Richard L. Swanson Award, which is given to a senior who inspires others to get fit.

Page 8

■ TRI-CITY VALLEYCATS



Power display

Wrenn, Birk provide the punch in ValleyCats' win over Williamsport

TROY — Stephen Wrenn continues to be a power source for the Tri-City ValleyCats lineup.

Wrenn belted a two-run homer in the bottom of the first inning and added a double in the third to help the ValleyCats defeat Williamsport 8-4 in a New York-Penn League game Thursday, June 30, at Joseph L. Bruno Stadium.

Wrenn has been on fire for the ValleyCats. The University of Georgia product was batting .327 with six home runs and 11 RBI entering the Fourth of July weekend.

Ryne Birk contributed a three-run double in the fourth inning, and Daz Cameron added three hits for Tri-City in its Military Appreciation Night victory over Williamsport.

The ValleyCats visited the Hudson Valley Renegades for a three-game road trip July 1. They returned home on the Fourth of July to face State College.

— Rob Jonas



▲ Jake Rogers, right, motions "safe" as Alexander De Goti slides into home plate for Tri-City.

◀ Stephen Wrenn belts a first inning home run.

Rolling Thunder ▼ members ride into Joseph Bruno Stadium before the game.

Robert Goo/
www.goosphotos.com



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■ FITNESS

Lobel up for national fitness award

Delmar resident who has cycled for nearly 14,000 miles on a stationary bike inspires other seniors to get fit

By **ROB JONAS**

jonasr@spotlightnews.com

BETHLEHEM — Alan Lobel is passionate about exercise, and now he is one step away from receiving a national award for it.

The 70-year-old town resident is one of 10 finalists for the Healthways SilverSneakers' Richard L. Swanson Award, where people vote for their favorite senior fitness success story. Voting continues through July 15, and the winner will be revealed on SilverSneakers' Facebook page July 18.

"I'd really love to win the whole thing," said Lobel. "I'm in the top 10 right now, but I would love to be No. 1."

Lobel was selected because of his ability to inspire people around him to exercise more. He recently convinced one of his friends to start

using his favorite exercise machine, the Espresso Bike.

"At first, he didn't think he could even do one mile, but he did a little more each day and now he can do a mile and a half," said Lobel. "That's one of the goals of a workout. You want to do a little more each day."

"Alan is one of the most outgoing people I know, and he's been on that Espresso Bike from Day 1," said Kerry Engle, assistant fitness director at the Albany Jewish Community Center, where Lobel works out.

In fact, Lobel said he's responsible for the Espresso Bike being in the fitness center.

"They were remodeling this entire weight room, and I was visiting the Rochester JCC because my in-laws live in Rochester," said Lobel. "The (fitness) guy there said, 'We just got

these bikes in. You have to try it.' So I did and I loved it. When I came back (to the Albany JCC), I told them they had to get these bikes."

What Lobel likes so much about the Espresso Bike is that it features a number of different courses and keeps track of the miles he's traveled and the calories he's burned. To date, he's logged nearly 14,000 miles and burned more than 650,000 calories.

"There's 45 different routes (ranging) from 1 to 20 miles, and you can do whatever you want," said Lobel. "On the 20-mile course, there's four 40-degree hills."

All of the miles he's logged and calories he's burned has helped Lobel maintain his primary fitness goal.

"My most important thing is that my No. 1 muscle is in very good shape, and that muscle is my heart," said Lobel.

Lobel participates in the SilverSneakers program through CDPHP, which offers it at no cost to members. The program is designed to help seniors stay active at a level they choose.

"I think one of the misconceptions people have about health insurance is that it's only there for when they're sick," said CDPHP spokesperson Ali Skinner. "What they don't realize is that we have programs



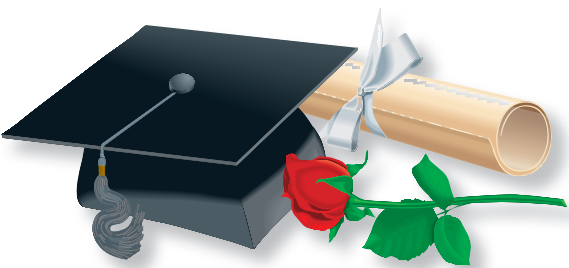
Delmar resident Alan Lobel has logged nearly 14,000 miles and burned more than 650,000 calories on the Espresso Bike over the last seven years.

Photos by Rob Jonas/Spotlight



Congratulations & Best of Luck CLASS OF 2016!

Keep Smiling!



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-Thomas H. Abele, DMD

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■ COMMUNITY

Park Playhouse trip

Join us for the award winning "Chicago," the show that's got it all ... and all that jazz! It's at the Park Playhouse in Albany. The cost is \$20, check payable to Town of Bethlehem. Call 439-4955, ext. 1176.

The Alzheimer's Association will present a free program on memory loss, dementia and Alzheimer's disease on Tuesday, July 12,

Senior Action
Town of Bethlehem

from 6:30 to 7:30 p.m. at the Bethlehem Town Hall. This workshop is for anyone who would like to know more about Alzheimer's disease and related dementias. Call 439-4955, ext. 1176, to pre-

register.

The Senior Legal Services program, which provides free legal counseling and related services to those age 60 and older, will be available on Thursday, July 14, from 9:30 to 11:30 a.m. Call 439-4955, ext. 1176, to make an appointment.

Books to People is a free library program that

select few seniors across the United States that are up for this year's Richard L. Swanson Award.

"I'm just excited," said Lobel. "SilverSneakers has 13,000 facilities in this country. The (Albany) JCC is one of them. To be nominated out of 13,000 facilities is amazing."

To view all 10 of the nominees' stories and vote, go to SilverSneakers.swansonaward.com. People can vote once a day until July 15.

active member at the Albany JCC since the Whitehall Road location opened in 1961. He's also an avid golfer, as he makes many trips to the Colonie Country Club in Voorheesville every year.

"With golf, you walk 18 holes, which is about five miles," said Lobel. "But, I find (riding the Espresso Bike) makes me sweat a lot more."

It's that love of exercising that has led Lobel to being one of a

delivers books to those who are unable to visit the library. Request books, magazines, DVD's, CD's and audiobooks. Call 439-9314, and press 2.

The Food Pantry is in need of soap, deodorant, toilet paper, mustard and canned fruit. Bring your items to the pantry at Town Hall.

— Wilma DeLucco

Thank You!



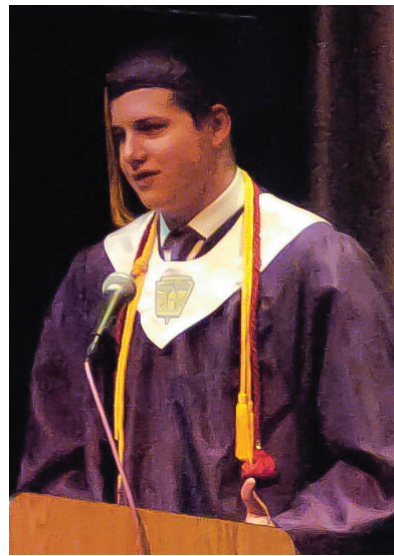
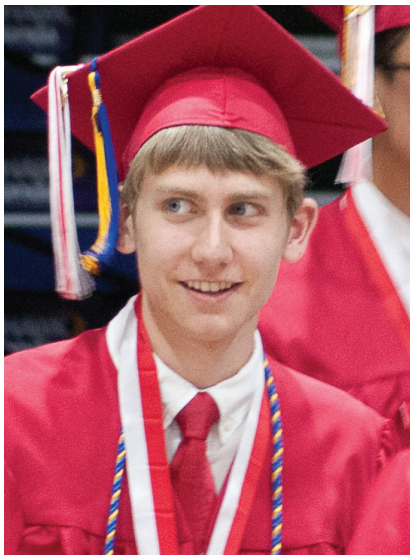
Once again the community support was amazing!

Thank you to the following Contributors to the 2016 BCCHS Graduation Celebration

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■ GUILDERLAND & VOORHEESVILLE GRADUATION 2016



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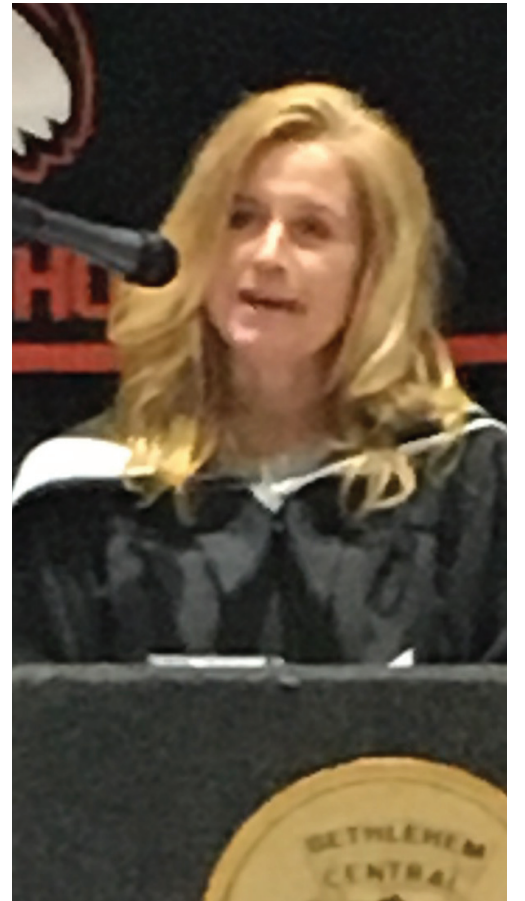
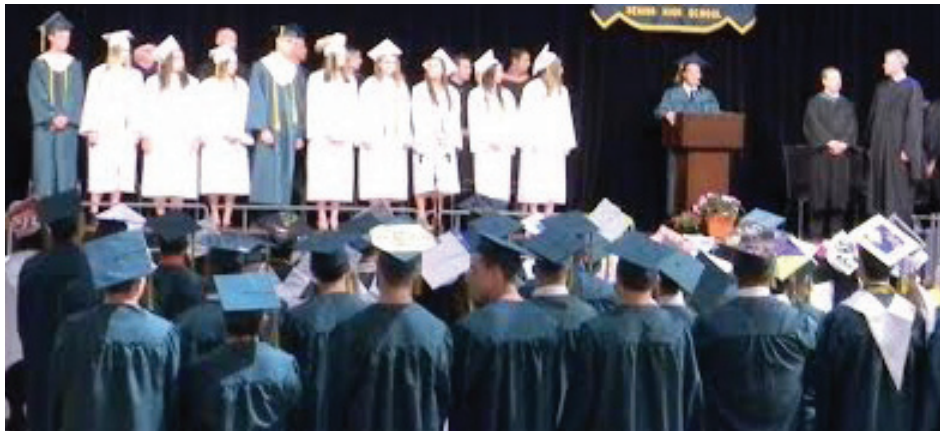
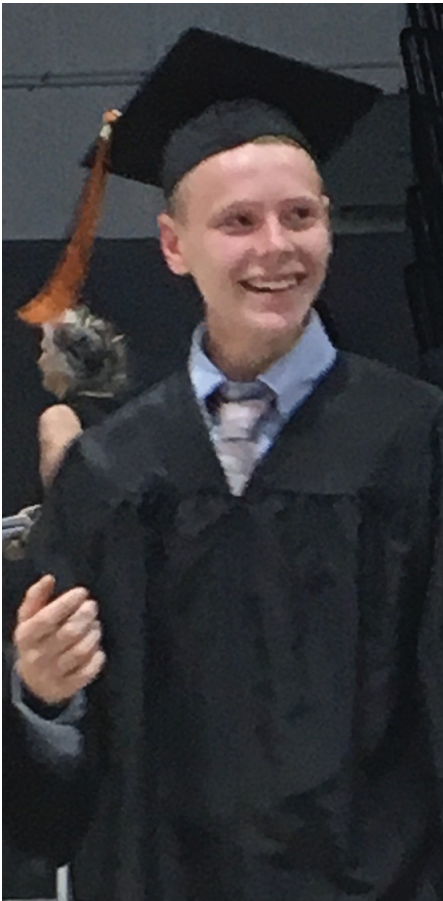
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■ BETHLEHEM & RAVENA-COEYMANS-SELKIRK GRADUATION 2016



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LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)
The name of the LLC is 17 East Fernbank LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on 5/18/2016. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 17 East Fernbank Ave, Delmar, NY 12054. Ad#120135

LEGAL NOTICE

19 Prospect Park SW LLC. Filed 5/3/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122366

LEGAL NOTICE

2321 Pitkin Ave LLC. Filed 4/14/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122399

LEGAL NOTICE

3524 JA LLC. Filed 3/22/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122394

LEGAL NOTICE

416 BBA, LLC. Filed 5/14/03 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#123431

LEGAL NOTICE

4402 Ave L Realty LLC. Filed 4/25/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122377

LEGAL NOTICE

47-16 45th Street, LLC. Filed 4/5/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122409

LEGAL NOTICE

51-70 Manilla Street LLC. Filed 4/18/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122398

LEGAL NOTICE

NOTICE OF FORMATION OF LLC
Articles of Organization for 522 Washington Avenue of Albany, LLC were filed with the Secretary of State of New York on May 13, 2016. The office of the company is located in Albany County. The Secretary of State has been designated as agent upon which process may be served and a copy of process shall be mailed by the Secretary of State to the LLC at Lombardi, Walsh, Davenport & Amodeo, P.C., 187 Wolf Road, Suite 211, Albany, New York 12205. Purpose: for any lawful activity for which limited liability companies may be formed under the law. Ad#120548

LEGAL NOTICE

534 44th St LLC. Filed 3/29/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122397

LEGAL NOTICE

57 ERIE BLVD 12204 LLC Articles of Org. filed NY Sec. of State (SSNY) 5/20/2016. Office in Albany Co. SSNY design. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 81 Boght Rd., Watervliet, NY 12189. Purpose: Any lawful purpose. Principal business location: 57 Erie Blvd., Albany NY 12204. Ad#119812

LEGAL NOTICE

6621 18th Avenue LLC. Filed 5/24/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122370

LEGAL NOTICE

6623 18th Avenue LLC. Filed 5/24/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122374

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: A & S PROPERTY RELATIONS, LLC. Articles of Organization were filed with the Secretary of the State of New York (SSNY) on 4/6/2016. Office Location: Albany County. SSNY has been

LEGAL NOTICE

designated as agent to the LLC upon whom process against it may be served. SSNY shall mail a copy of the process to the LLC, PARACORP INCORPORATED, ONE COMMERCE PLAZA, 99 WASHINGTON AVE. #805A ALBANY, NY 12210-2822 For any lawful purpose. Ad#120471

LEGAL NOTICE

AAA Mechanical LLC. Filed 4/8/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122404

LEGAL NOTICE

AH Equities LLC. Filed 4/27/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122379

LEGAL NOTICE

Notice of Formation of ALBANY IMPROV LLC. Articles of Organization filed with Secy. Of State of NY (SSNY) on 06/10/16. Office location: Albany County, LLC formed in New York (NY) on 06/10/16. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to c/o Corporate Filings of New York 90 State Str., Albany, NY 12207. Purpose: Any Lawful. Ad#122351

LEGAL NOTICE

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name: AMAJAM LLC. Articles of Org. filed with NY Secretary of State (NS) on 06/07/2016. Office location: Albany County, NS is designated as agent upon whom process may be served, NS shall mail service of process (SOP) to NW Registered Agent LLC @ 90 state street, ste 700 office 40. Purpose: to engage in a any lawful act or activity. Ad#121647

LEGAL NOTICE

American Realty WK LLC. Filed 3/22/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122395

LEGAL NOTICE

Apollo Ingredients LLC. Filed 5/18/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122375

LEGAL NOTICE

Art Domain Name LLC. Filed 5/18/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122376

LEGAL NOTICE

Bar Harbor Construction LLC. Filed 3/22/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122396

LEGAL NOTICE

NOTICE OF FILING OF ARTICLES OF ORGANIZATION IN NEW YORK BY A LIMITED LIABILITY COMPANY
Name: Blue Slate, LLC. Articles of Organization filed with sec. of state of NY(SOS) on 6/2/16. Office location: Albany County. SOS is designated as agent of LLC for service of process. SOS shall mail copy of process to P. O. Box 38259, Albany, NY 12203. Purpose: Any lawful act or activity. Ad#120753

LEGAL NOTICE

Bronco Real Estate, LLC. Filed 5/20/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122363

LEGAL NOTICE

Chatham Office Suites, LLC. Filed 4/11/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122402

LEGAL NOTICE

Continuing Vision LLC. Filed 4/14/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122401

LEGAL NOTICE

Please take notice of the formation of D&D PROPERTY MANAGEMENT, LLC, a limited liability company authorized to engage in any lawful purpose. D&D PROPERTY MANAGEMENT, LLC, is located in Albany County and maintains a postal address of 90 State Street, Albany, New York 12207. The Articles of Organization were filed with the Secretary of State on June 3, 2016. The Secretary of State is

LEGAL NOTICE

designated as agent for service of process upon D&D PROPERTY MANAGEMENT, LLC. Ad#122056

LEGAL NOTICE

Dining With Daniel LLC. Filed 4/20/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122378

LEGAL NOTICE

NOTICE OF FORMATION OF EAGLEVIEW CONTRACTING LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 6/07/2016. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of process to: The LLC, 22 Gadsden Court, Albany, NY 12205. Purpose: any lawful activity. Ad#123029

LEGAL NOTICE

Notice of formation: East End Acquisitions, LLC. Articles of Organization filed with the Sec'y of State, New York, on My 6, 2016. Office located in Albany County. SSNY has been designated for service of process. SSNY shall mail a copy of any process served against the LLC. at 5758 246 Crescent, Douglaston, NY 11362. Purpose: any lawful purpose. Ad#121126

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC) Name: Exotic Staffing, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on April 27, 2016. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of process to The LLC, 7014 13th Ave., Suite 202, Brooklyn, New York 11228. Purpose: Any lawful business purpose. Ad#119975

LEGAL NOTICE

Geraldson Properties LLC, a domestic LLC, Articles of Organization filed with the SSNY on 6/8/2016. Office Location: Albany County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to: The LLC, 325 Manning Boulevard, Apt. #1, Albany, NY, 12206. General Purposes. Ad#122808

LEGAL NOTICE

GRAMERCY PARK, LLC. Filed 2/19/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#123430

LEGAL NOTICE

Gramo Contracting LLC. Filed 5/4/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122383

LEGAL NOTICE

Hathaway Holdings LLC. Filed 5/19/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122372

LEGAL NOTICE

Notice of Formation of Healthcare Compliance Connections, LLC, Art. of Org. filed Sec'y of State (SSNY) 5/03/16. Office location Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o Healthcare Compliance Connections, LLC, 5 Egmont Ct., Delmar, NY 12054. Purpose: any lawful activities. Latest date: No specific date. Ad#120559

LEGAL NOTICE

PUBLICATION NOTICE OF ORGANIZATION OF LIMITED LIABILITY COMPANY
FIRST: The name of the Limited Liability Company is IDA STREET ASSOCIATES LLC (hereinafter referred to as the "Company").

LEGAL NOTICE

SECOND: The Articles of Organization of the Company were filed with the New York Secretary of State on June 13, 2016.

THIRD: The County within New York State in which the office of the Company is to be located is ALBANY.

FOURTH: The Secretary of State has been designated as agent upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail process is 159 Delaware Avenue #115 Delmar, New York 12054

LEGAL NOTICE

FIFTH: The purposes of the business of the Company is The Company's purpose is to engage in any lawful act or activity for which limited liability companies may be organized under the New York Limited Liability Law. Ad#123045

LEGAL NOTICE

Integrity Dental PLLC. Filed 3/31/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 19 W 34th St #1018, NY, NY 10001 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: Dentistry Ad#122392

LEGAL NOTICE

Iuris Argumentum Consultants LLC. Filed 4/7/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122406

LEGAL NOTICE

Jimena Companies LLC. Filed 5/13/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122390

LEGAL NOTICE

JR's Red House LLC. Filed 4/27/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122380

LEGAL NOTICE

Katjes Fassin USA LLC. Filed 4/28/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122391

LEGAL NOTICE

KF 98 Flatotel Retail LLC. Filed 3/14/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122388

LEGAL NOTICE

Kingsborough Apartments L.P. (the "LP") filed Certificate of Limited Partnership with the Secretary of State of New York ("SSNY") on 5/6/16. LP office location: Albany County. The SSNY has been designated as agent of the LP upon whom process against it may be served.

LEGAL NOTICE

The SSNY shall mail a copy of any process served to LP, c/o Omni Housing Development LLC, 40 Beaver Street, 5th Floor, Albany, New York 12207. Name and address of each general partner available from SSNY. The latest date upon which the LP is to dissolve is 12/31/2076. Purpose: any lawful activity. Ad#120120

LEGAL NOTICE

NOTICE OF FORMATION OF Limited Liability Company (LLC)

1. The name of the LLC is: LAVIANO PROPERTIES, LLC
2. The date of the filing of the Articles of Organization with the Secretary of State of the State of New York (SSNY) is: 12/31/11

3. The office within New York State of the LLC is located in Albany County.

4. The SSNY is designated as agent of the LLC upon whom process against it may be served. The post office address to which the SSNY shall mail a copy of any process against the LLC served upon him or her is: 528 Town Woods Drive, Albany, NY 12203

5. The purpose of the business of the company is to engage in any lawful act or activity for which limited liability companies may be organized under the Limited Liability Company Law. Ad#121353

LEGAL NOTICE

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC).

Name: LDFT III LLC. Articles of Organization filed with NY Secretary of State, June 2, 2016. Purpose: to engage in any lawful act or activity. Office: in Albany County. Secretary of State is agent for process against LLC and shall mail copy to 302 Washington Avenue Ext., Albany, NY 12203. Ad#122022

LEGAL NOTICE

LeRose Dance Company, LLC. Articles of Organization filed with Secy. of State of NY (SSNY) on 06/02/16. Off. loc.: Albany Co. SSNY des. as agent of LLC upon whom process may be served. SSNY shall mail process to the LLC, 528 Montauk Highway, East Quogue, NY 11942. Purpose: General. Ad#122280

LEGAL NOTICE

Please take notice of the formation of LIFE ISN'T VALUED ENOUGH J.U.I.C.E. LLC, a limited liability company authorized to engage in any lawful purpose. LIFE ISN'T VALUED ENOUGH J.U.I.C.E. LLC, is located in Albany County and maintains a postal address of 221 Central Avenue, Albany, New York 12206. The Articles of Organization were filed with the Secretary of State on August 27, 2015. The Secretary of State is designated as agent for service of process upon LIFE ISN'T VALUED ENOUGH J.U.I.C.E. LLC. Ad#122057

LEGAL NOTICE

Name of LLC: Loudmouth Racing, LLC Date of filing: June 2, 2016 Office of the LLC: Albany County The NY Secretary of State has been designated as the agent upon whom process may be served. NYSS

DEAN'S LIST AND GRADUATES

Robbi Ribner, of Slingerlands, graduated with a bachelor's degree from the University of Dayton.

Matthew Duffy, of Glenmont, graduated with a master's degree in accounting from Tulane University.

•••

The following students graduated with degrees from

Simmons College:

Jillian Hampton of Delmar

Emma Loy-Santelli of Delmar

Haley Gergich of Slingerlands

•••

Alexandra Dombrowski, of Schenectady, was named to the dean's list for the spring 2016 semester at Hofstra University.

Molly Sonenberg, of Schenectady, was named to the dean's list for the spring 2016 semester at Hofstra University.

Carylann Geddes, of Slingerlands, was named to the dean's list for the spring 2016 semester at Coker College.

Jillian Hampton, of Delmar, was named to the dean's list

for the spring 2016 semester at Simmons College.

Haley Gergich, of Slingerlands, was named to the dean's list for the spring 2016 semester at Simmons College.

Paul Corradi, of Schenectady, was named to the dean's list for the spring 2016 semester at Roger Williams University.

Haley Goodrich, of Glenmont, was named to the dean's list for the spring 2016 semester at Roger Williams University.

Rachel Garbo, of Delmar, was named to the dean's list for the spring 2016 semester at the University of Wisconsin-Oshkosh.

LEGALS

may mail a copy of any process to the LLC at: 1 Turner Lane, Loudonville, NY 12211 Ad#123422

LEGAL NOTICE

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC).

Name: MARJAM ASSOCIATES LLC. Articles of Organization filed with NY Secretary of State, June 13, 2016. Purpose: to engage in any lawful act or activity. Office: in Albany County. Secretary of State is agent for process against LLC and shall mail copy to 123 Spy Glass Court, Albany, NY 12203. Ad#122801

LEGAL NOTICE

Mountainview Drive LLC. Filed 5/25/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122364

LEGAL NOTICE

NSA Lighting, LLC. Filed 5/24/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122362

LEGAL NOTICE

NOTICE TO BIDDERS NOTICE IS HEREBY GIVEN that the Town of Bethlehem hereby invites sealed bids for furnishing one (1) 10,000 gallon fiberglass reinforced plastic (FRP) underground water storage tank to the Town of Bethlehem for use in the Town's South Albany Water Treatment System.

Work shall consist of furnishing one (1) FRP water tank to the Town of Bethlehem as specified. The tank shall be delivered to the projects site for installation and commissioning by others.

Bids are due in a sealed envelope, along with the non-collusive statement, no later than 1:00PM on Wednesday, July 20, 2016 at the Town Clerk's Office at the Bethlehem Town Hall, 445 Delaware Avenue, Delmar, New York 12054, at which time such bids will be publically opened and

LEGALS

read aloud. Bids shall be delivered in sealed envelopes, and bear on the face thereof, the NAME AND ADDRESS OF THE BIDDER AND SUBJECT OF THE BID. ORIGINAL AND ONE COPY of each bid shall be submitted.

Bid documents may be obtained at the Bethlehem Town Clerk's Office, 445 Delaware Avenue, Delmar, NY 12054. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at <http://townofbethlehem.org/170/Purchasing-Division>.

The Town Board reserves the right to waive any informality in the bid and/or to reject any or all bids.

BY ORDER OF THE TOWN BOARD
NANCY MOQUIN
TOWN CLERK
Ad#123562

LEGAL NOTICE

OAC 135 West 52nd Street LLC. Filed 11/25/15 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122386

LEGAL NOTICE

OHD - Gloversville LLC (the "LLC") filed Articles of Organization with the Secretary of State of New York ("SSNY") on 4/5/16. LLC office location: Albany County. The SSNY has been designated as agent of the LLC upon whom process against it may be served. The SSNY shall mail a copy of any process served to LLC, c/o Omni Housing Development LLC, 40 Beaver Street, 5th Floor, Albany, New York 12207. Purpose: any lawful activity. Ad#120118

LEGAL NOTICE

OHD - MECHANICVILLE LLC (the "LLC") filed Articles of Organization with the Secretary of State of New York ("SSNY") on 5/6/16. LLC office location: Albany County. The SSNY has been designated as agent of the LLC upon whom process against it may be served. The SSNY shall mail a copy of any process served to LLC, c/o I. David Swaw-

LEGALS

ite, 40 Beaver Street, Albany, New York 12207. Purpose: any lawful activity. Ad#120121

LEGAL NOTICE

Opus2 Ventures LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 05/03/16. Off. loc.: Albany Co. SSNY des. as agent of LLC upon whom process may be served. SSNY shall mail process to the LLC, 39 River Heights Dr., Smithtown, NY 11787. Purpose: General. Ad#120545

LEGAL NOTICE

Per Annum Wine Co. LLC. Filed 5/6/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122381

LEGAL NOTICE

NOTICE OF FORMATION of Limited Liability Company ("LLC") Name: Perfect Threading and Hair Design, Limited Liability Company, Articles of Organization filed with the Secretary of State of New York ("SSNY") on 05/04/2016. Office Location: Albany County. The "SSNY" is designated as agent of the "LLC" upon whom process against it may be served. "SSNY" shall mail a copy of any process to the LLC at: Perfect Threading and Hair Design, Limited Liability Company, 3 Eastwood Dr. Albany, NY 12205. Purpose: To engage in any lawful act or activity. Ad#123432

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: POWER TO CHANGE PERSONAL TRAINING, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 5/27/2016. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of the process to the LLC c/o Michelle H. Wildgrube, Esq., Cioffi Slezak Wildgrube P.C., 2310 Nott St. E., STE 1, Niskayuna, NY 12309. Purpose: For any lawful purpose. Ad#123426

To place your Legal Notice: Call 439-4949

LEGALS

LEGAL NOTICE
Notice of formation of limited liability company (LLC). Pza Caribbean, Hispanic and American Grocery, LLC was filed with Secretary of State of New York on 1/13/2016. Office: Albany County. Sharon Harris designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of the process to the LLC, 3 Federal Street, Albany, N.Y. 12209. The purpose of the business is to sell Caribbean, Hispanic and American grocery. Ad#120551

LEGAL NOTICE

Notice of formation of RAGULE ENTERPRISES, LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on May 13, 2016. Office location: Albany County. The SSNY has been designated as agent of the LLC. The SSNY shall mail a copy of any process to the LLC, at 82 Rockhill Road, Voorheesville, NY 12186. The purpose of the LLC is to engage in any lawful purposes. Ad#121339

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY
Articles of Organization of RAT PACK ENTERPRISES, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on June 24, 2016, effective on the date of filing. Office Location: Albany. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY may mail a copy of any process to the LLC at 1 Columbia Circle, Albany, NY 12203, which shall be the principal business location. The purpose for which the LLC is formed is to engage in any lawful act or activity for which limited liability companies may be organized under the NYS Limited Liability Company Law. Ad#123433

LEGAL NOTICE

NOTICE OF ORGANIZATION OF LIMITED LIABILITY COMPANY
FIRST: The name of the Limited Liability Company is Real Treasures, LLC (hereinafter to as the "Company")
SECOND: The Articles of Organization of the

LEGALS

Company were filed with the Secretary of State on June 3, 2016
THIRD: The County within New York State in which the office of the Company is to be located is Albany.
FOURTH: The Secretary of State has been designated as agent upon whom process against the Company may be served. The post office address to which the Secretary of State shall mail process is Joanne Bongalo, 8E Denise Drive, Latham, NY 12110.
FIFTH: The purpose of the business of the Company is for any lawful purpose. Ad#122027

LEGAL NOTICE

Notice of qualification of RecoverLINK, LLC. Application of authority filed with the Secretary of State of New York (SSNY) on 6/9/16. Date of formation in DE: 01/08/15. Office Location: Albany County. SSNY has been designated as agent upon whom process may be served. NYSS may mail a copy of any process to the LLC at: 602 Madison Ave, Fl 2, Albany, NY 12208. Purpose: any lawful purpose. Ad#123112

LEGAL NOTICE

Red Flags Consulting LLC. Filed 4/7/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. DE address: 3500 S Dupont Hwy, Dover, DE 19901 Cert. of Form. filed w/DE: 401 Federal St. #4, Dover, DE 19901. Purpose: all lawful Ad#122405

LEGAL NOTICE

SAN JOSE QUEENS LLC
Articles of Org. filed NY Sec. of State (SSNY) 6/9/2016. Office in Albany Co. SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 8064 59th St., Glendale, NY 11385. Purpose: Any lawful purpose. Ad#121675

LEGAL NOTICE

Sawaddee LLC. Filed 5/20/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122371

LEGALS

LEGAL NOTICE
Scarlett LLC. Filed 4/11/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122403

LEGAL NOTICE

Notice of formation of Shogun Sushi of Delmar, LLC. Articles of Organization filed with SSNY on April 26, 2016. Office: Albany County. SSNY is designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC at: 318 Delaware Ave. Suite 16, Delmar, NY 12054. Purpose is any lawful purpose. Ad#11985

LEGAL NOTICE

ARTICLES OF ORGANIZATION OF
Sierra Property Maintenance, LLC
FIRST: The name of the limited liability company is Sierra Property Maintenance, LLC
SECOND: The county within this state in which the limited liability company is to be located in Albany. Original filed date 04/18/16.
THIRD: The secretary of state is designated as agent of the limited liability company upon whom process against it may be served. The address within or without this state to which the Secretary of State shall mail a copy of any process accepted on behalf of the limited liability company served upon him or her is: c/o United States Corporation Agents, Inc., 7014 13th Avenue, Suite 202, Brooklyn, NY 11228.

FOURTH: The name and street address in this state of the registered agent upon whom and at which process against the limited liability company may be served is: United States Corporation Agents, Inc., 7014 13th Avenue, Suite 202, Brooklyn, NY 11228. Any lawful purpose. Ad#121684

LEGAL NOTICE

SM Production Group LLC. Filed 5/25/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122367

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LEGAL NOTICE
SPECXS TRANSPORT, LLC (the "LLC") filed Articles of Organization with the Secretary of State of New York ("SSNY") on 6/14/16. LLC office location: Albany County. The SSNY has been designated as agent of the LLC upon whom process against it may be served. The SSNY shall mail a copy of any process served to the LLC, c/o Tiant Ware, 183 Livingston Ave, Albany, NY 12210. Purpose: any lawful activity. Ad#123436

LEGAL NOTICE

Sweet 3 LLC. Articles of Organization filed with Secy. of State of NY (SSNY) on 06/03/16. Off. loc.: Albany Co. SSNY des. as agent of LLC upon whom process may be served. SSNY shall mail process to the LLC, PO Box 2231, Albany, NY 12220. Purpose: General. Ad#122272

LEGAL NOTICE

Please take notice of the formation of THE CHAMPAGNE ROOM, LLC, a limited liability company authorized to engage in any lawful purpose. THE CHAMPAGNE ROOM, LLC, is located in Albany County and maintains a postal address of 67 Catherine Street, Albany, New York 12202. The Articles of Organization were filed with the Secretary of State on June 3, 2016. The Secretary of State is designated as agent for service of process upon THE CHAMPAGNE ROOM, LLC. Ad#122059

LEGAL NOTICE

The Mui Group, LLC. Filed 4/4/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122407

LEGAL NOTICE

The NBB Group LLC. Filed 5/17/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#121684

LEGAL NOTICE

YAD Realty Management, LLC. Filed 5/20/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122369

LEGAL NOTICE

Toil House, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 05/17/16. Off. loc.: Al-

LEGALS

bany Co. SSNY des. as agent of LLC upon whom process may be served. SSNY shall mail process to the LLC, 120 East End Avenue, Apt. 14A, New York, NY 10028. Purpose: General. Ad#120546

LEGAL NOTICE

Unleash Athletics, LLC, Arts. of Org. filed with SSNY on 05/19/16. Off. Loc.: Albany County, SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of process to: The LLC, 52 Corporate Circle, Ste. 207, Albany, NY 12203. Purpose: to engage in any lawful act. Ad#121484

LEGAL NOTICE

NOTICE OF FILING OF ARTICLES OF ORGANIZATION IN NEW YORK BY A LIMITED LIABILITY COMPANY
Name: Vent Fitness LLC. Articles of Organization filed with sec. of state of NY(SOS) on 6/28/16. Office location: Albany County. SOS is designated as agent of LLC for service of process. SOS shall mail copy of process to 2080 Western Avenue, Suite 115 Guilderland, NY 12084. Purpose: Any lawful act or activity. Ad#123437

LEGAL NOTICE

Villa Graziella LLC. Filed 4/14/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122400

LEGAL NOTICE

Zipper Eisner Associates LLC. Filed 3/31/16 Office: Albany Co. SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address. Purpose: all lawful Ad#122393



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July 6, 2016

Spotlight on Opinion

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■ FROM THE EDITOR'S DESK

So, how are we doing this?

Two derailments in five days have ignited the interest of many residents living in close proximity to the Selkirk Rail Yard, just eight miles south Albany.

At a facility designed to process 3200 rail cars each day, derailments at the 1250 acre site occur relatively infrequently. The two that occurred this past week are the first of their kind since a CSX boxcar derailed west of Schenectady in January. Nonetheless, the timing of it all makes it all too easy to criticize the transportation of oil on local railways.

Today, July 6 marked the third anniversary of the Lac-Mégantic tragedy, when unmanned 74-car freight train rolled into the Canadian border town, derailed and ignited — killing 47 people.

The prospect of such an event occurring in the Capital District has been a topic of concern for Albany County Executive Dan McCoy ever since. Indeed, articles on the topic have appeared here in *Spotlight Newspapers*, from discussions circulating around the close proximity

of housing along the Port of Albany, to the rail cars that traverse through the small towns along the way. Concerns about the potential danger became an local issue after former Albany Mayor Jerry Jennings neglected to notify the public that the state Department of Environmental Conservation had approved a permit allowing Global Foundaries to significantly increase the volume of volatile fuels travelling through the Capital District—without requiring any additional oversight.

But, the court of public opinion is not solely focused on rail transportation, which has been a major hub of business for Albany since the railroad tycoons of Erastus Corning and Cornelius Vanderbilt of the 19th century. No, the focus is more on oil. Environmental concerns coupled with a growing distrust for big oil companies, have people scrutinizing all actions concerning fossil fuels. Should an alternative measure be possible, whether in transporting the goods or consuming energy all together, the loudest of opinions votes for the safest, cleanest and greenest

of options.

For example, just a few months ago the Town of Bethlehem spoke out against a proposed natural gas line that was to run through Selkirk and make way to the Port of Albany. The Town Board voiced protest, and only coincidentally was the proposal postponed indefinitely. But, there is yet another proposal for pipelines to run through town, this time oil, to run predominately along with the New York state Thruway. That proposal is being watched with just as much scrutiny.

As we enter the last half of 2016, much of our society is still dependent on fossil fuels. To the fuel it provides to our automobiles, to the tires and blacktop we ride upon, to the plastics ever-present in our daily lives. As much as many of us push hard for a environmentally safer means of energy, our society is not prepared to walk away from oil and natural gas. The transport of these fuels, too, are necessary. So, if not by train, and not by pipeline, then how?

As we enter the last half of 2016, much of our society is still dependent on fossil fuels. To the fuel it provides to our automobiles, to the tires and blacktop we ride upon, to the plastics ever-present in our daily lives. As much as many of us push hard for a environmentally safer means of energy, our society is not prepared to walk away from oil and natural gas. The transport of these fuels, too, are necessary. So, if not by train, and not by pipeline, then how?

■ GET TO KNOW ...



Kassie Parisi
Colonie reporter,
Spotlight News

Residence: Delmar, N.Y.
Hometown: Delmar, N.Y.

What have you been listening to lately?

I've had "The Life of Pablo" from Kanye West on repeat for months. I've also been listening to Phantogram and Radiohead because they both have new music out. My dad has also played classical music all my life, so I listen to that a lot too in the car.

What have you been reading?

I have a lot of books going at once. I'm making my way through "The Iliad" and also very slowly working through "The Complete Works of Edgar Allan Poe" and a lot of shorter poetry books like "Teaching My Mother How to Give Birth" by Warsan Shire, and "A Million Bears" by Spencer Madsen.

What is your favorite show on TV?

It's a three-way tie between Archer, BoJack Horseman, and Regular Show. Also Spongebob. I love cartoons. I'm also obsessed with Broad City.

What was the last movie you saw?

I just saw The Conjuring 2 in the movie theater. It wasn't as scary as the first one, sadly.

Could you describe what your dream vacation would be?

I think my dream vacation changes all the time depending on my mood. Right now, I would like to go somewhere very

quiet and very secluded, and someplace preferably filled with very pale, pastel colors.

What are some of your hobbies?

I like to write and read most of all, so I'm lucky to get to write as a career. I also enjoy looking at trees, animals, and hanging out in museums and cafes. I like driving around by myself too. Being alone but not lonely is a hobby of mine.

What would your last meal be?

I don't know because I would prefer not to know it's my last meal, but if I had to pick, probably pizza or a Stack from Moe's.

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EDUCATION

Schools differ in financial literacy options

By KASSIE PARISI
parisik@spotlightnews.com

Many Capital Region schools offer some sort of class meant to teach students about personal finance, but it's unclear as to how many local graduating seniors are actually utilizing those classes.

As per New York state law, every student must complete a three-quarter unit home and career skills course by grade eight, although most schools simply construct the course to count for one whole credit as opposed to the three quarters.

Financial management is one of the topics covered in that course, according to the New York State Education Department Home and Career skills curriculum. These classes must be taught by a certified family and consumer sciences teacher.

However, after middle school, these classes

become optional, and there is no state mandate that says high schoolers have to take a personal finance class to graduate.

At Shaker High School, only 35 percent of students graduate having taken the financial management course the school offers, according to technology teacher Eric Phillips. The class goes over everything from making major purchases to credit and banking and budgeting.

This class falls under the umbrella of the highschool business department, something that, Phillips said, some highschools do not have due to budget constraints.

"In school districts, we're in an 'or' situation now," Phillips said, which means that schools now often have to pick between offering one class or the other, but not both. He said that North Colonie is one of the few schools that has been able to keep such classes included in the

curriculum.

Phillips also said the low amount of students taking the class could be a result of high schoolers being very track oriented, preferring to focus on Advanced Placement classes and other resume building activities such as sports and theater, which leaves little time for other electives.

Sometimes, Phillips said, parents don't think their children need personal finance classes.

At Vooreheesville High School, the half year personal finance course is a graduation requirement. The class has been a requirement for the past five years, according to high school business teacher Heather Garvey.

"It was important to me that this course be required because financial education is very important," Garvey told *Spotlight News*. Topics covered in Garvey's course include controlling personal cash

flow, establishing and using credit wisely, earning power, investing, financial services and insurance.

"Every student will have an income at some point and they need to know how to make their money work for them. I teach them how to live within their means. I want them to think about retirement now. The administration and the board of education values this course and I know that every student will benefit from this course," she said.

Bethlehem Central High School offers Career & Financial Management classes, Financial Accounting, and Independent Living, according to school spokesperson Sabre Sarnataro. Financial literacy is also covered at Bethlehem Central Middle School in the Family and Consumer Science classes.

Bethlehem also provides a 5-week junior achievement program at

the elementary level that includes financial literacy.

South Colonie High School, Guilderland High School, and Ravena-Coeymans-Selkirk High School did not return requests for comment on their financial literacy programs. However, Guilderland High School does have a business department within the high school that features classes such as Economics and Personal Finance and Money Skills for Life.

The economics course studies the fundamentals of economics which, theoretically, prepares students for making their own economic decisions in the future, according to the department website. This class fulfills the economics requirement that students need to graduate.

The Money Skills class teaches students about large financial decisions such as taking out student loans. According to the website, it's also a goal

oriented class. The course description says, "Students will create job/career based personal household budgets utilizing checking and saving accounts, increase understanding of investing and retirement planning, gain knowledge in finance, debt and credit management, and evaluate and understand insurance and taxes."

Like Guilderland, Ravena also offers students a business department, which hosts a career and financial management class. South Colonie High School has a few classes that include money management as well, such as Real World Mathematics and Career and Financial Management, according to the school's high school curriculum course guide.

Data regarding how many graduating seniors take these classes at the three above schools was not provided.

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- What do revocable and irrevocable trusts do?
- Which plan is better for you and your family?

Wednesday, July 20, 2016

Medicaid Basics

- What does Medicaid cover and how to qualify?
- Avoiding a penalty period or spend down
- How to remain in your own home

Wednesday, July 27, 2016

Probate Avoidance

- What is Probate and the costs involved?
- Practical ways to avoid Probate and delays
- How to protect non-probate assets

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Seating is Limited, Please RSVP by calling Stacy at 518-641-0026 or Email setue@herzoglaw.com

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■ COMMUNITY

New roof and lights

By design, the late afternoon of Thursday, June 30, was a busy time at the Guilderland Public Library. Not only did hundreds of young readers come to GPL to sign up for the Super Summer Reading Olympics, but several local dignitaries and community leaders arrived for a ceremonial ribbon cutting to mark the official “opening” of several key library improvements.

Thanks to a grant received through Senator George A. Amedore, Jr., the library has a new roof and new loading dock. Assemblyperson Patricia Fahy’s recent efforts led to funding a comprehensive overhaul of the library’s interior and exterior lighting with energy-efficient LEDs. Support from the Alfred Z. Solomon Trust and the Guilderland Library Foundation granted a digital sign to advise the public of forthcoming events. And through the construction-management efforts of the Guilderland Central

GUILDERLAND PUBLIC LIBRARY
www.guilpl.org

School District — which leveraged its construction projects with the library’s — the roof and loading dock were completed at a cost significantly less than if the library handled and paid for those projects on its own.

“Not only have these improvements made our community’s library a better place for our patrons to read, research, and relax, but they’ve also gone a long way to extending the life of this decades-old building,” stated library Director Tim Wiles. “The new lighting is an enormous, money-saving improvement, and the roof ensures that our collection and customers and staff are safe from the elements. The digital sign seems to be bringing more people into our events, and as far as the loading dock goes ... well, that’s just one of those behind-the-scenes things that had to be done.”

After the ribbon cutting, several dignitaries stayed to chat with parents and children who were signing up for the library’s Summer Reading Club, and even helped out by serving ice cream at the sundae social.

Joining Amedore and Fahy in the unveiling were Guilderland Supervisor Peter Barber, Guilderland Central School District Superintendent Marie Wiles, GCSD Assistant Superintendent for Business Neil Sanders, and Building & Grounds Supervisor Clifford Nooney. Also attending were Guilderland Library Foundation President Rosemary Revoir and Foundation member Diane Martin, FastSigns contractor Rick Bult, donor Patricia Bult, GPL Board President Christopher Aldrich, several GPL Trustees, and a whole host of curious young readers.

— Mark Curiale

■ OBITUARY

Mark Richard Butt

DELMAR — Mark Richard Butt, 74, of Delmar passed away June 21 at Albany Medical Center from injuries sustained during a recent bicycle accident.

Mark was born May 10, 1942 in Montclair, N.J., to William and E. Lorraine Butt. He moved to Chatham, N.Y. where he lived until attending the University of Buffalo where he received a Pharmacy Degree. He later achieved additional degrees in Counseling and Public Administration. Mark was a Pharmacist for sixteen years and then worked for New York State in the Medicaid Prescription Program for approximately thirty years. He served several years as Treasurer and Chairman for the Eastern Medicaid Pharmacy Administrators Association. Mark retired from State services in 2010.

Mark was a dedicated husband, loving father and grandfather. He was a very friendly man with diverse interest, and was always ready to engage in discussions on many topics. Mark was good company to his family and many friends, and was well known for his kindness, ability to listen, and agreeable nature. Mark was close with his grandchildren,



Mark Richard Butt

and very involved in their lives. He was overjoyed to have them all living nearby, and loved taking them swimming and hiking,

Mark always lived his life to the fullest. He loved fitness, reading, art, and music. He participated in many competitive and non-competitive events including triathlon, marathons and bicycle events, often receiving medals. Mark was proud to achieve a cumulative bicycle mileage exceeding the circumference of the Earth. He participated in the 2014 Ironman triathlon competition in Lake Placid, N.Y. He also enjoyed participating in men’s support groups, singing in the Bethlehem Senior Chorus, and handcrafting drums to participate in drumming sessions.

He was a beloved, long time member of the First Unitarian Universalist Society of Albany, mentoring

many youth and serving in many positions on numerous committees. He also enjoyed serving on the Board of Camp Unirondack for many years.

Mark is survived by his loving wife Carol, twin sister, Marjorie Smith, brothers Peter and William, and sister Katherine Butt, two daughters and son-in law, Lauralee and Christopher Holtz of Delmar, and Georgia and Ethan Bowerman and Emerson, River and Orion Holtz.

A memorial service is planned for September 17, 2016 at 2:00 PM at the First Unitarian Universalist Society of Albany, 405 Washington Ave. Donations to Camp Unirondack www.unirondack.org/donate/are welcome in Mark’s honor.

Special thanks to the Albany Medical Center trauma team and ICU staff for their dedicated and caring treatment during Mark’s stay, and also many friends and family for the enormous outpouring of support. Mark has been an inspiration to many and will forever remain in our hearts.

“I have passed the mountain peak and my soul is soaring in the firmament of complete and unbounded freedom; I am in comfort, I am in peace.” — Kahlil Gibran

■ IN BRIEF

BCHS Class of 1980 reunion set for Saturday, Aug. 6

BETHLEHEM — Bethlehem Central High School’s Class of 1980


reunion will take place Saturday, Aug. 6, at 6:30 p.m. at The Hollow Bar + Kitchen, located at 49 North Pearl St. in Albany.

For more information about the reunion or to make a reservation, contact Lori at 441-7121.



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Country Fest

Keifer Thompson takes time to speak with us about life and music

Page B4

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ENTERTAINMENT

PICK OF THE WEEK



MaryLeigh Roohan

She played at Rockin on the River just a few weeks before and will take to the Putnam Den on Friday, July 9, with Atlas Bloom, Sam Yager and Candy Ambulance.

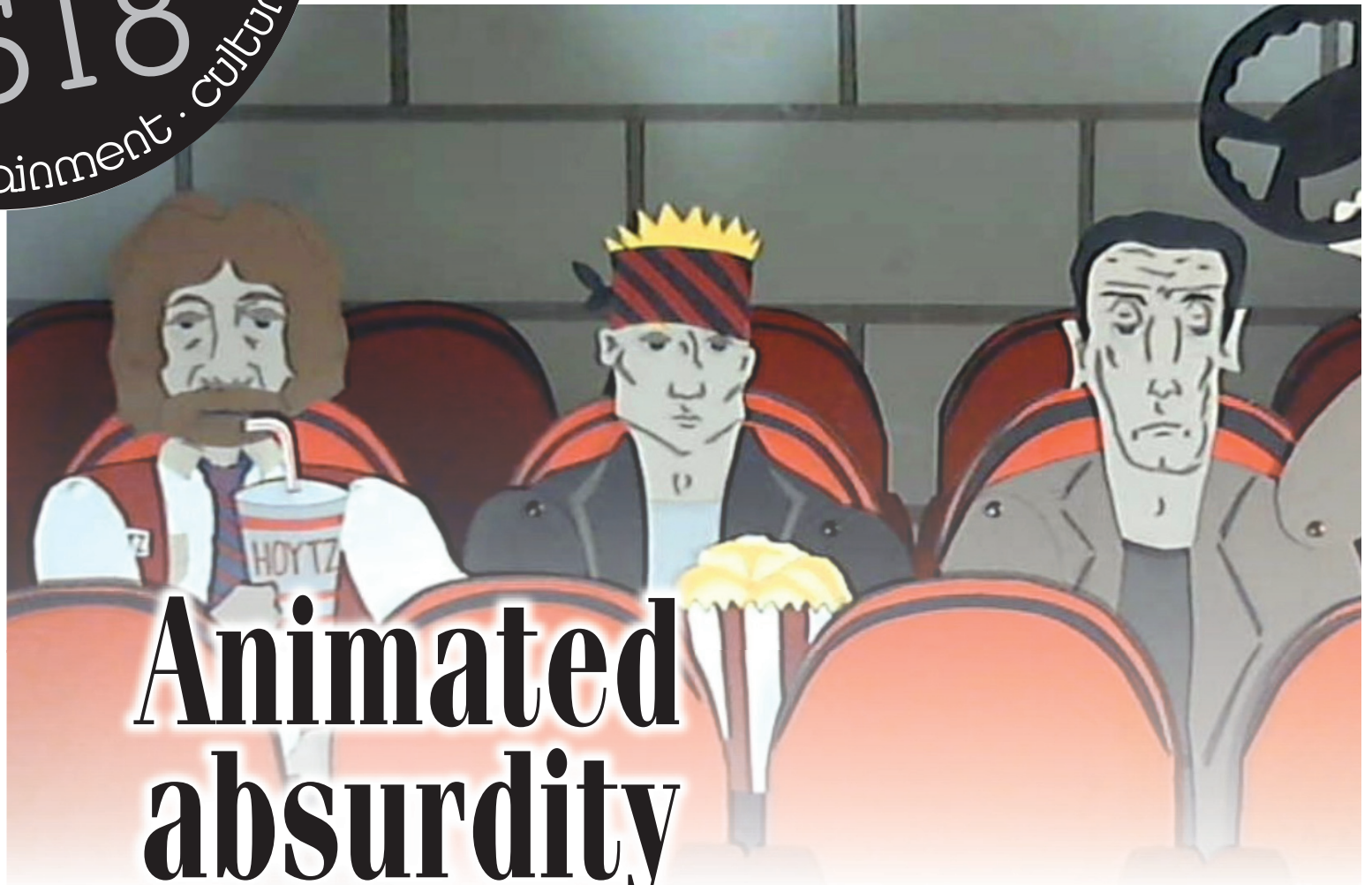
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INSIDE



Arts calendar

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Animated absurdity

Local couple mastermind stop-action animated film picked up by Amazon

By **ROB JONAS**
jonasr@spotlightnews.com

In "The Right Nut for the Job," a popcorn maker called "the Cornado" goes rogue and eats the manager of the Cine 10 Theater Hoytz before bolting. It's up to projectionist Ace McWalto and his two pals, Paolo Pinta and Mike LeMieux, to go to Center Square's Black Rock Park to tame a wild Cornado and bring it back to the movie theater.

This is the plotline to the first episode of the stop-motion animated series "Theater of the Absurd," the brainchild of husband-and-wife duo Tom and Colleen McWatters.

By the way, Cornados are real.

"When I worked at the Cine 10 Theater in Northway Mall, the popcorn machine was called the Cornado. It was on the side — it

Continues on page B18



Tom and Colleen McWatters bring the Cornado back to life, a figment of Tom's past life working at Northway Mall's Cine 10.

Submitted photo

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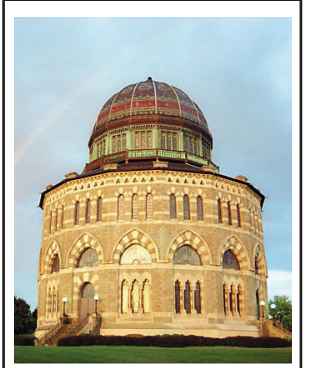
▶ quotes of the week

"Music can't lie."

— Randy Johnson,
Playwriter of
"A Night with
Janis Joplin"

"Our strengths
complement each other.
We wouldn't be able
to do it without the
other. This project is only
possible because of the
two of us collaborating
with each other."




— Colleen
McWatters,
Creator and
animator of
"Theater of the
Absurd"



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COMING SOON TO ALBANY

The Egg brings home Mary Chapin Carpenter

ALBANY — Five-time Grammy Award-winning singer-songwriter and Nashville Songwriters Hall of Fame inductee Mary Chapin Carpenter comes to The Egg Friday, Aug. 26 at 8 p.m.

Over the course of her acclaimed career, Carpenter has recorded 14 albums and sold over 14 million records. With hits like "Passionate Kisses" and "He Thinks He'll Keep Her," she has won five Grammy Awards (with 15 nominations), two CMA awards and two Academy of Country Music awards for her vocals. Most recently, in 2014, Carpenter released her acclaimed debut orchestral album, "Songs From The Movie."

For tickets and more information, visit www.theegg.org.

... SCHENECTADY

Proctors gets Kinky again

SCHENECTADY — Back by popular demand, "Kinky Boots," the smash-hit musical returns to Proctors for four performances Saturday and Sunday, Sept. 10 and 11.

The production includes the work of four-time Tony Award-winner Harvey Fierstein (book) and Grammy Award-winning rock icon Cyndi Lauper (Tony Award-winner for Best Score for Kinky Boots).

Inspired by true events, "Kinky Boots" takes you from a gentlemen's shoe factory in Northampton to the glamorous catwalks of Milan.

For tickets and information, call 346-6204 or visit online at proctors.org.



TheSpot518 file photo



getupjack.com

... SARATOGA SPRINGS

Get Up Jack to hold a CD-release party

SARATOGA SPRINGS — One of the area's favorite traditional Irish bands is setting up for a release party for yet another live CD.

Get Up Jack plays to a Spa City audience on Saturday, July 9, with the release of its latest effort, "Alive & Well Vol. II" at the Parting Glass.

Get Up Jack, the Capital District's local Irish band, was recently recognized with the 2015 Album Of The Year by Celtic Radio for its CD, "Alive and Well, Volume I". "The Spanish Lady," a single off of that CD, was also voted 2015 Traditional Song Of The Year.

The release party is scheduled for 8 p.m. at the Parting Glass. For more information, visit getupjack.com.

CHEESE STEAK HEAVEN advertisement with menu items and contact info.

2016 CONCERTS IN THE BARN AT THE PRUYN HOUSE advertisement for Jade.

7th Pet Adoption Day at the Animal Hospital advertisement with event details and sponsors.

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Thompson Square's Keifer and Shawna Thompson

Submitted photo

LIVE MUSIC

Country's darling duo, Thompson Square

Country music's celebrated couple will play WGNA's Country Fest this weekend

By **MICHAEL HALLISEY**
halliseym@spotlightnews.com

SCHAGHTICOKE — Some of country music's brightest stars return to the Capital District for WGNA's annual Country Fest, Saturday, July 9.

Lee Brice, Eli Young Band, Charles Kelley, Granger Smith and Earl Dibble, Jr. are among the headliners for the one-day concert event at the Schaghticoke Fairgrounds this weekend. But, one of the brightest stars to hit the local stage will be that of country's most celebrated of duos, Thompson Square.

Thompson Square is married couple Shawna and Keifer Thompson, who is rigorously pushing out their latest single, "You Make It Look So Good," all while taking care of their five-month old son, Rigney Cooper, who stars in the accompanying video.

The two hit the charts their No. 1 hit "You Gonna Kis Me Or Not" in 2012, helping lead the way to the industry's top accolades, Vocal Duo of the Year (Country Music Awards, 2012; American Country Music, 2012 and 2013), two Grammys, and several nominations.

Keifer was recognized for his writing abilities, earning SESAC's Songwriter of the Year in both 2013 and 2014. He spoke to *TheSpot518* over the phone from his family's home in Nashville to share his thoughts on what's happening with Thompson Square, and country music in general. ([The full interview can be read on TheSpot518.com.](#))

Michael Hallisey: Now, from what I'm reading, you're working on another studio album, is that right? Are you putting the finishing touches on it? [Scheduled to be released later this year.]

Keifer Thompson: Eh, we're not at the finishing touch point. You know, we kinda really hustled around, getting this single that's out right now, 'You Make It Look So Good.' Make sure that it got out to get the attention it needed. Now that it's going, we're back in and writing and stuff. We've got such a mountain of collection of songs. Now, we just have to go through them and decide which ones to sacrifice, and which ones to cut. But, not sure we're really in a big hurry to put out an album. I, personally, and Shawna feels the same way, we just want to make sure this is the best album we've ever put out. So far, in our eyes, it is, hands down, you know? So, we're really excited about this project. I know every artist says that about every album.

MH: Well, that's how you have to be.

KT: You get better as you go along, I guess.

MH: Is that how you're feeling? You're getting better as you go along?

KT: Oh, yeah, man. Definitely. I finally feel like I'm learning how to write songs. You have to write several hundred of them to figure it out. We're really excited about

IF YOU GO

- **What:** WGNA Country Fest
- **When:** Saturday, July 9
- **Where:** Schaghticoke Fairgrounds
- **How much:** \$35 General admission
- **Info:** wgna.com

Continues on Page B17

ARTS

The whole picture

An interview with acclaimed playwright and creator "A Night with Janis Joplin," Randy Johnson

"You can't lie in music. Songs don't lie. Music doesn't lie."
— Randy Johnson/Janis Joplin

By ALI HIBBS
hibbsa@spotlightnews.com

ALBANY — Music has surrounded and influenced Randy Johnson since the writer and creator of "A Night With Janis Joplin" was born. His godmother was renowned jazz musician Keely Smith and her association with the famed "Rat Pack" introduced him early in life to musical legends Frank Sinatra and Dean Martin. He says that he also cut his teeth on the blues and jazz of artists like Nina Simone and Odetta Holmes; the very first concert he ever attended, at the age of 16, was Simone at the Troubadour in West Hollywood, Calif. "I grew up around music royalty," he said, sitting with his leading lady at Capital Repertory Theater in Albany, where his Broadway show will be opening on Friday, July 8. "I've been very blessed."

So, when, on Oct. 11, 2010, he met the family of Janis Joplin and they asked the acclaimed playwright if he would be interested in creating a production that would share something of her personal story, he leapt at the opportunity. "They provided the source material for the show," he said.

"We met and they gave me copies of her personal journals and her writing and that's how the show was shaped. In reading her writing and talking to Laura and Michael [Joplin, Janis' siblings], what I learned about Janis is that, far too

Continues on Page B21

IF YOU GO

- **What:** "A Night with Janis"
- **When:** Opens Tuesday, July 12
- **Where:** Capital Repertory Theatre, downtown Albany
- **Info:** capitalrep.org



Kelly McIntyre, a 23-year old out of Boston, portrays the iconic Janis Joplin at theRep starting July 12.
Submitted photo

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Night & Day

Night: Rockin' on The River

TROY — The Collar City's free, outdoor, summer concert series continues at 5 p.m. at Riverfront Park off of Front Street in downtown Troy with performances by Darling Valley, the winner of WVCR's "Play to Play" contest, and "the ultimate Queen experience," Almost Queen.

Darling Valley combines the diverse talent of two married couples who play a variety of instruments to create a pretty, rich folk-pop sound with imaginative lyrics. The local quartet not only released a pair of full-length albums and an EP, but also had multiple songs featured in hit MTV dramas and other production under its previous name, Accents. Darling Valley showcases



Darling Valley
Wed. July 6 @ 5 p.m.
Riverfront Park
Downtown Troy
Photo © Justin Stewart

the talents of TJ Foster on vocals, guitar and banjo, both Lauren Foster and Ashleigh Whitfeld on vocals, and Jordan Stewart on guitar, bass and mandolin. All four

members play percussion live, on different drums at different times.

For more information about this and other Rockin' on The River

concerts, call the Downtown Troy BID at 279-7997 or <http://www.downtowntroy.org>.

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Day: Barker Park Kids' Summer Series



Ramblin' Jug Stompers
Thurs. July 7 @ 11 a.m.
Barker Park, 3rd and State Streets, Troy
Photo provided

TROY — The Troy Savings Bank Music Hall Corporation, in cooperation the City of Troy and The Troy Savings Bank Charitable Foundation, announces free summer fun for children with the third annual Barker Park Kids' Summer Series!

This year's weekly pirate-themed series begins on Thursday, July 7 at 11 a.m. in the park, located on the corner of 3rd and State Streets in downtown Troy.

The Ramblin' Jug

Stompers will kick off this summer's eight-week season.

Ramblin Jug Stompers play 78 rpm music for the 21st century. With banjo, mandolin, guitar, washboard and more, New York State's premier jug band fuses the ragtime sounds of the 1920s with the bluegrass edge of the '40s; mines

the manic energy of '60s folk revival acts; and adds a contemporary comic sensibility all its own. It's funky American string band music!

Concerts and activities take place every Thursday through August 25.

For more information about this performance or upcoming Barker Park Kids' Summer Series shows, contact the Troy Savings Bank Music Hall at 273-0038 or visit www.troymusichall.org.

CLUBS

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9 Maple Ave., Saratoga Springs.
www.9mapleave.com
Fri: **Steve Lambert Quartet** | 9 p.m.
Sat: **Rob Lindquist Group** | 9 p.m.

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426 State St., Schenectady. 579-3371
Thur: **Jeff Nania & Lecco Morris**
| 7 p.m.

Arthur's Market
35 N. Ferry St., Schenectady. 382-1938
Wed: **Mike Dimin** | 7 p.m.
Every Thur: **Edith's Amazing Jam**
| 6 p.m.
Fri: **Kitchen Jazz** | 7 p.m.
Sat: **Old Timey Jam** | 2:30 p.m. |
Benjamin John (CD release) | 7 p.m.
Sun: **John Slovachek** | 2 p.m.
Mon: **Ukelele Night** | 7 p.m.
Tue: **Dave Kitchen Trio with**
Ned Feldman | 7 p.m.

Athos
1814 Western Ave., Albany. 608-6400
Thur: **Bronte Roman Jazz Ensemble**
| 6:30 p.m.
Fri: **Brian Patneau &**
Rob Lindquist | 7 p.m.

Castle Street Café
10 Castle St., Great Barrington, Mass.
413-528-5244
Fri: **Lucky 5 Swing Band** | 8 p.m.
Sat: **Armen Donelian Trio** | 8 p.m.

Café NOLA
617 Union St., Schenectady. 357-8628
Fri: **Frank Jaklitsch** | 6:30 p.m.
Sat: **E.J Ray Acoustic** | 6:30 p.m.

Caffé Lena
47 Phila St., Saratoga Springs. 225-0882
Every Thur: **Open Mic (@ Creative**
Sparks, 42 Phila St.) | 7:30 p.m.
Thur: **Dylan Perrillo Orchestra (@**
The Barn, 6432 Maryville Rd.,
Schenectady) | 7 p.m.
Fri: **Elizabeth Woodbury Kasius &**
HEARD | 7 p.m.
Sat: **Ryan Montbleau (CD release)**
| 7 p.m.

ARTS CALENDAR



Outdoor music in Lake George

Indie folk quartet Driftwood kicks off the Lake George Arts Project Summer Concert Series tonight, July 6, at Shepard Park. The show starts at 7 p.m. For more information, visit www.lakegeorgearts.org. Submitted photo

Carney's Tavern
17 Main Street, Ballston Lake. 280-7959
Every Thur: **Matty Finn** | 6 p.m.
Fri: **New Shoes** | 7:30 p.m.
Sat: **Dave Porter** | 8 p.m.

City Beer Hall
42 Howard St., Albany. 449-2337
Every Sat: **90s Dance Party** | 11 p.m.

Club Helsinki
405 Columbia St., Hudson. 828-4800
or helsinki-hudson.com
Sat: **Eric Krasno Band** | 9 p.m.

Dolce Vita
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366 Delaware Ave., Albany. 512-5100
Fri: **The Great Gravy Train Robbery**
| 7 p.m.
Sat: **Robin / Kosek** | 7 p.m.
Sun: **Deb Cavanaugh** | 7 p.m.
Every Tue: **Open Mic** | 7 p.m.

The Fountain Restaurant
283 New Scotland Ave., Albany.

482-9898
Fri & Sat: **Skip Parsons' Riverboat**
Jazz Band | 9:30 p.m.

Fuze Box
12 Central Ave., Albany. 703-8937
Sat: **'80s night** | 9 p.m.

Gaffney's
16 Caroline St., Saratoga Springs.
587-7359

Thur: **TJ Clancy & Bobby Vannier**
| 8 p.m.
Fri: **Rick Bolton & Jeff Walton** | 5 p.m.
| **Captain Squeeze and**
the Zydeco Moshers | 9 p.m.
Sat: **Foldin' Money** | 9 p.m.
Mon: **Karaoke** | 8 p.m.
Tue: **Open Mic** | 8 p.m.

Ginger Man
234 Western Ave., Albany. 427-5963
Fri: **TJ Williams** | 8 p.m.

Grappa '72
818 Central Ave., Albany. 482-7200
Wed & Thur: **Hamilton Street**
Jazz Company | 6:30 p.m.
Fri: **Rich Syracuse & Jeff Siegel**
| 6:30 p.m.

The Hollow Bar + Kitchen
79 N. Pearl St., Albany. 426-8550
Sun: **Never Shout Never** | 8 p.m.
Tue: **Lacey Sturm** | 9 p.m.

Hudson River Music Hall
10 Maple St., Hudson Falls. 832-3484
Wed: **Open Mic** | 7:30 p.m.
Fri: **Crescente** | 7:30 p.m.
Sun: **Micah Scott** | 6 p.m.

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Dead Letter | 7 p.m.

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and Wine Bar
12 2nd St., Troy. 326-3450
Mon: **Le Trio Vino** | 7 & 8:45 p.m.

Madison Theater
1036 Madison Ave., Albany. 438-2094
Fri: **Charlie Smith Blues Band** | 8 p.m.

McGeary's
4 Clinton Square, Albany. 463-1455

Continues on B8

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ACROSS

- 1. Temperate fruit tree
- 7. "48 ___"
- 10. City on the Yamuna River
- 14. Anatomical ring
- 15. "___ Baby Baby" (Linda Ronstadt hit)
- 16. Cut short
- 17. Afternoon service (2 wds)
- 18. Affectionate name (plural)
- 20. South Carolina river
- 21. Awful
- 22. Native of Kigali, Africa area.
- 24. Cove
- 28. Marienbad, for one
- 31. Cloth hanging down at the back of a coat
- 34. Jellied garnish
- 36. Used to keep bugs away
- 38. Choppers, so to speak
- 39. Telephone sounds
- 40. Moray, e.g.
- 41. Appoints summarily
- 42. To cause sadness
- 47. Act of making something available
- 50. Mallets used by Judges
- 56. Opposite of enders
- 57. Lack of vigor
- 58. Enrich, in a way
- 59. After expenses
- 60. Firming muscles
- 61. Auspices
- 62. Oolong, for one
- 63. Meal

DOWN

- 1. Taps
- 2. Length x width, for a rectangle
- 3. Withdraw gradually
- 4. Announce
- 5. On the safe side, at sea

- 6. Rodent that hangs around water
- 7. Plantain lily
- 8. Second growth of grass or hay
- 9. Dig discovery: Var.
- 10. Be part of the cast of
- 11. Pat
- 12. Cambodian currency
- 13. ___ line (major axis of an elliptical orbit)
- 19. Victorian, for one
- 23. Bizarre
- 24. Charity, often
- 25. Artist's stand
- 26. "Let it stand"
- 27. Allergic reaction
- 28. All in
- 29. Christmas trees
- 30. "Hamlet" has five
- 31. Commend
- 32. "Fantasy Island" prop
- 33. "The final frontier"
- 34. A chorus line
- 35. Hogwash
- 37. Protract
- 42. Nursery rhyme food
- 43. Pillbox, e.g.
- 44. About
- 45. Slope of loose rock debris
- 46. Seed coat
- 47. "Cast Away" setting
- 48. Alone
- 49. Delhi dress
- 51. Soon, to a bard
- 52. Blow off steam
- 53. Arabic for "commander"
- 54. Ancestry
- 55. Dressing ingredient

Answers on Pg. B23

ARTS CALENDAR

Wed: **Best Damn Open Mic Ever with MotherJudge** | 7:30 p.m.

Moon & River Café
115 S. Ferry St., Schenectady. 377-5100
Every Sun: **Open Mic** | 7:30 p.m.

Mouzon House
1 York St., Saratoga Springs. 226-0014
Thur: **Hot Club of Saratoga Trio** | 7 p.m.

NaNola
2639 US Rte. 9, Malta. 587-1300
Fri: **Dos Amigos** | 6 p.m.
Sat: **Benjamin Franklin**

Oh Bar
304 Lark St., Albany. 463-9004
Thur: **Karaoke** | 10 p.m.

One Caroline Street
1 Caroline St., Saratoga Springs. 587-2026
Wed: **The Masters of Nostalgia** | 8:30 p.m.

Fri: **Joe Finn** | 6 p.m. |
Graham Tichy Trio | 8 p.m.

Panza's
510 NY Rte. 9P (on Saratoga Lake), Saratoga Springs. 584-6882
Fri: **'Azzaam Hameed** | 7 p.m.
Sat: **Colleen Pratt & Peg Delaney Duo** | 7 p.m.

Parish Public House
388 Broadway, Albany. 365-0444
Sat: **Joe Crown Trio** | 8 p.m.
Tue: **Silver Arrow Band** | 7 p.m.

The Parting Glass
40 Lake Ave, Saratoga Springs. 583-1916
Sat: **Get Up Jack** | 8 p.m.
Sun: **The Shames** | 4 p.m.
Mon & Tue: **Luck Of The Draw** | 7 p.m.

Platinum Pub
795 3rd Ave., Watervliet. 270-9907

Every Tue: **Open Mic Prime at Saratoga National**
458 Union Ave., Saratoga Springs. 583-4653
Sun: **Joe Sorrentino Trio (jazz brunch)** | 10:30 a.m.

Putnam Den
63a Putnam St., Saratoga Springs. 584-8066
Thur: **Bad Case of Big Mouth, Animal Mouth, Crimson Tips, more** | 9 p.m.
Fri: **Candy Ambulance, Atlas Bloom, MaryLeigh Roohan, Sam Yager** | 9:30 p.m.
Sat: **Mallett Brothers, North & South Dakotas** | 9:30 p.m.

Roux
10-01 Vista Blvd., Slingerlands. 487-4358
Thur: **Tim Williams** | 6 p.m.
Fri: **Stephanie Robinson Trio** | 6 p.m.

Rustic Barn Pub
150 Speigletown Rd., Troy. 235-5858
Sat: **True Grit Outlaws & Whiskey Highway** | 7 p.m.

Speakeasy 518
42 Howard St., Albany. 449-2332
Thur: **Jeanine Ouder Kirk Duo** | 9 p.m.
Fri: **LED Effect** | 9 p.m.

Sat: **Shiri Zorn Trio** | 9 p.m.
Mon: **Joe Finn** | 9 p.m.
Tue: **Swing Night** | 8 p.m.

Twisted Vine
384 Kenwood Ave., Delmar. 439-3241
Sat: **Mike Benedict** | 8 p.m.

Upstate Concert Hall
1208 New York 146, Clifton Park. 371-0012 or upstateconcerthall.com
Sun: **Mike Posner** | 6:30 p.m.
Tue: **Terror** | 6 p.m.

Waterworks Pub
76 Central Ave., Albany. 465-9079
Thur: **DJ Shawn Gillie** | 11 p.m.
Fri: **Karaoke** | 10 p.m.
Sat: **DJ David Barna** | 10 p.m.
Mon: **Karaoke** | 10 p.m.

Wishing Well Restaurant
745 Saratoga Rd, Wilton. 584-7640
Fri & Sat: **Rob Aronstein** | 6:30 p.m.

Yono's
25 Chapel St., Albany. 436-7747
Fri and Sat: **Hamilton Street Jazz Duo** | 6:30 p.m.

MUSIC

Tanglewood Brass Spectacular
Members of the Boston Pops brass and percussion sections perform with four of the world's best drum corps. July 6, 7 p.m., Koussevitzky Music Shed, Tanglewood, Lenox, Mass. Tickets: \$15-\$50. Information: www.bso.org.

The Lustre Kings
Local rockabilly favorites. July 6, 7 p.m., Freedom Park, Schonowee Avenue, Scotia. Free. Information: www.freedomparkscotia.com.

Lake George Arts Project Summer Concert Series
Folk-rock quartet Driftwood kicks off the series. July 6, 7 p.m., Shepard Park, Lake George. Free. Information: 668-2616 or www.lakegeorgearts.org.

Vocal recital
Tanglewood Music Center students perform the music of Boulanger, Clarke, Crawford Seeger, Mendelssohn and Schumann. July 6, 8 p.m., Seiji Ozawa Hall, Tanglewood, Lenox, Mass. Tickets:

\$12. Information: www.bso.org.

Jazz on Jay
Ten 27 performs. July 7, noon, "The Circle" at State and Jay streets (across from Proctor's), Schenectady. Information: 372-5656.

Concerts in the Park
Roots rockers The North and South Dakotas perform. July 7, 6 p.m., Wiswall Park, Front Street, Ballston Spa. Free.

Vellano Corporation Summer Concert Series
Enjoy the big band sounds of the Georgie Wonders Orchestra. July 7, 6:30 p.m., The Crossings, 580 Albany Shaker Road, Colonie. Free. Information: 456-2136.

Annie and the Hedonists
Regional folk-rock band. July 7, 7:30 p.m., Guilderland Performing Arts Center, Tawasentha Park, Route 146, Guilderland. Free. Information: 456-3150.

Hesperion XXI
Jordi Savall and his group perform with Mexican folklore ensemble Tembembe Ensamble Continuo for a night of music inspired by the "discovery" of the New World. July 7, 8 p.m., Seiji Ozawa Hall, Tanglewood, Lenox, Mass. Tickets: \$18-\$56. Information: www.bso.org.

Rock the Block concert series
Back 40 Band performs at Canal Square. July 8, 6 p.m., 72 Remsen St., Cohoes. Free. Information: www.facebook.com/events/276796282658965.

Upbeat on the Roof
Electro-acoustic gothic folk band Dust Bowl Faeries headlines. July 8, 7 p.m., Tang Teaching Museum and Art Gallery at Skidmore College, North Broadway, Saratoga Springs. Free. Information:

580-8080 or tang.skidmore.edu.

Boston Symphony Orchestra
World-renowned violinist Joshua Bell performs with the orchestra on its opening night at its summer home. July 8, 8 p.m., Koussevitzky Music Shed, Tanglewood, Lenox, Mass. Tickets: \$22-\$124. Information: www.bso.org.

Powers Park Concert Series
"Blues Night" with the Matt Mirabile Band. July 9, 6 p.m., Powers Park, 420 Second Ave., Troy. Free. Information: 279-7162.

Diva and the Dirty Boys
1960s rock and blues cover band. July 9, 7 p.m., Freedom Park, Schonowee Avenue, Scotia. Free. Information: www.freedomparkscotia.com.

Boston Symphony Orchestra
Performances of works by Debussy, Ravel and Orff, featuring vocalists Nadine Sierra, Jean-Francois Monvoisin, Stephen Powell, the Tanglewood Festival Chorus and the Norway Junior Minstrels. July 9, 8 p.m., Koussevitzky Music Shed, Tanglewood, Lenox, Mass. Tickets: \$20-\$101. Information: www.bso.org.

So Percussion
Four percussionists perform classic and modern works. July 9, 8 p.m., PS21: Performance Spaces for the 21st Century, 2980 Route 66, Chatham. Information: 392-6121 or ps21chatham.org.

Tanglewood Music Center: Chamber Music

Featuring the performance of a new work for winds. July 10, 10 a.m., Seiji Ozawa Hall, Tanglewood, Lenox, Mass. Tickets: \$12. Information: www.bso.org.

Boston Pops Orchestra
"Family Guy" and "Ted" creator Seth

MacFarlane joins the Pops for an afternoon of Great American Songbook classics and hidden gems. July 10, 2:30 p.m., Koussevitzky Music Shed Tanglewood, Lenox, Mass. Tickets: \$22-\$124. Information: www.bso.org.

Music from Salem
Artistic directors Lila Brown and Judith Gordon are joined by Argentinian cellist Jan Müller Szeraws, violinist David Rubin and clarinetist Eric Thomas for a program titled "A Wave Lifted Towards You..." July 10, 4 p.m., Hubbard Hall, 25 East Main St., Cambridge. Information: 232-2347.

Performing Arts at The Common
Sirsy rocks the park. July 10, 7 p.m., Clifton Common, Vischer Ferry Road, Clifton Park. Free. Information: 371-6667 or www.cliftonpark.org.

Saratoga Summer Concert Series
Gypsy swing band Hot Club of Saratoga performs. July 10, 7 p.m., Congress Park, Saratoga Springs. Free. Information: 587-3241 or www.saratogaspringsvisitorcenter.com.

Music Haven Concert Series
Senegalese dance music by Pape Diouf et la Génération Consciente, with special guests Umoja African Dance & Drumming. July 10, 7 p.m., Central Park, Schenectady. Free. Information: www.musichavenstage.org.

Steely Dan
Twisted jazz/R&B/rock band returns. July 10, Saratoga Performing Arts Center, 108 Avenue of the Pines, Saratoga Springs. Tickets and information: (800) 745-3000 or www.spac.org.

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ARTS CALENDAR



Hamilton and Albany

The Albany Institute of History and Art is hosting an exhibition titled "Spotlight: Alexander Hamilton," highlighting the former President's connections to our region. The exhibit continues through the end of the year.

Submitted photo

Music Company Orchestra
Classical music. July 10, 7 p.m., Freedom Park, Schonowee Avenue, Scotia. Free. Information: www.freedomparkscotia.com.

Tanglewood Music Center Orchestra
Performing works by Bernstein, Schuman, Rimsky-Korsakov and Tchaikovsky. July 10, 8 p.m., Seiji Ozawa Hall, Tanglewood, Lenox, Mass. Tickets: \$12-\$55. Information: www.bso.org.

Dana Park Concert Series
Olivia Quillio and Meara McTague open this year's series. July 11, 5 p.m., Dana Park, Lark Street, Albany. Free.

Disturbed and Breaking Benjamin
Heavy rock from the 2000s. July 12, Saratoga Performing Arts Center, 108 Avenue of the Pines, Saratoga Springs. Tickets and information: (800) 745-3000 or www.spac.org.

Emerson String Quartet
Performing several works by Haydn. July 12, 8 p.m., Seiji Ozawa Hall, Tanglewood, Lenox, Mass. Tickets: \$19-\$66. Information: www.bso.org.

Made in the Shade of The Egg concert series
The Gather Rounders perform its brand of bluegrass and country. July 13, noon, Empire State Concourse entrance to The Egg, Albany. Free. Information: 473-1845 or www.theegg.org.

Summer at the Plaza
"Classic Rock Night" featuring Blood Sweat & Tears. July 13, 5 p.m., Empire State Plaza Concourse, Albany. Free. Information: summer.empirestateplaza.org.

THEATRE

Brighton Beach Memoirs
Neil Simon's coming-of-age comedy about a teenage boy who loves baseball and girls, but who also must deal with his family. Presented by Curtain Call Theatre, 210 Old Loudon Road, Latham, through July 16. Shows: Thursdays 7:30 p.m., Fridays and Saturdays 8 p.m., Sundays 3 p.m. Tickets: \$24. Information: 877-7529 or www.curtaincalltheatre.com.

Park Playhouse presents Chicago
All-new take on the classic Broadway musical. July 1-30, Washington Park Lakehouse, Albany. Shows: Tuesdays through Saturdays, 8 p.m. Tickets: reserved seats \$16-\$24, lawn seats free. Information: www.parkplayhouse.com.

Red Hot Patriot: The Kick-ass Wit of Molly Ivins
A play based on the witticisms of political columnist and humorist Molly Ivins. July 8, 8 p.m., PS21: Performance Spaces for the 21st Century, 2980 Route 66, Chatham. Information: 392-6121 or ps21chatham.org.

Mac-Haydn Theatre presents Chicago
Broadway's tale of murder and jazz. Mac-Haydn Theatre, 1925 NY-203, Chatham, July 7-24. Tickets: evenings \$34, matinees \$31, children under 12 \$14. Information: 392-9292 or www.machaydntheatre.org.

COMEDY

The Funny Bone
Rob Maher headlines, July 7, 7:30 p.m. Pauly Shore headlines, July 8, 7:30 and

10 p.m., and July 9, 7 and 10 p.m. The Newly Dead Game: A Murder Mystery, July 10, 7 p.m. Crossgates Mall, Western Avenue, Guilderland. Information: 313-7484 or Albany.funnybone.com.

The Comedy Works
Nathan MacIntosh headlines, July 7-9. Shows: Thursday and Friday, 8 p.m., Saturday 7:30 and 9:30 p.m. 388 Broadway, Saratoga Springs. Information: 275-6897 or thecomedyworks.com.

FAMILY/YOUTH

Circus Smirkus
The acclaimed youth circus returns for a two-day engagement. July 8 and 9, Saratoga Casino Hotel, Saratoga Springs. Shows: Friday and Saturday, 1 and 6 p.m. Tickets: adults \$25, children ages 2-12 \$23. Proceeds benefit the Waldorf School of Saratoga Springs. Information: (877) SMIRKUS or smirkus.org.

Hansel and Gretel
The classic fairy tale. Mac-Haydn Theatre, 1925 NY-203, Chatham, July 8 and 9. Tickets: \$10. Information: 392-9292 or www.machaydntheatre.org.

Barker Park Kids' Summer Series
Well-known modern day jug band Ramblin Jug Stompers kicks off the Thursday series of family-friendly activities. July 7, 11 a.m., Barker Park, corner of Third and State streets, Troy. Free. Information: troymusicchall.org.

Just For Fun: Free Performances for Kids
Mime Eddie Allen kicks off the Friday afternoon series. July 8, 1 p.m., PS21: Performance Spaces for the 21st Century, 2980 Route 66, Chatham. Information: 392-6121 or ps21chatham.org.

Continues on B10

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ARTS CALENDAR

formance Spaces for the 21st Century, 2980 Route 66, Chatham. Information: 392-6121 or ps21chatham.org.

Tanglewood Family Concert
Members of the Boston Symphony Orchestra and the Boston Cello Quartet perform a special program designed for children ages 3-8 and their families. July 9, 2:30 p.m., Seiji Ozawa Hall, Tanglewood, Lenox, Mass. Tickets: \$12. Information: www.bso.org.

Summer in the City Movie Series
"The Spongebob Movie: Sponge Out Of Water" brings the animated character and his friends to the big screen. July 12, 1 p.m., Palace Theatre, 19 Clinton Ave., Albany. Free. Information: palacealbany.com.

FILM

Teveye and Teveye's Daughter
Two films about the famed Jewish fiddler. July 11, 7:30 p.m., Bolton Free Library, 4922 Lake Shore Drive, Bolton Landing. Free. Information: 644-2431, ext. 101.

LITERARY

Caffé Lena Poetry Open Mic
Marilyn McCabe and Cheryl Clarke are the guest readers at this monthly event. July 6, 7 p.m., Northshire Bookstore, 424 Broadway, Saratoga Springs. Cost: \$5. Information: 682-4200 or www.northshire.com.

James Ziskin
Amsterdam-born author will sign copies of his new Ellie Stone mystery, "Heart of Stone." July 7, noon, The Open Door Bookstore, 128 Jay St.,

Schenectady. Information: 346-2719 or www.sopendoor-bookstore.com.

Poets in the Park
Catherine Arra and Jan Barry read from their works. July 9, 7 p.m., Robert Burns statue, Washington Park, Albany. Free. Information: www.hvwg.org.

EDUCATION

Violin Days
Studio talk by Barrymore Laurence Scherer titled "Vocalism and Violinists: Astounding Parallel Lines in the Life of Marcella Sembrich." July 6, 7:30 p.m., The Sembrich Studio, 4800 Lakeshore Drive, Bolton Landing. Admission: \$15. Information: 644-2431 or www.theseembrich.org.

Gallery Talks
Enjoy a docent-led tour of the museum's exhibitions. Saturdays and Sundays, 1 p.m. (Schedule subject to change, please call to confirm.) Albany Institute of History and Art, 125 Washington Ave., Albany. Info: 463-4478 or membership@albanyinstitute.org.

Violin Days
"Fiddler on the Roof: Bringing a Lost World to Life," a Studio Talk by John Kenrick. July 13, 1:30 p.m., The Sembrich Studio, 4800 Lakeshore Drive, Bolton Landing. Admission: \$20. Information: 644-2431 or www.theseembrich.org.

MISCELLANEOUS

Delaware Avenue Street Fair
Featuring sidewalk sales by local merchants, free trolley rides and acoustic musicians along a stretch of Delaware Avenue in Albany. July 9, 9 a.m. to 5

p.m. Information: www.albany.com.

Chatham Summerfest
A day-long festival featuring entertainment, a parade, a village-wide sidewalk sale and artisan faire, food and more. July 9, 10 a.m. to 4 p.m., downtown Chatham. Information: chathamsummerfest.com.

ParkFest 2016
Annual community day featuring food, entertainment, rides, a petting zoo, racing pigs, crafts, martial arts demonstrations and more. July 9, 11 a.m. to 9 p.m., Gavin Park, Wilton. Free.

Dances for a Variable Population
A week-long series of cardiovascular and dynamic stretch classes. July 11-15, 8:30 a.m., PS21: Performance Spaces for the 21st Century, 2980 Route 66, Chatham. Cost: full week, \$55 general public, \$50 PS21 members; single session, \$12. Information: 392-6121 or ps21chatham.org.

Summer Sings with David Smith
A three-session workshop focusing on Handel (July 11), Gilbert and Sullivan (July 18) and Five Centuries of Part Song (July 25). Each session starts at 7 p.m. PS21: Performance Spaces for the 21st Century, 2980 Route 66, Chatham. Cost: three sessions, \$25 general public, \$20 PS21 members; single session, \$10 general public, \$8 PS21 members. Information: 392-6121 or ps21chatham.org.

EXHIBITS

Albany Center Gallery
"Compound Fragment," featuring works by Katherine Chwazik and Tara Fracalossi, July 8 through Aug. 12. 39 Columbia St., Albany. Information: 462-4775 or

www.albanycentergallery.org.

Albany Institute of History and Art
"Masterworks: 225 Years of Collecting," through Sept. 4; "Spotlight: Alexander Hamilton," through Dec. 31; plus "A Gather of Glass: Selections from the Museum's Collection," "Ancient Egypt" and more. 125 Washington Ave., Albany. Information: 463-4478 or www.albanyinstitute.org.

Albany Public Library — Pine Hills Branch
"Too Many Words," featuring works by Emily Armstrong, Michael Conlin, Shea Lord-Farmer, Mark Oujia, Erik Savage and Larissa Tapler, through Oct. 2. 517 Western Ave., Albany. Information: www.albanypubliclibrary.org.

Arts Center of the Capital Region
"Heavenly Body," featuring the work of Artist in Residence Andrea Hersh, July 9 through Aug. 27. "Fence Select 2016" and "Ray Felix: Interiors," July 16 through Aug. 27. 265 River St., Troy. Information: 273-0552 or www.artscenonline.org.

Esther Massry Gallery
"The Art and Design Faculty Show," through July 31. Massry Center for the Arts, The College of Saint Rose, 1002 Madison Ave., Albany. Information: 485-3902 or email Jeanne Flanagan, gallery director, at flanagan@strose.edu.

Heather Ridge Farm
"Farmscapes" by Saugerties artist Prue See, through Labor Day weekend. 989 Broome Center Road, Preston Hollow. Information: 239-6234 or www.heather-ridge-farm.com.

The Hyde Collection
"Camp Iris," a site-specific, interactive work by Victoria Palermo, through Labor Day. 161 Warren St., Glens Falls. Information: 792-1761 or www.hydecollection.org.

The Laffer Gallery
"Woodcuts and Sculptures," featuring works by Allen Grindle and Mary Pat Wager, through July 10. 96 Broad St., Schuylerville. Information: www.thelaffergallery.com.

Mabee Farm Historic Site
"In Whom We Trust: At the Crossroads of Faith & Community," a photography exhibit by Michael Diana, opening July 7 with a reception at 5:30 p.m. 1100 Main St. (Route 55), Rotterdam Junction. Information: schenectadyhistorical.org/exhibits.

miSci
"Return of the Dinosaurs," through Sept. 18. 180 Terrace Heights, Schenectady. Info: 382-7890 or www.miSci.org.

National Museum of Dance
"50 Years at SPAC," celebrating the golden anniversary of the venerable performance venue; "The Dancing Athlete," an exhibit that explores the connection between dance and sports; "Gen," a life-sized sculpture of former New York City Ballet principal dancer Gen Horiuchi; plus "A Tribute to Dancers in Film," "Making Art Dance" and "2015 Hall of Fame Inductees Mark Morris and Rudolf Nureyev." 99 South Broadway, Saratoga Springs. Information: 584-2225 or www.dancemuseum.org.

New York State Museum
Imaging the American West: Selections from the Metropolitan Museum of Art," through July 17; "St. Paul's Chapel: A Place

of Refuge," through Aug. 21. Empire State Plaza, 222 Madison Ave., Albany. Information: 474-5877 or www.nysm.nysed.gov.

Saratoga Clay Arts Center
"Members Juried Exhibition," featuring works by Ellen Aimone, Patricia Collins, Karen Elem, Neil Fryzer, Dan Greenfield, Carol Gundersen, Cheryl Horning, Patricia Keelen, Sharon Kingsbury, Randi Kish, Phyllis Lee, Nancy Niefield, Michelle O'Hare, Eric Rosenberg, Sandra Smith, Audrie Sturman and Regina Wickham, through July 30. 167 Hayes Road, Schuylerville. Information: saratogaclayarts.org.

Shirt Factory Gallery
"Second National Pastel Exhibition," sponsored by the Adirondack Pastel Society. July 8 through Aug. 13. Artist reception and awards: July 23, 5 p.m. 71 Lawrence St., Glens Falls. Information: 636-5939.

Tang Teaching Museum
"Borrowed Light: Selections from the Jack Shear Gift," through Aug. 14. Skidmore College, 815 North Broadway, Saratoga Springs. Information: tang.skidmore.edu.

Union College
"Slippery Slope by Georgie Friedman," Peter Irving Wold Center, College Atrium, second floor, through Nov. 30. Information: 388-6318 or www.union.edu/gallery.

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■ CONCERT REVIEW

Lucius brought the drums to UCH

By **WES THOMAS**

news@spotlightnews.com

CLIFTON PARK — When Lucius opened its show at the Upstate Concert Hall with “Madness,” from their latest album “Good Grief,” the stage and lighting were set perfectly. Everyone had their choreographed position on stage and Lucius’s two female singers, Jess Wolfe and Holly Laessig, were in their matching gold outfits with matching haircuts.

The singers’ dual persona is that of twins dressing, singing and acting alike. Now, before I move on and tell you about the amazing unison vocal lines these two sing, and how perfect the sound is, I just need to tell you that faux twins — especially adult faux twins — I find a little bit creepy. There, I said it.

The Lucius girls are a little creepy, *but god can they sing!*

That first in unison vocal line from the spectacle before us and the audience was in full trance. I need to mention the male members of this band (Dan Molad, drums; Peter Lalish, guitar and Andrew Burri, guitar and drums) who showed what great vocal talents they had during “Tempest,” a track from the first record “Wildewoman.”

Right about now is when we were shown why everyone in the band has some kind of drum rig, matching no less. This is where the thunder of multiple



drummers enters the set and returns frequently throughout. Sometimes all five at once! As the set meanders through both of Lucius’ LPs, we were treated to the radio/television commercial hit “Turn it Around,” which was featured in a Samsung Galaxy TV spot, and their latest song on alternative radio rotation “Born Again Teen.”

I guess one of the biggest surprises of the night for me was to get a chance

to hear the country flavor Lucius delivers with songs like “Dusty Trails.” Perfect country harmonies, guitars and... synthesizers — synth and Western, at its best!

After a diverse 14-song set Lucius came back for an encore and brought out opener Margaret Glaspy to cover Elvis Presley’s, “Can’t Help Falling in Love” with just a guitar and three-part harmony. It was a great cover sung beautifully. The evening ended with one final percussion and drum assault during “Genevieve.” It was a great finish to a show that delivered

so much more than I expected.

And, if anyone is wondering what happened to the twins from the movie “The Shining,” I think I know where they are.

Glaspy started off the night with a killer set. At times the delivery was pretty far out there and kind of deep for some fans. (I was thinking of a deranged Nora Jones delivering lyrics as a beat poet, and I say that in the most endearing way.) It may be an acquired taste but I acquired it by song three.

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FILM

Cosmopolitan film fest at the Madison

By **ALLISON FRY**
frya@spotlightnews.com

ALBANY — The Madison Theatre showcases the more eclectic side of Albany, with its weekly displays of both mainstream and underground entertainment. It's only fitting then that this hub is calling itself home to the inaugural New York State International Film Festival. Beginning Saturday, July 9 and ending Friday, July 15, the festival features short films from all over the world, as well as right here in the Capital District.

With numerous local sponsors backing the festival and planning that has taken part over the last year, they were finally able to bring this dream to life, and the festival will be premiering 71 short films (chosen from over 200 submissions).

There will be six nights of film screenings, with each night having a theme for the films that will be displayed. These themes include drama, comedy, horror and experimental, animation, music videos, and documentary (the documentary night will be free as it will be sponsored by the Department of Environmental Conservation). All other nights cost only \$10 each.

The NYSIFF is not only putting on this event in hopes to inspire local filmmakers, they also frequently hold conferences and free workshops to support and teach those that are just getting into the world of cinematography.

"Our main objective is to celebrate the arts with everyone from all around the world," said the festival's public relations manger Fahreta Altekin, adding "Hopefully our workshops will engage newer filmmakers to come and experience what it's like to make a short movie."

The company is currently based out of the Albany area, and Altekin notes the significance of the Capital District, primarily it's central location between New York City, Boston, and Montreal. "Right now were just in Albany but we hope to expand throughout Upstate New York and hopefully throughout all of New York," trying to draw in cinephiles from all around, of their goal, Altekin added "We hope to create a tight knit community." In an attempt to breach the gap between artists and their audience, the final night of the week-long event will feature not only a panel of guest judges who will vote on the best films from each category, but a vote from movie-goes as well.

You can learn more about this year's submissions and the other services offered by the NYSIFF at nysiff.com.

HEALTH & FITNESS

Obesity is a lifestyle learned young

Technology and lack of social activity leads to a stationary way of life

By DAN ROMAND
news@spotlightnews.com

Coming along with me, now. "Schools Out for Summer..." Not just a great song by Alice Cooper, but a reality for many parents.

Having had six children myself, I know all too well that it can be difficult getting them up and moving during the summer time. Let's face it, they want nothing more than to lay around all day, looking at their phones or sitting in front of the television.

I think back to my own childhood where we were up and out the door by 9 a.m. If our mothers were lucky we'd show up at one of their houses for lunch, then back to the ballgame till dinnertime. If we weren't at the ball field, we were out riding our bikes, or doing other kinds of mischief.

We'd repeat this day after day all through summer. It was a simpler time back then, and things are much different today. Gone are the days of spending eight or nine hours outside playing, replaced by sitting in front of some sort of screen. Is it any wonder that childhood obesity has reached epidemic proportions?

Sadly, over the past 30 years the rate of obesity in children has more than doubled. For adolescents, it has quadrupled. Almost 18 percent of all children aged six to eleven are considered obese, and more than one-third are overweight.

And, it's only getting worse.

Why? Often teenagers are left alone all day. Whereas one parent stayed home while we were kids, today's norm is for both parents to be working. Add to it, as a society we are much more in-tune with safety issues when it comes to children.

Think about it. My mother generally had no idea where I was during the summers. We'd be gone for hours at a time and while we might tell her we were one place usually we were off somewhere else. Imagine what would happen if a parent allowed that today!

Contrary to what many parents believe it's lifestyle that is the leading cause of it, not genetics as so many claim. One parent whose child I worked with blamed it on genetics. She was overweight, therefore her child was going to be overweight. The reality was he was overweight not because of genetics but because of a combination of a total lack of physical activity and very unhealthy eating habits. Our four television stations have been replaced by cell phones, DVD players and 80" flat screen smart televisions. The lack of exercise coupled with bad nutritional habits are the leading causes to why our children are overweight.

As we tracked what he ate, we found he was eating an average of 5,000 calories a day, of which most was junk food. And, as for physical activity, his thumbs were in good shape from pressing the game controller for eight to ten hours each day. At 13, he weighed as much as a professional football lineman.

While I'd like to say this is an exception, the truth is, it is rapidly becoming the norm. Worse, it sets children up for a lifetime of obesity related health issues, not to mention setting them up as targets for bullies.

So what can you do?

Make it a priority that your kids get a minimum of 60-minutes of exercise each day: No, it doesn't have to mean playing a sport. It can be any fun activity that will get them up and moving. Better yet, make it an activity that both of you can enjoy. Not only will you be setting a great example, but you'll get to spend quality time with your children — something every child wants. (Note: Make sure you leave the phones behind.)

Encourage healthy eating habits: Avoid having junk food in the house. Help them to understand fast food is an occasional treat, not something they should be eating daily. Stock the fridges with fruits and veggies instead of having boxes of cookies lying around. If you start from a young age, you'll teach them the valuable lesson that good food does taste good.

Limit their screen time: The average child spends more than five hours a day in front of a screen. Some more than double that. It's been shown there is a correlation between childhood obesity and the number of hours children spend seated in front of a device. The more time spent in front of a screen, the more likely the child will be obese.

Set a good example: The more you follow these rules above, the more likely your child will, too. You'll not only be helping prevent obesity for yourself, but for your children.

Dan Romand is co-owner and operator of Full Circle Fitness-NY in Colonie, where he is also a certified personal trainer. You can read his health and fitness article here and online at TheSpot518.com.



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From page B4 ... Thompson Square

how everything is kinda falling out.

MH: The songs that are out, that I've listened to, I assume — and, I shouldn't assume, I should ask this — that you're drawing from your own personal life. When you're singing with your wife. First of all, how many people work with their spouses. How does that work for you?

KT: Well, none do. Really. We're about it. It's awesome for us, man. We just love doing that. We're really good friends on top of everything else. And, we just have a blast singing together. It's just the most fun we've ever had. To leave our solo careers behind and do this, we haven't looked back once. It's just been amazing.

MH: The both of you come across so adorable together.

KT: [Chuckles.]

MH: I mean that as a full compliment. My wife and I watch, we look at the videos, the vignette on the website. We eat it up. But, do you get any gentle ribbing from your buddies on how you come across with your wife, and what not?

KT: Not at all, man. Not at all.

MH: They ought to be envious as far as I'm concerned. Now, looking at the video on your website there, [Stuff] Thompson Square Says, 'the two of you are playing Call of Duty. How often does that happen, do you play Call of Duty together?

KT: Well, on that particular tour, as soon as we got done with a show, we'd get a couple of games in before the band boys got back. And, we'd literally play until 2 or 3 o'clock in the morning every night. [Laughs] We have a different crew and different band these past few years. They're not really into that, and we kind of lost interest in it ourselves. But through that particular tour, that's pretty much all we did.

MH: How much of the personality that you show on that vignette is true to real life, and how much is fictionalized?

KT: Oh, there's no fiction in there at all. We actually

ad libbed that whole thing. We had our director come over and he started the video for us, and he knew how we worked, so we really just started reenacting truths in our lives. Yeah, it was pretty easy to do. Yeah, there's nothing written in there, for sure.

MH: That's good stuff.

KT: That's real reality.

MH: [Laughs.] One thing I wanted to ask, you recently collaborated with Blues Traveler. Twenty years ago, they were part of my life's soundtrack ground up.

KT: Aw, yeah, man.

MH: So, you were listening to Blues Traveler back in the 90s or so?

KT: Absolutely.

MH: How was it like working with them?

KT: Well, first of all, it was really weird getting that first phone call that John [Popper] wanted to write these songs with me for their 25th anniversary project. So, that was amazing. We wound up writing two songs. Both of them made the album. It was quite an honor to be able to do that. Not a lot of people got that call, you know? We wrote a few great songs, and we've been asked to do their Fourth of July show at Red Rocks this year. So, we'll be going out there next week to do Red Rocks, which is awesome. But, then, to do Red Rocks with your buddies, Blues Traveler, is even awesomer. [Laughs.] You know? So, we're going to go out and do that. It was just kinda out of the blue, kind of cold call on their part. John's extremely smart. An extremely talented man. So, it was fun to be able to write outside of the country box, I guess. I didn't have to follow any sort of format. It was just rock songs, and it could mean what we wanted it to mean. So, we wrote one that's very clear and one that's ambiguous. It was a lot of fun to be able to do that.

MH: John's an amazing songwriter. His intelligence certainly comes out in his songwriting. So, did you work together on songs, or did you submit your own songs?

KT: No. The three of us sat in the studio and wrote for three days.

MH: How was that? I mean, he, an amazing songwriter. You, an amazing songwriter. Did you trade how you each approach things in your respective writing process?

KT: I think some artists have formats that they follow,

but I don't really have that. Every song is different, you know? Some may start with the hook. Some will start with a guitar lick. Just a mere idea. A thought. It's all over the map. I personally don't have a dead set formula for writing songs. It didn't seem like John did either. We had a song called, 'I Can Still Feel You.' John had the title, and he wanted to write a song 'I Can Still Feel You.' And, he didn't have anything else. He didn't have a direction or anything else to go with that. That was on one of the later dates when we were working together. So, I kinda went home and rough drafted everything out, went back to the studio, polished everything up, and wound up cutting it that day. Sometimes I do my best work when I have a deadline to meet. They're either going to cut the song if they like it that day, or not. So, I had a lot of pressure, bringing something in that everyone was going to like, and it wound up being great.

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Answers on Pg. B23

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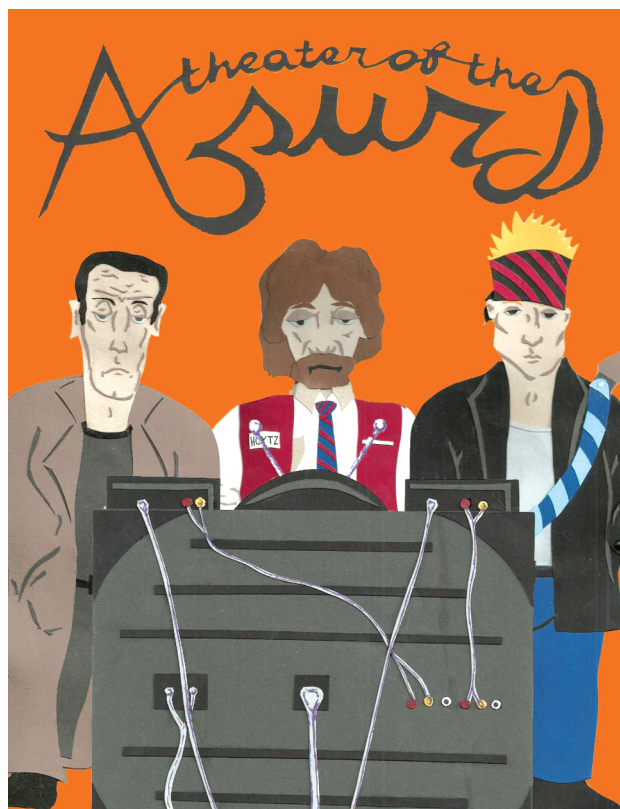
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From page B1 ...

Animated absurdity

was not something we nicknamed it," said Tom. "It was such a stupid name ... stupid, but brilliant."

The Cornado isn't the only thing in Theater of the Absurd's world based on real life. The Cine 10 Theater Hoytz is based on the Cine 10 Theater that used to be behind Northway Mall in Colonie, and the town's name is that of the Albany neighborhood around Washington



Park, where the McWatters lived for several years.

"The front of the (movie theater) set that you see in the episode is pretty much exactly what the theater looked like," said Colleen.

"The projection booth, the front of the theater, the concession stand and the ticket counter, the bulk candy — all of that was pretty much how I remembered them," added Tom.

While the sets might reflect realism, the stories — written by the McWatters and their friend and co-producer, Chris Martinez — are anything but.

"The stories always come from something that either may have happened ... or not even may have happened — they're just an idea," said Tom. "Obviously, most of the stuff comes from real life, even as silly as it is."

"You could say it was based on a true story if you took all the tiny, little parts of it and extrapolated those, and then put those into separate stories. Then, I guess, you could say it's based on a true story, but not really. Something that a character does might be something I remember somebody doing."

At first, the McWatters wanted to use clay to create their sets and puppets, but they soon found that it was a much bigger task than they could take on.

"It was very labor intensive," said Colleen. "I started building the three-dimensional sets. We've got a couple of them upstairs ... they're huge. They're probably 3 to 4 feet wide by maybe 2 feet deep, and they were tall. They needed to be big enough in order to manipulate the puppets and the props and everything in there. So, they ended up being huge, and we just didn't have the space or the money. It took a long time to build them, too. So, that's how we ended up switching to paper, because it was faster and more economical."

The McWatters gained some inspiration for their stop-motion animation technique by researching what "South Park" creators Matt Stone and Trey Parker did in the early days of their show, before they turned to computers to speed up the process. Then, the McWatters took it several

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steps further than Stone and Parker by giving each character movable arms with hinges for better movement.

"I think ours is way more intricate (than South Park)," Tom said of their animation technique. "We use paper, but we went way more into it than they did."

"We wanted it to be a little bit more abstract, artistically (too). That's why we shots like when Ace is on the roof smoking, and then the smoke covers the screen and then his giant head floats in and just starts bobbing up and down."

Designing each character was a two-person process. Tom sketched out how each character should look, and then Colleen made the puppets.

"Our strengths complement each other," said Colleen. "We wouldn't be able to do it without the other. This project is only possible because of the two of us collaborating with each other."

The work was long — five years — and painstaking to make "The Right Nut for the Job," but the payoff came last summer when they premiered the episode at The Low Beat, a rock club on Central Avenue. A packed house watched and laughed as Ace, Paolo, Mike, Valentina (a concessionaire with a quick temper) and Finkle (a nerdy concessionaire with dreams of becoming an assistant manager) dealt with the bizarre happenings at the Cine 10 Theater Hoytz.

The episode was then entered in last year's inaugural Madison Theatre Film Festival, where it was nominated for the People's Choice Award.

"It was kind of surreal seeing it on a movie theater screen," said Colleen.

It was also gratifying to the show's creators to hear the audience laugh at the jokes.

We laugh when we're creating the scripts, but just because we're making ourselves laugh doesn't mean we're going to make everybody else laugh," said Colleen. "So, it was a really cool experience to hear people genuinely laughing at our sight gags."

Since then, the show's creative team has been working on the next seven episodes. They hope to have episode two — named "Open Mike," which is about a surreal night at a Center Square open mic hosted by Mike LeMieux — completed within the next several months. They also are beginning to make music videos. Their first project is a video for Tom's song, "A Different Kind of Crazy Now."

"We're the only people in all of Albany who do this," said Tom. "We trained ourselves at this with nobody to teach us. We had to go out there and read every book, we watched every program ... we did it all."

Currently, "The Right Nut for the Job" can be streamed and downloaded on Amazon Prime or viewed on either YouTube or the show's website, www.theateroftheabsurd.org.



The starring cast of their McWatters' masterpiece fits conveniently in a plastic tub.

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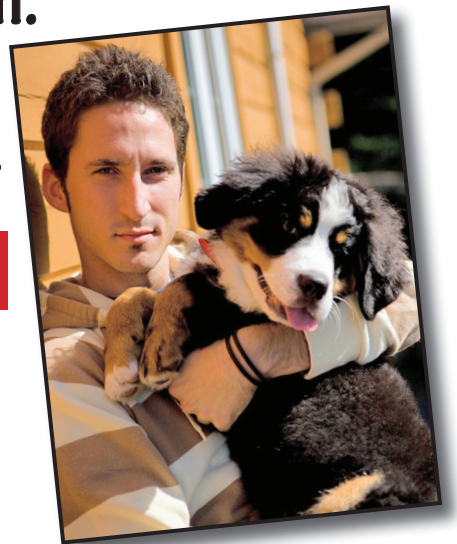
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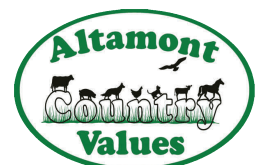
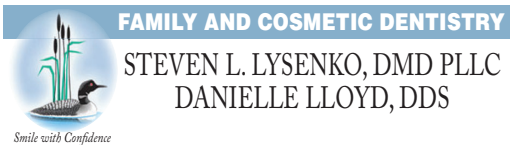


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From page B5 ...

Janis

often, her death and her demons are celebrated and not her life and her music. And that is the point of my show.”

Exactly two years after Johnson met Joplin’s family, “Janis” opened on Broadway. “When I met the Joplin family,” said Johnson, “I was introduced to a Janis that people don’t know. I’ve learned about Janis through her family’s perspective and, eventually, through the perspective of Janis herself. In my first meeting with Michael and Laura, I asked them to tell me of stories about growing up with Janis and their perspective of their sister. Who would have known that Janis grew up listening to Broadway show tunes?”

“You wouldn’t listen to her and think that she was classically trained,” said Kelly McIntyre, the actress who portrays Joplin in theRep’s performance. “The grittiness, or the

rawness, about her is the thing everyone knows and, because no one else sounds like her, everyone’s eyes go wide open and they can’t look away and they can’t stop listening.”

“She spoke the truth,” continued the 23-year-old actress. “Whatever came out came out. You listen to her wails in “Ball and Chain” or in “Crybaby” and, at times, it’s almost like there are no detectable notes.”

“But it’s on pitch!” exclaimed Johnson.

“And somehow,” continued McIntyre, “You’re still with her and she always comes back down to the bottom and then you hear this gorgeous alto, this beautiful voice that is up there with Pat Benatar and all the other female rock goddesses out there who were probably classically trained.”

Johnson and McIntyre both referred to the message conveyed by the young artist — a message that they seemed to agree amounted to a deep personal truth which she

endeavored to resolve through abject honesty. “I connect with her, I think, age-wise, especially because I was the age that she was when she first got famous and I think it’s kind of cool to pay homage to that,” said McIntyre. “She was an inspiration of mine - still is, obviously - musician-wise; intelligently; as an artist; as a soul; as just a chick. I mean, she lived life more easily than we know how these days. There’s a lot going on that we take too seriously.”

Johnson envisioned the show that Joplin never played, he said. “It’s the concert before she made her final mistake.” It is the show that never got played; the show Janis would have played if she knew it was her last. Both Johnson and McIntyre feel that Joplin--as well as other fated musical legends such as Kurt Cobain and Amy Winehouse — knew her time was limited.

“The song “Kozmic Blues,” said Johnson, “I think, is a foretelling of her death, of the night that she

died.

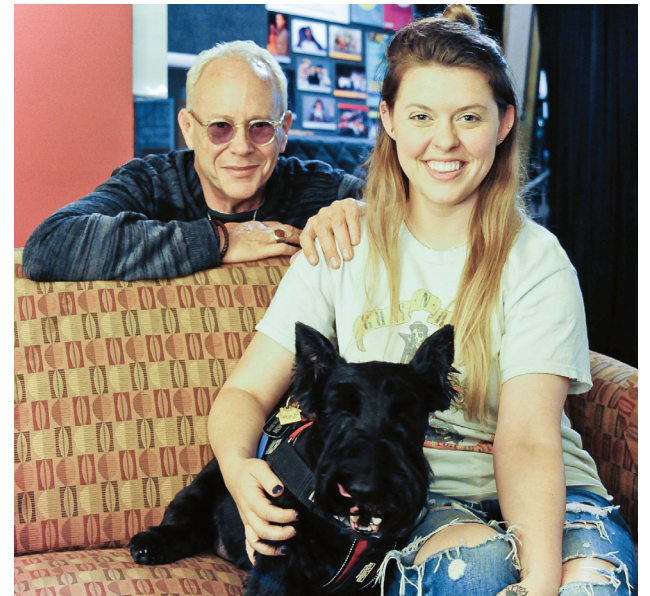
“Me too,” agreed McIntyre.

“If you read the lyrics to that song, it’s actually a foretelling.”

When Johnson speaks of his initial research for the production, he personifies the material, saying, he “brought Janis home.” As he researched, he said he separated himself from outside distractions, surrounding himself so he could tell her story.

“If Janis had hired me to create her concert,” said Johnson, “and to tell her story, this is what she and I would have come up with together. Beyond the obvious celebration of an artist whose life was cut short, the production also plays homage to the legends who influenced Joplin — Holmes, Simone, Aretha Franklin, Etta James, Bessie Smith.

After one performance on Broadway in 2012, Johnson was standing outside of the venue and was approached by



Randy Johnson and Kelly McIntyre on the first day of rehearsals at theRep.

Photo by Michael Hallisey/TheSpot518

two women who met at Woodstock and saw Janis Joplin perform live. They had come to his show on their anniversary, he said, “to relive the magic of meeting and falling in love under such extraordinary circumstances.” They cried, he cried. And then he took them on a tour of the set.

“Those things happen all the time,” said McIntyre.

“One of the most exciting things for me on tour is that it isn’t just people who grew up with Janis, there are younger kids my age and there are people who were parents of the kids who grew up with Janis Joplin. All walks of life. People just wanted to celebrate her with us.”

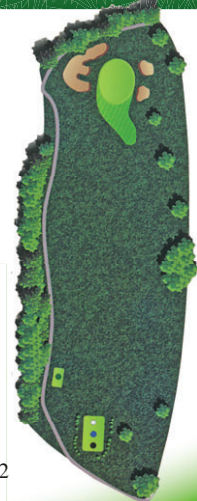
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CLEAN UP
STORAGE FOR RENT: Capital District storage space secured with outside lighting. Contact 858-3285 for details.
HANDY MAN
ODD JOBS around the home, Glenmont Handyman Service, 369-5472.

Sudoku Answers

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

Super Crossword Answers

1	2	3	4	5	6	7	8	9	10	11	12	13						
P	A	W	P	A	W	H	R	S	A	G	R	A						
14	A	R	E	O	L	A	O	O	H	C	L	I	P					
17	T	E	A	S	E	T	S	W	E	E	T	I	E	S				
20	S	A	N	T	E	E	T	E	R	R	I	B	L	E				
22	R	W	A	N	D	A	N											
24	D	E	S	I	R	E				S	P	A						
31	C	O	A	T	T	A	I	L	S	A	S	P	I	C				
36	I	N	S	E	C	T	R	E	P	E	L	L	E	N	T			
38	T	E	E	T	H					D	I	A	L	T	O	N	E	S
40	E	E	L									C	O	O	P	T	S	
42	C	H	A	S	T	E	N											
47	I	S	U	A	N	C	E											
56	S	T	A	R	T	E	R	S										
58	L	A	R	D														
61	E	G	I	S														
50	G	A	V	E	L	S												
57	A	N	E	M	I	A												
60	T	O	N	I	N	G												
63	E	N	T	R	E	E												

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Wednesday, July 13, 2016

Wills vs. Trusts

- What is the difference between wills and trusts?
- What do revocable and irrevocable trusts do?
- Which plan is better for you and your family?

Wednesday, July 20, 2016

Medicaid Basics

- What does Medicaid cover and how to qualify?
- Avoiding a penalty period or spend down
- How to remain in your own home

Wednesday, July 27, 2016

Probate Avoidance

- What is Probate and the costs involved?
- Practical ways to avoid Probate and delays
- How to protect non-probate assets

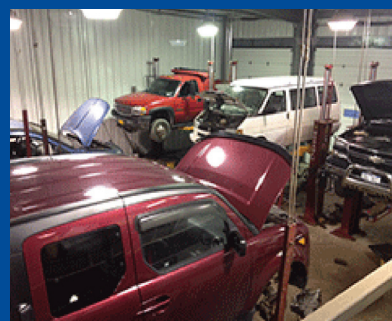
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