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## NEWS Police action

A summary of activity from local law enforcement agencies

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## Advocate demands investigations

Michael Carey continues his fight for reforms in disability care

Story on Page 5



## TOP STORY

# Dis-Connect

Town residents call for recusal of town official, questioning his impartiality

By ALI HIBBS

hibbsa@spotlightnews.com

**BETHLEHEM** — More than forty Fieldstone Creek residents have signed a petition asking Bethlehem Planning Board Chairman John Smolinsky to recuse himself from the decision-making process regarding a proposed development at Elm Avenue and Shanks Place, directly between Fieldstone Creek and Elm Avenue Park.

Due to concerns about cut-through traffic and wetland disruption, a coalition of neighbors and the would-be developer of the proposed subdivision, Barbera Homes, Inc., went before the planning board on Tuesday, July 19, to request that a roadway connection from the end of Fieldstone Drive into the proposed subdivision— originally requested by the town's highway department - be replaced with a pedestrian walkway instead. They were denied unanimously and told that other alternate options were unlikely to be considered by the board, members of

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Fieldstone Drive neighbors are not remaining quiet when it comes to their thoughts about a proposal that will open this dead end street to a new, neighboring development.

Photo by Michael Hallisey/Spotlight

## ENTERTAINMENT



## Joke Band

Begun on a whim, local band Girth Control is still stoked to be playing "dumb punk rock" in the Capital District and beyond

Story on Page B1

## SPORTS



## A good run

Tri-Village Little League's All Star team had a good run in post-season play

Story on Page 9



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## ■ COPS, COURTS AND EMERGENCY CALLS

### Motorcyclist seriously hurt on 'Yellow Brick Road'

**NORMANSVILLE** — Town Police are looking into the cause of a motorcycle accident that left its operator hospitalized.

The Bethlehem Police Department reported a serious motorcycle crash occurred on Old Brick Road, off of Delaware Avenue, outside of Normansville, Wednesday, July 27, at approximately 5:15 p.m. A 58 year-old Delmar man was found by emergency response crews lying in the roadway adjacent to the motorcycle.

Police said their initial investigation revealed the motorcycle left the roadway for unknown reasons and struck a guard rail. At this time it appears that no other vehicles were involved in the crash. The cause of this crash is still under investigation.

The accident victim was transported to Albany Medical Center Hospital by Delmar-Bethlehem EMS and Albany County Paramedics; and is currently in serious condition. At this time the name of the operator is not being released so that contact can be made with relatives.

The Elsmere Fire Department also responded and assisted at the scene. Anyone who was in the area around this time or has any information about the crash is asked to contact Bethlehem Police at 518-439-9973.

Old Brick Road, which leads to Normansville, is still commonly referred to the "Yellow Brick Road" before it was ultimately paved over with blacktop sometime in the 1990s.

### Western Avenue traffic stop leads to DWI arrest

**GUILDERLAND** — New York state troopers stopped Shane Spillenger early on the morning of Wednesday, July 28 for allegedly speeding on Western Avenue in the Town of Guilderland. Officers report that Spillenger displayed signs of intoxication while being interviewed and that, subsequent to administering standardized field sobriety tests, he was arrested for DWI and taken to the Latham

station for arrest processing. There, he was reportedly determined to have a 0.14 percent blood alcohol concentration. In addition, Spillenger was also allegedly found to be in possession of marijuana.

He was charged with misdemeanor DWI and unlawful possession of marijuana, a violation. He was released and is due to appear in the Town of Guilderland Court on August 8, 2016.

### Woman charged with DWI under Leandra's law

**GUILDERLAND** — On Tuesday, July 26, at approximately 8:49 p.m., New York state Police responded to a report of a one-vehicle accident on the entrance ramp to I-90 at Exit 25 from I-890/Carmen Road. The driver of the vehicle, Danielle F. Sedgwick, 30, of Menands, was allegedly found to be intoxicated while traveling with her 2-year-old child. Both were transported to Albany Medical Center to be evaluated and cleared medically. Sedgwick was transported and processed at the State Police Office Albany, where she reportedly

refused to submit to a breath test to determine the alcohol content in her system, and was subsequently charged with: driving while intoxicated with a child in the vehicle, a class E felony; and endangering the welfare of a child; a class A misdemeanor.

Sedgwick was arraigned before the Town of Guilderland Court and remanded to the Albany County Jail in lieu of \$50,000 cash bail or bond. She returned to court on Friday, July 28. The child was reportedly turned over to a responsible party at Albany Medical Center.

### Interfaith coalition to meet Aug. 15

Albany County Executive Dan McCoy is hosting a community conversation on Monday, August 15, to discuss issues of diversity, community policing and the recent violent acts that have taken place across the nation in recent months.

"Recently, many tragedies have occurred across our nation," said McCoy on Thursday, July 21, as he announced an interfaith coalition of local religious leaders with whom he intends to address issues that arise due to differences in faith or ethnicity. "While Albany County is an extremely diverse county," he said, "we still struggle with some of these issues.

"We need to have a conversation about these underlying issues," said McCoy. "This forum won't just be two hours of discussion, we will work on solution and develop a road map that we can use to effect change." The county executive invited any representative organization who would like to have a voice in the conversation to reach out to his office or to

Deb Riitano, chair of the new coalition, to become involved.

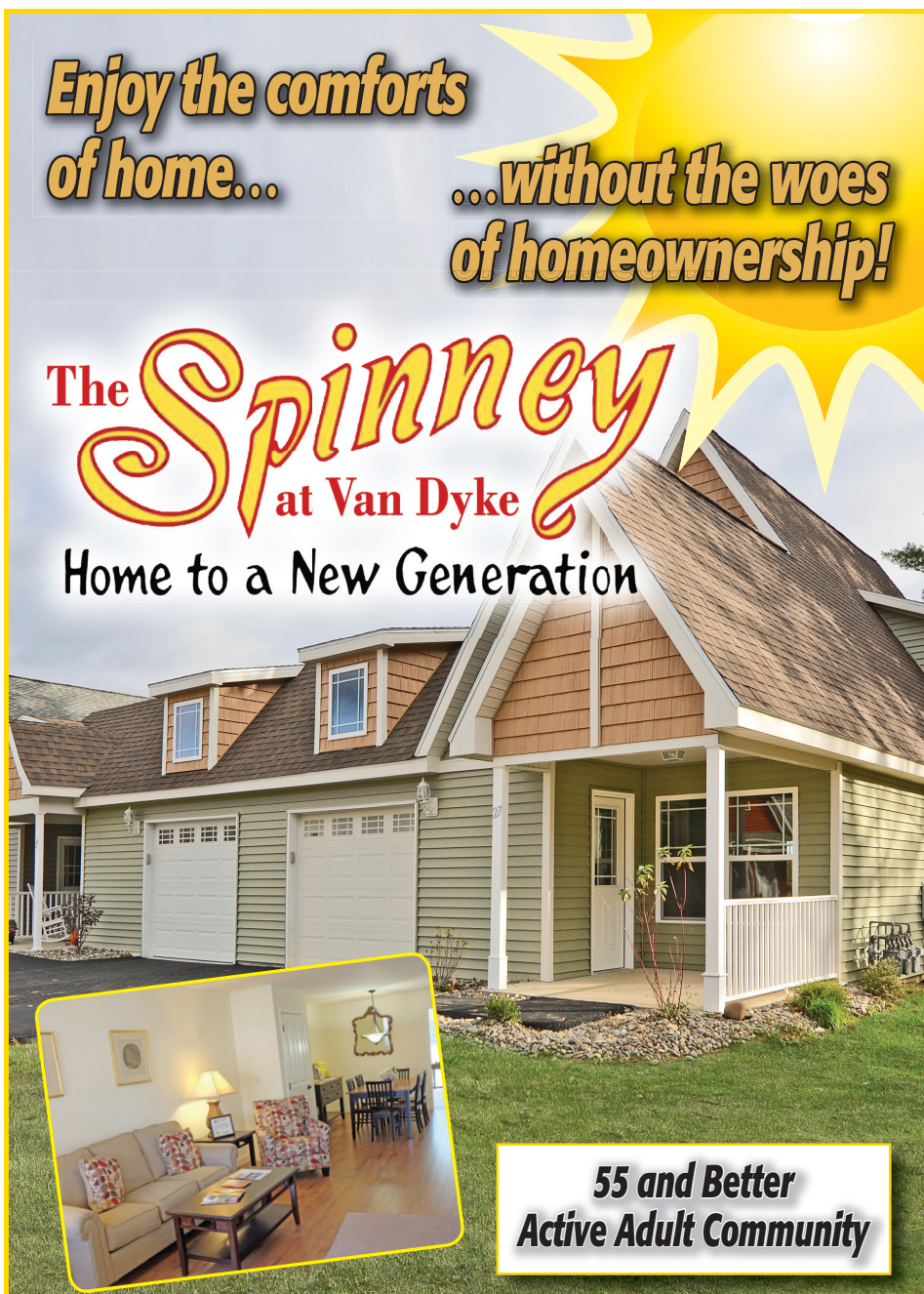
"I'll be in the audience listening," said McCoy. "Because, as leaders, that's what we need to do. We need to take a step back and hear from the people we represent."

The discussion will take place from 10 a.m. to noon on Monday, Aug. 15, at the College of Saint Rose in the Touhey Forum of the Lally School of Education at 1009 Madison Avenue in Albany. It will be moderated by Times-Union Editor Rex Smith; panelists will include: Dr. Alice Green, Executive Director of the Center for Law and Justice; Aaron Mair, National President, Sierra Club; Deb Riitano; former Colonie Police Chief Steve Heider; Perry Junjulas, the Executive Director of the Albany Damien Center; and Emeritus Bishop Howard Hubbard.

Attendees are asked to RSVP by Thursday, Aug. 11, with Mary Rozak in the county executive's office at (518) 447-7218.

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ALBANY COUNTY AND COMMUNITY

Fein introduces 'ban the box' measure

Legislation would prevent potential county employers from asking about criminal history during the early part of the job application process

By ALI HIBBS
hibbsa@spotlightnews.com

ALBANY — On the morning of Thursday, July 28, Albany County Legislator Sam Fein (D-6), along with members of the legislature's leadership and the majority-minority district caucus, introduced a new law intended to stop the county from discriminating against potential employees by asking about their criminal histories during the application process.

The "Albany County Fair Chance Act" seeks to prevent the county from inquiring about a job applicant's criminal record through a question, interview or box on the job application. The goal is to ensure all job candidates, regardless of their arrest record or criminal history, receive a fair chance of obtaining employment with the county, said Fein, who represents a majority-minority district at the South End of Albany.

"I constantly hear about the challenges that so many people face in finding employment because they are judged based on a mistake they made earlier in their lives, rather than their qualifications for a position," Fein said, pointing out that minority communities are disproportionately affected due to higher overall rates of incarceration, a reality that he characterized as "fundamentally unfair."

"I am proud to propose legislation that will 'ban the box' on all Albany County job applications," he said, hoping that Albany County will become one of more than 100 municipalities nationwide to impel employers to initially consider a job candidate's qualifications without the stigma of a criminal record. Born of the "All of Us or None" initiative, these legislative endeavors are intended to provide applicants a fair chance by removing the conviction history question on the job application and delaying the background check inquiry until later in the hiring. On the federal level, President Barack Obama has endorsed "ban the box" by directing federal agencies to delay inquiries into job applicants' records until later in the hiring process. Nine states — Connecticut, Hawaii, Illinois, Massachusetts, Minnesota, New Jersey, Oregon, Rhode Island and Vermont — have removed the conviction history question on job applications for private employers as well.

According to the proposed legislation, which says that studies have shown that stable employment is one of the best indicators of "post-conviction success," legislators feel that, "the ability of people with a criminal history to successfully reintegrate into their communities and find employment improves public safety and benefits local taxpayers, as less crime leads to

safer communities, strengthens families, and saves taxpayers money on costs associated with law enforcement and incarceration."

Further, per the proposed local law (No. N, 2016), "those who have been incarcerated have paid their debt to society and should be considered fully free men and women. They should not be further punished... people with a criminal history represent a workforce with skills and a desire to add value to their communities."

Supporters of the legislation include: Chairman Sean Ward (D-16), Majority Leader Frank Commisso (D-11), Deputy Majority Leader Lucille McKnight (D-1), Merton Simpson (D-2), Wanda Willingham (D-3), Norma Chapman (D-4) and William Clay (D-12). Joining Fein in introducing the legislation were Commisso and Simpson, as well as: Alice Green, director of the Center for Law and Justice; former county legislator James H. Bouldin; Richard Harris, president of One Hundred Black Men; Tina Allen, secretary of Anuanzeh Association of United Women of the Capital District; and Shataya Scott, who operates Braids for Grades in downtown Albany.

"An increasing number of states and companies in the U.S. do not allow questions about criminal pasts on job



Albany County Legislator Sam Fein (D-6) introduces the "Albany County Fair Chance Act" during a press conference outside of the County offices on State Street in Albany last Thursday morning.

Ali Hibbs / Spotlight

applications," said McKnight, "and I join with Sam Fein out of a sense of fairness in calling on Albany County to do the same."

State law prohibits discrimination in employment on the grounds of an arrest or a conviction, but it is very difficult to prove, according to Simpson, who said, "The Albany County Fair Chance Act would give employers the ability to make a decision on an applicant's fitness for a job without the pernicious bias that comes with a criminal record."

"It's important that we expand opportunities to people in our communities," said Willingham. "Many people who have been previously incarcerated are working to make a better life for themselves, and we need to give

them a second chance."

The Albany County measure would prevent county employers from inquiring about criminal histories during the initial stages of the hiring process. After a conditional offer of employment is made, the employer would then be able to conduct a background check—if an employer determines that an applicant's conviction history may justify rescinding the offer of employment, the applicant would then be provided with an opportunity to respond to the employer's concerns before the offer is officially rescinded.

"This issue is vitally important for any person that is trying to rehabilitate their lives, but especially for African-Americans, who are incarcerated at much higher rates than others," Chapman said.

"We must lead by example in creating fair-chance hiring practices that ensure everyone gets a fair chance at employment," said Fein.

According to the National Employment Law Project (NELP), more than half the US population is now living in a "ban the box" or "fair-chance" jurisdiction.

A fact sheet released by NELP in favor of banning the box can be found at http://www.nelp.org/content/uploads/Ban-the-Box-Fair-Chance-Fact-Sheet.pdf

Residents remain undecided about what path to take for new area code

By KASSIE PARISI
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COLONIE — Uncertainty seemed to be the tone of a meeting last week that addressed how users of the 518 area code

would best like to incorporate a new area code, now that the options for making new numbers with the 518 code are close to exhausted.

By 2019, the 518 area code will most likely have run out of

assignable telephone numbers, according to Neustar, the entity tasked by the Federal Communications Commission with administering area codes. Right now, the 518 code serves at least part of all the counties

in New York state, including Albany, Clinton, Columbia, Dutchess, Essex, Franklin, Fulton, Greene, Hamilton, Montgomery, Rensselaer, Saint Lawrence, Saratoga, Schenectady, Schoharie, Warren and

Washington counties.

Residents of the Capital Region gathered at Colonie Memorial Town Hall to learn about the upcoming area code

Continues on page 4

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Advertisement for Falvo's Prime Butcher Shop featuring a menu of meats and prices: USDA Prime Rib Steaks \$12.99/lb, Store-Made 5-lb Box Patties, Chuck Roast \$4.39/lb, etc.



■ COMMUNITY

From page 3 ...

Residents unsure what path to take for new area code

expiration and to discuss the options that are available going forward. Typically when dealing with area code exhaustion, according to Graham Jesmer, assistant counsel in the New York State Public Service Commission, two paths are available.

One option, called the geographic split, would have the areas that utilize the 518 code cut into two pieces. In one area, current phone users and any new numbers in that area would stick to the 518 area code. In the other section, all residents who have the 518 code with the current number and any residents who end up getting phones will be assigned to the new number. Customers who had phones already would be able to keep their old seven-digit phone number. The only factor that would change is the area code.

The other option, which

is historically the more popular option when it comes to area code relief, is the overlay option. In the overlay option, a new area code is superimposed on their existing 518 code, and any new phone customers would have the new area code as well.

If the state opts to go with the geographic split, businesses that are in the area in which the new code is assigned will have to update any marketing materials they have. Right now, it has not been decided which areas would retain the old code in the case of a geographic split. Both options deal with phone carriers eventually having to dial 10 digits, something that users in the past have expressed concern about, despite the fact that 10 digit numbers are an inescapable future due to the rate technology is developing, according to Jesmer.



Capital District residents gathered at Memorial Town Hall in Colonie last Thursday evening to discuss the new area code.

Kassie Parisi/Spotlight News

“This change will affect everyone in the 518 areas day to day lives,” Jesmer said at the meeting.

However, the area code exhaust has been a long time coming. There are limited area codes, and once they are assigned to a geographic area they cannot be shared with any other area. The increase in cell phone providers in the state has also contributed to the dwindling amount of numbers available. With more and more retailers taking from one pool of numbers, and more people owning more than one device, numbers get used up quickly.

“The explosion of these

types of devices over the last five to 10 years is really why we’re seeing area code exhaust in a lot of areas in New York State and across the country,” Jesmer said.

In order to extend area code life, the state has implemented measures such as number portability, which is when one phone user is able to keep a number even after a provider switch. The state also decreased the amount of numbers it released to phone companies, giving them smaller batches of numbers to try to curb the quick flow of number depletion. However, according to Neustar, those measures have been taken

as far as they can go.

“We’ve exhausted, for lack of a better way of putting it, the relief options, and that’s why we are now here, seeking input on the next step,” Jesmer said. The new area code implementation will not come at a cost to phone customers.

Residents at the meeting voiced hesitant preference for the overlay method, but also pointed out some concerns they had even after attending the information session.

Latham resident Ron Galinski said that he and his niece, who lives in Amsterdam, both have

the 518 area code and mentioned that an overlay would be better. He called the overlay method “much more convenient,” and while he agreed that 10 digit dialing could be a nuisance, he also said he hopes the overlay method is chosen going forward.

Nancy Benedict, 70, pointed out that not everyone has access to quick ways of looking up numbers, and that 10 digit numbers could be more difficult to remember. “This change, whichever way we do it, is going to be a little bit more of a problem for people who don’t have computers, like me, because I don’t have any computers in my house at all. I wish that everybody involved would just think of the fact that not everybody has a way of quickly looking up a phone number on a computer, because they don’t,” she said.

Public comment on the area code issue closes on Aug. 19. There will be meetings regarding the issue on Tuesday, Aug. 2 at Gloversville City Hall at 6 p.m., Wednesday, Aug. 3 at 6 p.m. at Plattsburgh Town Hall, and Thursday, Aug. 4 at 1 p.m. at the Conference Center at Lake Placid. Those interested may also visit [www.dps.ny.gov](http://www.dps.ny.gov) to learn more and post comments.

**Planning Board & Zoning Board of Appeals Members**

– **Town of New Scotland** is seeking town residents to fill a vacancy on the Planning Board as well as a vacancy on the Zoning Board of Appeals. Familiarity with Town land use issues, Zoning Code, and the Comprehensive Plan is preferred. The term of office for the Planning Board position is the date of appointment through December 31, 2019 with a 12 month salary of \$2,248.36 (will be prorated based on start date). The term of office for the Zoning Board of Appeals position is the date of appointment through December 31, 2020 with a 12 month salary of \$1,971.31 (will be prorated based on start date). Please submit your resume and/or letter of interest for either or both positions, by 4:00pm Saturday, August 20th by e-mail to: [skavanaugh@townofnewscotland.com](mailto:skavanaugh@townofnewscotland.com) or in person or by mail (must be postmarked by 8/20/16) to: Supervisor, 2029 New Scotland Rd., Slingerlands, NY 12159.

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**Gateway Commerce Center clears first step with Town Board**

By MICHAEL HALLISEY

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**SELKIRK** — The site plan for the proposed Gateway Commerce Center along River Road was unanimously accepted by the Bethlehem Town Board Wednesday evening, July 27.

The board’s approval of the site plan only states that the town agrees the proposed mixed economic development complies with the town’s overall economic development plan. Rosenblum Companies is now tasked with providing additional details to the town’s planning board, which will include addressing State Environmental Quality Review (SEQR).

Three modern warehouses are to be built within approximately 27 acres along River Road. The lot, nestled between Maple Avenue and the on-ramp for I-87, is in a designated truck route. Its proximity to the ports of Albany and Coeymans promoted many members of the community to voice approval for the



Bird’s-eye view of the site proposed for the Gateway Commerce Center.

Provided photo

planned industrial development.

Those who voiced concern over the proposed development cited increased traffic volumes, traffic hazards and worries over septic treatment for potentially 100-plus employees. The spans of Maple Avenue and River Road are often used by 18-wheeled transport trucks as they make their way to and from the ports and to the New York state Thruway.

Robert Leslie, Director of

Economic Development and Planning, cited a three-year traffic study revealing 21 vehicular accidents along River Road, including the two intersecting points with Maple Avenue and the I-87 on-ramp. In that timespan, only one accident involved a “heavy vehicle.” Leslie also shared that the development was expected to increase traffic by approximately one percent.

Rosenblum Companies will next present details to Bethlehem’s planning board.



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■ COMMUNITY

## Advocate for the disabled demands criminal and civil rights investigations

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

**BETHLEHEM** — Michael Carey, the man whose 13-year-old autistic son was suffocated to death while living in a state-run facility, appeared in Delmar last Tuesday at the beginning of a walk that will end at the U.S. Department of Justice in Washington D.C.

Carey's organization, named the Jonathan Carey Foundation, was created to advocate for those with disabilities. Carey believes the way calls to local law enforcement regarding abuse and incidents against the developmentally disabled, or lack thereof, are handled, needs to be revamped.

Carey has been fighting for almost a decade to push a bill through the New York state Legislature that would require such calls to go directly to 9-1-1. When he gets to D.C., he plans to request criminal and civil rights investigations into the New York state Justice Center for the Protection of People with Special Needs.

"When you bypass 9-1-1, that's the way to cover up most cases and keep everything in-house. So the state of New York wants everything to go to them with no oversight. There's zero oversight at this facility," Carey said of the Justice Center on Delaware Avenue. "So they can do whatever they want."

## Albany County represented at DNC

By **HOWARD SCHAFFER**  
Special Assignment Reporter

**PHILADELPHIA** — A full contingent of Albany County Democratic leaders are in Philadelphia last week, representing the region in the Presidential-selection nominating process.

Led by Congressman Paul Tonko, County Executive Dan McCoy and Albany Mayor Kathy Sheehan, the locals were hosted through the Democratic National Convention by what is recognized as a well-orchestrated event for some 25,000 delegates, activists, party supporters and guests. Other delegates joining the three regional elected officials include Assemblywoman Carrie Woerner, Daniel Donahue, Josephine Moore and Thomas Wade.

Despite discord marked by protests from some of the Bernie Sanders supporters, both in and outside of the arena, Sanders' agreement to throw his support to Clinton last Wednesday during the formal roll-call delivering the nomination to Hillary Clinton was welcomed by the Albany-area delegates. Said Sheehan, "Hillary Clinton will certainly be a solid leader for the Upstate New York Region and the Capital District in particular. She knows our area from serving as U.S. Senator and has always been accessible for Albany's elected officials, both Democratic and Republicans alike".



**City of Albany Mayor Kathy Sheehan (center) is joined by Bethlehem resident Adriana Schaffer, left, and Media Assistant and Albany City Common Council President Carolyn McLaughlin, right on the floor of the Democratic National Convention on the night of Wednesday, July 27.**

Howard Schaffer/Special to The Spotlight

Albany City Council President Carolyn McLaughlin noted that she worked closely with Clinton during her tenure on the Albany City Council, where the Clinton staff and the Senator herself were engaged with matters key to the local community during the eight years Clinton served as New York state's Junior Senator.

The four-day event, which ended last Friday, was the first-ever major party convention to nominate a woman in American history.

## Residency key to revised parks policy

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

**DELMAR** — Come next year, youth sports organizations will abide under a revised set of rules to determine who gets first dibs on town fields, and for how much.

The Bethlehem Town Board unanimously approved its parks and recreation department's athletic field use policy on Wednesday, July 27. The policy, which is to take effect next year, addresses a newly defined priority list and revised rental fees.

Town based youth organizations will still receive top priority to Bethlehem's several athletic fields, many of which are located within the Elm Avenue Town Park and Line Drive baseball complex. However, town based organizations will no longer be defined only by the address of its operations. Instead, the town will look into how many participating players actually reside within the town.

In order for a youth team to receive top priority in 2017, it must have at least 75 percent of its players reside in Bethlehem. (In previous drafts of the policy, that threshold was as high as 90 percent.) Should a team fall below the threshold, it would fall down the priority list as a non-resident organization.



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## COMMUNITY

# The great outdoors

Who doesn't love the great outdoors? Especially this time of year when warm days and nights beckon you outside to enjoy the fleeting Northeast summer. Catfish Charlie is a huge fan of getting outside and exploring nature, and he's going to be at the library Monday, Aug. 8, from 7 to 8 p.m. for a super celebration of the great outdoors.

Joined by his puppet pals Skeeter the bear and Hubert the hound dog, Catfish Charlie will use songs and humor to share his love of camping and fishing and all things "outdoors." Get ready for a rousing, family-friendly performance that includes sing-alongs with the ukulele and harmonica. Please note, the topic may be all about the outdoors, but the program will take place INSIDE the library's Community Room.

"Catfish Charlies Great Outdoors" is presented by A Barrel of Fun Productions, based in the Finger Lakes region of the state. Founder Art Miller is a professional entertainer who works as a musician, clown,



comedian, puppeteer, magician, ventriloquist, and more. His co-performer, Terri Miller, studied acting at UCLA and is a professional musician, actress, puppeteer and teacher. She has a background working with at-risk children in theater, music and art.

### Speaking of fishing

Don't forget, you can check out ready-to-use fishing poles of every size at the library. The poles, given to the library by local bass fishing pro Dennis LeGrange, are outfitted with reels donated by Bass Pro Shops. Included with each fishing pole are two hooks and a bobber that you get to keep, along with information about local fishing spots and suggested titles to read up on before you head out. Please note that anyone 16 and older needs a license to fish in the state of New York.

### Got game?

Does your family have game? Then stop

by Tuesday, Aug. 9, from 6 to 7:30 p.m., for an all-ages game night featuring bingo, bean bag toss, cup stacking, tabletop board games and more. Snacks will be served.

### Evenings on the Green

The final performance of our summer Evening on the Green series takes place on Aug. 10 and features Andy the Music Man, who will be closing out the season with an energetic and interactive family-friendly performance. Stop by a little early and enjoy an ice cream social and membership drive at 6:30 p.m. sponsored by our Friends of the Library.

Evenings on the Green concerts are free, appropriate for all ages, and start at 7 p.m. in the outdoor concert space at the library.

### 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](http://bethlehempubliclibrary.org).



It was a race left to chance as stuffed animals made their way along the track according to a roll of the dice during "And They're Off!" at Bethlehem Public Library Monday, July 25.

Library staff

### Friday, Aug. 5 Summer Cinema: Frozen – Sing-Along Edition

Bring a blanket or pillow; the library will provide the popcorn, 2:30 p.m. For children and families.

### Saturday, Aug. 6 3D Printer Demo

Check out the library's 3D printer and find out how the cutting-edge technology works and

see the new 3Doodler in action, 11 a.m. to noon. Under 16 must attend with parent or guardian. Call or go online to sign up.

### Monday, Aug. 8 Lego Club

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

### Library Board meets

The library's board of trustees meets; public is welcome, 6 p.m.

### Tuesday, Aug. 9 Make Your Own Chocolate

Create a custom milk chocolate bar with fillings and toppings, 2:30 p.m. For grades 6-12.

### Thursday, Aug. 11 Chalk It Up to Fun

We're breaking out the sidewalk chalk and letting our imaginations run wild. Rain or shine. 10 to 11 a.m. For kids and families.

— Kristen Roberts

## NEIGHBORHOOD NEWS

### Thacher Park and Nature Center

#### August programs

**VOORHEESVILLE** — Thacher State Park and the Emma Treadwell Thacher Nature Center are hosting several programs in August.

On Saturday, Aug. 6, at 2 p.m., Thacher Park is offering an Introduction to Disc Golf. Disc golf is a sport where a specialized Frisbee is thrown at an elevated metal basket, or "hole," a few hundred yards away. A player

tees off and progresses down the course, making consecutive throws and trying to avoid trees, shrubs and other obstacles.

Discs are available to borrow or purchase. Participants should meet at Pear Orchard parking area.

On Sunday, Aug. 7, at 7 p.m., take a guided evening walk on the Indian Ladder Trail. Descend the cliff and learn about the geologic and cultural history of the Helderbergs. See underground streams, look for fossils and step inside the crevice cave.

Participants should wear sturdy shoes and meet at the Indian Ladder picnic area. The walk lasts about 90 minutes.

On Saturday, Aug. 13, there is a geology walk at 9 a.m. at Thacher Park and a monarch butterfly program at 10 a.m. at the Nature Center.

Thom Engel leads the geology walk, which leaves from the Hop Field picnic area.

Learn about the life cycle and the migratory habits of the monarch butterfly at the Nature Center. There is a short indoor presentation, followed by a walk

through the butterfly's habitat.

To register for these programs, call 872-0800.

### Bethlehem Grange giant rummage sale

**BETHLEHEM** — The annual Fall Giant Rummage Sale will be held at the Bethlehem Grange No. 137, located at 24 Bridge St. in Selkirk, from 9 a.m. to 4 p.m. on Sept. 9 and 10, and again the following weekend, Sept. 16 and 17.

Both indoors and outdoors, the sale boasts a large selection

where you're likely to find just about anything you need.

Donations will be accepted after Aug. 25, and the Grange will take items including furniture, crafts, tools, books, music, decorative items, glassware, linens, toys and more — with the exception of TVs and tires.

Proceeds from this year's event will go towards replacing the Grange building's roof.

To arrange for delivery or pickup, call Caroline Wirth at 424-4953 or Carol Carpenter at 421-1384.

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## COMMUNITY

# CrossFit Kids comes to library

CrossFit Kids is big fun for children ages 5-18 of all abilities. On Saturday, Aug. 6, at 11 a.m., our neighbors at CrossFit Aevitas of Guilderland will be here to demonstrate the exercise concepts of CrossFit — emphasizing good mechanics of movement, teamwork, agility, balance, consistency and intensity.

CrossFit Kids is designed to be minimalist; it often requires little or no equipment, and encourages kids to be physically fit and active throughout their lives. We'll scale the program for kids of any age and experience level. Come find out about the fun behind the fitness.

Please register by calling 456-2400, ext. 4. Be sure to wear comfortable clothes and sneakers, and bring a



water bottle.

### Bag it and help your library

During the month of August, every time you purchase the blue "Hannaford Helps" reusable bag at the Guilderland Hannaford, a \$1 donation is made to support the Guilderland Public Library.

Hannaford's reusable bag program has helped more than 1,000 local causes by donating hundreds of thousands of dollars to these community organizations. But the real benefit here is that, every year, some 6.4 million disposable paper/plastic

bags are not being used. That's just good news for everyone.

So, next time you go to Hannaford, please purchase a reusable bag or two. But, remember to use them when you shop.

### Learn how to download eBooks

Want to get free library books or magazines on your iPhone or Kindle? Learn how at GPL during Overdrive Office Hour on Wednesday, Aug. 10, at 2 p.m. Call 456-2400, ext. 2 to sign up for this one-on-one session with an expert librarian. Please bring your library card and your device to the

appointment. We can help you with: Kindle and Kindle Fire, Nook, iPhone or iPad, Android tablets and laptops.

### Summer Blueberries for Sal

WMHT's Barbara Lukas will be at GPL on Saturday, Aug. 13, at 10:30 a.m., for a "berry" special family literacy morning with "Summer Blueberries for Sal."

Kids in pre-K through grade 2 are invited to join us, read books, watch a DVD and do crafts based on this classic children's book.

Please register by calling 456-2400, ext. 4, and note that children must be accompanied by an adult caregiver.

### Sew an iPod pouch

It sounds odd that you can actually sew a pouch for your iPod, but you will learn how when you come to Tween Sewing at GPL on Thursday, Aug. 4, at 3 p.m. You'll sew a felt owl pouch, large enough to hold an iPod or other treasures of your choice. Please register by calling 456-2400, ext. 4.

### Eating right with the Berenstain Bears

Young readers in kindergarten through third grade are encouraged to come to GPL — with an adult, of course — on Thursday, Aug. 4, at 6:30 p.m., to talk about the book "The Berenstain Bears and Too Much Junk

Food." You'll learn about good nutrition, exercise and how to stay away from junk food, all from the Berenstain Bears. Healthy snacks included. Please call 456-2400, ext. 4 to let us know you're going to join us.

### A Midsummer Day's Book Sale

Summer's half over, and before you know it, we'll be coming into those cool, early fall evenings (no mosquitos) when sitting outside, sipping the beverage of your choice, and reading a book will suddenly become a favorite activity. So stock up on reading material now! GPL's next Better Books Sale is on Saturday, Aug. 13, from 10 a.m. to 4 p.m.

— Mark Curiale

## Summer picnic time

It's time for summer picnics. The Bethlehem Lion's Club will serve hamburgers, hot dogs, salads and watermelon at the Elm Avenue Park on Thursday, Aug. 18. There is no cost, but reservations are a must. Call 439-4955, ext. 1176, to make your reservation and to arrange transportation.

Are you caring for a loved one who has a chronic and/or terminal illness? Join the Caregiver Support Group on Wednesday, Aug. 10, from 10:30 a.m. to noon. Call 439-4955, ext. 1176.

Obtain free legal services from the Legal Aid Society of NENY, Inc. on Thursday, Aug. 11, from 9:30 to 11:30 a.m. Call 439-4955, ext. 1176, to make an appointment.

The farmers' markets are open. Transportation is available on Tuesdays to the market at the United Methodist Church in Delmar. Call 439-5770. A limited number of \$20 coupons may be available for those who are income eligible. Call 439-4955, ext. 1170, to add your name to the interest list.

Enjoy Coffee and



Cinema at the Bethlehem Public Library at 10 a.m. On Aug. 12, you will see the film "The Hundred-Foot Journey." Call 439-4955, ext. 1176, to arrange transportation.

Bethlehem Senior Projects, Inc. is sponsoring a Boscov's fundraiser. Purchase a \$5 shopping pass and receive a 25 percent discount on most purchases at Boscov's on Tuesday, Oct. 18. Passes may be purchased in advance at the Senior Services Office in Town Hall.

Bethlehem Senior Services is collecting school supplies for children in our local school districts. Bring locker stacks, markers, index cards, folders, calculators, backpacks, paper, scissors, binders, notebooks, glue sticks, Post-its, tissues, etc., to Senior Services at the Town Hall or to the Bethlehem YMCA. Donations can also be

made with checks payable to Bethlehem Senior Projects, Inc., School Supplies.

Books to People is a free library program that 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. If you would like to access the food pantry, call 439-4955, ext. 1176, to make an appointment.

The Senior Legal Services program, funded by Albany County Department for Aging, is available to Albany County residents who are age 60 or older. Call 462-6765 to make an appointment.

Federal funding (HEAP) is available for income eligible people who need assistance with home heating costs. Outreach workers are available to assist with counseling on HEAP, as well as health insurance, housing issues,

food stamps and health and income related programs. Make an appointment by calling 439-4955, ext. 1176.

Bethlehem Senior Transportation Service provides rides to medical, dental, therapy and clinic appointments; grocery stores; and a variety of social and recreational programs. Come to the Senior Office in Town Hall for a copy of our newsletter, or visit the Senior Services website at www.townofbethlehem.org.

The Bethlehem Senior Citizens Club meets weekly on Thursdays for an enjoyable afternoon of games and socializing at the Bethlehem Town Hall auditorium, 445 Delaware Ave., Delmar, from 11 a.m. to 4 p.m. Bring a lunch and play pinochle, bingo or mah jongg. Or just come for a chat with friends. Call Yvonne Mendleson at 472-0202 for more information.

Donations can be made to Bethlehem Senior Projects online at bethlehemsenioproject.org, or via check payable to Bethlehem Senior Projects, Inc., 445 Delaware Ave., Delmar 12054.

— Wilma DeLucco

## Movies on the big screen

See the hit movie "Zootopia" at the library this Friday, Aug. 5, at 2 p.m. This buddy cop comedy/mystery/adventure is worth watching again and again.

### Storytimes in the park

Our evening storytime park tour continues in August. On Wednesday evenings, beginning at 6:30 p.m., bring the family and a blanket and enjoy a story time at a new park each week. On Wednesday, Aug. 10, see us at Maple Ridge Park, 149 Elm Ave. in Selkirk. The program runs through Aug. 17. In case of inclement weather, storytime will be cancelled.

### Summer reading celebration

Owls, hawks, eagles and falcons at the library? We will celebrate the end of a summer of fun with a program by Trish Marki, wildlife rehabilitator and educator from the Wildlife Institute of Eastern N.Y.

### RCS COMMUNITY LIBRARY

Families are invited to get a close up look at these beautiful creatures while learning about the raptor's behavior. Stick around for a Stewart's ice cream party after the program, which takes place Wednesday, Aug. 17, at 4:30 p.m.

### Alzheimer's detection

Know the signs. If you, or someone you know, is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease. It takes place Tuesday, Aug. 16, at 6 p.m. Registration is required. Call the library at 756-2053.

— Carol Melewski



## DEAN'S LIST AND GRADUATES

Kyle Bossung, of Delmar, graduated with a degree in mechanical engineering from Rochester Institute of Technology.

Katie Howard, of Delmar, graduated with a bachelor's degree in drama and theatre arts from Goldsmiths, University of London.

Connor O'Hern, of Delmar, graduated with a degree in industrial design from Pratt Institute.

...

The following students graduated with bachelor's degrees from LeMoyne College:

Tara O'Donnell of Glenmont  
Christopher O'Keefe of Delmar

Tyler Reed of Slingerlands  
Daniel Santandrea of Schenectady

Austin Smith of Delmar  
Michael Weijola of Albany

...

The following students graduated from The College of Saint Rose:

### Albany

Seamus Cunningham,  
Jenna Collins, Alexa Patnaude,  
Shawn Berman, Meghan Cahill,  
Wayde Dazelle, Laura Miller,  
Victor Paredes, Taylor Drake,

Sana Bhatti, Maria Dimarzo,  
Gabriel Gennari, Alexandra  
Kollias, Erin Pelkey, Kathleen  
Mills, Jessica Barzelatto,  
Elizabeth Foskett, Anna  
Marinello, Michael Rossman,  
Nathaniel Arnold, Tina  
Marie Cascone, James Coffin,  
Christopher Francis, Benjamin  
Goitz, Bradford Grimme,  
Jacqueline Hill, Sarah Kittle, Meng  
Ma, Devayan Mandal, Udaya  
Sree Mannem, Daniel Martinelli,  
Melannie Mattiace, Taylor  
Muztafago, Janardhanan Nair,  
Keerthi Parangi, Dhruv Patel,  
Sunita Ranabhat, Jessie Richards,  
Guoying Shen and Karyn Stratton

### Altamont

Robert Ruggles, Alexander  
Sand, Michael Hitt, Kayleigh  
Huber, Suzann Cornell and  
Cristina Randazzo

### Delmar

Susannah Sheehan, Tiffany  
Lloyd, Leticia Monroe, Mary  
Copeland, Rebecca Stanton,  
Jamie Swirsky, Conor White,  
Samantha Zonca, Adel  
Alshammari, Reem Alshammari,  
Jennifer Cannell and James  
Danaher

### Feura Bush

Jessica Behn, Shannon Killar  
and Laura Santos

### Glenmont

Michael Deberry, Ryan  
Kilgallon, Brittany Frappier,  
Katlyn Bedrosian, Chelsey Pittz,  
Nicole Howland and Sadie  
Posdzich

### Guilderland

Kaitlyn Hardman, Kayla  
Rouse, Tracie Forte, Michelle  
Kizaur and Ephemiah Wekesa

### Schenectady

Samuel Crocker, Victoria  
DeSarbo, Gregory Reinhart,  
Milvia Mendez, Justin Smith,  
Robert Stoddard, Brittany  
Countryman, Joseph Gagliardi,  
Nicholas Iuorno, Peter New,  
Nina Santana, Terence Bender,  
Elisabeth Cecil, Hannah  
Doodnauth, Melissa Lounello,  
Cierra Paul, Nicole Preville,  
Christopher Johnson, Jessica  
Callahan, Mark English, Darcie  
Jaskot and Lindsay Tresansky

### Selkirk

Joseph Rissacher and Darcy  
Micelli

### Slingerlands

Rachael Bacon, Philip Hauser,  
Alexis Matherly, Erin O'Sullivan,  
Joseph McCaffrey, Maria  
Ragonese and Cara D'Amico

### Voorheesville

Eric Conde, Sarah Dykstra,  
Everett Hart, Danielle Vogel and  
Kirsten Carroll

...

Pascale Stain, of Delmar,  
was named to the dean's list  
for the spring 2016 semester at  
Washington University in St.  
Louis.

Michael Eglow, of Delmar,  
was named to first honors on the  
dean's list for the spring 2016  
semester at Clark University.

Margaret Kuchinski, of  
Delmar, was named to the dean's  
list for the spring 2016 semester  
at Champlain College.

Colin Rebord, of Delmar,  
was named to the dean's list  
for the spring 2016 semester at  
Champlain College.

Shuo Feng, of Albany, was  
named to the dean's list for  
the spring 2016 semester at  
Greenville College.

Emily Miron, of Delmar,  
was named to the dean's list for  
the spring 2016 semester at the  
University of Rochester.

Scott Mistler-Ferguson, of  
Slingerlands, was named to the  
dean's list for the spring 2016  
semester at the University of  
Rochester.

Kyaira Wilkins, of Albany,  
was named to the president's list

for the spring 2016 semester at  
Berkeley College.

...

The following students  
were named to the dean's list  
for the spring 2016 semester  
at Rochester Institute of  
Technology:

Emily Banach of Delmar  
Nathan Bieman of Albany  
Rebecca Bogart of  
Voorheesville

Jennifer Brousseau of  
Voorheesville

Kathryn Cloutier of  
Glenmont

Colum Cross of Albany  
Spencer Green of Delmar  
Brian Herzog of Slingerlands  
Paul Hulbert of Guilderland  
Michael Jones of Selkirk  
William Kleinhenz of Delmar  
Sydney MacMillan of  
Slingerlands

Austin Malerba of Altamont  
Lily Mazur of Schenectady  
Albert Quaye of Schenectady  
Victor Rau-Sirois of  
Guilderland

Emily Rosenthal of Glenmont  
Nicholas Shafarzek of  
Schenectady

James Taggart of Delmar  
Lisa Trova of Schenectady

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August 3, 2016

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## ■ VALLEYCATS PLAYER OF THE WEEK



### ENRIQUE CHAVEZ

Pitcher Enrique Chavez is The Spotlight Tri-City ValleyCats Player of the Week for the period ending Sunday, July 31. Chavez improved his record to 3-0 with a strong performance against Vermont July 25. He allowed no runs and one hit while striking out seven batters.

## ■ INSIDE



### Strong finish

The Albany Dutchmen won their final four games of the season to finish second in the Perfect Game Collegiate Baseball League's East Division and earn a first round home playoff game.

Page 10

## ■ LITTLE LEAGUE



ABOVE: Joseph Monserrat makes contact in the top of the third inning of Tri-Village's opening round game against Massapequa Coast at the New York State Little League tournament July 26 in Guilderland. RIGHT: John Vagianelis runs toward first base in the second inning. FAR RIGHT: Starter Andrew Kindlon pitches in the bottom of the first inning.

Photos by Rob Jonas/  
Spotlight



# Playoff run ends at states

**GUILDERLAND** — Tri-Village Little League ended its season with a 2-2 finish at the New York State 9/10 Tournament July 26-31 at Guilderland Little League.

After losing the opener to Massapequa Coast on Tuesday, July 26, Tri-Village rattled off wins against Plattsburgh on July 27 and Union-Endicott July 28 before falling to Orchard Park on July 29.

— Rob Jonas



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■ ALBANY DUTCHMEN



▲ Kyle Skeels launches an RBI single in the bottom of the first inning in Albany's 1-0 victory over Oneonta in the first game of a Perfect Game Collegiate Baseball League doubleheader Friday, July 29, at Bob Bellizzi Field.

◀ Starting pitcher Dylan D'Anna tossed three strong innings to pick up the victory. Photos by Rob Jonas/Spotlight

# A strong finish

Dutchmen win final four games to grab second place and a home playoff game in the first round

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

**ALBANY** — For only the second time in their history, the Albany Dutchmen hosted a playoff game.

When Sunday's Perfect Game Collegiate Baseball League East Division schedule was wiped out by rain, the Dutchmen locked up second place by a half-game over Mohawk Valley and earned the right to host the Diamond Dawgs in the first round of the league playoffs Tuesday, Aug. 2, at Bob Bellizzi Field.

Albany moved into sole possession of second place after rallying for a 8-7 victory over Saugerties Saturday, July 30. Jack Gethings tied the score with a two-run single, and Jon Skidmore followed with a

walk-off RBI single for the win.

The victory capped Albany's four-game winning streak to conclude the regular season. The Dutchmen began their run with a 6-3 win at Saugerties July 27 and continued with a doubleheader sweep against Oneonta by scores of 1-0 and 3-2 on July 29.

JJ Shimko led Albany's 14-hit attack at Saugerties with an RBI double, two singles and a run scored. Kyle Skeels contributed a two-run double.

Skeels' RBI single in the bottom of the first inning stood up for Albany in beating Oneonta in the first game of its July 29 doubleheader. He also scored the winning run in the nightcap when the ball got past the Outlaws' catcher.

■ **COMMUNITY**

# Polymer minis

On Saturday, Aug. 6, at 2 p.m., participants in grades 6 and up will learn to shape a cute, realistic cupcake charm from polymer clay. While your creations bake, Miss Sternklar will share some sources for more polymer clay inspiration. Please register.



## Healthy Habits Show with Professor Klutzo

Children in grades kindergarten through 4 can join in on Monday,

Aug. 8, at 2 p.m., as the fumbling, bumbling healthy professor discusses healthy habits along with his hilarious puppet side-kicks, Percy the Penguin and Freddie the Frog. The show includes magic, juggling, interactive music and lots of audience participation.

— Lynn Kobler

# SAVE A LIFE

**DISTRACTED DRIVERS KILL.** U.S.D.O.T. statistics show 5,500 people were killed and nearly half a million injured in accidents related to distracted driving.

A recent poll shows more drivers under the age of 30 use a cell phone while driving; 63 percent said they have used a phone while driving in the last 30 days, 30 percent texted while driving and only 30 percent think it is dangerous.

Driving while using a cell phone has deadly consequences. **Please don't text and drive.**

A Public Service Announcement brought to you by **Spotlight Newspapers** and your fellow drivers.





■ MARTIAL ARTS



### Guilderland teen dominates national tournament

Joseph Kenney of Guilderland, center, earned the Joel Ferrell outstanding performance award at the 2016 AAU Junior Olympic Games July 28-30 in Houston, Tex. An incoming freshman at Guilderland High School, Kenney earned eight gold medals, two silver medals and two bronze medals in his age and weight class in Taekwondo. He is the first male athlete from New York to win top honors at the AAU Junior Olympics since 1998, and he is one of only three male athletes to have won the Joel Ferrell award in the sport of Taekwondo. The Joel Ferrell award is given annually to the top performing male and female athletes of each sport at the AAU Junior Olympics. Kenney is a first degree black belt and trains at Pil Sung Taekwondo in Karner Plaza in Guilderland.

Submitted photo

■ ALBANY COUNTY

# More people take flight

### Albany Airport traffic increases by 10 percent

COLONIE — Albany International Airport has seen an increase in passenger traffic during the first half of 2016 by over 600,000 people.

Since January, the airport has seen a 10 percent increase in passenger traffic since 2015. Passenger traffic in June of this year was up approximately 11 percent from June of last year.

During the first half of the year, a majority of the passengers at Albany International rode Southwest Airlines, with 289,759 passengers. The second most frequented airline is American Airlines, coming in at 145,650 passengers.

Two new long-term parking lots have been constructed as a result of the

increased traffic, according to a press release. The Economy E-Lot has also been expanded. Total parking capacity at the airport is now at 6,000 spaces, according to the release.

JetBlue Airways carried 41,158 passengers during the first half of this year according to the press release, amounting to approximately 6 percent of passenger traffic for the first half of the year.

“The combination of additional seating capacity, new service by JetBlue and American as well as a robust economy have all led to a surge in business and leisure travel,” Kenneth Doyle, chairman of the Albany County Airport Authority, said in a statement.

—Kassie Parisi



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## ■ NEIGHBORHOOD NEWS

### Quilting fundraiser is a success

**VOORHEESVILLE** — The Voorheesville Village Quilters' Joined by Threads VII took place July 16 and 17 at St. Matthew's Church in Voorheesville.

Attendees had the opportunity to sit at a sewing machine and make pillowcases for Ryan's Case for Smiles. Piles of pillowcases were made and donated during the weekend.

Additionally, 41 pet mats were made and donated to the Guilderland Animal Hospital.

Beneficiaries from this year's fundraiser are Community Care Givers, Ryan's Case for Smiles and the South End Café of Albany.

### Dame headlines town band concert

**GUILDERLAND** — Donald E. Webster Scholarship recipient Andrew Dame is the featured performer at the Guilderland Town Band's final concert of the season Thursday, Aug. 4, at 7:30 p.m., at the Guilderland Performing Arts Center in Tawasentha Park.

Dame will perform Herbert Clarke's "Stars in a Velvety Sky" as a trumpet solo, accompanied by the band. An Altamont native, Dame recently graduated from Guilderland High School and will be attending Oberlin College and Conservatory in the fall. He's played with the Empire State Youth Orchestra and the

All New York State Symphonic Band, and he participated in a statewide orchestral studies program.

The Daniel E. Webster Scholarship is awarded to a Guilderland Central School District resident, a town resident or a person who has played in the Guilderland Town Band for at least one year. Applicants must be enrolled in college or graduate level courses in the fall of 2016.

Also featured at the Guilderland Town Band's concert is a jazz ensemble. Claudia Feeny is the guest vocalist, and she will perform George and Ira Gershwin's "Love is Here to Stay." The jazz ensemble is also performing "Yardbird Suite."

The full band will perform a medley of Irving Berlin songs, as well as "Polka and Fugue" from the opera "Schwanda the Bagpiper."

The concert is free to the public. For more information, visit [www.guilderlandtownband.com](http://www.guilderlandtownband.com).

### Onesquethaw hosts chicken barbecue

**BETHLEHEM** — The Onesquethaw Fish and Game Club, 2032 Tarrytown Road in Feura Bush, is hosting a chicken barbecue Saturday, Aug. 6, from 1 p.m. until all meals are sold out.

Meals include 1/2 chicken, baked potato, coleslaw and a roll for \$10. All meals are take out only.

For more information, call 526-8721.

### BHA museum open Sundays

**BETHLEHEM** — The Cedar Hill Schoolhouse Museum, home of the Bethlehem Historical Association, is open on Sundays from 2 to 4 p.m. through Aug. 28.

Currently, the museum is featuring "Parade of Fashion 1860s to 1960s," a display of clothing and accessories for men, women and children.

The museum is located at 1003 River Road (corner of Route 144 and Clapper Road) in Selkirk. Admission is free. For more information, visit [bethlehemhistorical.org](http://bethlehemhistorical.org).

#### LEGALS

Schenectady Road, Latham, NY 12110. Purpose: Any lawful act or activity. Ad#124125

#### 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

#### LEGAL NOTICE

Prime Plumbing, LLC. Filed 6/21/16 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#124154

#### LEGAL NOTICE

PROCLAMATION I, MARRERO EL, whose address is 201 Park Avenue Suite 6, Albany, NY 12202, proclaim my free national name as MOORISH SCIENCE TEMPLE of AMERICA according to the rules and usages of such MOORISH SCIENCE TEMPLE of AMERICA. The MOORISH SCIENCE TEMPLE of America deriving its power and authority from the Great Koran of MOHAMMED to propagate the Faith and extend the learning and truth of the Great Prophet of Alli in America. To anoint, appoint, and consecrated Mis-

#### LEGALS

sionaries of the prophet and to establish the Faith of Mohammed in America. Ad#125909

#### LEGAL NOTICE

QUEENS WORLD WIDE LLC Articles of Org. filed NY Sec. of State (SSNY) 7/28/2016. Office in Albany Co. SSNY design. agent of LLC upon whom process may be served. SSNY shall mail copy of process to c/o MS 1040 LLC, 309 West 57th St., Ste. 301, NY, NY 10019. Purpose: Any lawful purpose. Ad#126046

#### LEGAL NOTICE

Queued Consulting LLC. Filed 6/13/16 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#124160

#### 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 qualification of RecoverLINK, LLC. Application of authority filed with the Secretary of State of New York

#### LEGALS

(SSNY) on 6/9/16. Date of formation in DE: 01/08/15. Office Location: Albany County. SSNY has been designated as an 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

RESOLUTION AND PUBLIC NOTICE. NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem in the County of Albany, State of New York has on the 27th day of July 2016, duly adopted, subject to a permissive referendum, a resolution as follows: WHEREAS, the Town Board of the Town of Bethlehem has determined to conduct an annual Paving Program as agreed to in the Section 284 Agreement with the Superintendent of Highways, and

WHEREAS, the Town purchases asphalt to conduct the annual Paving Program, and WHEREAS, the Town currently intends to bond a portion of the purchase of said asphalt for the annual Paving Program, and

WHEREAS, the Town will eliminate the need to bond a portion of the purchase of said asphalt in 2016 by using funds from the Highway Fund Capital Reserve Fund; and

WHEREAS, it is estimated that the costs of said asphalt will not exceed \$170,000; and

WHEREAS, in recognition of these needs, funds for such purpose are in the Highway Fund Capital Reserve Fund; and

NOW, THEREFORE, BE IT RESOLVED that it is in the public interest to complete the purchase of said asphalt for the annual Paving Program as described above; and

BE IT FURTHER RESOLVED, that the Town

#### LEGALS

Board authorizes the expenditure of the reserve moneys to fund this project up to a maximum amount of \$170,000 and, BE IT FURTHER RESOLVED, that the Town Comptroller is authorized to expend from the Highway Fund Capital Reserve Fund the funds necessary up to \$170,000 in said reserve fund; and

This resolution shall be subject to a permissive referendum, as permitted by law.

The foregoing resolution was presented for adoption by Councilwoman Davis, seconded by Councilman VanLuven and approved with the following vote: Ayes - Supervisor Clarkson, Councilwoman Becker, Councilwoman Davis, Councilwoman Sasso, Councilman VanLuven Nays - none Absent - none Ad#126044

#### LEGAL NOTICE

SHF Foods LLC. Filed 6/21/16 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#124151

#### LEGAL NOTICE

SMART FOOD VENDING LLC Articles of Org. filed NY Sec. of State (SSNY) 6/30/16. Office in Albany Co. SSNY design. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 276 53rd St., Brooklyn, NY 11220. Purpose: Any lawful purpose. Ad#123901

#### LEGAL NOTICE

Sound Shore Operations LLC Filed 1/12/16 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

#### LEGALS

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#124162

#### LEGAL NOTICE

SPEXCS 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 LLC, c/o Tiant Ware, 183 Livingston Ave, Albany, NY 12210. Purpose: any lawful activity. Ad#123436

#### LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. 1. The name of the Limited Liability Company is SPINNING YARN TALES, LLC

2. The Articles of organization of the Limited Liability Company were filed on July 14, 2016 with the New York Secretary of State.

3. The office of the Limited Liability Company is located in Albany County.

4. Secretary of State is designated as agent of the Limited Liability Company upon whom process against it may be served.

5. The Secretary of State shall mail a copy of process served to the Limited Liability Company to 190 Main Street, PO Box 427, Altamont, NY 12009.

6. The latest date to dissolve is indefinite.

7. The purpose of the Limited Liability Company is to conduct all lawful activity. Ad#125344

#### LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC) The name of the LLC is

#### LEGALS

State Street Spa LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on July 8, 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 c/o 302 Washington Avenue Extension, Albany, New York 12203. Ad#124605

#### LEGAL NOTICE

TB Footwear LLC. Filed 6/16/16 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#124155

#### LEGAL NOTICE

Notice of Formation of Teckea Reshanda LLC, Art. of Org. filed Sec'y of State (SSNY) 6/29/16. 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 P.O. Box 7314, Albany, NY 12224. Purpose: any lawful activities. Ad#124885

#### LEGAL NOTICE

Tengger Cavalry LLC. Filed 6/14/16 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#124158

#### LEGAL NOTICE

Tesschristine LLC Filed 7/6/16 Office: Albany Co SSNY designated as agent for process & shall mail to: 54 State St

#### LEGALS

#103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address Purpose: all lawful Ad#125279

#### LEGAL NOTICE

THE ACHIEVEMENT CHANNEL LLC Articles of Org. filed NY Sec. of State (SSNY) 7/6/16. Office in Albany Co. SSNY design. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 1001 Grand Concourse, Ste. 5-G, Bronx, NY 10452. Purpose: Any lawful purpose. Ad#124117

#### LEGAL NOTICE

Turbo Dream Production, LLC Filed 7/11/16 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#125276

#### LEGAL NOTICE

Notice of Formation of Velan Ventures I, LLC, Arts of Org. filed with NY Secy of State (SSNY) on July 15, 2016. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to McNamee, Lochner, Titus & Williams, P.C., 677 Broadway, Suite 500, Albany, NY 12207. Purpose: any lawful activity. Ad#126039

#### 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

#### LEGAL NOTICE

Wahi Solar LLC Filed 7/11/16 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#125277

#### LEGAL NOTICE

Western Avenue, Suite 115 Guilderland, NY 12084. Purpose: Any lawful act or activity. Ad#123437

To place your Legal Notice: Call 438-4848





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August 3, 2016

# Spotlight on Opinion

www.spotlightnews.com PAGE 14

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## FROM THE EDITOR'S DESK

# Leave us the 518

By square acreage alone, the 518 area code covers the most territory in the Empire State. From the northern border of shared with Canada, to as far south as the Village of Millerton in Dutchess County.

But, that's about to change.

In just a few years the 518 area code will run out of assignable telephone numbers, according to Neustar, the entity tasked by the Federal Communications Commission with administering area codes. And, when considering just how many counties those three digits serve, it's a wonder how it lasted this long — Albany, Clinton, Columbia, Dutchess, Essex, Franklin, Fulton, Greene, Hamilton, Montgomery, Rensselaer, Saint Lawrence, Saratoga, Schenectady, Schoharie, Warren, and Washington counties.

Residents of the Capital District gathered in Colonie's Memorial Town Hall to learn how they would be impacted by the area code expiration and to discuss the options that are available going

forward. What they learned was there are two paths to choose from.

There's the geographic split, where the current coverage area is cut into two pieces. In one area, current phone users and any new numbers in that area would stick to the 518 area code. In the other section, all residents who have the 518 code with the current number and any residents who end up getting new phones will be assigned to the new area code. Customers who had phones already would be able to keep their old seven-digit phone number. The only factor that would change is the area code.

The other option, historically the more popular option when it comes to area code relief, is the overlay option. In the overlay option, a new area code is superimposed on their existing 518 code, and any new phone customers would have the new area code as well.

So, you would think that the newspaper that just recently rebranded its arts and entertainment periodical by incorporating the "518" in to its name would have a

strong stance on the issue.

People take pride in where they live, and identifying ourselves with our area code has been a phenomenon for the better part of 20 years now. Of course, when you're away from home and you see a phone number scroll across your caller-ID with the 518, it's easy to understand why. We've all identified ourselves as living in "the 518."

Naturally, though, there is a problem. Folks in Plattsburgh have just as equal a share in those digits as we do. But, our argument to that is, so what? The people of Plattsburgh live in a different climate. They adopt Canadian currency into its retail stores. It may as well be in a different time zone when factoring in daylight hours. With the curvature of the Earth, it sees less of the sun as we do. It's a different world, so it should have it's own area code. A new one.

Just not our 518.

Please?

*So, you would think that the newspaper that just recently rebranded its arts and entertainment periodical by incorporating the "518" in to its name would have a strong stance on the issue.*

*People take pride in where they live, and identifying ourselves with our area code has been a phenomenon for the better part of 20 years now. Of course, when you're away from home and you see a phone number scroll across your caller-ID with the 518, it's easy to understand why. We've all identified ourselves as living in "the 518."*

## WHAT HAPPENED IN 1986

# 30 years ago: Spotlight founder Tracy Walsh dies

DELMAR — We said goodbye to a dear friend with a front page article in the July 30, 1986 edition of *The Spotlight*.

Tracey Farley Walsh Rabineau, 73, of Lake Placid, a former Delmar resident who founded *The Spotlight* (then) 31 years ago, died Saturday, July 26.

Born in Albany, she was a graduate of Vincentian Institute and Skidmore College.

She lived with her husband, the late Brig. Gen. Charles E. Walsh, on Rowland Avenue in Delmar. There, she started *The Spotlight* shopper on her kitchen table, and the first four-page

advertisement flier appeared on Dec. 1, 1955.

Advertisers in *The Spotlight* included Toll Gate Ice Cream and Coffee Shop and the Delmar Bootery. In the 25th anniversary publication of *The Spotlight*, dated Nov. 27, 1980, she said she started the shopper because "people were always asking where to go for this and where to buy that."

Two years later, *The Spotlight* had grown faster than she had expected, and she sold the publication to her brother-in-law, Robert G. King, who was publisher for 18 years. "People liked it and kept

encouraging us," she said in the 1980 interview.

She later remarried and moved to Sarasota, Fla., and then to Lake Placid.

She was the widow of Walsh, and C. King Rabineau.

She left two sons, Charles E. Walsh III of Lake Placid and William Hutton Walsh of Lakewood, Colo.

She was later cremated at the Gardner Earl Crematorium in Troy.

### In other news of the day...

The Ravena-Coeymans-Selkirk

Teachers Association overwhelming ratified a proposed contract featuring three annual 10 percent raises.

The contract was to later go before the RCS school board for passage.

School boards throughout the state were tasked with negotiating with their respective teachers unions on how to factor in the new Excellence in Teaching funds inserted in the state budget that year. Bethlehem Central stood to receive \$72,000, RCS \$90,000 and Voorheesville \$49,000 — which encompassed roughly 25 percent of all the funding each school was to receive from the state.

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## LETTERS TO THE EDITOR

# Fieldstone cut through would be hazardous

Dear Editor:

Thanks to Ali Hibbs and the Spotlight for the "Making Connections" article on July 27, 2016. Ms. Hibbs skillfully captured the transparent efforts of the Planning Board Chair, John Smolinsky, to unilaterally approve a dangerous cut through street on 20-year-old Fieldstone Drive without the required notice and public hearing. Had voices not been raised, a vote to approve the cut through would have passed without the benefit of persuasive conflicting evidence or consideration of reasonable alternatives, such as the pedestrian path proposed by the Builder.

Unfortunately, the self-serving preferences of the Planning and Highway Departments, echoed by Mr. Smolinsky, were placed above pedestrian safety and the legitimate concerns of Fieldstone residents and other taxpayers.

For these reasons, the Fieldstone Coalition to Preserve the Safety and Character of Our Street has written a letter to Mr. Smolinsky requesting that he recuse himself from further participation in the proposed Elm Ave. Development approval process. This letter, a copy of which has been provided to the *Spotlight*, outlines Mr. Smolinsky's attempt to convert a discussion/information item toward the end of the agenda into an unnoticed action item and vote to approve the road connection. Mr. Smolinsky's rush to judgment, before any due process or opportunity to be heard, makes him unfit to participate in what must assuredly be a democratic and fair review of all the facts and all the consequences of a cut-through street.

Mr. Smolinsky, taking his cue from the Planning Department, declared that a cut-through street is consistent with

the Town's Comprehensive Plan. To the contrary, there are at least 10 provisions of the Comprehensive Plan supporting a pedestrian path.

For instance, one of the "Recommendations" under 4.3 of the Plan is entitled "Maintain and Improve walkability within the Hamlets." Another recommendation at 4.23 is that "Site design should emphasize the pedestrian as well as the automobile." In the "Implementation and Action Plan" section at 6.7, one of the headings is "Maintain and enhance pedestrian connections within and between neighborhoods, recreation facilities and hamlet centers." A pedestrian walkway from Fieldstone to the proposed new development, instead of creating a hazardous vehicle short-cut, will provide residents of Fieldstone, Murray, Hawke Court and streets across from Murray non-motorized and healthier

ways to access the Elm Avenue Park, accomplishing the true connectivity envisioned by the Comprehensive Plan.

Mr. Smolinsky's uninformed reliance on the Comprehensive Plan and acceptance of a flawed and cursory "Travel Time" study, all in an effort to impose, without public participation, the creation of a hazardous cut-through, should remind us all that town government should not serve itself and its board members, planners and Highway Department Supervisors, but serve us and our legitimate safety and quality of life concerns.

Art Siegel

Representative of the Fieldstone Coalition  
to Preserve the Safety and Character of Our  
Street

## Endorsement for Bethlehem town council

Editor, *The Spotlight*:

The history of the fight for human dignity for neighboring property owners in Bethlehem since the Comprehensive Plan's rezoning is a history of struggle (and deficient planning). Town citizens should have the expectation that our town government will follow its zoning code.

The apartment complex across from Midland Avenue off of Russell Road in North Bethlehem was built in a Residential-A zone, which does not permit multifamily construction even with an approved site plan. The egress for the apartments does not exit on Russell Road across from Midland Avenue but is unnecessarily off-center so that it is now impossible to install a traffic light or four-way stop for Russell Road and the two side streets. Because the two side streets exit onto Russell Road near the summit of a flat hill with a steep slope, sight distance for drivers on Russell Road and the two side streets is severely reduced. This circumstance creates a dangerous location for drivers when there are many

cars exiting the apartment complex, such as during rush hour.

Quality Holdings LLC's proposed 20-unit multifamily buildings for 224 Delaware AVE, which is currently a single-family house converted into a three-unit multifamily on 1.06 acres, would be located in a "Commercial Hamlet" zone, which allows for multifamily construction with site plan approval. Surprisingly, although Quality Holdings is now submitting its third proposal, no planning board member has requested a proposal that would limit the number of units to our town's zoning code's maximum-allowed density of eight units per acre. Although the number of proposed parking spaces is 31, which meets the minimum number of parking spaces of 1.5 per unit, because the proposal calls for either twelve 2-BR and eight 1-BR units or fourteen 2-BR and six 1-BR units, the number of parking spaces will not meet the needs of the tenants, let alone their visitors, and some tenants and visitors will be parking

on the surrounding streets. There are existing storm water problems with the property that would be aggravated by the additional asphalt, especially if the original plan in which asphalt covered almost all of the lot not used for a building were allowed. Neighboring homeowners might have flooded basements, as a number of neighbors to poorly-planned construction projects have had (22 McMillen PL, First Niagara parking lot, Normansgate, etc.)

The 250-300 townspeople who signed petitions opposed to this project agree.

If our planning board ignores our zoning law whenever convenient, then Bethlehem's citizens have lost the codified, mutual respect associated with the Rule of Law.

Roland Graves is an Albany County Planning Board member who shares my concern about the terrible planning and construction project approval of Bethlehem in recent years (Normanside?).

We may not be able to have good government in Bethlehem, but we may

be able to have better government and planning. Vote for Roland Graves for Town Council in the Democratic Primary on September 13.

Together, we can do this.

Jared King,  
Delmar

### Got news?

*The Spotlight* welcomes announcements of events occurring in our coverage area.

All events must be open to the public and announcements should contain the date, time, location and cost, along with contact information. Announcements are published space and time permitting.

Submissions can be emailed to [news@spotlightnews.com](mailto:news@spotlightnews.com) with "community news" in the subject line.

The deadline for all announcements is noon Friday prior to publication.

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## From page 1 ... Dis-Connect

which cited the town's comprehensive plan and said that there was always meant to be a roadway connection at that end of Fieldstone Drive.

In a letter to Smolinsky, dated Thursday, July 28, Arthur Siegel, a Fieldstone resident, neighborhood representative and litigation lawyer, asked that the chairman recuse himself after prematurely calling for a vote to approve a plan that included a vehicular roadway - without the necessary public hearing.

"Unfortunately," wrote Siegel, "by attempting to call for a vote to approve this dangerous cut through street without notice to those who will be directly impacted and without a public hearing, you have demonstrated unacceptable bias and a predisposition against any reasonable and safe alternatives."

James Potter, the town's attorney, responded to Siegel on Friday, July 29, saying that he had

reviewed the request and that there was nothing in the town's Ethics Code that suggested Smolinsky should recuse himself, because: "There is no indication whatsoever that Mr. Smolinsky has any direct or indirect financial or material interest in this project."

Potter also said that he reviewed the meeting and, while the board and other town officials had expressed their preference for a connecting roadway, "the Planning Board did not approve the subdivision on July 19, and it is my understanding that a complete application for this project has not yet been submitted.

According to the Town's Subdivision Regulations, which appear in Chapter 103 of the Town Code, a public hearing must be held before a major or minor subdivision is approved. The public will have a further opportunity to communicate its views about the subdivision to the full Board before a

vote is taken to approve or disapprove the subdivision as it is presented."

Siegel responded on Monday, Aug. 1. "We are dismayed that The Town is neglecting its obligations under its own Ethics Code as well as New York State Law in not insisting upon recusal," he wrote to Potter. "The Town, by its inaction, is essentially endorsing Mr. Smolinsky's: 1) clearly stated bias against a pedestrian path; 2) unlawful attempt to call for a vote for the approval of the cut-through before the notice and public hearing you have conceded is required; and 3) repeated insistence that the builder not propose for discussion or public hearing a path as part of the Elm Avenue Subdivision plan."

Quoting a section of the town Ethics Code which states that "the needs and interests of the public come before any private or political interests," Siegel went so far as to quote an opinion written in 1988 by the state attorney general's office regarding a case that he said specifically involved a planning board member: "In opinions of the Attorney General,

we have emphasized that public officials should avoid circumstances which compromise their ability to make impartial judgments solely in the public interest."

"Given Mr. Smolinsky's attempt to call for a vote approving the cut-through before a public hearing was noticed or held, his repeated comments that the builder should only come back with plans for traffic calming for the new cut-through, and his dismissive attitude toward the pedestrian path option," wrote Siegel to Potter, "it is highly unlikely that Mr. Smolinsky can conduct a full and fair public hearing where all evidence is considered objectively and with an open mind.

"Based upon the foregoing, we renew our request for recusal. If Mr. Smolinsky is disinclined to recuse himself, or the Town is unwilling to enforce its own Ethics Code and State law, then we intend to bring this issue before the Ethics Board for an opinion."

Responding in an email to *SpotlightNews*, Smolinsky wrote: "At this stage of

the project, I would point out several important facts: 1) there is no change to the intention of extending Fieldstone drive; an extension was anticipated when Fieldstone was initially approved in the 1990's and those purchasing property, assuming they did due diligence, should have been aware of a future connection; 2) The Elm Ave Subdivision is in the very earliest stage of review and as with many projects that come before the Planning Board, this developer asked for guidance on a basic threshold issue (i.e. the connection) before preparing the required documentation for a complete application; 3) The Planning Board has a long-standing policy of inviting public comments on agenda items at the beginning of its meetings and for certain types of approvals, must hold public hearings. The Elm Ave Subdivision must first complete its subdivision application; in addition, the developer has expressed the intention to pursue a Conservation Subdivision which requires that certain

requirements be met (and they haven't even started this submission).

"With regard to the responsibilities of the Planning Board and to mine as Chairman, our guidance is embodied in the Town Code, the Comprehensive Plan, and various other Planning policies and documents. Our decisions are often a balancing of many different interests and are guided by the applicable procedures. I won't recite the Subdivision code here but refer all to learn more about Planning Board responsibilities and procedures. Not everyone is familiar with the Town Code and our Planning Board procedures but we are always willing to explain how we operate to those willing to listen."

Copies of the aforementioned communications can be found on our website at [spotlightnews.com](http://spotlightnews.com). (Direct link: <http://spotlightnews.com/news/2016/07/29/dis-connect-town-residents-call-for-recusal-of-bethlehem-planning-board-chairman/>)

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**PICK OF THE WEEK**



**Firestarter**

Firestarter headlines a three-band act that includes Young Culture and Shorebreak at the Fuze Box, Saturday, Aug. 8, at 7 p.m. It kicks off a tour for Firestarter, and the Albany show doubles as a CD-release party for Young Culture

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**INSIDE**



**Arts calendar**

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**Going back...**

Adam Duritz of Counting Crows takes us back over the years

Pages B23

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**BAND PROFILE**



# Joke Band

Begun on a whim, local band Girth Control is still stoked to be playing “dumb punk rock” in the Capital District and beyond

By **ALI HIBBS**  
[hibbsa@spotlightnews.com](mailto:hibbsa@spotlightnews.com)

**T**hey thought their first show was going to be their only show, said members of local pop punk band, Girth Control. “But we really surprised ourselves,” said Mark McKenna, the band’s drummer and its most vocal stage presence. “Because we kind of liked it, and other people liked it and that was the most surprising part.

“And it just keeps getting dumber,” he said proudly.

In other bands, agreed Girth Control’s guitarist and main lyricist Jay Bonafide, “You try to write songs with nuance and meaning and all that. We don’t do that.”

“No we don’t,” laughed bassist Bob Watson.

Conceived as a joke in 2014, none of the three band members expected the spontaneous project to last as long as it has—two years later, Girth Control has recorded an album, gone on a mini-tour to the Midwest, consistently books shows around the Northeast and, most importantly, is still having a damn

It was a side project that started out as a joke, but now the joke is kinda on them, as Girth Control continues to gain popularity.

Photo by Sarah Winner

Continues on page B21

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#TheSpot518



quote of the week

"I think that probably, by 2018, we'll have a Grammy. They're actually going to change the Grammy to be, like, a beer bong. They're going to call them Girthies. [Laughs.] This is getting really dumb."

— Mark McKenna of Girth Control

ON THE EDGE

A look over the Capital District from Indian Ladder. montanastone/Instagram



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Photo courtesy of the Tang

ARTS

# A visual history of photography

A dynamic display of different techniques

**SARATOGA** — One man's collection of more than 500 photographs dating back to the 1840s is on display at the Tang through Sunday, Aug. 14.

"Borrowed Light: Selections from the Jack Shear Collection," provides a visual history of photography in a dynamic collection of different photographic techniques.

Historical works include examples from pioneer photographers Diane Arbus, Eugene Atget, Aaron Siskind, Alfred Stieglitz and Minor White.

The collection highlights different

IF YOU GO

- **What:** Borrowed Light: Selections from the Jack Shear Collection
- **When:** 12 p.m. to 5 p.m. Tuesdays through Thursdays, Saturdays and Sundays, 12 p.m. to 7 p.m. Friday.
- **Where:** The Frances Young Tang Teaching Museum and Art Gallery at Skidmore College
- **How much:** Free
- **Info:** Exhibit ends Sunday, Aug. 14. For more information, visit <https://tang.skidmore.edu>

processes and techniques, from an early half-plate ambrotype of Niagara Falls to a Polaroid auto-portrait by a young Robert Maplethorpe.

Other works include photographs from Nan Golin, Peter Hujar, George

Platt Lynes, Catherine Opie, Edmind Teske, Bruce Weber and Joel Peter Witkin.

Human sexuality has long been a subject of interest for Shear, and his gift is rich in photographs dealing with social constructions of masculinity, the male body, and gender expression. Many of the photographs comment on the body as a physical landscape, and sexual expression in public and private spheres.

Eadweard Muybridge's Animal Locomotion in the 1880s, represented in twelve examples, is a forerunner to the moving image. The impressive collection of astronomy photographs, includes images of plaster moons, the earliest star

atlases, and photographs from Apollo 11's trip to the moon demonstrates the integration of art and science.

The exhibition and entire collection will support research and analysis by students and faculty working in a range of disciplines, from Art History and Studio Art, to History and Gender Studies, or from Environmental Studies and Biology to Media, Film and Documentary Studies. A sizable collection of photographs by Lewis Hine, for example, is useful for investigating how images can impact government and policy.

— Michael Hallisey

## COMING UP IN ALBANY

### Alive at Five Concert Series

Tricentennial Park — Thursday, Aug. 4



OfficialMollyHatchet/Facebook

**ALBANY** — The Capital City's weekly Alive at Five concert series continues to bring Southern flavor to downtown by welcoming in Molly Hatchet, Thursday, Aug. 4 at 5 p.m.

The band has three albums in platinum status, including the 1979 release "Flirtin with Disaster," which went triple platinum.

For more information, go to [albanyevents.org](http://albanyevents.org).

## ...SARATOGA

### Snoop Dogg & Wiz Khalifa

Saratoga Performing Arts Center — Sunday, Aug. 7



Snoop Dogg/Facebook

**SARATOGA** — Snoop Dogg and Wiz Khalifa roll The High Road Summer Tour 2016 into Saratoga Springs, Sunday, Aug. 7.

Dogg has been a mainstay in hip-hop since his debut in 1992, while Khalifa is the relative new kid — winning BET Awards best new artist in 2011.

For more information, go online to [spac.org](http://spac.org).

## ...SCHENECTADY

### Norman Lear: Just Another Version..

Proctors — Now to Friday, Aug. 5

**SCHENECTADY** — A television maverick who introduced some of the most controversial comedies America's living rooms, is the main topic to this biographical documentary.

In the 1970s and 80s, Lear was responsible for several of the best television comedies on primetime — "All in the Family," "Maude," "Good Times," and "The Jeffersons." Bringing the laughs while tackling issues on race, creed, class and feminism.

For more information, visit [Proctors.org](http://Proctors.org).



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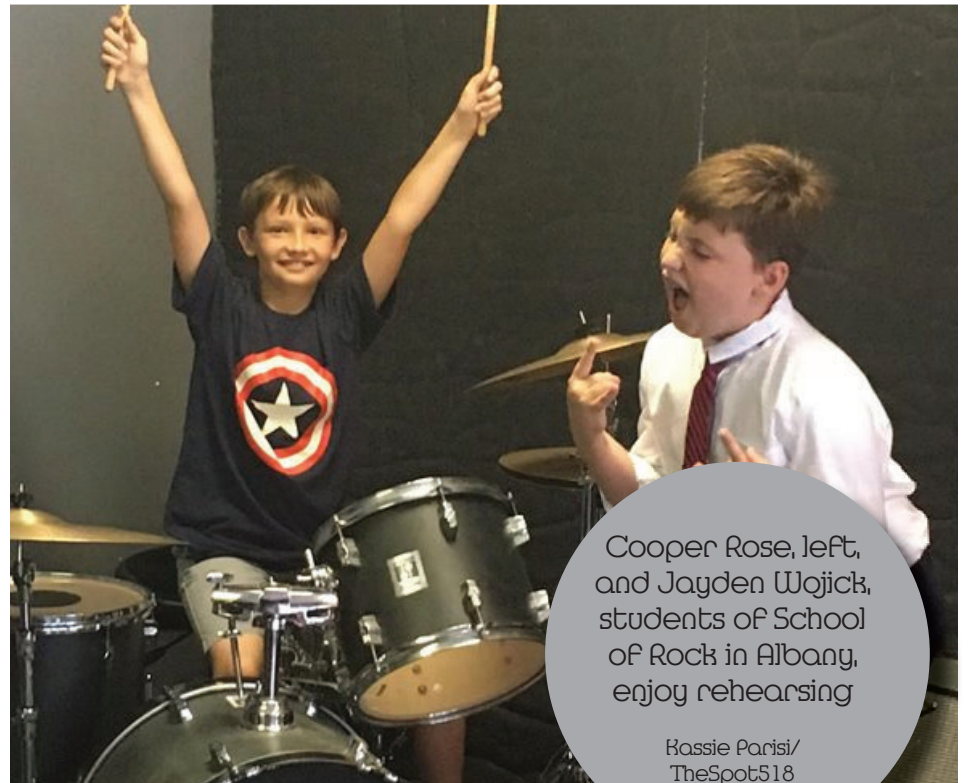


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Cooper Rose, left, and Jayden Wojcik, students of School of Rock in Albany, enjoy rehearsing

Kassie Parisi/  
TheSpot518

ARTS

# Rockin' 'n' a rollin' into Albany

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

**LOUNDOENVILLE** — Consortium Actors is teaming up with Siena College and School of Rock Albany on an ambitious stage project. The groups will be presenting the Capital District premiere of the “School of Rock Musical” in a week, and nothing was spared while preparing for the show.

“It’s uncharted territory,” Sharon Paluch, the show’s director said to *SpotlightNews*. “School of Rock” premiered on Broadway in December earlier this year, and it’s almost unheard of to have the rights for a show released to a youth production so soon after a show’s premiere, according to Paluch, which is one of the things that makes the show so unique. Another factor is the fact that every cast member is under 19 years old.

“We’ve pulled together some of the most talented kids in the region,” Paluch said. “This isn’t your school show.”

Jayden Wojcik, an 11-year-old cast member and stage veteran, has enjoyed working on the show because of the element of equality presented to all of the people involved in the play. Wojcik said that many characters have big roles and that everyone has a chance to perform.

“That’s why it’s nice. I’m pretty excited to see what goes on.” Wojcik said to *SpotlightNews*. Wojcik is involved with School of Rock in Albany, an organization that provides kids and teens with musical education and an outlet to perform with a focus on rock and roll music. Wojcik has been in five shows during his time with the school, singing and sometimes playing the bass. In the “School of Rock” musical,

Wojcik will play Mason Ward, a tech student.

“At the beginning of the audition, I was nervous as anything because I had no experience with acting or anything, or even auditions. But once I actually sat down at the drum kit and played I was like, ‘Yeah, I can do this,’” Cooper Rose, another School of Rock student who will be in the musical, said. Rose, 11, plays the drums and consequently won the role of Freddie Hamilton, the drummer.

For the young actors though, the original bouts of nerves they experienced while auditioning are gone, and they’re excited to work towards the final product.

“Awhile ago, at the beginning of the show, I was scared. I had crazy stage fright. But then I realized, I just gotta look at [the audience] like it’s a drum concert, and I’m gonna act, and it’s gonna be fine,” Rose said.

“It’s really an exceptional show,” Paluch said of the production, which is being sponsored by Siena College. The show has been in rehearsal for eight weeks at this point, and Paluch said that everything has been going well, despite the fact that it’s a huge show with many moving parts. Her favorite part of working on the show, she said, was the enthusiasm that the young cast members bring to the table.

“These guys are so full of energy. It’s just a really dynamic group,” she said.

“School of Rock” will be shown at Siena College on Aug. 12 and 13 at 8 p.m., Aug. 14 at 3 p.m., Aug. 19 and 20 at 8 p.m., and Aug. 21 at 3 p.m. and 8 p.m. Tickets are available now at [www.consortiumactors.com](http://www.consortiumactors.com).





Photo by Michael Hallisey/TheSpot518

■ ARTS

# Turning the lights back on

Cohoes Music Hall announces events for up-coming 2016-17 season

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

**COHOES** — A walk down Remsen Street is an introduction to the mill city's past. Distant past. Vacant storefronts, some of which continue to hold on to the signage that once held relevance to the shops that were last there. But, speak with Mayor Shawn Morse, he's nothing but excited.

"They're all coming back," he said, from inside the Cohoes Music Hall, minutes after a joint press conference with The Palace Performing Arts Center that announced new programming and initiatives for the upcoming 2016-17 season. "And, it starts right here."

Palace Theatre Executive Director Holly Brown presented an ambitious line-up of productions Thursday, July 27, with name recognition and with various interests, both for family

and parents. Shows include Disney's Peter Pan, Jr., Adams Family, Godspell, Rent and more.

Thursdays press conference was also an unveiling of Cohoes Music Hall's partnership with the Albany Palace Theatre.

"We are thrilled to welcome this beautiful theatre into the Palace family," said Brown. "Today's announcement is just a taste of what's to come at the Music Hall. There are even more events in the works that will be announced throughout the season."

Over the course of the partnership's first year, the Palace anticipates as many as 60 events at the Cohoes Music Hall. And, over the next three years, that number is planned to double.

"The Cohoes Music Hall is a staple of our community," said Morse. "And, finally, after many years of being dark, the Cohoes Music

Hall will explode with excitement. That partnership with the Palace has far exceeded my wildest expectations. Cohoes residents will now have the opportunity to see the full potential of the fourth oldest active music hall in the country."

Cohoes Music Hall first opened in 1874. A walk through its doors reveals much of the Victorian Age charm remains today. However, its life as an entertainment venue was relatively brief when the National Bank of Cohoes closed the theatre after purchasing the building in 1905. The theatre reopened in 1974 once the city purchased the building and conducted a full renovation. Renovation efforts have limited the use of the theatre in recent years, too.

"The downtown will be packed with visitors," said the city mayor, "filling our local restaurants and other establishments. It's an exciting time for Cohoes and all our visitors."

■ MORE THIS WEEK

## BEHOLD! New Lebanon Announces Programs for Saturday

**NEW LEBANON** — Behold! New Lebanon, the living museum of contemporary rural American life, has announced its schedule for Saturday, Aug. 6, with a combination of five programs for both indoors and outdoors. Conducted by locals, the wide array of programs includes cheese making; behind the scenes at the speedway; reptiles; outdoor sculpture; and theatrical design.

Unlike any other museum, BEHOLD! New Lebanon invites visitors to step into —and experience— today's rural American life, up close and personal. Rural Guides greet visitors at their own homes, studios, and workspaces, where they practice cooking, farming, cattle raising, automobile racing and mechanics, wood-working, foraging and much more. These presenters are not costumed actors or docents recalling old-world skills; they are the real townspeople of today, whose lives and work challenge the quaint myths about country life.

Advance ticket purchase is recommended for all programs, which are priced at \$10 per program; ages 5-16 are \$5; ages 4 and under are admitted free when accompanied by an adult. For information, visit [beholdnewlebanon.org](http://beholdnewlebanon.org), or call.

The Aug. 6 programs include the following:

**9:00 a.m. Reptile Rescue**

The queen of the reptile rescuers Rhonda Leavitt will bring her animals for visitors to learn to love —and maybe even handle, too. The program is suitable for all ages and temperaments — including the squeamish.

**9:30 a.m.: Designing for the Theatre**

Acclaimed theater designers Sarah Conly and Michael Deegan take visitors on a behind the scenes look at designing for the stage, with an emphasis on their specialty — opera design.

**1:00 p.m.: Speed Demons**

Long-time owner Howard Commander leads a behind-the-scenes tour of the famed Lebanon Valley Speedway, including an up-close look at the super-fast high-banked half-mile clay tract. Visitors can examine the cars and meet some of the drivers of this 63-year-old family attraction.

**1:30 p.m.: Say Cheese! (Cheesemaking)**

Learn how to make the finest cheese in the region with Willy Bridgham of Four Fat Fowl in Stephentown.

**2:30 p.m.: Movement Is Art, Movement As Art**

In a special program, visitors have a chance to tour George Rickey's rarely opened studio and outside sculpture garden with his artist son, Philip.

Attendees board a shuttle bus from the BEHOLD! Station and Store, 438 State Rte. 20 (US-20), and travel to the program venue. The shuttle generally boards a half-hour before the tour starts.

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**Day: 'Tute for Tots**



**Tute for Tots**  
 Albany Institute of History and Art  
 125 Washington Ave., Albany  
 Fri. Aug. 5 • 10 a.m.  
Photo provided

**ALBANY** — The Albany Institute of History and Art will present the next session of its nature-themed "Tute for Tots Summer 2016 program on Friday, August 5, from 10 to 11:30 a.m. This week's class will focus on birds.

Participants will go on an birding expedition to look for feathered friends in paintings and artifacts arts throughout the museum, before heading back to the studio to create some feathery art of their own.

"Tute for Tots classes are designed to give parents

and children a chance to discover both AIHA and the world of art together. Each week, attendees will search for specific items in works currently on display in the galleries, read stories, explore through sensory play and create exciting arts projects in the studio, using methods including finger painting, wet on wet painting, tissue paper staining, collage and more! Classes are best suited for children ages 3 through 5, who must be accompanied by an adult.

"Tute for Tots sessions



will be held weekly on Friday mornings from 10 to 11:30 a.m. Through Sept. 2.

While each session builds upon the last, individual class registration is also available. Upcoming classes will focus on animals, water, rainbows and mountains.

Cost is \$12 per child with adult (\$10 for AIHA members) and registration is required for each class.

For more details or to register, visit [www.albanyinstitute.org/event/product/Tute-for-Tots-Summer-2016.html](http://www.albanyinstitute.org/event/product/Tute-for-Tots-Summer-2016.html) or call 463-4478.

The Albany Institute of History and Art is located at 125 Washington Ave. in downtown Albany.

**TROY** — The Hangar on The Hudson welcomes Brooklyn-based Big Thief for a concert on Thursday, Aug. 4. Doors open at 7 p.m., for the 8 p.m. show.

According a July 23 post on The Hangar's Facebook page, Big Thief was recently dubbed one of *Rolling Stone's* top 10 bands to look out for and is currently touring in support of its debut album, "Masterpiece," released by Saddle Creek in late May.

According to the biography posted on the label's website, "Masterpiece, is filled with characters and visceral narratives, songs that pivot in the space of a few words. Adrienne's voice and guitar playing speak of rich emotional territory with grace and insight.

"Adrienne met her longtime musical partner, guitarist and singer, Buck

**Night: Big Thief**



**Big Thief**  
 The Hangar on The Hudson  
 675 River St. Troy  
 Thurs. Aug. 4 • 8 p.m.  
 \$10 + service charge  
Big Thief/Facebook

Meek, in Brooklyn a few years ago, and they quickly formed a creative bond tempered by the experience of traveling and performing for months on end in old dive bars, yards, barns, and basements together.

"Now, as a full rock and roll band, with Buck on guitar, Max Oleartchik on bass, and James Krivchenia on drums, they bring a steady wildness, giving the songs an even deeper layer of nostalgia."

Tickets are \$10 (plus \$1.34 service fee) and are available for purchase through Brown Paper Tickets at [m.bpt.me/event/2562851](http://m.bpt.me/event/2562851).

For more information about the band, visit its website at [www.bigthief.net](http://www.bigthief.net) or Facebook page at <https://www.facebook.com/bigthiefmusic/>.

For more details about this and other performances at The Hangar on The Hudson, call 272-9740 or visit [www.facebook.com/theHangarTroy/](http://www.facebook.com/theHangarTroy/). The venue is located at 675 River Street in Troy.

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**CLUBS**

**9 Maple Avenue**  
 9 Maple Ave., Saratoga Springs.  
 www.9mapleave.com  
 Fri: **Michael Benedict Jazz Vibes**  
 | 9 p.m.  
 Sat **Nelson Esposito Quintana** |  
 9 p.m.

**Aperitivo**  
 426 State St., Schenectady. 579-3371  
 Fri: **Jeff Nania, Lecco Morris and  
 Rob Morrison** | 5 p.m.

**Arthur's Market**  
 35 N. Ferry St., Schenectady. 382-1938  
 Every Thur: **Edith's Amazing Jam**  
 | 6 p.m.

**Athos**  
 1814 Western Ave., Albany. 608-6400  
 Thur: **Bronte Roman Jazz Ensemble**  
 | 6:30 p.m.  
 Fri: **Peg Delaney** | 7 p.m.

**Castle Street Café**  
 10 Castle St., Great Barrington, Mass.  
 413-528-5244  
 Fri: **Rob Putnam, Rob Kelly,  
 Jeff Stevens & Jay Bradley** | 8 p.m.  
 Sat: **Rob Putnam & Jon Suters** |  
 8 p.m.

**Café NOLA**  
 617 Union St., Schenectady. 357-8628  
 Fri: **Frank Jaklitsch** | 6:30 p.m.  
 Sat: **Hoot Owl Moon** | 6:30 p.m.

**Caffé Lena**  
 47 Phila St., Saratoga Springs. 225-0882  
 Every Thur: **Open Mic (@ 42 Phila St.)**  
 | 7 p.m.  
 Fri: **Slaid Cleaves** | 7 p.m.

**Carney's Tavern**  
 17 Main Street, Ballston Lake. 280-7959  
 Every Thur: **Matty Finn** | 6 p.m.  
 Fri: **Mikki Baker** | 7:30 p.m.  
 Sat: **Craig Todd** | 7:30 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  
 helsinkiHUDSON.com

# ARTS CALENDAR



## Eastern European folk music

Ukrainian folk-drone quartet DakhBrakha weaves its musical magic at the Music Haven Concert Series Sunday, Aug. 7, at 7 p.m. at Schenectady's Central Park. For information, visit [www.musichavenstage.org](http://www.musichavenstage.org). Submitted photo

Fri: **Robert Randolph & The Family Band** | 9 p.m.  
 Sun: **Anders Osborne Band** | 8 p.m.  
 Mon: **The Voodoo Orchestra North**  
 | 8 p.m.

**Dolce Vita**  
 1727 State St., Schenectady. 357-3324  
 Fri & Sat: **Music and dancing  
 with Randy Loren** | 5 p.m.

**Emack & Bolio's**  
 366 Delaware Ave., Albany. 512-5100  
 Fri: **Iz Singer** | 7 p.m.  
 Sat: **Emerald Dawn** | 7 p.m.  
 Sun: **Hammdawg and The Bag Man**  
 | 7 p.m.  
 Every Tue: **Open Mic** | 7 p.m.

**Fuze Box**  
 12 Central Ave., Albany. 703-8937

Fri: **DJ Conscript, DJ Velloctet,  
 DJ R3CLU23** | 9 p.m.  
 Sat: **Firestarter, Young Culture  
 (CD release), Shorebreak,  
 Viewpoints, One for the Braves** |  
 6:30 p.m.

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

Wed: **The Toga Boys** | 8 p.m.  
 Thur: **Big Fez and the Surfmatrics**  
 | 9 p.m.  
 Fri: **Rick Bolton & Jeff Walton** | 5 p.m.  
 Sat: **Rich Clements Band** | 9 p.m.  
 Sun: **Sirsy** | 9 p.m.  
 Mon: **Karaoke with Mitch Frasier**  
 | 8 p.m.

Tue: **Open Mic with Rick Bolton**  
 | 8 p.m.

**Garden Bistro 24**  
 5 Vista Blvd. Slingerlands. 439-3832  
 Thur: **A3** | 6:30 p.m.

**Ginger Man**  
 234 Western Ave., Albany. 427-5963  
 Fri: **George Muscatello & Shiri Zorn**  
 | 8 p.m.

**Grappa '72**  
 818 Central Ave., Albany. 482-7200  
 Wed & Thur: **Hamilton Street  
 Jazz Company** | 6:30 p.m.  
 Fri: **A3** | 6:30 p.m.

**The Half Moon**  
 48 S. Front St., Hudson.  
 thehalfmoonHUDSON.com  
 Sun: **Ben Trickey, Brandon Schmitt,  
 Pat Linnan** | 8 p.m.

**Hamlet and Ghost**  
 24 Caroline St., Saratoga Springs.  
 450-7287  
 Wed: **Hot Club of Saratoga Trio** |  
 8 p.m.

**The Hangar**  
 675 River St., Troy.  
 Thur: **Big Thief** | 7 p.m.

**The Happy Cappuccino**  
 1 Crossgates Mall Rd., Albany. 313-7423  
 Fri: **Jeff Nania & Lecco Morris** | noon

**The Hollow Bar + Kitchen**  
 79 N. Pearl St., Albany. 426-8550  
 Thur: **Inertia** | 8:30 p.m.

**Hudson River Music Hall**  
 10 Maple St., Hudson Falls. 832-3484  
 Sat: **The Widgets  
 and Kangaroo** | 7:30 p.m.  
 Sun: **Barbora Karalova** | 3 p.m.

**The Low Beat**  
 335 Central Ave., Albany. 432-6572  
 Every Wed: **The Deadbeats** | 10 p.m.  
 Thur: **Anthill, Annihilator,  
 Lost Giant** | 7:30 p.m.  
 Fri: **Sun Natives, Linear North,  
 King Buffalo** | 8 p.m.  
 Sat: **The Rattling Baddies, Passive  
 Aggressiveness, Anonymous,**

**Continues on B8**

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- ACROSS**
- Greek cheese
  - Alpine transport (hyph.)
  - Neon, e.g.
  - Bikini, e.g.
  - One who cuts wood
  - Back, in a way
  - Commercial district
  - Churchill's "so few": Abbr.
  - Heir's concern
  - Vision test (2 wds)
  - Marathon
  - Alone
  - Of many kinds
  - One who sets aside money
  - A pint, maybe
  - A fake
  - Gets licked
  - Highs and \_\_\_\_
  - Clinch, with "up"
  - Bat's home
  - Doofus
  - Advances
  - Grassland
  - Boxer's bane
  - Safety device in a car
  - Icelandic epic
  - Highlands hillside
  - Strong wine of Greece
  - Wet slapping sounds
  - Away
  - Flickering light
  - Bauxite, e.g.
  - "Die Lorelei" poet
  - Like "The X-Files"
  - In favor of
  - Halftime lead, e.g.
  - Certain protest

- DOWN**
- Notability
  - Flight data, briefly
  - Cause for a lawsuit
  - Sodium, e.g.
  - Cooking meas.
  - Bundle
  - "Shool"
  - Alcove
  - Selling used items at one's home (2 wds)
  - Biology lab supply
  - Delicate
  - Allowing someone to deboard
  - Relating to the rectum
  - Andrea Bocelli, for one
  - Devastation
  - Lens
  - Washington locale, with "the"
  - Cool
  - Periodical issued report
  - Dual singing parts
  - Celebrate
  - Dork
  - Accommodate
  - Top competitors, often
  - Salad slice
  - Analyze, in a way
  - Mainstay
  - A branch of Dakota Indians
  - Conviction
  - Good vantage point
  - Coin featuring Leonardo da Vinci's Vitruvian Man
  - Bone-dry
  - Spiritual, e.g.
  - City on the Yamuna River
  - "Get \_\_\_\_!"
  - "Let it stand"
  - Drone, e.g.



## ARTS CALENDAR

**Vinegar Creek Constituency Trio, Tom McWatters** | 8 p.m.  
 Sun: **The Spiritual Bat, Antidote for Annie, Forever Autumn, Transdusk, Destroy Eleven** | 8 p.m.

**Lucas Confectionary and Wine Bar**

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

**McGeary's**

4 Clinton Square, Albany. 463-1455  
 Wed: **Best Damn Open Mic Ever with MotherJudge** | 7:30 p.m.  
 Sun: **Blues Jam** | 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  
 Wed: **Joe Gitto & Dan Wancyk** | 6:30 p.m.  
 Thur: **Hot Club of Saratoga Trio** | 7 p.m.

**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: **Shaun McCarthy** | 6 p.m.

Sat: **John Nazarenko** | 6 p.m.

**Parish Public House**

388 Broadway, Albany. 365-0444  
 Tue: **Silver Arrow Band** | 7 p.m.

**The Parting Glass**

40 Lake Ave, Saratoga Springs. 583-1916  
 Sun: **Kevin McKrell** | 9 p.m.

**Panza's**

510 NY Rte. 9P (on Saratoga Lake), Saratoga Springs. 584-6882  
 Thur: **Artie Mozeik** | 6 p.m.  
 Fri: **Charles Cornell** | 7 p.m.  
 Sat: **Michael Panza & Chris Dollard** | 7 p.m.

**Pauly's Hotel**

337 Central Ave., Albany. paulyshotel.com  
 Thur: **Bitch 'n' Dudes, One Through Ten** | 8:30 p.m.  
 Mon: **Blue Monday Blues Jam** | 8 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: **Knot Dead** | 9:30 p.m.  
 Fri: **Gratefully Yours** | 10 p.m.

Sat: **Mournin' Dove, Wings of the Whale, Tell Killer** | 8:30 p.m.

**Rustic Barn Pub**

150 Speigletown Rd., Troy. 235-5858  
 Every Thur: **Open Mic** | 8 p.m.  
 Fri: **Brian Kane** | 6 p.m.

**Speakeasy 518**

42 Howard St., Albany. 449-2332  
 Wed: **Shaun McCarthy** | 8 p.m.  
 Thur: **Brian Patneude & Matt Finck** | 9 p.m.  
 Fri: **Bob Meyer Trio** | 9 p.m.  
 Sat: **Wayne Hawkins Trio** | 9 p.m.  
 Mon: **Joe Finn** | 9 p.m.  
 Tue: **Mike Jenkins Duo (swing night)** | 8 p.m.

**Stockade Inn**

1 North Church St., Schenectady. 346-3400  
 Thur: **Patti Melita & Nat Phipps** | 7 p.m.  
 Fri: **Brian Patneude & Matt Finck** | 7 p.m.

**Stoney's Irish Grill**

1859 Van Vranken Ave., Schenectady. 382-9759  
 Thur: **Lecco Morris & Jeff Nania** | 6 p.m.

**Twisted Vine**

384 Kenwood Ave., Delmar. 439-3241  
 Thur: **Skip Parsons' Clarinet Marmalade Trio** | 8 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  
 Wed: **Christine Spero** | 6:30 p.m.  
 Thur-Mon: **Rob Aronstein** | 6:30 p.m.  
 Tue: **Noreen Pratt** | 6:30 p.m.

**Yono's**

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

### MUSIC

**Rockin' on the River**

Caroline Rose with Rabbit in the Rye closes out this year's series. Aug. 3, 5 p.m., Riverfront Park, Troy. Free. Information: 279-7997 or www.downtowntroy.org.

**Buhrmaster Barn Concert Series**

Irish Night with Get Up Jack. Aug. 3, 6:30 p.m., Prunyn House, 207 Old Niskayuna Road, Latham. Admission: adults \$5, children 12 and under free. Information: 783-1435 or www.prunynhouse.org.



## Ephrons' women

Nora and Delia Ephron's play "Love, Loss, and What I Wore" returns to Curtain Call Theatre in Latham through Aug. 20. For information, call 877-7529.

Submitted photo

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	2			8	5			4
	5	4	2					

Answers on Pg. B25

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# ARTS CALENDAR

**Grand Central Station**  
Party rock. Aug. 3, 7 p.m., Freedom Park, Schonowee Avenue, Scotia. Free. Information: www.freedomparkscotia.com.

**Lake George Arts Project Summer Concert Series**  
Dustbowl Revival performs. Aug. 3, 7 p.m., Shepard Park, Lake George. Free. Information: 668-2616 or www.lakegeorgearts.org.

**Philadelphia Orchestra**  
Famed ensemble begins its summer residency with performances of "Ode to Joy" and "Hannibal." Aug. 3, 8 p.m., Saratoga Performing Arts Center, 108 Avenue of the Pines, Saratoga Springs. Information: www.spac.org.

**Nelson Freire**  
Pianist performs works by Bach, Brahms, Debussy and Chopin. Aug. 3, 8 p.m., Seiji Ozawa Hall, Tanglewood, Lenox, Mass. Tickets: \$18-\$56. Information: www.bso.org.

**Jazz on Jay**  
Skip Parsons' Riverboat Jazz Band performs its signature Dixieland music. Aug. 4, noon, "The Circle" at State and Jay streets (across from Proctor's), Schenectady. Free. Information: 372-5656.

**Alive at Five**  
Classic rock band Molly Hatchet concludes this year's series, with opening act Tumbleweed Highway. Aug. 4, 5 p.m., Tri-centennial Park, Albany. Free. Information: 434-2032 or www.albanyevents.org.

**Concerts in the Park**  
Union Fire Company Band performs. Aug. 4, 6 p.m., Wiswall Park, Ballston Spa. Free.

**Vellano Corporation Summer Concert Series**  
New York Players performs. Aug. 4,



## The balcony may be closed, but the roof is open

Country/blues band Red Haired Strangers take to the Tang Teaching Museum and Art Gallery's roof for its Upbeat on the Roof concert series Friday, Aug. 5, at 7 p.m. in Saratoga Springs. The show is free. In case of rain, the concert is moved inside the museum on the Skidmore College campus.

Submitted photo

6:30 p.m., The Crossings, 580 Albany Shaker Road, Colonie. Free. Information: 456-2136.

**Guilderland Town Band**  
Classic marches and more. Aug. 4, 7:30 p.m., Guilderland Performing Arts Center, Tawasentha Park, Route 146, Guilderland. Free. Information:

456-3150.  
**Philadelphia Orchestra**  
Featuring violinist Sarah Chang. Aug. 4, 8 p.m., Saratoga Performing Arts Center, 108 Avenue of the Pines, Saratoga Springs. Information: www.spac.org.

**Daniil Trifonov**  
Pianist performs works by Brahms,

Rachmaninoff and Liszt. Aug. 4, 8 p.m., Seiji Ozawa Hall, Tanglewood, Lenox, Mass. Tickets: \$18-\$56. Information: www.bso.org.

**Falcon Ridge Music Festival**  
Three days of music featuring Vance Gilbert, The Felice Brothers, Patty Larkin, SONIA, Brother Sun, Great Bear, Pete's

Posse, Slambovian Circus of Dreams, Sarah Potenza, The Storycrafters and more. Aug. 5-7, Dodds Farm, 44 County Route 70, Hillsdale. Information: www.FalconRidgeFolk.com.

**Rock the Block Concert Series**  
All Paul Band performs. Aug. 5, 6 p.m., Canal Square, 72 Remsen St., Cohoes. Free.

**Upbeat on the Roof**  
Country/blues band Red Haired Strangers performs. Aug. 5, 7 p.m., Tang Teaching Museum and Art Gallery, Skidmore College, North Broadway, Saratoga Springs. Free. Information: 580-8080 or tang.skidmore.edu.

**Philadelphia Orchestra**  
Premiering a new work by Michael Torke and performing "Selections from Swan Lake" and "La Valse" with the help of the New York City Ballet. Aug. 5, 8 p.m., Saratoga Performing Arts Center, 108 Avenue of the Pines, Saratoga Springs. Information: www.spac.org.

**Boston Symphony Orchestra**  
Giancarlo Guerrero conducts the orchestra through works by Dvorak, Liszt, Mahler and Brahms, featuring Yefim Bronfman on piano. Aug. 5, 8 p.m., Koussevitzky Music Shed, Tanglewood, Lenox, Mass. Tickets: \$11-\$101. Information: www.bso.org.

**Boston University Tanglewood Institute 50th Anniversary Concert**  
Students from the Boston University Tanglewood Institute. Aug. 6, 2:30 p.m., Seiji Ozawa Hall, Tanglewood, Lenox, Mass. Tickets: \$20. Information: www.bso.org.

**Powers Park Concert Series**  
Country music night with Skeeter Creek. Aug. 6, 6 p.m., Powers Park, 420 Second Ave., Troy. Free. Information: 279-7162.

**Alex Torres and his Latin Orchestra**  
Latin jazz and dance band. Aug. 6, 7 p.m., Freedom Park, Schonowee Avenue, Scotia. Free. Information: www.FreedomParkScotia.com.

**Continues on B10**

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## ARTS CALENDAR

### International Blues Challenge

Three Capital District bands — the Andrew Wheeler Band, the Amy Ryan Band and Silver Chain — vie for the right to represent the region at the international competition held in Memphis, among other prizes. Aug. 6, 7 p.m., The Linda: WAMC's Performing Arts Studio, 339 Central Ave., Albany. Tickets: \$12. Information: 465-5233 or thelinda.org.

### Philadelphia Orchestra

Performing a live score to the Disney/Pixar animated film "Ratatouille." Aug. 6, 8 p.m., Saratoga Performing Arts Center, 108 Avenue of the Pines, Saratoga Springs. Information: www.spac.org.

### Boston Pops

#### Esplanade Orchestra

Special guest Megan Hilty performs with the world-renowned orchestra. Aug. 6, 8 p.m., Castle Hill, Tanglewood, Lenox, Mass. Information: thetrustees.org.

### Boston Symphony Orchestra

Giancarlo Guerrero conducts the orchestra through works by Adams, Chopin and Strauss, featuring pianist Daniil Trifonov. Aug. 6, 8 p.m., Koussevitzky Music Shed, Tanglewood, Lenox, Mass. Tickets: \$20-\$101. Information: www.bso.org.

### Tanglewood Music Center

#### Chamber Music

Works by Elgar, Nesbit, Mendelssohn, Seilova and Brahms. Aug. 7, 10 a.m., Seiji Ozawa Hall, Tanglewood, Lenox, Mass. Tickets: \$12. Information: www.bso.org.

### Boston Symphony Orchestra

Moritz Gnann conducts the orchestra through works by Mozart and Mahler, featuring pianist Nelson Freire. Aug. 7,



## Romance under the Northern Lights

The romantic comedy "Almost, Maine" — featuring, from left, Samantha Rosentrater and Patrick Rooney — continues its run at the Lake Theatre, located in the Holiday Inn Resort in Lake George, through Sept. 3. For more information, visit laketheatreproductions.com.

Submitted photo

2:30 p.m., Koussevitzky Music Shed, Tanglewood, Lenox, Mass. Tickets: \$20-\$101. Information: www.bso.org.

### The Chamber Music Society of Lincoln Center

Premiering Copland's "Appalachian

Spring Suite for Ensemble," plus performing works by Haydn, Schubert and Ravel. Aug. 7, 3 p.m., Spa Little Theater, Saratoga Spa State Park, Saratoga Springs. Information: www.spac.org.

### Snoop Dog and Wiz Khalifa

Two rap superstars on "The High Road Tour." Aug. 7, 7 p.m. Saratoga Performing Arts Center, 108 Avenue of the Pines, Saratoga Springs. Information: www.spac.org.

### Storm Front

Billy Joel tribute band. Aug. 7, 7 p.m.,

Clifton Common, Vischer Ferry Road, Clifton Park. Free. Information: 371-6667 or www.cliftonpark.org.

### Music Haven Concert Series

Ukrainian folk-drone quartet Dakha Brakha performs, with opening act

Tavche Gravche. Aug. 7, 7 p.m., Central Park, Schenectady. Free. Information: www.musicavenstage.org.

### The Wister Quartet

Classical music. Aug. 7, 7 p.m., Freedom Park, Schonowee Avenue, Scotia. Information: www.freedomparkscotia.com.

### Silk Road Ensemble with Yo Yo Ma

Performing a wide range of classical and new music. Aug. 7, 8 p.m., Koussevitzky Music Shed, Tanglewood, Lenox, Mass. Tickets: \$22-\$101. Information: www.bso.org.

### Dana Park Concert Series

Roots/country band The Nellies headlines, with opening act Cobblestone. Aug. 8, 5 p.m., Dana Park, Lark Street, Albany. Free.

### Tanglewood Music Center Orchestra

Performing works by Weill and Shostakovich. Aug. 8, 8 p.m., Seiji Ozawa Hall, Tanglewood, Lenox, Mass. Tickets: \$12-\$55. Information: www.bso.org.

### Rich Bala

Acclaimed folk singer performs songs about the Revolutionary War in the Hudson Valley. Aug. 9, noon, Saratoga National Historical Park visitor center, 648 Route 32, Stillwater. Free. Information: 670-2985 or www.nps.gov/sara.

### The Chamber Music Society of Lincoln Center

Performing works by Beethoven, Schubert, Mendelssohn and Ravel. Aug. 9, 8 p.m., Spa Little Theater, Saratoga Spa State Park, Saratoga Springs. Information: www.spac.org.

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## ARTS CALENDAR

### THEATRE

#### A Night with Janis Joplin

Randy Johnson's tribute to one of rock music's iconic singers. Presented by Capital Repertory Theater, 111 North Pearl St., Albany, through Aug. 7. Shows: Tuesdays through Sundays, call for times and ticket prices. Information: 445-7469 or www.capitalrep.org.

#### Almost, Maine

A romantic comedy about love set under the magic of the Northern Lights. Presented by The Lake Theatre, Holiday Inn Resort, Lake George, through Sept. 3. Information: 668-5762, ext. 411 or laketheatreproductions.com.

#### Disney's The Little Mermaid

Stage adaptation of Disney's animated classic. Presented by Park Playhouse, Washington Park Lakehouse, Albany, Aug. 9-27. Shows: Tuesdays through Saturdays, 8 p.m. Tickets: reserved seats \$16-\$24, lawn seats free. Information: www.parkplayhouse.com.

#### Into the Woods

Stephen Sondheim's musical about famous fairy tale characters and the choices they make. Presented by MacHaydn Theatre, 1925 NY-203, Chatham, through Aug. 7. Tickets: evenings \$34, matinees \$31, children under 12 \$14. Information: 392-9292 or www.machaydntheatre.org.

#### Love, Loss and What I Wore

Nora and Delia Ephron's play featuring 28 hilarious and poignant vignettes about life's journeys for different women. Presented by Curtain Call Theatre, 210 Old Loudon Road, Latham, through Aug. 20. Shows: Thursdays 7:30 p.m., Fridays and Saturdays 8 p.m. and Sundays 3 p.m. Tickets: \$24. Information: 877-7529 or www.curtaincalltheatre.com.

#### Classic Theater Guild's

#### Summer Theater Festival Gala

A special presentation of the annual Helderberg Theater Festival featuring "Romeo and Juliet" and "Treasure Island." Aug. 6, 4 p.m., Proctors, 432 State St., Schenectady. Tickets: \$20 for two shows and refreshments. Information: 346-6204 or www.proctors.org.

### COMEDY

#### The Funny Bone

Ali Siddiq headlines. Aug. 4, 7:30 p.m., Aug. 5, 7:30 and 10 p.m., Aug. 6, 7 and 10 p.m. and Aug. 7, 7 p.m. Crossgates Mall, Western Avenue, Guilderland. Information: 313-7484 or Albany.funnybone.com.

#### The Comedy Works

Eddie Clark headlines through Aug. 7. Shows: Wednesday and Thursday 8:30 p.m., Friday and Saturday 8 and 10 p.m. 388 Broadway, Saratoga Springs. Information: 275-6897 or thecomedyworks.com.

### DANCE

#### First Friday Swing Dance

Includes a group dance lesson, followed by dancing to the music of Reggie's Red Hot Feetwarmers. Aug. 5, 7 p.m., Albany Elks Lodge, 25 South Allen St., Albany. Admission: general public \$15, Dance Flurry members \$12, students/seniors \$10. Information: www.danceflurry.org.

#### Made in the Shade of The Egg

Akjun Ballet Theatre and Ellen Sinopoli Dance Company perform a mix of classical and modern choreography. Aug. 10, noon, Empire State Plaza Concourse, Albany. Free. Information: 473-1845 or www.theegg.org.

### FAMILY/YOUTH

#### The Hitchhiker's Guide to the Galaxy

Stage adaptation of Douglas Adams' story. Presented by Starlight Stage Youth Theatre, First Congregational Church, 906 Main St. (Route 2), Williamstown, Mass., Aug. 3-6. Shows: Wednesday through Friday 7 p.m., Saturday 2 p.m. Tickets: adults \$10, children \$7. Information: starlightstageyouththeatre.com.

#### Barker Park Kids' Summer Series

Seth and the Moody Melix performs. Aug. 4, 11 a.m., Barker Park, corner of Third and State streets, Troy. Free. Information: troymusichall.org.

#### All Shook Up

Musical featuring the songs of Elvis Presley. Presented by the School of the Performing Arts at Proctors, 432 State St., Schenectady, Aug. 5 and 6. Tickets: \$10. Information: 346-6204 or www.proctors.org.

#### Seussical the Musical

All of the classic Dr. Seuss characters on one stage. Presented by Park Playhouse, Aug. 5-7, Palace Theatre, 19 Clinton Ave., Albany. Tickets: adults \$20, children 12 and under free. Information: 465-4663 or palacealbany.com.

#### Black Arts and Cultural Festival

A day-long community celebration featuring a performance by Sounds of Blackness. Aug. 6, 2 p.m., Empire State Plaza Concourse, Albany. Free. Information: www.empirestateplaza.org.

### FILM

#### Construct It Film Festival

A series of seven films about buildings and the people who design them, through Aug. 7, Performance Spaces for the 21st Century, 2980 Route 66, Chatham. Films begin at 8:30 p.m. each night. Free. Information: 392-6121 or www.ps21chatham.org.

#### Ballston Spa Short Film Festival

Family-friendly event features movies made by local, national and international film makers. Aug. 5 and 6, Ballston Spa High School (7 p.m.) and Old Iron Spring Park, Front Street (9 p.m.), free. Information: www.BSpaFilm.org.

#### Free Summer Family Movies

See "Muppets from Space." Aug. 7, 10:30 a.m., Proctors, 432 State St., Schenectady. Free. Information: 346-6204 or www.proctors.org.

#### Summer in the City movie series

See "Cloudy with a Chance of Meatballs." Aug. 9, 1 p.m., Palace Theatre, 19 Clinton Ave., Albany. Free. Information: palacealbany.com.

### LITERARY

#### Caffé Lena Poetry Open Mic

Featuring readings by two regional poets and an open mic. Aug. 3, 7 p.m., Northshire Bookstore, 424 Broadway, Saratoga Springs. Suggested donation: \$5. Information: 682-4200, www.northshire.com or www.caffelena.org.

#### William Thomas

Author and humorist talks about his book, "The Legend of Zippy Chippy: Life Lessons from Horse Racing's Most Loveable Loser." Aug. 9, 7 p.m., Northshire Bookstore, 424 Broadway, Saratoga Springs. Information: 682-4200 or www.northshire.com.

### EXHIBITS

#### Albany Center Gallery

"Compound Fragment" featuring works by Katherine Chwazik and Tara Fracalossi, 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, through Aug. 27. "Fence Select 2016" and "Ray Felix: Interiors," through Aug. 27. 265 River St., Troy. Information: 273-0552 or www.artscenonline.org.

#### 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; "Dürer & Rembrandt: Master Prints from the Collection of Dr. Dorrance Kelly" and "The Hydes & Rembrandt," through Oct. 2. 161 Warren St., Glens Falls. Information: 792-1761 or www.hydecollection.org.

#### The Laffer Gallery

"Symphony in Color," featuring works by Peris Carbonell and John Van Orsouw, through Aug. 28. 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. 1100 Main St. (Route 55), Rotterdam Junction. Information: schenectadyhistorical.org/exhibits.

#### miSci

"Return of the Dinosaurs," through Sept. 18. Nott Terrace Heights, Schenectady. Information: 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

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# Food & Vino

Watermelon and Feta Salad with White Balsamic Dressing

By **ANN LINDA CIOTOLI**  
news@spotlightnews.com

## CULINARY ARTS

### Ingredients — Serves 4

1 small watermelon cut into cubes  
6 cups mixed greens (combination of romaine, red leaf, green leaf lettuce, and arugula (any or all) chopped)  
7 ounces crumbled feta cheese  
1/2 cup sliced almonds (toasted)  
3/4 cup fresh mint julianned

### Preparation

Place chopped greens, watermelon, feta, mint, and toasted almonds, in a bowl and toss. Pour dressing over the top and toss again. Serve.

1 tsp. Dijon mustard  
1/2 tsp. sea salt  
1/4 tsp. fresh ground black pepper  
1/8 tsp. garlic powder

### Preparation

Whisk olive oil, balsamic vinegar, honey, Dijon mustard, salt, pepper, shallots, and garlic powder together in a bowl until blended.

### Wine Pairing

*Mirassou Riesling* — Modesto, CA - This wine is semi-sweet and light bodied. It has flavors of summer peaches, and pineapple, with a smooth finish.

### White Balsamic Dressing

### Ingredients

1/2 cup extra virgin olive oil  
1/4 cup white balsamic vinegar  
1/4 cup shallots chopped fine  
2 Tbs. honey

*Until next recipe, Annie*

*Ann Linda Ciotoli owns a catering business called Good Enough to Eat. For more information, e-mail Ann at sodeliciousal@yahoo.com.*



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■ HEALTH AND FITNESS

# The here and now

“Here now is Yoga. Yoga is to still the fluctuations of the mind”

By **MARIA BOWERS**  
news@spotlightnews.com

Those are the first two lines of the Yoga Sutra. It was written down 3,000 years ago, but those words created a sudden “a-ha” moment where I realized that disturbing and distracting thoughts could be controlled. Yoga gives a method to cope with the emotional roller coaster of our mind that takes us from delight to anguish. These emotions create fear, desire and suffering, but with yoga, they become manageable because we become aware that they are only fluctuations of the mind.

We create mental chatter that gets us nowhere. Our mental and physical bodies become hostages to circling thoughts. The word “yoga” means yoke, to bring together the body, mind and spirit. The goal is to relax the body and quiet the mind by concentrating. Everyone can do this because all you have to do is think about your breathing.

When we control our breathing, we can control our emotions, as opposed to being like a puppet on a string manipulated by the pull of desires and the aversion to pain. Our minds fall into a default pattern of wanting what we don't have and regretting getting what we have. We squander energy on the lamenting the past and dreading the future, losing the present. We do not have to be emotionally reactive and mentally distracted.

Everyone can benefit from being more active. Any movement, such as walking, makes us happier by redirecting our attention away from stressful feelings. However, unrelieved stress releases hormones such as cortisol and adrenaline. These stress hormones begin an activation of the fight or flight response. The blood pressure rises and the heart beat increases. This pattern

may repeat many times over a day. But each time our body and mind get excited, the first thing to change is the breath. Our breathing gets shallow and rapid. If we slow down our breathing, we can reverse or cancel the flight or fight response.

When we slow down our breathing, our mind grows calmer. It is a fact that our brains are hard-wired to focus on a single thing. If we concentrate on breathing, we are redirecting our thoughts and on our way to controlling irrational, annoying, relentless and non-productive thinking. The first step is recognizing a negative emotion, right out of the gate. These are the fluctuations of the mind--depression, anger, jealousy, cravings and on and on, we know negative emotions when

they are born. They devour you from the inside out. But, when we discover, that these thoughts are created by our minds, we also know that we can deconstruct them. We focus on our breath and as we concentrate on this single task, you will happily find that your mind must release the negative feeling.

So, start with the exhale. Breathe out and pull in your belly button as you count to four - then Inhale as you expand your torso while you count to four. Repeat three times. For deeper relaxation, lengthen the exhale to a six-count and then to an eight-count. (See info box.) Just a few counted breaths can help you to regain calm.

We call a yoga class, a practice. When you practice this technique as a daily practice, it becomes a habit. You replace the



negative thoughts with redirected thoughts. Counting is an easy way to focus. You can also imagine the feeling of air passing through your nostrils. You can imagine yourself surrounded by luminous light. You want to focus on the present moment and feel a sense of gratefulness for all the blessings in your life. You will know yourself to be truly blessed. When thoughts intrude upon your concentration, and thoughts will always be present, identify them as “thinking” and let them

go. Maintain your calm breathing, your quiet mind and your relaxed body. That is equanimity and that is the path of the yoga practice.

*Maria Bowers is a local author who concentrates her focus on the benefits of yoga. This is Bowers first Health and Fitness column for TheSpot518.*

## Lost your cool?

Exhale for a count of four, inhale for a count of four.

*Repeat three times.*

Exhale for a count of six, inhale for a count of four.

*Repeat three times.*

Exhale for a count of eight, inhale for a count of four.

*Repeat three times.*

Exhale for a count of six, inhale for a count of four.

Exhale for a count of four, inhale for a count of four.

Then just sit and resume your normal breathing.

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THEATER REVIEW

# Playhouse hits it big

Lots of flash and 'All That Jazz' in "Chicago: A Musical Vaudeville"

By JAMES YEARA  
news@spotlightnews.com

ALBANY — The "Overture" kicks the music into gear, and the choreography makes flesh famed Fosse moves. Shoulders dips as the trombones do, the syncopation of the anticipation of move fun to come. Musical director Brian Axford has his 13-piece orchestra pulsing bluesy jazz and jazzy blues, and Park Playhouse's suitably adult "Chicago: A Musical Vaudeville" moves along after Matron Mama Morton (a delicious bawdy Molly Rose McGrath) smartly applied her riding crop across the cheeks of PPH Artistic Director Owen Smith as he turns to leave the stage immediately after his welcoming address amidst the performers stretching and arching.

And when "All That

Jazz" slides into place and builds and builds, director Michael LoPorto's production hits its stride (and, in retrospect, its high mark). Vertically, horizontally, or diagonally, PPH's company sing the heart and pelvis out of "All That Jazz."

From its 1975 original Bob Fosse production to the 1996 Broadway revival that is still filling seats with its rolling bevy of guest-star celebrities to the just opened at Lincoln Center Japanese production (not to mention the Academy Awards for the 2002 movie version), Chicago has legs.

The ensemble work on this hot hit musical captures the spirit of the show, and "The Cell Block Tango" followed by "When You're Good to Mama"—"If you want my gravy/ Fizzle my Ragù/ Spice it up for Mama/ She'll get hot for you" should

be on every fine dining menu — almost match the excellence of "All That Jazz."

As "vaudeville" has its etymology in satirical songs, "Razzle Dazzle" makes full use of cynical lawyer with a smile of gold Billy Flynn (silver fox Rick Roemer), aptly supported by the ensemble with enough contortions and flips and silky quips: "Give 'em the old flim flam flummox/ Fool and fracture 'em/ How can they hear the truth above the roar?" All that's needed is an orange combover and bold gold font to make PPH's "Razzle Dazzle" a presidential campaign song.

Thoroughly adult and ably done, Park Playhouse's Chicago: A Musical Vaudeville "gives 'em an act with lots of flash in it," and that's the Chicago-way.



Photos courtesy of Park Playhouse

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## COMING UP...

### Annual Collectors' Show and Sale

ALBANY — Albany Center Gallery recently announced the Collectors' Show and Sale, a special two-day exhibition, will be on hand later this month.

On Thursday, Aug. 18 and Friday, Aug. 19 from 6 to 8 p.m., the gallery will feature over 60 works in a variety of mediums from the private collections of Gloria Desole, Rosemarie (Ro) Rosen, Bill Harris

and Holly Katz, Stuart Horn and Kathleen Sole, Karen Ciancetta and David Brickman, and Ellen Jabbur.

Through the years, these patrons of the arts have amassed a collection that features diverse and unique pieces from local, regional and internationally renowned artists.

This event is the rare opportunity to own

select pieces in the very affordable range of \$75 to \$1,500.

The work includes traditional, modern and contemporary art in a variety of mediums such as works on paper, oil paintings, and more.

For more information, visit [albanycentergallery.org](http://albanycentergallery.org).

### Black Arts and Cultural Fest

ALBANY — Join the Albany Center Gallery on Saturday, Aug. 6, from 2 to 7 p.m. at the Empire State Plaza Events for the 2016 Black Arts and Cultural Festival.

Artists exhibiting work at the ACG booth are: Diahann Addison, Robert Cooper, Rayann Czarnecki, Paula Drysdale Frazell, Brian Jones, Donald Jones, Liz Lynch, Gary Maggio, Raphael Marrero, Daniel Mensah, Goldy Samson and Peter Waltrous.

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**CONCERT REVIEW**

# So Right on a Friday

**SARATOGA SPRINGS** — Saratoga Performing Arts Center has been a staple for Dave Matthews Band for so many years and the band busted open the two night run with So Right, fitting perfectly and setting the tone for the weekend. The band is celebrating their 25th year this tour and with their upcoming break next year the band is putting it all on the table as they poured through their catalog with favorites as well as mixing in a few newer tunes. Fan favorites Recently and Crash followed and kept the energy flowing through,

it seemed like the band was having an incredible time on stage and continued to pour it on throughout the evening. The Crowd was mixed with younger and older fans alike and was great to see families enjoying the great lawn together.

**Setlist:** So Right, Crash, Raven, Warehouse, Bob Law, Proudest Monkey, Satellite, One Sweet World, Crush, Samurai Cop, Seek up, Idea of the you, Grey Street\*, Death on the High Seas, Typical Situation, Too Much, Pantala Naga Pampa>Rapunzel

**Encore:** Sister, Granny, Tripping Billies.  
— Thomas Sgori  
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**PERFECT TOGETHER**

Dave Matthews Band at SPAC defines summertime.

Thomas Sgori/  
ngsmusic.com

**THIS WEEK**

## Speaker of the House Glow Party

**ALBANY** — Pearl Street Pub is lighting up the joint with a 3D Glow Party Friday, Aug. 5 and Saturday, Aug 6, which is to feature Speaker of the House.

The EDM star out of Los Angeles is out promoting his latest LP “Redwood” and headlines a bill that is to include DJ

f3Deral, Ric, Ean Nice, Comp3, PyroTechnik and Kyle O’Brien.

The two-night event is for 18-year-olds and older.

Pearl Street Pub is located at 56-57 N Pearl St. in Albany. For more information, visit thepearlstreetpub.com.



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■ FILM REVIEW

# The Music of Strangers

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

The Music of Strangers elegantly documents the origins and success of the Silk Road Ensemble and its many members. Directed by Morgan Neville, it follows famous cellist Yo-Yo Ma on his search to gather the most talented musicians from around the globe in order to create beautiful music that can transcend cultural divides.

Created in the early 2000s, the Silk Road Ensemble began with the convergence of numerous musicians at Tanglewood, a performing center those of us in the Northeast know as being a summer mecca for classical performances. A fever dream of Yo-Yo Ma, the group began as an attempt to join together the sounds of cultures across the world, and to use one of the most universal languages, music, to unite people.

While the ensemble has had many members over the years, those featured in the film are among the most prominent that agreed to join Ma, such as Kinan Azmeh, a Syrian clarinetist, Kayhan Kalhor, the most well-known Kamancheh

played from Iran, Wu Man, who hails from China and plays the lesser-known pipa, and Cristina Pato, whose soothing vocals and unique affliction for the Galician bagpipe rounds out the group.

Not only seasoned musicians, these members have managed to flourish through times of struggle, in their personal lives and in the societies in which they have grown. Kahlor discusses the dangers of his home country during its revolution, and how he lost his parents in the midst of such violence; Pato expresses her struggles with her mother's deteriorating health and trying to find inner peace; and Azmeh laments the crisis in Syria and how it causes him to question the definition of "home."

In a time of such divisiveness, both internationally and within each of these musicians' home countries, this film provides a sense of hope. With the blending of cultures that does a magnificent job at not diluting a single one, the ensemble and Neville's look inside what it means to each member shows that there need not be oppression, but that we instead find what unites us and celebrate it.



White Denim / Facebook

■ CONCERT REVIEW

## White Denim leaves crowd begging for more

By **WES THOMAS**  
news@spotlightnews.com

**ALBANY**— The last time White Denim was in the Capital District was back in 2014. I remember being sorry I didn't get to see its Sunday afternoon WEQX show at Nanola in Malta, so I certainly wasn't going to miss the band when it returned to The Hollow Bar + Kitchen Saturday, July 23.

Since that show back in 2014 the band has been through some major changes. Guitarist Austin Jenkins and drummer Joshua Block left White Denim to work with Texas soul singer Leon Bridges, leaving James Petralli, vocal and guitars, and Steven Terebecki, vocals and bass to forge on.

Petralli and Terebecki have retooled White Denim with a new drummer, and this time a keyboard player instead of

a second guitar. The format lent itself to a matured version of the band that really found its groove instantly, and things only got better from there.

Petralli showed us that the band may have lost their lead guitarist but they're not missing a beat, as he injected some great guitar solos throughout the set and never once did it seem self-indulgent. And, one last note on the new band members, the drummer is super new. Petralli announced that he joined the band just a week before!

The show opened with the funky groove-laden "Real Deal Momma" from the new record "Stiff," as a matter of fact the show leaned heavily on the new record, almost to a fault.

At some points I was wondering if there were something that Petralli and Terebecki were trying to tell us by omitting their

single and money maker from the Jeff Tweedy produced "Corsicana Lemonade," "Pretty Green." I doubt I was the only one missing it since it was what brought many of us to the show.

A single from the "Stiff" album, "Ha Ha Ha Ha (Yeah)" was next up and I think surprised the crowd that it was up so early. A great rendition of a fun song, nonetheless. From here on out, White Denim delivered a super tight set, yet with room to breathe with a few jam moments. Some other highlights from the night included "Thank You," "Holda (I'm Psycho)," "There's a Brain in My Head," "River to Consider" and "I Start to Run."

Overall, it was a great show with a killer guitar tone from Petralli and that awesome Rickenbacker bass sound from Terebecki. What more do you need? The only thing else this fan could have asked for was "Pretty Green."

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■ LITERATURE

# Doctor takes writes book to meet Freud

Albany Med staffer takes a stab at fiction to explain psychotherapy

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

When Steven Sandler says he's had tea with Sigmund Freud, he's not delusional. After all, he's a psychiatrist.

He's also a two-time author whose latest book "Tea with Freud: An Imaginary Conversation About How Psychotherapy Really Works" explores a fantasmal student/mentor relationship between himself and the father of psychoanalysis.

In our non-fiction world, Sandler is a mentor. He is a psychiatrist at Albany Medical Center, trained in pediatrics, psychiatry and child-adolescent psychiatry.

In addition to his clinical work, he teaches medical students, psychiatrists and psychologists in training. However, in the fiction world of his doing, he is afforded Freud as his mentor.

Released last month, "Tea with Freud" is Sandler's first published piece of fiction. His previous work was a non-fictional piece on psychotherapy, as well. Sandler said he had long given up attempting to write the Great American Novel. But, once he completed his first book, he found himself writing again.

"I had tried, when I was younger, to write a novel. I tried a couple of times," said Sandler. "And, I concluded this wasn't going anyplace, and I couldn't write fiction." Sandler published "Remembering with Emotion in Dynamic Psychotherapy" five years ago. He described the work as "straight-forward expository writing" and with a lot of "sweat equity" he achieved his goal of being a man of letters. "And, then I sat down to do this. I wrote a few pages and I said, 'Wait a minute. This is fiction.' I already determined years ago that I can't write fiction. But, it seemed to be going along more smoothly than my earlier attempts, so I kept going."

To keep going, Sandler had to travel back in time.

Freud is a household name. In fact, misspell his name on your word processor, and the computer's dictionary will pick up the mistake. Our knowledge of the ego, the id, and the Oedipus Complex, are just a few of his theories to which modern psychiatrists define certain behaviors. But, these were topics the doctor would lecture in 19th century Austria.

"I actually had to do a fair bit of homework," said Sandler, on his approach to his newest book. The author re-read the biographies he was familiar with, and read through letters from Freud, himself. "He was a prolific letter writer." Sandler said much of Freud's character — both strengths and weaknesses — comes through from the letters. "I tried to create a character of Freud that would be as true as I could make it to who he really was, and he was a complicated fellow."

Sandler's book takes the reader along as a companion to observe the world of psychotherapy through the eyes of a modern-day psychiatrist, but also witness conversations — and sometimes debates — with the man who created talk therapy. Part of that process involves observing several cases Sandler experienced through his own years of practice. Sandler's first book was a conversation between author and professional colleagues.

This book was intended for everyone else curious about talk therapy.

Sandler takes the opportunity to debate his own ideas with the man so revered in his profession. Where Freud would often ask probing questions to help extract painful memories that he believed was the basis behind one's behavior, Sandler today said he tries to focus more on the positive memories. As Sandler knows through his research, Freud would often cast out students or colleagues who challenged him. "Oh, we got into quite the dust up."

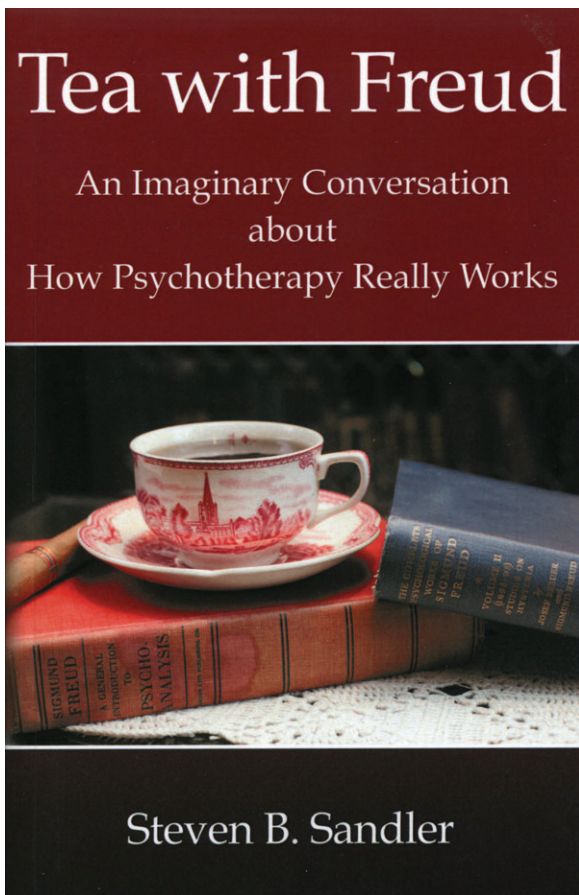
Completing the novel was a cathartic act for the author. Not only was he able to overcome the obstacle of writing fiction, his conversations with Freud helped him process his thoughts about the passing of his father, who died while Sandler was writing the book.

"There was a little bit of my relationship with my own father that got in there," said Sandler. "My own father could be just as cantankerous as Freud. ... In the book I start to compare my relationship with Freud to the relationship with my dad. ... Yes, it was somewhat cathartic to be talking about this relationship with this older, somewhat cantankerous man who I look up to."

Like the common father-son relationship, Sandler recognizes a constant

thread that weaves through his book. That of the younger therapist seeking approval from the teacher. "I knew my father approved of me," said Sandler, but like the Freud character in his book, "he couldn't say it with rave reviews."

"Tea with Freud" is available in paperback through Dog Ear Publishing. For more information, visit your local book store or go to [dogearpublishing.net](http://dogearpublishing.net).





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■ **CAPITAL DISTRICT BUSINESS**

# Lunch suffers cooling trend

Consumers are purchasing lunch away from home slightly less often now than two years ago, according to Technomic's recently released 2016 Lunch Consumer Trend Report. Further, restaurants have a growing list of lunchtime competitors as retailers, food trucks and other emerging channels are improving their offerings and becoming more accessible.

"In dealing with sluggish traffic and increased competition, operators have a heightened need to differentiate," explains Kelly Weikel, director of consumer insights at Technomic.

**Key takeaways from the report include:**

- Consumers are becoming less price-conscious at lunch: fewer consumers now (45%) than in 2014 (51%) are careful about how much they spend at lunch.
- Among Millennials who order delivery for lunch, 38% do so to try more restaurants.
- Fewer consumers now (62%) than in 2014 (69%) say preparation speed is important for weekday lunches; while still demanding of convenience, consumers may be increasingly likely to wait longer for freshly made lunch fare.

— *Technomic*

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Last year's Hall of Fame inductee, Wallace Campbell.

Submitted photo

# Searching for Hometown Heroes

**CAPITAL DISTRICT** —

Nominations are currently being accepted for TrustCo Bank's 'Hometown Heroes' Hall of Fame. Now in its fourth year, the Hall of Fame was created to honor local individuals who "demonstrate strong community involvement and work hard to make a positive change in the community."

"Ordinary people do extraordinary acts to help their community," said TrustCo President and CEO, Robert J. McCormick. "These individuals work hard every day to make a difference and ask nothing for themselves. We want to honor these Home Town Heroes who might otherwise go unnoticed."

The public may submit nominations by going to Trustco Bank's web site at [TrustcoBank.com](http://TrustcoBank.com) or by visiting any

Trustco branch. Nominations must be submitted by Wednesday, Aug. 31. A committee will review all nominations and announce the winners. Up to five individuals and/or groups will be selected.

Winners will be invited to a special luncheon and receive a plaque to be displayed next to previous award recipients, at Trustco Bank's Corporate Headquarters.

In addition, the bank's financial services department offers a full range of investment services, retirement planning and trust and estate administration services. The common shares of TrustCo are traded on the NASDAQ Global Select Market under the symbol TRST.

— *TrustCo*

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■ CAPITAL DISTRICT BUSINESS

# New lease on life for Record building

Rosenblum breaks ground on 101-unit apartment and retail project

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

**TROY** — City, county and state officials, as well as leaders of the Troy business community, joined representatives from The Rosenblum Companies last Thursday at 501 Broadway, the former home of the Troy Record newspaper, to celebrate a groundbreaking for Rosenblum's \$23+ million mixed-use loft apartment project.

The renovation of the historic building is the company's second foray into multifamily development and adaptive reuse of an underutilized building; in 2011, Rosenblum converted the former Livermore-Traendly auto dealership and repair shop—built circa 1928—into 17 Chapel Boutique Condominiums, the first and only luxury condominium building in

downtown Albany.

"I know I am joined by many in welcoming this substantial private investment in our city's downtown area," said Troy Mayor Patrick Madden. "This project is a perfect blend of historic renovation with new construction that will further expand Troy's historic district to the borders of our downtown. I look forward to seeing the first units being leased and the Troy Record Building being filled with life once again."

The historically sensitive renovation of the Record Building and construction of a complementary new addition will

The new apartment building broke ground last week and will ultimately house 101 units in what was The Troy Record Building.

Rendering provided



result in 101 new apartments and ground-floor retail space. Restaurant-ready infrastructure will also be added along 5th Avenue and Broadway, creating an extension to the downtown entertainment and business zone.

"This project addresses a growing demand for high-quality, high-convenience metropolitan apartment communities that amplify the walkable

urban lifestyle just beyond their doors," said Rosenblum's Executive Vice President Jeff Mirel. "We will combine a long list of unique in-unit and communal features including leisure, fitness, bicycle, pet care and co-working spaces with the best amenity of all, downtown Troy."

Construction is anticipated to take approximately 18 months. Leasing of the retail space is being handled by Alex Kutikov for Redmark Realty.

Interested parties should contact Mr. Kutikov at 518-952-7500 or akutikov@redmarkrealty.com.

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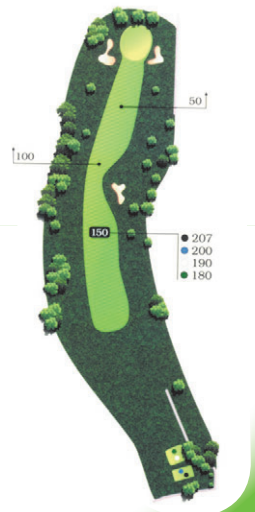


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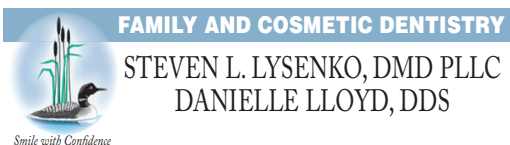
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## Lovin' this life

ALBANY — Late afternoon rains didn't keep the crowd from gathering at last week's Alive at Five, which featured LoCash and local favorite, Skeeter Creek. LoCash is currently on tour, sporting one of the hottest hits of the summer, "I Love This Life." As you can see, the crowd was loving it, too.

Molly Hatchet and Tumbleweed Highway close out Albany's weekly concert series on Thursday, Aug. 4.

Photos by Ali Hibbs/TheSpot518



## From page B1 ...

### Joke band

good time. To watch the trio perform on stage is not unlike getting punched in the face by sheer dumb joy.

While they said that they don't attempt to imbue their songs with any kind of meaning, all three musicians agreed that they're able to achieve a certain amount of raw truth by virtue of not trying to achieve anything at all. They tend to draw on life experiences, said Watson, "so it's this great combination of fun punk, but also a true story."

"No one writes about the truth, you know what I mean," said McKenna. "Everyone gets so clouded up in art that they forget about the reality of life—which is that it's really pretty dumb."

The band recorded its first album, "What Got You Stoked In The First Place," last fall. The name, they said, as well as being the title of a track, is meant to evoke the feeling that they got when they first played together as Girth Control. "It was exhilarating," said McKenna. "It still is."

All three members also currently belong to another band that they consider to be a more serious project, but which has played out significantly less in the last few years. Watson, now 27, met Bonafide when he was only 15 years old and was going to see his first punk shows at Valentine's on New Scotland Avenue in Albany. At that time, Bonafide, then 18, belonged to a band called Public Access, which announced at one of their shows that they were looking for a bassist. Watson, too shy to approach the band himself, was recommended by a friend and happened to have rehearsal space available in his parents' basement. "I don't know if they liked the way that I played or that I had somewhere to rehearse," he laughed, sitting next to Bonafide in the

only booth at The Low Beat on Central Avenue in Albany, which is owned by Howard Glassman, proprietor of the former Valentine's. "But we've been playing together ever since." (In just a few hours, the trio was preparing to play a set on the venue's stage - the same stage from downstairs at Valentine's where Watson and Bonafide met twelve years ago.)

McKenna met Watson and Bonafide several years later in 2009, when they were beginning a new project—the serious one—which they wound up dubbing The Slaughterhouse Chorus. "We were hitting it really hard there for a while," said Bonafide. "We were going on tour and playing shows a couple of times a month, if not more. But we had to hit the brakes pretty hard, so [Girth Control] sort of filled in for that." The brakes, he said, were necessary after another band mate opened a new business and had less time to rehearse and play shows.

It was when that band mate was unable to play a performance at the "Shred Shack," a casual performance space where McKenna lived at the time, that Girth Control was, more or less, officially born. "We only had two weeks to put it together," said Watson.

"We were like, let's see if we can start a band in two weeks," said McKenna brightly. It was he who came up with the name Girth Control almost ten years before finally finding the right vehicle for it. "We were trying to decide on a name for Slaughterhouse," he remembered. "And I was driving through Scotia and, I don't know, I must have seen a billboard or a Planned Parenthood, but I was suddenly just like, 'Heh, heh. Girth Control.' But that name was too stupid for that band—even though it was the only one we all liked—and so I sat on it for five years."

That first six-song debut set comprised three punk/ska covers and three original songs. Now, they say they have too many original songs and don't see an end in sight. "We keep writing songs because it keeps coming out of us," said Watson. "For

some reason, they just keep coming out."

"I expected this to stop being fun a long time ago," said McKenna. "It still hasn't." The only song they cover now, he said, is a Loverboy song, "Which we've basically made our own," he said. "Because we changed a word to 'girthin'." McKenna grinned. "And we tried to cover 'I Can't Drive 55,' by Sammy Hagar once. But it was terrible."

"Yeah," nodded Bonafide. "It was pretty bad."

"But even when it's bad it's pretty great," said McKenna. "That's the beauty of this band. It's almost like the worse it is, the funnier and better it is."

The band recently played a show in Boston, Mass. and were clearly taken aback by the enthusiastic reception they met with there. "People loved us and it was insane," said McKenna. "Because it was supposed to be this really dumb thing and now we're selling out of CDs! It's cool to have people heckle you in the crowd and laugh when you say something dumb."

The title song to their album, they said, speaks to their ethos as a band. "It's like our mission statement," said McKenna. "It's just about, like, getting back to your roots and not forgetting why you're playing music in the first place, which is to have fun with your friends and hang out and take a break from the boringness of adult life. It's still silly, but it's probably our most serious song because the message behind it is about being true to yourself and not losing that childhood innocence and dumbness that you try so hard to not let people see."

But their favorite song, all the band members seemed to agree, is called "Alright Mom (You F\*\*ng Poser)." In their rehearsal space, the band has "a lot" of white boards ("Maybe not quite ten, but close," said Watson) on which they like to write the dumb ideas that they hope will eventually become songs. "And we wrote that up there," said McKenna. "Just because we thought it was this funny,

stupid pseudo-rebellious angsty dumb thing. And we mullied it over for a couple of weeks and then Jay comes back with some lyrics."

"Everyone had a real example," said Bonafide. "And there was just one day where it all came to me in like 20 minutes. That's usually how it happens."

"I like it because it starts with a sweet bass part," said Watson. "But also because it really did start with just this stupid thing that we put on the white board and then we all sat around and thought about reasons why our moms are posers. Like, there's this verse talking about how my mom threw away my Operation Ivy T-shirt, and that's a true story."

"It's like getting back to being 15 years old and getting mad at your mom for throwing something away—when she busts her ass every day just so you can have dumb s#!t like a T-shirt or a pair of AFIs."

Girth Control plays out in the Capital District often, usually once or twice a month at venues like the Low Beat and Parish Public House, and say that they intend to enjoy the ride as long as possible. "It just keeps coming out of us," repeated Watson, who, along with the rest of his band, still seems surprised that their creative process has been as effortless as it is.

"As long as there's music on the table, we gotta keep recording," said Bonafide, who said he also wouldn't mind playing Warped Tour next year.

"I think that," said McKenna, "probably, by 2018, we'll have a Grammy. They're actually going to change the Grammy to be, like, a beer bong. They're going to call them Girthies." He laughed. "This is getting really dumb."

"No, really," he said. "I'm going to take Girth Control as far as the world will let me. As long as anybody gives a s#!t at all and I can still have fun, then there's no end in sight. I don't know why there would be."



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## MUSICIAN'S PROFILE

# Going back with Counting Crows

By **ALI HIBBS**

hibbsa@spotlightnews.com

“**A**ctually, we played a show in Vegas about two years ago,” said Adam Duritz, lead singer of Counting Crows—trying to remember the last time he saw his friend Rob Thomas, of Matchbox Twenty, before the two decided to go on tour together.

The iconic 90s alt-rock musicians are headlining together at SPAC on Monday, Aug. 15, and, according to Duritz, have earned their longstanding success. “A lot of bands fall apart,” he said in a phone interview with *TheSpot518* in June, “because of an inability to work together and make all the parts add up. If collaboration is something you suffer through and you can’t make the most of everyone’s talents, then your band will only ever be so good; the fact that we can do that is one of the things I love about this band. Not that it’s easy. We

fight a lot, but it’s worth it, you know, you make records that stand the test of time.”

Duritz can’t even remember when he met Thomas. “I feel like maybe we played one of those radio Christmas shows together, but I’m not sure. We have a bunch of mutual friends too, so it could have been through one of them. It was 20 years ago, so I’m not at all sure. That’s really weird,” he mused. “I haven’t seen him much for the last ten years. We used to be really good friends. But he got married and moved out of town and I tend to be kind of a hermit myself.”

Originally, Duritz said he had been talking to his other good friend, Chris Carrabba from Dashboard Confessional, about a summer tour, but, he said, “there was some miscommunication and we wound up committing to other stuff. And then the Rob thing came up and I was like, ‘that sounds great!’ It just seemed like a really good tour for us; It’s always

so nice to tour with your friends and I thought it would be fun to hang out with Rob again.”

Being on stage with his fellow bandmates, said Duritz, is what he loves best about touring. “I love what we can do together and that feeling of being on stage.

I made a really big point to the band in the early days that playing onstage is really important, but listening is way more important. If we want to be the kind of band I want to be, you gotta listen to each other while you’re playing. And, you’re never really sure if someone’s going to hear you when you say something like that, because a lot of times people just nod and the go ahead and do whatever they want to do. But, every night when we’re on-stage, I can hear those guys listening to each other; I can hear somebody try something, I can hear someone else hear it, and react to it on their instrument and then I’ll sing something a little differently. It’s very small stuff—most of the time, you would never hear it out in the audience—but it’s part of what I think makes the music great. That what makes it real and emotionally true.”

“Nobody gets along all the time really well,” he said, trying to explain the creative dynamic in his band. “Especially with something that really matters like this. Because you literally do fight about stuff every day. This is not a hobby where we’re just supposed to have fun all the time—it’s a job and it’s something we’re all really serious about and, if you’re serious and you really care about something, then you have to fight for it. It doesn’t mean you have to always be right, but you have to fight. There are some days that we don’t like each other at all, but it’s been 20-plus years and we’re still here. A lot of my friends’ bands aren’t.”

Asked how his music has evolved since Counting Crows’ mid-90s success, Duritz was initially flustered. “It seems really different to me,” he said thoughtfully. “But I feel different too. I think you just grow—you get older, you change, you experiment with stuff. I think I could go album by album. The first album, we just started playing

together—it seems very simple to me. I like it, but we didn’t really have a lead guitar player yet and that held us back a whole lot on that first album, I think. We couldn’t play a lot of the kinds of music I wanted to play without a lead guitar player and then Ben joined us, our drummer, and he came from a much more indie-rock vibe and that really opened us up to do a lot of the songs we did on “Recovering Satellites” (1996), it was a much louder album with much bigger guitars—a lot more raw. And that was really great for me; I think it was a shocking thing for our record company because we sold millions of records with T Bone Burnett and they hadn’t wanted us to go find the guy that did all the Pixies records, but we were interested. That’s the way we wanted to go, so we just did it.”

Counting Crows second album was produced by Gil Norton, the English music producer who worked with bands like Pixies, Foo Fighters, Jimmy Eat World and Dashboard Confessional. The quintet had, by then, become a sextet—with Dan Vickrey

added as a second guitar player and contributing songwriter, and Ben Mize replacing Steve Bowman on the drums. “We never even really repeated with a producer until the last few records,” said Duritz. “The third record, we went and found our friends who produced the Sparklehorse records, because we’d been listening to that and wanted to do that. So Dennis Herring and David Lowery produced our third album [“This Desert Life,” 1999], because we were really interested in experimenting in the studio and messing around with loops and, just, doing weirder stuff.” (Sparklehorse—essentially Mark Linkous—produced a beautiful and sombre album called “It’s a Wonderful Life” in 2001, before dying an untimely death in 2010.) And, the fourth album was mostly Steve Lillywhite.”

Lillywhite, who had collaborated with artists such as The Pogues, Dave Matthews and The Rolling Stones, produced Counting Crows fourth album, “Hard Candy,” which featured a hidden track

**Continues on B28**



### THROUGH THE YEARS

Counting Crows still show the same energy it had back in the 90s.

Jim Gilbert/  
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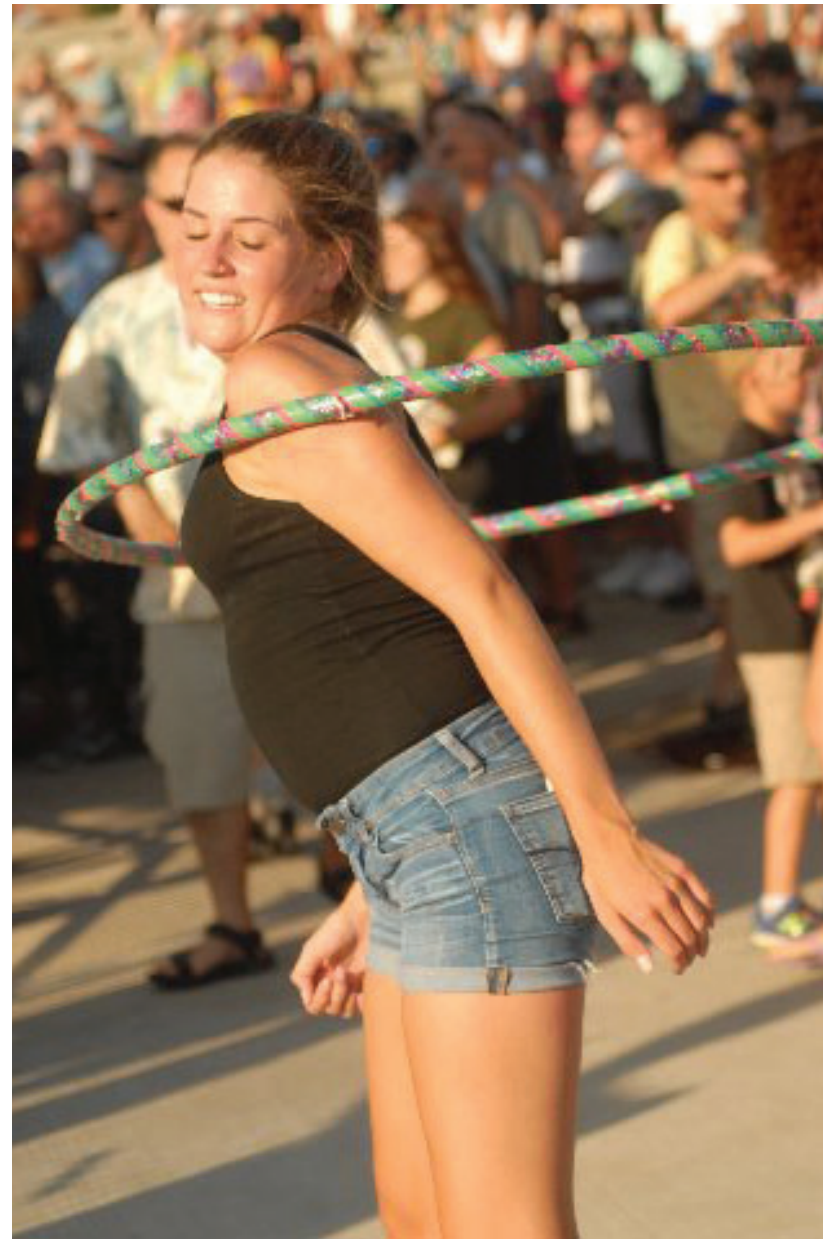
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TROY — Grateful Dead tribute band Blues for Breakfast put the Collar City under its spell at last Wednesday's Rockin' on the River. Here's a few images captured at the event.

Photos by George Decker





## From page B23 ...

### Going back with Counting Crows

—a cover of Big Yellow Taxi, by Joni Mitchell, which wound up being one of their biggest radio hits from the album.

“The music sort of naturally changed as we went, sort of grew into a fuller version of itself,” said Duritz. “I definitely write differently than I used to. I think the onstage stuff is very similar, we still improvise a lot. It all feels kind of natural; I change too and the way I’ve dealt with the music has all well. I think a lot of people expected us to change because we got really successful, and that wasn’t really the case. That didn’t seem to affect us much, except to make us a little more stubborn - something that our record company has never really liked.”

Duritz said that he, and his Bay area bandmates, were influenced early on by a local San Francisco radio station. “This is something that a lot of us in this band have in common,” he said. “There was this radio station

called KFAN (100.3) and they were like the original free-form radio station in the 60s and 70s and in the 80s for a while, and they played everything. They were bizarre. There was no playlist: they played The Rolling Stones, followed by The Sex Pistols, followed by Funkadelic, followed by George Jones or Willie Nelson. They really played all kinds of music: punk, indie, classic rock, country, funk music. So I never had any real sense of genre, my musical collection was everything—hip hop and country music and Prince.

“It was a big thing in a lot of our lives if you grew up in the Bay area,” he said. “And, years later, the first person to ever play one of my songs on the radio was Bonnie Simmons, who was a friend of mine that became the program director at KFAN.” Simmons played songs from Duritz’ first band, The Himalayans.

“They were a huge deal to us,” he continued, “because it’s one of the

reasons that I think our music has never needed to be, like, some specific kind of music. It’s always been whatever we wanted it to be. Because, you know, we are lizard brains—music IS whatever you want it to be.”

Not having a specific allegiance to any genre, he said, has allowed to band to expand and experiment and explore multiple sounds, and incorporate them into their creative process. “If I had to credit anyone,” he said, “it would be Bonnie and KFAN. We never grew up with the sense that there was good music and bad music, because they played everything. I like all kinds of different music.”

Asked about his opinion of contemporary pop, Duritz said, “I kind of think music is always all the same. There are so many great bands, there are always a million great bands and a million great records being made. Sometimes they’re at the top of the charts and sometimes they’re not, but music is really always music. I think people often tend to perceive it too much based on what’s at the top of the charts, and

think that’s all that’s going on, but there is always five billion bands you’ve never heard of.”

In an attempt to publicize lesser-known bands he’s discovered, Duritz and his friend Ryan Spaulding, a music blogger, have been hosting free musical events called The Outlaw Road Show, which feature up to 40 bands—many of which Duritz has collaborated with over the years, one of which will be opening the SPAC show on the 15th. “I love the guy we’re bringing this summer,” he said. “K Phillips and the Concho Pearls—he’s an amazing Texas songwriter who’s living in Nashville now. I sang on his new album. I’ve sung on five or six in the last year and a half—all Outlaw Road Show bands.”

Credited with seven studio albums, six live albums and myriad collaborations, Duritz said that his favorite song is one that came out in 2014—and that the band has been unable to shake from their set list ever since. Palisades Park, the lead single from the album “Somewhere Under Wonderland,” is not exactly autobiographical,

he said, “but, on the other hand, it’s based on a lot of stuff that I went through in my life and that I’ve seen in my life. And it’s all about how I feel about things. So, to me, every song is very strictly and purely me - just not always the plot. What I put in songs is how I feel about something, legitimately and literally how I feel.

“I think it’s the best song I’ve ever written,” he said. “I’m really proud of writing it; I’m also really proud of what we did to record that and what we did to make it and how we play it live every night. It’s such an amazing collaboration with all of us, because it goes all kinds of different places. That kind of thing is not easy to do on a record; it’s not easy to pull off live, but it’s really hard to do on a record and we really managed to do it and I’m so proud of that.

“I’m kind of addicted to playing it. Our set list changes every night, but probably for the last two years, that’s been part of our set every night,” he said enthusiastically. “About three months before the record came out, we were playing gigs that summer and learning to

play the songs for the new album and, on the second show of that summer tour, we put Palisades Park at the beginning of the encore to see if it would be good there—which is a really poor choice of a place to put a song that’s eight minutes long and no one knows, it’s not really a good idea—but it worked and it was really cool. And it’s never really moved from that slot since then.”

While Duritz is credited as the writer on that song and many others, he says that collaboration is an incredibly important part of the creative process. “Even the songs that are credited entirely to me,” he said earnestly, “to say that it’s all me is just kind of laughable, because what happens when you have that skeleton of a song—those words and those chords—and you go to record and work out different parts of the song, it’s such a collaborative effort and has everything to do with the whole band. Usually, it’s half words and half music, but I like to give a third of the writing process to everyone else who plays on the song because, to me, they’re writing their parts - no one is giving them sheet music—it’s very, very collaborative. Not everyone can do that, it’s kind of the hardest part.”

That ability to work together, said Duritz ultimately, is why Counting Crows is still drawing crowds and selling records. “We rehearse every day at soundcheck and then, right after soundcheck, I send a text to the band, the crew, the opening band—if we’re good friends, and ask if there’s anything they want to play or hear that night.” While he may not always take every suggestion, he said, he makes sure that everyone is enthusiastic about the show they’re putting on.

“You never get us phoning it in onstage, because the set we’re playing that night is the set we really want to play. It may not be all the songs you want to hear, but you’ll never hear a band that’s not into it.”

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