

THE Spotlight

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NEWS

Recusal refusal

Bethlehem Ethics Board dismisses request for the recusal of planning board chair

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Police action

A summary of activity from local law enforcement agencies

Story on Page 5



TOP STORY

Spotlight file photo

Back in session

DELMAR — The Bethlehem Board of Education met on Wednesday, Sept. 7 — the same day their students returned to the classroom for the 2016-17 school year — to discuss district goals and accomplishments, standardized testing, and a proposed \$32.15 million capital bond project.

The bond project, which would involve 111 separate projects to repair and/or upgrade district infrastructure, is expected to be presented to residents for a vote before the end of the year.

Goals, accolades and testing

Capital bond project

By ALI HIBBS

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“Today was the official beginning of the 2016-2017 school year,” said Bethlehem Central Superintendent Jody Monroe. “It’s nice to see all the students return.”

During the summer, said Monroe, both the board and the district’s administrative staff went on retreats where they developed a series of primary district goals based on three key principles:

Principle: Knowledge — to improve learning and achievement for all students.

Goal: To provide all students with an innovative and cohesive educational program that includes a diverse and rigorous academic

Continues on page 15

By ALI HIBBS

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“Tonight,” said Director of Operations and Maintenance for Bethlehem Central Greg Nolte, “will be the sixth consecutive time I’ve been up here to talk about the potential bond project and tonight will be my shortest presentation.

“One of the district goals is value,” he continued, “and tonight’s presentation supports that. This work is going to help maintain the district’s facilities and make sure it’s in good working condition and that it provides suitable educational space for our students and for the broader community.”

The project, which includes 111 district

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SPORTS



Nail biter

Bethlehem boys soccer played a tough one against Shaker last week

Story on Page B9

ENTERTAINMENT



From Boys to Men

The ‘Jersey Boys’ are back as ‘The Midtown Men,’ and open a nationwide tour from Proctors this week

Story on Page B1



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■ TOWN GOVERNMENT

Recusal refusal

Bethlehem Ethics Board receives its first complaint, dismisses request for the recusal of planning board chair

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

BETHLEHEM — In response to the first complaint ever received by the Town of Bethlehem Board of Ethics since its inception in 2012, the board voted 4-1 to dismiss a complaint filed by Art Siegel, a resident

of Fieldstone Drive in Bethlehem. The complaint requested that the ethics board recommend the recusal of John Smolinsky, chairman of the town planning board, from making any decisions regarding a proposed development and, more specifically, a potential roadway that would connect

the new development off of Elm Avenue with Fieldstone Drive, a residential road off of Murray Avenue.

As previously reported by *Spotlight News*, residents of the Fieldstone Creek neighborhood and the neighboring subdivision's potential developer, Barbera Homes, proposed



Members of the Town of Bethlehem's Board of Ethics discuss a topic during a Sept. 7 meeting. From left to right: Chairman Michael Fallon, Lisa Allendorph, Loretta Simon, Theresa Schillaci, and George Lenhardt.

Ali Hibbs / Spotlight

in this matter," wrote Siegel, "demonstrate that, rather than expressing personal opinion, Mr. Smolinsky prejudged the need for a road extension on Fieldstone, showed outward opposition to any reasonable alternatives proposed in unison by the residents and builder, acted partially and with a closed mind in making unlawful efforts to have the road alternative approved without the required due process, and showed bias and favoritism toward his own point of view, to the exclusion of others, before all the evidence was presented in a public hearing."

Siegel, who had initially requested that the board invoke independent counsel regarding the issue due to the professional relationship between the board's chairman and the town attorney, called the decision "so bare and cursory that we are left to guess whether the ethics board was silently recycling the erroneous legal opinions expressed by the town attorney or devising some novel, secret theory to dismiss the complaint."

Noting that this was the first complaint the ethics board has received in its four years of existence, he said the decision "does not offer much hope to others in the future seeking an objective review of potentially unethical conduct by town officials."

"The Fieldstone coalition believes that, at the very least, it is entitled to a determination of these issues by a judge who will exercise objectivity, actually examine the facts and apply state law appropriately," said Siegel. "Until a fair and impartial judicial determination on these issues is made, any decisions rendered by the planning board on the Fieldstone cut-through with Mr. Smolinsky at the helm will necessarily be tainted and subject to serious legal scrutiny. We are currently weighing our options with respect to appealing the determination of the ethics board."

a pedestrian roadway as a compromise when the town requested that the developer put in a vehicular roadway connection between the new subdivision and the end of Fieldstone Drive.

During a planning board meeting on July 19, both residents and the developer requested that the planning board approve a site plan that included a pedestrian walkway. They were rebuffed by the board and, more directly, by Smolinsky, who told the developer to come back with a plan that includes a vehicular roadway connection. It was his stated refusal to consider any other options, as well as an apparent attempt to vote on a plan that was neither on the board's agenda nor had received a requisite public hearing, that ultimately incited Siegel to request his recusal.

Siegel and a coalition of neighbors filed the complaint with the ethics board after they asked Smolinsky to recuse himself and were told by the town's attorney, James Potter, that there was no basis for recusal because there are no apparent personal financial or political interests influencing his judgment. Siegel has repeatedly countered that any appearance of pre-judgment on the part of a board member is adequate basis for recusal.

In a series of letters sent to the board, Siegel invoked opinions rendered by a state appellate court, the state comptroller's office and the state attorney general, as well as New York's Department of State which,

in its "Ethical Standards for Planning and Zoning Boards," identifies pre-judgment of issues before the board as a conflict of interest, stating that it causes the appearance of impropriety and suggests that the board member is biased and "unable to act impartially and keep an open mind," or playing favorites and giving "special consideration to one point of view over another."

The ethics board met twice to consider the complaint, and, after two executive sessions spent discussing the issue, four members voted to dismiss the complaint—the one dissenting vote was made by Loretta Simon.

"After an initial review of the complaint, the ethics board has voted," said Ethics Board Chairman Michael Fallon, who is a partner at the same law firm as Potter. "The complaint is dismissed because it does not allege any violation of the town ethics code or general municipal law article 18 or any other state or local laws relating to conflicts of interest or ethics."

Per a 1988 opinion rendered by Deputy State Comptroller Cornelius Healey, noted Siegel in a follow-up letter to the ethics board, "any planning board member should consider abstaining from discussions and voting on any matter which, while not violating article 18 or the town's code of ethics, suggests even an appearance of self-interest, partiality or economic impropriety."

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■ AROUND ALBANY COUNTY

Both Porecca suspects plead guilty

Chmielewski charged with first-degree murder; Moreland accepts deal, only charged with hindering prosecution

By **KASSIE PARISI**

parisik@spotlightnews.com

ALBANY — Michael Chmielewski and Sean Moreland, the two men involved in the 2015 murder of Colonie hairstylist Jacquelyn Porreca, both pled guilty last week, Chmielewski to first-degree murder and Moreland to hindering prosecution.

Chmielewski, who was accused of entering Recycled Hair Salon in Colonie to steal money to feed his heroin addiction, killed Porreca during the robbery with a knife to the neck. Chmielewski then fled the scene to a car that Moreland, 33, was in and the two drove away. Chmielewski is projected to receive 22 years at his sentencing.

Moreland pled guilty last Thursday to one count of first-degree hindering the prosecution as part of a plea deal that dropped three other felony charges—second-degree murder, second-degree burglary and first-degree robbery.

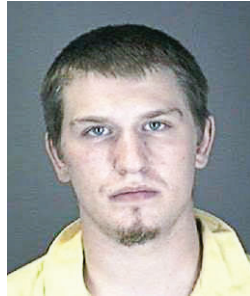
In court on Thursday, standing beside his lawyer, Paul DerOhanessian, Moreland admitted before state Supreme Court Justice Thomas Breslin that he drove the getaway car with knowledge of Chmielewski's crime and said that he was on heroin at the time.

"He told you that he just murdered somebody, correct?" Breslin asked in court.

"Yes," responded Moreland.

After satisfying himself that Moreland understood all of his options, Breslin accepted the plea of guilty and set the sentencing for Wednesday, Nov. 9, almost a year to the day after the men were arrested following a three month investigation by the Colonie Police Department.

Both Chmielewski and Moreland will be sentenced on the same day, said Breslin, so that the victim's family will not have to return to court any more



Chmielewski

than necessary. Moreland, who will already be serving eight years for an unrelated burglary conviction, will be sentenced to between two and six years—to be served concurrently. If the second-degree murder charge had stood, Moreland could have faced up to 25 years to life in prison.

While the case against Chmielewski was always strong, the case against Moreland was weakened when Breslin threw out allegedly incriminating statements made by Moreland in connection with Porecca's murder due to the claim that police disregarded his attempts to speak to an attorney, and continued to question him last year during an unrelated burglary investigation.

Police, however, contest the claim that Moreland's request to have an attorney was ignored.

"Each time he physically asked for an attorney, we stopped interviewing him," Colonie Police Lieutenant Robert Winn told *Spotlight News*.

According to Winn, police were able to arrest Moreland and Chmielewski on Nov. 10 in connection with Porecca's murder after the two separately made statements in a wired informant's car that indicated they were involved with the crime. However, because of Moreland's claim that police ignored his request for an attorney, Breslin banned the evidence, even though, Winn said, Moreland's attorney for the burglary case made clear to the District Attorney that he was not representing his client for the homicide.

At the end of the day, Winn said, he stands



Sean Moreland, appears with his defense attorney, Paul DerOhanessian, to accept a plea deal in Albany County Court last Thursday morning.

Ali Hibbs / Spotlight

by the investigating done in the Porecca case.

"I don't think that there was anything different we could have done in this investigation," Winn said, noting that there was barely any physical evidence to go on. "We took something in three months that was a 'who done it' and we were able to it piece together through hard work and dedication."

He said the most important factor to focus on is that Chmielewski, the man responsible for killing Porecca, has taken responsibility for her murder and will now face justice, and that Moreland will now have to face justice as well, even though police would have liked to see him receive more time in prison.

"There's no reason in the world why Jacquelyn Porreca should be dead," Winn said. "There's no way to wrap your head around that."

While DerOhanessian has said previously that Moreland always wanted to express his sympathies to Porecca's family, he couldn't say what would happen next, and didn't know when or if Moreland would be taking those steps. Regardless, he mentioned that the District Attorney's office worked very hard to keep the families involved with the case, particularly in regards

to what a plea deal would entail. DerOhanessian said he couldn't speak to what aspects of the police investigation he thought might have been conducted

better, saying that he has relied on the statements of Breslin on the matter.

"I think it's been a very difficult road for many

people," DerOhanessian said.

Spotlight News Reporter Ali Hibbs also contributed to this story.

Garden Bistro 24

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■ AROUND ALBANY COUNTY

Amount of farm land declines

Farmers find new ways to survive; declines not as drastic in Delmar, Guilderland



Farmers' markets are another source of income for farmers in addition to sales at their physical farms.

Kassie Parisi / Spotlight

By **KASSIE PARISI**
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ALBANY — During the last 60 years, the number of farms present in Albany County has declined sharply.

During the 50s and 60s, Albany County was the second largest producer of hogs in the entire state. It was also the third largest vegetable producer in the state.

According to Tom Gallagher of Cornell Cooperative Extension, there were 220 farms in the Town of Colonie in 1950, adding up to approximately 11,460 acres. Now, Gallagher said, only about 20 to 25 farms, or about 800 acres remain. Many of the farms were located along the Wolf Road area, which is now one of the most highly developed areas of town. There were at least six large vegetable farms on that road, Gallagher said. While Bethlehem and Guilderland have also faced declines in the amount of farmland, their declines have not been as drastic.

There are only eight dairy farms in the entire county now. Gallagher said the loss of those types of farms is not unusual due to a tightening of dairy farm regulations that many farms could not afford, which included laws regarding the technology used to get the dairy product. To maintain a dairy farm, Gallagher estimated that

farms need at least 200 cows, a cost too steep for some farmers.

Continued development brings the issue of more and more homes being built near farm land as well. Gallagher said that even though during his 40 years at Cornell Cooperative he has seen many farms do outreach to their neighbors to teach them about their work, and the equipment and chemicals that are used, it's much more difficult for a farm to build such a relationship with a business.

"The pressure of getting neighbors around the farms is awful hard to do business, especially when you're spraying pesticides and manure," he said.

Gallagher reiterated that though state agriculture law supersedes any town laws regarding farming, farmers continue to face strict pesticide regulations and sometimes also have to deal with neighbor complaints regarding chemical use and noise.

Despite rising costs, regulations, and the decrease in all types of different farms around the county, farmers are beginning to find alternate ways to continue their lifestyle. Community farming, a practice in which anyone can buy a share of a farmer's crop and those crops themselves, has taken off. With community farming, farmers can make extra cash with what they sell to residents, who could in turn

bring the products to farmers markets or other selling places sometimes beyond the reach of the farmers who grew or created the products. Gallagher said that an online market for farm products has emerged recently as well. He also mentioned that, since farms are usually passed down through families in place of other savings plans such as 401ks, younger generations are returning to farms, after their parents left the farming industry to seek employment in factories such as General Electric.

"Now farming is kind of glamorous," he said.

However, while farmers are finding ways to make up for some losses, the elimination of farmland and space could pose an aesthetic issue as well.

"I think what the public is realizing is that as development continues, people are looking for open space," Gallagher said. "People want to look out and see open fields."

Developers frequently incorporate walking or garden areas to fill the desire for green space, but the elimination of farm lands and open land is a process that will prove difficult to ever undo, Gallagher said.

"You're not going to get that back," he said.

Congratulations to our August Agents of the Month



Leah Slocum
Licensed Associate
RE Broker



Cathy Cooley
Licensed Associate RE
Broker, CBR, SRES, ASP



David Walraed
Sales Associate,
Licensed RE Salesperson



Ann Manning
Licensed Associate
RE Broker



Judith Gabler
Sales Associate,
Licensed Associate RE Broker



David Schrepper
Licensed Associate
RE Broker



Nanci Wagner
Sales Associate,
Licensed RE Salesperson

Buyer Agents of the Month



David Shrepper
Licensed Associate
RE Broker



Gary Pollard
Licensed Associate
RE Broker



Rosalie LaRocco
Sales Associate,
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JOIN US IN WELCOMING... Dr. Tricia Primomo TO OUR PRACTICE



Dr. Tricia Primomo

Dr. Tricia Primomo was raised in Delmar and is a third generation dentist. She received her undergraduate degree from SUNY Albany and continued on to the State University at Buffalo School of Dental Medicine graduating with a Doctorate of Dental Surgery and minor in Pediatric Dentistry. After receiving her Doctorate she completed her residency at Ellis Hospital in Schenectady, NY.

Dr. Tricia Primomo has an exceptionally caring attitude, taking pride in comforting and educating her patients. She is dedicated to delivering high quality care in the most compassionate manner.

Dr. Tricia Primomo is now seeing new patients at 651 Delaware Ave. in Albany.

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■ COPS, COURTS AND EMERGENCY CALLS

State Police leaders encourage motorists to 'Drive Carefully'

Troopers team up with AAA for annual awareness campaign

Major Joseph W. Dodd urges everyone to support the AAA's annual "School's Open—Drive Carefully" campaign to help preserve the safety of children traveling to and from school.

AAA's yearly "School's Open—Drive Carefully" campaign alerts motorists to the special risks to school-age children from motor vehicle crashes, the leading cause of death for children from 5 to 14 years old. The campaign runs through October 14.

Superintendent George P. Beach II said, "As the school year starts once again, the New York State Police remind motorists to be on the look-out for children boarding buses and walking to and from school. Please, drive carefully and be especially aware of school speed zones, school bus traffic, and children walking."

Major Dodd said, "Drivers need to slow down, be alert, and avoid distractions while driving to ensure children make it to school and safely home to their families. We are asking everyone – motorists, parents, and students to do their part and be vigilant during this busy time of year."

Motorists will receive an additional reminder each time they see one of the "School's Open" bumper stickers on State

Police vehicles, as well as other official vehicles, school buses and passenger cars.

State Police also emphasized the need to show extra caution when driving as schools reopen, since it is then that vacation-minded children are apt to be less careful. Motorists should be particularly alert for children darting out between parked cars on busy streets.



Courtesy of AAA

Troopers see recent uptick in driveway sealing scams

Authorities say that elderly persons are often targeted

With the warmer weather and summer coming to a close, the New York State Police would like to warn the public about an recent increase in driveway scams.

In recent weeks, Troopers say that contractors or individuals promising driveway paving and/or sealing work are collecting money and not performing the work or showing up unexpectedly, starting work on a driveway without the property owner's consent and then demanding payment.

Authorities warn that these scams specifically target the elderly in many cases, relying on confusion of whether the job was ordered or not. Typical of these scams are unsavory contractors who go door-to-door using shady tactics to charge exorbitant prices for substandard or small jobs. The individuals usually have had

several prior police interactions for these sorts of scams.

The public should verify references and not pay any money before they are sure they are dealing with a reputable contractor.

When seeking a contractor for paving or sealing work, Troopers recommend:

- Get written estimates and references when possible
- Do not pay cash
- Talk to neighbors and relatives who've had similar work done
- Use local contractors whenever possible
- Ask for identification - always

Anyone who feels they may have been victimized recently should call their local, county, or state police agency to report the incident.

Schenectady man charged with DWAI

NEW SCOTLAND
— On Thursday, Sept. 1, state troopers responded to an Albany County 911 call regarding a vehicle driving erratically on State Route 85A in the Village of Voorheesville.



Bobik

Troopers were able to locate and stop the vehicle, which was being operated by Christopher Bobik, 27, of Schenectady.

During the initial interview, officers report that Bobik displayed several signs

of impairment. Subsequent to standard field sobriety tests, Bobik was arrested and taken to the State Police facility in New Scotland for further evaluation by a drug recognition expert, who also determined that he was impaired by drugs.

Bobik was charged with driving while ability impaired by drugs and released.

He is due to appear in New Scotland Town Court on Thursday, Sept. 15.

Clifton Park woman pleads guilty to DWI

ALBANY — Albany County District Attorney David Soares announced on Wednesday, Sept. 7, that Sara Herrero, 39, of Clifton Park, was found guilty after bench trial of two counts of driving while intoxicated, both misdemeanors, before Judge John Bailey in Guilderland Town Court on the afternoon of Sept. 6.

On July 8, 2012, at approximately 3 p.m., Herrero struck a delineator pole while merging on to the eastbound

lanes of Exit 24 on I-90 in the Town of Guilderland. Debris from the crash hit the vehicle of a nearby driver.

Officers placed Herrero under arrest after she repeatedly failed field sobriety testing and was found to have a 0.11 percent blood alcohol level after submitting to a Datamaster Breathalyzer test.

Herrero faces up to a year in jail when she is sentenced on Thursday, Nov. 10.

Man arrested for unlawful possession

GUILDERLAND — State Police arrested a Clifton Park man on Saturday, Sept. 10 for criminal possession of a controlled substance.

Michael Callahan III, 29, was stopped on Western Avenue and found to be in possession of hydrocodone pills without having a prescription for them

Also, Callahan was charged with the violations of unlawful possession of marijuana and possession of a controlled substance no in its original container.

He is slated to re-appear in Guilderland Town Court on Thursday, Sept. 22.

BETHLEHEM BASKETBALL CLUB

RECREATIONAL LEAGUES REGISTRATION

Registration for three leagues:
Elsmere Basketball Club (EBC) – Grades 3 and 4
Bethlehem Basketball Club (BBC) – Grades 5 thru 8
High School BBC (HSBBC) – Grades 9 thru 12

In person registration
(Fees due at registration) for all three leagues
(Space is limited, register in person to be guaranteed a spot)

SUNDAY, SEPTEMBER 18th
5:30 - 7:30 PM
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Information about Travel Program *(Grades 4 thru 8)* will be available at registration

QUESTIONS?
<http://bethlembasketballclub.homestead.com>
or CALL REID SPERBER 424-3413
or ERIC NIEHAUS 433-8130

COMMUNITY

Visit with author Ann Leary

Bestselling author Ann Leary, whose writing credits include “An Innocent, A Broad,” “The Good House” and “Outtakes From a Marriage,” will be stopping by the library on Sunday, Sept. 18, at 2 p.m. to discuss her creative process and her latest book, “The Children.”

Leary’s novels have always had a certain New England sensibility to them, and “The Children” continues that tradition with the story of a wealthy but unconventional Connecticut family.

Leary’s work has been translated into 18 languages, and she has written for the New York Times, Ploughshares, National Public Radio, Redbook and Real Simple among other publications. “The Good House” is currently in development for a feature film. She and her husband, Denis, live on a small farm in northwestern Connecticut.

Copies of her books will be available for purchase at the event through I Love Books. The author will also be signing copies following her talk. Because space is limited, this free event is first-come, first-admitted,



and doors will open at 1:45 p.m. Leary’s talk is a Writers and Friends program underwritten by Friends of Bethlehem Public Library.

Donate your books

The library is once again partnering with Grassroot Givers, a local nonprofit, to collect books for donation to local organizations and individuals in need. Collection day is Saturday, Sept. 17, from 10 a.m. to 1 p.m. at the library garage.

Donations to the Book Project MUST fit the following criteria: current adult paperback fiction and nonfiction; current adult hardcover fiction and nonfiction; current children’s board books; current children’s hardcover and softcover picture books; current elementary and middle school chapter books; current adult biography, self-help, cookbooks, history books.

Grassroot Givers WILL NOT accept books older than 10 years; torn or moldy books;

encyclopedias; videos, tapes or CDs; magazines; computer books older than three years; test prep books older than the current year; textbooks of any kind, including law and medical books.

Donations that do not meet these criteria, and donations brought before 10 a.m. or after 1 p.m., will not be accepted.

Grassroot Givers is a nonprofit organization, located in the former YMCA in Albany, dedicated to making the connection between the needs in our community and those with resources to share. They also run a free community store that shares donations of clothing and housewares.

For more information, visit www.grassrootgivers.com.

Wanted: sewing volunteers

Are you handy with a sewing machine and willing to share your knowledge with others? Experienced sewers are needed to help patrons with their projects on library machines. An ongoing commitment is preferred. Call the library at 439-9314 to find out more.



Featured last week at the library’s Creation Station was a Bad Kitty craft. Bad Kitty herself will visit the library on Wednesday, Sept. 21, from 6-7:30 p.m., to celebrate National Library Card Sign-up Month.

Kristen Roberts

Annual report available

Bethlehem Public Library’s annual report for fiscal year 2015-16 is now available online at www.bethlehempubliclibrary.org. In it, you’ll find an easy-to-read summary of the programs and services the library offered in the past fiscal year. Printed copies are available as a brochure in the literature rack at the Information Desk.

Stamp sampler

In our display cases in the library hallway this month we highlight selections from the stamp collection of Richard Covuoto of Bethlehem. Over approximately three decades, Mr. Covuoto

amassed a robust collection that was representative of important milestones in American history. On display is just a small part of it, but every stamp has a story to tell. Check them out from now until the end of September.

Upcoming events

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

Friday, Sept. 16 Apple Fun

Stop by for an apple-themed story and treat, 10 a.m. For kids and families.

Coffee and Conversation:

A History of Tea

Teatime tutor Cheryl Hurd will discuss the history of afternoon tea and show you how to host your own tea party, 1 to 3 p.m.

Monday, Sept. 19

Tai Chi for Health

Practice the ancient Chinese art that promotes health and wellness while focusing on the core movements in the Tai Chi for Diabetes form, 4 p.m.

Zentangle and Creative Coloring

Relax and improve your focus with coloring or Zentangle, a tranquil drawing technique that uses patterns to create beautiful images, 7 to 8:30 p.m. Sign up online or call.

— Kristen Roberts



Tennis tournament honors former star

The BCAA Tennis Booster Club held a round robin tournament Sunday, Aug. 7, at Bethlehem Central High School to honor the memory of former local tennis star Robert Hoffman. The Hoffman family and friends were on hand for the unveiling of a granite memorial bench, which overlooks Court 1. Winners of the four tournament draws were Pat Mattis (Wimbledon draw), Eva Robinson (US Open draw), Letti Donovan (Australian Open draw) and Pranav Rao (French Open draw).

Submitted photo

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■ COMMUNITY

A firsthand look at today's border issues

On Wednesday, Sept. 14, at 7 p.m., you're invited to the Guilderland Public Library to hear a presentation about one of today's most politically and emotionally charged issues: Our national borders.

The presentation will be given by members of the Hamilton Union Presbyterian Church, who traveled to Arizona to interview people affected by immigration on the U.S. border with Mexico. They will share their experiences and present voices from a broad range of people — from the immigrants to the U.S. Border Patrol — affected by current border and immigration policy.

The goal of the presentation is to open up conversation about this critical national challenge while avoiding the harsh rhetoric often associated with it.

STEM: Patterns All Around Us

Children ages 4 through 7 can learn about the "Patterns All Around Us" when they



come to GPL on Thursday, Sept. 15, at 3:30 p.m. for this fun-filled STEM (Science, Technology, Engineering & Math) program.

We'll explore the world around us through books, experiments, activities, and crafts. Lots of hands-on learning for everyone. Children must be accompanied by an adult caregiver. Please register by calling 456-2400, ext. 4, or going online to www.guilpl.org and using the "Events & Registration Calendar."

Write a letter; earn service hours

Teens, we'd love your help ... and we can help you. Come to GPL on Saturday, Sept. 17, from 3 to 4 p.m., and write a letter for Operation Gratitude.

This is part of the GPL community's month-long goal of writing of 250 letters for Operation Gratitude. Operation Gratitude collects unique letters to include

in care packages for our deployed troops, new recruits, veterans, and wounded heroes. Use your creativity to decorate and write short letters and pop-up cards of appreciation and news from home. This program earns you community service hours. We look forward to seeing you.

Around the World in 30 Instruments

Go around the world in 30 instruments without leaving the library. Come to GPL on Tuesday, Sept. 20, at 6 p.m., when performers Christy and Aodh Og — who perform as Four Shillings Short — mesmerize you with their musical talents as they introduce 30 different instruments from all over the world in one extraordinary concert. Families will love this special event.

Care planning

What would happen if you experienced a sudden illness that prevented you from making your own medical decisions? How would you ensure that you got the care you wanted? Do you have a loved one who knows what you value and would be comfortable making decisions about your care? These are tough questions, and Patricia Spreitzer, Community Nurse Liaison for The Community Hospice, will be at GPL on Wednesday, Sept. 21, at 6:30 p.m., to give you information to help you answer them. Join us as she leads a "Community Conversation on Compassionate Care." Please register by calling 456-2400, ext. 2, or going online to www.guilpl.org and using the "Events & Registration Calendar."

Holistic Philosophy

Join Dr. Larry Malerba for a two-part educational lecture series as he gives you insight into the reasons

behind the rising tide of chronic illness in America and how the trend can be reversed. He will compare conventional and holistic medical paradigms, highlighting their advantages and disadvantages and how they can work together. Dr. Malerba will discuss homeopathic treatment of children and adults on the ADHD (attention deficit hyperactivity disorder) spectrum. Homeopathic medicine is a 200-year-old holistic healing art and science, the principles of which have a great deal to teach us regarding the importance of the mind-body connection and the self-healing capacity of the human organism.

1. Principles of Holistic Philosophy and Practice: Thursday, Sept. 22, at 7 p.m.

2. Homeopathic Treatment of ADHD: Thursday, Oct. 20, at 7 p.m.

Please register by calling 456-2400, ext. 2, or going online to www.guilpl.org and using the "Events & Registration Calendar."

See GPL at the Apple & Wine Festival

GPL's Pop-Up Library will be at The Capital Region Apple & Wine Festival on Saturday and Sunday, Sept. 17 and 18, at the Altamont Fair Grounds.

Stop by, get a library card, check out some materials, and register for our prize raffle.

Building blocks of fun

The next Little Lego Club for children in kindergarten through grade 3 is on Tuesday, Sept. 20, at 3:30 p.m. Use your magic imaginations for some creative play with friends. Bring your own bricks or use the library's. Feel free to bring your own creations for show off, they will kept separate from the library supplies. Please register by calling 456-2400, ext. 4, or going online to www.guilpl.org and using the "Events & Registration Calendar."

— Mark Curiale

Autumn concert at the Albany JCC

Join us for an Autumn Concert in the Afternoon at the Albany Jewish Community Center on Thursday, Sept. 22, at 1:30 p.m. Sylvia Mims and Don Trenner will perform a musical tapestry of love standards. The cost is \$12 in advance. Light refreshments will be served. Call 439-4955, ext. 1176.

Learn about the Rise of Hitler and FDR at the Bethlehem Library on Friday, Sept. 23. Author and historian David Pietrusza will chronicle the tale of two leaders in tumultuous times. Call the library at 439-9114 to reserve your seat. There is no senior transportation for this event.

Tour the Albany Rural Cemetery with us on Saturday, Sept. 17, at 10 a.m. and have lunch



at Druthers Brewing Company. Bob Mulligan will guide us at the cemetery, telling the history of Albanians who lived through the Civil War and the impact of the war on their lives. The tour is about a mile long. Wear appropriate clothing and shoes. Call 439-4955, ext. 1176.

We are doing outdoor nature walks this fall. Join us for a guided walk on the Bethlehem Rail Trail on Thursday, Sept. 29, from 10 a.m. to noon. Wear sturdy shoes or hiking boots, and bring a bottle of water and a bag lunch. Call 439-4955, ext. 1176, to make your reservation.

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.

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 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.

— Wilma DeLucco

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COMMUNITY

Membership picnic

Every family loves a free night out with the kids, especially when the fun and entertainment are provided for you, and mom and dad don't have to cook or cleanup.

Where can you find a night like that? Funny you should ask. The Bethlehem YMCA will hold its annual membership appreciation picnic on Friday, Sept. 16, from 6 to 8:30 p.m.

The Y will have free burgers, hot dogs, salads and more. There will be a bounce house, popcorn machine and snow cones, as well as a public skate on the ice rink.

The Bethlehem Y values and appreciates every single one of our fabulous members. Let us show our appreciation by coming to our picnic this Friday night.

If you are not a member but are interested in joining the Bethlehem Y, come visit us on Saturday, Sept. 17, from 10 a.m. to 2 p.m. during our open house. We will have program demonstrations, wellness classes, tours, a raffle, an open skate and more. Bring a friend and ask about our 20/20 referral program (more about that below) and take advantage of the Y's special offer to waive the joiner fee during the month of September.

Operation Sandwich

The YMCA's Togetherhood Committee is the very embodiment of the Y's mission to build a stronger community



through unique outreach efforts. Last month, the committee, along with Bethlehem YMCA summer campers and Participation in Government volunteers from Bethlehem High School, worked together to assemble 600 sandwiches and 300 bagged lunches that were delivered to the Capital City Mission in Albany. The Mission provides more than 250,000 meals to the hungry and needy each year.

The lunches were made from sandwich and snack supplies donated by Bethlehem YMCA members. The lunches were handed out to men, women and children who access the Capital City Mission for their meals.

Thank you to the Y's Shawn St. James, who oversees the Togetherhood Committee program, to everyone who made donations, and to all the young people who participated in this tremendous effort to reach out beyond the walls of the YMCA to help people in need in our area.

Save money with 20/20 referral

With fall slowly pushing summer off the calendar, many people will be moving their workouts inside to the Bethlehem Y. And now, Y members have a new way to save.

The Capital District YMCA is offering an extra special value for our members — our 20/20 referral program. When you refer a friend who joins the Y, you and your friend save 20 percent on your memberships for as long as you are both members.

Working out with a friend has many benefits — motivation, competition, accountability, more fun and better results, to name just a few. So now, you can bring a friend to the Bethlehem Y, get them signed up and both can save money.

Under 10 tennis

Come check out youth tennis lessons at the Bethlehem Y, run by our USTA and PTR certified coach, Mike Muscato. Coach Muscato's vast knowledge of tennis brings our Bethlehem YMCA an amazing program. Kids of all abilities, ages 5 to 10, will enjoy this class learning correct fundamentals and basic game play. This program includes instructional drills, as well as games.

In addition to tennis, the Bethlehem YMCA's fall program includes youth soccer for kids ages 3 to 8 years old; The I'm Possible Basketball Training program that covers offensive and defensive strategies, ball handling, shooting, passing and conditioning; and 1-on-1 basketball training to help your player bring his or her game up to the next level.

— Mark Hansen

Medicare 101 program

Will you soon be 65? Come learn how Medicare works at an informational meeting Oct. 27 at 10:30 a.m.

You will be informed of all the factors that you should consider when making your choices. Are you already in Medicare but still having questions about your coverage options? There are Medicare counselors trained to help you understand your choices and options. Attend a presentation designed to provide you with an understanding of Medicare and the choices available to you.

Having trouble paying your Medicare premium or related medical expenses? Find out if you may qualify for federal assistance with your medical expenses.

Please register by Oct. 23 by calling the office at 356-1980.

Meals on Wheels needs drivers

If you are interested in volunteering "once in a while" for about 90 minutes, this is an opportunity for you. Meals are delivered to Guilderland and Altamont residents weekdays. Please call MaryAnn at 356-1980, ext. 1095 for more information.

Volunteer recognition luncheon

A volunteer luncheon will be held Friday, Sept. 23, at Mallozzi's Clubhouse at the Western Turnpike

Town of Guilderland SENIOR CALENDAR

Golf Course. This lunch is to express gratitude to all volunteers for giving their time to help others. The groups to be honored:

The Guilderland Interfaith Food Pantry—Monday through Friday volunteers accepts donations and distributes food to those who do not have enough food to eat.

The Home Delivered Meals—Monday through Friday volunteers deliver daily meals to home bound senior citizens in the community to help them live independently in their homes. Adequate nutrition is critical in maintaining health, functioning, and management of disease. Your friendly hello and shared moments together help reduce isolation and provides the senior with a sense of being checked-in-on each day.

AARP Tax Aide Program—Number-savvy volunteers spend many hours training and getting certified in cooperation with the IRS to prepare personal federal and state income tax returns for taxpayers of all ages with low and moderate incomes.

Guilderland Volunteers—Senior Citizens who give their time generously offering a variety of services.

Many members of our needlecraft group knit/crochet hats and scarves, blankets, baby layettes and lap robes for those in need of warmth. These items are

collected and distributed to hospitals, nursing homes and shelters.

Our Strong Bones+ osteoporosis prevention class leaders offer their time two days a week leading this important exercise class. This class is not limited to exercise; many friendships have been made in these classes that have lasted throughout the years.

Our Tuesday lunch program has their share of volunteers willing to help; consisting of meal servers, bingo caller/assistants, raffle volunteers and a registered nurse to provide blood pressure readings. This program is a nutritious social day out that many enjoy and hate to miss.

Weekly schedule

Wednesday, Sept. 14

- Scheduled shopping 9 a.m. — Senior Strength & Balance
- 9:15 a.m. — Senior trip to Beeches
- 9:30 a.m. — AARP Defensive Driving Class
- 10:30 a.m. — Strong Bones +
- 10:30 a.m. — Senior Fitness
- 1 p.m. — Needlecraft
- 1:30 p.m. — Strong Bones +

Thursday, Sept. 15

- Scheduled shopping 9 a.m. — Silver Sneakers
- 9 a.m. — Strong Bones +
- 9:30 a.m. — Scheduled legal appointments

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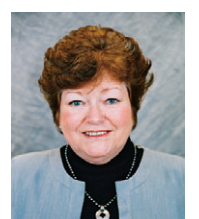
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September 14, 2016

Spotlight on Sports

www.spotlightnews.com PAGE 9



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■ PLAYER OF THE WEEK



MATT FERRIERO

Ravena-Coeymans-Selkirk running back Matt Ferriero is The Spotlight Player of the Week for the period ending Sunday, Sept. 11. Ferriero rushed for 156 yards and three touchdowns — including a 66-yard scoring scamper in the third quarter — in the Indians' 27-13 victory over defending Section 2 Class B champion Schuylerville Friday, Sept. 9.

■ INSIDE



Home opener

Troy scored the final 26 points of the game to defeat Bethlehem 32-14 in the Eagles' first home football game of the season Friday, Sept. 9.

Page 10

■ BOYS SOCCER



Taking control

Bethlehem rises to league lead

BETHLEHEM — The Bethlehem boys soccer team raised its Suburban Council record to a league-best 4-0 with 1-0 wins over Shaker and Shenendehowa last week.

Kevin Piccolino scored the game-winning goal in overtime to lift Bethlehem past Shaker Thursday, Sept. 8. Two days later, Piccolino tallied on a penalty kick late in the second half to give the Eagles their win over Shen.

— Rob Jonas



▲ Bethlehem goaltender Ryan Henning, left, braces for Ian Wu's shot during a Sept. 8 Suburban Council home game against Shaker.

◀ Andy Kessler leaps above Shaker's Jack Murray to head the ball.

For a photo gallery, visit spotlightnews.com
Rob Jonas/Spotlight



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FOOTBALL



Eagles fall in home opener

Troy scores 26 unanswered points in second half to win

BETHLEHEM — Troy spoiled the Bethlehem football team's home opener with a 32-14 victory Friday, Sept. 9.

The Flying Horses (2-0) scored the final 26 points of the game to erase a 14-6 deficit and remain unbeaten in the Liberty Division. Bethlehem's record dropped to 1-1 with the loss.

The Eagles grabbed a 7-0 lead on quarterback David Montalvo's 9-yard touchdown pass to Dylan Rodriguez in the first quarter. Troy pulled close on Joey Ward's 1-yard touchdown run in the second quarter, but the extra point was blocked to help Bethlehem enter the locker room up 7-6.

Bethlehem's Steve Mendleson broke free for an 85-yard touchdown run in the third quarter before Troy took control.

— Rob Jonas



Clockwise from top left: Bethlehem quarterback David Montalvo looks for running room during the Eagles' home opener against Troy Friday, Sept. 9; Bethlehem's Steve Mendleson returns a second quarter interception; Bethlehem's offense lines up for a play. For a photo gallery, visit spotlightnews.com.

Photos by Rob Jonas/Spotlight

CROSS COUNTRY

Strong finishes for Voorheesville

Host team places second in boys and girls varsity races at Blackbird Invitational

By **ROB JONAS**

jonasr@spotlightnews.com

The Voorheesville boys and girls cross country teams had second-place finishes at the annual Blackbird Invitational Saturday, Sept. 10, at Wallace Park.

The girls team was in a neck-and-neck race with Mechanicville for the Division 2 title. Voorheesville had five runners place in the top 25, but Mechanicville had four runners in the top 20 to pull out a 72-79 victory.

Mayfield eighth grader Madison Relyea won the individual title in Varsity 2 with a time of 21:48. Senior Robin Wakeley led Voorheesville with a fourth-place finish in a time of 22:16. Sophomore Sydney Wilson finished 12th for the Blackbirds with a time of 23:44, followed

by a pack of four runners about one minute later — senior Abigail Goldfarb (22nd, 24:38), junior Emma Hampston (24th, 24:47), sophomore Lily McDonnell (25th, 24:50) and senior Mia Crisafulli (26th, 24:51).

Schalmont claimed the Division 1 girls team title with 30 points, 22 points ahead of its crosstown rivals from Rotterdam, Mohonasen. Albany's Eileen Bequette was the overall champion with a time of 20:44, 10 seconds ahead of Schalmont's Emily Pahl.

On the boys' side, Albany Academy ran away with the Division 2 team title after placing four runners in the top 10. The Cadets finished with 27 points, while Voorheesville placed second with 112 points.

Senior Max Tulchinsky (17:32), junior

Alex Foyt (17:33) and junior Marcus O'Leary (17:37) swept the top three places for Albany Academy. Sophomore Evan Ensslin (fifth place, 18:13) and freshman Matt Tipton (sixth, 18:14) made the top 10 for Voorheesville.

Glens Falls won the Division 1 boys team title with 39 points, while Schalmont took second place with 72 points. Glens Falls junior Chris Hughes won the individual title with a time of 16:59.

In other cross country action Sept. 10, Guilderland won the varsity-large girls division team title at its own Guilderland Invitational at Tawasentha Park.

The Lady Dutch placed four runners in the top 10 to ease past Burnt Hills-Ballston Lake 39-52. Sophomore Olivia Fanshawe led the way for Guilderland with a third-place finish in a time of

18:25.13. Junior Hannah Gallagher followed in seventh place with a time of 18:48.03, while senior Tara Pede placed eighth with a time of 19:00.50. Juniors Erin Miceli (10th, 19:17.59) and Alexa Thompson (11th, 19:38.62) rounded out the Lady Dutch's top 10.

Senior Eva Scott (17:56.94) and sophomore Rory Graham (18:19.67) took the top two places for Burnt Hills.

Guilderland had the top two runners in the boys varsity-large division, but the Dutchmen placed third in the team standings with 80 points behind Burnt Hills (48 points) and Shenendehowa (55 points).

Senior Noah Carey won the individual title for Guilderland with a time of 14:58.43, and sophomore Noah Tindale was second with a time of 15:21.58.

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<p>LEGAL NOTICE</p> <p>11 Ocean Partners LLC Filed 7/12/16 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 Purpose: all lawful Ad#127427</p>	<p>British American Boulevard, Latham, NY 12110. Purpose: Any lawful act or activity. Ad#126712</p> <p>LEGAL NOTICE</p> <p>APPLIED SUPPORT FOR AUTISM LLC Articles of Org. filed NY Sec. of State (SSNY) 9/7/2016. Office in Albany Co. SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 915 Bushwick Ave., Brooklyn, NY 11221. Purpose: Any lawful purpose. Ad#130268</p> <p>LEGAL NOTICE</p> <p>ARCAVIX, LLC Articles of Org. filed NY Sec. of State (SSNY) 8/24/2016. Office in Albany Co. SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 137-11 Jewel Ave., #B, Flushing, NY 11367. Purpose: Any lawful purpose. Ad#128859</p> <p>LEGAL NOTICE</p> <p>ATLAS TECHNICA LLC was formed in DE on 03/07/2016, filed app. for authority with the SSNY on Aug. 2, 2016. Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The address which SSNY shall mail any process against the LLC served upon him: c/o Atlas Technica LLC at 1 IRVING PLACE APT P22B NEW YORK, NEW YORK, 10003. The address of the office to be required to be maintained in the jurisdiction of org.: 2035 SUNSET LAKE ROAD SUITE B-2, NEWARK, DE 19702. The foreign limited liability company shall provide, on request, a copy of the Cert. of Org. with all amendments file w/SOS DE at 401 Federal St., Ste 4, Dover, DE 19901. Purpose: Any lawful business. Ad#127434</p> <p>LEGAL NOTICE</p> <p>Notice of Formation of BAASE, LLC. Arts of Org. filed with New York Registered Agent (NYRA) on 8/10/16. Office location: Albany County. NYRA is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 90 State St Suite 700 Office 40 Albany NY 12207. Purpose: any lawful activity Ad#128897</p> <p>LEGAL NOTICE</p> <p>NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: BETHLEHEM TRADITIONAL IRISH DANCE LLC. Articles of Organization were filed with the Secretary of State of</p>	<p>New York (SSNY) on August 15, 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 process to the LLC, 16 Belmont Court, Selkirk, New York 12158. Purpose: Dance Lessons. Ad#128689</p> <p>LEGAL NOTICE</p> <p>BETHLEHEM CENTRAL SCHOOL DISTRICT NOTICE TO BIDDERS The Board of Education of the Bethlehem Central School District hereby invites the submission of sealed bids in accordance with Section 103 of the General Municipal Law for the following:</p> <p>MUSICAL INSTRUMENTS</p> <p>Specifications and bid forms will be available September 12, 2016 at the Bethlehem Central High School, 700 Delaware Avenue, Delmar, NY 12054. Sealed Bids will be received until 11:00 a.m., prevailing time, on Friday September 23, 2016, at Bethlehem Central High School, Attn: Dave Norman, Music Supervisor, 700 Delaware Avenue, Delmar, NY 12054, at which time all bids will be publicly opened. The Board of Education reserves the right to reject any or all bids. Any bids submitted will be binding from July 1, 2016 - June 30, 2017</p> <p>Board of Education BRITTANY L. BARRETT District Clerk Ad#130203</p> <p>LEGAL NOTICE</p> <p>Notice of Formation of BYBF LLC. Arts of Org. filed with New York Secy of State (SSNY) on 8/1/16. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 90 State Street, Ste 700, Office 40, Albany, New York, 12207. Purpose: General. Ad#128855</p> <p>LEGAL NOTICE</p> <p>NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC) The name of the LLC is Canterbury Times LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on August 10, 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</p>	<p>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#128690</p> <p>LEGAL NOTICE</p> <p>NOTICE OF FILING OF ARTICLES OF ORGANIZATION IN NEW YORK BY A FOREIGN LIMITED LIABILITY COMPANY NAME: D&T PROPERTY GROUP, LLC. Articles of Organization filed with the Sec. of State of NY (SSNY) on 6/21/2016. Office location: Albany County. SSNY is designated as agent of the LLC for service of process. SSNY shall mail copy of process to: 7 Sunrise Dr., Latham, NY 12110. Purpose: Any lawful act or activity. Ad#123026</p> <p>LEGAL NOTICE</p> <p>NAME: D&T PROPERTY HOLDINGS, LLC -DBA-D&T PROPERTY ENTERPRISES, LLC. Articles of Organization filed with the Sec. of State of NY (SSNY) on 7/21/2016. Office location: Albany County. SSNY is designated as agent of the LLC for service of process. SSNY shall mail copy of process to: 7 Sunrise Dr., Latham, NY 12110. Purpose: Any lawful act or activity. Ad#127352</p> <p>LEGAL NOTICE</p> <p>Demalem123, LLC, Art. of Org. filed with the SSNY on 08/12/16. Office: Albany County, SSNY designated as agent of the LLC, upon whom process against it may be served, SSNY shall mail process to the LLC c/o Veil Corporate, LLC @ 911 Central Ave # 188 Albany, NY 12206. Purpose: any lawful purpose. Ad#129596</p> <p>LEGAL NOTICE</p> <p>NOTICE OF FORMATION OF Dunn Financial Group LLC On 8/26/16, Articles of Organization of Dunn Financial Group LLC were filed with the Secretary of State of the State of New York. The office of the NY limited liability company is located in Albany County. The SSSNY is designated as the agent of the limited liability company upon whom process against it may be served and the post office address within New York State to which the SSSNY shall mail a copy of any process against it served upon him or her is Dunn</p>	<p>Financial Group LLC, 2 Wall Street, Suite 4, Albany, NY 12205. The purpose of the limited liability company is for any lawful business purpose or purposes. Ad#130275</p> <p>LEGAL NOTICE</p> <p>NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name: DYNAMITE DIVA HAIR LLC. Articles of Organization filed with NY Secretary of State, March 2, 2016. Purpose: to engage in any lawful act or activity. Office: in Albany County. Secretary of State is agent for process against LLC and shall mail copy to c/o CORPORATION SERVICE COMPANY, 80 State St., Albany, NY 12207. Ad#128694</p> <p>LEGAL NOTICE</p> <p>NOTICE OF FORMATION OF EMILEAH PROPERTIES LLC. Articles of Org. filed with NY Secy of State (SSNY) on 5/24/2016. Office located in Albany County. SSNY designated as Agent upon whom process may be served. SSNY shall mail process to Joshua Robbins, 18 Albion St., Melrose, MA, 02176. Purpose is any lawful activity. Ad#128692</p> <p>LEGAL NOTICE</p> <p>Fritesmeats Group LLC Filed 7/12/16 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 Purpose: all lawful Ad#127429</p> <p>LEGAL NOTICE</p> <p>Greenbridge OBC, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 08/12/16. Off. loc.: Albany Co. SSNY des. as agent of LLC upon whom process may be served. SSNY shall mail process to the LLC, 444 West 19th Street, PH3, New York, NY 10011. Purpose: General. Ad#129598</p> <p>LEGAL NOTICE</p> <p>JAGGER LLC Articles of Org. filed NY Sec. of State (SSNY) 8/19/16. Office in Albany Co. SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 4545 Center Blvd., Apt. 605, Long Island City, NY 11109. Purpose: Any lawful purpose. Ad#128691</p> <p>LEGAL NOTICE</p> <p>John Kuehn Design, LLC. Arts. of Organization filed with Secy. of State of NY (SSNY) on</p>	<p>08/11/16. Off. loc: Albany Co. SSNY des. as agent of LLC upon whom process may be served. SSNY shall mail process to the LLC, 146-12 20th Ave, Apt. #2, Whitestone, NY 11357. Purpose: General. Ad#128665</p> <p>LEGAL NOTICE</p> <p>LaFren Lakepointe, LLC Notice of formation of the above Limited Liability Company ("LLC"). Articles of Organization filed with the Secretary of State of NY ("SSNY") on 04/19/2016. Office location: Albany. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of any such process served to: LaFren Lakepointe, LLC, c/o Michael LaFreniere, 402 Jessamine Lane, Schenectady, NY 12303. Purpose: any lawful business purpose. Ad#129638</p> <p>LEGAL NOTICE</p> <p>NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name: LOUGHLIN DAWN LLC. Articles of Organization filed with NY Secretary of State, August 15, 2016. Purpose: to engage in any lawful act or activity. Office: Albany County. Secretary of State is agent for process against LLC and shall mail copy to Dawn Homes Management LLC, 20 Corporate Woods Blvd, Albany, New York 12211 Ad#129879</p> <p>LEGAL NOTICE</p> <p>Notice of Formation of an LLC: Ma's Corner Store, LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on July 28, 2016. Office location is in Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served, SSNY shall mail a copy of Process to the LLC, at 4449 Western Turnpike, Altamont, NY 12009. Purpose: for any lawful purpose. Ad#128673</p> <p>LEGAL NOTICE</p> <p>ARTICLES OF INCORPORATION of MAC Performance Rocketry LLC. The purpose for which the Company was formed on August 11, 2016 in Albany County is to engage in any lawful act or activity under the LLCL of the State of New York. 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PHOTOS



Back to School

GUILDERLAND — While the first day of school can be a bummer for kids, it isn't for some parents, as one local photographer captured last week. Here, parents rejoice as they wait to see their children onto the school bus.

Photo by Eric Schorr



Albany Pancreatic Cancer Walk

BETHLEHEM — Albany's Annual Pancreatic Cancer Walk was held on Sunday, Sept. 11, in Elm Avenue Town Park. The walk is held to raise funds towards research to find a cure and awareness about the disease.

Photo by Thomas Heffernan Sr.

COMMUNITY

Fall book sale

The Friends of the Library (FOL) Fall Book Sale is here!

The FOL members-only sneak preview will begin at 2 p.m. Friday, Sept. 16. Memberships will be available at the door for as little as \$10.

Doors open to the public at 9 a.m. on Saturday, Sept. 17. The kids clothing swap will be held in the community room, and a bake sale will be under one of the tents. Nimblefingers crafting group will be available for crafting advice, as well as selling handmade items.

On Sunday, Sept. 18, the \$2/bag sale begins at 9 a.m. FOL will provide the bags. Registration for the Village



Animal Clinic Canine 5K Classic will begin at 9 a.m., with the run/walk starting at 10 a.m.

Music will be provided throughout Saturday and Sunday by local band In Orbit, and Jackie the Magician will be entertaining the crowds on Saturday from 1 to 3 p.m. The FOL will also be selling raffle tickets for various items and baskets on display at the book sale. The raffle drawing will be held at noon on Sunday.

As always, volunteers are welcome and appreciated.

Thomas Merton's Journey

The library welcomes Dennis Sullivan on Tuesday, Sept. 20, at 6:30 p.m., for a historical presentation of the life and work of Thomas Merton, a Trappist monk considered by many as the most important spiritual writer of the 20th century. Dennis' paper, "The Courage 'To Be That Self One Truly Is:' Thomas Merton's Unrelenting Journey To Recover Paradise On Earth," will be available at the library for prior reading to facilitate discussion. Please register.

— Lynn Kohler

'Dark Knight' afternoon at the library

Holy Public Library, Batman! Before heading to comic book stores for Batman Day on Sept. 17, show off your stealth, agility and other Batman attributes at the library on Friday, Sept. 16, from 4 to 4:30 p.m. No need to register, just stop in.

Batman Begins

The library will host an after-hours screening of the first film of the Dark Knight Trilogy for viewers age 13 and up. See Christian Bale star as Batman in this critically acclaimed movie, Friday,

RCS COMMUNITY LIBRARY

Sept. 16, from 5 to 7 p.m.

Non-Fiction Book Discussion

The Non-Fiction Book Discussion Group returns on Tuesday, Sept. 27, at 10:30 a.m. to read "1932" by David Pietrusza. Readers will find the story of two geniuses — one good, one evil — at their moments of election: Roosevelt and Hitler. Get your copy of the book at the library.

This will also be an organizational meeting, so bring titles of books you would like to read for future meetings.

Library Science

What makes a paper star burst? Find out when science meets art at Library Science Lab for elementary age kids. Fun will be had with water absorption on Wednesday, Sept. 21, at 4 p.m. Registration appreciated; call 756-2053 or email at info@rcscommunitylibrary.com.

— Carol Melewski

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■ NEIGHBORHOOD NEWS

Bethlehem Grange rummage sale

BETHLEHEM — The annual Fall Giant Rummage Sale continues at the Bethlehem Grange No. 137, located at 24 Bridge St. in Selkirk, from 9 a.m. to 4 p.m. on Friday and Saturday, 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 including furniture, crafts, tools, books, music, decorative items, glassware, linens, toys and more — with the exception of TVs and tires — are being accepted through Friday, Sept. 16. Items will be added daily to the sale.

Proceeds from this year's event will go towards the long list of repairs for the Grange Hall, including replacing the building's roof. The Bethlehem Grange has been in existence for 142 years, and the building is on the National Historic Register.

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

New members are welcome to join the Bethlehem Grange. Meetings are held the fourth Tuesday of each month. For

more information, call Caroline Wirth at 424-4953.

Figure skating club offers lessons

BETHLEHEM — The Albany Figure Skating Club is offering its popular Learn to Skate program on Saturdays from Oct. 1 through Dec. 10 at the Bethlehem Area YMCA, 900 Delaware Ave.

The program provides basic skills and hockey skating instruction for skaters of all ages, abilities and interests. It's a fun, safe way to learn to skate or to improve skating skills.

Skaters may choose from eight- or 10-week options. Skate rentals are available, and skaters do not need to be YMCA members to participate.

Recreational skaters, figure skaters and hockey skaters, ages preschool to adult, are welcome. Specialty classes will also be offered in addition to the group lessons.

For more information, visit www.albanyfsc.org.

BHA lecture series focuses on circus

BETHLEHEM — The Bethlehem Historical

Association's September lecture is about the circus.

Tom Allison will discuss how Albany native Gilbert Spalding influenced how the circus is presented at his lecture titled "The Greatest Show on Earth" Thursday, Sept. 15, at 7 p.m., at the Cedar Hill Schoolhouse, 1003 River Road.

While researching his book about Hudson River steamboats, Allison discovered that the circus owes a lot to Spalding. Circus trains, bleachers and the setup at every venue were his innovations.

Allison is a 40-year resident of Albany who enjoys discovering the story of his adoptive town. He is the author of "Hudson River Steamboat Catastrophes."

The lecture is free and open to the public. Refreshments and conversation follows the talk.

For more information, call 767-9432 or visit BethlehemHistorical.org.

Weekend programs at Thacher Park

VOORHEESVILLE — Thacher Park and the Thacher Nature Center have events going on this weekend.

The nature center is offering tours of its historic schoolhouse

Saturday and Sunday, Sept. 17 and 18, at 12:30 p.m. Visit the restored Knox School No. 5 and learn about school days of the past. The Kiwanis Club restored the building, which is listed on the National Historic Register. The schoolhouse will also be open for drop-in visits from 10 a.m. to 2 p.m. both days.

There is also a Karst geology walk Sept. 17 at 9 a.m. This walk will explore the landscape features of Thacher Park, including caves and sinkholes, characteristic of Karst terrain. Learn what karst is and about the processes that have shaped about half of the surface area in the park with Thom Engel.

For more information about these programs, call 872-0800.

American Legion slates Italian Night

VOORHEESVILLE — The Voorheesville American Legion is holding an Italian Night Saturday, Sept. 26, from 4 to 7 p.m.

The menu features a variety of Italian dishes, salad and fresh bread. Take outs are available.

The cost of the meal is \$15 for adults and \$8 for children.

The Voorheesville American Legion Auxiliary is holding

its annual community tag sale Saturday, Oct. 10, from 8 a.m. to 3 p.m. at the Legion Hall on Voorheesville Avenue. Anyone interested in donating items can call Robin Hull-Pease at 765-4580 to make an appointment to drop off items. The auxiliary requests that no large items, electronics or clothing, other than baby items, are donated.

Science Lecture Series focuses on railroad

COLONIE — "Making Tracks: The Archeology of the Mohawk and Hudson Railroad, America's Pioneering Railroad" is the subject of the Albany Pine Bush Discovery Center's Science Lecture Series Thursday, Sept. 15, at 7 p.m.

Matthew Kirk, principal investigator with Hartgen Archeological Associates Inc., will discuss the history of the rail line through the Pine Bush, the archeology of the original grade and the current state of railroad remnants.

The program is free and appropriate for ages 15 and older. The Albany Pine Bush Discovery Center is located at 195 New Karner Road. For more information, visit www.albanypinebush.org.

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September 14, 2016

Spotlight on Opinion

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FROM THE EDITOR'S DESK

Hard to see the enemy

Outside Recycled Salon in Colonie hangs a banner on the side of the building. It's a picture resembling Rosie the Riveter, an iconic image representing the thousands of women who worked in factories and shipyards during the war effort of World War II. Today, the image is borrowed to accompany the slogan, "West Albany Strong." Though that particular war ended many years ago, there's a different war entirely being fought today.

Just as in the '40s, "Rosie" could be any woman. Hair tied back and a flexed bicep, Rosie was the embodiment of strength against a unified cause. In 1942, that cause was against Japan and Germany.

In 2016, the cause is still meant to unify a community. Last year, West Albany was hit by the horrific murder of Jacquelyn Porreca. Porreca was a hairstylist at Recycled Salon. Her picture was on every newspaper for weeks as Colonie Police worked to track down leads. To see Rosie up on the building's facade, where

Jacquelyn worked, there's no mistaking why it now hangs.

The neighborhood off Sand Creek Road is relatively quiet, minus the traffic that passes by for Wolf Road and Colonie Center. Murders don't happen here. In fact, just a few years before, Colonie boasted the lowest crime rate in the entire country. What happened to Jacquelyn does not happen.

This past week, a little over a year since Porreca died, Albany County sentenced Michael Chmielewski and Sean Moreland. Chmielewski, once an honor student in high school, is now known to be the one who stabbed Porreca as he tried to rob the salon for money to buy heroin. He should now spend more than 20 years in prison. Moreland, who drove and helped plan the robbery, was also looking at murder charges. He, too, was sentenced — for six years.

Moreland had confessed his involvement to police. That confession, however, was thrown out of court by

Supreme Court Judge Thomas Breslin because police continued to question Moreland without his lawyer, whom he had asked to be there. It was expected that he would have served more time. On the contrary, the sentence he will receive for his involvement with the murder will be satisfied while he sits in jail for a separate crime.

Angry words have been expressed. Justice, somehow, has not been served. And, it seems to be hinged upon a mistake.

The community is in the midst of another war, that really has no clear cut enemy like the one that united America in World War II. Jacquelyn Porreca died because two men were looking to feed their heroin addiction. The inexpensive, highly addictive drug has ballooned into a social crisis. (See also the picture of an Ohio couple overdosed in a minivan with a toddler in the backseat.) The enemy today is not a country thousands of miles away. It's an item pushed on the streets.

It's the people who sell. It's the people who buy and use. Opponents police fight against on a daily basis. A mistake happened, but our police force is not the enemy. Our court system is not the enemy. Today, Rosie has to roll up her sleeves and fight to keep heroin away from our neighborhoods. On the other side of town has another such sign focused on heroin, a mock up of a street map, and it leads nowhere.

TALK BACK

The Spotlight welcomes feedback on this editorial or any other hot topics in the news. Email us at news@spotlightnews.com.

WHAT HAPPENED IN 2006

10 years ago: Total overhaul of Slingerlands

BETHLEHEM— Approximately 10 years ago, Bethlehem town hall hosted three meetings regarding a proposed Slingerlands hamlet project that had the intention of designing a totally new neighborhood community off of New Scotland Road.

There were about 40 property owners, developers, residents, and town officials at the first meeting, according to archives, and about 100 people attended all three. The sessions were designed to bring a friendly, community based feeling to development proceedings. Consultants

were responsible for brainstorming ways to make the 70 acres of land behind the Price Chopper Plaza to Normans Kill a pedestrian friendly living space.

Residents expressed their desire to have a pedestrian town center that would combine Bethlehem's unique, suburban characteristics with a large amount of green space.

Todd Fabozzi, who was at the time a program manager and geographic information specialist from the Capital District Regional Planning Commission, presented a slide show outlining different

locations in around the country that changed the look of their communities.

"These are four examples of new towns built, two of them reusing existing sites and three in suburban areas," said Fabozzi.

One Slingerlands resident at the meetings asked if the town intended to utilize eminent domain proceedings while moving forward with the hamlet development. Michael Morelli, assistant economic developer for the town at that point, said the intent was for property owners to willingly participate in the

project, and that there were no plans to take anyone's property.

Residents also felt that the positives to hamlets included pedestrian access to stores, a common environment for people to work and play, and a physically attractive neighborhood. They also said that disadvantages tended to include pedestrian safety, uncontrolled congestion with minimal traffic safety systems and a day-only destination with no nighttime draw, something Bethlehem has recently started to amp up with a handful of new bars.

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From page 1 ... Goals, accolades and testing

curriculum and a range of co-curricular activities that challenge students to become creative, critical thinkers and engaged members of their community.

Action(s): (1) Develop a comprehensive plan for technology integration in classrooms; (2) assess effectiveness of K-5 response to the district's intervention program and use data to consider more effective interventions at those grade levels.

Principle: Character—to foster a positive and safe school culture and environment.

Goal: To create and maintain a positive and safe environment that supports the learning and development of all students, guided by the principles of respect and understanding where the dignity of all students is recognized and protected.

Action(s): Form a "Healthy Schools Committee" focused on improving learning environments, as well as

student engagement and well-being.

"This is a relatively large item," said Monroe. "We've talked about mental health issues we want to address, a healthy environment for our students, student engagement and well-being. So we have identified a steering committee to start with that because it's a rather large undertaking. From that, we'll probably identify sub-groups to continue work on those particular areas."

Principle: Value—to manage and improve the quality, effectiveness and efficiency of the district's current and future operations.

Goal: To foster increased connections with parents and community members within curricular and co-curricular programs to increase connections and opportunities between education and real world application as well as relationships between the district and the public.

Action(s): (1) Capital

bond project (see related story); (2) work with Chamber of Commerce and local business to explore increased internship and field experience opportunities; (3) increasing emergency preparedness.

Common Core and results

"We're now pretty well deep into the implementation of Common Core," said BCSD's Assistant Superintendent of Instructional Programs David Hurst. "As many of you know, this past summer there was a review committee of the standards, and the revisions will be going back out for public review this fall and we will have yet another set of revised standards coming out in the spring of this year, with implementation for the 2018 school year."

The state, he pointed out, has mandated that Common Core standards be reviewed every five years. "So we'll be talking more about the adoption and transition to enhanced standards in the next few

years."

Overall, said Hurst, the district has done well under the new testing standards. In English Language Arts (ELA) 61.7 percent of district students ranked as proficient (placing them in second place among Capital District schools, behind Voorheesville with 65 percent) in mathematics, 64.8 percent tested as proficient (third place in the region, behind Voorheesville with 70.8 percent and Niskayuna with 66.2 percent).

Across the board, in both ELA and math, grades went up across the district—with the exception of grades 3 and 5. Where Bethlehem saw a slight dip in scores at grade 5, said Hurst, the state saw "a tremendous dip." As a result, he said, the state is reviewing those tests in an effort to understand what caused such a significant drop in achievement rates.

"But how do we stack up against the top tier schools is what people really want to know," continued Hurst. Out of about 700 participating districts statewide, he said, Bethlehem students scored

between the 86th and 98th percentile on ELA tests and 79th (5th grade) and 97th percentile on math tests. These results, he pointed out, don't factor in the accelerated students 7th and 8th grade students who only take the Regents Exams—a contingent of about 150 students, said Hurst.

While ELA scores improved in every grade, Hurst said that grades 3 and 5 were still in need of improvement when compared with the rest of the state. In math, Bethlehem improved scores in every grade but 3 and 5. In 8th grade, the number of students proficient in math increased dramatically—from 25 percent to 43 percent, an 18 percent gain.

"We're now entering our the third year using the new textbook program at the middle school and I think that it's really starting to prove to be worthwhile," said Hurst. "Each summer over the last two years, we've taken the state test data, we've taken a look at what types of questions tend to appear on the assessments more often, and we're able to

adjust our curriculum and the rigor of our curriculum to match that."

Of students who took Regents Exams in 2016, 97 to 99 percent achieved passing scores on the English and social studies exams, while 77 to 85 percent scored in the mastery range. On the science exams, 94 to 98 percent of Regents test takers passed, while 37 to 73 percent demonstrated mastery of their subject. In Regents math exams, 84 to 100 percent of Bethlehem students passed, while only 32 to 47 percent demonstrated mastery. Fluctuations between types of test within both science and math, said Hurst, had to do with the way the tests scores are scaled.

On Advanced Placement exams—those that count towards college credit—88 to 89 percent of Bethlehem students scored at least a three (of five). The New York state average is in the high 60th percentile and, worldwide, the average percentage is between 58 and 62 percent. 454 Bethlehem students took 897 AP exams last year.

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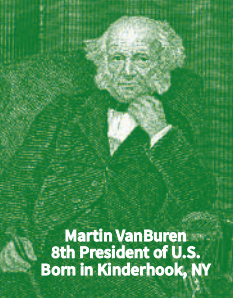
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REAL FACT

Even U.S. Presidents hang out in Kinderhook.



Martin Van Buren
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From page 1 ...
 Capital bond project

maintenance and building projects identified as priorities in the BCSD Five-Year Capital Facilities Plan developed by the district last year, will cost a total of \$32.15 million — a potential cost of \$40 a year (or less) for district residents in homes that cost \$250,000 or more. The proposed projects put forth in the capital plan, which residents can find on the district website, will go before the public for comment for 45 days before being put up for a vote. To date, there has been little feedback from taxpaying residents, but invested citizens will have a 45-day period during which to gain information and offer feedback.

“We’re coming to the point where it’s the last call for any changes,” said Nolte. “Are there any other additional comments that we need to talk about? I think to proceed on is kind of what we wanted to do with this meeting.” A few comments were made after the last meeting, he said, asserting that those concerns are being addressed.

“What we’re trying to do,” said BCSD’s Chief Financial Officer Judy Kehoe, “is make sure that we can even out our tax service in a tax cap world. And we have a series of bonds that will be fully repaid starting in the 2021-2022 fiscal year. That’s a \$4.2 million reduction in debt service based on our existing debt. So, not only do we have the capacity to fund this project, because right now with the project at the \$32.165 million amount, that estimated debt service would only be about \$2.2 million and so you’ll still see a reduction in your overall debt service. Lower is always good, but there shouldn’t be any negative impact to the taxpayers with the issuance of the debt associated with this project.”

If Bethlehem takes on that debt, said Kehoe, the state would pay a considerable amount back to the district—close to 70 percent. While the project

could cost taxpayers as much as \$40 a year on a \$250,000 home, Kehoe said that it is likely to be far less.

Also, said Kehoe, the district would use the entire \$4.9 million currently in BCSD’s capital reserve fund to reduce the amount of required bonding.

“That’s what we created the reserve for,” said Kehoe, “and, if this project is approved, remember that it would require not just board approval but also voter approval.

“The reserve has a ten-year life,” she noted, “and a maximum \$10 million allowed to be placed in it.

The largest item on the list of priority projects is a \$5.7 million renovation of the high school auditorium, which was constructed more than 65 years ago and is used by the entire district as well as local community groups. Other proposed improvements include: upgraded interior finishes and new seating improved acoustics and lighting, updated stage rigging, installation of air conditioning, and the addition of a tech booth. Other improvements are also being considered as part of the project.

Additional security cameras have been proposed at all district schools, for a total of \$877,594. Several schools require flame-retardant stage curtains, pool repairs have been recommended at the middle and high schools; Elsmere Elementary needs a new roof and Eagle Elementary hopes to expand its play area and install new playground equipment with the help of the Eagle PTA.

Technology projects are not included in the proposed list of projects since the district is eligible for more than \$2 million in New York State Smart Schools funding and projects funded by Smart Schools will be developed independently of the capital projects now being considered. Energy improvements

are being funded through an Energy Performance Contract which recently won approval from the New York State Education Department. There is no net cost to community taxpayers for the EPC—all costs are offset by energy savings produced by tax-credited energy efficiency upgrades.

Once the board adopts the resolution to go ahead with the projects, a requisite 45-day period will precede the public vote—during which resident may comment or question any aspect of the expenditures. The board hopes to bring the project to the public for a vote in late November or early December, depending on when the county can loan the town its voting machines.

“Assuming the community approves the project,” said Nolte, “we would get going right away on the design, which we’re estimating is going to take about nine months. And then, once it’s designed, we submit it to SED (NYS Education Department) and we’re guessing that it will take about 10 months to review “they’re in flux with some administrative changes, so we really don’t know how long, but they’re currently averaging about 10 months or so.”

Ultimately, Nolte said, assuming the project is approved, construction is likely to begin between April 2019 and November 2020.

For taxpaying residents who would like to weigh in on the capital project, two upcoming community forums will include discussion of project scope, time line and projected tax impact:

Wednesday, Sept. 21, 7 p.m. at Bethlehem Central High School, 700 Delaware Ave., Delmar, N.Y. 12054; and Thursday, Sept. 22, 10:30 a.m. at Bethlehem Public Library Community Room, 451 Delaware Ave., Delmar, N.Y. 12054.



Party on Pearl Street
 We let you know what you need to hear while hitting Pearl Palooza
Page B5

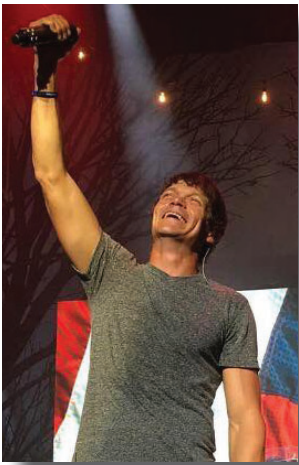
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ENTERTAINMENT

PICK OF THE WEEK



3 Doors Down

Grammy Award-nominated, and multi-platinum selling band, 3 Doors Down hits the Albany Palace Theatre stage with special guests Pop Evil and Red Sun Rising on Friday, Sept. 16 at 8 p.m.

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INSIDE



Arts calendar

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From Boys to Men

The 'Jersey Boys' are back as 'The Midtown Men,' and open a nationwide tour from Proctors this week

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

SCHENECTADY — Broadway can change a man, if only his CD collection.

For the better part of a decade, actor Daniel Reichard has been living in the '60s. He may be best known for portraying Bob Gaudio in the smash Broadway musical "Jersey Boys," a role he originated in 2005 and continued to play through the production's first two years. "Without a doubt, I'd be listening to something else," he said.

Though he admits to always loving music from the Ed Sullivan decade, the success of the Tony Award-winning musical has had a firm grasp on him. "Jersey Boys" recently announced the date of its final performance to the musical's historical run on The Great White Way. Come Jan. 15, it will be the 12th longest-running production in Broadway history — logging in a projected 4,642

Continues on Page B28

The four started a Broadway phenomenon as the "Jersey Boys" and now continue to bring back the magical music of the '60s in "The Midtown Men."

Submitted photo

Women's Health
 & Breast Cancer Awareness Pages

Issue Dates: **Oct. 5, 12, 19 & 26**

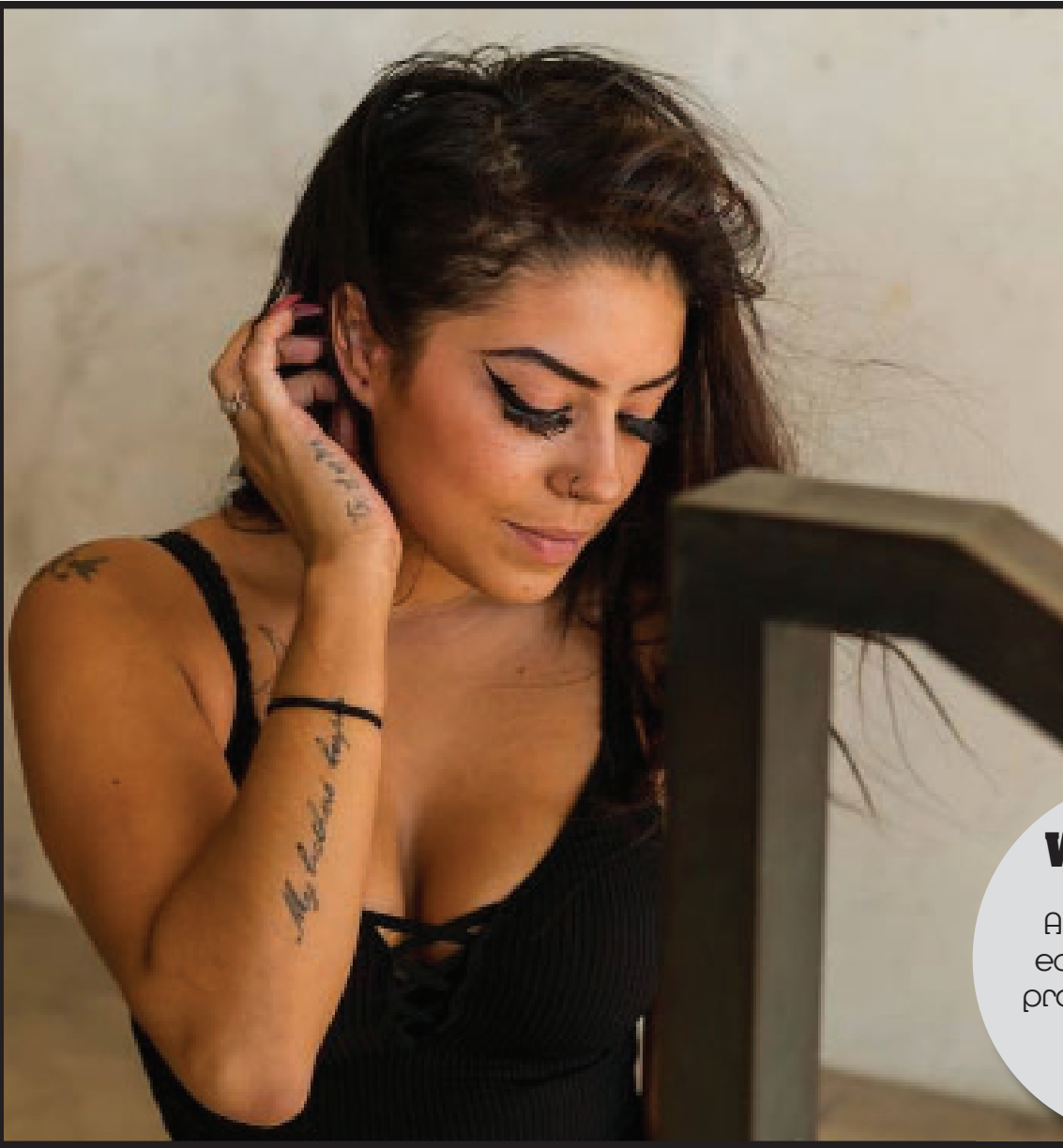
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▶ quote of the week

"So rarely in the history of Broadway have people been able to be associated with a huge success. I just love that, when I was 26 when this show came into my life, how much just one audition changed my life."

— Daniel Reichard
Actor,
"The Midtown Men"
on the success of
"Jersey Boys"

WHISPERS

A whisper in the ear can be more profound than any declaration.

bearoftheeast / Instagram



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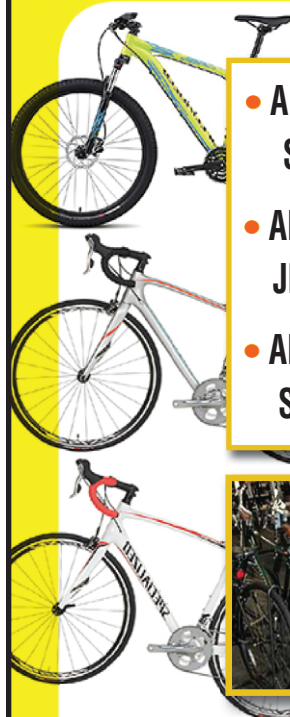
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RECENTLY ANNOUNCED

Texas blues legend to play at Cohoes

COHOES — Texas blues legend Eric Johnson brings “An Evening of Acoustic Guitar & Piano” to the Cohoes Music Hall, Saturday, Oct. 22 in celebration of the release of his new album “EJ.”

Thirty years after his breakthrough solo release *Tones* brought him national recognition, Texas guitar legend Eric Johnson is releasing his first all-acoustic album. Showcasing nine original compositions and four covers, “EJ” is easily Johnson’s most intimate album to date. “Ever since I was young, I’ve played piano and acoustic guitar in my private life,” Johnson says. “This type of music has always been a part of me, but I never showcased it on any kind of bigger level, like a full acoustic record. With ‘EJ,’ I just decided to be more honest with myself and everybody, and show more of my personal side.” “EJ” brings listeners as close as possible to hearing Johnson in his own living room, performing songs on piano and steel-string and nylon-string acoustic guitars.

Johnson, long known for his painstaking approach to making records, used a much more immediate approach for the self-produced EJ. “Almost all

of that material was cut live,” Johnson explains. “Some of the songs I actually sang and played at the same time – just live in the studio. Recording this way gave it more of an honest realism and organic emotion. Especially on the acoustic, you just have to get in there and play.” Throughout his career, Johnson has approached music as a healing force, a way to enhance a listener’s consciousness and conjure joy and inspiration. “That’s what I’ve always appreciated most about other artists,” he says. “Some artists inspire us to wake up and get back to the clarity of consciousness. With this record, I’m trying to do that too, because I appreciate it so much in other people.”

Tickets are on sale at the Cohoes Music Hall Box Office (58 Remsen St. Cohoes, NY). Cohoes Music Hall Box Office hours are Monday through Friday 9 a.m. to noon. Tickets are also available for purchase at the Palace Theatre Box Office (located at 19 Clinton Ave), via Ticketmaster Charge-by-Phone at 800-745-3000 online at ticketmaster.com.

For more information call 953-0630 or visit thecohoesmusic hall.com or palacealbany.com.



Submitted photo

Spend holidays at Troy Music Hall

TROY — Bring the family and celebrate the season at the Hall with Cherish the Ladies, Celtic Christmas, on Thursday, Dec. 15.

One of the most engaging and successful ensembles in the history of Celtic music, Cherish The Ladies have shared timeless Irish traditions with audiences worldwide for over thirty years. In their

Celtic Christmas program, the Ladies put their signature mark on classic carols such as “O Come All Ye Faithful” and “Silent Night,” in arrangements that highlight the group’s unique Celtic instrumentation, beautiful harmonies, and spectacular step dancing.

Single tickets are on sale via phone at 273-0038, in person, or online at www.troymusichall.org.

troymusichall.org. Tickets are available at the Troy Savings Bank Music Hall Box Office, 30 Second Street, Troy, Monday through Friday 10 a.m. to 5 p.m. More information on the Troy Savings Bank Music Hall and upcoming programs is available on the website at www.troymusichall.org.

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FOOD FESTIVAL

Pairing New York's best sweethearts

Annual Apple & Wine festival kicks off this week

By **TRESA ERICKSON & MICHAEL HALLISEY**
news@spotlightnews.com

ALTAMONT — Just a few short weeks ago, the fairgrounds reminded all of the best of summer, but this week that will all change.

The Capital Region Apple & Wine Festival kicks off for a two-day stint at the Altamont Fairgrounds on Saturday and Sunday, Sept. 17 and 18.

General admission is \$8, with children under 15 years old free when accompanied by adult.

Advance tickets are on sale at all Price Chopper stores, but the sale ends Friday, Sept. 16.

Food vendors, a car show and a juried arts and crafts show will be among the festival's activities. A wine tasting featuring New York's finest wineries and cooking demonstrations by Pampered Chef will also be on hand.

The festival is just another reminder of the fruits and bounty available locally as the seasons turn.

Fall is known for many things, corn mazes, mums and more. But perhaps nothing says fall more than u-pick produce, and among the favorites are apples. There are a lot of things you can do with apples from displaying them in centerpieces to turning them into scrumptious cakes and pies. Here are some tips to ensure you have a good apple pick, along with a recipe for apple cider.

When you get to the orchard, find out what apple varieties are ripe and go from there. While everyone has their own method for picking apples, most agree you should not shake the tree, as this could result in more bruised apples than you

care for. Instead, you should look for a tree filled with apples and pick from the sunny side first. The best apples will be firm and free of bruises, insect holes and other damage. When you are ready to pick an apple, place your palm around it, twist it half a turn, and it should come off easily. If it does not, it may not be ripe enough to pick. Another method is to roll the apple upside down to release the stem from the branch. Whatever method you use, try not to disturb the leaves or buds. You do not want to harm the tree.

You should treat the apples you pick with care. Place them gently into your bag or basket to reduce the risk of bruising, and once you get them home, store them in a cool spot away from other produce to reduce the risk of spoiling. There are many dishes you can make with freshly picked apples. If the day is rather brisk, you might want to make some hot cider. Hot apple cider on a cold day made from the apples you picked. Who wouldn't enjoy that? Not an apple cider fan? No problem. There are dozens of other recipes requiring freshly picked apples.

HAVE YOUR PICK

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■ WHAT'S HAPPENING

Party on Pearl St.

A handy "Who's Who" guide to the acts playing this weekend at Pearl Palooza

RECHORDUROYS: These Troy natives open up the festivities properly with its garage rock tunes. Ben Garrett, Dan Wilson, August Sagehorn and Bryan Hogan take the stage at 1 p.m.

Hit to listen for: "Honey Bee."

THE GREETING COMMITTEE: We pulled this four-piece jam band out from touring in the Mid-West. It's currently signed to Harvest Records.

Hit to listen for: "Hands Down."

BASSH: Jimmy Brown and CJ Hardee each call Nashville home, but this is an alternative duo worth seeing. They don't have another show planned until November, in Dallas.

Hit to listen for: "Body."

MAYBIRD: Coming straight out of Brooklyn, this five-piece band has an ethereal sound that provides the chill. "Turning Into Water," the latest from its EP with the same name, has received ample amounts of air time



Galactic at Red Rocks.

Galactic / Facebook

on the radio.

Hit to listen for: "Turning Into Water."

WARPAINT: Four ladies out of Los Angeles brings a self-proclaimed "smoky" and "smooth" sound to the stage. They hit Albany only to head back to the West Coast to continue on with the band's tour in support of its latest LP "Heads Up."

Hit to listen for: "New Song."

GALACTIC: This five-piece funk band out of New Orleans has received generous airtime on EQX, and rightly so. This is a high-energy act that comes at its audiences with percussion and horns. A justifiable headlining act to close out the night.

Hit to listen for: "Right On."

— Michael Hallisey

■ COMING UP IN ALBANY

Joyce Carol Oates

UAlbany Performing Arts Center — Thursday, Sept. 15

ALBANY — The University at Albany has lined up author Joyce Carol Oates and dancer-choreographer Savion Glover as the first two featured guests in its new program, "The Creative Life: A Conversation Series."

Oates kicks off the series Thursday, Sept. 15, at 7:30 p.m. in the main theatre of University of Albany's Performing Arts Center on the uptown campus, 1400 Washington Ave. Oates is a prolific author of more than 160 books, a five-time Pulitzer Prize finalist and a National Humanities Medal recipient.

"The Creative Life" events are free and open to the public. For more information, call the UAlbany Performing Arts Center at 442-3997.

■ ...SCHENECTADY

Weird Al Yankovic

Proctors — Saturday, Sept. 17

SCHENECTADY — Following his wildly successful 2015 tour, four-time Grammy-winning artist "Weird Al" Yankovic comes to Proctors, Saturday, Sept. 17.

The tour follows Yankovic's Grammy-winning Mandatory Fun, which was the first comedy album in over fifty years to hit #1 on the Billboard charts and the first comedy album in history to debut at the top spot.

Tickets for Yankovic's Mandatory World Tour at Proctors, 8 p.m. Saturday, Sept. 17, \$30-\$75, go on sale 10 a.m. Friday, Feb. 26 at the Box Office at Proctors, 432 State Street, Schenectady; by phone at 518.346.6204; and online at proctors.org. A limited number of special packages—the Mandatory VIP Experience, \$139, and the Mandatory Czar VIP Experience, \$269—are also available.

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Gaelic Storm / Facebook

Get your Irish up

SARATOGA — It was 20 years ago when Albany natives Matt Nelligan and Jim Shaughnessy started brainstorming ways to increase the profile of the Albany branch of the Ancient Order of Hibernians.

And they came up with The Irish 2000 Music and Arts Festival, which will kick off for the 19th time on Friday and Saturday, Sept. 16 and 17 at the Saratoga County Fairgrounds.

The festival will run from 5 to 11 p.m. on Friday. The Druids will kick things off followed by the Peelers and the Screaming Orphans, while Gaelic Storm will close

the show.

On Saturday, gates open at 10 a.m. and three stages will be packed with music and dance until 11 p.m.

The Coors Light Stage: The Narrowbacks, Kilmaine Saints, Hair of the Dog, Screaming Orphans, Shilelagh Law and Gaelic Storm.

Patricia McSweeney Memorial Stage: Rakish Paddy, Ireland the Band, Three Irish Voices, Brothers Flynn, Blarney Rebel Band and Who's Your Paddy.

Timothy J. Nelligan Memorial Stage: The McKrells, The Druids, Girs,

Ireland the Band, Get up Jack.

There is also a variety of activities for kids including games, rides, animals and magic shows, and Irish Themed fireworks from 9 to 9:20 p.m.

Tickets are available at any Price Chopper location through Sept. 15 at 10 p.m. and online at Irish2000fest.com until Sept. 15 at 10 p.m.

Advance sale tickets for Friday only are \$16 and \$20 at the gate. Advance Saturday only tickets are \$18 and \$25 at the gate. Two-day advance tickets are \$29. Children 12 and under are free.

— Jim Franco



Ben Folds / Facebook

Ben Folds at The Egg

ALBANY — Ben Folds will pound a piano on Monday, Sept. 26 at The Egg in Albany as part of the Guest Music Presentations Series.

Folds, recognized as one of the major music influences of a generation, has spent a decade sharing the stage with some of the world's greatest symphony orchestras.

Throughout his storied career, Folds has created an enormous body of music that includes pop albums as the front man for Ben Folds Five, multiple solo rock albums and a number of collaborative records with artists from Sara Bareilles and Regina Spektor to Weird Al and William Shatner.

His most recent album is a blend of pop and classical original works, in part recorded with the classical sextet yMusic. It reached No. 1 on the Billboard classical and classical crossover charts.

The stop in Albany is part of a cross country solo tour.

For five seasons, Folds was a judge on the NBC series "The Sing Off," which featured the art of cappella and helped launch the careers of numerous cappella groups.

The show starts at 8 p.m.

Tickets are \$39.50, 44.50 and \$49.50. VIP packages are available for \$159 and \$259.

— Jim Franco

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■ MUSIC

Turn that music up

Book club turns to music at local library

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

DELMAR — Book groups and libraries go hand-in-hand, like Sonny and Cher, Captain and Tennille or Simon and Garfunkel.

If that sound of silence is due to my evident mix of analogies, don't divorce yourself from the story just yet. Modern libraries offer more to their patrons than copies of "Moby Dick" and "Catch-22." Now, it's not uncommon to gain access to an Amazon Fire tablet or a GoPro camera with your library card. Of course, in the middle of Benjamin Franklin's vision of a freely educated society, and a world inching ever so closely to the digital world of Max Headroom, is a library's CD and vinyl collection.

Michael Farley was struck with the idea of placing a unique spin on an old idea while running his morning job six years ago. The librarian had spent over a decade facilitating book discussions at the Bethlehem Public Library. Having been separated from those book circles for years, the details of a forum focused on music came rushing to him.

"It was an idea I had, and it just came out of nowhere," said Farley. "We could have a discussion about music, like we do with the books. ... I thought it was a real good idea, and then I thought it was a real crazy idea that nobody would be interested in." But, that didn't stop him from approaching the library's director, who encouraged him to go forward with it. After all, it was a unique way to promote the library's music collection to patrons.

That was six years ago. "Book discussions have always been a staple at libraries, and "Listening Parties" are kind of like that — a book discussion but for music," said Geoffrey Kirkpatrick, the

director of Bethlehem Public Library.

Now, visitors meet once a month to listen to selections from classic albums, discussing the lives and works of revered musicians. Unlike a book discussion, where participants put in their homework in order to contribute to the conversation, the music is listened to during the presentation. Personal impressions are shared, along with memories attached to each tune. Farley adds a few wrinkles to the conversation by delving into the history of each piece, talking about the artists' lives and the events that shaped the times around them.

In addition to his vocation as librarian, Farley studied classical music. He earned his master's degree in composition and theory at the University of Wisconsin at Madison. Farley said he often takes approaches the discussions as a musician, dissecting pieces into its finer components, "to give them a few things to throw around and talk about." In the end, you have a dozen strangers sitting around in a circle, surrounded by music. Instead of sitting on beanbags in the basement

of mom and dad's house, it's at a table in the library's board room. But, the feeling is still there.

Listening Parties opens this season's discussions on Thursday, Sept. 15 with a look at Art Pepper, the famed alto sax player who helped define the "cool jazz" of California's music scene in the 1950s. In October, talk turns to the Fab Four, focusing specifically on each of The Beatles' solo careers on Thursday, Oct. 20. And, on Thursday, Nov. 17, the party turns to the works of contemporary jazz guitarist John Scofield.

"There's clearly a demand for this kind of shared listening experience because the program has participants that come from all over the Capital District," said Kirkpatrick. "A lot of how we listen to music has changed in recent years. With the ability to create very specific playlists, we sometimes don't get exposed to it in the way we would if we just concentrated on one artist or album at a time. Listening Parties let people do that and find those musical connections while sharing the experience with others."



Submitted photo

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Answers on Pg. B27

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Night & Day

Night: Rob Zombie at The Palace

ALBANY — Rock and roll icon and filmmaker Rob Zombie will be performing at the Palace Theatre in Albany on Wednesday, Sept. 14 with special guest DJ Ginger Fish. Doors open at 7 p.m. for the 8 p.m. concert.

Zombie has a reputation for stretching the boundaries of both music and film. He released Spookshow International Live, via Zodiac Swan/T-Boy/UMe in 2015.

Zombie has achieved great solo artist success with several multi-platinum and gold albums. Zombie has sold more than fifteen million albums worldwide, and is the only artist to experience unprecedented success in both music and film as the writer/director



Photo courtesy of NYSDEC

of six feature films. He is currently working on his next studio album, to be released this year via Zodiac Swan/T-Boy/UMe. Tickets prices range from \$39.75 to \$79.95 and are available at the Palace Theatre Box Office in person or by phone at 465-4663, or at ticketmaster.com.

The Palace Theatre is located at 19 Clinton Avenue in Albany.

Day: Insects Alive at Five Rivers

DELMAR — Five Rivers Environmental Education center will host "Insects Alive," a free, family program on Saturday, Sept. 17 at 10 a.m.

Late summer and early autumn are excellent for observing insects. Join us as we explore the fields for grasshoppers, beetles, mantids and more. Classify insects into families by looking at their identifying features, and discover the wonderful adaptations each has to aid its survival.

We'll be using sweep nets to collect insects from meadows near the visitor center. We'll identify the creatures we find and use hand-lenses and bug boxes to take a closer look. At the end of the program, the insects will be released back into the areas

where they were collected.

For more details, call 475-0291 or visit www.dec.ny.gov/education/1835.html.

Due to construction, visitors are asked to follow the posted signs directing them to designated parking areas.

Five Rivers is located at 56 Game Road in Delmar.



Photo courtesy of NYSDEC



The scene "Cleaning Fish" from Arm of the Sea Theatre's play "Hook, Line & Sinker."

Photo by Tania Barricklo

State Museum to host Family Fun Day

ALBANY — The New York State Museum will hold its next Family Fun day on Saturday, Sept. 17 from 1 to 4 p.m.

This program will focus on underwater creatures.

Children will have the opportunity to make a fish wind socket for free.

At 2 p.m., Arm of the Sea Theatre will present its new play "Hook, Line & Sinker," in the Clark Auditorium. The production focuses on the art of fishing on the river and the creatures that call the Hudson River home.

The event is sponsored by the New York State Department of Health's Hudson River Fish Advisory Program.

Admission to the program is free.

For more information, call 474-5877 or visit www.nysm.nysed.gov.



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CLUBS

9 Maple Avenue

9 Maple Ave., Saratoga Springs.
www.9mapleave.com
Fri: **George Muscatello Group** | 9 p.m.
Sat: **Keith Pray Quartet** | 9 p.m.

Arthur's Market

35 N. Ferry St., Schenectady. 382-1938
Every Thur: **Edith's Amazing Jam** | 6 p.m.
Sun: **Mike Kailas** | 2 p.m.
Mon: **Dave Kitchen Trio** | 7 p.m.
Tue: **Real Book Jazz Jam** | 7 p.m.

Athos

1814 Western Ave., Albany. 608-6400
Fri: **Jeanne O'Conner** | 7 p.m.

Brown's Brewing Company

417 River St, Troy. 273-BEER
Sat: **Hot Club of Saratoga** | 6:30 p.m.

Café NOLA

617 Union St., Schenectady. 357-8628
Thur: **Debbie Fish and the Crowd Pleasers** | 6:30 p.m.

Carney's Tavern

17 Main Street, Ballston Lake. 280-7959
Every Thur: **Matty Finn** | 6 p.m.
Fri: **Steve Candlen** | 7 p.m.
Sat: **Karen & Abby** | 7:30 p.m.

Castle Street Café

10 Castle St., Great Barrington, Mass. 413-528-5244
Fri: **Wanda Houston Band** | 8 p.m.
Sat: **Syracuse and Musillami** | 8 p.m.

City Beer Hall

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

Club Helsinki

405 Columbia St., Hudson. 828-4800 or helsinki@hudson.com
Fri: **Vieux Farka Toure** | 9 p.m.

Dolce Vita

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

Eden Cafe

269 Osborne Road, Loudonville.

ARTS CALENDAR



New at the Tang Teaching Museum

Skidmore College's Tang Teaching Museum opens its new exhibit, "Sixfold Symmetry: Pattern in Art and Science," Saturday, Sept. 17. The exhibit features collaborations between several of the school's departments. Submitted photo

977-3771
Sat: **Randell & Sieme** | 7:30 p.m.

Emack & Bolio's
366 Delaware Ave., Albany. 512-5100
Fri: **Luke Ryan & Don Ferber** | 7 p.m.
Sat: **Family Show with Deb Cavanaugh** | 3 p.m.
Alan Goldberg | 7 p.m.
Every Tue: **Open Mic** | 7 p.m.

Fuze Box
12 Central Ave., Albany. 703-8937
Wed: **Angelspit, Die Sektor, The Dead Room** | 8 p.m.
Thur: **Daisyhead, Belle Noire** | 6:30 p.m.
Fri: **Cretin Hop** | 9 p.m.
Sat: **Neverland: Ryujin, Arkane, Chaos-D, Teknight, R!PT!D3,**

DINGMVN | 9 p.m.
Gaffney's
16 Caroline St., Saratoga Springs. 587-7359
Thur: **The Gwen Tracy Trio** | 9 p.m.
Fri: **Rick Bolton & Jeff Walton** | 5 p.m.
Acoustic Circus | 9 p.m.
Sat: **Toga Boys** | 9 p.m.
Every Tue: **Open Mic with**

Rick Bolton | 8 p.m.
Ginger Man
234 Western Ave., Albany. 427-5963
Fri: **Steve Gray** | 8 p.m.
Grappa '72
818 Central Ave., Albany. 482-7200
Wed & Thur: **Hamilton Street Jazz Company** | 6:30 p.m.
Fri: **Pete Sweeney Trio** | 6:30 p.m.

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

The Hollow Bar + Kitchen
79 N. Pearl St., Albany. 426-8550
Fri: **John Brown's Body** | 8 p.m.
Sat: **The Grizwolds (PearlPalooza After-Party)** | 8 p.m.

Hudson River Music Hall
10 Maple St., Hudson Falls. 832-3484
Sat: **Dyer Switch** | 7 p.m.
Sun: **Art Lande & Bruce Williamson Jazz Duo** | 3 p.m.

Lanie's Café
471 Albany-Shaker Road, Loudonville. 438-5005
Every Tue: **Dan Sherwin** | 6 p.m.

The Low Beat
335 Central Ave., Albany. 432-6572
Every Wed: **The Deadbeats** | 10 p.m.
Thur: **The Howling Hex** | 7:30 p.m.
Fri: **Yellow Montego** | 6 p.m.

Planning for Burial, Eyelet, Blood of Spain | 8 p.m.
Sat: **Hellcat Maggie** | 1 p.m.
The Wheel | 9 p.m.
Sun: **Rock N Roll Brunch** | 10:30 a.m.
Mon: **Punk Rock Sketch & Sip** | 7 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
Every Wed: **Best Damn Open Mic Ever with MotherJudge** | 7:30 p.m.
Every 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
Thur: **Hot Club of Saratoga Trio** | 7 p.m.
Fri: **Brass & Blues** | 7 p.m.

Continues on B10

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ACROSS

- Jellied garnish
- Sports figures
- Costa del ____
- Ark contents
- Hold while moving
- "... ____ he drove out of sight"
- Studies of words
- Free from, with "of"
- Cold one
- Queen, maybe
- Slang for relaxing/watching television
- Radioactive element used for cancer treatment
- Easily taught
- "Much ____ About Nothing"
- Poison plant
- Anita Brookner's "Hotel du ____"
- Haul
- Change
- At attention
- Coastal raptors
- Impolite dinner sound
- Legal prefix
- Brown shade
- Boring
- Depress, with "out"
- Parenthesis, essentially
- Book of maps
- "Fantasy Island" prop
- Football player Gale
- To say again
- "A Nightmare on ____ Street"
- "____ moment"
- Drag
- "For shame!"
- Opposite of a small company
- Elephant's weight, maybe
- "Bye" in Spanish
- Like "The X-Files"
- "How ____ Has the Banshee Cried" (Thomas Moore poem)

- Cantankerous
- Affirm

DOWN

- Absorbed, as a cost
- Boozehound
- Be nosy
- Poets' feet
- Group of singers
- Boat with an open hold
- What "it" plays
- "Mi chiamano Mimi," e.g.
- Current
- Part of a heartbeat
- Able to be worked on
- Architectural projection
- Pigeon's perch
- Like monkeys
- Hotel posting
- Be crazy about
- First payment before paying the rest
- Be a kvetch
- Kind of toast
- Mature
- Reef material
- Barbaric
- Dravidian language
- "Your majesty"
- Lighthouse
- Circus performer
- One thing after another
- Brief brawl
- Cool
- Insinuating
- Article of faith
- Auspices
- In use
- Another term for AI
- Victorian, for one
- Be in session
- "Comprende?"

Answers on Pg. B27

■ **ARTS CALENDAR**



Northern theater

Ron Komora plays "Gus" in Lake Theatre's production of "Southern Comforts," a romantic comedy by Kathleen Clark. The play opens Thursday, Sept. 15, at the Holiday Inn Resort in Lake George.

Submitted photo

Sat: **Joe Gitto & Dan Wancyk** | 6:30 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.
Thur: **Cloud Lifter** | 8 p.m.
Fri: **Bohm Dialogue with Jeanine Ouderkirk** | 9 p.m.
Mon: **Tim Wechelaer** | 7:30 p.m.

Parish Public House
388 Broadway, Albany. 365-0444
Fri: **Knot Dead** | 9 p.m.
Sat: **The Outnumbered, Tribal Soul, LAD** | 8 p.m.

The Parting Glass
40 Lake Ave., Saratoga Springs. 583-1916
Wed & Thur: **Irish Celtic Session** | 7 p.m.

Panza's
510 NY Rte. 9P (on Saratoga Lake), Saratoga Springs. 584-6882
Wed: **Artie Mozeik** | 6 p.m.
Fri: **Azzaam Hameed** | 6:30 p.m.
Sat: **Michael Panza & Charles Cornell** | 7 p.m.

Pauly's Hotel
337 Central Ave., Albany. paulyshotel.com
Fri: **Neutron Rats, D-Sagawa, Gun Candy, Male Patterns, Poison Rites** | 8 p.m.
Sat: **Cry Havoc, The Theatre, Zombies, Totally Gnarly** | 8 p.m.
Platinum Pub
795 3rd Ave., Watervliet. 270-9907

Every Tue: **Open Mic**

Provence
Stuyvesant Plaza, 1475 Western Ave., Albany. 689-7777
Fri: **Tapestry** | 7 p.m.
Sat: **A3** | 7 p.m.

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: **Half Step** | 9:30 p.m.
Fri: **The Hotwalker Club** | 8 p.m.
Sat: **Les Dudek** | 8:30 p.m.

Roux
10-01 Vista Blvd., Slingerlands. 487-4358
Wed: **Ashford & Borello** | 6 p.m.
Fri: **The Upstate Dance Band** | 6 p.m.

Rustic Barn Pub
150 Speigletown Rd., Troy. 235-5858
Every Thur: **Open Mic** | 8 p.m.
Fri: **Dead Ahead NY** | 8 p.m.
Sat: **The Snook** | 8 p.m.

Sake Japanese Steakhouse
611 Troy-Schenectady Road., Latham. 785-7215
Fri: **Groove Nouveau** | 7:30 p.m.

Speakeasy 518
42 Howard St., Albany. 449-2332
Wed: **Tyler Giroux** | 8 p.m.
Thur: **Bryan Brundige Duo** | 9 p.m.
Fri: **Nate Giroux Trio** | 9 p.m.
Sat: **Wayne Hawkins Trio** | 9 p.m.
Mon: **Joe Finn** | 8 p.m.
Tue: **Justin Henricks** | 8 p.m.

Stockade Inn
1 North Church St., Schenectady. 346-3400
Thur: **Colleen Pratt & John Nazarenko** | 7 p.m.
Fri: **Jecco Duo** | 7 p.m.

Twisted Vine
384 Kenwood Ave., Delmar. 439-3241
Thur: **Rob Beaulieu & Drew Costa** | 8 p.m.
Sat: **Jazz Connection** | 7:30 p.m.

The Upper Room
59 N. Pearl St., Albany. 694-3100
Sat: **Tell Keller** | 8 p.m.

Upstate Concert Hall
1208 New York 146, Clifton Park. 371-0012 or upstateconcerthall.com
Sat: **Danny Brown** | 7 p.m.

The Van Dyck
237 Union St., Schenectady. 348-7999
Fri: **Alex Skolnick Trio** | 8 p.m.
Sat: **Paul McCandless & Charged Particles** | 6 p.m.

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

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

MUSIC

Donovan
1960s psychedelic-folk rock musician tours on the 50th anniversary of his hit album, "Sunshine Superman." Sept.

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ETERNAL CRIMES

FRIDAY, SEPT 16:
6PM HAPPY HOUR: YELLOW MONTEGO
8PM PLANNING FOR BURIAL / EYELET / BLOOD OF SPAIN

SATURDAY, SEPT 17:
1PM HALFWAY TO ST. PAT'S: HELLCAT MAGGIE
9PM THE WHEEL

SUNDAY, SEPT 18:
10:30AM ROCK-N-ROLL BRUNCH
7PM 12 YEAR ANNIVERSARY: THE BING BAMBOO ROOM - HOSTED BY EVIL DAN

MONDAY, SEPT 19:
7PM PUNK ROCK SKETCH & SIP

TUESDAY, SEPT 20:
7PM NITTY GRITTY POETRY SLAM

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ARTS CALENDAR

14, 7:30 p.m., Troy Savings Bank Music Hall, 30 Second St., Troy. Tickets: \$36 and \$42. Information: 273-0038 or troymusicall.org.

Rob Zombie

Modern-day shock rocker, with special guest DJ Ginger Fish. Sept. 14, 8 p.m., Palace Theatre, 19 Clinton Ave., Albany. Tickets: \$39.75-\$79.75. Information: palacealbany.com.

Irish 2000 Music & Arts Festival

Two days of Celtic music featuring Gaelic Storm, Screaming Orphans, Hair of the Dog, the McKrells and many more, plus the Schenectady Pipe Band, Irish dancers and kids activities. Sept. 16 and 17, Saratoga County Fairgrounds, Ballston Spa. Information: irish2000fest.com.

FreshGrass

Three-day festival featuring the best in bluegrass and folk, including Glen Hansard, Ricky Scaggs & Kentucky Thunder, Roseanne Cash, Infamous Stringdusters and more. Sept. 16-18, MASS MoCA, North Adams, Mass. Information: (413) 662, 2111, ext. 1 or www.freshgrass.com.

Bach and the Baroque

Delmar native David Schulenberg performs rarely heard 17th century classical music, along with two well-known works by Johann Sebastian Bach. Sept. 16, 7 p.m., University at Albany Performing Arts Center, uptown campus, 1400 Washington Ave., Albany. Tickets: general public \$8, students/seniors/staff \$4. Information: 442-3997 or www.albany.edu/pac.

John Mayall

"The Godfather of British Blues" contin-

ues to tour into his 80s. Sept. 16, 8 p.m., The Egg, Empire State Plaza, Albany. Tickets: \$38. Information: 473-1845 or www.theegg.org.

3 Doors Down

Multi-platinum recording band tours in support of its latest album, "Us And The Night," with special guests Pop Evil and Red Sun Rising. Sept. 16, 8 p.m., Palace Theatre, 19 Clinton Ave., Albany. Tickets: \$39.75-\$79.75. Information: palacealbany.com.

The Midtown Men

Former "Jersey Boys" cast members Christian Hoff, Michael Longoria, Daniel Reichard and J. Robert Spencer perform their favorite 1960s hits. Sept. 16, 8 p.m., Proctors, 432 State St., Schenectady. Tickets: \$20-\$60. Information: 346-6204 or www.proctors.org.

Lake George Jazz Weekend

The Lake George Arts Project's season-ending show featuring The Brubeck Brothers, Charanee Wade, the Lao Tizer Quintet with Karen Briggs, the Diva Jazz Orchestra, the Edmar Castenda Trio and more. Sept. 17 and 18, Shepard Park, Canada Street, Lake George. Information: 668-2616 or www.lakegeorgearts.org.

Pearl Palooza

Outdoor indie rock festival featuring Rechorduroys, The Greeting Committee, Bash, Maybird, Warpaint and Galactic. Sept. 17, 1 p.m., Pearl Street, downtown Albany. Information: pearlpalooza.com.

Hawaiian Slack Key Summer's End Concert with Jim "Kimo" West

Best known for his guitar work in

"Weird Al" Yankovic's band, West is also regarded as one of the world's foremost Hawaiian "slack key" guitar artists. Sept. 17, 2 p.m., Proctors, 432 State St., Schenectady. Tickets: advance \$15, day of show \$20. Information: 346-6204 or www.proctors.org.

Voices of the Past

University at Albany faculty member Richard Albagli leads a group of young musicians in a percussion program. Sept. 17, 7 p.m., UAlbany Performing Arts Center, uptown campus, 1400 Washington Ave., Albany. Tickets: general public \$6, students/seniors/staff \$3. Information: 442-3997 or www.albany.edu/pac.

Quique Sinsei

Considered to be one of the most important guitarists from Argentina. Sept. 17, 8 p.m., The Linda: WAMC's Performing Arts Studio, 339 Central Ave., Albany. Tickets: \$15. Information: 465-5233 or thelinda.org.

"Weird Al" Yankovic:

The Mandatory World Tour
Everybody's favorite parody artist returns to the region on his never-ending quest for world music dominance. Sept. 17, 8 p.m., Proctors, 432 State St., Schenectady. Tickets: \$30 and up. Information: 346-6204 or www.proctors.org.

Elvin Bishop Band

American bluesman touring in support of his new album, "Can't Even Do Wrong Right." Sept. 18, 7:30 p.m., The Egg, Empire State Plaza, Albany. Tickets: \$38. Information: 473-1845 or www.theegg.org.

THEATER

The Best Man

Gore Vidal's satirical political drama about two presidential candidates seeking the endorsement of an aging ex-President. Presented by Albany Civic Theater, 235 Second Ave., Albany, through Sept. 18. Shows: Friday and Saturday 7:30 p.m., Sunday 3 p.m. Information: 462-1297 or www.albanycivictheater.org.

Southern Comforts

Kathleen Clark's romantic comedy about a late-in-life relationship between a quite, reclusive widower and a vivacious Southern widow. Presented by The Lake Theatre, Holiday Inn Resort, Lake George, Sept. 15 through Oct. 22. Shows: matinees Tuesdays through Thursdays, dinner shows Wednesdays through Saturdays, with special Sunday matinees on Sept. 24 and Oct. 8. Information: 668-5762, ext. 411 or LakeTheatreProductions.com.

Time Stands Still

Donald Margulies' play about a photojournalist who returns from Iraq to find things have changed back home. Presented by Curtain Call Theatre, 210 Old Loudon Road, Latham, Sept. 16 through Oct. 15. Shows: Thursday 7:30 p.m., Friday and Saturday 8 p.m., Sunday 3 p.m. Tickets: \$24. Information: 877-7529 or www.curtaincalltheatre.com.

Word Plays: How Are Things in Glocca Morra

A group of performers tell rarely heard contemporary and traditional stories celebrating the human spirit. Sept. 18, 2 p.m., Proctors, 432 State St., Sche-

nectady. Tickets: \$8 per person, \$12 for groups of eight or more. Information: 346-6204 or www.proctors.org.

COMEDY

The Funny Bone

Nick Griffin headlines, Sept. 15, 7:30 p.m., Sept. 16, 7:30 and 10 p.m., Sept. 17, 7 and 10 p.m., Sept. 18, 7 p.m. Crossgates Mall, Western Avenue, Guilderland. Information: 313-7484 or Albany.funnybone.com.

The Comedy Works

Kevin Meaney headlines, Sept. 16, 8 p.m.; Sept. 17, 8 and 10 p.m. The Comedy Works Local All-Stars, Sept. 16, 10 p.m. 388 Broadway, Saratoga Springs. Information: 275-6897 or thecomedyworks.com.

Jim Breuer

"Saturday Night Live" alumnus and huge New York Mets fan performs stand-up. Sept. 16, 8 p.m., Troy Savings Bank Music Hall, 30 Second St., Troy. Tickets: \$27. Information: 273-0038 or troymusicall.org.

DANCE

USA Dance

Monthly ballroom dance with group lesson. Sept. 18, Polish Community Center, 225 Washington Ave. Extension, Albany. Information: capitalusadance.com.

FAMILY/YOUTH

Addams Family

by Staging Youths' Future's Inc., Sept. 16 and 17, Cohoes Music Hall, 58 Remsen St., Cohoes. Tickets: \$15. Information: palacealbany.com.

FILM

Food for Thought: Peter and the Farm

A documentary about a Vermont man and his trials and tribulations while working on his 187-acre farm. Sept. 15, 7 p.m., The Linda: WAMC's Performing Arts Studio, 339 Central Ave., Albany. Information: thelinda.org.

New York State Writers Institute Classic Film Series

See Orson Welles' "Chimes at Midnight." Sept. 16, 7:30 p.m., Page Hall, University at Albany downtown campus, 135 Western Ave., Albany. Free. Information: 442-5620 or www.albany.edu/writers-inst.

Jewish Film Festival

See "Dough," a warmhearted and gently humorous story about a widower trying to save his bake shop with the help of a young refugee from Darfur, who assists with the daily chores and sells cannabis on the side. Sept. 18, 3 p.m., Schenectady Jewish Community Center, 2565 Balltown Road, Niskayuna. Tickets: JCC members \$5, general public \$10, students with school ID free. Festival passes: \$35 JCC members, \$70 general public. Information: 377-8803.

LITERARY

Radical Happiness

Teachers Phakchok Rimpoche and Eric Solomon will share their lessons on balancing life with finding personal growth. Sept. 14, 6 p.m., Northshire Bookstore, 424 Broadway, Saratoga

Continues on B12

20TH ANNIVERSARY

IRISH

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● Screaming Orphans	● Ireland the Band	● Shilelagh Law	● Blarney Rebel Band
● Peelers	● Girsá	● Screaming Orphans	● Brothers Flynn
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	● McKrells	● Kilmaine Saints	● Three Irish Voices
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ARTS CALENDAR



New artifacts

The New York State Museum added some new artifacts to its "World Trade Center: Rescue, Recovery, Response" exhibit, including this portion of a sign from the Twin Towers.
Submitted photo

Springs. Information: 682-4200 or www.northshire.com.

The Creative Life: A Conversation Series
Author Joyce Carol Oates leads off this new interview series presented by the New York State Writers Institute, the University at Albany Performing Arts Center and the University Art Museum. Sept. 15, 7:30 p.m., UAlbany Performing Arts Center, uptown campus, 1400 Washington Ave., Albany. Free. Information: 442-3997.

Third Thursday Poetry Night
Daniel B. Summerhill will read from his work, with an open reading to follow. Sept. 15, 7:30 p.m., Social Justice Center, 33 Central Ave., Albany. Suggested donation: \$3. Information: Dan Wilcox, 482-0262 or dwlcx@earthlink.net.

Melinda Morris Perrin
Niskayuna-based author signs copies of her book "A New Day Dawns: 65 Days of Natural Prayer." Sept. 17, 1 p.m., The Open Door Bookstore & Gift Gallery, 128 Jay St., Schenectady. Information: 346-2719.

EDUCATION

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

Herbology 101
Create your own Mohawk Valley tea or tincture. Sept. 17, 11 a.m., Mabee Farm Historic Site, 1100 Main St. (Route 5S), Rotterdam Junction. Fee: \$45 (includes materials). Information: 887-5073 or schenectadyhistorical.org/workshops.

MISCELLANEOUS

Capital Region Apple & Wine Festival
Two days of food, wine tastings, cooking

demonstrations, children's activities, a car show, a juried art and craft show and more. Sept. 17 and 18, 10 a.m., Altamont Fair Grounds, Route 146, Altamont. Tickets: adults \$8, children under 15 free. Information: www.appleandwinefestival.com.

FitFest 2016
A showcase of the health, fitness and wellness sector of the Glens Falls Collaborative, including a 5-kilometer run/walk, fitness classes, interactive demonstrations, healthy food, contests, music and more. Sept. 17, 10 a.m., Glens Falls City Park. Cost for 5k race: adults \$20, children \$15. Information: www.glensfallscollaborative.com.

Bark and Brew
Annual fundraiser for regional animal rescue organizations. Sept. 17, 11 a.m., Grafton Lakes State Park, Route 2, Grafton. Park admission: \$6. Information: 279-1155 or www.barkandbrew.wordpress.com.

Profiles of African-Americans in Schenectady
A walking and living history tour of Schenectady featuring actors Donald Hyman portraying Anthony Allen, Lucille Taylor as Mary Lloyd Stewart and Julia Foote, and Walter Simpkins as Moses Viney. Sept. 17, 1 p.m., Stockade section of downtown Schenectady. Admission: \$5; Schenectady County Historical Society members free. Information: 374-0263.

Upper Madison Street Fair
An afternoon of shopping, food, kids' activities and music performers. Sept. 18, noon, upper Madison Avenue, Albany. Free. Information: www.uppermadison.org.

EXHIBITS

Albany Center Gallery
"If This, Then That," an exhibition representing three different takes on the artistic process by Kyle Avery, Jenny Hutchinson and Christine Snyder, through Sept. 23. 39 Columbia St.,

Albany. Information: 462-4775 or www.albanycentergallery.org.

Albany Institute of History and Art
"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.

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
"Nurture Nature," an exhibit featuring works by Audie Sturman, Celeste Susany, David Hill, Karen Elem, Kate Edwards, Leslie Prck, Mikel Wintermantel, Nancy Magnell and Takeyce Walter. Through Oct. 16. 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 5S), 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

ARTS CALENDAR

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
New York "Best of SUNY Student Art Exhibition 2016," through Oct. 23; plus "Hudson Valley Ruins," "Art for the People" Decorated Stoneware from the Weitsman Collection, "Beneath the City: An Archaeological Perspective of Albany," "World Trade Center: Rescue, Recovery, Response," and more. Empire State Plaza, 222 Madison Ave., Albany. Information: 474-5877 or www.nysm.nysed.gov.

Saratoga Arts Center
"30th Anniversary Invitational," featuring 30 artists who have previously exhibited their works at the gallery, through Oct. 29, 320 Broadway, Saratoga Springs. Information: 584-4132 or www.saratoga-arts.org.

Saratoga Clay Arts Center
"Convergence," featuring works by Shoji Satake and Jenn Allen, through Oct. 15. 167 Hayes Road, Schuylerville. Information: saratogaclayarts.org.

Shirt Factory Gallery
"The Colors of Fall," featuring works in all media by local and regional artists that celebrate autumn in the Adiron-

dacks. Through Oct. 29. 71 Lawrence St., Glens Falls. Information: www.northcountryartscenter.org.

Tang Teaching Museum
"Sixfold Symmetry: Parrem in Art and Science," an exhibition of contemporary and historical art, artifacts and material culture, featuring collaborations with faculty members from multiple departments. Sept. 17 through March 12, Skidmore College, North Broadway, Saratoga Springs. Information: tang.skidmore.edu.

Thomas Cole National Historic Site
"Open House: Contemporary Art in Conversation with Cole," a new series of art projects starting with Jason Middlebrook, through Oct. 30; plus "Thomas Cole: The Artist as Architect," through Oct. 30. 218 Spring St., Catskill. Information: 943-7465 or thomascole.org.

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

CALL FOR ARTISTS

Mendelssohn Club of Albany
60-voice men's chorus performs a mix of classical, traditional and popular music. New members are welcome. Rehearsals are on Wednesdays at 7:15 p.m. at New Covenant Presbyterian Church 916 Western Ave., Albany. Auditions take place Sept. 28. Information: 549-0429 or Mendelssohn.org.

Saratoga Arts
Seeking artists to submit works for its Art in the Park 2016 day Sept. 17 in Congress Park. Artists can submit up to five images of their original works for review. Information: 584-4132 or saratoga-arts.org.

Community Voices
Seeking singers in all voice parts for its December concert, "All is Calm, All is Bright — Celebrating the Christmas Truce of 1914." Rehearsals are Tuesdays at 7 p.m. in East Greenbush. Information: 370-5434.

Halloween Variety Show Extravaganza
The Malta Community Center and the Acting Academy are seeking songs with a Halloween theme for this new event. Information: 899-4411, ext. 305.

Albany Pine Bush Preserve Commission
Seeking submissions for the "Pine Bush Perspectives" juried photo exhibit. Photos must be submitted by the original photographer and must have been taken in the Albany Pine Bush Preserve. Minors must have parental permission to submit photos. Each photographer may submit up to three photos. Deadline is Oct. 18. Information: 456-0655 or www.AlbanyPineBush.org/photo-exhibit.

Thursday Musical Club
All women's chorus seeks new members. Rehearsals are Wednesdays 9:30 to 11:30 a.m. at First United Methodist Church, 603 State St., Schenectady. Information: email mlekd@verizon.net.



In conversation

Author Joyce Carol Oates is the first guest of the University at Albany's "The Creative Life: A Conversation Series" Thursday, Sept. 15, at 7:30 p.m. at the school's Performing Arts Center on its uptown campus, 1400 Washington Ave.

Submitted photo

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HEALTH & FITNESS

When your numbers are not adding up

You may be lying to yourself when counting those calories

By DAN ROMAND
news@spotlightnews.com

A few weeks ago I had a client, let's call her Sandy, come up to me to discuss her frustration at not losing weight.

She'd been working with us for about six months and really hadn't lost anything. So I said to her how is your eating?

She immediately started to tell me she eats healthy all the time and that can't possibly be the problem.

She told me all the things she regularly eats and to be fair it was pretty good as far as the types of foods that she was eating.

But then came my second question. How much of it are you eating?

She said, "well I know



I eat about 1300 calories a day." To which I asked... How do you know? Do you measure it?

At first she was silent, and then she said, "well I don't measure it but I know I'm not eating a lot

and I know it's about 1300 calories. Besides, it's all good foods like fruits and vegetables.

At which point I pointed out to her she had to be eating far more than she realized otherwise the scale would be moving.

Does that sound like you? Do you eat healthy, exercise regularly and yet haven't been able to achieve your goal weight?

You're not alone. The truth is many, people despite their best efforts, can never seem to get the scale to move.

Why? They've fallen into the healthy food trap, which is what Sandy had done.

She thought because

she ate good foods she didn't have to watch how much she ate. Her faulty belief was that because it was healthy food, she didn't have to watch her portion size.

Here's the thing... Weight loss always has and always will be a numbers game. If you eat more calories than you burn, you'll gain weight – even if those calories are healthy. Conversely, if you eat less than you burn the weight will come off.

And, after many years of helping people to lose

weight and get fit, the number one mistake I see people such as Sandy make is that they vastly underestimate how much they are actually eating.

In fact several studies have shown it's often as much high as 30 percent!

Think about that for a second. If you think you are eating 2000 calories a day but actually eating 30 percent more than that it's about 600 more calories per day. Over the course of a week that equates to almost a pound of weight either gained or lost.

So I challenged Sandy to actually track what she was eating. Not just write it down which many people do (known as food journaling) but actually weighing and measuring what she was eating.

I had her start by having her make her normal dinner then taking the food off the plate and seeing how much she was actually consuming.

You may have heard the old axiom that a serving of meat is about the size of a deck of cards. That's fairly accurate but if you are like Sandy you think that deck of cards is much bigger than it actually is.

In her case the four ounces of meat she actually thought she was eating was over six ounces. Multiply that three times a day and suddenly you've eaten an entire serving extra and then some. It adds up quickly.

She found the same thing with the other foods she was eating. What she thought was a serving was in many cases two or even three.

Long story short as she found over the few days of our little experiment she was actually eating close to 2000 calories a day.

No wonder the scale wasn't moving!

The good news is

Continues on B22

30%
That's how much the average dieter underestimates his or her calorie intake

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Food & Vino

Grilled Vegetables on a Baguette

By ANN LINDA CIOTOLI
news@spotlightnews.com

CULINARY ARTS

Ingredients — Serves Six

- 3 red bell peppers, yellow, or orange (any or all)
- 3 yellow squash
- 3 zucchini
- 3 red onions
- 3 small eggplants
- 5 plum tomatoes, sliced on the thicker side
- 1/2 cup olive oil
- 1/4 cup balsamic vinegar
- Extra dressing for sandwiches
- 2 cloves minced garlic or garlic powder to taste
- Sea salt
- Fresh ground black pepper
- Fresh chopped parsley
- Fresh chopped basil
- Sliced mild provolone cheese (or fresh mozzarella)
- 2 large baguettes

You can also add mushrooms, and

asparagus.

Preparation

Combine olive oil, salt, pepper, and garlic in a bowl. Slice vegetables, and toss in the olive oil mixture. Marinate overnight.

Remove vegetables from marinade. Heat a grill pan, or outdoor grill on medium-high heat. Brush vegetables with olive oil, and sprinkle with salt and pepper. In batches, grill vegetables (eight to 10 minutes for bell peppers, yellow squash, zucchini, five minutes for red onion). Remove vegetables from grill and plate until ready to make sandwiches.

Cut ends off the baguettes, and cut each one in threes. Slice six individual baguettes open so you have two individual halves. Brush each half with extra dressing, add a few of each of the vegetables to each baguette, and top with fresh chopped herbs, and a slice of provolone (or

fresh mozzarella).

You can also grill the baguettes, add the vegetables, top with cheese, and place under broiler for two minutes to melt the cheese, remove and top with other half of the baguette and serve.

Wine Pairing

Bonny Doon Vineyard Vin Gris De Cigare - Rose, Santa Cruz, CA - This wine is faintly pink in color, crisp, light, and has notes of summer fruit, strawberry, and citrus. It is delicate in the aftertaste.

Until next recipe, Annie

Ann Linda Ciotoli owns a catering business called Good Enough to Eat. She is also a regular contributor to the Culinary Arts section of TheSpot518 with her Food & Vino column. For questions and more information, e-mail Ann at sodeliciousalc@yahoo.com





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Last Week	Overall
10-4	10-4



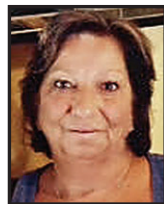
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Last Week	Overall
6-8	6-8



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Last Week	Overall
9-5	9-5



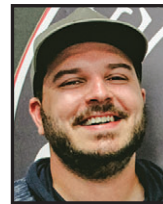
Maggie Smith
Maggie's
Café & Sports Bar

Last Week	Overall
10-4	10-4



Marty Brix
Lexington
Vacuum

Last Week	Overall
9-5	9-5



Kane Grogan
Death Wish
Coffee

Last Week	Overall
10-4	10-4



Sean Nava
Precision
Motors

Last Week	Overall
9-5	9-5



Dave Endy
Steiner's
Ski • Bike • Kayak

Last Week	Overall
8-6	8-6



Kevin Romines
Act II
Furniture

Last Week	Overall
8-6	8-6



Billy DeOrazio
Bellevue
Builders Supply

Last Week	Overall
8-6	8-6



Pat Stever
Andriano's
Pizza

Last Week	Overall
9-5	9-5



Dan Frament
Muddaddy Flats
Quesadillary

Last Week	Overall
13-1	13-1



Vince
River Street
Pub

Last Week	Overall
9-5	9-5



Dr. Julia Cerny
Julia Cerny,
DMD, PLLC

Last Week	Overall
6-8	6-8



Joe DeLorenzo
Cheese Steak
Heaven

Last Week	Overall
10-4	10-4



Liam Slattery
O'Slattery's
Irish Restaurant & Pub

Last Week	Overall
9-5	9-5



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Last Week	Overall
7-7	7-7

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Last Week	Overall
8-6	8-6



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Last Week	Overall
8-6	8-6



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Last Week	Overall
8-6	8-6



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Last Week	Overall
10-4	10-4



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RESTAURANT REVIEW

A night of bliss in Galway

By ELIZABETH SCHAFFER
news@spotlightnews.com

I had been craving meat. Juicy. Delicious. Not so good for me. Red meat.

And, I had been doing so for about a week before we went to the place I am going to highlight.

I know to listen to my body, and generally with the way I workout, if I am craving something, it's my body telling me I need it. So, the boyfriend and I went back and forth on where we were to go, and an idea popped into my head. A restaurant that I had been to many years ago, and it suddenly sounded perfect. So off we headed to The Cock 'N Bull in Galway. We made reservations as we almost always do — I am a little neurotic about that.

From Niskayuna it was only about a 25-minute drive on easy back roads. When we arrived, we could smell the delicious flavors pouring out of the building. My already starving stomach, went nuts!

As soon as we were seated, we placed

IF YOU GO

- **What:** The Cock 'N Bull
- **Where:** 5342 Parkis Mills Rd. Galway, N.Y. 12074
- **Phone:** (518) 882-6962

an order for bruschetta, and then dove into the menu.

The Cock 'N Bull is very well known for its Prime Rib, so the choice was very easy. I momentarily debated between the Prime Rib and the Delmonico, but our server said, absolutely without a doubt, Prime Rib. Next was to decide on which size, they offer "princess", "queen" and "king". The server pointed out a fellow diner who had just been served the princess, and that was huge. I couldn't even begin to imagine the other two sizes, so I ordered the Princess Prime Rib, Rare-Medium Rare (I like a lot of red in my meat). The boyfriend went with Princess as well, but he likes his cooked more thoroughly and ordered it Medium.

CRAVING?
Sometimes, you just have to give in to those guilty pleasures.



I chose the smashed potatoes, and also added on mushrooms and onions. He chose steak fries. Both dinners came with salads as well, which we didn't realize, prior to ordering the bruschetta.

The bruschetta came out quickly, and it was perfect. It was served in a large piece, with a knife for us to cut it. The tomatoes were fresh, and seasonings were just enough to give it that nice garlic bite, but not overkill.

Our salads were timed out well between the bruschetta, we had enough time to digest a bit and talk, before they

were served. As you may know, if you read this column often, I love blue cheese, and this dressing did not disappoint. It was clearly homemade, and fresh. However, I didn't finish my salad on purpose because I was already starting to fill up, and I really wanted to enjoy my main course.

Again, the timing was good, a small wait in between, not rushed, yet not too long. When our dinners were served, it was just beauty on a plate. A massive slice of Prime Rib, red and juicy, and piping hot. A very generous serving of smashed potatoes as well as seasonal vegetables and horseradish sauce were on the same plate.

Continues on B22

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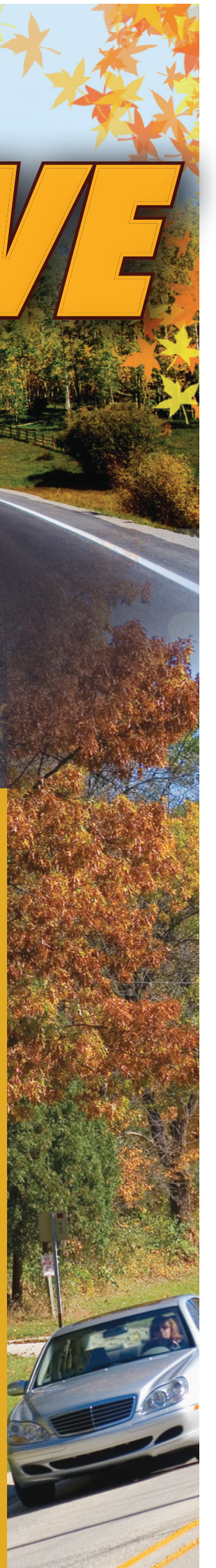
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■ **COMING SOON**

Botti at Troy Music Hall

Grammy Award-winner comes in December

TROY—The Troy Savings Bank Music Hall welcomes back jazz trumpeter Chris Botti for a performance on Saturday, Dec. 3, at 8 p.m.

Since the release of his 2004 album “When I Fall in Love,” Botti has become the largest-selling American instrumental artist, as well as a Grammy

Award-winner. His last record was 2012’s “Impressions,” which won the Grammy for Best Pop Instrumental Album.

Tickets range in price from \$29 to \$79. Tickets may be purchased at the box office at 30 Second St. in Troy, by phone at 273-0038 or online at www.troymusichall.org.

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■ **CONCERT REVIEW**

Blink-182 paves way for next gen punk

By **JENNY CAULFIELD & JIM GILBERT**

nysmusic.com

SARATOGA SPRINGS—Blink-182 proved to everyone attending their summer tour that it’s more than just “crappy punk rock.”

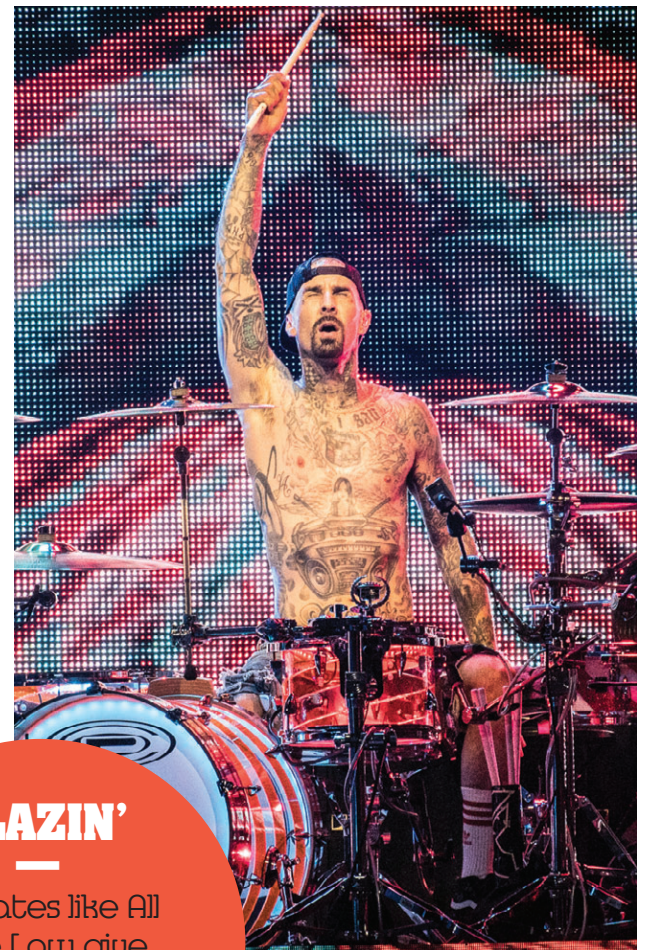
With over 20 years of experience under its belt, it’s not shocking that the band has spent its entire summer touring across North America in stadiums and amphitheaters.

Blink-182 came to an almost entirely sold-out Saratoga Performing Arts Center on Sept. 4. With *A Day To Remember* and *All Time Low* by its side, Blink-182 gave a performance that could only be described as breathtaking.

Blink-182 is one of the most influential punk rock bands of my generation. Even All Time Low would stop every night to thank Blink-182 for bringing the band on the road. Growing up listening to Blink-182, All Time Low is a first-hand example of how inspiring of a band Blink-182 is for its genre.

Although the tour is split between openers All Time Low and All-American Rejects, All Time Low gave its final performance on Blink-182’s tour that night. Sharing the special moment with Saratoga, All Time Low gave what could be its best performance of the tour.

Unfortunately for All Time Low fans, despite how preeminent its performance was, frontman Alex Gaskarth felt that the crowd in Saratoga Springs performance for them was not up to par. When Gaskarth asked fans to



BLAZIN’

Bill mates like All Time Low give thanks to Blink-182.

Photos by Jim Gilbert / nysmusic.com

sing all fans hope for at any *A Day To Remember* concert.

With confetti cannons, toilet paper and shirts being flung from a t-shirt cannon, *A Day To Remember* have mastered the art of making fans jump and scream through the duration of their performance.

With years of performing and now six full-length albums to work with, *A Day To Remember* found a perfect setlist to show off all types of their sound with a blend of

along, “Heyo”, with the band, little show attendees sang along with them. To his disappointment, Gaskarth said, “Wow, that is the worst that has been the whole tour.”

A Day To Remember, who just released its newest album *Bad Vibrations* this week, gave the energetic and overly fun performance

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songs like, "2nd Sucks," and "If It Means A Lot To You" in the setlist.

Blink-182 played in Saratoga for the first time since the Honda Civic Tour in 2011. With fans waiting in line for hours and driving from all parts of New York to be there, the response from Blink-182 fans was incredible.

Blink-182 is one of the most influential punk rock bands of my generation. Even All Time Low would stop every night to thank Blink-182 for bringing the band on the road. Growing up listening to Blink-182, All Time Low is a first-hand example of how inspiring of a band Blink-182 is for its genre.

With the new presence of Matt Skiba on vocals and guitar as the replacement for longtime member Tom DeLonge, it is hard to say which version of Blink-182 is better live. What can be said, is that Blink-182 put on a performance Sept. 4 that fans will remember for years to come. Some songs off of its set like, "Reckless Abandon" and "I Miss You," were stellar

performances by Skiba to match DeLonge's vocals.

Blending songs like one of its earlier hits "Carousel," to newer songs like "San Diego," into the setlist made it so that fans of Blink-182 from any era would be able to enjoy a nearly flawless performance.

From an almost perfect setlist to little to no vocal or instrumental issues, Blink-182 put on a performance that left fans in awe. From the lawn seats to the pit, fans joined from all areas of Saratoga Springs to sing along to as many Blink-182 songs as they knew.

Leaving the venue, all you could see was the sweat running down people's faces, and smiles stretched across the faces of Blink-182 fans of all ages.

NYSmusic.com is a web magazine focused on covering all aspects of music in and around the state of New York. You can often find content from NYSmusic.com within the pages of The Spot518. For more, visit NYSmusic.com



Rockin' the Dino

Hope Dedrick, of Vatrano Road, belts out the vocals at a show at The Dinosaur BBQ in Troy on Friday, Sept. 9.

Photo by GMac Photography

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From page B14 ... Numbers not adding up

and tracking it in a food journal.

As she did the weight started coming off. I'm happy to say that making that one little change resulted in her losing about 10 pounds in a month.

So if you are working out and eating good foods but not seeing the scale more check to see how much you are actually eating.

Get a food scale and some measuring cups and figure out how much you are actually putting in your mouth. Then make the adjustments.

Once you do you'll start seeing better results just like Sandy did.

Dan Romand is co-owner and operator of Full Circle Fitness-NY in Colonie, where he also a certified personal trainer. You can

read his Health & Fitness column here and online at TheSpot518.com

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From page B17 ... A night of bliss in Galway

The onions and mushrooms came in a generous portion on the side.

My first bite was bliss. The meat was tender, the flavors were all just right and it was cooked exactly how I asked. As I kept eating, I added some mushrooms and onions, then later some horseradish sauce, and each bite was just as good as the first. I must admit that as I write this, I am starting to get hungry again thinking about it. The vegetables and potatoes were very good, but I didn't eat much of them, because I was too involved in devouring the massive portion.

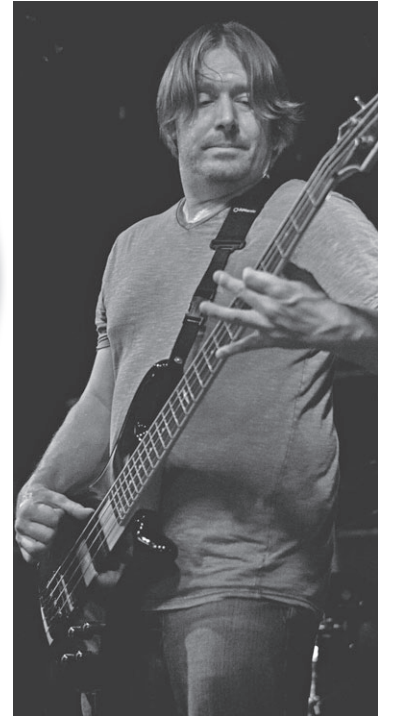
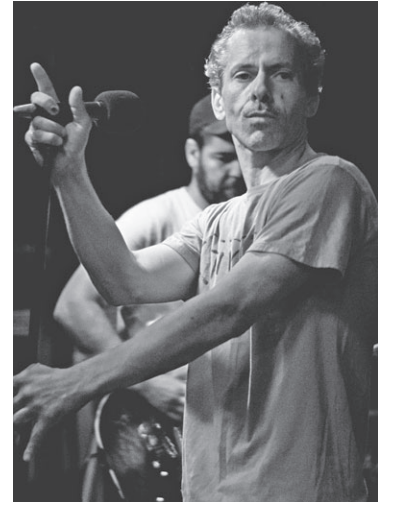
The boyfriend's reaction to his meal was the same as mine. We barely spoke to each other as we ate, because, well, it was just that good. As I started to get full, I kept pushing myself a little more, because I really didn't want to stop! Eventually I had to, and shockingly I still had a pretty good size amount to bring home, as did he. And if you recall, we had chosen the smallest cut!

We passed on dessert, but did have coffee in order to give ourselves sometime to settle before we drove home.

I should mention, they have a number of other weekly specials, and their menu offers some other great options if you or your dining partner want something other than the Prime Rib. Their website and Facebook pages list all of that information.

So, just do yourself a favor and drive up to Galway. It really isn't that far, and it is more than worth it. I won't be letting as much time go by as I did previously before I return the next time around. My next visit will be very soon for sure.

Elizabeth Schaffer is a regular contributor to our Restaurant Review section. You can often find her reviews within the pages of TheSpot518 and online at TheSpot518.com.



GIVEN TO FLY

River Street Pub in Troy paid tribute to Pearl Jam Sunday, Sept. 11.

By GMac Photography

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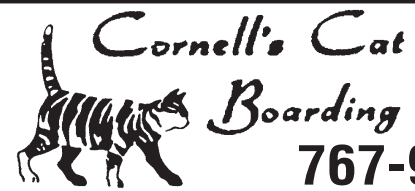
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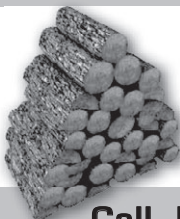
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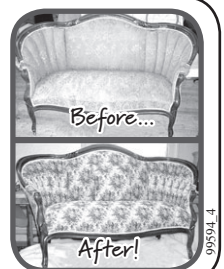
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8	9	6	5	4	2	7	3	1
4	2	9	1	5	8	3	6	7
6	7	5	4	2	3	8	1	9
1	3	8	7	6	9	4	2	5
3	5	1	6	8	7	2	9	4
7	6	2	9	3	4	1	5	8
9	8	4	2	1	5	6	7	3

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1	A	S	P	I	C	6	S	T	A	T	10	11	S	O	13				
14	T	O	R	A	H	15	C	A	R	R	Y	16	E	R	E				
17	E	T	Y	M	O	18	L	O	G	I	E	S	19	R	I	D			
20	B	R	E	W	21	A	N	T	22	V	E	G							
23	R	A	D	24	I	U	M	25		26	D	O	27	C	I	L	E		
28	A	D	O	29	S	U	M	30	A	31	C	32		33	L	A	C		
34	T	O	W	35	R	E	D	O	36	E	R	E	37	C	38	T			
39	E	R	N	40	S	41	S	L	U	R	42		43	P	A	R	A		
44	S	E	P	45	A	46	B	L	A	H	47		48	B	U	M			
49	A	R	C	49	A	T	L	A	50	S	51		52	L	E	I			
52	S	A	Y	53	E	R	S	54		55	R	E	56	T	E	L	L		
57	E	L	M	58	O	N	E	59		60	B	O	R	E					
61	T	O	E	62	B	I	G	63	B	U	S	64	I	N	E	65	S	66	S
67	T	O	N	68	A	D	I	O	S	69	E	E	70	R	I	E			
71	O	F	T	71	T	E	S	T	Y	72	S	T	A	T	E				



Submitted photo

From page B1 ... From Boys to Men

shows.

“So rarely in the history of Broadway have people been able to be associated with a huge success,” said Reichard. “I just love that, when I was 26 when this show came into my life, how much just one audition changed my life.”

Reichard passed the Gaudio role down to another player years ago. Today, he’s preparing to embark on his 7th national tour of “The Midtown Men,” another musical that brings the audiences back to the British Invasion, the heyday of Motown, and some more of The Four Seasons.

And, the tour starts with its opening performance at Proctors Theatre in Schenectady, Thursday, Sept. 15.

Comparisons to “Jersey Boys” are hard to avoid. In fact, it’s still embraced as evident by the marketing slogan, “From Boys to Men.” The production reunites Jersey Boys’ four original players. Tony Award-winner Christian Hoff, Michael Longoria, Reichard and Tony Award nominee J. Robert Spencer star in a unique concert experience that encapsulates the music that defined a decade.

“All four of us on some level has grown up with this music in our lives even though we didn’t live through it originally,” said Reichard. “We heard these songs in our cars, in our family cars, in our homes, when we were out at an amusement park, or at a wedding... We had no idea how important this music would be in our lives.... The passion for this era of music is very much alive and well across generations.”

These talented entertainers shared the Broadway stage for over a thousand performances in the mega-hit “Jersey Boys.” Now, as “The Midtown Men,” Reichard said he and his cast mates have become the “ambassadors” of a style a music devoid of voice-altering technology. Just nothing but talent. They’ve thrilled crowds on concert stages across the United States, Canada and in Beijing, performing over 600 shows and singing with 31 major symphony orchestras.

“This is the four of us in concert, and our show is all about old-fashioned, old-school show business,” said Reichard. Unlike Jersey Boys, which plays out the time line of The Four Seasons, from the band’s initial success in 1960 to when the four ultimately broke up, “The Midtown Men” features hits from The Beatles, The Rascals, The Turtles, Motown, The Four Seasons and more. And the travel between shows helps bring that world closer to the stage players. “When we started touring, we said to each other, why don’t we see what it would be like to tour like all of these

groups.”

The Men recently released their first radio single, “All Alone on Christmas,” written and produced by another Jersey icon, Steven Van Zandt of Sopranos and (Bruce Springsteen and) the E Street Band fame. They were honored to perform the song at the White House for the National Tree Lighting Ceremony in Washington D.C.

The group has also released two successful public television concert specials: “The Midtown Men Live in Concert,” taped at the New Jersey Performing Arts Center’s majestic Prudential Hall, and “Meet the Midtown Men,” which goes behind the songs to get an inside, personal look at the Men and their music. Both are currently airing in markets nationally.

Their recent show at New York City’s famed Beacon Theater was a sellout smash and featured guest stars Shirley Alston Reeves from the Shirelles, La La Brooks from The Crystals, Gene Cornish from The Rascals and Petula Clark, who had 3,000 people up on their feet for “Downtown.”

“Our act is a well-honed, well oiled machine,” said Reichard. “It’s all about enjoying the music in the moment. It’s not a play. It’s the four of us, live in concert. There are no rules for us. We say what we want, and we make every show special. It’s not just a Xeroxed experience, like when we have a Broadway show and try to recreate the same thing, we have the independence to personalize each show and really connect with each audience. And, that’s what’s kept the show fresh over the years.”

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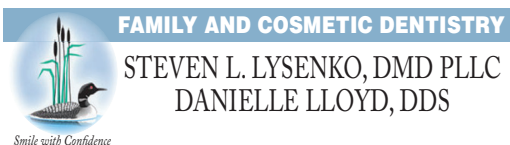
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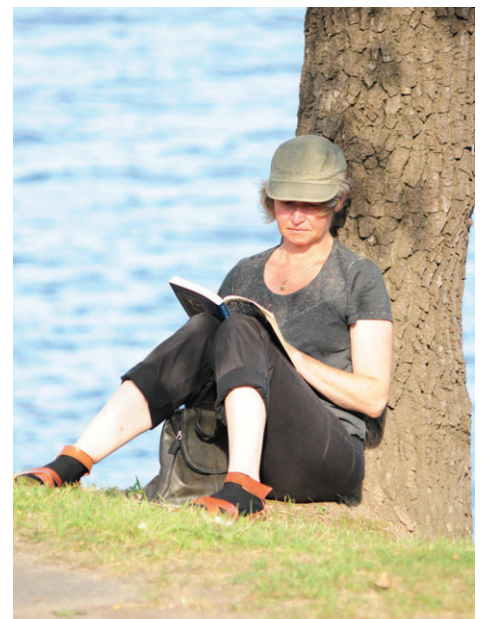
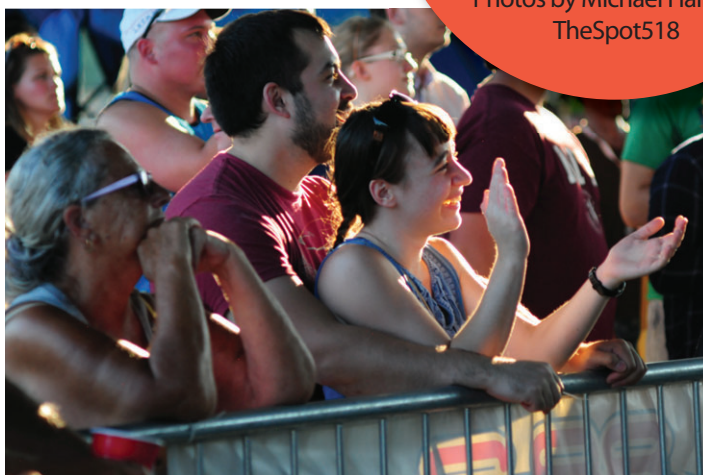


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