

THE Spotlight

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NEWS 75 years

Slingerlands Elementary to
celebrate a milestone

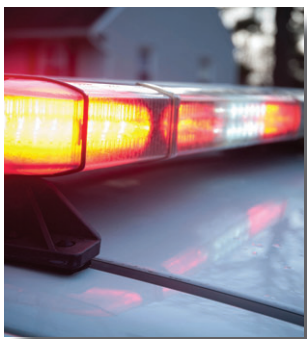
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Police action

A summary of activity from
local law enforcement
agencies

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Spotlight file photo

TOP STORY

DEC: Pipelines need review

State DEC informs Global Partners that it will need to submit plans through
environmental quality review process

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

ALBANY — On Friday, Sept. 16, the state Department of Environmental Conservation (DEC) sent a letter to Global Partners, one of the largest distributors of gasoline in New York, informing them that the permit the company is seeking to heat crude oil at their Port of Albany facility will be put through a full environmental review.

“Big oil just got another strong sign from Gov. Cuomo that New York is moving away from the dirty and dangerous fuels of the past and heading toward a future powered by 100 percent clean, renewable energy,” said Peter Iwanowicz, executive director for Environmental Advocates of New York. “Not only will Global Companies have to address the toxic air pollution from crude

oil, it is also going to have to pass New York’s ‘climate test’ before they are given the green light to move tar sands oil down the Hudson River. And since it’s a test that cannot be passed, the letter today should represent the end of the line for this ill-conceived proposal.”

Global initially submitted an application to renew its permit, which expired in March, including an amendment that would allow the company to build seven boilers to heat crude oil at the port, making it easier to ship. In May of last year, DEC issued a notice of incomplete application and a notice of intent to rescind the State Environmental Quality Review (SEQR)

Negative Declaration, which determined that the new boilers would not result in a

Continues on page 16

SPORTS



Dutch find a way

Guilderland overcomes struggles to defeat
Averill Park

Story on Page B9

ENTERTAINMENT



Let's deal

Rivers Casino & Resort is looking for employees
and is willing to educate

Story on Page B1



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■ TOWN GOVERNMENT

Laws, land & looking ahead

By ALI HIBBS
hibbsa@spotlightnews.com

Editor's Note: During the Bethlehem Town Board's bimonthly meeting on Sept. 14, board members passed a property maintenance law, discussed the potential expansion of the Port of Albany into the town and heard town Comptroller Michael Cohen present Bethlehem's tentative five-year capital spending plan. There was also discussion of sidewalks, both as part of the capital plan and from a need to comply with the Americans with Disabilities Act, necessary for the town to continue to receive federal funding.

Property Maintenance

The Property Maintenance Law, which passed unanimously, simply replaces a section of town municipal law with a new passage allowing the town to take action when a property owner fails to maintain his or her lawn.

Under the law, it is now illegal for any person having control or ownership in any developed residential, commercial or industrial property in the town to: allow any weeds, grass or other rank vegetation to grow to a greater height than 10 inches on the average; permit accumulation of dead weeds, grass or brush; or permit, maintain, deposit or scatter rubbish or garbage over any premises. Exemptions are allowed only in the case of growth of lots or land under agricultural and farming use, or those that are drainage or natural open space areas.

Now, when a property owner has been notified of his or her failure to comply with town regulations, he or she has 10 days to remedy the situation before the town can complete the work itself and then file a lien against the property to recover the cost of that work, including an additional 15 percent administration fee. In situations deemed an emergency by the town, it may undertake the work prior to the expiration of the 10-day period, as long as the notice to the owner identifies the violations as an emergency.

"This law is to address the zombie properties, the bank foreclosures that we have in town, and the problem with maintaining those — specifically with



Town Board members listen while Bethlehem Supervisor John Clarkson makes a point during this month's first bimonthly meeting on Wednesday, Sept. 14.

Ali Hibbs/Spotlight

lawn maintenance," said Bethlehem Building Inspector Justin Harbinger. "This will give us the ability to not wait up to 90 days for the bank to maintain it. This will give the town the ability and the tool to go and take care of the lawns and recoup the cost. It's a great tool for us as code enforcement officers, but I think that the neighbors of these properties will appreciate it too."

Asked how the town responds in cases where the property owner may desire to cultivate wildflower meadowlands that grow to more than 10 inches in height, Harbinger said that in both of the cases that he has encountered, a compromise was reached where the owners retained their wildflowers but reduced tall grasses that were a potential fire hazard.

"This law is mostly aimed at the vacant properties that have nobody to actually maintain them, so that is the scenario where we would be using this the most," he said.

Port of Albany

"We have been notified by the Port of Albany that they are interested in acquiring 80 acres of property [in the Town of Bethlehem]," said Rob Leslie, director of the town's Economic Development and Planning Committee. The piece of property, known to some as the Beacon Harbor site, is 80 acres located along 3,000 feet of waterfront east of Route 144 in Glenmont. According to the

previous years.

"We feel that it's consistent with the zoning that's on the site," said Leslie, "as well as the town's economic development strategy and the waterfront plan." The port is currently in an eight-month "due diligence" period wherein it will assess the suitability of the property, Leslie said, and are in the process of hiring a consultant to help it prepare an Environmental Impact Statement (EIS), a document required by the National Environmental Policy Act for projects that could significantly affect the "quality of the human environment." The EIS is then used to help decide whether to allow the project to go forward.

"Think if it as another developer in town," said Leslie. "In this case, it's just the Port of Albany that's looking to develop property. Having said that, however, they are a tax-exempt property and we need to look at that from a financial standpoint." Any private entity who built on land owned by the port, he went on to explain, would still be subject to town and county taxes. As the land currently sits vacant, any new building solicited by the port would represent an increase in tax revenues.

Continues on page 11

Bethlehem primary election results

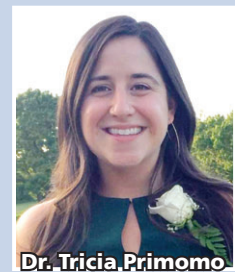
BETHLEHEM—Giles Wagoner will run against Kate Pope and Roland Graves for a seat on the Town Board this coming November, after winning the Democratic primary election on Tuesday, Sept. 13.

Graves, who will still run in November on the Independence Party ticket, received 670 votes, just over 37 percent; Wagoner, who received the Bethlehem Democratic Committee endorsement, garnered 1,086 votes, or a little more than 60 percent of the vote. Another 48 votes were cast for write-in candidates.

Both men will compete against Kate Pope, vice-chairman of the Bethlehem Republican Committee, in the upcoming general election for the board seat that will be vacated by outgoing board member Doris Davis.

Bethlehem representatives elected to the Albany County Democratic Committee are as follows: Electoral District 5: Reed Ference, William Reinhardt; ED 9: George Harder, Pamela Skripak; ED 15: Rose Ann Garry, Chanson Noether; ED 17: Deborah Stevens, Leo Dorsey Jr.; ED 19: Patricia Flaherty, Michelle Sanders; ED 21: Amy Joyce, Matt Clyne.

In neighboring New Scotland, incumbent Board Member Laura Ten Eyck defeated Republican-endorsed challenger Alexandra Moreau.



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Dr. Tricia Primomo was raised in Delmar and is a third generation dentist. She 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.

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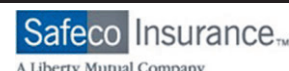
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■ COPS, COURTS AND EMERGENCY CALLS



Cucinotta

Slingerlands woman charged with DWI

NEW SCOTLAND — On Sunday, Sept. 11, New York State Police in New Scotland arrested Christina L. Cucinotta, 27, of Slingerlands, for DWI, a misdemeanor. Troopers initially stopped Cucinotta for driving across lane markings on Church Road in the Town of Guilderland. Troopers later arrested Cucinotta for DWI. It was determined that Cucinotta had a BAC of 0.12 percent. Cucinotta was processed without incident and is scheduled to appear in Town of Guilderland Court on Thursday, Sept. 22, at 5:30 p.m.



Jones

Man arrested for aggravated DWI

ALBANY — On Monday, Sept. 12, the New York State Police in New Scotland arrested Bruce W. Jones II, 29, of Albany, for aggravated DWI, a misdemeanor. Subsequent to a vehicle and traffic stop on Western Avenue in the City of Albany Jones was arrested for DWI. It was determined that Jones had a BAC of 0.23 percent. Jones was processed without incident and is scheduled to appear in City of Albany Court on Monday, Sept. 26 at 9 a.m.



Bisaccia

Downstate man faces multiple charges

BETHLEHEM — Bethlehem Police arrested David Bisaccia, 48, of Cortlandt Manor, at 3:11 p.m. on Friday, Sept. 9, after he reportedly struck a mailbox with his car on Creble Road before continuing on to Tacs auto body shop, where he struck another car, causing severe damage to his own vehicle. Upon exiting the vehicle, Tacs employees reported that the driver, Bisaccia, was “falling down” intoxicated. Responding officers reportedly found Bisaccia in the waiting room of the shop and said that, when administered field sobriety tests, he failed every one. A blood

alcohol test later found his BAC to be 0.15 percent, according to arrest reports. After denying repeated requests to give the defendant a ride back to Cortlandt Manor, officers took him to a Days Inn after charging him with DWI, aggravated DWI and leaving the scene of an accident. He was scheduled to return to court on Tuesday, Sept. 20.



A final farewell

On Friday, Sept. 16, members of the Elsmere Fire Department and the community bid a final farewell to Assistant Fire Chief John J. Zboray, Jr., who died unexpectedly on Sept. 10. Zboray, Jr. was a 45-year member of the department and was serving as its first assistant chief at the time of his death. He is survived by Arlene Rickard, his two daughters, April and Tricia, and his grandchildren, Colin and Madison.

Photos by Thomas Heffernan, Sr.



One hurt in motorcycle crash

Bethlehem Police and Emergency Medical Services responded to this personal injury motorcycle accident on Route 9W at Hauge Boulevard in front of Van Allen Farm Store around 4:45 p.m. Sunday, Sept. 18. The motorcycle’s operator attempted to pass a minivan on the right while it was stopped to make a left turn when he struck the back of the minivan and crashed into the curb. The motorcyclist, who resides in Ontario, Canada, sustained broken bones and other injuries. He was transported to Albany Medical Center for treatment. The accident remains under investigation by Bethlehem police.

Photos by Thomas Heffernan, Sr.

Garden Bistro 24

Where the Food is Fresh, Local, and Seasonally Motivated

Garden Bistro 24 is a casual restaurant serving classic bistro inspired fare in a lively, comfortable setting. The food is prepared fresh daily and seasonally motivated. We do not have a freezer or a microwave. Our produce is locally grown when available to ensure that our customers get the finest and freshest ingredients on the market.



Join us Tuesdays in October for Bethlehem Central School District Garden Nights!



On Tuesdays all October we will only use produce organically grown in the gardens at all BC Schools. 15% of proceeds from each evening go back to the Sustainability and Garden Club at BCSD.

Sunday Brunch
from 10am-2pm

Mussel Mondays
\$13.50 All Day

We only use Prince Edward Island mussels. They are rope cultured in the cool Canadian waters and never touch the ocean bottom. The mussels grow naturally in nutrient-rich waters, and are self-sustained with no feed or additives. Our mussels are plump, sweet and free of grit.

Burger Wednesday is BACK!

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with glass of wine or beer - \$16.50

All of our beef comes from Herondale Farm in Ancramdale, New York. It is 100% grass-fed organic beef. Herondale Farm does not use hormones or antibiotics.

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SPOTLIGHT ON FINANCE

Today's housing market is good for both owners and buyers

By THOMAS CONNORS,
Vice President,
Capital Region, KeyBank

July's housing market report from the U.S. Commerce Department offered an unexpected development: new home sales reached their highest levels in nearly a decade, up more than 31 percent from a year ago. This comes on the heels of an April report in the Wall Street Journal that lenders extended \$156 billion in home equity loans in 2015—the largest amount since 2007.

For prospective home buyers and current homeowners, this is good news. The housing market is strong, and the value of homes is increasing. So whether you're looking to buy a new home or make improvements to your existing home, today's market favors you—the borrower.

Low rates and affordability assistance programs put home ownership within reach.

According to a 2015 Wells Fargo home ownership study, 65 percent of renters want to own a home, but most believe they either can't afford it or

can't qualify for a loan. The problem with this belief is that there is a misconception about what a good credit score actually is and what it takes to qualify for a mortgage.

A good credit score is 660. And while a 20 percent down payment is ideal, it's just not realistic for many people. The truth is, several loan programs are available that make home ownership more affordable than most people realize—even if you have very little money down and a credit score below 600.



Thomas Connors

For starters, Federal Housing Administration (FHA) mortgages require a down payment as low as 3.5 percent of the purchase price. Even if you've gone through a bankruptcy or foreclosure, the FHA can help put home ownership within reach. If you have the means to put down 10 percent of the purchase price, the minimum required FICO score is 500. FHA loans are designed to make purchasing a home more affordable than it would be with a conventional loan, especially for the first-time homebuyer. As such, rates are often lower than with conventional mortgages. FHA loans are subject to limits, which vary from state to state.

The U.S. Department of Agriculture (USDA) has its own loan program designed to stimulate home ownership in rural areas across the country. Features of this program include a no-money-down requirement and competitive interest rates. It does require a small fee and upfront premium of 2.75 percent. However, the fees can be rolled into the mortgage. This provides buyers with the opportunity to secure a loan without having to put any money down. Credit restrictions are tighter with USDA loans than they are with FHA loans. It can be difficult to secure a USDA loan with a FICO score less than 620.

Veterans Affairs (VA) mortgages are available only to military personnel, veterans or the spouses of veterans who died of service-related injuries. Qualified borrowers may be eligible for a no-down payment loan without being required to pay private mortgage insurance (PMI). Because the loan is fully backed by the government, it is easier to qualify for a VA loan and still get competitive rates. VA loans are not subject to any kind of income threshold, but there may be limits on the loan amount depending upon the region of the country.

Affordability assistance programs can help low- to moderate-income families with down payment assistance, grants,

subsidies, home ownership vouchers, forgivable loans and soft second mortgages. In addition, many banks, including KeyBank, have their own loan products with up to 100 percent financing.

Positive equity can help you tap into needed cash

More than 90 percent of all mortgaged properties in the U.S. have positive equity. This is largely the result of a recovery in the housing market. The byproduct of this is that we are beginning to see fewer refinances and more second mortgages—or home equity lines of credit (HELOCs).

HELOCs are a safe and workable way to access cash

to finance remodeling and free up finances for other use, such as paying tuition. They provide cash on an as-needed basis and are best suited for ongoing needs such as home upkeep or to manage the costs of a life changing event. HELOC payments are based on the amount of money accessed from the line of credit. Talk to your tax attorney or accountant for perspective on whether HELOC payments are tax deductible.

If you are considering a HELOC (rates are currently very good for borrowers), obtain your FICO score and gather your paperwork and documentation, including W2 forms and pay stubs. Establish what you can easily afford to pay each month by scrutinizing your budget. Then shop lenders to find the

best rates and fee structures for your needs.

Assuming home values continue to improve, and you do not treat the equity in your house like an ATM, HELOCs can be an efficient way to manage money and make the most of your home's value.

Thomas Connors is vice president and district sales manager, KeyBank Mortgage, for Key in the Capital Region. He can be reached at either 518-951-2186 or thomas_connors@keybank.com. KeyCorp © 2016. KeyBank member FDIC. Opinions, projections, or recommendations contained herein are subject to change without notice and not intended as individual financial, legal or tax advice.

A primer on home loans and lines

Whether you are buying your first home, or improving the one you have, there are a variety of home equity loans and line of credit options to meet your needs—both big and small. Here are the three primary solutions.

Home Equity Line of Credit (HELOC): Based on accumulated home equity, a HELOC offers a variable-rate revolving line of credit that may be borrowed against as the principal is repaid. HELOCs generally have flexible payment options, from interest only to principal plus interest, and often provide borrowers with the ability to lock in fixed rate options.

Home Equity Loan: Based on the amount of equity in your home and has a fixed rate and term, usually between 5 and 30 years. One of the primary benefits is that offers its borrowers the security of a fixed-rate loan. The entire loan is funded at account opening, and cash can be used for a range of purposes, including home improvements, major purchases and debt consolidation.

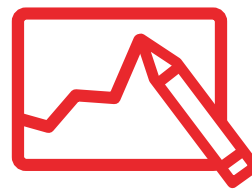
Home Improvement Loan – A fixed rate loan that does not require collateral and does not tap into the equity in your home. The entire loan is funded at account opening. Unlike home equity loans, money from

a home improvement loan must be used for home improvements, which can range from home repairs to remodeling projects, new roof or windows, new patio or driveway, room additions, a pool or more.

If you are considering a home loan or line of credit on your current house, take the time to talk to various lenders about their products so you have a good understanding of interest rates (variable or fixed) and repayment schedules. For example, most lenders put a limit on home equity borrowing, which is typically between 80 to 90 percent of your home's assessed value.

And know how much you can afford. The lesson we should take from the recent housing market is not that borrowing is bad, but rather that borrowing more than we can afford and depleting your home of all equity is not a sound and sustainable money management strategy.

Finally, don't underestimate the importance of your relationship with your lender, because working with a lender that already handles your mortgage, car payment or deposits might make a difference when it comes to fees and closing costs.



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■ TOWN

Deli owners concerned with Rail Trail

By MICHAEL HALLISEY

halliseym@spotlightnews.com

BETHLEHEM— There are roughly 9.6 miles between Albany and Slingerlands on the Albany County Helderberg Hudson Rail Trail — a little more than 50,000 feet. About 100 of those feet remain the topic of conversation at the New Village Deli & Pizza.

The rail trail has been an attraction throughout Albany County since last year. Locally, business and developers often note their respective proximity to it as a means to further attract customers.

In July, Albany County made a push to connect the Slingerlands spur to the undeveloped portion leading into Voorheesville. In doing so, the county laid concrete Jersey barriers along the trail to prevent vehicles from driving through. Customers of New Village Deli & Pizza have grown accustomed to driving over the old D&H rail line from Kenwood Avenue to the New Scotland Avenue storefront.

“Albany County’s priority is the safety of those who use the rail trail,” said Mary Rozak, director of communications for the office of the County Executive. “Recommendations have been followed to put barricades up to ensure vehicle traffic doesn’t threaten those on the trail.”

On the deli’s front counter lies a petition signed by more than 500 of its customers asking to remove the barriers and install a four-way intersection, complete with stop signs, for both motorists and trail users.

“The issue is people need to be able to exit and enter here, safely,” Ginny DiMola, deli co-owner said.

Today, a parking lot sits along the Kenwood Avenue side of the trail. Prior to the rail trail’s construction, that same county-owned lot was used by deli customers to cross the trail and enter its parking lot from the backside. This is especially true for customers traveling west along Kenwood Avenue, trying to avoid a difficult hairpin turn onto New Scotland Avenue.

The other option would be for motorists to access New Scotland Avenue at the traffic circle neighboring the



The owners of New Village Deli in Slingerlands are concerned that Rail Trail barriers will cause traffic congestions for customers seeking to enter their driveway through the back, which is easier for people coming west from Kenwood Avenue.

Michael Hallisey/Spotlight News

Price Chopper Plaza. Getting out of the parking lot poses another challenge, as motorists contend with a blind spot caused by the railroad bridge that goes over New Scotland, west of the deli.

Ginny, and her husband Nick, have owned New Village Deli & Pizza for 14 years. They both think the rail trail is a “great idea” for the local community, as it promotes health and activity. They continue to express optimism that a compromise can be made to help maintain a safe environment for both their customers and trail users.

“We don’t want to cause headaches for [the County],” said Nick. “The only thing I’m trying to do is for them to leave that open and alleviate congestion.”

Craft beverages get boost

ALBANY COUNTY— New York State farm craft beverage producers are now able to serve wine, beer and spirits by the glass under new legislation signed by Gov. Andrew Cuomo on Tuesday, Sept. 13. The bill allows farm wineries, breweries and cideries to sell any New York-made farm alcoholic beverage by the glass at their production facility or off-site branch store; under previous law, farm manufacturers were limited to selling only products by the glass they

produce on site.

“The growth of New York’s burgeoning craft beverage industry is a direct result of Governor Cuomo’s leadership in promoting New York agriculture and small businesses,” said Assemblymember Patricia Fahy (D-109). “Allowing farm cideries to serve and sell New York made beer, wine, and spirits, dramatically expands the potential for collaboration between local producers—and reinforces New York as the leader of the craft

beverage revolution.”

Dietrich Gehring, co-owner of Indian Ladder Farmstead Cidery and Brewery in Altamont. “Now, in addition to the hard cider and beer we make with the apples, hops and malting barley we grow here in the farm we can also offer New York wine and spirits at our Tasting Room and Beer Garden at Indian Ladder Farms. The timing couldn’t be better as thousands of customers are heading to our farm this fall for apple picking season.”

New York is now home to over 500 farm wineries, breweries, distilleries and cideries. The number of farm wineries in New York has increased by over 60 percent since 2010, while the number of farm distilleries grew from just 10 to 95. Two new licenses have been created since 2011, the farm brewery license in 2013 and the farm cidery license in 2014—and New York is now home to 129 farm breweries and 22 farm cideries.

Thomas H. Abele, DMD

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— Thomas H. Abele, DMD



Delmar Dental Medicine

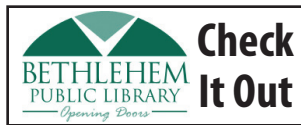
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COMMUNITY

Making a case for comfort

What's a more basic need than a clean, comfortable place to lay your head at night? It can be especially welcome when you are away from home and dealing with a child's major medical issue. The library is doing its part to grant that small comfort to families staying at the Ronald McDonald House of Albany during our Million Pillowcase Challenge event on Thursday, Sept. 29, from 2 to 5 p.m. If you've got some basic sewing machine skills, you can join us by stitching a cheerful pillowcase to donate. You provide fabric with a child-friendly print — one yard for the body plus 1/2 yard for the trim — and we'll provide the machines and thread.

The Ronald McDonald House is a nonprofit organization that provides a home away from home for families of seriously ill children.



An anniversary worth celebrating

This year, the National Parks Service celebrates 100 years of stewardship and connecting Americans to their country's natural treasures — past, present and future. In September and October, the library will present a pair of all-ages programs commemorating this important milestone. Stop by for one or both and see why our national parks — 401 in total — are such important cultural resources.

Up first is "This Land is Your Land" on Wednesday, Sept. 28, from 7 to 8:30 p.m. This coast-to-coast photo tour presented by Scott Stoner and Denise Hackert-Stoner highlights the unique features of our national parks, big and small.

Author and outdoor adventurer Alan Via returns to the library Wednesday, Oct. 19, from 7 to 8:30 p.m. for the second program: "Above It All." Enjoy a slide show celebrating the spectacular mountain scenery and more that can be found in the national parks.

Research tools for teens

School's back in session, and with that — writing assignments. Teachers want to see papers that cite reliable sources, but there's a lot of information out there, and not all of it is good. We've got the online databases you can turn to for credible, concise information about a wealth of topics.

Make your research count with these resources:

- Oposing Viewpoints in Context — articles representing informed, differing viewpoints on hot-button issues.

- Literary Reference Center — a broad spectrum of information about authors and their works across literary disciplines and timeframes.

- Gale Virtual Reference Library — eBooks covering a variety of topics, including test prep, that can be downloaded 24/7 without a wait.

- General OneFile — thousands of periodicals, newspapers and reference materials going back three decades.

These databases and more can be found at www.bethlehempublib.org. If you're having trouble getting started, our librarians are available to help you get up to speed.

Wanted: Chess Club volunteers

Attention teens! Do you love chess and helping others learn how to play? The library is looking for volunteers in grade 6-12

who are willing to teach chess to younger kids and play games with them on Tuesday evenings. Sound like fun? Call or email Tori at 439-9314, ext. 3034, or tori@bplteens.org and see how you can get involved.

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. 23

Coffee and Conversation: The Rise of Hitler & FDR

Author and historian David Pietrusza will discuss his book "1932: The Rise of Hitler & FDR," which chronicles the tale of two leaders in tumultuous times, 1 to 3 p.m.

Lego Club

We supply the Legos; you supply the

imagination. Try out our WeDo and Mechanisms kits or just free build, 4 p.m. For kids and families.

Sunday, Sept. 25

Sunday Cinema: Hail, Caesar!

Universal Pictures, PG-13, 106 min. Showtime at 2 p.m.

Knit One, Purl One

If you're an experienced knitter, bring your current project. If you're a beginner, bring size 8 knitting needles; we'll provide yarn and get you started, 2 to 3 p.m. For adults, teens and kids age 9 and up.

Monday, Sept. 26

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. All ages and abilities welcome.

— Kristen Roberts

Family Literacy Program

Please register for this family engagement program on Saturday, Oct. 1, at 10:15 a.m. Barbara Lukas from WMHT will present a wonderful program based on the book "Stellaluna" by Janell Cannon. Families will read the book collectively and share exciting and educational book-based activities. This program is intended for children ages 3 to grade 2 and their families.



Tea with Freud

You are invited to join local psychiatrist and author Steven Sandler on Tuesday, Oct. 4, at 7 p.m., when he will discuss modern Freudian psychotherapy and how it has evolved over time, as presented in his latest book, "Tea with Freud: An Imaginary Conversation about how Psychotherapy Really Works."

For his novel, Sandler researched Freud's letters and used what he learned to frame the imaginary conversation held with Sigmund Freud. He has also drawn on actual cases from his psychiatry practice at Albany Medical Center.

The program is for adults who are interested in understanding emotions, emotional problems and how therapy can help. Please register.

— Lynn Kohler

Non-fiction book discussion group meets

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.

Chicken barbecue

BBQ chicken, corn on

RCS COMMUNITY LIBRARY

the cob and more — wind up September on Thursday, Sept. 29, with delicious Frese's take-out BBQ chicken to benefit the library. Pick-ups begin at 4 p.m. and continue until we're sold out. Tickets are \$11 for pre-purchase and \$12 the day of the barbecue. Pre-purchase of tickets is strongly recommended. Get your tickets at the library or from any Library Board member.

Freedom to Read Night

Celebrate our Freedom to Read on Wednesday, Sept. 28, at 6 p.m. with a party celebrating your favorite banned books. Read a passage, dress up as your favorite character, or get your mug shot taken at our Caught Reading a Banned Book station. See our Banned Book display at the library for more information about books that have been banned.

— Carol Melewski

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‘Never Leave Your Dead’

In what is sure to be one of the most compelling Read Local events, author Diane Cameron will be at GPL on Wednesday, Sept. 28, at 6 p.m., to speak about her recently released book, “Never Leave Your Dead: A True Story of War Trauma, Murder, and Madness.”

This powerful book is about Ms. Cameron’s stepfather, a former marine who served in China during the Japanese invasion of 1937, and who later murdered his wife and mother-in-law. After serving 22 years in Fairview State Hospital, he was released and eventually married again. A decade later, he may or may not have been the cause of his second wife’s death, as well.

Cameron unravels the mystery of this man — was he a traumatized veteran, or a victim of abuse in the mental-health system? Was he criminal, mentally



ill, or just eccentric? In the process of writing, Cameron discovers a community within the China Marines, as the veterans of that campaign were known. Together, they help put the pieces of shared war experience in perspective and resolve the more complex issue of understanding trauma itself.

After the talk, Cameron will have copies of her book available for purchase and signing.

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

Holistic Philosophy and Practice

Join Dr. Larry Malerba for this two-part educational lecture series as he offers 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.

Sunday Crafternoon

During our Sunday Crafternoon on Sept. 25, from 2 to 4 p.m., you’ll be using your creativity to do a bit of good. We are devoting this Crafternoon to Operation Gratitude, which collects art and letters to send to our troops in the Army, Navy, Marines, and Air Force — deployed overseas or right here at home.

You may choose to write a letter, or make a collage, or whatever your appreciation inspires! Every year, Operation Gratitude sends more than 250,000 care packages to active members of the military, veterans, and first responders. They include letters in each of these packages. They need lots of letters and they need

your help. We’ll provide the materials and mail the letters.

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

Teen Sewing: DIY Pillowcase-Part 1

Karen Halse of Quiltbug Quilt Shop will be at GPL on Tuesday, Sept. 27, at 3 p.m., to teach you the basics of machine sewing while you make your own pillowcase using fabric of your choice. For this project, you’ll need to purchase your own fabric. Karen will be available to meet you after school on 9/14 at the Quiltbug Quilt Shop. The shop is offering a 20 percent discount; just tell them you’re taking the class at GPL. Please call the library at 456-2400, ext. 4, with any questions.

— Mark Curiale

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ASO opening night

Enjoy the Albany Symphony as it performs Ravel and Sibelius at the Palace Theater on Saturday, Sept. 24, at 7:30 p.m. The cost is \$45. 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.

Are you caring for a loved one who has been diagnosed with Alzheimer's or another dementia? Join others in a Caregiver's Support Group on Sept. 28, from 10:30 a.m. to noon at the Town Hall. Call 439-4955, ext. 1176.

We are doing outdoor

Senior Action

Town of Bethlehem

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.

— Wilma DeLucco

It's a big Event. It's the main Event. It's the fun Event. It's a unique Event for two outstanding local children's charities, including the YMCA's Circle of Champs program.

The Event 518 is a night of gourmet food and wine from the finest local restaurants, craft beer and spirits, and premium cigars, and it's all for three good causes.

Proceeds from the event support YMCA Circle of Champs, which provides respite and support for families with children battling life-threatening illness. The Event will also support For the Love of Sophie to benefit the Journeys Program at Albany Medical Center. The Journeys Program focuses on providing comprehensive medical, spiritual and emotional care to pediatric patients and their families.

The Event will be held

The Event 518



on Friday, Sept. 30, at Mohawk Golf Club in Schenectady from 6 to 11 p.m. Tickets are \$75 for gourmet food and beverage; \$150 includes 15 premium cigars. Tickets for Event 518 can be purchased at the front desk of the Bethlehem YMCA. The Event is limited to 300 people who want to relax, network and socialize under the stars.

Please join us in a wonderful night to benefit local children and their families.

Y Backpack donations help children get ready for school

Earlier this month, Bethlehem YMCA helped more than 80 children from low-income families start the school year right by providing them with new backpacks and school supplies. It's an annual event that does so much to lift their spirits and get them set for learning, and it was made possible by YMCA staff and volunteers, including people from the Bethlehem Town Hall Senior Services. The Y also received tremendous support from CapCom Federal Credit Union. Thanks to everyone involved for their efforts.

Youth in Government

YMCA Youth in Government is a national program of the Y that involves thousands of high school students nationwide in state-organized, model-government programs. Teens will meet once a week in their local groups throughout the year to discuss and debate issues that affect citizens of New York state and to propose legislation.

Participants conduct extensive research on their issue and write a document based on their findings. Local attorneys and government officials are consulted during this process. After the documents have been presented at the district conference, they are sent to the New York State Youth & Government Model Legislative Program.

Each spring, participants travel to Albany to implement the Youth in Government program events in the state Capitol, the Legislative Office Building and the Judicial Building. For more information about joining the Y's Youth in Government program, contact Rusty Decker at rdecker@cdymca.org.

Fall swim lessons

Did you know that the YMCA created group swimming lessons almost a century ago? No one teaches more kids to swim than the Y.

The Bethlehem YMCA's fall swim lesson program will begin this week and run for six weeks, as opposed to the usual seven, due to the recently completed aquatics maintenance project. There will be a corresponding price adjustment. Moving forward, the sessions will be seven weeks long.

Learn to box

A wise man (Dr. Seuss) once wrote: "I like to box. How I like to box. So every day I box a Gox. In yellow socks I box my Gox. I box in yellow Gox box socks."

The Bethlehem YMCA doesn't have a Gox, nor do we have yellow sox. However, we do have a terrific Learn to Box program that can teach you basic boxing skills and give you a great workout. Each class is one hour of strength and conditioning work, cardio respiratory conditioning, full body strength and learning self defense.

The class is taught by Akeem Mauzon, a boxing trainer with 10 years experience, a Gold Gloves finalist and two-time Northeast Golden Glove champion. Boxing class starts Oct. 5 on Wednesday and Thursday nights. So if you run into a Gox, you will be ready to box — assuming you are wearing your yellow sox.

— Mark Hansen

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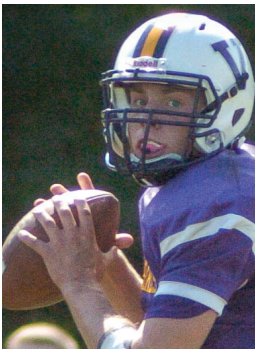
■ PLAYER OF THE WEEK



DAVID BELL

Bethlehem's David Bell is The Spotlight Player of the Week for the period ending Sunday, Sept. 18. Bell came up big for the boys soccer team against Section 1 power Arlington Saturday, Sept. 17, as he scored both goals in the Eagles' 2-1 overtime win. Bell also had two assists in a 2-1 win against Averill Park Sept. 13.

■ INSIDE



Back on track

The Voorheesville football team bounced back from its loss to Holy Trinity by defeating Stillwater 34-13 in a Class C football game Saturday, Sept. 17.

Page 10

■ BOYS SOCCER



Dutch find a way

Guilderland overcomes struggles
to defeat Averill Park

GUILDERLAND — Michael Friguletto's second-half goal propelled the Guilderland boys soccer team to a 3-2 Suburban Council victory over Averill Park Thursday, Sept. 15.

The Dutchmen (4-1-1) struggled defensively in the first half, as they allowed two Averill Park goals. But, Guilderland's offense responded each time to tie the score at 2-2 at the half.

Antonio Lia assisted on Matt Iuorno's goal and tallied his own with 30 seconds left in the first half to lead Guilderland's offense.

— Rob Jonas

Clockwise from left: Guilderland's Antonio Lia (12) battles an Averill Park player for the ball in a Sept. 15 Suburban Council game; Alex Mendel (17) chases after the ball; and Chetin Karaca (16) steps over an Averill Park player as he tries to control the ball. For a full photo gallery, visit spotlightnews.com.

Photos by Rob Jonas/Spotlight



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■ FOOTBALL

Back on track

VOORHEESVILLE — Voorheesville struck for a pair of second-quarter touchdowns on its way to beating Stillwater 34-13 in a Class C football game Saturday, Sept. 17.

Blackbirds quarterback Ryan Daly connected with Ethan Richardson on a 43-yard touchdown pass early in the second quarter to break a 7-7 tie, and Shawn Morin added a 1-yard touchdown plunge in the final minute to make the score 21-7.

Dalton Esposito added a pair of touchdown runs for Voorheesville, which improved its record to 2-1. Stillwater suffered its first loss of the season following a pair of victories.

— Rob Jonas



Clockwise from top right: Voorheesville's Ethan Richardson (11) takes Stillwater's Curtis Miller into the end zone on a 43-yard touchdown reception in the second quarter; Brayden Esposito (21) tackles a Stillwater ball carrier; quarterback Ryan Daly (9) fends off Stillwater's Max Lautenberg as he drives deep into the Warriors' territory; and head coach Joe Sapienza calls a play. For a complete photo gallery from this Class C contest, visit spotlightnews.com.

Photos by Rob Jonas/Spotlight

■ SPORTS BRIEFS

Eagles pull away from Ballston Spa

BALLSTON SPA — The Bethlehem football team scored three unanswered touchdowns to defeat Ballston Spa 28-13 in a non-conference game Friday, Sept. 16.

Trailing 7-6 at halftime,

the Eagles (2-1) took the lead on David Montalvo's 3-yard touchdown pass to Dylan Rodriguez in the third quarter. Rodriguez also caught a 15-yard scoring strike from Montalvo in the fourth quarter, and Steve Mendelson returned an interception 25 yards for another touchdown to seal Bethlehem's victory.

Rodriguez and Montalvo connected for three touchdown passes in the game, and Bethlehem's defense forced a safety.

Shaker shuts out Guilderland girls

GUILDERLAND — Cait Wood had a goal and two assists

to lead Shaker to a 4-0 victory over Guilderland in a Suburban Council girls soccer game Saturday, Sept. 17.

Erin Valente's first-half goal gave the Blue Bison (6-0-0) the lead. Ryan Augstell scored off an assist from Wood early in the second half, and Wood tallied to put Shaker ahead 3-0. Danielle Pollay's goal capped the scoring.

Sancilio, Sorbello lead BC swimmers

BETHLEHEM — Kathryn Sancilio (50- and 100-yard freestyles) and Sydney Sorbello (200 individual medley and 100 backstroke) each won two events for Bethlehem in a 101-83 loss to Shen in a girls swim meet Sept. 15.

From page 2 ...

Laws, land & looking ahead

Tentative Five-Year Capital Plan

Over the next five years, said Bethlehem Comptroller Michael Cohen, the town has outlined a tentative spending plan to repair and improve the various aspects of municipal infrastructure—for a grand total of \$52.5 million. During his presentation of the most recent version of the ever-evolving strategy, Cohen highlighted the plan's most ambitious endeavors, explained certain changes that were made to previous iterations of the rolling five-year plan, and talked about incurring debt as well as other potential funding options.

"We do what we can with the resources we have," said Cohen, noting that those resources include the town's own workforce. In identifying potential capital investments, he said, the town first divides those projects into four categories: those that have been mandated by state or federal government; the replacement of aging or obsolete infrastructure and equipment; necessary maintenance for infrastructure and equipment; and projects that involve the health and safety of Bethlehem residents.

"Only projects and equipment that are considered essential are identified," said Cohen. His office then sought the best financing sources to support the various projects, whether to draw from the operations fund or the capital reserves fund, pursue grants or take out loans. Cohen said the town would continue to actively pursue available grant monies, as they are the best way to relieve taxpayers of the financial burdens imposed by large capital projects.

Of the approximately \$40 million envisioned for 12 major projects — each over \$1 million — currently, only \$3 million is being financed with grant money, but Cohen said that could

change. The big ticket items include:

- Renovation of a garage on Adams Street, currently utilized by the town's sewer and highway departments, so that it can be used to house the town's Ambulance/EMS service, which has previously leased space at the Delmar Fire Department. The building will continue to house the sewer department and will add a department training and public meeting space — est. \$2.8 million (Health and Safety project; financed through incurred debt.)
- Renovation of the town court and police station to improve security and prisoner handling capabilities, as well as address other needs such as increasing locker room space for female officers—est. \$2.25 million (Health and safety; debt).
- Street paving—est. \$4.1 million (Maintenance; \$1.73 million grant money, \$2.24 million town operating fund, \$85,000 capital reserve fund).
- Replacement of highway equipment—est. \$2.2 million (Replacement; \$1.75 million debt, \$435,000 operating fund).
- The Delaware Avenue Streetscape project—est. \$3.1 million (Replacement; \$950,000 grant, \$1.8 million debt).
- Clapper Road Water Treatment Plant—est. \$12 million (Compliance; debt).
- New Salem Water Treatment Plant—est. \$3.65 million (Health and Safety; debt).
- Water Main replacements/looping—est. \$3.2 million (Health and Safety; debt).
- Rehabilitation of water storage tanks—est. \$1.5 million (Health and Safety; debt).

Sidewalk Self-Evaluation – Condition Rating Summary

Table 2 - Sidewalk Rating Summary

Rating	Total Length (ft)	Total Length (mi)	Total Length (mi)	Total Length (%)
2 - Poor	5,373	1.02	2.79	5.1%
3 - Poor	9,287	1.76		
4 - Fair	27,364	5.18	14.22	25.8%
5 - Fair	47,741	9.04		
6 - Good	68,736	13.02	21.29	38.6%
7 - Good	43,642	8.27		
8 - Excellent	48,657	9.22	16.01	29.0%
9 - Excellent	35,877	6.79		
(blank)*	4,451	0.84	.84	1.5%
Grand Total	291,129	55.14	55.14	100%

*(blank) to be rated with next inventory.

- Summarizes the overall condition rating of sidewalk segments.
- New sidewalks receive a default rating of "9 – Excellent"
- Majority of sidewalks classified as good or excellent.
- Ratings based on street segments (intersection to intersection).
- Specific deficiencies identified, photographed and located through GPS.
- Rating does not include curb ramps.

This is one of the slides Town of Bethlehem Comptroller Michael Cohen used while presenting a tentative five-year capital plan for the town to members of the Town Board on Wednesday, Sept. 14.

Image provided by the Town of Bethlehem

- Replacement and rehabilitation of sewer pump stations—est. \$3 million (Replacement; debt).
 - Relining and rehabilitation of sewer lines—est. \$1.25 million (Replacement; operating fund).
 - State Department of Environmental Conservation mandated dam safety compliance measures—est. \$1.4 million (Compliance; debt).
- Of 134 capital projects included in the plan, the largest 18 (those that are expected to cost more than \$425,000) account for almost 80 percent of the anticipated expenditures. Most of the total proposed spending occurs during the first years of the tentative plan, eventually dwindling from \$17.6 million in 2017 to \$6.5 million in 2021. The town is trying to move away from a recent habit of taking out "one-shot" loans to finance recurring expenditures, said Cohen, and the plan reflects that strategy by utilizing fund reserves for ongoing costs like those associated with the annual paving program and, increasingly, the upkeep of water infrastructure.

Bethlehem is currently

in extremely good financial standing, Cohen said, and agreed with Supervisor John Clarkson that the town's credit rating is the best in the region, which helps to keep interest rates low on the debt that Bethlehem incurs. Additionally, the town consistently stays well below state debt limit constraints and Cohen predicts staying within single-digit percentages of the allowed limit.

Concluding his presentation, Cohen pointed out that the Capital Plan merely provides a blueprint and is not legally binding in any way, nor does it constitute authorization of any projects, which must still be approved through budget appropriations, board decisions or other means. He added that there are a number of other projects that the town would like to pursue, but that they would be dependent on finding necessary revenue sources.

Smaller expenditures highlighted within the presentation included planned sidewalk additions and improvements, a topic picked up by Leslie immediately following Cohen's presentation. The sidewalk additions and improvements are responsive to

a number residential complaints about the lack of sidewalks in certain parts of town — but are also necessary to be in compliance with the Americans with Disabilities Act (ADA) requiring municipalities to make sure their public sidewalks are accessible and traversable for pedestrians with disabilities.

Under the capital plan, a new sidewalk has been proposed along Krumkill Road, connecting Blessing Road to Clifton Way—to be built in 2017 — and another along Glenmont Road, connecting 9W with Vagele Lane — to be added in 2018. The new sidewalk at Delmar Place and Fernbank Avenue will be completed this year and the Delaware Avenue streetscape project to begin next year will include sidewalk upgrades. A modified plan will complete the sidewalk connecting Elsmere and Murray avenues will be completed and add another section on Murray from Feura Bush Road to the Delmar Bypass. The town is still seeking grant funding to pay for projects that would connect Feura Bush Road to Elm Avenue Park, Adams Street to Slingerlands

Continues on page 12

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From page 11 ...**Laws, land & looking ahead**

Elementary School via Kenwood Avenue, and Route 9W to Glenmont Elementary. Leslie said he hopes to bring grant proposals before the board by next month.

Other upgrades to sidewalks and curb ramps can be made over the course of 20 years to bring the town into compliance with the new ADA requirements, unless the town fails to provide a satisfactory "transition plan" for doing so, in which case the time afforded decreases dramatically and the municipality could be required to bring all sidewalks and curbs into compliance within only three years. Currently, there are 6.89 miles of non-compliant sidewalks — out of 55.14 miles, — not covered by the state Department of Transportation or projects that are already underway. There are also 187 (of 656) non-compliant curb ramps, identified through a self-evaluation process that looked at a number of criteria.

"When we accept or receive state or federal funding," said Leslie, "sometimes we do get audited for compliance with a transition plan, so certainly having one that's up-to-date will keep us in compliance and will continue to allow us to be eligible for funding."

The 2017 preliminary town budget will be presented to the Town Board at its next meeting on Wednesday, Sept. 28 and is likely to include at least some of the expenditures outlined in the capital plan.

From page 1 ...**Pipelines need review**

in a significant adverse environmental impact and, therefore, would not require an Environmental Impact Statement (EIS). An EIS, which is made available to the public for information and comment, describes and analyzes a proposed action which may have a significant impact on the environment and includes: a description of the proposal, including its need and benefits; a description of the environmental setting and areas to be affected; an analysis of all environmental impacts related to the action; an analysis of reasonable alternatives to the action; and identification of ways to reduce or avoid adverse environmental impacts.

"The department is treating the renewal as a new application due to newly discovered material information," wrote Jack Nasca, the director of the Division of Environmental Permits and Pollution Prevention, to Chuck Furman, Global's Albany Terminal manager. Among the reasons cited by DEC were: volatility levels of the Bakkan crude being shipped through the port and concerns about emission levels; "higher-than-expected" benzene levels at the port detected by an air toxics monitor on South Pearl Street; complaints by residents of Ezra Prentiss Homes next to the train tracks in South Albany produced by increased oil train traffic attributable to Global; the "numerous train fires and explosions related to the rail shipment of Bakkan

crude oil since the issuance of the 2012 permit;" the potential effects on greenhouse gas levels, produced by tar sands crude; and more.

As a result of the "newly discovered" information, DEC directed Global to perform a new stack test procedure for to determine a pollutant emission rate, concentration, or parameter while the facility is operating at conditions that result in the measurement of the highest emission and to outline what measures it will take to address all other concerns.

"I am pleased that the NY Department of Environmental Conservation has notified Global Partners to inform the company that its Title V permit application will have to be updated and re-filed to include the various concerns that have arisen in the last two years," said County Executive Dan McCoy in a press release the same day. McCoy has been a vocal opponent Global's expansion at the port; in 2014, he issued a moratorium on the expansion of crude oil processing pending a public health investigation by the Albany County Health Department, has consistently lobbied state and federal officials to increase regulatory oversight of oil transportation, and earlier this year filed a lawsuit against Global, claiming violations of the Clean Air Act.

"This move by DEC further demonstrates that the health and safety concerns Albany County cited when we issued a moratorium on the expansion of these facilities in 2014 is justified," said McCoy. "This demonstrates that Albany County's efforts, dating back more than two years have positively influenced state and federal regulatory measures regarding

the increase in crude oil shipping and processing in our county."

In another move lauded by EANY, the DEC also announced it will require an EIS for the proposed Pilgrim Pipeline that is to run through Ravena, Coeymans, Selkirk and Glenmont.

The DEC stated that the proposed pipelines could pose, "a substantial and possibly permanent change in the use, or intensity of use of land, for construction and long-term maintenance of the pipeline, including NYSTA property and its capacity to support existing and future uses; agricultural, open space or recreational resources; and direct impacts to recreational resources during construction;" "substantial increase in potential for erosion, flooding, leaching or drainage problems due to the disturbance of more than 1,360 acres of land;" ground and air quality impacts; disruption of wetlands; impacts on coastal and energy resources; and "the potential to exacerbate climate change."

"As a matter of law, the state needs to conduct this review. But in practical terms, there is no way Pilgrim Pipelines will pass New York's climate test," said Conor Bambrick, the air and energy director for EANY. On the Monday, Sept. 19 following both announcements, McCoy was joined by Iwanowicz, Chris Amato of Earthjustice and others to herald what McCoy characterized as "a win for the community."

It's not easy being a parent, but here's something simple you can do. Spend two minutes twice a day making sure they brush; it could help save them from a lifetime of tooth pain. Make it fun, text MOUTH to 97779 to join the 2MIN2X Challenge.



2MIN 2XDAY



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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>LEGAL NOTICE</p> <p>154-59 23rd Ave. LLC Filed 7/25/16 Office: Albany Co SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address Purpose: all lawful Ad#127424</p> <p>LEGAL NOTICE</p> <p>205 President Street LLC Filed 7/29/16 Office: Albany Co SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address Purpose: all lawful Ad#127430</p> <p>LEGAL NOTICE</p> <p>23-60 23rd St. LLC Filed 7/18/16 Office: Albany Co SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address Purpose: all lawful Ad#127426</p> <p>LEGAL NOTICE</p> <p>58-27 & 58-29 78th Ave. LLC Filed 7/21/16 Office: Albany Co SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address Purpose: all lawful Ad#125816</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</p>	<p>cess 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 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>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 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>Notice of Formation of DeLorenzo & Geary, LLC, filed Sec'y of State (SSNY) 7/29/16. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to 28 Greystone Drive, Voorheesville, NY 12186. Purpose: any lawful activities. Ad#130199</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</p>	<p>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 Developing Happy, LLC. Arts of Org. filed with New York Secy of State (SSNY) on 8/22/16. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 1702 Western Ave Apt 2-309, Albany, NY 12203. Purpose: any lawful activity. Ad#128909</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 SSNY 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 SSNY shall mail a copy of any process against it served upon him or her is Dunn 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>Fritesnmeats Group LLC Filed 7/12/16 Office: Albany Co SSNY designated as agent for process</p>	<p>& 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>Notice of Formation of Helderberg Webworks, LLC. Arts of Org. filed with NY Secy of State (SSNY) on 7/29/16. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 35 Arnold Rd, Delanson, NY 12053. Purpose: website dev & user experience consulting. Ad#129410</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 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 LLC of the State of New York. The Secretary of State is designated as the agent of the LLC upon whom process against it may be served at PO Box 11, Altamont, NY 12009. Ad#130280</p> <p>LEGAL NOTICE</p> <p>NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY Articles of Organization of MS Center of Northeastern NY, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on September 8, 2016, effective on the date of filing. Office Location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY may mail a copy of any process to the LLC at 1205 Troy-Schenectady Road, Suite 105, Latham, NY 12110, which shall be the principal business location. The purpose for which the LLC is formed is to engage in any lawful act or activity for which limited liability companies may be organized under the NYS Limited Liability Company Law. Ad#</p>	<p>LEGAL NOTICE</p> <p>Notice of Formation of Limited Liability Company (LLC): Name: Mynah, LLC, Articles of Org. filed with Secretary of State of NY (SSNY) on 09/01/2005. Office located in Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to 240 E. 47th Street, Unit 34A, New York, NY 10017. Purpose: any lawful activity. Ad#127030</p> <p>LEGAL NOTICE</p> <p>Notice of formation of Limited Liability Company. Name: New World Contractors LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 8/24/16. 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 Single Member Andrew Szmurlo, 4 Herman Street, Albany, NY 12205. Purpose: for any lawful purpose Ad#130843</p> <p>LEGAL NOTICE</p> <p>NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: OUR VILLAGE SERVICES LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 07/22/2016. 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: Tanya M. Henderson, 6 Lakeshore Drive, Apt 2D, Watervliet, NY 12189 Purpose: For any lawful purpose. Ad#127170</p> <p>LEGAL NOTICE</p> <p>Notice of Formation of Real Estate Revival LLC. Arts of Org. filed with New York Secy of State (SSNY) on 7/20/16. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Real Estate Revival LLC, 98 Hudson Ave. Green Island, NY 12183. Purpose: any lawful activity. Ad#128702</p> <p>LEGAL NOTICE</p> <p>NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name: RITMO CONSTRUCTION LLC. Articles of Organization filed with NY Secretary of State, July 25, 2016. Purpose: to engage in any lawful act or activity. Office: in Albany County. Secretary of State is</p>	<p>agent for process against LLC and shall mail copy to 2990 Furbeck Road, Altamont, NY 12009. Ad#127318</p> <p>LEGAL NOTICE</p> <p>Notice of Formation of Limited Liability Company (LLC): Name: Shane Enterprise, LLC, Articles of Org. filed with Secretary of State of NY (SSNY) on 11/30/2006. Office located in Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to 240 E. 47th Street, Unit 34A, New York, NY 10017. Purpose: any lawful activity. Ad#127026</p> <p>LEGAL NOTICE</p> <p>NOTICE OF FORMATION OF Social ADC, LLC. Arts. of Org. filed with Secy. of State of New York (SSNY) on 8/4/16. Office location: Albany County. SSNY designated against upon whom process may be served and shall mail copy of process against LLC to principal business address: Social ADC, LLC, c/o Arvind Goswami, 11 Goodrich Avenue, Colonie, New York 12110. Purpose: any lawful act. Ad#127367</p> <p>LEGAL NOTICE</p> <p>NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC) The name of the LLC is SRS Saratoga LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on September 6, 2016. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is c/o 302 Washington Avenue Extension, Albany, New York 12203. Ad#130837</p> <p>LEGAL NOTICE</p> <p>TACHYON ENERGY, LLC. Art. of Org. filed with the SSNY on 05/02/16. Office: Albany Co. SSNY desig. agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to 2122 Harmony Mills Lofts, Cohoes, NY 12047. Purpose: Any lawful purpose. Ad#129448</p>

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September 21, 2016

Spotlight on Opinion

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FROM THE EDITOR'S DESK

Something said about planning

"If you fail to plan, you are planning to fail."

— Benjamin Franklin

The quote above was often used by UCLA basketball coach John Wooden, who is considered one of the greatest of college coaches. He has the distinction of leading his teams to ten NCAA championships in 12 years. Yet, the student athletes who played under his guidance often refer to him as a better mentor on life.

Failing to plan is a recipe for failure. That rings true for everyone, whether your focus is on the results from the basketball courts, school or business. Certainly there are times where luck comes in and steers you in the right direction. But, seldom are fortunes earned through happenstance. Sustainable success comes from careful planning.

Among Wooden's many maxims is, "Perform at your best when your best is required. Your best is required each day." This, coming from a man who could sit

on his laurels, and few would blame him. The phrase partially identifies the makeup of the man. It is taken from his "Pyramid of Success," something shared not only with his players, but with community and corporate leaders. Sustainable success is something that is worked upon everyday.

Bethlehem Central's administrators recently presented its plans for future success based on three principles — Knowledge, Character and Value. Already among the best school districts in the state, Bethlehem is taking a page out of Wooden's playbook.

The school district plans to develop a comprehensive plan for technology integration in its classrooms. It's to provide all its students with an innovative and cohesive educational program that includes a diverse and rigorous academic curriculum and a range of co-curricular activities that challenge students to

become creative, critical thinkers and engaged members of their community. To foster a safe school environment, the district will form a "Healthy Schools Committee." And, the district plans to increase connections already established with parents and community members.

This week, we don't only give kudos out to Bethlehem, but also to the Guilderland, Ravena Coeymans Selkirk, Voorheesville, North Colonie and South Colonie school districts. Our schools have often been named among the best in the state, and that does not happen by mistake. Our local administrators take pride in their work, and it serves a larger cause. We give kudos to these school districts for working diligently on sustained success. Not only does it show great character, it benefits our children and the surrounding communities in the long run.

Failing to plan is a recipe for failure. That rings true for everyone, whether your focus is on the results from the basketball courts, school or business. Certainly there are times where luck comes in and steers you in the right direction. But, seldom are fortunes earned through happenstance. Sustainable success comes from careful planning.

WHAT HAPPENED IN 2011 ...

Five years ago: Helping out Schoharie

COLONIE — Tropical Storm Irene had an overwhelming impact on much of the Capital District, but perhaps not as much as that felt by Schoharie County. And, the children of South Colonie Central School District stepped up to assist.

Three weeks after Tropical Storm Irene swept through the Capital District, South Colonie Central School District, the Village of Colonie and other area school districts got together to help out families in the Middleburgh and Schoharie school

districts, where many families have lost almost everything they have.

The idea came about at a board of education meeting when board member Brian Casey noted that the district was fortunate enough to weather the storm mostly unscathed and asked what could be done to help others not so lucky.

Casey said a supply drive would be a lesson in character education for the students, showing them how they can help a neighbor. Superintendent Jon Buhner made a call to the Schoharie Central

School District to see what was needed. He learned that what residents needed the most were cleaning supplies, personal care items and baby care products.

"Jon called me and said, 'We did it for people in Haiti, we did it for people outside of the country, let's do it for our own,'" Casey said. "Basically, we don't want kids bringing in chemicals like Clorox and spray cleaners. What we're looking for is rubber gloves, mops, paper towels, face masks, personal care items like soap and deodorant."

Buhner said South Colonie is coordinating with other school districts and seeing what Schoharie will need in terms of desks and chairs at Middleburgh Central School District. He said the secondary school had taken quite a hit during the storm. He said the district will provide a spreadsheet to the various districts as to what they'll need.

"We're waiting on them to see what they need." Buhner said. "They're really busy right now and have a number of priorities that need to be taken care of."

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FRANKLY SPEAKING BY JIM FRANCO

State Police take a cheap shot at Terry Kindlon

“Terrence L. Kindlon arrested on fraud charges” screamed the headline of a State Police email alert, Thursday, Sept. 8., that threw the newsroom into a brief tizzy.

There are a few things about this particular email that made a reporter scream out “Oh my God.”

For starters there is a Terrence L. Kindlon, better known as Terry, who is one of the best known and highly regarded defense attorneys in the Capital District. He is so good, in fact, Albany County Executive Dan McCoy tapped him to be the senior counsel and director of training for the Public Defender’s Office where, as the name implies, he trains young attorneys in how to defend a right afforded us all in the Constitution, but that some just simply don’t have the means to pay for. He can probably teach strategy and technique well enough, but it’s a shame he can’t teach the passion he brought to the defense bar for more than four decades.

Also, the State Police,

in the hundreds, if not thousands, of routine email alerts they send out a year, never, ever put a person’s name in headline. Rather, they put where the person lives. For example, the initial email, if it were in the same form as the hundreds or thousands of others, would have read something like this: “Queens man arrested on fraud charges.”

Instead it read as written above.

Finally, the State Police don’t issue an email alert for every arrest they make. It would, hopefully, flood the email accounts of every reporter and editor across the state. What constitutes an email alert to the press, I can only assume, is a subjective decision made by someone with a stripe or two on his or her sleeve. And if they did send out a release for every incident, it makes this “mistake” even more egregious.

So, given the points mentioned above, you have to wonder what thoughts went into the decision to send this alert about what

appears to be a routine forgery arrest of a 45-year-old man named Terrence L. Kindlon from Jamaica, Queens.

And, the bigger question, is why the State Police opted to break form and put Kindlon the alleged forger’s name in the headline rather than his place of residence?

Well, I for one don’t believe in coincidences.

One of the first things a defense attorney does is look for ways to raise doubt – “reasonable doubt” is more than just a phrase you hear on CSI.

And one of the surest ways to raise reasonable doubt, of course, is to impeach the evidence. Who gathers the evidence?

The police.

So, a tried and true approach to raising reasonable doubt is to impeach those responsible for collecting the evidence, the police.

Kindlon has been a defense attorney for 42 years. I bet he doesn’t even know how many police officers, at all levels, he has raked over

the coals (impeached) and made a fool of in front of juries.

As I mentioned, Kindlon is one of the best known defense attorneys around and there is a reason for that. He takes his job seriously, and does it with passion and flare so you can bet, while Kindlon may not remember each and every cop-barbecue he hosted, law enforcement as a whole has collectively cursed his name for years.

I really don’t think it is that much of a stretch to say it was a deliberate cheap shot to get back at the defense attorney who was only doing his job to the best of his ability.

Later that day, the State Police must have realized their “error” and sent out a correction by email that read: “Queens man arrested on forgery charges.”

It turns out, the man arrested is the attorney’s son,

and according to the Times Union he has a problem with opioid addiction. The newspaper says the family is standing by him.

Using the son’s issues to take a cheap shot at the father makes it just a cheaper shot. And cheap shots are hardly ever worth it.

Jim Franco has covered the Capital District for more than 20 years. He can be reached at 518-878-1000 or francoj@spotlightnews.com.

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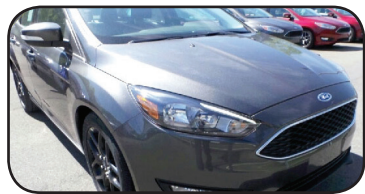
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COMMUNITY NEWS

Slingerlands Elementary invites public to its diamond jubilee celebration

BETHLEHEM — Slingerlands Elementary is turning 75 this year and the school is inviting district residents to join them for a birthday picnic this Sunday, Sept. 25. The outdoor celebration at the school will last from noon until 3 p.m., and will feature school tours, student performances, food vendors, art, a bounce house, games and, of course, a birthday cake.

School alumni will have the opportunity to take photographs with their classmates at different times throughout the event and educators and students, both current and former, will talk

about what Slingerlands means to them. An alumni talent show will take place at 2 p.m. in the school gymnasium while the library will feature a historical display looking back at the school's 75 years educating Bethlehem students.

Those who have attended, taught at, or otherwise been involved with the school throughout its history are invited to share photos and/or memories on the district website at <http://www.bethlehemschools.org/slingerlands-celebrate-75th-birthday-sept-25/>. While the celebration



Slingerlands Elementary
Image courtesy of
Bethlehem Central School District

is casual, visitors are asked to leave their pets at home. Special parking regulations will be in effect on the day of the picnic—the district recommends parking at the rail trail or the former Mangia's parking lot, or taking a special shuttle that will be running from the high school from 11:45 a.m. to 3:30 p.m.

Something new is cooking at TVCOG

Chef demonstration series prepared to begin on Thursday, Sept. 29

TROY—"There's a lot of science that goes into cooking, baking and creating food," said Rhonda Rosenheck, a volunteer at the Tech Valley Center of Gravity. "So our kitchen is yet another zone in this makerspace that will be vibrant and will draw people in to make things."

This September, Rosenheck is launching "Tech Valley Taste Makers," a series of kitchen demonstration classes aimed at offering a unique taste experience for local foodies hoping to improve their culinary expertise. A portion of the proceeds from the series will go toward equipping and funding a kitchen that can accommodate things like cheese making, pasta making, and fermentation. Four classes have been confirmed to date.

The demos will be taught by master chefs and artisan food makers and will follow a cooking show format, with different items presented at different stages of preparation and culminating in a tasting of all the final products. Each expert will demonstrate techniques for making the various specialties at home, educate about culinary art and science, and offer beverage pairings — either alcoholic (for those 21 and over) and/or custom-roasted coffees and imported teas provided by



Rachel Mabb and Rhonda Rosenheck in the TVCOG kitchen.

Photo courtesy of TVCOG

Liquid Assets Coffee, Tea & Spice Co. of Averill Park.

TVCOG members volunteer to be responsible for different areas, such as the 3D printer area, the fiber arts section, or the welding shop. When Rosenheck took over responsibility for the center's community kitchen, she said she thought of it as more of a "member happiness space." But with three ovens, two hooded ranges, three sinks and plenty of counter space, she realized that it has the potential to become a full teaching kitchen.

"These demonstration classes are geared towards people who appreciate good food, are trying different things, and are into—or getting into—cooking at home as a way to ensure that what they're eating is nutritious," Rosenheck said of the series. "Cooking for, or co-cooking with people

you care about is an activity of love."

Tech Valley Taste Makers will debut on Thursday, Sept. 29, from 6:30 to 8:30 p.m. with "Bring The Gastro-Pub Home," led by Chef Rachel Mabb of The Ruck, winner of the Signature Chef Invitational at the 2016 Albany Chefs' Food & Wine Festival. Mabb will demonstrate how to create three types of savory gastro-pub specialties at home and pair them with just the right beer to achieve the perfect balance of flavors. Her menu will highlight vegetables, seafood and protein.

"These items are elevated pub grub hors d'oeuvres that you can serve at a party with craft beer," said Mabb, who will talk about flavor profiles as she prepares her dishes, all the ingredients of which will be locally sourced. "We will have a specific brand of beer for the tasting but you can pair a different brand of the same style of beer and get the same flavor profile."

The cost for the September demo is \$42. Proceeds, after expenses, are shared equally between the teacher and TVCOG's fund to fully equip its teaching/making kitchen. Purchase online tickets only at: <http://www.tvcog.net/tech-valley-taste-makers/>



LarkFest

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Pages B5

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ENTERTAINMENT

PICK OF THE WEEK



Wishbone Ash

One of the most influential guitar bands in the history of rock brings its "Take It Back" Tour to The Upper Room in downtown Albany. Joe Crabtree, Muddy Manninen, Andy Powell and Bob Skeat bring the band's hallmark twin-melodic guitar sound to the Capital District. Show takes place Thursday, Sept. 22 at 7 p.m. For information call (518) 694-3100.

INSIDE



Arts calendar

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Let's deal

Rivers Casino & Resort is looking for employees and is willing to educate

By **MICHAEL HALLISEY**

halliseym@spotlightnews.com

SCHENECTADY — For Bruce Dixon, finding a game of poker to sit in isn't difficult.

But, as the poker room manager for Rivers Casino & Resort, finding people willing to play with him is a different story.

"Oh yeah, sometimes I can hit a game with a few of my buddies," said Dixon, taking a seat where the dealer usually sits at a poker table in the resort's corporate offices. "There've been management trips where we've been at the poker table and heard, 'we're not playing with Bruce.'"

Dixon was among a cadre of casino employees on hand to announce Rivers' upcoming training program designed to educate and hire would-be card dealers. The

Continues on page B23



A BETTING CHANCE

Rivers Casino is offering a unique education that will result in a job on its gaming floor.

Michael Hallisey / TheSpot518

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quote of the week

"Oh yeah, sometimes I can hit a game with a few of my buddies. [But,] there's been management trips where we've been at the poker table and I've heard, 'we're not playing with Bruce.'"

— Bruce Dixon
Poker Room
Manager,
Rivers Casino &
Resort

SMART

New mural collaboration with artist Rachel Baxter, Albany Center Gallery, Downtown Albany, New York (BID) and Fairbank Properties.




AlbanyCenterGallery / Instagram



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RECENTLY ANNOUNCED

The great moral debate

Not quite the Devil vs. Daniel Webster, but a debate that speaks to today's values and vices

By **JIM FRANCO**
francoj@spotlightnews.com

SCHENECTADY — The Porn Debate is on.

Legendary porn star Ron Jeremy will square off against Pastor Craig Gross at the GE Proctor's Theater on Tuesday, Sept. 27.

The debate over whether being in porn degrades or empowers women and whether viewing porn is an addictive, destructive habit or a window to a fun, fantasy world has raged since the first sex act was put on film.

The 63-year-old Jeremy

has acted in more than 2,000 porn movies and has directed more than 285. He, obviously, will take a pro-porn side of of things.

Gross is the founder of the California based XXXChurch, and will try to convince the audience about the damage porn does to individuals, and by extension society as a whole.

The event is sponsored by the CityReach Church, which holds its weekly services at Proctor's Theater.

"It's a cultural topic, and we wanted to bring the church side into

the discussion," said CityReach Pastor Jason Cooper. "We want to give attendees a balance of information from Ron Jeremy, a porn star in the industry who will preach his gospel, and from Craig Gross, a pastor from California who will preach his gospel."

Personally, Cooper said, he thinks porn does have a more harming effect on people and society than the action portrayed on the screen, but that doesn't mean he doesn't respect those with a different opinion.

"That is the definition of tolerance," he said, adding his parishioners are "100 percent behind" the event.

Some estimate porn is

as much as a \$13 billion a year industry in this country alone. One in five mobile searches are for porn. And, according to Cooper, half of all men who attend some type of church view porn, as do one in six church going women. The average age a person sees porn for the first time is between 8 and 11, he said.

"It is a cultural issue. By hosting this event they (attendees) can hear all sides of the equation and get the information to help make up their own minds, and we are excited about it," Cooper said.

Jeremy and Gross have taken the Porn Debate across the country, as well as Canada and Australia, to crowds as large as 4,000 to as small as 250.

Attendees will have a chance to ask question during the 90-minute debate and it will be followed by a meet and greet with the audience.

Tickets are \$10. They can be had by texting "PornDebate" to 31996 or at www.eventbrite.com.



HERE WE GO

Here's a debate that may spark more attention than Election 2016.

Submitted photo

NEXT WEEK

An Irish comedy?

CapRep to stage 'Outside Mullingar'

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

ALBANY — John Patrick Shanley won an Academy Award for Best Original Screenplay for his 1987 film "Moonstruck" at 37. A romantic comedy involving modern-day relationship dilemmas surrounding an Italian-American widow.

Flash forward to one of his most recent works, "Outside Mullingar" takes audiences to the Midlands of Ireland. Nominated for a Tony Award for Best Play in 2014, the plot circulates around the lives of Anthony and Rosemary. Both grew up on neighboring sheep farms, and continue to live on their respective lands well into adulthood. All this time, Rosemary has been harboring feelings for Anthony, but he's none the wiser. And, there's your formula for an entertaining, romantic comedy — Irish style.

The Shanley play opens this week at the Capital Repertory Theatre, Wednesday, Sept. 21 under the direction of Producing Artistic Director Maggie Mancinelli-Cahill and stars David Kenner and Kim Stauffer.

May it be the luck of the Irish, or the belief that fate plays more into the how roles present themselves to actors, Stauffer finds the allure of her part comes from the hills of the Emerald Isle. She was fortunate enough to visit Ireland recently, having stayed at a bed and breakfast on, of all places, a sheep farm. Her time there helped shape her vision of Rosemary's character.

The magic that presented Rosemary to Stauffer seemed to have had an affect on the rest of her cast members as well. Stauffer is a veteran of the CapRep stage since moving up to the Capital District from Brooklyn several years ago. Now she can play tour guide for the actors who briefly reside in town for the production. Speaking of her "Mullingar" castmates, Stauffer said those initial moments spent outside the theater convinced her this run would be special.

"I knew, after the first time we were all out together outside of the theatre, that this was going to be something," said Stauffer.

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



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POP CULTURE

Time to ramble on

Collar City Ramble Features Car-Free Fun and Adventure on Saturday

TROY — An annual alternative transportation festival, the Collar City Ramble, returns to Troy Saturday, Sept. 24 with a full day of tours and events. This year's theme is urban trails.

"Most people think of trails being in a park or forest, in nature, and we have those trails in cities as well, but an urban trail is a route that takes you from where you live to where you work or play or shop," said Karl Beard, upstate project director for the National Park Service's Rivers, Trails and Conservation Assistance (RTCA) program in New York state. "An urban trail is just like a trail in the woods — it's marked and shows you where to go — but it may start closer to home than a trail that you have to drive to. These trails can be transportation routes or recreation routes. They can also be storytelling trails that may highlight things of particular interest — stories of our neighborhoods, our waterfront."

The RTCA program works to provide National Parks Service resources and expertise to communities throughout America. Transport Troy, organizers of the Collar City Ramble, requested assistance from RTCA to help them articulate a vision for a citywide system of interlock trails and complete streets.

"We are especially interested in bringing the health, environment and economic benefits of trails to places where most people live," Beard said. "People shouldn't have to drive to a state park or national park to derive these kinds of benefits. They should have access to them in their own neighborhoods."

Organizers of the Collar City Ramble festival encourage people of all ages to explore Troy's urban trails by foot, bicycle, wheelchair, kayak, or any number of other means of getting around in this celebration of people moving under their own power.

The day is filled with walking and biking group tours, self-guided tours, kayak rides, bike safety classes and a geocaching expedition. Even life-long residents of Troy may discover places they've never seen in their own city. Events are free unless otherwise indicated.

"This year's Ramble is most inline with the goals of Transport Troy and the City of Troy in terms of offering as many different opportunities for alternative transportation as possible. Whether you're walking or biking, whether you are a citizen with

disabilities or are really engaged in water sports like kayaking, there are opportunities for all of those elements," said Will Malcolm, food access manager for Capital Roots and Transport Troy co-chairperson. "That's really what we have been working toward, as an organization and as a city."

Several varieties of urban trails star in this year's Ramble, from the wild hiking trails of South Troy's Burden Pond Environmental Park which will include a pre hike historical talk by Michael Barrett director of the Burden Ironworks Gateway Museum, to The Uncle Sam Bikeway, a three mile paved bike-hike trail in the North Central and Lansingburgh neighborhoods, to the "water trail" on the Hudson River below the Troy Federal Lock and Dam, to the natural and landscaped trails in Frear Park. Each trail provides a different experience, but all are located within the context of the city.

Uncle Sam Bikeway Trail Wants You

The Uncle Sam Bikeway trail will be a big focus of this year's Ramble activities.

"Most cities are knocking themselves

ALTERNATE ROUTE

Here's a chance to learn a new way to get around Troy.

Submitted photo

Continues on B21

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■ WHAT'S HAPPENING

Out on a Lark in Albany

New York's largest one-day street festival comes back around on Saturday

ALBANY — This year's LarkFest marks its 35th year and has traditionally held the title of New York State's largest one-day street festival.

The free festival runs from 10 a.m. to 6 p.m., Saturday, Sept. 24, closing Lark Street for various vendors and live entertainment. The list of bands scheduled to play throughout the day is as follows:

The Relationship (Brian Bell of Weezer) — The Relationship is a rock and roll band from Los Angeles, Calif. and founded in 2007 by Weezer guitarist Brian Bell. In 2010, Bell released the first Relationship album and has since performed and recorded with a revolving cast of players and collaborators. Expect prominent guitars, strong melodies, vivid imagery, and propulsive rhythms. "Weezer guitarist Brian Bell steps out with his other band for an extra-hummable bite of power-pop crunch. Like a candy bar in audio form." — *Rolling Stone*

Ought — Based in Montreal, Ought are a thrilling and adventurous quartet, delivering an earnest and exuberant post-punk: dexterous and exacting while bursting with propulsive and fluid energy, as indebted to Cap'n Jazz as to Talking Heads. Ought's April 2014 debut "More Than Any Other Day" brought the Montreal quartet sudden and universal critical acclaim, including high praise from Drowned in Sound, Exclaim, Rolling Stone, NME, and a Best New Music nod from Pitchfork.

Lower Dens — Lower Dens are a shoegaze band from Baltimore, Maryland formed in 2010. Formed by Jana Hunter, the band has released three full length records filled with cinematic and tonally rich work. Their most recent work "Escape From Evil" has received widespread critical acclaim including the Best New Music stamp from music website Pitchfork. This act was chosen by University at Albany radio station WCDB 90.9 FM.

Delicate Steve — Delicate Steve is the brainchild of New Jersey-based songwriter and multi-instrumentalist Steve Marion. "SPIN" magazine once called the music "a kaleidoscope of bouncy pan-African polyrhythms and swooping six-string melodies, like the Dirty Projectors with guitars instead of singers." A true child of his labelmeister, David Byrne, "Delicate" Steve Marion translates the felicities of West African guitar pop into an inventive instrumental hodgepodge. Nothing overly heavy or insipid to ponder here, unless you've got a problem with unalloyed joy." — *Village Voice*

Televisionaries — Rochester's Televisionaries offer lightning paced rock 'n roll, yet firmly embedded in surf rock splendor. Too rock 'n roll for the punks and too rough around the edges for the rock 'n rollers. "The band swings wild and reckless. It's as if the wheels could come off at any minute. There are a few sung numbers and helpful liner notes to walk you through what's going on in the trio's head. It's an all-thriller, no-filler, killer-diller fo' sho'... The Televisionaries are in their Ventures phase, but I can't wait until they get wise to Link Wray." — *Rochester City Newspaper*

■ COMING UP IN TROY

Legends of Troy

Arts Center of the Capital Region — Saturday, Sept. 24

TROY — The Arts Center of the Capital Region presents a creative workshop intended to introduce visitors to Troy's "larger than life" legends.

"Legends of Troy" is one of several events coordinated to help celebrate the city's 200th anniversary. Learn of the Legend of Diamond Rock, the tragic tale of Elsie Vaughn, and the Mohawk warrior Dekanisora.

The Arts Center of the Capital Region is located at 265 River St. in Troy. The workshop is free and open to the public from noon to 5 p.m. For more information, visit www.Troy200.com.

■ ...ALBANY

Fear of Strangers

The Hollow Bar + Kitchen — Friday, Sept. 23

ALBANY — Originally scheduled for June but postponed due to injury, the original line-up of Fear of Strangers/The Units comes back around to Albany.

One of the juggernauts in Albany's music scene of the early '80s, Fear of Strangers/The Units come back together to perform at The Hollow Bar + Kitchen, Friday, Sept. 23 at 9 p.m.

Special guest Mike Kelley is scheduled to join the band as well.

The Hollow Bar + Kitchen is located at 79 North Pearl St. in Albany. For more information, visit the band's event page on Facebook.

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TIMES UNION

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Night & Day



From left to right: Albany Symphony Orchestra Music Director David Alan Miller, Hindustani soprano Saily Oak and pianist Natasha Paremki.

Left image provided by The Palace Theatre; center image courtesy of artist's facebook page; Paremki photo by Andrea Joynt

Night: ASO Opening Night Gala Concert

ALBANY — It's a night of two celebrations at the Palace Theatre on Saturday, Sept. 24: the first concert of ASO's 2016-17 season and the start of Maestro David Alan Miller's 25th season as its leader. The concert begins at 7 p.m., followed by the gala.

The program features the Capital District debut of two-time ASCAP award winner Reena Esmail's "Aria," Ravel's Piano Concerto in G and Sibelius' bracing Symphony No. 5.

Serving as ASO's music director since 1992, Miller has received numerous ASCAP Awards for adventurous and innovative programming, the 2003 Ditson Conductor's Award and a 2014 Grammy Award for Best Classical Instrumental Solo. He has established a reputation not only as one of the leading American conductors of his generation but also as champion of American

symphonic music.

"I wanted this season to be a celebration of our achievements, but even more a chance for us to look boldly to the future by featuring the great composers of tomorrow, like Reena Esmail," he explains.

"Also, I want to share some of my favorite pieces with our passionate Capital Region public, pieces like Sibelius' Fifth Symphony and the glorious Ravel Concerto that simply take my breath away with their countless beauties."

"Aria," Esmail's most ambitious work to date, incorporates a Hindustani classical soloist alongside a Western orchestra. The solo will be performed by Saily Oak, a senior disciple of Dr. Ashwini Bhide Desphande, who is one of the leading vocalists of the Jaipur-Atrauli gharana. Talented in both classical and semi-classical music, Oak has established her own identity through her

meticulous architecture of "khyal," her systematic and well-crafted raga exploration and laudable command over the 'laya.'

Internationally acclaimed pianist Natasha Paremki will perform Ravel's three movement concerto in G, which was partially inspired by the music he encountered during his 1928 concert tour. With her consistently striking and dynamic performances, Paremki reveals astounding virtuosity and voracious interpretive abilities.

The program concludes with a centennial performance of Sibelius' Symphony No. 5.

Concert-only tickets begin at \$19 each, while concert and gala packages start at \$200.

For more information or to purchase tickets, visit www.albanysymphony.org or call 518.694.3300.

The Palace Theatre is located at 19 Clinton Ave. in downtown Albany.

Day: Free screening of 'The Sandlot' at Cohoes Music Hall

COHOES — Head up to the Spindle City for the conclusion of the Cohoes Music Hall's "Soft Opening" weekend for a free screening of the family-friendly baseball movie, "The Sandlot" on Sunday, Sept. 25. Doors open at 1:30 p.m. for the 2 p.m. screening.

"You're killing me, Smalls!" is among the most quoted lines from the 1993 Twentieth Century Fox release. The film is reminiscent of an extended episode of "The Wonder Years" featuring comedy, dramatic and family themes combined with baseball.

IMDB.com summarizes the film as follows: "A new kid in town is taken under the wing of a young baseball prodigy and his team in this coming of age movie set in the summer of 1962. Together, they get themselves into many adventures involving rival teams, lifeguards, and a vicious dog."

Karen Allen, Denis Leary, and James Earl Jones among the well-known cast members playing adult roles.

"The Sandlot" is rated PG for some foul language and an instance in which kids are using chewing tobacco.

Sunday's festivities begin at 11 a.m., with a



Approved movie poster image from "The Sandlot."

Image provided by The Cohoes Music Hall

free, Open House reception featuring appetizers, beverages and raffles in the Hall's Visitor Center, located on the first floor. At 1 p.m. Spindle City Historical Society President Paul Dunleavy will give a 30 minute presentation about the Music Hall's early history.

Free admission tickets may be obtained on a first come, first serve basis in advance at either the Cohoes Music Hall or Palace Theatre box offices or at the Cohoes Music

Hall Box Office the day of the event.

For more information about Sunday's Soft Opening events, go to <http://bit.ly/2czDtcM>. For additional details about Cohoes Music Hall's grand re-opening and upcoming performances, visit www.thecohoesmusichall.com or its Facebook page at www.facebook.com/cohoesmusichall/.

The Cohoes Music Hall is located at 58 Remsen St. in downtown Cohoes.

<p>GRAND OPENING Donna the Buffalo Sept 29 · 7pm</p>	<p>MOVIE SERIES The Godfather Oct 4 · 1pm & 7pm</p>	<p>Boogie Stomp Classic boogie woogie piano Oct 15 · 7:30pm</p>
<p>GRAND OPENING Sandy Hackett's Rat Pack Show Oct 1 · 2pm & 7:30pm</p>	<p>MOVIE SERIES Jurassic World Oct 11 · 7pm</p>	<p>MOVIE SERIES Friday the 13th Oct 18 · 7pm</p>
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Tickets: Cohoes Music Hall Box Office
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800-745-3000 • thecohoesmusichall.com

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Happy Hour:
\$1 off all Drinks, 3 Bottles for \$10, 3-7 Monday-Saturday

CLUBS

9 Maple Avenue
9 Maple Ave., Saratoga Springs.
www.9mapleave.com
Fri: **Dave Fisk Quartet** | 9 p.m.
Sat: **Sketches of Influence** | 9 p.m.

Aperitivo
426 State St., Schenectady. 579-3371
Tue: **Jecco Duo** | 5:30 p.m.

Arthur's Market
35 N. Ferry St., Schenectady. 382-1938
Every Thur: **Edith's Amazing Jam** | 6:30 p.m.
Fri: **Happenstance** | 7 p.m.
Sat: **Ferriday, Factory Radio** | 7 p.m.
Sun: **Arthur Berry & Marianne & the Sikkohz** | 2 p.m.
Tue: **Dynamic Duo** | 7 p.m.

Athos
1814 Western Ave., Albany. 608-6400
Fri: **Linda Harrison Trio** | 7 p.m.

Bel Cibo
96 Jay St., Schenectady. 631-9683
Sat: **Linda Harrison Trio** | 6 p.m.

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

Caffé Lena
47 Phila St., Saratoga Springs. 225-0882
Every Thur: **Open Mic** (@ 42 Phila St.) | 7 p.m.
Fri: **The Kennedys** (@ 233 Lake Ave.) | 7 p.m.

Carney's Tavern
17 Main Street, Ballston Lake. 280-7959
Every Thur: **Matty Finn** | 6 p.m.
Fri: **Rich Thomas** | 7:30 p.m.
Sat: **Whitewater Duo** | 7:30 p.m.

Castle Street Café
10 Castle St., Great Barrington, Mass. 413-528-5244
Fri: **Kris Allen Trio** | 8 p.m.
Sat: **John Sauer Trio with Jeanne Laurin** | 8 p.m.

Centre Street Pub
308 Union St., Schenectady. 393-2337
Wed: **Rob Fleming** | 6 p.m.
Thur: **Josh & Justin** | 6 p.m.

ARTS CALENDAR



Two piano technique

Mabel Kwan finishes her residency at Rensselaer Polytechnic Institute's EMPAC with a performance of Georg Friedrich Haas' "Troi Hommages" on two pianos Thursday, Sept. 22, in a show that will be recorded.

Submitted photo

Fri: **The Getdown** | 9 p.m.
Sat: **Jecco Duo** | noon
Justin Friello with Jack & Jill Trio | 9 p.m.

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

Club Helsinki
405 Columbia St., Hudson. 828-4800 or

helsinkihudson.com
Thur: **Pro Jam** | 8 p.m.
Sun: **Trixie Whitley** | 8 p.m.

Danceland
638 Columbia St., Latham. 785-3888
Sat: **Big Fez & The Surfmatrics** | 8 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. 977-3771
Fri: **Network Jam** | 6 p.m.

Emack & Bolio's
366 Delaware Ave., Albany. 512-5100

Fri: **Warren Sieme** | 7 p.m.
Sat: **Gross & Hart** | 7 p.m.
Every Tue: **Open Mic** | 7 p.m.

Fuze Box
12 Central Ave., Albany. 703-8937
Fri: **Body Shine #6** | 9 p.m.

Sat: **Cavelife Presents: Animal House** | 8 p.m.

Gaffney's
16 Caroline St., Saratoga Springs. 587-7359
Thur: **New Artist Showcase** | 8 p.m.
Fri: **Frankie Lessard Band** | 9 p.m.
Sat: **Rich Ortiz** | 9 p.m.
Every Tue: **Open Mic with Rick Bolton** | 8 p.m.

Garden Bistro 24
5 Vista Blvd, Slingerlands. 439-3832
Thur: **Slate Hill Band** | 6 p.m.

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

Grappa '72
818 Central Ave., Albany. 482-7200
Wed & Thur: **Hamilton Street Jazz Company with Scott Bassinson** | 6:30 p.m.
Fri: **Joe Sorrentino Trio** | 6:30 p.m.

The Half Moon
48 S. Front St., Hudson. thehalfmoonhudson.com
Wed: **The Renderers w/ Pigeons and Alexander Turnquist** | 8 p.m.

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

The Hollow Bar + Kitchen
79 N. Pearl St., Albany. 426-8550
Thur: **Magic Beans, Space Carnival** | 9:30 p.m.
Fri: **Fear of Strangers** | 9 p.m.
Sun: **Mariachi El Bronx** | 9 p.m.

Hudson River Music Hall
10 Maple St., Hudson Falls. 832-3484
Every Wed: **Open Mic** | 7 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 Parlor, The Black Ships, Neighborhood of Makebelieve** | 8 p.m.

Continues on B8

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67						68					69			

ACROSS

- Deserved
- Bohemian, e.g.
- Slap on
- Catlike
- Game on horseback
- Dresden's river
- Before marriage
- Six-stringed instrument
- ___ cross
- Anita Brookner's "Hotel du ___"
- ___ council on "Survivor"
- Artists before Italian artist Raphael
- "___ we having fun yet?"
- Control, symbolically
- Hacienda hand, maybe
- Wavelike design
- Clavell's "___-Pan"
- Member of the mustard family
- Stitches
- Sylvester, to Tweety
- Article of faith
- Check
- Fencing action
- Amigo
- Makes one confused
- Measure
- Columbus Day mo.
- "___ Doubtfire"
- Big mouths
- Not important
- Arch type
- Cancel
- Artillery burst
- Acceptances
- Christian Science founder
- Canary's call

DOWN

- Absorbed
- City on the Yamuna River
- Entanglement (hyphenated)

- "A Nightmare on ___ Street"
- One engaged in buying and selling
- V-shaped bandage
- Auction offering
- Fla. neighbor
- Fr. writer
- Demons
- Accused's need
- Depth charge target
- Scarlett O'Hara, e.g.
- Pink, as a steak
- Extend, in a way
- "You ___?"
- Ace
- Bank job
- Congratulations, of a sort
- Victorian, for one
- Away
- Domestic animal skin disease
- Discharge letters?
- "Act your ___!"
- An end to sex?
- 180, so to speak
- Alleviating pain
- "Cast Away" setting
- Dusk, to Donne
- Heels
- Agreement
- Bear witness
- Actor Matt
- Adult insect
- Scattered, as seed
- Apple-polisher
- Photographer's request
- 90's party
- Coin opening
- Like the Who, in the 60's
- ___-Atlantic
- Cold and wet

Answers on Pg. B27

ARTS CALENDAR

Fri: **The Bremners** | 6 p.m.
Dryer, ASA Morris and The Mess,
Hill Haints | 8 p.m.
 Sat: **Soulia and the Sultans,**
Sun Natives | 7:30 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.

Merry Monk Saratoga
 84 Henry St., Saratoga Springs. 584-6665
 Sun: **Hot Club of Saratoga Trio** | noon

Moon & River Café
 115 S. Ferry St., Schenectady. 377-5100
 Wed: **Kevin Mitchell** | 7 p.m.
 Fri: **Dave Kitchen Trio** | 7 p.m.
 Sat: **Harry Pellegrin** | 7 p.m.
 Every Sun: **Open Mic** | 7:30 p.m.

Mouzon House
 1 York St., Saratoga Springs. 226-0014
 Fri: **Brass & Blues** | 7 p.m.
 Sat: **Joe Gitto & Dan Wancyk** |
 6:30 p.m.

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

Olde English Pub
 683 Broadway, Albany. 434-6533
 Wed: **Jecco Trio with Rob Morrison** |
 7 p.m.

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



Change is all around

A photojournalist who survives a bomb blast in Iraq returns home to find a new set of emotional challenges in Curtain Call Theatre's production of David Margulies' play, "Time Stands Still." Show times are 7:30 p.m. on Thursdays, 8 p.m. on Fridays and Saturdays and 3 p.m. on Sundays.

Frank Oliva III

8:30 p.m.
 Thur: **Cloud Lifter** | 8 p.m.
 Mon: **Tim Wechelaer** | 7:30 p.m.

Parish Public House
 388 Broadway, Albany. 365-0444
 Fri: **The Big Takeover, Robanics** |
 8 p.m.

Sat: **Machete, Noise Between**
Stations, Angels on the Fourth |
 8 p.m.

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

Sat: **Neshama Band** | 8 p.m.
Panza's
 510 NY Rte. 9P (on Saratoga Lake),
 Saratoga Springs. 584-6882
 Wed: **Artie Mozeik** | 6 p.m.
 Fri: **Larry Finke** | 6:30 p.m.

Sat: **Chris Dollard** | 7 p.m.
Pauly's Hotel
 337 Central Ave., Albany. paulyshotel.com
 Thur: **EEL, Aggressive Response,**
Scuzz, Dust Lung | 8 p.m.
 Sat: **Crimson Tips, Virtue Falls,**

Letgodaylight | 8 p.m.
 Mon: **Matt Mirabile Blues Jam** |
 8 p.m.
Provence
 Stuyvesant Plaza, 1475 Western Ave.,
 Albany. 689-7777
 Fri: **Fresh** | 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: **Midnight Revival Band,**
Lucky Dutch, Sly Fox,
Bohm Dialogue | 9 p.m.
 Sat: **Paradox Saints, Tambourelli,**
The Coax, Ciarra Fragale | 9 p.m.

Roux
 10-01 Vista Blvd., Slingerlands. 487-4358
 Wed: **Tim Williams** | 6 p.m.

Rustic Barn Pub
 150 Speigletown Road, Troy. 235-5858
 Every Thur: **Open Mic** | 8 p.m.
 Fri: **The Hill Hollow Band** | 8 p.m.
 Sat: **Brian Kane Acoustic** | 8 p.m.

Sake Japanese Steakhouse
 611 Troy-Schenectady Road, Latham.
 785-7215
 Sat: **One-Eyed Cat** | 7:30 p.m.

Savoy Taproom
 301 Lark St., Albany. 599-5140
 Sat: **Black Mountain Symphony** |
 8 p.m.
 Sun: **Jazz Brunch** | 9 a.m.

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 200 community members depict Troy's history with 200 items of memorabilia, artifacts, photos and more.
 Rensselaer County Historical Society, Thurs-Sat, 2-5pm

SEPT 17 - OCT 16
Inside Breathing Lights
 A gallery exhibition about the public art project that transforms abandoned structures into places of warmth.
 Arts Center of Capital Region, Free

SEPT 24
Legends of Troy
 A creative workshop introduces you to Troy's larger than life legends.
 Arts Center of Capital Region, 12am-5pm, Free

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ARTS CALENDAR



The long and winding road to success

Coca-Cola executive Julie Seitz is the keynote speaker at The College of Saint Rose's annual William Rudolph Hearst Lecture Thursday, Sept. 22. There will also be a panel discussion about women's leadership in the business world. The lecture and panel discussion are free.

Submitted photo

Speakeasy 518

42 Howard St., Albany. 449-2332
 Wed: **Mark Kleinhaut** | 8 p.m.
 Thur: **Bryan Brundige Duo** | 9 p.m.
 Fri: **Joe Barna Trio** | 9 p.m.
 Sat: **Dylan Canterbury Trio** | 9 p.m.
 Mon: **Joe Finn** | 8 p.m.
 Tue: **Swing night** | 8 p.m.

Stockade Inn

1 North Church St., Schenectady. 346-3400
 Thur: **Dino Cimino** | 7 p.m.
 Fri: **Pat Andreoli & Peg Delaney** | 7 p.m.

Twisted Vine

384 Kenwood Ave., Delmar. 439-3241
 Thur: **The Wheel** | 8 p.m.
 Sat: **MP3 Trio** | 8 p.m.

The Upper Room

59 N. Pearl St., Albany. 694-3100
 Thur: **Wishbone Ash** | 7 p.m.
 Fri: **Jon Herington Band** | 7:30 p.m.

Upstate Concert Hall

1208 New York 146, Clifton Park. 371-0012 or upstateconcerthall.com
 Sat: **Randy & Mr. Lahey** | 7 p.m.

The Van Dyck

237 Union St., Schenectady. 348-7999
 Sat: **Maria Muldaur** | 6:30 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 & Sat: **Hamilton Street Jazz Duo** | 6:30 p.m.

MUSIC

Mabel Kwan

Performing Georg Friedrich Haas' "Troi Hommages" on two pianos simultaneously for a project that will be recorded. Sept. 22, Curtis R. Priem Experimental Media and Performing Arts Center (EM-PAC), Rensselaer Polytechnic Institute, Troy. Information: empac.rpi.edu.

Jazz Improvisations

Guest artists Michael Bisio and Adam Siegel join University at Albany faculty member Bob Gluck in an evening of improvised music. Sept. 22, 7 p.m., UAlbany Performing Arts Center, uptown campus, 1400 Washington Ave., Albany. Tickets: general public \$8, students/seniors/UAlbany staff \$4. Information: 442-3997 or www.albany.edu/pac.

The Bumper Jacks

A night of swing and re-imagined

American roots music, with special guests Bryan Brundige and The Piggly Wiggles. Sept. 23, 7:30 p.m., Kathleen McManus Picotte Recital Hall, Massry Center for the Arts, 1002 Madison Ave., Albany. Tickets: general public \$20, students \$10. Information: 337-4871 or www.massrycenter.org.

Martin Barre

Jethro Tull's lead guitarist steps out of Ian Anderson's shadow to perform Tull's classics and his own blues/rock music. Sept. 23, 8 p.m., The Egg, Empire State Plaza, Albany. Tickets: \$34. Information: 473-1845 or www.theegg.org.

Vaud and the Villains

California-based ensemble known for its wild performances and its unique take on traditional and modern American music. Sept. 23, 8 p.m., Troy Savings Bank Music Hall, 30 Second St., Troy. Tickets: \$27. Information: 273-0038 or troymusicall.org.

Albany Symphony Orchestra

The Grammy Award-winning orchestra opens its 2016-17 season with a gala concert featuring soprano Saili Oak and pianist Natasha Paremski performing works by Ravel, Sibelius and Reena Esmail. Sept. 24, 7 p.m., Palace Theatre, 19 Clinton Ave., Albany. Tickets: \$19-\$60. Information: palacealbany.com.

Ben Folds and a Piano

Solo show for the songwriter responsible for tunes such as "You Don't Know Me," "The Battle of Who Could Care Less" and "Brick." Sept. 26, 8 p.m., The Egg, Empire State Plaza, Albany. Tickets: \$39.50-\$49.50. Information: 473-1845 or www.theegg.org.

Alice Cooper

Classic shock rocker returns with his "Spend the Night with Alice Cooper" tour. Sept. 28, 8 p.m., Palace Theatre, 19 Clinton Ave., Albany. Tickets: \$39.75-\$94.75. Information: palacealbany.com.

THEATER

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, 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, 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.

Love Jones, the Musical

An all-star cast led by Musiq Soulchild, Chrissette Michele and Marsha Ambrosius take the 1997 romantic comedy and turn it into a stage musical. Sept. 22, 8 p.m., Palace Theatre, 19 Clinton Ave., Albany. Tickets: \$35-\$85. Information: palacealbany.com.

Continues on B10



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ARTS CALENDAR

COMEDY

The Funny Bone

Gerald Kelly headlines, Sept. 22, 7:30 p.m., Sept. 23, 7:30 and 10 p.m., Sept. 24, 7 and 10 p.m., Sept. 25, 7 p.m. Crossgates Mall, Western Avenue, Guilderland. Information: 313-7484 or Albany.funnybone.com.

The Comedy Works

Comedy hypnotist Flip Orley, Sept. 21-23, 8 p.m.; Sept. 24, 8 and 10 p.m. The Comedy Works Local All-Stars, Sept. 23, 10 p.m. 388 Broadway, Saratoga Springs. Information: 275-6897 or thecomedyworks.com.

Fairview Hospital Gala Presents Paul Reiser

Former "Mad About You" star returns to his stand-up comedy roots to help benefit area hospital. Sept. 24, 8 p.m., Mahaiwe Performing Arts Center, Great Barrington, Mass. Tickets: \$53. Information: 413-854-9609 or www.mahaiwe.org.

DANCE

Fourth Sunday Community Dance

Monthly event sponsored by Albany DanceSport Club featuring a group lesson and a mid-event showcase. Sept. 25, 6:15 p.m., Danceland, 638 Columbia St. Extension, Latham. Admission: adults \$10, students \$5. Information: 423-6039.

FILM

New York State Writers Institute Classic Film Series

See the 1924 silent film "L'Inhumaine

(The Inhuman Woman)," featuring live piano accompaniment by Mike Schiffer in his farewell performance. Sept. 23, 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.

LITERARY

Don Rittner

Local author and historian signs copies of his new book, "A History of The Vale: Schenectady's Historic Rural Cemetery." Sept. 24, 1 p.m., The Open Door Bookstore & Gift Gallery, 128 Jay St., Schenectady. Information: 346-2719.

Joseph LeDoux

World-renowned expert on the neurology of anxiety and fear talks about his book, "Anxious: Using the Brain to Understand and Treat Fear and Anxiety." Sept. 27, 8 p.m., Recital Hall, University at Albany Performing Arts Center, up-town campus, 1400 Washington Ave., Albany. Free. Information: 442-5620 or www.albany.edu/writers-inst.

Stephen Burt

Leading poetry critic discusses his new book, "The Poem is You." Sept. 29, 8 p.m., Huxley Theatre, New York State Museum, Empire State Plaza, Albany. Free. Information: 442-5620 or www.albany.edu/writers-inst.

MISCELLANEOUS

Navigating the Winding Road to Change

Coca-Cola executive Julie Seitz is the featured speaker at the William Ran-

dolph Hearst Lecture, which focuses on women's leadership. Sept. 22, 5:30 p.m., Carl E. Touhey Forum, Thelma P. Lally School of Education, 1009 Madison Ave., Albany. Free. Information: 454-5204.

The Hunt for History and Horses

Family-friendly scavenger hunt where teams will tour locations on the historic Saratoga Race Course grounds and learn about the history of thoroughbred racing and its connection to Saratoga Springs. Family activities, crafts and refreshments follow the scavenger hunt, presented by the National Museum of Racing and Hall of Fame. Sept. 24, 10 a.m., Saratoga Race Course, Union Avenue. Cost: \$5 per adult, children 5 and under free. Information: 584-0400, ext. 109.

Oktoberfest

Debut of village-wide harvest celebra-

tion featuring music, a cooking contest, food and family activities. Oct. 1, 11 a.m. to 10 p.m., Chatham. Information: visitchathamny.com.

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.

Brookside Museum

"Journeys," a solo art exhibition by artist/author Eva Marie Loucks, through Nov. 5; artist reception Oct. 7, 6 p.m. 6 Charlton St., Ballston Spa. Information: 885-4000 or www.brooksidemuseum.org.

Esther Massry Gallery

"Hitting Bumps on the School Bus," an exhibition of paintings by Danny Ginsburg, through Feb. 26. The College

of Saint Rose, Massry Center for the Arts, 1002 Madison Ave., Albany. Information: 485-3902 or www.strose.edu/gallery.

The Hyde Collection

"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.

The Little Gallery

"One Ground Beetle: A Year in Haiku,"



Brookside hosts a solo journey

"Journeys" is a new exhibit featuring works by author/artist Eva Marie Loucks. The exhibit is on display through Nov. 5 at the Brookside Museum in Ballston Spa. There will also be an artist's reception for Loucks on Friday, Oct. 7. For more information, visit www.brooksidemuseum.org.

Submitted photo

13TH ANNUAL
Sunday, Sept 25

NEW 5K COURSE



The Crossings 5k Challenge & Kids Runs

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 30 Aviation Road, Colonie

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5K Challenge Run/Walk - 10am
 Dri-fit long-sleeve shirt to all registered by 9/2 Flat, fast course through Crossings Park Chip timing by AREEP • Walkers welcome

Kids 1/4M Fun Run* (free) - 10:45am
 Must be registered - For ages 13-under

Kids 1M Competitive Run* (\$10) - 10:45am
 Chip-timed for 13-under with shirt and awards *All registered kids runners get a medal and are entered to win a Ciccotti pool party for 20!

Register online: ZippyReg.com
Info & Entry Form: ColonieYouthCenter.org
Early Registration Ends 9/21!
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ARTS CALENDAR



Poetry discussion

Leading poetry critic Stephen Burt reads from his book, "The Poem is You" Thursday, Sept. 29, at the New York State Museum's Huxley Theater. The program is sponsored by the New York State Writers Institute.

Submitted photo

featuring poems by Melody Davis and prints by Harold Lohner, through Oct. 15. Rathbone Hall, Sage College of Albany, 140 New Scotland Ave. Information: sage.edu.

Mabee Farm Historic Site

"In Whom We Trust: At the Crossroads of Faith & Community," a photography exhibit by Michael Diana. 1100 Main St. (Route 55), Rotterdam Junction. Information: schenectadyhistorical.org/exhibits.

miSci

"Tinkering: Bring Out Your Inner Engineer," a hands-on exhibit from the San Francisco Exploratorium, through May 17. Nott Terrace Heights, Schenectady. Information: 382-7890 or www.miSci.org.

National Museum of Dance

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

New York State Museum

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

Tang Teaching Museum

"Sixfold Symmetry: Parrern in Art and Science," an exhibition of contemporary

and historical art, artifacts and material culture, featuring collaborations with faculty members from multiple departments, 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, Colledge Atrium, second floor, through Nov. 30. Information: 388-6318 or www.union.edu/gallery.

University Art Museum

"Future Perfect: Picturing the Anthropocene," through Dec. 10. University at Albany uptown campus, 1400 Washington Ave., Albany. Information: 442-4038.

CALL FOR ARTISTS

National Museum of Dance School of the Arts

Holding open auditions for its production of "The Nutcracker" for dancers between the ages of 7 and 25, Sept. 24, 1:30 (ages 7-9) and 2 p.m. (ages 10 and up), National Museum of Dance, 99 South Broadway, Saratoga Springs. Dancers should arrive 15 minutes before their scheduled time slot. Information: 584-2225, ext. 3008 or dancemuseum.org/school/announcements.html.

Battenkill Chorale

Seeking experienced choral singers for its 22nd year, which opens Jan. 22 at Skidmore College's Zankel Music Center with a Civil War-themed concert. Rehearsals are Thursdays at 7:30 p.m., 25 East Main St., Cambridge. New members accepted through Oct. 6, with auditions for vocal placement and solos only. Membership fee: \$35 per concert program, plus the cost of music. Information: 677-8233.

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.

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.

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.

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■ IN BRIEF

Jon Herington Band to perform Sept. 23 at the Upper Room Albany

ALBANY— The Jon Herington Band is currently the hard-hitting, stripped-down power trio, with a blues/rock/pop “roadhouse” vibe, and they will be coming to the Upper Room Albany on Friday, Sept. 23.

There is plenty of killer guitar for fans of Jon’s playing, though never at the expense of the songwriting which remains focused, thoughtful and fun. All three band members sing, providing a much bigger sound than a typical trio.

The undeniable chemistry of The Jon Herington Band has been built on a lifetime of collaboration with bandmates Dennis Espantman (bass, vocals)

and Frank Pagano (drums, vocals) and is clearly evident in their catalog of songs. After years of playing the supporting (though highlighted) role, Jon steps forward with his trio as a world class guitar player with chops, taste, and much to say.

The doors open at 7:30 p.m. Tickets may be purchased online: <https://www.eventbrite.com/e/jon-herington-band-tickets-26334166200> or at the door the night of the show. Dinner service will be available as well.

The Upper Room is located at 59 North Pearl Street. For more information call 518-694-3100



■ HEALTH

Mind that face of yours

Are your facial expressions sending mixed messages to those you speak with?

By MARIA BOWERS
news@spotlightnews.com

It is a fact that nonverbal gestures account for 90 percent of our communication. So, as important as your words may be, your facial expressions could be undermining your message.

It is strange, but true, that we have no idea that our faces may look angry or disapproving. Not only are we sending unintended messages, but we create creases and lines in our faces that settle in as frowns and scowls.

Women tend to purse their lips and often they crease the area between the eyebrows and across the forehead. So, regardless of the emotions in your

heart, your face is telling the person you are speaking with that you are disapproving and not very happy. Yoga can help.

Mindfulness is an important yoga principle. Self study is also essential, as well as being in the present moment. When listening to others in a conversation, we might be reminded of something that was awful and that memory shows on your face. Often, we should be paying attention to what others are saying, but we probably are daydreaming or figuring out problems. Whatever you are doing we want people to like us and to agree with us. That is not going to happen if your face looks like you are sucking lemons and you are creasing your forehead as if you are angry.

So the first thing to do is to look in the mirror and watch your face as you speak and listen. There are yoga exercises that prevent lines of negative

expressions by bringing your awareness to the fact that you are making funny faces. Then you train your face to smile.

A smile is a beautiful thing. We all know the expression, “Smile and the whole world smiles with you.” People love it when you smile at them and it is good for the muscles in your face.

A very easy to remember and easier to do little sequence is where you enunciate the sounds *aaaaabhhhh*, *eeeeeeee*, *oooooooo* and *uuuuuuuuuu*. Watch your face in the mirror as you say these sounds. The *aaabhhh* and the *eeeeee* are broad smiles. These sounds tone the cheek

muscles. Toned muscles are bigger and lift the skin.

When saying the *oooooo* sound, open your mouth as if forming an “O” and wrap your lips over your teeth. Then lift the lips upward to make the “U” sound. Once you get the hang of it, you can add resistance by

gently placing your fingertips halfway between your lips and nostrils, right on your nasal labial lines. This exercise will decrease the nasal labial creases and prevent or diminish smoker’s lines. (Quit smoking if you are serious about glowing skin.)

Practice in front of a mirror so that you are identifying and isolating

MIXED SIGNALS?
—
Experts say 90 percent of what we convey to others is shared nonverbally.

Continues on B??

SUDOKU

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Answers on Pg. B27

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CULINARY ARTS



Food & Vino

Beefy Mexican Rice Soup

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

The weather is getting cooler, so I have the perfect soup for this time of year. Also, great for game day!

shredded sharp white cheddar cheese, sour cream, and hot sauce.

Ingredients

- 2 lbs. ground beef (I use chuck) or use stew beef
- 1/2 cup chopped small onion
- 1 tsp. chopped garlic
- 3 Tbs. taco seasoning (I use good quality without additives)
- 2 qts. beef stock
- 2 cups frozen corn
- 1 can (14.5) black beans (organic)
- 1 can (14.5) petite diced tomatoes (organic)
- 2 tbs. lime juice)
- sea salt to taste
- 2 Tbs. chopped cilantro
- 1 cup brown rice
- Shredded white cheddar cheese (optional)
- Sour cream (optional)
- Hot sauce (optional)

Wine Pairing

Apothic Inferno — Modesto, Calif. — This wine is a dark red blend that has been aged in whiskey barrels for 60 days. It has a rich inky texture, and candy shop notes on the nose (like chocolate covered strawberries, but with a smokey edge). It's like chocolate covered strawberries around a camp fire. It has tastes of cocoa, and dark fruit, with hints of maple sweetness. The wine has a warm whiskey feel at the finish.

This is a small batch, limited release wine. I was lucky enough to find a bottle, and it is delicious. I drank a glass without food, and it's great alone, but if you serve it with food, it should be hearty. A stew, or hearty soup. It can also be served with dessert, like cheesecake.

Until next recipe,
 Annie

Ann Linda Ciotoli owns a catering business called Good Enough to Eat. You can often find her here in the Culinary Arts section of TheSpot518 under the weekly column Food & Vino. For questions and more information, e-mail Ann at sodeliciousal@yahoo.com.

Preparation

Brown beef, and onion. Drain fat, and add the rest of the ingredients. Bring to a boil, then reduce to simmer. Simmer for 35-45 minutes, or until the rice is tender, but not overcooked. Serve topped with



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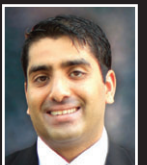
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Marty Brix
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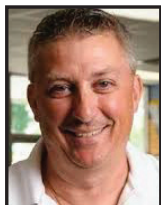
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FITNESS

Boy, do you look tense

Massage therapy has several benefits beyond reducing stress

By **DAN ROMAND**
news@spotlightnews.com

As an ex-football player and someone who competes in rowing (crew) now I'm here to tell you there are some days it's hard to just get out of bed.

With all the training and workouts I do, not to mention I'm in my 50s, sometimes it feels like I go through life sore from head to toe all the time.

So last week was an exciting one for me and the others here at Full Circle Fitness New York as we welcomed Darlene Dollar Licensed Massage Therapist to our staff.

Darlene joins our family with several years of experience in working with all different types

of people. She offers a wide variety of types of massage but her specialty is Swedish Massage mixed with myofascial release.

As Darlene introduced her offerings to our clients one question kept getting asked.

"Why should I get a massage?"

The truth is massage therapy has many proven benefits but many (most?) people still only associate it with one. Relaxation.

A massage will help relax and get rid of the stresses of life. And as one of our clients said after getting a massage with her: "I'm here to tell you once she she started to do the massage I melted like

butter"

But did you know that massage therapy not only offers relief and relaxation for active people it can help improve their athletic performance? This is why nearly every professional athlete gets a massage

on a regular basis and why many sports teams have therapists on staff.

You may not be in the NFL, NBA or playing Major League Baseball but you can get more out of your workouts - not to mention day to day living - by incorporating massage into your life.

Here are some of the many benefits you will see:



Improved Circulation

Massage therapy promotes and improves blood flow which is vital for heart health and your overall well being. Workout often? Then its especially important to have good circulation so that you can perform cardiovascular exercises at peak efficiency not to mention more safely.

Ever get sore post workout or heard of second day soreness? Through improved circulation massage can lead to faster recovery from delayed onset muscle soreness) as well as other injuries.

This lets you get back to your training sooner and to be able to perform at your peak. Even if you don't workout massage can reduce the effects of the daily aches and pains we all deal with as we age.

Flexibility

As we age one of the biggest struggles we face is loss of flexibility and balance. In fact our seniors rank this as the No. 1 reason they work out with us.

Massage is proven to aid in your range of motion mostly because it helps to loosen up everything which allows for more movement. How? As an LMT works on you she stretches the muscle fibers improving their flexibility. This is especially true if you get massages on a regular basis. This helps even out the body's range of motion and balance.

Reduced Muscle Tension

A relaxed body and mind means less stress in the body. And stress is a proven killer. In fact the American Psychological Association states that stress is linked to the top six leading causes of death.

Add to it many active people tend to have a go all out all the time no rest mentality. This makes it hard for them to slow down and allow their bodies time to heal. And this constant stress and

Continues on B27

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RAIN?

Fans of Cheap Trick, Heart and Joan Jett persevered through the wet stuff.

Submitted photo

CONCERT REVIEW

For the love of Old School Rock

Heart, Joan Jett, Cheap Trick - Rock Hall Three For All Tour

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

SARATOGA SPRINGS — When Cheap Trick opened The Rock Hall Three for All concert at Saratoga Performing Arts Center on Thursday, Sept. 8, after roughly three songs I thought to myself, wow. They don't sound that great, and then I realized that they sounded exactly like Cheap Trick at Budokan, their famed, breakthrough, bestselling record that was recorded live in Budokan, Japan in 1978.

So, contrary to my initial thought, I guess they were right on point.

But, in all seriousness, the first seven songs were just hard for me to get through, and then came the bass solo, dear sweet Jesus, it just can't be! What next, a drum solo? As I was about to get a beverage from the bar, Tom Petersson's bass solo had come to an end and he went directly into "I'm Waiting for The Man" by The Velvet Underground with Petersson singing lead, Robin Zander on acoustic guitar and Rick Nielsen on slide. This was the turning point for me. This cover was the best version I have ever heard of this great song. They followed the cover with a string of the their own hits including "The Flame," "I Want You to Want Me," "Dream Police" and "Surrender." This was a strong finish to a slow start that at least left me liking Cheap Trick.

One noteworthy fact, Cheap Trick's drum kit was staffed by none other than Rick Nielsen's son, Daxx Nielsen. I did miss original drummer Bun E. Carlos mainly for personality sake but Daxx was the perfect replacement.

Next Up, Joan Jett and the Blackhearts opening with "Bad Reputation" right into "Cherry Bomb." We instantly knew what to expect from this set. The Gary Glitter cover of "Do You Want to Touch Me" followed. Joan covered a couple of songs by her former band, The Runaways and even gave us the Bruce Springsteen penned "Light of Day" from the movie of the same name that she and Michael J. Fox starred in.

We can't forget the Dave Grohl collaboration, Any Weather and then to finish off the night with a string of hits including "I Love Rock and Roll," "Crimson and Clover" (Tommy James and the Shondells cover), and "I Hate Myself For Loving You." The Blackhearts gave us a great cover of "Every Day People" by Sly and the Family Stone for an encore. We all got exactly what we needed and expected from Joan Jett and the Blackhearts. A fun and nostalgic set that fit perfectly on this night.

The first thing I noticed as Heart began their set at SPAC was that the Wind Machines were on in full force and the

Continues on B27



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■ **MUSIC REVIEW**

A few letters short of mythology

Ampevene's latest 'Rometheu' is an asthetic standout

By **KATIE CANETE**
nysmusic.com

Twelve minutes and 30 seconds. That's how long it takes to listen to Ampevene's new EP, "Rometheu." But that's not the total sum of each of the songs; it's just one extended track!

Ampevene is a band that stemmed from Gabe Stallman's solo project as a guitarist. Now the full band consists of Gabe Stallman on guitar and vocals, Mack Hogan on bass, Bob Morris on drums, Ava Smith on keys, and Jeff Nania on saxophone. The progressive rock group is based in Albany, so it wasn't too far to the studio, The Recording Company,

in Esperance, New York.

It's not clear by the song why it's called "Rometheu," but it is the word "Prometheus" without the first and last letter. Perhaps the song was inspired by Greek mythology?

Rometheu starts out with a rock blues that's very guitar and bass ostinato heavy. The beginning is not in standard 4/4 time, but rather it's written with a 6/8 feel – where the first and fourth beat are emphasized in each measure. This helps give the track a flowing groove. At around 2:47, the mode shifts into a fast 4/4, really driving the piece forward.

The lyrics are posted to accompany the track on Bandcamp, which is

immensely helpful. The lines don't seem to relate directly to one another in a story; the emphasis and poetry are behind each individual line. There are only vocals in the first quarter and very end of the song; it's clear the music drives this track.

The crazy guitar riffs and multi-instrument improvisation are awesome and the instruments sound flawless showcasing their melodic riffs. There's a point where there is a lack of a clear tonal center, and the band just creates a powerful wall of sound. At around 6:07, a slower groove is established without saxophone at first to allow the audience to breathe after the more intense section. It is here where the piano is high in the mix complementing the



P & S

"Rometheu" is just short of two letters to spell out Prometheus.

Submitted photo

haunting guitar melodies. The experimentation with the guitar distortion, some organ sounds, and smooth saxophone is quite soothing and fun to listen to.

The coolest part of this track is the juxtaposition between musical ideas/styles. It makes the piece

dynamic and engaging throughout. The slow section is immediately followed by a short, quicker ending featuring a quick line of lyrics. "Rometheu" is very impressive from a compositional standpoint as well as a musicianship standpoint. It's a track you can't help but jam along to.

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

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MUSIC REVIEW

Each track 'Tauk's' for itself

Tauk's fourth studio album is a captivating listen

By **JARED RAPHEL**
nysmusic.com

Last week Long Island's very own Tauk released "Sir Nebula," its fourth studio release (and fifth along with its live double-album, "Headroom.")

Captivating the knowable instrumental fusion that is Tauk, the four-piece band has again proven they have earned its right to be performing on a professional level with bands such as Umphrey's McGee, Lettuce and Thievery Corporation. Since its lineup completion in 2012 Tauk has been working harder than most to show music appreciators its brand. Constantly spreading the name Tauk

with tours of 30-plus shows, always writing new material, and producing albums on its "time off." Bassist Charlie Dolan said when the band is in the studio it is "a time where we can really try to expand what we do, try new things and rediscover who we are."

Listening back to tracks such as "Side Project" from Pull Factors, you can really understand Dolan's statement. Tauk's use of melody and creating a

singular sound with four people cohesively creating music is a consistency they will always have. As they have progressed and grown you will notice in this new album its use of effects and technology followed by true musicianship.

COMING INTO ITS OWN
—
Tauk's current line-up has been together since 2012, and they continues to grow.

Submitted photo

The first single "Horizon" follows the Tauk path but with a major punch. With a really interesting intro of each member coming in piece by piece into all four members melodically arpeggiating notes into a break. Following this path throughout the song with each member



touching back at the its root tag but staying extremely progressive. A fully captivating tune. The track playing in the beginning of the video preview of the album (see web), "Program Select," will also give you further taste of what's to come. At any giving moment this track can take you in a

surprisingly new direction with trap into another explosive well section. The entire album follows this theme and keeps you interested. Individually each track "Tauk's" for itself but I would suggest sitting back and listening to it as a whole, keeping you interested and on a path of excitement of what's to

come next. Released under STS9's records, "Sir Nebula" is available at Taukband.com. 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

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MEMORIAL

'There are no noble wars'

Traveling Vietnam Memorial in Washington Park; 50th anniversary of the Vietnam War

By ALI HIBBS
hibbsa@spotlightnews.com

ALBANY — In commemoration of the 50th anniversary of the Vietnam War, the City of Albany and the Tri-County Council Vietnam Era Veterans hosted the Vietnam Traveling Memorial Wall, a 3/5 scale replica of the Vietnam Memorial in Washington, D.C.

The wall, located on the east side of Washington Park near the intersection of Willett Street and Hudson Avenue, was open to visitors 24 hours a day from 9 a.m. Thursday, Sept. 15 until Monday, Sept. 19. Volunteers signed up to read the names of the fallen veterans listed on the wall for 91 continuous hours, from 11 a.m. on Thursday morning until 6 a.m. on Monday and visitors heard a bugle play "Taps" every evening at 7 p.m.. The traveling wall stands six feet tall at the center and spans almost 300 feet; American flags lined the pathway at both entrances to the paved path and provided a backdrop, while commemorative flags were hung in the center. Uniformed veterans were on hand to chat with visitors and the general tone was one of respect and reflection.

A single place setting that usually is placed at an empty table to honor POWs who were never confirmed dead and, thus, never added to the thousands of names

that currently grace the wall, was taken down on Saturday afternoon due to the wind. Fifty eight thousand, two hundred and seventy two names appear on the wall that stood in Washington Park, the documented number of military personnel who were wounded in Vietnam between 1957 and 1975 and ultimately died of their wounds as of the year 2011. As of Memorial Day of 2015, that number has since grown to 58,307 from 57,939 at the D.C. memorial's dedication in 1982.

"This is our way of reminding the Capital Region Community that these men and women will never be forgotten," said Gene Loparco, a local veteran who founded the organization Please Remember Me, which is dedicated to honoring American servicemen and women who died in the line of duty. Loparco and his wife attended the opening ceremony for the traveling wall and signed up to read names from midnight to 2 a.m. "We had friends that we served with during our tours in Vietnam and other friends and relatives who made the supreme sacrifice for our freedom. God Bless them all."

Some sobering facts about those who lost their lives in Vietnam:



The first known casualty was a man named Richard B. Fitzgibbon of Mass., who was killed in 1956; his son, Richard B. Fitzgibbon III, was killed in September of 1965. The men are listed together on the wall.

Photo by Ali Hibbs / TheSpot518

There are three sets of fathers and sons on the wall and 31 sets of brothers.

Thirty nine thousand, nine hundred and ninety six of the names on the wall were 22 years old or younger; 8,283 were 19; 12 were 17; five were 16; and one, PFC Dan Bullock, was just 15 years old. The largest age group to die in Vietnam were 18-year-olds...33,103 lost their lives in Vietnam.

Of the 244 soldiers awarded the Medal of Honor during the Vietnam War, 153 of them are on the wall.

"There are no noble wars," read a sign placed in front of the wall in Washington Park, "just noble warriors."

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IRISH 2000
 It was a rousing good time at this year's Irish 2000 with Hair of the Dog (left) and Gaelic Storm (right) among the headliners.
 GMac Photography

From page B4 ...
 Time to ramble on

out to get a trail as good as this one within their city limits," Beard said. "We are working to make tangible on-the-ground improvements to the Uncle Sam trail and trying to find ways to get people more actively using it, maintaining it and making it better known."

Accessible and kid friendly events include a historical tour of the trail with Historian Kathy Sheehan of the Rensselaer County Historical Society and a nature walk with Erica Schwabach from Five Rivers Environmental Education Center. Additionally, Troy-based Marquise Productions, a Montreal-trained circus, will perform four numbers along the Uncle Sam

Bikeway trail throughout the day -- with circus artists doing animation/ambient work to create an atmosphere in between shows.

On The Waterfront

Perhaps one of the most familiar and yet least used urban trail in Troy is the Hudson River.

Ramblers can bring their own kayaks or canoes to the Ingalls Avenue boat launch just below the Troy Federal Dam and Lock, or rent on-site from Upstate Kayak Rentals. There will be guided one-mile and three-mile paddles for beginners and intermediate paddlers. There will be a few free kayaks available

for early bird attendees.

"Most people don't see Troy from the river," said Pam Bentien, Collar City Ramble water trail coordinator. "One thing I've noticed about kayaking and boating is that it gives you a whole new perspective of the landscape. Kayaking in particular is suited for this kind of exploration because you get to poke into places that larger boats can't get to. You get a duck's eye view of the world."

The Hudson River Water Trail Association will have a representative at the Ramble information booth during the Troy Waterfront Farmers Market. The Collar City Ramble will be promoting Troy as a gateway to the Hudson River Water Trail.

Free City-Wide CDTA Bus Service

This year, the Collar City Ramble continues its partnership with CDTA, which will provide free shuttle service every 15 minutes between Ramble locations, from 9 a.m. to 2 p.m., doing a complete loop of all major points that have scheduled activities.

The shuttle loop will head north to the Ingalls Avenue boat launch, then east to the Uncle Sam Bikeway, then south the Burden Ironworks Gateway Museum and back north all day long so that that Ramblers can get on and off at any point of interest. At 11:15 a.m. there will be a special bus to take Ramblers to hiking opportunities in Frear Park.

In addition to a 30-foot CDTA shuttle, which has wheelchair access, there will be an additional STAR bus for those with

special needs, ensuring that everyone who wants to ramble will have the ability to do so.

"The Independent Living Center of the Hudson Valley is excited to be part of this community event because it recognizes that people with disabilities are an integral part of the community and want to enjoy everything there is to offer in Troy," said Denise A. Figueroa, executive director of the Independent Living Center of the Hudson Valley located in Troy. "This event encourages everyone to participate by walking, rolling, hiking, cycling and kayaking."

The center advised the committee on accessibility needs and although not all parts of the Ramble will be accessible, people with mobility impairments will be able to participate in many of the events.

"Our overall goal at the Center is to ensure that people with disabilities are included and can fully participate in all aspects of the community," Figueroa said. "The Collar City Ramble is just one of many ways to make that a reality."

The Collar City Ramble is one of the events of the Hudson River Valley Ramble and can be found in their listings. The Albany Bicycle Coalition has created a Bike Your Park (Adventure Cycling Association) event and will be riding from Albany to participate in the cycling portions of the Ramble. CDTA will be providing shuttle service from the Farmers' Market to the outlying sites.

Or for a full event schedule of events and locations, visit: www.collarcityramble.com.

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■ HIKING

DEC: Try out these Adirondack peaks

Here's a list of the lesser known peaks you should know about

By **JIM FRANCO**
francoj@spotlightnews.com

ALBANY — The state Department of Environmental Conservation is asking hikers to check out other parts of the Adirondack Park than the wildly popular eastern High Peaks and nearby ranges.

"Autumn is a great time to enjoy the Adirondacks," DEC Commissioner Basil Seggos said. "As more people continue to enjoy the incredible outdoor excursions offered throughout the Adirondack Park, we encourage visitors to explore the hundreds of lesser known trails that offer the same high quality natural experiences as the more popular trails, and to be prepared to safely enjoy the park's changing conditions."

DEC Forest Rangers will be turning motorists around at South Meadow Lane as soon as the Adirondack Loj parking lot is full through the Columbus Day/Canadian Thanksgiving Day weekend. The Loj is a starting point to a number of the more popular High Peaks in the Adirondacks.

The DEC is suggesting hikers check out some other trails that offer a similar

experience — challenging hikes to great views — to the High Peaks with much fewer people.

They include:

- **Rocky Peak:** The East Trail in the Giant Mountain Wilderness ascends 6.7 miles and 3,600 feet from the trailhead on Route 9N to the 4,420-foot summit of Rocky Peak Ridge and its 360-degree view. Trailhead coordinates: 44.1499°N, 73.6268°W

- **Baxter Mountain:** This trail in the Hammond Pond Wild Forest ascends 1 mile and 725 feet from the trailhead on the Route 9N to the 2,400-foot summit with 360-degree views. Trailhead coordinates: 44.2205°N, 73.7492°W

- **Owl's Head Lookout:** The North Trail in the Giant Mountain Wilderness ascends 2.5 miles and 1,110 feet from the trailhead on Route 9N to a .1-mile spur trail that ascends 150 feet to the 2,530 foot lookout point. Trailhead coordinates: 44.2119°N, 73.6788°W

- **The Crows:** This trail in the Hurricane

Mountain Wilderness ascends .9 mile and 845 feet and .9 mile from the Hurricane Road Trailhead to the 2,535-foot summit of Little Crow Mountain. The summit of 2,815-foot summit of Big Crow Mountain is located .6 mile and 280 feet further up the trail. Trailhead coordinates: Hurricane Road, 44.2583°N, 73.7529°W; Crow's Clearing, 44.2609°N, 73.7330°W

— Basil Seggos, DEC Commissioner

- **Whiteface Mountain:** The Whiteface Landing Trail in the McKenzie Mountain Wilderness ascends 6 miles and 3,320 feet from the trailhead on Route 86 to the 4,867-foot summit and its 360-degree views. The first 2.5 miles from the trailhead to the Whiteface Landing on the shores of Lake Placid ascends only 310 feet. The summit provides views of Lake Champlain, Lake Placid, the Green Mountains of Vermont, the High Peaks region, and a large portion of the northeastern Adirondacks. Trailhead coordinates: 44.3002°N, 73.9302°W

- **Scarface Mountain:** This trail in the Saranac Lakes Wild Forest ascends 3.3 miles and 1,400 feet from a trailhead on the Old Ray Brook Road to an open area

.35 mile and 80 feet below the summit. Trailhead coordinates: 44.2981°N, 74.0835°W

- **Poke-O-Moonshine Mountain:** The Observer's Trail in the Taylor Pond Wild Forest ascends 1.9 miles and 1,280 feet from the trailhead off State Route 9 to the 2,162-foot summit with 360 degree views and a fire tower. The trailhead is just 5 miles south of Exit 33 of the Northway. Trailhead coordinates: 44.4019°N, 73.5029°W

- **Bear Den Mountain:** This trail in the Whiteface Mountain Intensive Use Area ascends 1.6 miles and 1,160 feet from a trailhead near the parking area for Kid Campus of the Whiteface Mountain Ski Area to the 2,400-foot summit of Bear Den Mountain. The trail is part of the Flume Trail Network and is open to the public for day use free of charge. Bikes are allowed on the first 0.4 mile of the trail. Parking at Kids Campus is free. Overnight parking is prohibited. Trailhead coordinates: 44.3595°N, 73.8576°W

- **Clements Pond:** This trail in the Wilmington Wild Forest ascends 1.5 miles and 650 feet from a trailhead on Styles Brook Road to the shores of Clement Pond where hikers can enjoy views of the scenic pond, shoreline and nearby 2,550-foot Clement Mountain. Trailhead parking area: 44.3001°N, 73.7672°W.

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Dixon shows his students how to deal cards from the deck. It's not as simple as he makes it out to appear.

Michael Hallisey / TheSpot518



From page B1 ...

Let's deal

casino, scheduled to open its doors in early next year, needs 300 people to man its more than 80 live table games. The odds of finding that many qualified people straight off the streets of the Capital District — with an aggregate 2010 population of 533,763 — are worse than landing a royal flush (649,739 to 1).

To tip the odds in their favor, Rivers is offering the occupational training for free. It involves ten weeks of card handling, chip cutting, game strategy and good ol' fashioned customer service.

"It's a great career opportunity," said

Romsemarie Cook, vice president of gaming for Rivers. "It's a great competitive wage and benefits involved with it.

The Rivers Casino & Resort Dealer School will begin Monday, Oct. 17, with Poker Dealer School beginning Monday, Oct. 24.

The Dealer School will be held at 1482 Erie Boulevard, right across the street from the under construction Rivers Casino & Resort, and will run for 10 to 12 weeks, depending on concentration. The Dealer School will feature both morning, evening and weekend sessions to best accommodate trainees' schedules.

"Whether it's blackjack, craps, poker or any of the other exciting table games we'll have at Rivers Casino & Resort, being a great dealer takes lots of practice in addition

to having a great personality," said Mary Cheeks, general manager of Rivers Casino & Resort Schenectady. "This is a fun, fast-paced environment in which to begin building a career in the gaming industry. I encourage everyone interested in a dealer position to apply immediately on our website to ensure we have time to review their information before the first Dealer School begins."

Successful candidates do not need prior dealer experience, and those who are 21 or older and interested in a dealer career are encouraged to apply immediately. Qualified applicants will be called to interview for a position in the Dealer School. There is no cost associated with the Dealer School, and Rivers Casino & Resort will pay for gaming license fees for all team members hired at the property.

In addition to competitive salaries, Rivers Casino & Resort team members will be eligible for workplace benefits that include 401(k), health insurance, paid time off, tuition reimbursement, free uniforms, free parking and opportunity for career growth.

"The opportunities to advance are tremendous. Look at me, I started out as a dealer," said Cook, who has now been in gaming industry for nearly 40 years.

The operator of Rivers Casino & Resort, Rush Street Gaming, operates three other casinos, all of which have been named a 2015 "Best Place to Work" or "Top Workplace" by their team members.

Rivers Casino & Resort is a \$330 million project that will have a 50,000-square-foot gaming floor with 1,157 slot machines, 66 gaming tables and 15 poker tables attached to a 163-room hotel and a 10,000-square-foot banquet facility capable of hosting up to more than 900 people for conventions and special events, one of the largest spaces in the region. Additionally, the property will have a steakhouse, a marketplace with light fare eateries, entertainment lounge and day spa. The casino will take full advantage of its riverfront position with outdoor patios and pre-function spaces.

Rivers Casino & Resort will be located adjacent to a new mixed-use Mohawk Harbor development currently under construction by the Galesi Group, which constitutes an additional \$150 million investment in the 60-acre riverfront property. The mix of residential, retail and commercial space will include a 124-room Courtyard by Marriott and a 50-slip harbor on the Mohawk River and Erie Canal.

For more information visit riverscasinoandresort.com/careers.

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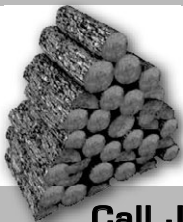
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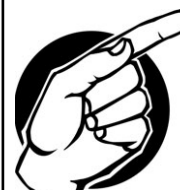
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GARAGE SALE

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From page B12 ... Mind that face of yours

the correct muscles, activate only the intended muscles. Practice each sound and repeat each 10 times and then hold the expression for a count of 10. As your muscles get stronger, you can increase the repetition. If you want to prevent lines 10 or 20 reps are enough. If you have lines to want to diminish or eliminate,

your repetition count can increase to 50 to 100, then include a hold of 20.

It is not vain or frivolous to care about your face. It is an expression of love for yourself and it is a very useful method for increasing your communication skills. What works best is a combination of a nutritional diet,

lots of water, adequate rest, yoga facial exercises, stimulation of acupressure points and facial massage. You can do all these wonderful things for yourself. You will love the way you look and you will get your message across so much better.

Maria Bowers is certified teacher of tai chi for diabetes and also certified in yoga. Her classes are at the capital district art center in Troy. Questions about health and wellness through tai chi and yoga are welcome.

From page B16 ... Boy, do you look tense

tension takes its toll on the body and can lead to injuries.

Better Sleep

If you are like most Americans you are chronically sleep deprived. On average Americans get about 6.8 hours of sleep per night when most experts

recommend seven to nine hours of sleep for adults.

One of the most common reasons cited in studies is people can't fall asleep. Their minds are going full tilt.

Do you toss and turn a lot worrying about what you didn't get done that day or what you have to get done tomorrow? Massage can help!

A good massage will help release the tension in your body and help you relax which means you'll fall asleep faster. Add to it you'll be more comfortable with less aches and pains so you'll be less likely to wake up with things like cramps

are in all good Heart videos. We only got one, but it was a good one right as the big guitars came in!

or soreness.

Improved Work Performance

Getting rid of stress and muscle tension not only will it help improve your workouts but it can help improve your ability to function at your job.

This is one of the reasons many companies offer massage therapy as a benefit to their employees.

And its not just at work that you'll see the benefits. You'll get more done at home, be able to better cope with all the crap life can throw at you and thus be able to relax and enjoy life a little bit more.

These are just a few of the many benefits of getting a massage. Really it boils down to this adding massage to your life leads to a relaxed mind and body which leads to a happier healthier life.

From page B17 ... For the love of old school rock

Wilson sisters hair and wardrobe were blowing nicely in the breeze just like a good Heart video but it seemed to take them a few songs to sound as good as they looked. Unfortunately,

one of those songs was "Magic Man" which suffered by its positioning in the set. Three songs in, they seemed to hit their stride and gave us "What About Love" and "Even it Up" before they

went into "These Dreams" with Nancy Wilson on mandolin and Ann Wilson on acoustic guitar. I really thought that they shined in this stripped down format. A few songs later a similar treatment is given to "Alone" where Nancy is on acoustic guitar and we were all waiting for the huge power cords and arena drum fills but

they never came all we got was a huge voice with gorgeous harmonies from these siblings. This was my favorite moment of the night. And while Nancy has on that acoustic guitar why not go right into "Crazy on You" with that awesome guitar intro. This is the point of the set that Nancy gave us a quick look at her signature "kick" that



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