

THE Spotlight

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NEWS County budget

Albany County Executive Dan McCoy presented the annual budget

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Local hero celebrated

Delmar firefighter is recognized with high honor

Story on Page 3



TOP STORY

Clean report

BCSD financial audit findings, \$32M bond to go to vote

By ALI HIBBS
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DELMAR — At the October meeting of the Bethlehem Board of Education, board members were presented with the school district's annual financial audit and then voted to bring a proposed \$32.1 million bond project before residents on Nov. 29.

"We wanted to remind everybody," said Chief Business and Financial Officer Judith Kehoe, "how this particular presentation relates to the goals that have been adopted by the board, and its mission overall. The audit effectively provides accountability to the community and, ultimately, the assurance that all taxpayer resources are being well managed. That is part of the value component of the district's mission."

"We did your audit for the June 30, 2016 financial statement," said Heather Lewis of Marvin and Company, a CPA firm based out of Latham, "We tested some of your internal controls, we're not responsible for giving an opinion on it, but we do give a

report on the financial statements, and we believe the statements are materially correct and in accordance with generally-accepted accounting principals." As far as internal controls, she said, her company found no deficiencies or weaknesses that they felt should be brought to the district's attention.

"Also," said Lewis, "because you receive over \$750,000 in federal awards, we also have to consider compliance with major federal programs. We did that work and we had no findings in that area either, so it was overall a very clean report."

Additionally, no issues were identified with the "extra-classroom activity" funds—

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▲ Over the years, the Bethlehem Central High School has received upgrades, but its auditorium (above) is original to the structure. Voters will decide upon a \$32M bond project, that will include upgrades to the auditorium, in November.

Photo by Michael Hallisey/Spotlight

SPORTS



Here comes the BOOM!

The Dutchmen faced off against undefeated CBA in a battle of juggernauts last week

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ENTERTAINMENT



Underground journeymen

TheSpot518 presents The Fleshtones at The Hangar

Story on Page B1



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■ IN BRIEF

Delmar Presbyterian Church hosts Fall 2017 trip to Scotland

BETHLEHEM — Delmar Presbyterian Church hosts a presentation about its “Discover Scotland” tour Monday, Oct. 17, at 6 p.m. in the Fellowship Hall of the church, located at the corner of Delaware and Cherry avenues.

The program details the nine-day trip, which leaves from Albany on Sept. 10, 2017. Special events on the tour include a bagpipe lesson, a Loch Lomond cruise, a farm visit and trips to the Isle of Skye, Arndale Castle, Loch Ness, the Orkney

Islands, Dunrobin Castle, St. Andrews, Edinburgh Castle and more.

The tour’s cost is \$3,960 per person and includes transportation from Albany to Glasgow, 10 nights in first-class hotels, 14 meals, sightseeing and taxes. Anyone that signs up for the tour during the presentation will receive a \$50 per person discount.

The event and the tour are open to the public. For more information, call Jean Gagnon at 785-3338 or email jean@plazatravel.net.



County Executive Dan McCoy.

Spotlight file photo

■ COUNTY GOVERNMENT

County tax rate holds steady

\$652M spending plan includes 2% raise for non-union employees

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

ALBANY - County Executive Dan McCoy unveiled his \$652 million proposed 2017 budget on Friday, Oct. 7 — a budget that keeps county spending under the state-mandated tax cap for the fourth consecutive year, and will not raise the property tax rate, cut programs or utilize reserve funds.

It also includes a 2 percent raise for non-union county employees.

McCoy said the growth of the real property tax base in the county increases the total tax levy by 1.38 percent, which will actually result in a slight decrease—about \$5—in residential tax bills for an average \$150,000 home.

“For four continuous years we have presented budgets that have been structurally balanced, without the use of reserves or one shots and we have avoided the past practice of short term cash-flow borrowings,” said McCoy in a budget message released that morning. “We have notably stayed under the mandated tax cap, but for two consecutive years we have not raised real property taxes. During that time period, despite the pressures of unfunded mandates, and the slow growth of our national economy, we’ve nearly doubled our available budgeted reserves to the highest amount in recent

county history.”

According to McCoy, approximately 60 percent of budgeted expenditures go towards paying for programs mandated, but not funded, by the state or federal government. Another 20 percent are expenses required by local laws, resolutions or the county charter, and the final 20 percent pays for non-mandated programs deemed necessary by the county.

McCoy pointed out that Albany County’s financial situation has continued to improve since he took office in 2011. Its fiscal stress rating, per an annual report recently released by the state Comptroller’s Office, has moved from “susceptible” to fiscal stress to having “no designation” of fiscal stress. As recently as 2013, the second year the comptroller’s fiscal monitoring system was in place, Albany County was classified as being in a “moderate” amount of fiscal stress, one step up from the most worrisome designation of “significant” fiscal stress, a specter currently facing the City of Albany.

The executive budget includes a proposition to place an expected one-time \$1.7 million payment from the Schenectady casino project into a “tax stabilization” reserve fund, rather than funneling it to residents through a tax credit as proposed by several republican members

of the county Legislature.

“The intended use of this reserve would be to permit us to offset or minimize tax increases in future budget years due to unforeseen or unquantifiable occurrences,” said the county executive.

“We need to look at all the services we provide and at the impact that this casino is going to have—on health, mental health, things like Gamblers Anonymous and people that wind up losing their homes or having to go on food stamps,” McCoy said in a subsequent phone interview. “There are all kinds of things associated with casinos that people don’t want to talk about, but most of those are costs that are going to be absorbed by the county and so we have to be cautious of how we go forward.”

A \$250,000 grant has been proposed for the Albany County Land Bank, bringing the total amount the county has committed to the corporation to \$1.7 million. County funding, along with money from the City of Albany and the state Attorney General’s Office, has allowed the land bank to acquire more than 250 vacant properties in just two years throughout the cities of Albany, Cohoes and Watervliet, as well as the towns of Berne, Bethlehem, Colonie, New

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■ COMMUNITY

Bethlehem to kick off waterfront, park planning updates

Pair of public information events planned for Oct. 19

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

BETHLEHEM — The Town of Bethlehem announced it will kick off its Local Waterfront Revitalization Program (LWRP) Update, as well as the Henry Hudson Park Master Plan Update, on Wednesday, Oct. 19, with a public workshop at the Cedar Hill Schoolhouse located at 1003 River Road.

Bethlehem residents, business owners, property owners and other stakeholders are invited to attend an informal open house held from 11 a.m. to 8 p.m. During that time, the projects will be introduced and information will be gathered regarding needs and opportunities associated with the projects through a series of interactive stations. The open house will culminate with a formal presentation at 7 p.m., at which time the public will be provided with an overview of the LWRP process and a summary of the input gathered throughout the day.

Ideas generated from the meeting will be utilized throughout the LWRP update, which will be guided by the Local Waterfront Revitalization Advisory Group (LWRAG), a nine-person committee chaired by Robert Leslie, the town's director of Economic Development and Planning.

"Our goal is to develop a plan that meets the varying needs of the community and sets forth a guide for Bethlehem to be known as a unique waterfront community," explained Leslie.

The LWRP update will "promote the town's vision for the waterfront, guide the future of the Town of Bethlehem

waterfront through land use, economic development, and environmental conservation, and identify a detailed process for implementation."

The LWRP is being prepared with funding provided by New York state through the Environmental Protection Fund.

"We expect to create an innovative, bold plan for our waterfront that reflects a community consensus," said Bethlehem Town Supervisor John Clarkson. "This will help us maximize the benefits of being a riverfront community, preserve the area's special characteristics and create more recreational and economic opportunities."

Revitalization projects may include: capital improvement or construction projects necessary to maintain or improve riverfront uses or conditions; special studies, plans, design projects, or research necessary to advance or refine components of the LWRP; projects to redevelop underused or deteriorated areas and sites; projects to upgrade or relocate critical facilities so that essential community services are secure and/or out of hazardous areas; and projects to enhance or restore wetlands and habitats.

In addition to the open house at Cedar Hill, there will also be a

walk-and-talk at Henry Hudson Park from noon to 1 p.m. that afternoon.

M.J. Engineering and Land Surveying, P.C. of Clifton Park, the consulting firm selected for the project, is also expected to update that park's master plan and provide recommendations for addressing issues such as: improving the deteriorating shoreline as guided by the Henry Hudson Shoreline Stabilization Study; connecting the park to other areas (such as the Hudson River Valley Greenway Trail System, Albany County Helderberg Hudson Rail Trail, Mo-He-ConNuck Nature Preserve, Scenic Hudson Lands at the southern boundary of the waterfront, etc.); enhancing and improving active and passive recreation facilities; expanding the park boundaries; and projects to promote the new kayak/small boat launch.

Additional public workshops will be scheduled to provide opportunities for more public engagement. Information about these subsequent meetings will be announced to the public and posted on the Town of Bethlehem website.



The Local Waterfront Revitalization Program update will focus on this section of the Hudson River waterfront in the town of Bethlehem.

Spotlight file photo



Michael Gervais, left, and Delmar Fire Department Chief Daniel Ryan, Jr. stand together after Gervais was awarded Fire Policeman of the Year by the Hudson Mohawk Volunteer Firefighters' Association on Wednesday, Sept. 28.

Submitted photo

Delmar firefighter honored

Gervais named HMVFA's Fire Policeman of the Year

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

DELMAR — One local firefighter holds a unique distinction among his peers.

Hudson Mohawk Volunteer Firefighters' Association named Michael Gervais, fire police lieutenant of the Delmar Fire Department, this year's Fire Policeman of the Year during its annual ceremony in Altamont on Wednesday, Sept. 28. The accolade distinguishes Gervais from firefighters in 16 counties: Albany, Columbia, Dutchess, Essex, Greene, Orange, Putnam, Rensselaer, Rockland, Saratoga, Schenectady, Sullivan, Ulster, Warren, Washington and Westchester.

"I love my department," said Gervais, who receives the recognition just months

after being honored as the department's Fireman of the Year.

"When my crew and I are protecting the scene with road blocks, often citizens will come out of their houses to ask me questions of what is going on," said Gervais. "I always answer feeling very confident, honest and proud, that they're in good hands. Delmar Fire is here! And, I'm not kidding. It seems to calm them immediately and I think it's the way I say it with confidence."

The 57-year-old has been with the Delmar Fire Department since 1994, with a break in service in-between. He went back to active duty three years ago, and since then has gained the confidence and camaraderie of the 65 volunteers

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IN BRIEF

Thacher Park offers guided walks

VOORHEESVILLE — Enjoy a unique view of Thacher Park after hours with a moonlight walk along the Escarpment Trail Saturday, Oct. 15, at 6 p.m.
Learn about moon astronomy, and witness sunset and moonrise at about the same time. Participants are asked to meet at the Park Office.
There will also be a fall foliage walk along the Escarpment Trail

Sunday, Oct. 16, at 2 p.m. Marvel at the beautiful colors of fall as you peer out over the cliffs. Along the way, learn how to identify some of the state's native trees such as maples, beech, birch and pines. Meet at the Pear Orchard picnic area.
To register for these programs, call 872-0800.

Food for Thought at St. Thomas School

BETHLEHEM — St. Thomas the Apostle Public Policy Ministry is hosting its

sixth "Food for Thought" event Monday, Oct. 17, at 6:30 p.m. at St. Thomas School, 42 Adams Place in Delmar.
The program is titled "Caregivers: You Are Not Alone," with speakers from Catholic Charities, Town of Bethlehem Senior Services, a local attorney and more. Light refreshments will be served before the discussion.
The event is free, with an optional free-will offering. Reservations by Wednesday, Oct. 12, are recommended by calling Marie Copeland at 439-4050

or emailing mariecopeland62@gmail.com.

Healing Moments: A Community Conversation

ALBANY — Albany County Executive Dan McCoy is hosting "Healing Moments," a community conversation about improving the criminal justice system Thursday, Oct. 13, at 5:30 p.m. at the College of Saint Rose's Touhey Forum of the Lally School of Education, 1009

Madison Ave.
The panel includes Albany County Court Judge Stephen Herrick, Centro Civico director Ladan Alomar, Albany County Interfaith Coalition's Deb Riitano, Muslim business owner Saqib Choudry, NAACP Albany chapter president Bernard Harrison Bryan and Martiza Martinez, a former member of the Albany Citizen's Police Review Board.
To reserve a place in the forum, call Mary Rozak at 447-7218 or email Mary.Rozak@albanycountyny.gov.

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10/19	Comfort Inn Latham– SmartFund (MSA) Meeting	12:00–1:00 pm
10/19	Comfort Inn Latham	1:30–2:30 pm
10/20	The Crossings of Colonie–Loudonville	10:00–11:00 am
10/20	The Crossings of Colonie–Loudonville–SmartFund (MSA) Meeting	12:00–1:00 pm
10/20	The Crossings of Colonie–Loudonville	1:30–2:30 pm

Reserve a seat or arrange for a one-on-one consultation.



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■ HUMAN INTEREST

Taking the lead to improve lives

Author engages in speaking events to help others

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

Sometimes, to go from being a standard office boss to a strong, confident, leader, an extra push, and a little bit of help is needed. Many people in 2016 depend on self help books, or tapes, but the Capital District doesn't have to look any farther than right here to find someone willing to give that extra push.

Sharon Burstein, of Loudonville, specializes in helping people, and groups, learn more about themselves with the goal of developing more effective leadership strategies, and more confident, competent leaders. Burstein, who has a background in education and has experience both with elementary and college level students, has pivoted her attention towards adults. However, in teaching people to discover their own unique leadership styles and images, Burstein told *SpotlightNews*.

"That's not how I am," she said. "One size does not fit all in any industry. So for me, it's about learning about you and your audience."

She is president and CEO of Sharon Burstein International, which specializes in Marketing Development, motivational speaking, and training, among other things. Her company has worked with clients both national and international. She is also a member of the National Speaking Association.

Her talks range from teaching people how to develop effective teams, to teaching people new to management positions how to deal with the new responsibility. When asked about difficulties associated with her job, Burstein said that she doesn't like to talk about difficulties and problems, preferring to focus on action and goals. Instead of thinking about the struggles of overcoming something, she said, she zeros in on, "doing, with a capital D."

Burstein has been speaking full time for around four years, in front of groups that range from 20 people to thousands. Her educational background with so many different groups gives her the unique ability she needs to be able to analyze what a group needs, and pivot her style and speech according to what will hit home most with her audience. This includes gauging what type of presentation will work best in the situation, be it an audio presentation, visual presentation, or more hands on

"Life is about connecting with people."

— Sharon Burstein
Author and public speaker

approach. Sometimes, Burstein has to deftly manage all three at once in order to make sure she reaches everyone. She is slated to speak at a two-day leadership summit in Albany this November. She will be speaking with three other nationally and internationally acclaimed motivational speakers to an intimate audience of just 150 people.

"Life is about connecting with people," she said, noting that she has formed many lifelong relationships simply by taking the time to ask other people to tea. In a career spanning many years over many different industries, only one person has ever rejected one of her tea invitations, she said.

Burstein said her favorite part of her job is "changing lives and creating futures."

As far as everyday steps anyone can take to help themselves or others, Burstein emphasized that little things make the biggest difference. Compliments, she said, do not cost anything, but can go very far.

"Think what you can do to inspire," she suggested.

Burstein is the author of two books, one titled "What's Your Leadership Image" and the other titled "Life Snacks: 50 Tasty, Motivational Messages." She said she plans to continue writing and speaking for the foreseeable future. She mentioned going forward the people should be cognizant of not only their own need to develop good communication and leadership skills, but the need for children to do that as well. Communication and confidence building, she said, might help to curb the bullying issues that so many children experience at such a young age.

When not traveling and speaking, Burstein enjoys gardening, cooking, and playing tennis. She also has an extensive, diversified resume, with experience in marketing, writing, and producing.

▲ Author Sharon Burstein of Loudonville speaks at one of her many events.

Submitted photo.



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## NOTICE TOWN OF BETHLEHEM WATER MAIN FLUSHING PROGRAM Fall 2016

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COMMUNITY



Fans lined up the evening of Oct. 3 to get tickets to the Library Foundation's Nov. 18 Ron Darling talk.

Photo by Fazana Saleem-Ismail

What colleges want

What are colleges really looking for in applicants today? Teens and parents, find out the answers to this vital question when you attend this class on Monday, Oct. 17, at 7 p.m.

This interactive (and fun) session will provide steps for students to take to immediately become stronger candidates for college acceptances and institutional scholarships. Ideal for families with students in grades 10, 11 and 12. Students are encouraged to attend with their parent/guardian.

Presented by Kelly Linehan, MA, a college admissions counselor and associate member of Independent Educational Consultants Association (IECA), as well as a national board certified teacher.

Commotion of Motion

Let's work together to learn all about the energy of motion. On Saturday, Oct. 15, at 1 p.m., students in grades 5 through 9 can experiment with the differences in kinetic and potential energy by creating a marble run, exploring the forces of gravity through experimentation and discover the science

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www.guilpl.org

of Newton's Laws. Please register by calling 456-2400, ext. 4.

Opening the arts and crafts closet

Sunday, Oct. 16, at 2 p.m., at the Guilderland Public Library is going to be a very special time: we're opening the arts and crafts closets. Come use a variety of materials to make your own masterpiece. Open to all ages. Please register by calling 456-2400, ext. 2.

About the Ron Darling event...

In the words of Phil "Scooter" Rizzuto, "Holy Cow!"

We knew the Nov. 18 reception and author talk by Mets pitcher, broadcaster and author Ron Darling would be popular, but we did not expect that when we opened the ticket window at 6 p.m. on Oct. 3 that the line for tickets to go out the front door and extend to Mercy Care Lane.

But it did. The Foundation sold all reception tickets, and gave

away every free ticket. That's 420 tickets in less than an hour.

What this means is that the reception, at 6:30 p.m. on Nov. 18, will be held as planned in GPL's Helderberg Room, while the 7:30 p.m. author talk and book signing — since the library cannot hold such a crowd — will be moved to the Farnsworth Middle School's cafeteria. See you there.

The Band fans

"Music from Big Pink" and "The Band." Are these two of your favorite albums? Then save the afternoon of Saturday, Nov. 5 on your calendar. That's when we're hosting "Living Legacy: John Simon, producer of 'The Band,'" where Simon will combine a multimedia performance with a live piano performance.

GPL Trustees meet

The Library's Board of Trustees will hold their monthly business meeting on Thursday, Oct. 13, at 7 p.m. You're encouraged to attend.

— Mark Curiale

The Things Our Fathers Saw

We are pleased to welcome author and teacher Matthew Rozell on Wednesday, Oct. 19, at 6:30 p.m., as he discusses his book, "The Things Our Fathers Saw."

Rozell is an award-winning history teacher, author, speaker and blogger on the topic of the most cataclysmic events in the history of mankind — World War II and the Holocaust.

At the height of World War II, LOOK Magazine profiled a small, upstate New York community for a series of articles portraying it as the wholesome, patriotic model of life on the home front. Seventy years later,

Voorheesville Public Library

Rozell and his students track down over two dozen veterans residing around "Hometown, USA" who fought the war in the Pacific, from Pearl Harbor to the surrender at Tokyo Bay. They rescue and resurrect firsthand accounts of combat and brotherhood, of captivity and redemption and the aftermath of a war that left no American community unscathed.

"The Things Our Fathers Saw" contains the stories that the magazine could not tell from a vanishing generation speaking to America

today. As the founder of the World War II Living History Project, Rozell and his students recorded the testimony of hundreds from the WWII generation, one person at a time. One of his interviews, and his dogged pursuit thereafter, led to the reuniting of a train transport of Holocaust survivors with their actual American liberators over 60 years later and the discovery of one of the most iconic photographs of the Holocaust.

Books will be available for purchase and signing. For more on Matthew Rozell, visit his web site at matthewrozell.com.

— Lynn Kohler

IN BRIEF

BHA lecture focuses on Capitol's haunted history

BETHLEHEM — Does the night watchman who died in the Capitol fire of 1911 still make his rounds? Which two United States Presidents visited the state Capitol after they died?

Stuart Lehman, education coordinator for the New York State Capitol, will explore these and other ghostly tales at the Bethlehem Historical Society's next meeting Thursday, Oct. 20, at 7 p.m. at the Cedar Hill Schoolhouse, 1003 River Road in Selkirk. The lecture is free, and refreshments will be served after the talk.

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

Turkey supper at New Scotland Presbyterian

BETHLEHEM — The New Scotland Presbyterian Church, 2010 New Scotland Road in Slingerlands, is hosting its annual turkey supper Saturday, Oct. 22, from 4 to 7 p.m. in the Fellowship Hall.

The menu includes roast turkey, mashed potatoes, gravy, stuffing,

cranberry relish, squash, green bean salad, rolls and butter, and homemade pies for dessert.

The cost is \$12 for adults, \$5 for children and free for children under five. Seating is on a first-come, first-served basis. Take out meals are available.

For more information, call 439-6454.

Ireland tour informational meeting

GUILDERLAND — The Guilderland Chamber of Commerce is having an informational meeting Tuesday, Oct. 25, at 6 p.m. at the Chamber's office, 2050 Western Ave. (Star Plaza) about its sponsored trip to Ireland in 2017.

The tour includes trips to Galway, Killarney and Dublin. Participants leave March 25 and return on April 1. The cost is \$1,949 for a double occupancy room.

For more information and to pre-register for the informational meeting, visit www.guilderlandchamber.com. People who pre-register will be entered into a drawing for a door prize.

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COMMUNITY

Library hosts costume swap

The library's costume swap is quickly approaching! Get a jump start on Halloween when you drop off your gently used costume(s) through Thursday, Oct. 13, and receive a ticket to pick out one that's new to you on the day of the swap, which takes place Friday, Oct. 14, from 5 to 8:30 p.m. Why buy when you can recycle? Repurpose those outgrown get-ups and save some money while you're at it. We are accepting costumes in all sizes – from infant to adult.

Just for teens

As we wrap up Teen Read Week, we'd like to remind you that you can stop by the Teen Area anytime through Saturday, Oct. 15, to enjoy our interactive display and see how to vote online for your pick of the Teens' Top 10 Book award nominees.

The fun doesn't stop when Teen Read Week ends. On Monday, Oct. 17, we'll be making cool illuminated pop-up cards with easy electrical circuits using LED lights and copper tape. Paper Circuits & Pop-Up Cards begins at 7 p.m.

Our 3Doodler 3D pens are going to get a workout during the 3Doodler Eiffel Tower program



on Thursday, Oct. 20, from 3 to 4 p.m., where teens compete with their friends to build a model of the Eiffel Tower with the 3Doodler and a template.

Both programs are for teens in grades 6-12. Sign up online or call.

Listening Parties

Our next Listening Party focuses on some musicians that you may have heard a little something about – The Beatles. On Thursday, Oct. 20, we'll be focusing on their post-breakup solo work. Join fellow music lovers at 7 p.m. for what is sure to be a lively conversation!

A Community Room with a view

Author and outdoor adventurer Alan Via returns to the library Wednesday, Oct. 19, from 7 to 8:30 p.m. with "Above It All," the second program in our National Parks 100th anniversary celebration. Enjoy a slide show celebrating the spectacular mountain scenery and more that can be found in the national parks.

This is Alan's fifth presentation at the library. Past programs have included last year's "The Mountains are Beautiful – Everywhere," as well as "Off the Beaten Path: A Celebration of the Catskill 'Hidden Peaks' in Four Seasons" in 2014, "Hiking in Utah" in 2012, and "Climbing the Catskill Peaks" in 2011. On more than one of those occasions, a canine companion has joined Alan for his talk.

Alan is a Slingerlands resident, winter 46er and author of the hiking guide "The Catskill 67: A Hiker's Guide to the Catskill 100 Highest Peaks Under 3,000 Feet." He has hiked extensively throughout the United States and Canada.

This program is free and open to the public.

Looking to volunteer?

There are many opportunities for adults to volunteer in the Bethlehem area. Our booklet "Volunteer Opportunities for Adults" lists local not-for-profit organizations and information about how to get in contact with them. The brochure can be found on the library's website www.bethlehempubliclibrary.org and also in print at the library.



On Wednesday, Oct. 5, the library held simultaneous Fire Safety Storytimes at six different fire stations in the town of Bethlehem. At Selkirk Station No. 2 in Glenmont, participants enjoyed stories, crafts, a demonstration of firefighter gear and a tour of the trucks.

Kristen Roberts

org/volunteers.asp and also in print at the library.

Speaking of volunteering, are you handy with a sewing machine and willing to share your knowledge with others? Experienced sewers are needed to help patrons with their projects on library machines. Call the library at 439-9314 to find out more.

The library is also looking for volunteers in grade 6-12 who are willing to teach chess to younger kids and play games with them on Tuesday evenings. Call or email Tori at 439-9314, ext. 3034, or tori@bplteens.org and see

how you can get involved.

Annual report available

Bethlehem Public Library's annual report for fiscal year 2015-16 is now available online at www.bethlehempubliclibrary.org. Printed copies are available as a brochure in the literature rack at the Information Desk.

A Welcome place

The library supports the Office for People with Developmental Disabilities' Welcome campaign to promote community inclusion, and you can

too by submitting your own Welcome message on social media using hashtags #nysopwdd #welcome.

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

Sunday, Oct. 16

Sunday Cinema: Me Before You

(MGM, PG-13, 110 min.) Showtime at 2 p.m.

— Kristen Roberts

Circle of Champs

The Bethlehem YMCA does so much to touch so many lives in different ways.

I know, that sounds like the message from "It's A Wonderful Life." But, I'm not just talking about helping someone get in shape or lose weight — although that does improve your quality of life. I'm talking about children and families that are facing the most serious, life-threatening, health care challenges ... and the volunteers who help bring a little wonderful into their lives.

The YMCA's Circle



of Champs program is dedicated to providing times of fun, respite and support for children who've been touched by a life-threatening illness, as well as their siblings.

What makes Circle of Champs special is its focus on the needs of each child and that child's family. We understand that a child's illness affects the entire family. This approach gives children and those in their

lives the chance to spend fun time together when they need that the most.

The list of some of the many fun events and activities Circle of Champs kids enjoys includes: a free week at YMCA summer camp; events at the Times Union Center; dinner and a movie; a Christmas party; bowling; Albany Devils hockey games; Siena basketball games; laser tag; apple picking; family picnics; and so much more.

All program activities are free for families because the YMCA appreciates that treating an illness can cause financial challenges for families. We also

offer discounted YMCA memberships.

Fun trips and events are great, but to these kids and families, they mean even more because it's an opportunity to get together with others that understand the pressures and concerns of facing serious illnesses. The events provide a vital respite from visits to doctors and hospitals, and that applies to the Champs kids and their brothers and sisters. For an afternoon or evening, they can just be kids having fun. The bond that develops between the kids and the Champs families is incredible.

The Circle of Champs program is only possible through the generous Annual Campaign contributions of Y members and supporters in the community. The program was one of the primary beneficiaries of a recent fund raised, called "The Event," at Mohawk Golf Club in Schenectady. Supporters came from across the Capital District to enjoy an evening out, while raising important funds to support Champs and other worthy local health care programs for kids.

Healing family fun time. A support system.

A unique approach. Kids get to be kids. Fun for all. These blurbs sum up Circle of Champs, but they are also only the tip of the iceberg.

The YMCA wants to expand the program and encourages people that have not previously been aware of it to check it out. If you or someone you know has a child with a life threatening illness, please reach out to Circle of Champs coordinator Jenna Gruber at 456-3634 for more information on this wonderful program. It can truly be a life changer and a life saver.

— Mark Hansen

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October 12, 2016

Spotlight on Sports

www.spotlightnews.com PAGE 9



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■ PLAYER OF THE WEEK



BELEN MARRIAGA

Guilderland's Belen Marriaga is The Spotlight Player of the Week for the period ending Sunday, Oct. 9. Marriaga swam strong for Guilderland-Voorheesville at the Shenendehowa Invitational Saturday, Oct. 8, in Clifton Park. She had a third-place finish in the 200-yard individual medley and helped two Guilderville relay teams place in the top three at one of the top high school meets in New York.

■ INSIDE



BC prevails

The Bethlehem girls soccer team scored two early goals on its way to a 3-0 Suburban Council victory over Guilderland Saturday, Oct. 8, in Guilderland.

Page 10

■ FOOTBALL



All-out effort

The Guilderland football team moved into sole possession of first place in the Empire Division by defeating previously-unbeaten Christian Brothers Academy 28-14 Friday, Oct. 7. Quarterback George Marinopoulos threw two touchdown passes for the Dutchmen. Visit spotlightnews.com/spotted for the complete photo gallery.

Photos by Jim Franco/Spotlight



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■ GIRLS SOCCER



Bethlehem spoils Guilderland's Senior Day

GUILDERLAND — The Bethlehem girls soccer team struck for two early goals on its way to a 3-0 victory over Guilderland Saturday, Oct. 8, in a Suburban Council game.

Bethlehem (6-5-1 league, 6-7-1 overall) scored twice in the first 20 minutes of the first half and added a goal with less than two minutes left in the second half to defeat Guilderland (5-4-3, 5-5-3) on the Lady Dutch's Senior Day.

Visit spotlightnews.com/spotted to view the entire photo gallery from Saturday's game.

— Rob Jonas



■ COMMUNITY

Town offers medication collection day

A free medication collection event will take place on Saturday, Oct. 22, from 1 to 2 p.m. at the Elm Avenue Park in Delmar. Prevent old medicines from falling into the wrong hands, where they can endanger lives and community health. Avoid flushing medicines down the drain, where they can pollute drinking water and harm the environment. Participation is anonymous, and prescription and over the counter items are accepted. Labels may be removed beforehand.

Enjoy Coffee and Conversation at the Bethlehem Public Library. On Friday, Oct. 21, at 1 p.m., the program will include photographs and tales from the Traveling



Museum about Charles Steinmetz — Schenectady community leader, mathematician, immigrant and family man. There is no cost for the program. We will have lunch before the show at Swifty's, cost on your own. Call 439-4955, ext. 1176.

Register now for "Food for Thought, Caregivers: You Are Not Alone," to be held at St. Thomas Church on Monday, Oct. 17, at 6:30 p.m. Speakers will include professionals from Catholic Charities, Bethlehem Senior Services, Reed & Vella,

LLP and a parishioner at St. Thomas who will share his experience with the Alzheimer's Care Team. Call Marie Copeland at 439-4050 or email mariecopeland62@gmail.com.

The Caregiver Support Group, for those caring for a loved one with Alzheimer's or another dementia, will meet on Wednesday, Oct. 19, from 10:30 a.m. to noon. Call 439-4955, ext. 1176.

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

Services Office in Town Hall.

Books to People is a free library program that delivers books to those who are unable to visit the library. Request books, magazines, DVD's, CD's and audiobooks. Call 439-9314, and press 2.

The Food Pantry is in need of cleaning supplies,

deodorant, toilet paper, mustard, and canned vegetables and fruit. Bring your items to the pantry at Town Hall. If you would like to access the food pantry, call 439-4955, ext. 1176, to make an appointment.

The Bethlehem Senior Citizens Club meets weekly on Thursdays for

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

— Wilma DeLucco

Alien Autopsy

Elementary-age mad scientists are invited to the library for a "gross" anatomy lesson at our Library Science Lab on Wednesday, Oct. 19, at 4 p.m. Registration appreciated.

Friday Flicks

See new release DVDs on the library's big screen. On Friday, Oct. 14, at 2 p.m., see "Free State of Jones." Matthew McConaughey stars as a disillusioned Confederate army deserter who leads an uprising against the corrupt local Confederate

RCS COMMUNITY LIBRARY

government. Must see for history buffs. Fresh popcorn courtesy of the library.

Library Board meeting

The Library Board meets on the second Monday each month at 7 p.m. For the month of October, the meeting has been moved to Monday, Oct. 17. The public is always welcome to attend.

Storytimes at the library

Raise your children to be lifelong readers by bringing them to storytime at the library. No need to register; come when it works for your schedule — see our website for our storytime schedule.

October themes for our storytimes include "Boats," "A Very Noisy Night," "Pizza," "Fire Safety," "Things that GO" and more. A special Tuesday Selkirk storytime on Oct. 18 will feature firefighters and fire engines.

— Carol Melewski

■ IN BRIEF

BAA art exhibit at Town Hall

BETHLEHEM— There is a new art exhibition by members of the Bethlehem Art Association currently on display at Bethlehem Town Hall through the end of November. The exhibition includes 24 pictures created in a variety of mediums by local artists.

For more information, visit www.bethlehemartassociation.com.

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| QUEEN SET | \$4760 | \$2899 | \$2824 | QUEEN SET | \$6470 | \$3999 | \$3924 |
| KING SET | \$6810 | \$4199 | \$4099 | KING SET | \$8810 | \$5499 | \$5399 |

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LEGAL NOTICE

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name: 18 HOSPITALITY LLC. Articles of Organization filed with NY Secretary of State, September 26, 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 22 Century Hill Drive, Suite 201, Latham, New York 12110. Ad#132127

LEGAL NOTICE

25 PARK AVENUE REALTY, LLC NOTICE OF FORMATION OF LLC 25 Park Avenue Realty, LLC Art. or Org. Filed with NYS Dept. of State 9/27/2016. Office Location Albany Co. SSNY is designated as agent upon whom process against LLC may be served. SSNY shall mail copy of process to the LLC, c/o The Bronsther Law Firm, 12 Century Hill Drive, Latham, NY 12110. Any lawful purpose. Ad#132748

LEGAL NOTICE

93 CENTRAL AVE LLC Articles of Org. filed NY Sec. of State (SSNY) 9/26/2016. Office in Albany Co. SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 93 Central Ave., Apt. 1R, Brooklyn, NY 11211, which is also the principal business location. Purpose: Any lawful purpose. Ad#131931

LEGAL NOTICE

95 CENTRAL AVE LLC Articles of Org. filed NY Sec. of State (SSNY) 9/26/2016. Office in Albany Co. SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 93 Central Ave., Apt. 1R, Brooklyn, NY 11211, which is also the principal business location. Purpose: Any lawful purpose. Ad#131933

LEGAL NOTICE

AM Masters, LLC. Filed 4/21/2016. 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

LEGAL NOTICE

Annual Meeting - Bethlehem Cemetery Assoc., Inc., 7:00pm Monday, November 7, 2016 at the Delmar Reformed Church 386 Delaware Ave., Delmar, NY. Those wishing to vote must contact via phone (439-2394) for ownership verification no later than 10/19/2016. Ad#130616

LEGAL NOTICE

APPLIED SUPPORT FOR AUTISM LLC Articles of Org. filed NY Sec. of State (SSNY) 9/7/2016. Office in Albany Co.

LEGAL NOTICE

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

LEGAL NOTICE

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

LEGAL NOTICE

CELESTE HAIR SALON & BARBER SHOP LLC Articles of Org. filed NY Sec. of State (SSNY) 10/5/2016. Office in Albany Co. SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 289 South 1st St, #1B Brooklyn, NY 11211. Purpose: Any lawful purpose. Principal business location: 242 South 2nd St., Brooklyn, NY 11211. Ad#132685

LEGAL NOTICE

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name: CHESTNUT 18 LLC. Articles of Organization filed with NY Secretary of State, September 26, 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 22 Century Hill Drive, Suite 201, Latham, New York 12110. Ad#132074

LEGAL NOTICE

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

LEGAL NOTICE

Demalem123, LLC, Art.of Org. filed with the SSNY on 08/12/16. Office: Albany County, SSNY designated as agent of the LLC, upon whom process against it may be served, SSNY shall mail process to the LLC c/o Veil Corporate, LLC @ 911 Central Ave # 188 Albany, NY 12206. Purpose: any lawful purpose. Ad#129596

LEGAL NOTICE

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

LEGAL NOTICE

to: 1702 Western Ave Apt 2-309, Albany, NY 12203. Purpose: any lawful activity. Ad#128909

LEGAL NOTICE

NOTICE OF FORMATION OF Dunn Financial Group LLC On 8/26/16, Articles of Organization of Dunn Financial Group LLC were filed with the Secretary of State of the State of New York. The office of the NY limited liability company is located in Albany County. The SSSNY is designated as the agent of the limited liability company upon whom process against it may be served and the post office address within New York State to which the SSSNY shall mail a copy of any process against it served upon him or her is Dunn 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

LEGAL NOTICE

NOTICE OF FILING OF ARTICLES OF ORGANIZATION IN NEW YORK BY A LIMITED LIABILITY COMPANY Name: GLion Property-01, LLC. Articles of Organization filed with sec. of state of NY(SOS) on 8/11/16. Office location: Albany County. SOS is designated as agent of LLC for service of process. SOS shall mail copy of process to 72 Fielding Way, Albany, NY 12203. Purpose: Any lawful act or activity. Ad#131536

LEGAL NOTICE

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

LEGAL NOTICE

HARVEST OF THE SEA, LLC Articles of Org. filed NY Sec. of State (SSNY) 9/26/2016. Office in Albany Co. SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 214 North 11th St., #6S, Brooklyn, NY 11211, which is also the principal business location. Purpose: Any lawful purpose. Ad#131934

LEGAL NOTICE

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

LEGAL NOTICE

NOTICE OF FORMATION OF PROFESSIONAL LIMITED LIABILITY COMPANY. NAME: LACLAIR & DELUCA, PLLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 7/29/16. Office Location: Albany County. SSNY has been designated as agent to the PLLC upon whom process against it may be served. SSNY shall mail a copy of the process to the PLLC, 5 Clinton Square, Albany, New York 12207. For any lawful purpose. Ad#131950

LEGAL NOTICE

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, LCC, c/o Michael LaFreniere, 402 Jessamine Lane, Schenectady, NY 12303. Purpose: any lawful business purpose. Ad#129638

LEGAL NOTICE

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

LEGAL NOTICE

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

LEGAL NOTICE

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-

LEGAL NOTICE

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#

LEGAL NOTICE

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

LEGAL NOTICE

NOTICE OF PUBLIC HEARING ON THE BUDGET NOTICE IS HEREBY GIVEN that the Proposed Budget of the Slingerlands Fire District located in the Towns of Bethlehem and New Scotland, Albany County, State of New York, will be presented to the Board of Fire Commissioners of the Slingerlands Fire District, for its consideration.

A PUBLIC HEARING will be held at 7:00 p.m. at the Slingerlands Fire District firehouse located at 1520 New Scotland Road, Slingerlands, New York 12159, for the Towns of Bethlehem and New Scotland, Albany County, State of New York on the 18th day of October, 2016.

Pursuant to Town Law §105, the Board of Fire Commissioners must hold a public hearing on the budget, make the proposed budget available to the public prior to the public hearing, allow the public to comment on the budget at the public hearing. This public hearing must be held to allow maximum public participation in the hearing.

The purpose of the public hearing is to allow any person to be heard in favor of or against the proposed budget as it is submitted, or for or against any item or items contained in the proposed budget, and hearing all persons interested in the subject concerning same.

That a copy of the proposed budget is available at the Office of the Town Clerk's Office for the Town of Bethlehem at 445 Delaware Avenue, Delmar, New York and the Town of New Scotland at 2029 New Scotland Road, Slingerlands, New York and the Fire District Secretary at the Slingerlands Fire Dis-

LEGAL NOTICE

trict's firehouse where it may be inspected by an interested person during office hours. Ad#131565

LEGAL NOTICE

PINNACLE BUSINESS VENTURES LLC Filed with SSNY on 09/21/2015. Office: Albany County. SSNY designated as agent for process & shall mail to: 222 South Pearl Street, Albany NY 12202. Purpose: Any Lawful activity. Ad#131276

LEGAL NOTICE

PRACTICAL ENVIRONMENTAL SOLUTIONS LLC Notice of formation of Practical Environmental Solutions LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 9/26/16. Office location: Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served. The SSNY shall mail a copy of any process to the LLC, II Winners Circle, Albany, New York 12205. Purposes: are to incur indebtedness, secured and unsecured; to enter into and perform contracts and agreements of any kind necessary to, in connection with or incidental to the business of the Limited Liability Company; and to carry on any other activities necessary to, in connection with or incidental to the foregoing, as the Managers in their discretion may deem desirable. Ad#132654

LEGAL NOTICE

PUBLIC HEARING NOTICE The Selkirk Fire District will hold a public hearing on Tuesday October 18, 2016 at 7:00 PM at the Selkirk Fire Station #1, 126 Maple Avenue, Selkirk, for the purpose of presenting the 2017 proposed district budget. At that time, anyone who would like to comment on the 2017 proposed district budget shall be heard. A copy of the proposed district budget will be available for viewing on the district website: <http://www.selkirksfd.org> and is available at any Selkirk Fire District station upon request: Selkirk Fire Station No. 1: 126 Maple Avenue, Selkirk, NY 12158 Selkirk Fire Station No. 2: 301 Glenmont Road, Glenmont, NY 12077 Selkirk Fire Station No. 3: 480 Bridge Street, Selkirk, NY 12158 Anyone in need of reasonable accommodations can contact the Selkirk Fire District. This meeting room is ADA compliant. Stephanie L. Krause District Secretary Selkirk Fire District Board of Fire Commissioners Ad#132747

LEGAL NOTICE

ROOPBY, LLC NOTICE OF FORMATION OF LLC ROOPBY, LLC Art. or Org. Filed with NYS Dept. of State /8/2016. Office Location Albany Co. SSNY is designated as agent upon whom process against LLC may be served. SSNY shall mail copy of process to The LLC, c/o The Bronsther Law Firm, 12 Century Hill Drive, Latham, NY 12110. Any lawful purpose. Ad#132757

LEGAL NOTICE

Information regarding the District buildings and facilities to be constructed and reconstructed, the site work and improvements to be performed and the original furnishings, equipment, machinery or apparatus to be acquired referred to in clause (A) of the proposition set forth above (collectively, the "Project") is available for review at the District Clerk's offices located at 700 Delaware Avenue, Delmar, New York 12054 by any interested person any time between 9:00 a.m. and 3:00 p.m. prevailing time, Monday through Friday, except holidays.

LEGAL NOTICE

Dept. of State /8/2016. Office Location Albany Co. SSNY is designated as agent upon whom process against LLC may be served. SSNY shall mail copy of process to The LLC, c/o The Bronsther Law Firm, 12 Century Hill Drive, Latham, NY 12110. Any lawful purpose. Ad#132757

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: SO RAD APPAREL, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 9/13/16. 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 LLC c/o Ann Marie F. Lizzi, 64 Manning Blvd., Albany, New York 12203. Purpose: For any lawful purpose. Ad#130615

LEGAL NOTICE

EXHIBIT "A"

LEGAL NOTICE NOTICE OF SPECIAL MEETING OF THE QUALIFIED VOTERS OF BETHLEHEM CENTRAL SCHOOL DISTRICT

NOTICE IS HEREBY GIVEN that pursuant to a resolution adopted by the Board of Education of the Bethlehem Central School District on October 5, 2016 a special meeting of the qualified voters of the Bethlehem Central School District shall be held at the Bethlehem Central High School, 700 Delaware Avenue, Town of Bethlehem, New York, on Tuesday, November 29, 2016, between the hours of 7:00 a.m. and 9:00 p.m., prevailing time, for the purpose of voting on the following proposition:

"SHALL the Board of Education be authorized to: (A) reconstruct various District buildings, construct certain ancillary buildings and facilities, perform miscellaneous site work and improvements at various locations in the District, including renovations and reconstruction of said buildings, and acquire original furnishings, equipment, machinery or apparatus required for the purpose for which such buildings are to be used and pay incidental costs related thereto, at a maximum estimated cost not to exceed \$32,165,551; (B) expend such sum for such purpose; (C) expend \$4,900,000 from the District's 2015 Capital Reserve Fund for such purpose; (D) levy the necessary tax therefore, to be levied and collected in annual installments in such years and in such amounts as may be determined by the Board of Education taking into account State aid and the amount expended from the District's 2015 Capital Reserve Fund; and (E) in anticipation of the collection

of such tax, issue bonds and notes of the District at one time or from time to time in the principal amount not to exceed \$27,265,551, and levy a tax to pay the principal of and interest on said obligations when due?"

Said proposition may appear on the ballots in abbreviated form due to space constraints; if so, the full text of the proposition will be posted at the voting site.

Information regarding the District buildings and facilities to be constructed and reconstructed, the site work and improvements to be performed and the original furnishings, equipment, machinery or apparatus to be acquired referred to in clause (A) of the proposition set forth above (collectively, the "Project") is available for review at the District Clerk's offices located at 700 Delaware Avenue, Delmar, New York 12054 by any interested person any time between 9:00 a.m. and 3:00 p.m. prevailing time, Monday through Friday, except holidays.

The vote upon such proposition shall be by ballot registered upon voting machines or by absentee ballot. The hours during which the polls shall be open shall be from 7:00 a.m. to 9:00 p.m., prevailing time, or such longer period of time thereafter as necessary to enable qualified voters who are in the polling place at 9:00 p.m. to cast their ballots.

SEQRA DETERMINATION. NOTICE IS FURTHER GIVEN that portions of the Project have been determined by the Board of Education to be Type II Actions within the meaning of the State Environmental Quality Review Act and the regulations promulgated pursuant thereto (collectively, "SEQRA") and that the balance of the Project has been determined by the Board of Education, as lead agency, to be an Unlisted Action within the meaning of SEQRA that would not result in any significant adverse environmental effect and that it was not necessary to prepare a Draft Environmental Impact Statement. Full SEQRA documentation is available for inspection between the hours of 9:00 a.m. and 3:00 p.m., prevailing time, Monday through Friday, except holidays at the District Clerk's office.

FURTHER NOTICE IS HEREBY GIVEN that applications for absentee ballots will be obtainable between the hours of 9:00 a.m. and 3:00 p.m., prevailing time, Monday through Friday, except holidays, from the District Clerk. Completed applications must be received by the District Clerk at least seven (7) days before the election if the ballot is to be mailed to the voter, or the day before the elec-

To place your Legal Notice: Call 439-4949

EDUCATION

Landry resigns, will be paid until June

By **MICHAEL HALLISEY**

halliseym@spotlightnews.com

DELMAR — Bethlehem Central School District Superintendent Jody Monroe cited Scott Landry's ability to establish "positive relationships" in a letter of reference letter included with the written agreement detailing the popular high school principal's divorce from the district.

"Mr. Landry has positive relationships with students and seeks ways to provide new opportunities for them," she wrote, recalling his work with students on the Sydney Cycling Saucers and leadership programs coordinated with the local

YMCA. "Mr. Landry also believes in a team approach with his administrators. ... They established a close working relationship and each of them took on differing responsibilities."

The statement marks the first time Monroe has communicated about the principal since he was placed on administrative leave May 9. On Wednesday, Oct. 5, one week to the day after closing out a disciplinary hearing, the BCSD school board voted in agreement to accept Landry's resignation effective at the end of this school year.

But, as of now, Landry is no longer the high school principal, and will not return to the building this year. He made his

resignation official in a terse, one-sentence letter addressed to Monroe.

An agreement and mutual release document *Spotlight News* obtained through Freedom of Information Law stated "certain irreconcilable differences have arisen" between both Landry and the district. Exactly what charges the former principal faced at the start of the disciplinary hearing have not been disclosed.

Based on the details within the agreement, the district will continue to pay Landry's \$131,514 salary until June 30, 2017 — more than a year since he was placed on leave. The seven-paged document details additional compensation

Landry is to receive.

▶ 20 days of vacation leave at his daily rate; a perspective total of \$10,959.50. (Landry's daily rate is defined in another section of the agreement as 1/240th of his annual 2016-17 salary.)

▶ 189 days of sick leave at \$125 a day; calculated at \$23,625.

▶ And, a \$3,000 health insurance family buyout.

Over time, the district is obligated to pay a calculated total of \$169,098 to its former principal, unless he obtains employment elsewhere. In which case, he is to submit proof of when and how much he is to make at the new job. The district would then pay him the difference.

From page 1 ...

Clean report

extracurricular club funding—according to Lewis. "There were no disagreements," she said. "Management was truthful and accurate. Especially in our first year as your external auditors, we did not have any major issues or anything."

"Schools districts are required to have an annual independent audit," said Kehoe, "and the reports need to be completed and submitted to both the State Education Department and the office of the state comptroller by October 15. And, again, there are a lot of taxpayer resources devoted to the support of the school, so it's part of the accountability that we're doing what we're supposed to be doing with those assets."

Kehoe went on to explain that, last year, the school district ended the year under budget by \$2.4

million, which she called a "relatively small percent." Spending increases, she said, could be attributed to infrastructure upkeep, staffing costs and the expansion of student programming.

"You'll note the sizable uptick in state and federal aid," she said. "Remember that that was the first year that we had a pretty sizable, or partial, increase in our Gap Elimination Adjustment and it was really the increase in that aid that allowed us to keep the tax levy at the .45 percent amount."

Last year's budget, said Kehoe, went approximately \$629,000 over the \$94 million target, which she called "pretty close." "You'll also note," she said, "kind of extraordinarily, that the revenues did increase at a rate faster than the expenditures—we were at a 3.07 percent increase

on the revenues and only at a 2.45 percent on the expenditures." Calling it "an anomaly," Kehoe said the district could expect to see the same this year, due to the final restoration of the Gap Elimination Adjustment, a withholding of state funding to school districts to offset a \$10 billion state budget deficit in the 2010-2011 fiscal year. "Obviously," she said, "the goal is to have the revenues and expenditures growing at about the same rate so that we can break even from one year to the next."

The fund balance, Kehoe continued, was increased from \$12.04 million to \$14.89 million last year. The undesignated, or rainy day, portion of that fund was kept within state requirements at just under four percent, and the majority of the surplus went into the district's capital projects fund to pay toward a capital bond project that will go before voters on Nov. 29.

The district netted a small deficit in its food

service program, but, said Kehoe, hoped to make it up this year as early-year revenues have proven to be higher than expected for this fiscal year.

Following the audit and financial presentations, the board voted to put a \$32 million bond project before voters late next month. The total capital improvement project would cover 111 individual projects at each of the district's school buildings, as well as maintenance structures.

The high school would receive just over 50 percent of the funding for projects related to upgrading the auditorium, which is used by community members as well as district students and educators, to the tune of \$7.8 million. The upgrades will update the interior, improve sound and lighting systems, replace and extend the stage floor, add air conditioning and new seating, improve accessibility and widen the proscenium, among other things. In addition to the auditorium, the high school would also

see improvements to its library media center. At an estimated cost of approximately \$811,504, the district expects to purchase new furniture, widen windows and replace carpeting, as well as create "flexible learning environments," and convert office space to "teaching/learning rooms."

Other improvements at the high school include improvements to the varsity and junior varsity baseball fields, field drainage improvements, replacement of the stadium press box and bleachers, as well as adding restrooms near the event parking lot.

\$3.6 million would go to asbestos abatement. According to the district, all identified asbestos is listed and inspected every six months and, based upon that report, a total of \$13.6 million is needed to remove all remaining asbestos in the district. The removal of \$3.6 million represents 26 percent of the identified remainder. Another \$2.1 million would replace windows

at the middle and high schools, as well as at Elmsmere Elementary.

Nearly \$2 million would pay to upgrade the pools and the high school and middle school, according to the proposal, including fixing tiling and drainage. Another \$30,000 would be spent, per building, to install security cameras.

District officials estimate that the project will utilize no more than \$4.9 million of the district's 2015 capital reserve fund and that the fiscal impact to taxpayers will be approximately \$40 a year for homeowners with property valued at \$250,000. A more detailed breakdown of projects and anticipated costs can be found on the district's website at www.bethlehemschools.org/potential-bond-project-horizon. Residents will be able to vote on the entire raft of proposed projects during a special district meeting on Nov. 29.

LEGALS

tion, if the ballot is to be delivered personally to the voter. Absentee ballots must be received by the District Clerk not later than 5:00 p.m., prevailing time, on November 29, 2016. A list of persons to whom absentee ballots are issued will be available for inspection to qualified voters of the District in the office of the District Clerk between the hours of 9:00 a.m. and 3:00 p.m., prevailing time, on weekdays prior to the day set for the special meeting and on the day set for the special meeting. Any qualified voter

LEGALS

may object to the voting of the ballot upon appropriate grounds for making his/her challenge and the reasons therefore known to the Inspector of the Election before the close of the polls.

FURTHER NOTICE IS HEREBY GIVEN, that the qualified voters of the School District shall be entitled to vote at said special meeting. A qualified voter is one who is (1) a citizen of the United States of America, (2) eighteen years of age or older, and (3) resident within the School Dis-

LEGALS

trict for a period of thirty (30) days next preceding the special meeting. The School District may require all persons offering to vote at the special meeting to provide one form of proof of residency pursuant to Education Law 2018-c. Such form may include a driver's license, a non-driver identification card, a utility bill, or a voter registration card. Upon offer of proof of residency, the School District may also require all persons offering to vote to provide their signature, printed name, and address.

LEGALS

Brittany Barrett, District Clerk
Bethlehem Central School District
County of Albany, New York
Ad#132669

LEGAL NOTICE

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

LEGALS

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

To place your Legal Notice: Call 439-4949

LEGALS

LEGAL NOTICE

TACHYON ENERGY, LLC. Art. of Org. filed with the SSNY on 05/02/216. 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

LEGAL NOTICE

TEARIFFIC LLC Articles of Org. filed NY Sec. of State (SSNY) 9/27/2016. Office in Albany Co.

LEGALS

SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 214 North 11th St., #6S, Brooklyn, NY 11211, which is also the principal business location. Purpose: Any lawful purpose.
Ad#131935

LEGAL NOTICE

Notice of formation of Wetech Solutions LLC. Art. of Org. filed with the SSNY on 09/20/16. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY

LEGALS

shall mail copy of process to the LLC, 827 Greenthorpe Blvd, Schenectady, NY, 12303. Purpose: Any lawful purpose.
Ad#131884

LEGAL NOTICE

XANDER 41 LLC Articles of Org. filed NY Sec. of State (SSNY) 7/6/15. Office in Albany Co. SSNY designated Agent of LLC whom process may be served. SSNY shall mail copy of process to The LLC @ 41 Fuller Rd. Albany NY 12205. Purpose: Any lawful activity.
Ad#130677



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October 12, 2016

Spotlight on Opinion

www.spotlightnews.com PAGE 14

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and guest opinions online
at www.spotlightnews.com/news/opinion.



FROM THE EDITOR'S DESK

Making dollars and sense

When there's a break-up or a divorce, seldom do the people who are outside of the relationship understand what is going on. Sure, some people are just destined to part, it was just a mystery for the couple to finally learn on their own. While others, like YouTube stars Colleen Ballinger and Joshua Evans just blind side those around them with the shocking news.

In the context of the relationship between ex-Bethlehem Central High School principal Sean Landry and the respective school district to which he served, we used the "D" word. Though it may have caused a knee-jerk reaction for some readers, it couldn't be more appropriate to describe the story that concluded last week.

So, Wednesday, Oct. 6 Bethlehem Central's Board of Education announced it had accepted Landry's resignation, nearly five months after he was placed on administrative leave. The news that dropped in June seemed to shock

residents of the district. Here, we had a principal who had long served the community. Made connections with the YMCA and organized high school students to prepare sauce to be sold as part of a local charity effort. A few graduates even took to social media to share their support for their former principal. Neither side spoke, or could speak, as arguments were being prepared for a disciplinary hearing. But, in the end, the hearing turned into a negotiation and both sides walked away from one another. Mind you, they're still not really talking.

SpotlightNews obtained the agreement detailing the mutual split between Landry and the district, though far from amicable. As with any divorce decree, the verbiage of the agreement includes a clause that prohibits each side to say anything negative about the other. On the flip side, it includes language that obligates the district to help Landry land a job, and offers a letter of reference, too. And, that's where the climate of this relationship reveals itself. Words are chosen carefully. The district praises

its former administrator for his ability to build relationships, which is ironic in this scenario. Meanwhile, Landry was economical with his resignation, one-sentence letter.

Taxpayers couldn't care less as to whether flowers or hugs were exchanged during the whole process. And, we assume that didn't happen. Instead, the fact Landry is to be paid his full salary, plus sick days and vacation time he accrued, all while on an extended vacation that will last until June is more poignant. Nonetheless, when it comes to dysfunctional relationships, it's what's not said that speaks volumes. With an agreement signed and filed, no one side has done anything wrong. Technically. But, in order to prove who was at fault, both would have had to battle it out in a hearing, and potentially in a courtroom. It had the potential to drag out for years, and perhaps cost the school district a lot more than the nearly \$170,000 it could ultimately pay Landry.

An economical approach to end it all.

So, Wednesday, Oct. 6 Bethlehem Central's Board of Education announced it had accepted Landry's resignation, nearly five months after he was placed on administrative leave. The news that dropped in June seemed to shock residents of the district. Here, we had a principal who had long served the community. Made connections with the YMCA and organized high school students to prepare sauce to be sold as part of a local charity effort. A few graduates even took to social media to share their support for their former principal. Neither side spoke, or could speak, as arguments were being prepared for a disciplinary hearing. But, in the end, the hearing turned into a negotiation and both sides walked away from one another. Mind you, they're still not really talking.

WHAT HAPPENED IN 2011...

Five years ago: Anti-bullying campaign begins

COLONIE— As bullying in elementary schools continues to be a pervasive issue all around the country, five years ago, Sand Creek Middle School in the Town of Colonie decided to take a stand against it.

The Zip-It campaign, organized by Adirondack Extreme Adventure Course, WTEB, Fly 92.3,

and Stewarts Shops, was spearheaded at the school by Jill Penn, who was a teacher at Sand Creek at the time. Students, parents, and teachers took a pledge that said they would help to prevent bullying in their school.

"It's a visible reminder to a commitment to zipping our mouths if we don't have anything nice

to say," Penn said in a 2011 *Spotlight News* article written by Andrew Beam. "It's just getting the word out but its how kids can make that commitment and follow through.

The initiative allowed students to get in touch with their creative side, with one seventh grader designing a "Zip It" bag that was distributed

throughout school.

Around that time, the South Colonie school district had already started to focus on the bullying issue, with schools being delayed 25 minutes in the morning at least once a month to discuss anti-bullying. One method the students used was sitting with kids during lunch that they didn't usually

sit with, or sitting with people who had the same birthday months as them.

Fly 92.3 has taken stands against bullying in other ways in the past, with events like their "Bowling for Bullying" event in 2014.

Other schools in the area have been involved in different anti-bullying

campaigns as well. The Bethlehem Central High School chapter of the No Place For Hate campaign, an initiative of the Anti-Defamation League, is active on Twitter in promoting events that tackle cultural acceptance, charity, and destructive actions such as substance abuse and self-harm in school students.

THE
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P.O. Box 100, 341 Delaware Ave., Delmar 12054 | OFFICE HOURS: 8:30 a.m. to 4 p.m. weekdays. Open until 5 p.m. on Thursdays

From page 3...

Firefighter honored

in the house, enough to have been named lieutenant.

(The Delmar Fire Department actually consists of two houses, the original house on Adams Street and the second on Feura Bush Road; both are collectively responsible for serving 13,000 residents over approximately eight square miles.)

Ironically, it was an incident that occurred early one spring morning that earned Gervais the recognition from the Hudson Mohawk Volunteer Firefighters' Association.

According to Gervais, he was driving to work one early June morning when he found a pre-school aged child standing in the middle of Elsmere Avenue, between Wellington and Fernbank roads. Gervais said he could see the boy standing "frozen" in the middle of the road, crying. The motorist in front of him missed the child, and kept on driving, he said. Gervais acted quickly, he maneuvered his vehicle to block oncoming traffic, called police and rescued the child.

"Holding him in my arms made me feel amazing," said Gervais, as he recalled the moment. "This is why I joined the department."

No charges were levied upon the child's parents. The youngster reportedly learned how to open the door leading outside the house, and he slipped out unbeknownst to his father and mother.

Gervais' consecutive distinctions are a first in the 106-year history of the Delmar Fire Department. He celebrated the department's high honor in March; providing the local firefighter a uniquely decorated 2016.

When Gervais' term as fire police lieutenant expires, a rank he has held twice so far, he said he hopes to take a run at fire police captain. But, he said, only if his current captain decides to retire. Gervais said, "I won't run against him."

BUSINESS



From left to right: Kevin McCoy, FAM Funds independent trustee; Albany County Legislator Mark Grimm; Dusty Putnam, vice president, Fenimore Asset Management; Tom Putnam, founder & chairman, Fenimore Asset Management; Debra Pollard, president, Fenimore Asset Management; Ed Swyer, president, The Swyer Companies; Anne Putnam, senior vice president, Fenimore Asset Management; Albany County Executive Dan McCoy; Mark Eagan, CEO, Capital Region Chamber of Commerce; and Lowell Knapp, executive committee chairperson, Guilderland Chamber of Commerce, were all on hand for a ribbon cutting to mark the grand opening of Fenimore Asset Management's new branch office at 4 Executive Park in Guilderland on Thursday, Sept. 29.

Photo courtesy of Rueckert Advertising & Public Relations

Fenimore Asset Management opens branch office

GUILDERLAND — Fenimore Asset Management, the independent investment advisor to FAM Funds, held a ribbon cutting on Thursday, Sept. 29 to mark the grand opening of its new branch office at 4 Executive Park Drive.

Conveniently located behind Stuyvesant Plaza, the approximately 1,400-square-foot, first floor space includes a reception area, offices, and a spacious conference room where long-term investors can set up an appointment or stop by to have their portfolio reviewed and discuss investment management and financial services with experienced, in-house professionals. The office is open weekdays from 8:30 a.m. to 5 p.m.

"Investment decisions are long-lasting and our investors appreciate a more personal approach," said Thomas O. Putnam, who founded Fenimore Asset Management in 1974 as a means to manage family money after the Putnams sold their successful textile business, Fenimore Fabrics. "The new Guilderland office allows us to bring

our experienced investment management team that much closer to Capital District investors."

Fenimore Asset Management President Debra Pollard added "In a world where robo-advisors are becoming increasingly commonplace, our individually tailored service continues to differentiate us. Investors appreciate having the opportunity to sit face-to-face with our associates and gain from Fenimore's decades of experience navigating complex economic and financial market cycles."

Headquartered in Cobleskil, Fenimore Asset Management offers separately managed accounts through the Fenimore Private Client Group and is the investment advisor to FAM Funds (mutual funds), which include the FAM Value Fund, FAM Equity-Income Fund, and FAM Small Cap Fund.

For more information or to set up an appointment to speak with a financial professional to discuss your investment options, call (800) 721-5391 or visit famfunds.com.

Congratulations to our September Agents of the Month



Leah Slocum
Licensed Associate
RE Broker



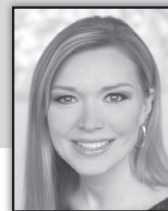
Cathy Cooley
Licensed Associate RE
Broker, SRES, CBR, ASP



Vonna DuMicich
Licensed Associate
RE Broker



Ann Manning
Licensed Associate
RE Broker



Judith Gabler
Licensed Associate
RE Broker



David Schrepper
Licensed Associate
RE Broker



Margaret Kanuk
Licensed Associate
RE Broker



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www.realtyusa.com

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From Page 2... County tax rate

Scotland, Rensselaerville and Westerlo. Those properties are then improved and sold or otherwise made useful.

Another \$250,000 has been proposed to create a cultural and economic development fund to help stimulate and support cultural and economic development efforts and programs throughout the county. McCoy said that he will be announcing more specifics in the coming weeks.

Finally, McCoy pointed out that his budget would consolidate recreation and youth sports programs into a new department of recreation that would oversee the sports programming on which the county collaborates with the Amateur Athletic Union, as well as be responsible for the rail trail, hockey facility and county parks.

"I look forward in the days and weeks ahead to reviewing this proposed budget with members of the county Legislature,"

he said of those who will ultimately vote to pass, or not pass, his proposal.

McCoy credited the Legislature for its role in helping to improve the county's finances, specifically mentioning changes that were made to reduce costs at the Albany County Nursing Home. "That's why I had to have that epic battle when I first became county executive," he said. "But it's also the way we've been addressing the sales tax revenue, that we're not going to the reserve funds. That \$57.5 million is the most we've had in the reserves since two decades ago."

"When I first ran for the office in 2011," McCoy said, "I said I was going to leave county government a lot different than the way I found it. We've got to look at doing things differently, think outside the box and, most importantly, I'm going to turn over every rock and see how we can save money and do things

"I look forward in the days and weeks ahead to reviewing this proposed budget with members of the county Legislature."

— Daniel McCoy
Albany County Executive

differently."

County legislators from both parties seemed largely content with the county executive's budget proposal—Minority Leader Frank Mauriello released a statement calling it "a good first step" and promised to look for more ways to cut costs and further reduce taxes.

Legislator Paul Burgdorf said, "any time you have a budget that doesn't raise taxes is a good thing."

And Legislator Chris Higgins, while he would have liked to see more money going to the land bank, called it "a great budget" and, in particular, lauded the size of the county's "rainy day reserve" fund.



Straw man's argument

DELMAR — Is it really autumn if you find yourself wearing short sleeves outside? Never mind what it said on the calendar when students joined Bethlehem Central Middle School Assistant Principal Mark Warford in erecting straw men throughout the front of the school on Wednesday, Oct. 5. It was a beautiful, warm and sunny day to be outside.

Photos by Michael Hallisey/Spotlight

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!

Choose from 7 burgers
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Zombie fest
The Undead take over Madison Theater starting tomorrow
Page B3

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INTERVIEW

PICK OF THE WEEK



Wild Adriatic

The rock trio out of Queensbury is currently in the midst of its fall tour through the East Coast and stops in Hudson Falls to take the Hudson River Music Hall stage, Saturday, Oct. 15

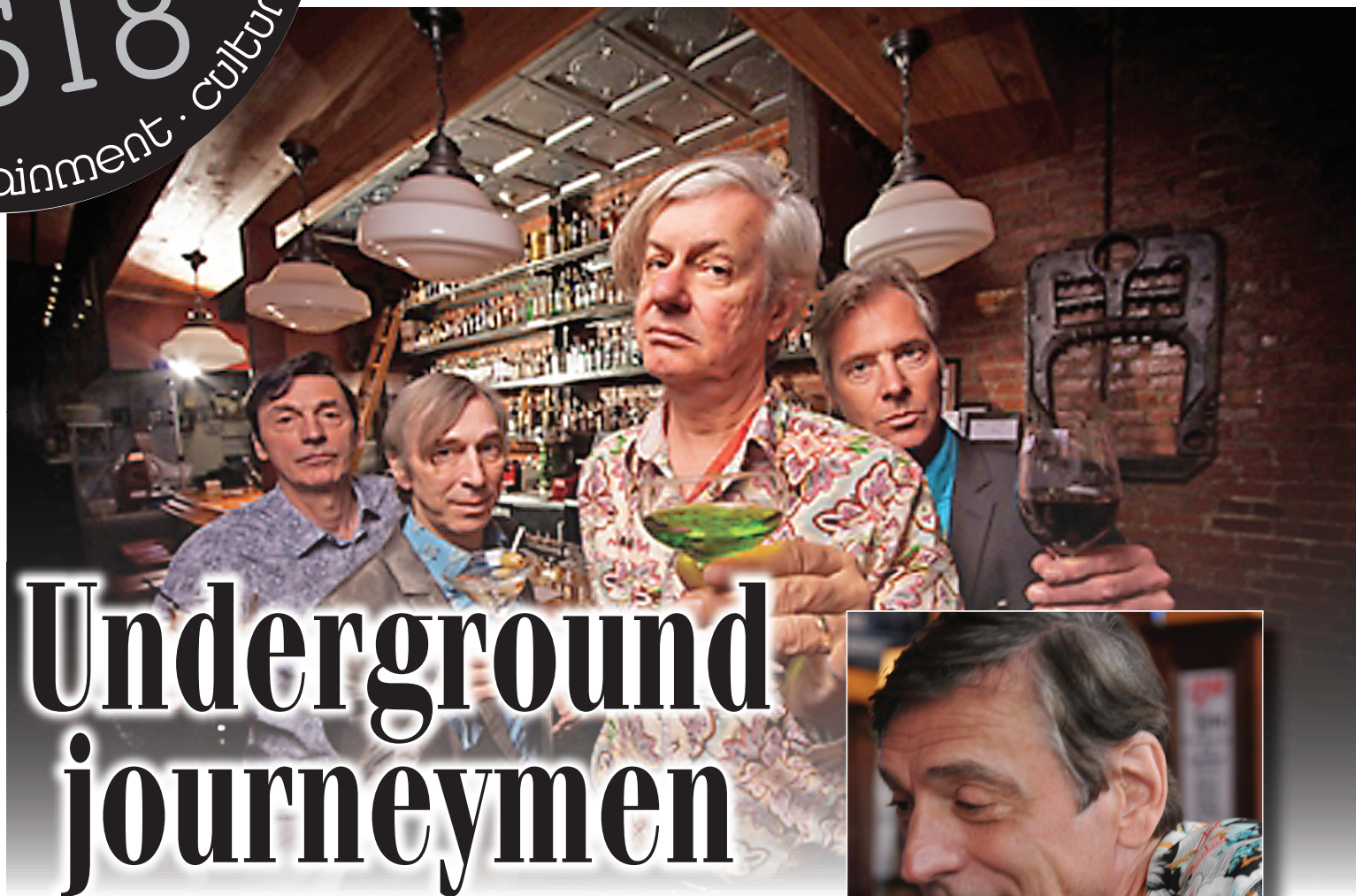
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INSIDE



Arts calendar

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Underground journeymen

TheSpot518 presents
The Fleshtones at The Hangar

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

“Yeah, I’m from Pawling Avenue,” said Bill Milhizer. “I’m in a band, you probably never heard of. We’ve been at it a long time.”

Milhizer’s affable persona is complimented by a patterned shirt one often sees on a tourist while on vacation, and an ever-present grin on a clean-shaven face, a trick he learned from Dick Clark before he and his band appeared on “American Bandstand.”

At 68, Milhizer is still walking through life at the beat of his own drum. Happy-go-lucky has not been applied to a more apt subject than he. The

unassuming musician has led a charmed life, taking the opportunities presented to him, and surrounding himself with the most iconic names of the music and pop culture world of the 20th century. You may not have heard of The Fleshtones. But, they’ve played a part in resurrecting rock and roll from the clutches of disco.

Milhizer learned to play drums as a youngster in Troy, but it wasn’t something he intended on calling a career. He initially went on to college, earning a degree at Purdue University in social psychology. After taking time to observe life in Chicago, he returned back to Troy before running into his friend, Gary Burke, with a proposal that he move down to New York City.

“That’s where Gary Burke had this little off-Broadway theater,” said Milhizer. “They needed basically

Continues on page B31



FRINGE ON TOP

Bill Milhizer talks to us about The Fleshtones.

Submitted photo (top)
Jim Franco/TheSpot518 (bottom)

IF YOU GO

- **What:** The Fleshtones w/s/g Off the Record Trio
- **When:** 3 p.m., Saturday, Oct. 15
- **Where:** The Hangar on the Hudson
- **How much:** \$10 advance and \$15 at the door
- **Info:** www.TheSpot518.com/tickets



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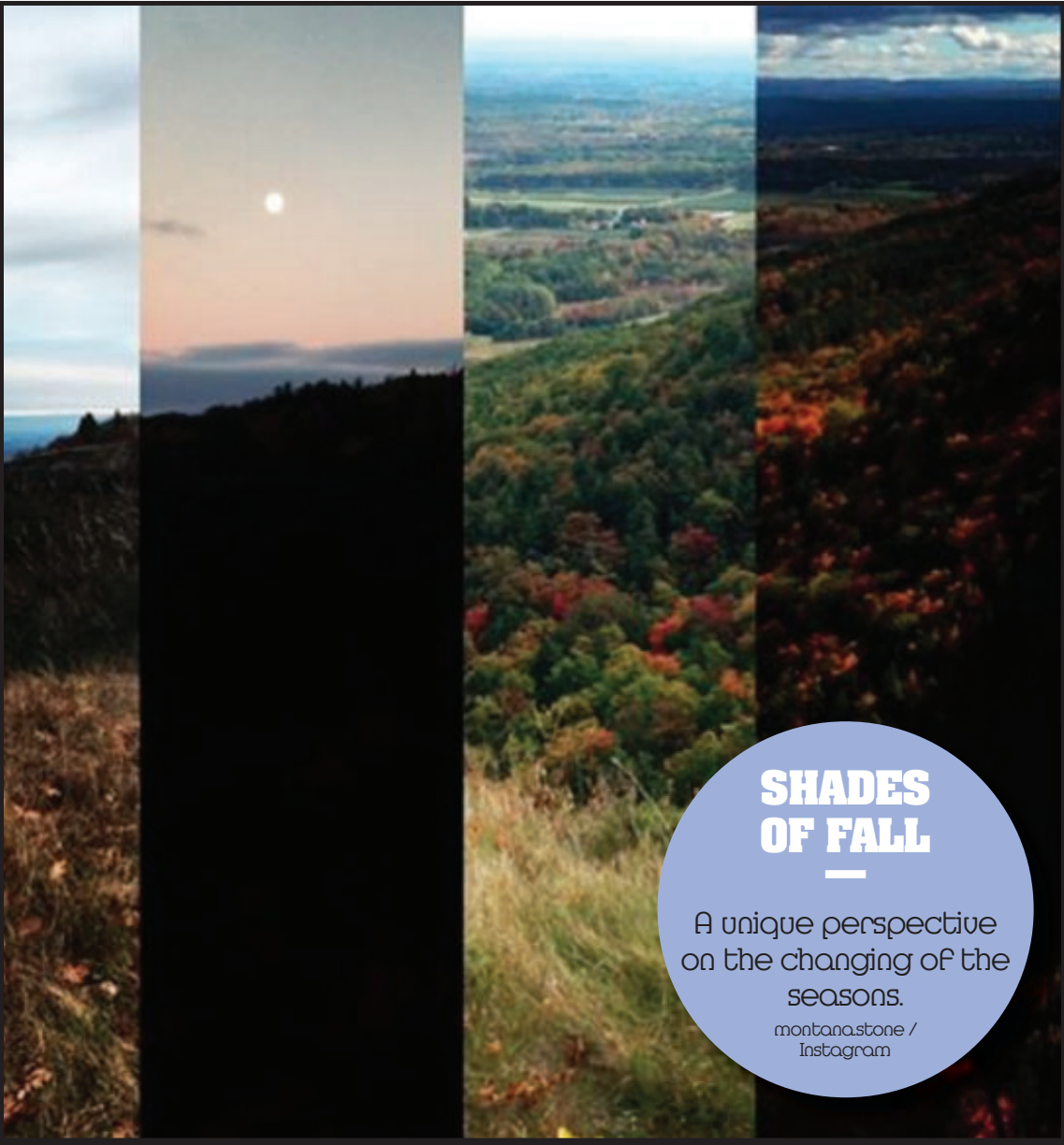
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SHADES OF FALL

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quote of the week

"I don't know if anyone really knew that [CBGBs] was going to be legendary, looking into the future. A lot of bands that were playing there would not be accepted any place else. It was in the early days of punk. Which, we weren't. We really weren't a punk band, but that was the only place to go. [CBGBs], The Mudd Club, Max's Kansas City — that was the only circle, and I don't think anyone thought of it as anything [significant] in the future."

— Bill Milhizer, The Fleshtones



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■ WHAT'S HAPPENING

Zombies all around

Madison Theater hosts Zombie Fest

By **JIM FRANCO**

francoj@spotlightnews.com

ALBANY — The zombies are coming. And, before they take over the world, it might be prudent to learn as much about them as possible.

From Thursday, Oct. 13 to Sunday, Oct. 16, the Madison Theater in Albany will offer just that opportunity with six zombie-themed films, lectures, open discussions and book signings. Zombie costumes are strongly encouraged and zombie makeup will be provided.

Zombie-Fest kicks off Thursday, Oct. 13 with "Juan of the Dead" and "Monster Squad" at 7 p.m. On Friday, Oct. 14 at 6 p.m., guest lecturer David Schmid, an English professor at the University of Buffalo, will talk about the classic movie "Night of the Living Dead" and sign copies of his books. Schmid is the author of "Natural Born Celebrities: Serial Killers in American Culture," "True Crime," "The Devil You know: Dexter and the Goodness of American Serial Killing and other works on murderabilia and murder culture.

"I've always believed that violence and celebrity both provide great windows into the workings of a society. In other words, show me what criminals are famous in a particular culture and I can tell you a lot about that culture's values and what makes it tick," he said on the UB website. "The monsters I'm most interested in are the ones that exist in plain sight."

Also Friday, starting at 8:30 p.m. there will be a zombie party complete with zombie costume contest, live music and you can get your face "zombie up" with special effect face paint artists.

As for movies on Friday, there will be a showing of the classic "Night of the Living Dead" at 6:30 p.m. and "Monster Squad" and "Juan of the Dead" at 7 p.m.

On Saturday, there will be a zombie talk and book signing from 5:30 to 6 p.m.

On screen there will be a matinee of "Juan of the Dead," "Monster Squad" and "White Zombie" at 1 p.m., "Pontypool" at 3 p.m. and later Saturday "Monster Squad" and "White Zombie" will be on at 6 p.m. and "28 Days Later" will be on at 6:15 p.m.

"Night of the Living Dead" and "28 Days Later" will be shown at 8 p.m. and "The Cabinet of Dr. Caligari" round out Saturday's festivities with a showing at 9 p.m.

Schmid will host a closing lecture Sunday at 7:45 p.m.



COMING TO GET YOU

In the mood for zombies, best go to The Madison.

On the screen Sunday: "Night of the Living Dead" at 3 and 9 p.m.; "Juan of the Dead" at 1:15 p.m.; "White Zombie" at 1 p.m.; "28 Days Later" at 3 and 8 p.m.; "Pontypool" at 6:15 p.m.; and "Monster Squad" at 1 p.m.

The Madison Theater is located at 1036 Madison Ave. in Albany. For more information, call 438-2094 or visit themadisontheater.com.

■ COMING UP IN ALBANY

Drink Albany

Quackenbush Square — Saturday, Oct. 15

ALBANY — The Capital Craft Beverage Trail presents Drink Albany, a celebration of the world class libations produced here in the Capital District.

Festivities take place Saturday, Oct. 15 at Quackenbush Square in downtown Albany for the craft beverage event of the year. Enjoy offerings from producers along with local live music, vendors, food and games.

General Admission (2:00 to 6:00 p.m.) tickets include a Capital Craft Beverage Trail signature glass and one complimentary beer or cider of your choice.

VIP Cocktail Hours tickets (12:00 to 2 p.m.) offers an exclusive open bar in the beautiful courtyard of the Albany Visitors Bureau featuring specialty beverages from the producers and craft cocktails from the Albany Distilling Company. For further information, please contact info@drinkalbany.org

Capital Craft Beverage Trail Producers: Albany Distilling Company, Nine Pin Cider, C.H. Evans, Druthers, Heldeberg Brewery, Heldeberg Mountain Brewery, Indian Ladder Farmstead, Beer Diviner, Browns, Rare Form, S&S, Wolf Hollow

■ ... TROY

Hackathon

Tech Valley Center of Gravity — Saturday, Oct. 15

TROY — A 32-hour competition next month in Troy will offer \$5,000 in prizes for clean technology "hacks."

From 9 a.m. Saturday, Oct. 15 to 4 p.m. Sunday, Oct. 16, teams of computer programmers, engineers, inventors, scientists and entrepreneurs will work in teams around the clock to devise clean technology solutions during the Tech Valley Center of Gravity Clean Tech Hackathon (TVCOG).

A hackathon is an event, usually lasting more than a day, where groups of computer programmers and other tech-oriented people collaborate intensely on projects using software. Hackers typically staying in the space the entire time working constantly.

Registration is free but required. An abundance of high quality free food is available to all hackers and participants.

■ CORRECTION

In last week's edition of TheSpot518, in an article headlined "An American In Paris," actor Etai Benson's name was misspelled.

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ARTS

On its way to Broadway

Albany Center Gallery finds home in the Arcade Building

ALBANY — Albany Center Gallery (“ACG”), a nonprofit gallery that has showcased local and regional visual arts for forty years, has announced it will relocate to the historic Arcade Building at 488 Broadway in Albany, after two years of searching for a new location.

The 75,000-square foot building, despite its desirable downtown location, was empty for years until owner Fairbank Properties recently completed a \$10 million renovation that includes 60 apartments. In addition to the gallery, which

will occupy approximately 2,000-square feet of space, the Arcade is also home to the second location for Stacks Espresso Bar.

“The Arcade, across from Jim Dinapoli Park, symbolizes a new era in Downtown where traditional buildings can be put to new contemporary and modern uses,” said ACG’s Executive Director Tony Iadicicco. “This will create a home in which artists will be proud to showcase their art, while bringing a new energy to an underutilized landmark.”

Iadicicco noted that the new location will open opportunities to better connect with Downtown Albany’s newest residents and help bridge the arts corridor to other development projects, including: the proposed Palace Theatre expansion; the soon-to-be-completed Albany Capital Center; and the Times Union

Center upgrades.

Knowing their 10-year lease with the United Group would end in November of this year, ACG began to search for the new location in 2014. “We toured over two dozen properties and had offers to move to places such as Troy and Schenectady. We thought it was important to stay in Downtown Albany,” said Brian Tromans, board member and chair of the ACG’s relocation committee. “The United Group has been very supportive throughout our lease. It was not an easy decision to leave 39 Columbia Street, but the Arcade will bring a new chapter for the Gallery’s creative history.”

“We are thrilled that Albany Center Gallery is remaining in the District,” said Georgette Steffens, executive director of the Downtown Albany Business Improvement District. “The importance

of the arts in our community cannot be overstated, and the Gallery remaining here means the growing number of people who live, work, and play in Downtown will continue to have access to this world-class amenity.”

“We are proud to welcome Albany Center Gallery as an anchor destination to the building and the emerging Maiden Lane corridor. There should be more collaboration to draw residents and businesses back to downtown,” said David Sarraf, manager of Fairbank Properties.

As well as exhibiting more than 1,000 visual artists over the last four decades, ACG has a long history of collaboration and developing partnerships within the community. It has been able to sustain its programs because of private community support and from arts-focused

Continues on B32

FOUND

The beloved gallery will remain in Albany, just a stone’s throw away from its current location.

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WHAT'S HAPPENING

Cartoon legend to make appearance

Ron Campbell showcases his art in Albany

ALBANY — Animator/director Ron Campbell will make a rare personal appearance for a three-day event Monday, Oct. 17, through Wednesday, Oct. 19, at the R.B. Wing Building, 384/386 Broadway.

Campbell — a director on the 1960s Beatles cartoon series and an animator on the Beatles "Yellow Submarine" movie — will showcase his original Beatles cartoon paintings created specifically for the show and create new paintings at the exhibit, which will be available for sale.

Since retiring after a 50-year career, Campbell has been painting subjects based on the animated series he worked on. With an emphasis on The Beatles, he has shown his cartoon pop art in galleries worldwide.

The event is a pop up exhibit sponsored by the Downtown Albany Business Improvement District in partnership with Albany Center Gallery, a non-profit art gallery with a mission of showcasing and promoting local artists.

"We are thrilled to welcome Ron Campbell to downtown (Albany)," said Downtown Albany BID Executive Director Georgette Steffens. "A draw for children and parents alike, this provides another opportunity for people to experience downtown and the unique events held here."

Campbell will be at the R.B. Wing Building from 4 to 8 p.m. Monday, Oct. 17, and from noon to 8 p.m. Tuesday, Oct. 18 and Wednesday, Oct. 19.



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ARTS

The Barn's 'anti-gala' returns

ALBANY — The Albany Barn is celebrating ten years as the city's local creative arts incubator, and to do it properly, it's inviting the public to another annual "anti-gala" party, Friday, Oct. 14.

This year's event, dubbed the 'anti-gala' for its less-than-formal vibe, will also celebrate the Albany Barn's anniversary, which was established ten years ago to give a hand up to emerging artists, and provide space for collaboration and creative and cultural exchange.

In honor of the ten-year anniversary of Albany Barn and FUSION's fifth year, the event's annual Artists Challenge theme is 'the fusion of art and industry.' The theme calls for works produced with wood and metal, corresponding with traditional wedding anniversary gift materials. Five Albany Barn member artists, including Matthew Bartik, Emily Dorr, Tabitha Heisch, Casey Polomaine, and Craig Shufelt will feature their work at the event as a culmination of the challenge. Additional installations by artists Peter Leue and Kris Hauser of Kozmik Sirkus Productions will also be displayed at the event.

In partnership with the Albany

Chefs' Food & Wine Festival, FUSION will feature a custom menu from Chef Michelle Hines Abram, with special guests Chef Derek Adams, Chef Patrick Pipino, and Chef Benji Blanco. Chef Abram is a founding member of the Food & Wine Festival, and has nearly 20 years experience in the hospitality industry having attended the French Culinary Institute in New York City and most recently developing her own event production company called MHA Innovations. The menu will provide a sampling of each chef's unique style, expertly curated by Chef Abrams to compliment the themes of the evening. Also, Druthers Brewing Company will provide hors d'oeuvres and beer, while Empire Wine and DeCrescente Distributing Co will offer wine pairings and non-alcoholic beverage options. A coffee station and dessert displays from The Cookie Factory will round out the evening.

For tickets and information, visit AlbanyBarn.org/FUSION2016. Admission includes after party with live music and shuttle tours of Breathing Lights public art installation.

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Albany Symphony Orchestra: 'Roscoe: An American Grand Opera'

ALBANY — Opera superstar and soprano Deborah Voigt joins David Alan Miller and the Albany Symphony Orchestra for its second concert of the 2016-17 season, "Roscoe: An American Grand Opera" at the Palace Theatre on Saturday, Oct. 15 at 7:30 p.m.

Based on the acclaimed novel by local author William Kennedy, "Roscoe" is a new, American opera — tragic, comic and poignant— featuring music composed by Evan Mack and libretto by Joshua McGuire. The work focuses on Roscoe Conway, who after years of serving as the motor of Albany's political machine, longs to retire. However, just as he hopes to do so, he gets pulled right back into the thick of things. Baritone Jeffrey Williams of Albany Pro Musica, will perform the role of Roscoe Conway.

Tickets for the performance, which range from \$19 to \$60 each, are still available for purchase by phone via the box office at 518.694.3300 or online at ticketmaster.com

For more information, call the box office or visit www.albanysymphony.com.

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



Soprano Deborah Voigt

Photo by Luke Ratray



Dancer-choreographer Savion Glover

Photo courtesy of Savion Glover Productions

The Creative Life: A Conversation Series

ALBANY — The University at Albany's new program "The Creative Life: A Conversation Series" continues the afternoon of Saturday, Oct. 15, with Tony Award-winning dancer-choreographer Savion Glover.

Join WAMC's Joe Donahue in Page Hall on the University at Albany's downtown campus at 135 Western Ave., at 1 p.m. for a live, onstage interview with Glover about his work and career, including his sources of inspiration and how he has sustained his artistic practice over time. The event will conclude with a question and answer period.

Glover, whose previous works include "Bring in 'da Noise, Bring in 'da Funk," and "Shuffle Along," has not only appeared on "Sesame Street" numerous times, but also performed the live capture dance movement for both "Happy Feet" and its sequel and wrote "Savion! My Life in Tap," a book for young readers. He will be premiering his latest work, "New Soundz," at The Egg that night at 8 p.m.

The event is free and open to the public. For more information, call the UAlbany Performing Arts Center at 518.442.3997.

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\$5 Bloody Marys • \$5 Mimosas

1186 Western Avenue, Albany NY • 935-2661

CLUBS

9 Maple Avenue

9 Maple Ave., Saratoga Springs.
www.9mapleave.com
Fri: **Mark Kleinhaut Trio** | 9 p.m.
Sat: **Jon LeRoy Trio** | 9 p.m.

Aperitivo

426 State St., Schenectady. 579-3371
Tue: **Jecco Duo** | 7 p.m.

Arthur's Market

35 N. Ferry St., Schenectady. 382-1938
Thur: **Edith's Amazing Jam** | 6 p.m.
Fri: **Jim Connelly & Friends** | 7 p.m.
Sat: **Paddy Kilrain, Rick Sacchetti** | 7 p.m.
Mon: **Dave Kitchen Trio** | 7 p.m.
Tue: **Jazz Jam** | 7 p.m.

Café NOLA

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

Caffé Lena

47 Phila St., Saratoga Springs. 225-0882
Thur: **Open Mic** (42 Phila St.) | 7 p.m.
Fri: **Jim Gaudet & The Railroad Boys** (233 Lake Ave.) | 7 p.m.
Sat: **Rory Block** (233 Lake Ave.) | 7 p.m.

Carney's Tavern

17 Main Street, Ballston Lake. 280-7959
Thur: **Matty Finn** | 6 p.m.
Fri: **Whitewater Duo** | 7:30 p.m.

Castle Street Café

10 Castle St., Great Barrington, Mass. 413-528-5244
Fri: **Peter Primamore Trio** | 8 p.m.
Sat: **Galen Clark's Subatomic Trio** | 8 p.m.

Centre Street Pub

308 Union St., Schenectady. 393-2337
Wed: **Jecco Trio with Sam Zucchini** | 6 p.m.
Thur: **Joel Fisher** | 6 p.m.
Fri: **Good Time Charles** | 9 p.m.

Chrome Food & Spirits

405 Hudson River Road, Waterford. 326-2725
Sat: **Johnny Morse, Kristin Capolino,**

ARTS CALENDAR



Not a happy birthday

Theater Voices presents a staged reading of Harold Pinter's absurdist comedy, "The Birthday Party," Oct. 14-16 at Steamer No. 10 Theatre, 500 Western Ave. in Albany.

Katrina Foster/submitted photo

Code Blue | 8 p.m.

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

Club Helsinki

405 Columbia St., Hudson. 828-4800 or helsinkiHUDSON.com
Sun: **Crystal Bowersox, Jono Manson** | 8 p.m.

Diamond Club Grill

Embassy Suites, 88 Congress St., Saratoga Springs. 886-1111
Fri: **Garland Nelson** | 7:30 p.m.

Dolce Vita

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

Emack & Bolio's

366 Delaware Ave., Albany. 512-5100
Fri: **Alan Goldberg** | 7 p.m.
Sat: **Deb Cavanaugh** | 3 p.m.
2 Late | 7 p.m.
Every Tue: **Open Mic** | 7 p.m.

Fuze Box

12 Central Ave., Albany. 703-8937
Fri: **Everyone Dies in Utah, Convictions,**

Glass Houses, Conspire, Like Lions,

Breathe the Skyline | 6 p.m.
Sat: **80s Night** | 9 p.m.

Gaffney's

16 Caroline St., Saratoga Springs. 587-7359
Fri: **Gwen Tracy Trio** | 9 p.m.
Sat: **Toga Boys** | 9 p.m.
Tue: **Open Mic w/ Rick Bolton** | 7:30 p.m.

Ginger Man

234 Western Ave., Albany. 427-5963
Fri: **Nat Phipps Trio** | 8 p.m.

Grappa '72

818 Central Ave., Albany. 482-7200
Wed & Thur: **Hamilton Street Jazz Company** | 6:30 p.m.
Fri: **Jeanne O'Conner Trio** | 6:30 p.m.

The Hangar

675 River St., Troy.
Thur: **Chris Dukes & Jeff Garrison** | 8 p.m.
Sat: **The Fleshtones** | 3 p.m.

The Happy Cappuccino

1 Crossgates Mall Road, Albany. 313-7423
Fri: **Jecco** | noon

The Hollow Bar + Kitchen

79 N. Pearl St., Albany. 426-8550
Wed: **Underground System, Taina Asili y la Bande Rebelde, Kuts & Kicks** | 9 p.m.
Thur: **Giant Panda Guerilla Dub Squad, Annie in the Water** | 9:30 p.m.
Fri: **Big Mean Sound Machine** | 9:30 p.m.

Hudson River Music Hall

10 Maple St., Hudson Falls. 832-3484
Wed: **Open Mic** | 7 p.m.
Sat: **Wild Adriatic, Red Shift, The Midnight Revival Band, Joe Mansman** | 7:30 p.m.

Lanie's Café

471 Albany-Shaker Road, Loudonville, 438-5005
Tue: **Dan Sherwin** | 6 p.m.

The Low Beat

335 Central Ave., Albany. 432-6572
Wed: **The Deadbeats** | 10 p.m.
Thur: **Peter Case** | 7 p.m.
Fri: **Spirit of Violence, Jouska, Lake Pleasant** | 8 p.m.
Sat: **Walter Salas-Humara** | 7:30 p.m.
Sun: **Listener** | 7 p.m.

Lucky Strike Social

1 Crossgates Mall Road, Albany. 556-3350
Sat: **Joe Maz** | 10 p.m.

Continues on B10

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ACROSS

- 1. Affirm
- 5. Healthful retreats
- 9. High speed
- 13. Bay
- 14. Conceal
- 15. Oblivion
- 16. Fanciest
- 18. ___ of roses
- 19. Antiquity, in antiquity
- 20. Armageddon
- 21. Brat
- 23. Little fellow
- 25. Receptive part of the brain
- 27. Apprentice
- 28. Maple genus
- 29. Discouraging words
- 30. Alpha's opposite
- 33. Beginnings
- 36. Set of one, Aô's emotional qualities
- 38. William Randolph ___
- 40. Remarkable or outstanding
- 41. Driver's lic. and others
- 42. "When it's ___" (old riddle answer)
- 44. Speech problem
- 48. Sweet wine
- 51. Jerk
- 53. Like a trumpet
- 54. Court
- 55. ___-tzu, Chinese philosopher
- 56. Lifeboat lowerer
- 57. Extra piece
- 60. Agenda entries
- 61. Afflicts
- 62. "Little Caesar" role
- 63. ___ mortals
- 64. Change states, in a way
- 65. "Our Time in ___" (10,000 Maniacs album)

DOWN

- 1. Honor
- 2. Large number of arrows/bullets
- 3. One who slips away
- 4. ___gestae
- 5. Excel
- 6. ___ Piper
- 7. Infomercials, e.g.
- 8. Couch
- 9. Geo model
- 10. Bartender?
- 11. Ancient battle vehicle
- 12. "___ Town Too" (1981 hit)
- 15. 1968 Chemistry Nobelst Onsager
- 17. "Comprende?"
- 22. Sign up
- 24. Beau
- 25. Watergate, e.g.
- 26. Balaam's mount
- 28. Back, in a way
- 31. "___ Doubtfire"
- 32. Heir's concern
- 34. Bubkes
- 35. Class
- 36. Jewish holiday in March/April
- 37. Balloon filler
- 38. "Get ___!"
- 39. School
- 43. Excess equipment thrown overboard a ship
- 45. Set into surface
- 46. Rare
- 47. Particle of light
- 49. It may be organized
- 50. Aardvark fare
- 51. Least good
- 52. ___ v. Wade
- 54. Stopping point
- 56. Faint
- 58. Pandowdy, e.g.
- 59. Grand ___ ("Evangeline" setting)

Answers on Pg. B27

ARTS CALENDAR

McGeary's
4 Clinton Square, Albany. 463-1455
Wed: **Best Damn Open Mic Ever with MotherJudge** | 7:30 p.m.
Sun: **Blues Jam** | 7:30 p.m.

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: **John Birchler (John Denver tribute)** | 7 p.m.
Thur: **Dave Kitchen** | 6 p.m.
Fri: **Ryan Legere & Peter Carman** | 7 p.m.
Sat: **Benjamin John, Folktronica** | 7 p.m.

Sun: **Open Mic** | 7:30 p.m.
Mon: **Mike, John & Jere** | 7 p.m.
Mouzon House
1 York St., Saratoga Springs. 226-0014
Thur: **Hot Club of Saratoga Trio** | 7 p.m.
Fri: **Brass and 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: **Traditional Irish Session** | 7:30 p.m.

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

8:30 p.m.
Thur: **Cloud Lifter** | 8 p.m.
Fri: **Hot Club of Saratoga** | 9 p.m.
Sat: **Jill Hughes and the High Rollers** | 9 p.m.
Sun: **Bobby Kendall** | 6 p.m.
Mon: **Tim Wechgelaer** | 7:30 p.m.

Parish Public House
388 Broadway, Albany. 365-0444
Fri: **The Deadbeats** | 10 p.m.
Sat: **Driftwood, The Eastern Highs** | 8 p.m.

The Parting Glass
40 Lake Ave, Saratoga Springs. 583-1916
Sat: **Get Up Jack** | 8 p.m.
Sun: **Aaron Lewis Band** | 7 p.m.

Panza's
510 NY Rte. 9P (on Saratoga Lake),

Saratoga Springs. 584-6882
Fri: **Azzaam Hameed** | 6:30 p.m.
Sat: **Michael Panza & Charles Cornell** | 7 p.m.

Pauly's Hotel
337 Central Ave., Albany. paulyshotel.com
Wed: **Traitre, Aggressive Response, Chloroform Party** | 8 p.m.
Sat: **Long Live the Goat, Charmboy, Hammer Hawk** | 8 p.m.
Mon: **Blues Jam** | 8 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
Fri: **Dave Spadero Group (James Brown dance party)** | 9:30 p.m.
Sat: **Gratefully Yours** | 10 p.m.

Rustic Barn Pub
150 Speigletown Road, Troy. 235-5858
Thur: **Open Mic** | 8 p.m.
Fri: **Skeeter Creek** | 9 p.m.
Sat: **The Cornerstone, Ampevene** | 8 p.m.

Sun: **Average Bear, The Bone Crew, The Bear Bones Project, Bob Gamache & Rudd Young** | 2 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
Thur: **The Concert Jazz Band** | 7 p.m.

Speakeasy 518
42 Howard St., Albany. 449-2332
Wed: **Chris Carbailleira** | 8 p.m.
Thur: **Bryan Brundige Duo** | 9 p.m.
Fri: **Erik Johnson Trio** | 9 p.m.
Sat: **Phil Allen Trio** | 9 p.m.
Mon: **Joe Finn** | 8 p.m.
Tue: **Justin Henricks Duo** | 8 p.m.

Stockade Inn
1 North Church St., Schenectady. 346-3400
Thur: **Erin Harkes** | 7 p.m.
Fri: **Carla Metz & Larry Acunto** | 7 p.m.

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MOVIE OF THE WEEK

An American in Paris A New Musical
OCTOBER 14 - 21

EPIC RAP BATTLES OF HISTORY'S
ZACH SHERWIN
SATURDAY, OCTOBER 15 • 8 PM

DAVID SCHEEL in:
Don't Shoot Me, I'm Only the Piano Player
OCTOBER 21 • 7:30 PM

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ARTS CALENDAR

Twisted Vine

384 Kenwood Ave., Delmar. 439-3241
Thur: **Skip Parsons' Clarinet Marmalade Trio** | 8 p.m.

Universal Preservation Hall

25 Washington St, Saratoga Springs. 584-2627

Sat: University of Rochester

YellowJackets (benefit) | 7:30 p.m.

The Upper Room

59 N. Pearl St., Albany. 694-3100

Tue: **Tommy Castro and the Painkillers** | 6:30 p.m.

Upstate Concert Hall

1208 New York 146, Clifton Park. 371-0012 or upstateconcerthall.com

Thur: **Switchfoot, Reliant K** | 6:30 p.m.

Sat: **Pennywise** | 7 p.m.

Sun: **Blue October** | 7 p.m.

Tue: **Twiztid** | 6 p.m.

Waterworks Pub

76 Central Ave., Albany. 465-9079

Thur: **DJ Shawn Gillie** | 11 p.m.

Fri: **Karaoke** | 10 p.m.

Sat: **DJ David Barna** | 10 p.m.

Mon: **Karaoke** | 10 p.m.

Yono's

25 Chapel St., Albany. 436-7747

Fri and Sat: **Hamilton Street Jazz Duo** | 6:30 p.m.

MUSIC

Fantastic Negrito

Modern American bluesman Xavier Dphrepaulezz performs, with special guest Bryan Thomas. Oct. 13, 8 p.m., Cohoes Music Hall, 58 Remsen St., Cohoes. Tickets: \$26 and \$32. Information: palacealbany.com.

Daisycutter

Sara Milonovich and her band celebrates the release of a new CD. Oct. 14, 8 p.m., The Linda: WAMC's Performing Arts Studio, 339 Central Ave., Albany. Tickets: \$20. Information: 465-5233 or thelinda.org.

Martin Sexton

Americana/roots music singer-songwriter. Oct. 14, 8 p.m., The Egg, Empire State Plaza, Albany. Tickets: \$34.50. Information: 473-1845 or www.theegg.org.

Sandi Patty

Christian music icon brings her "Forever Grateful" farewell tour to town with a lineup of special guests including Veritas and members of Patty's family. Oct. 15, 7 p.m., Troy Savings Bank Music Hall, 30 Second St., Troy. Tickets: \$25 and \$45, with a \$100 platinum package available. Information: 273-0038 or troymusichall.org.

Boogie Stomp

The piano-playing blues/Americana duo of Bob Baldori and Arthur Migliazza come to town for a night of rollicking music. Oct. 15, 7:30 p.m., Cohoes Music Hall, 58 Remsen St., Cohoes. Tickets: \$22. Information: palacealbany.com.

Albany Symphony Orchestra

World premiere of "Roscoe," an opera based on William Kennedy's novel, and featuring Deborah Voigt. Oct. 15, 7:30 p.m., Palace Theatre, 19 Clinton Ave., Albany. Tickets: \$19-\$60. Information: palacealbany.com.

Celtic Fiddle Festival

Kevin Burke, Christian Lemaitre and Charlie McKerron showcase the fiddle styles of Ireland, Scotland and the

Brittany section of France. Oct. 15, 7:30 p.m., Old Songs Community Arts Center, 37 South Main St., Voorheesville. Tickets: adults \$25, children 12 and under \$5. Information: 765-2815 or oldsongs.org.

The Eighth Step Presents

John McCutcheon

Multi-instrumentalist singer-songwriter. Oct. 15, 7:30 p.m., GE Theatre at Proctors, 432 State St., Schenectady. Information: 346-6204 or www.proctors.org.

Nick Barr: 50 Years in the Making

WAMC's "Bluegrass Time" host celebrates 50 years in bluegrass music with the help of special guests including Dave Kiphuth and Phil Rosenthal, Al & Kathy Bain, Marty Wendell and an appearance by the Barr Brothers. Oct. 15, 8 p.m., The Linda: WAMC's Performing Arts Studio, 339 Central Ave., Albany. Tickets: \$15. Information: 465-5233 or thelinda.org.

O'Connor Band

Fiddle virtuoso Mark O'Connor performs an eclectic mix of acoustic music with his wife, Maggie, and son, Forrest, along with Kate Lee, Joe Smart and Geoff Saunders. Opening act: Red Dog Run. Oct. 16, 7 p.m., The Egg, Empire State Plaza, Albany. Tickets: \$34. Information: 473-1845 or www.theegg.org.

Drums of India

An electrifying evening of drums and vocals from India, featuring renowned table player Bickram Ghosh. Oct. 19, 7:30 p.m., Troy Savings Bank Music Hall, 30 Second St., Troy. Tickets: \$30. Infor-

mation: 273-0038 or troymusichall.org.

Music for Four Hands

Pianists Duncan Cumming and Melinda Cestaro perform works by Mozart, Schubert, Fauré and Dvorak. Oct. 19, 8 p.m., University at Albany Performing Arts Center, uptown campus, 1400 Washington Ave., Albany. Tickets: general public \$8, students/seniors/UAAlbany staff \$4. Information: 442-3997 or www.albany.edu/pac.

THEATER

Outside Mullingar

John Patrick Shanley's comedy about an unlikely romance between two rural, middle-aged neighbors in the Irish countryside. Presented by Capital Repertory Theatre, 111 North Pearl St., Albany, through Oct. 16. Shows: Tuesday through Thursday 7:30 p.m., Friday 8 p.m., Saturday 3 and 8 p.m., Sunday 2 p.m. Information: 445-7469 or capitalrep.org.

Southern Comforts

Kathleen Clark's romantic comedy about a late-in-life relationship between a quite, reclusive widower and a vivacious Southern widow. Presented by The Lake Theatre, Holiday Inn Resort, Lake George, through Oct. 22. Shows: 11:30 a.m. matinees Tuesdays through Thursdays, 6:30 p.m. dinner shows Wednesdays through Saturdays. 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.

An American in Paris

The Tony Award-winning musical about an American soldier and a mysterious French girl in post-war Paris. Oct. 14-21, Proctors, 432 State St., Schenectady. Shows: Oct. 14 and 15 8 p.m., Oct. 16 2 p.m., Oct. 18 and 19 7:30 p.m., Oct. 20 1:30 and 8 p.m., Oct. 21 8 p.m. Tickets: \$25.75-\$95.75. Information: 346-6204 or www.proctors.org.

Rapture, Blister, Burn

2013 Pulitzer Prize finalist for drama about two grad school friends who take different paths in life. Presented by Schenectady Civic Players, Oct. 14-23, Schenectady Civic Playhouse, 12 South Church St., Schenectady. Shows: Wednesday and Thursday 7:30 p.m., Friday and Saturday 8 p.m., Sunday matinees at 2:30 p.m. Tickets: \$20. Information: 382-2081 or www.civicplayers.org.

Shrek: The Musical

Current Broadway musical hit based on the animated movie series. Presented by Home Made Theater, Oct. 15-30, Spa Little Theater, Saratoga Spa State Park, Saratoga Springs. Shows: Friday and Saturday 7:30 p.m., Sunday matinee 2 p.m. Tickets: \$26 and \$29. Information: 587-4427 or www.homemadetheater.org.

The Birthday Party

Staged reading of Harold Pinter's absurdist comedy about a birthday party that goes wrong. Presented by Theater Voices, Oct. 14-16, Steamer

No. 10 Theatre, 500 Western Ave., Albany. Shows: Friday 8 p.m., Saturday 3 and 8 p.m., and Sunday 3 p.m. Free. Information: 438-5503 or email info@theatervoces.org.

COMEDY

The Funny Bone

Brad Williams headlines, Oct. 12, 7:30 p.m., Oct. 13, 7:30 p.m., Oct. 14, 7:30 and 10 p.m., Oct. 15, 7 and 10 p.m. and Oct. 16, 7 p.m. Crossgates Mall, Western Avenue, Guilderland. Information: 313-7484 or Albany.funnybone.com.

The Comedy Works

Paul Virzi headlines, Oct. 12 and 3, 8 p.m., and Oct. 14 and 15, 8 and 10 p.m. 388 Broadway, Saratoga Springs. Information: 275-6897 or thecomedyworks.com.

Pretty Much the Best

Comedian/actor continues his stand-up tour. Oct. 19, 8 p.m., Palace Theatre, 19 Clinton Ave., Albany. Tickets: \$50. Information: palacealbany.com.

Louis C.K.

Comedian/actor continues his stand-up tour. Oct. 19, 8 p.m., Palace Theatre, 19 Clinton Ave., Albany. Tickets: \$50. Information: palacealbany.com.

DANCE

Savion Glover "New Soundz"

Tap dancer/choreographer teams up with the James Carter Quartet to debut

Continues on B12

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one appetizer to share, two main courses (\$20 max), one dessert to share & two glasses of featured wine
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\$19⁹⁹

lunch for two special

two mixed green salads, two entrees & two non-alcoholic beverages (a \$30 value)
Grappa '72 Ristorante

With this ad only. Valid 7 days a week for up to six people. Lunch only. Some restrictions apply. Extra charge applied if your entire order is over \$12. Not valid on holidays or during any special events. Does not include tax or gratuity. No substitutions. Expires 10/31/16.

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JANA KRAMER

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OLIVIA LANE

RUNNER UP ON AMERICAN IDOL

LAUREN ALAINA

"LIPSTICK"

RUNAWAY JUNE

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ARTS CALENDAR

Cost: adults \$12, children ages 5-10 \$5, children under 5 free. Oct. 13, 747 Hudson Ave., Stillwater. Information: 664-7984.

Candlelight Walking Tours

Explore the haunted past of the historic Stockade section of Schenectady. Oct. 14, 21 and 28. Tours leave at 7 and 7:30 p.m. from the Schenectady County Historical Society, 32 Washington Ave. Tickets: \$12. Information: 374-0263, ext. 5 or schenectadyhistorical.org/walkingtours.

The Creative Life

University at Albany's conversation series features dancer/choreographer Savion Glover. Oct. 15, 1 p.m., Page Hall, University at Albany downtown campus, 135 Western Ave., Albany. Free. Information: 442-3997.

Mangia! Tour & Tastings of Italian Schenectady

A guided walk through Schenectady's Little Italy, including tastings at Garofalo's & Co., Civitello's Italian Pastry Shoppe and Cornells. Presented by the Schenectady County Historical Society, Oct. 19, 11 a.m. Meet at the corner of North Jay and Warren streets. Tickets: \$12. Information: schenectadyhistorical.org/walking-tours.

Children and teen acting classes

Five-week programs for children ages 7-16 on Saturdays beginning Oct. 22. Home Made Theater, Spa Little Theater, Saratoga Spa State Park, Saratoga Springs. Information: 587-4427.

EXHIBITS

Albany Center Gallery

"Where Things Go: Sculpture by Paul

Mauren," through Nov. 4. 39 Columbia St., Albany. Information: 462-4775 or www.albanycentergallery.org.

Albany Institute of History and Art

"The Art of Seating: 200 Years of American Design," through Dec. 31; "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.

Brookside Museum

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

Collar Works

"Reclamation," an exhibit guest curated by Ian Berry, Dayton Director of Skidmore College's Tang Teaching Museum and Art Gallery, through Oct. 22. 621 River St., Troy. Information: 285-0765 or www.collarworks.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 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.

Lake George Arts Project

"Oatman & Father, Signmakers," featuring the creations of Gordon and Michael Oatman, through Oct. 28. Courthouse Gallery, Old County Courthouse, corner of Canada and Lower Amherst streets, Lake George. Information: 668-2616 or www.lakegeorgearts.org.

The Little Gallery

"One Ground Beetle: A Year in Haiku," 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.

Photography Center of the Capital District

"Tenth Annual Members Show," featuring prints by 34 center members, through Oct. 30. 404 River St., Troy. Information: 273-0100 or www.photocentertroy.org.

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: Parrem 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 thomascollection.org.

Union College

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

SUDOKU

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Answers on Pg. B27



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— ENTRÉES —

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— DESSERT —

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- Bistro Duck
- Colonie Stir Fry

Dessert

- Fried Vanilla Ice Cream with chocolate, strawberry, or caramel sauce

* Absolutely no coupons combined with this promotion

Colonie Restaurant Week is a week-long event highlighting the delicious and unique eateries in and around Colonie, N.Y. The week begins on **Monday, October 17th** and runs in participating restaurants until **Sunday, October 23rd**. Each participating restaurant prepares a special 3-course meal for only \$20.16



Food & Vino

Farfalle with Spinach, Mushrooms and Pancetta

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

CULINARY ARTS

Ingredients — Serves Four

- 1 lb. Farfalle Pasta
- 4 cloves of garlic, sliced
- 1 10-ounce package of baby Bella mushrooms
- 4 cups of baby spinach
- 4 ounces of pancetta, cubed
- 1/2 cup of white wine (any you may open)
- 1 cup of grated Pecorino Romano cheese (more for serving)
- 4 Tbs. extra virgin olive oil
- Sea salt
- Fresh ground black pepper

You can also add mushrooms and asparagus.

Preparation

Cook pasta to al dente (firm to the bite)
Heat oil on medium-high heat, add garlic and saute for two minutes. Add the pancetta, and saute for another two minutes. Reduce the heat to medium-low, and add the wine. Continue cooking until the wine reduces. Add the mushrooms, continue another 5-7 minutes. Then add the spinach, cook until just wilted. Remove skillet from the heat, and add the cheese. Toss, add salt and pepper to taste. Add more cheese to each individual serving.

Wine Pairing

Chateau Ste Michelle Dry Riesling — Columbia Valley, Washington - This wine is vibrant with flavors of summer fruit and citrus. It has a dry finish.

Until next recipe,
Annie

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



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■ LIFESTYLE

Fall foliage tours

Peak leaf peeping foliage is approaching, so best prepare

By **TRESA ERICKSON**
news@spotlightnews.com

When the days turn cooler and the leaves glisten in shades of gold, orange, purple and red, America becomes a beautiful sight to behold. It is so beautiful, in fact, that many take time out to tour the color-changing landscape. If a fall foliage tour sounds like a great idea to you, read on!

PEAK FOLIAGE
—
Check iloveny.com for best times for local leaf peeping.

There are a couple of avenues for exploring America's

shifting fall color palette. You can create your own route and explore it by foot, bike or car. You can look to a professional to guide you and explore the route by bike, bus or train. Either way, you are sure to have a great fall foliage tour.

For some leaf peepers, there is no better way to check out the changing colors than to fly solo. They choose their own route and go their own pace. There are hundreds of sources online and in print for determining the most scenic fall foliage routes.

For other leaf peepers, only a guided fall foliage tour will do. They don't have the time or inclination to plot out a route, nor do they want to do the driving. It's far better to hop a bike, bus or train and leave the planning to someone else.

Professional fall foliage tours can range from a few hours to several days, with fees based on the length of trip and services

provided. As with any trip you take, you should research in depth what's offered and select the package that will best serve you. Some tours are better than others, and it pays to read customer reviews and check out references and recommendations. When you have selected a tour, you should get everything in writing, including the fees as well as a list of what you will need for the trip.

No matter how long the fall foliage tour, guided or self-guided, there are a few things you should do to ensure you have a good time. You should always dress in layers to account for changing temperatures. You should pack a first aid kit, along with nutritious snacks and water, for any hikes you might take. Finally, you should bring a camera. No doubt you will come across some sights that you won't want to forget.

Fall foliage tours can be great fun. Don't dismiss the beauty around you. Whether just a short jaunt around the local area or a long trek up the coast, you're sure to be inspired by Mother Nature's changing fall vista.

Best locations

According to iloveny.com, the week of Columbus Day is the optimum time to visit the Adirondacks for the best color foliage.

North Country's colder climates lend to an earlier peak season compared to neighboring regions.

Field observers report Tupper Lake and Mt. Arab areas expect peak foliage this weekend with 85 percent color change and bursts of magenta, rhubarb, strawberry, raspberry, bittersweet, dandelion, buttercup, russet and golden orange. While Lake Placid is already at peak.

In relation, the Capital District and Mohawk Valley is still around the midpoint of color change, so the best times are yet to come. Of course, the higher in elevation that you go, the close you will be to peak this week.

— Michael Hallisey

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HEALTH & FITNESS

Fiber: Know your number?

It's key to know what's going into your body, so you know what you can get out of it

By DAN ROMAND
news@spotlightnews.com

Did you know that fiber matters when it comes to being healthy?

Yet, for most of us it's an afterthought (if a thought at all.)

And, if you are like most Americans you aren't getting enough fiber in your diet.

What Are The Requirements?

On average women need 25 grams of fiber per day, and men need 38 grams per day. Yet according to the Institute of Medicine the average adult only eats 15 grams of fiber per day.

Needless to say that's quite a deficiency and it can lead to a host of health problems including: poor digestive health, cardiovascular disease, blood sugar issues and weight gain.

Let's take a look at them.

Poor Digestive Health

When we don't consume the right amount of fiber we put a strain on our digestive system.

Fiber in particular insoluble fiber plays a significant role in keeping

the intestines and colon functioning properly which lessens the risk of various disease including: constipation, hemorrhoids and diverticular disease.

It helps regulate bowel movements and research is finding that it may potentially reduce the risk of colon cancer.

Cardiovascular Disease

Elevated levels of cholesterol both total and LDL can lead to a significant increase in the risk of arterial diseases such as strokes and coronary heart disease. When we don't consume enough fiber it can contribute to having higher cholesterol levels. Soluble fiber from foods such as citrus fruits, pears, beans and oats bind with the bad LDL in the intestinal tract and help remove it from the body. The Academy of Nutrition and Dietetics recommends eating 7-13 grams of soluble fiber every day.

Blood Sugar Issues

The American Diet has become a nutritional nightmare. For many of us we exist on low fiber, refined carbohydrates such as white breads not to mention sugary foods. This causes our blood sugar to spike as the body attempts the handle the onrush of glucose in the blood stream this kind of diet causes. Fiber can slow

the absorption of sugar when it is consumed at the same time. This causes the levels of sugar (glucose) in the blood to remain more stable. Additionally research is showing that dietary fiber in foods may help reduce the risk of Type 2 diabetes.

Weight Gain

As we've mentioned the American diet lacks in fiber and contains a lot of highly refined carbohydrates. This causes our blood sugar to rise and then inevitably comes the crash. A good example of this... Did you ever go to a Chinese restaurant and two hours later feel like your starving?

And what do most of us do when that happens? Reach for more processed carbohydrates.

Fiber helps prevent that from happening as it makes us feel fuller longer and as mentioned before reduces the blood sugar spikes. This in turn helps lesson the tendency to overeat.

Additionally, high fiber foods generally take us longer to chew, and are slower to digest, keeping the stomach and brain feeling full.

Know Your Numbers

Did you ever wonder how much fiber do you eat each day?

Here's a quick easy way to get a good estimate if you are consuming enough

fiber.

Grab a pen and paper and tally up what you've eaten today.

Beans, one half cup (7); vegetables, one cup (4); salad, one cup (2); fruit, one piece (3); fruit juice, one cup (1); white bread (1); whole grain bread (2); white rice, one cup (1); brown rice, one cup (3); intact oatmeal, one cup (4); meat, poultry or fish (0); eggs or dairy (0); sodas or water (0).

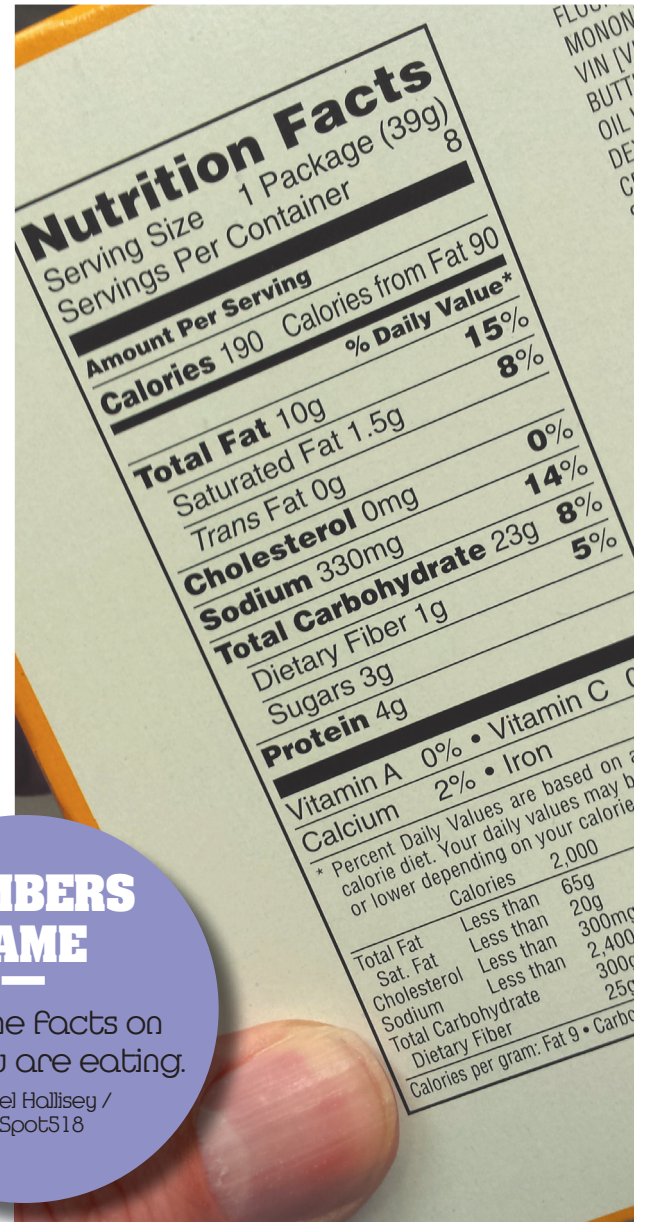
If you scored less than 20: You likely need more fiber in your diet.


Boosting your fiber will control your appetite and cut your risk for many other health problems.

If you scored 20-39: You consume more fiber than most people, but adding more fiber to your diet will continue to make foods more satisfying and cut your calorie intake.

If you scored 40 or more: Congratulations, you are getting plenty of healthy fiber in your diet. An added bonus for you is a reduced risk of cancer, heart disease, diabetes and digestive problems!

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






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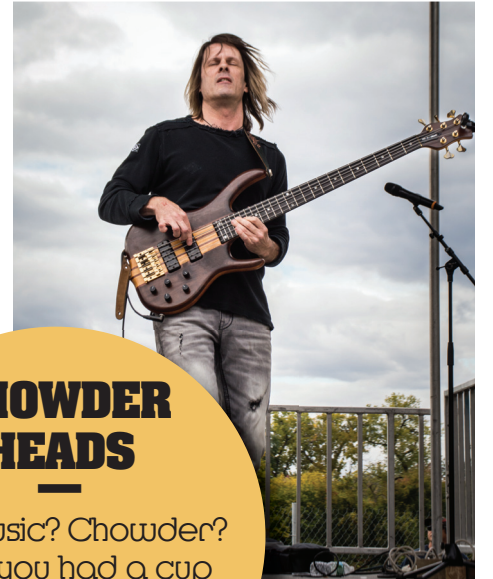


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CHOWDER HEADS

Live music? Chowder? Hope you had a cup in Troy Sunday, Oct. 9.

Photos by Garrett Mac Aoidh



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■ RESTAURANT REVIEW

Ambition brings simple delights

By **ELIZABETH SCHAEFER**

news@spotlightnews.com

SCHENECTADY — Sometimes a girl just needs a good bloody mary.

Between work, workouts, kids back to school and throwing a move in there, I was more than desperate. But, then the question arises, not only do I need a bloody mary, but I need food, and I need to feed my daughter and boyfriend as well. So the only answer to this very quandary is Ambition in Schenectady. Tucked away on Jay Street, it is one of those places that is easy to miss, but once you go, you won't forget about it. I have only been there for brunch, but I have heard great things about their lunch. Ok so back to me and my desperate need for a bloody mary.

Ambition has a décor that is hard to explain, retro and fun would be the best way. All sorts of fun old posters, and signs on the walls, retro booths and tables and just a totally relaxing atmosphere. We seated ourselves and when the server came over to say that he would be right over, I told him that was great, but please send over a bloody mary immediately.

He came back quickly with our menus and to my delight, my beautiful drink. Served in a mason jar style mug, it comes with a cucumber garnish as well as a lemon and lime. It is perfectly spicy, not overpowering at all, and way too easy to drink! The first sip is always as good as the last, and the same goes for when you order a second (which on this particular day, I did). There is something just a little different about their bloody's, something that makes them extra refreshing. I haven't been able to decipher exactly what the difference is, but whatever it is,

I like it!

Their menu is simple, which I like, because in general that means to me, you can't go wrong. That everything is going to be good. They always have a quiche special as well as some sort of other special (a fancy French toast, pancake or waffle dish usually). I ended up with the Greek Omelet, which is spinach, feta, and mushrooms. I substituted egg whites, which wasn't an issue at all. My boyfriend went with their "square start" which is basically eggs, toast, home fries and meat. My daughter wasn't in the mood for breakfast (it was nearly 11:30) so she instead went with the Turkey Avocado Sandwich.

While we waited, my boyfriend enjoyed a coffee (their coffee is outstanding) and she had chocolate milk and I started in on my second bloody mary. This one, I took much slower.

The food is usually quick there, and the Sunday we were there was no different. Our meals came quickly, and they were hot and delicious. My omelet was large, and the fillings were plentiful. It also came with toast and home fries, so it was a lot of really good

■ IF YOU GO

- **What:** Ambition Coffee & Eatery, Inc.
- **Where:** 154 Jay Street
Schenectady, N.Y. 12305
- **Phone:** (518) 382-9277



Elizabeth Schaefer / TheSpot518

Continues on B32



■ IN BRIEF

Savion Glover at UAlbany

ALBANY — Savion Glover, tap dancer, choreographer and actor, is to appear at the University at Albany, Saturday, Oct. 15 at 1 p.m. at Page Hall, 135 Western Ave. Downtown Campus.

Glover is a Tony award-winning choreographer and "the greatest tap dancer to ever lace up a pair of tap shoes" (Gregory Hines).

Glover has made numerous appearances on "Sesame Street" and also performed the live capture dance moves for "Mumble," the penguin in the Disney film "Happy Feet" (2006) and its 2011 sequel.

Glover will also premiere his latest work New Soundz, at The Egg on Oct. 15 at 8 p.m. For information contact The Egg Box Office at 473-1845.

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■ IN BRIEF

Troupe 'Sleep-Walks' in Troy

TROY — The Ellen Sinopoli Dance Company will perform "SleepWalks: The Body of Dreams" at the Chapel and Cultural Center in Troy, Friday, Oct. 21 and Saturday, Oct. 22.

The multi-media performance presents dance and visual art derived from collective dream experiences shared by ESDC in collaboration with Sound/video artist

Andrea Williams, composer Lee Pembleton and creative coder Todd Anderson.

The show starts at 8 p.m. on both nights. For information call 274-4493 or visit chapelandculturalcenter.org.

Who killed Vincent Chin?

ALBANY — The New York State Writers Institute poses the question, "Who killed Vincent Chin," Friday, Oct. 14

A Chinese automotive engineer is mistaken as Japanese and murdered by two auto workers who blame him for the competition from the Japanese auto industry. The film, which was nominated for a Best Feature Documentary Oscar, recounts the repercussions for the families and the failures of the American justice system.

A screening of the film accompanied by commentary from director Christine Choy is to be

held at 7:30 p.m. at Page Hall, 135 Western Ave, in Albany.

For more information, visit www.albany.edu.

Thacher Park in moonlight

NEW SCOTLAND — Thacher Park continues with featuring programs focused on appreciating the wonders of nature.

Below is a list of programs scheduled for the coming weeks:

Moonlight Escarpment — Saturday, Oct. 15, at 6:00 p.m.: Enjoy a unique view of Thacher Park after hours on a moonlight walk along the Escarpment Trail. Learn about moon astronomy and witness sunset and moonrise at about the same time. Meet at the Park Office.

Fall Foliage Walk — Sunday, Oct. 16, at 2:00 p.m.: There is nothing that says Fall has come like the changing of the leaves! Walk along the Escarpment Trail and marvel at the

beautiful colors of fall as we peer out over the cliffs. Along the way learn how to identify some of New York's native trees. Meet at the Pear Orchard picnic area.

Call 872-0800 to register for programs.

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MUSIC REVIEW

Modernizing the Big Band Sound

MarchFourth's 'Magic Number' is full of auditory goodness

By SARAH BOURQUE
nysmusic.com

Just when you think you've heard it all, suddenly a band crosses paths with your ears and changes everything. MarchFourth, a twenty-piece band based out of Portland, Oregon, dropped its latest album, "Magic Number," just last week. Fifteen members of this large ensemble trekked down to New Orleans and spent 10 days in the studio building this titillating album, which was produced by Ben Ellman of Galactic.

Full of auditory goodness, let's dive right in and examine its long overdue album, that was fan-funded through Kickstarter, track by track. Take a breath before hitting the start button. Things are about to get explosive.

"Call To Action" is jammed with in-your-face horns that begin nice and steady before blasting off, taking the listener on a brass filled musical escapade. Serious energy from the get go entices listeners to turn that volume dial higher and higher. "The Quarter" slinks into play with smooth tones, funky guitar beats, and playful lyrics before picking things up with "Magic Number." With a Spanish flair, the song drops listeners into the heart of Mexico, giving the feel that trouble is around the corner. Quick paced, featuring clean trumpet and jazzy guitar,

the energy keeps right on rolling.

"Push It Back" is heavy on deep funk guitar tones right off the bat, gluing the song together from beginning to end. With Stanton Moore making a guest appearance on drums, a '70s vibe is felt, throwing it back to the days of disco balls, feathered hair and bell bottoms. Don't be surprised when the repeat button is tapped over and over.

If a track would be up to no good, "Inventing the Wheel" would be the perfect musical specimen. This tune is full of attitude, swagger and stealthily glides along, picking up speed mid-song as if the notes are running to hide from the bad guys. The notes quietly tiptoe back into it's original swagger with special guest Trombone Shorty bursting at the seams on the trumpet solo and Ben Ellman providing harmonic.

"Hotstepper" musically conjures images of a conversation between instruments, with song lyrics refereeing the energy. Danceable and fun, this quick paced jam keeps the party rolling. "Drunk Bears" automatically is lovable by name alone. Hit play and be prepared to jump up and down. The deep, low tones of the baritone sax stand out immediately, grabbing other members of the brass family by the balls to take listeners on a crazy ride.

Mysterious "Jan Jar" has a powerful wanderlust aura dancing around the notes, before "Science (Free Your Mind)" erupts into the ears. Matt Perrine, of Bonerama, hits up the sousaphone on this track that is soaked

in New Orleans flavor. This shattering jam would be very much at home marching down the streets of the French Quarter.

Fast paced "It's a Trap" hints at being more of a brass knuckled punk band with attitude. This speedy tune takes listeners on a roller coaster of a ride, making sure the heartbeat picks up. The album ends on a tender note with "Endless Highway," shaking off the energy from the explosive beats leading up to this track.

"Magic Number" is a solid journey of an album, stuffed with intense toe tapping beats and story telling melodies. MarchFourth has modernized the big band sound to today's generation; this is an album that should not be missed.



For more information, visit MarchFourthBand.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

GET THE FUNK OUT
Touched by Galactic's Ben Ellman, 'Magic Number' is full of swagger.
Submitted photo

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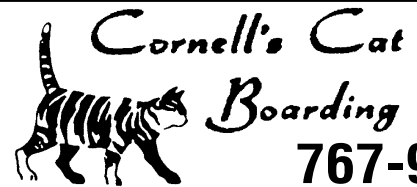


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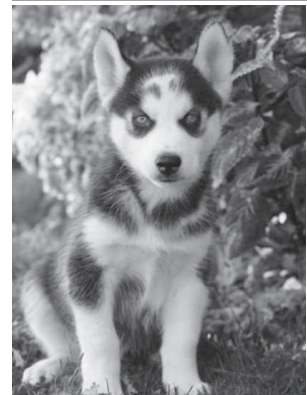


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MUSIC REVIEW

Phish comes out with 'Big Boat'

If not its best LP, would you still go out and buy it?

By **NEIL BENJAMIN, JR.**
nysmusic.com

Ever think Phish would start off a studio album with a sort of Brit-pop-punk sounding song?

Me either, but that's exactly what the band did by kicking off "Big Boat" with the Jon Fishman song "Friends," which is the perfect lead-in to an album by a band that has built its fanbase by throwing its curveballs. Phish's 13th studio recording is the most genre bending album they have released.

Teaming back up with Fuego producer Bob Ezrin, Phish has created an at-times overproduced

record that probably will not be universally loved by fans and aside from a few tracks, won't get much play from me. But, the beauty of Phish is that this is perfectly fine because each of these songs will be defined by what they do on stage.

"Blaze On" and "No Man in No Man's Land" both debuted live in 2015 and become almost immediate jam vehicles. The album versions of these songs are very strong and have the same feel of the live performances.

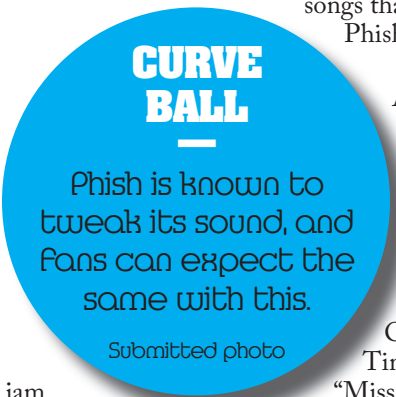
The apocalyptic "Breath and Burning" gives way to

the first Page McConnell song, "Home," which features a very Phishy little synth-driven jam. "Things People Do" is very Mike Gordon-like, but is written by McConnell. "Waking Up Dead," written by Gordon, is among the few songs that sound Phishy.

The Anastasio ballads

"Running Out of Time" and "Miss You"

are poignant, with the latter being one of the more emotive songs the guitarist has written in a while. "I Always Wanted it That Way" goes back toward



PHISH BIG BOAT

the synth-pop sound, before straightforward rocker "More" sits as the last barrier until the orchestral composition "Petrichor" closes the album with a complicated, at times intricate but often wandering song that

Anastasio initially wrote to be performed with an orchestra.

"Big Boat" is not its best album, but honestly, who cares?

Let's see what happens on the band's fall tour and during its New Year's Run.

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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| <p>Sudoku Answers</p> <table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td><td>7</td><td>6</td><td>9</td><td>4</td><td>3</td><td>8</td><td>5</td></tr> <tr><td>5</td><td>3</td><td>6</td><td>2</td><td>8</td><td>7</td><td>1</td><td>9</td><td>4</td></tr> <tr><td>4</td><td>8</td><td>9</td><td>5</td><td>1</td><td>3</td><td>2</td><td>7</td><td>6</td></tr> <tr><td>2</td><td>9</td><td>8</td><td>4</td><td>7</td><td>5</td><td>6</td><td>1</td><td>3</td></tr> <tr><td>6</td><td>7</td><td>4</td><td>3</td><td>2</td><td>1</td><td>9</td><td>5</td><td>8</td></tr> <tr><td>3</td><td>5</td><td>1</td><td>9</td><td>6</td><td>8</td><td>7</td><td>4</td><td>2</td></tr> <tr><td>7</td><td>6</td><td>2</td><td>8</td><td>4</td><td>9</td><td>5</td><td>3</td><td>1</td></tr> <tr><td>8</td><td>1</td><td>5</td><td>7</td><td>3</td><td>6</td><td>4</td><td>2</td><td>9</td></tr> <tr><td>9</td><td>4</td><td>3</td><td>1</td><td>5</td><td>2</td><td>8</td><td>6</td><td>7</td></tr> </table> | 1 | 2 | 7 | 6 | 9 | 4 | 3 | 8 | 5 | 5 | 3 | 6 | 2 | 8 | 7 | 1 | 9 | 4 | 4 | 8 | 9 | 5 | 1 | 3 | 2 | 7 | 6 | 2 | 9 | 8 | 4 | 7 | 5 | 6 | 1 | 3 | 6 | 7 | 4 | 3 | 2 | 1 | 9 | 5 | 8 | 3 | 5 | 1 | 9 | 6 | 8 | 7 | 4 | 2 | 7 | 6 | 2 | 8 | 4 | 9 | 5 | 3 | 1 | 8 | 1 | 5 | 7 | 3 | 6 | 4 | 2 | 9 | 9 | 4 | 3 | 1 | 5 | 2 | 8 | 6 | 7 | <p>Super Crossword Answers</p> <table border="1" style="width: 100%; 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MUSIC REVIEW

Strong debut LP in 'Velvet Blue'

A captivating blend of funk, rock and jamtronica from Gotham's Teddy Midnight

By **JARED RAFAEL**
nysmusic.com

Last month, New York City's own Teddy Midnight released its first LP "Velvet Blue" — an eight-song release captivating its blend of genres from funk, rock, and jamtronica, to so much more.

Recorded at Telefunken Elektroakustik by Alan Venitosh, produced by Sean Silva (synthesizers/bass) and co-produced by drummer Adam Magnan,

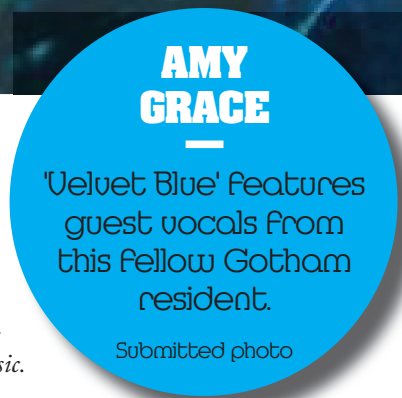
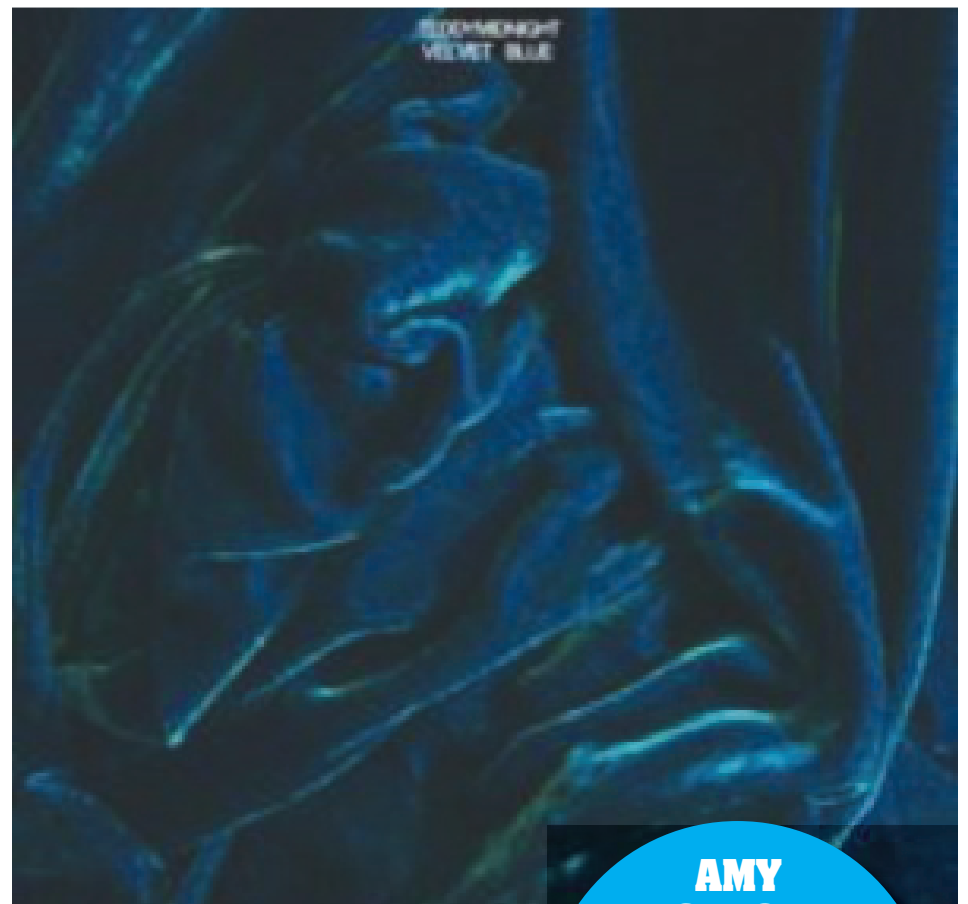
"Velvet Blue" was written and recorded entirely by the members of Teddy Midnight.

"Velvet Blue" also features the vocal strengths of Amy Grace adding her powerful voice to "Blue Dream," the final track. An excellent debut album by a group of musicians who have earned a respectable spot as an up and coming band. Teddy Midnight is hard working, both in and out of the studio.

Each member patiently brings a noticeable flavor to Teddy Midnight's unique sound and brings an individual ingredient that gives its fans that taste they are looking for when looking for the right band to go see. "Velvet Blue" captures the essence of its raw, high energy jams

and electronic influence. A terrific soundtrack to getting down or just listening to good tunes.

The album opens up with "Velvet Mist" with each member layering in and immediately getting the dance party started. Continuing this theme throughout the entire album with each track holding it's own. With tasteful blends of sounds from keyboardist Sean McAuley using full bodied tones complimenting guitarist Wiley Griffin's seasoned tones and style. Whether the two are syncing notes or complimenting each other, bassist Silva and drummer Magnan lay down a solid foundation for tracks to soar such as "Popo Jijo." Subtle uses of an



arpeggiator backing track gives this album a hint of what STS9 does when composing music and adding organic energy. Be sure to check out "Velvet Blue."

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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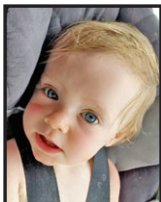
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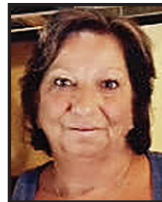
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Roma Foods
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Last Week: 7-6 Overall: 41-35



Joe Falvo
Falvo's
Prime Butcher Shop

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Maggie's
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Last Week: 6-7 Overall: 41-35



Marty Brix
Lexington
Vacuum

Last Week: 8-5 Overall: 43-33



Kane Grogan
Death Wish
Coffee

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Sean Nava
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Motors

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Kevin Romines
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Furniture

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Pat Stever
Andriano's
Pizza

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Dan Frament
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Vince
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Pub

Last Week: 7-6 Overall: 45-31



Dr. Julia Cerny
Julia Cerny,
DMD, PLLC

Last Week: 7-6 Overall: 40-36



Joe DeLorenzo
Cheese Steak
Heaven

Last Week: 9-4 Overall: 47-29



Liam Slattery
O'Slattery's
Irish Restaurant & Pub

Last Week: 7-6 Overall: 45-31



Bryan Bourque
Bourque
Mechanical Systems

Last Week: 8-5 Overall: 40-36



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Spotlight News
Sports Editor

Last Week: 8-5 Overall: 48-28



Paul Vandenburg
Talk1300 AM - The Capital
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Last Week: 9-4 Overall: 42-34



Michael Hallisey
Spotlight News
Managing Editor

Last Week: 7-6 Overall: 46-30



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BREAST CANCER AWARENESS MONTH

Stopping metastatic breast cancer

Funded research shows promise in slowing, stopping metastatic breast cancer

A research grant awarded by Susan G. Komen in 2015 is breaking new ground in the understanding of metastatic breast cancer. Dr. Barry I. Hudson, cancer researcher at Sylvester Comprehensive Cancer Center (part of UHealth – the University of Miami Health System), and team found that blocking expression of Receptor for Advanced Glycation End-products (RAGE) in breast cancer cells led to a decrease in the cells' ability to invade surrounding tissue. They also showed in both human cells and mouse models that blocking RAGE decreased tumor growth and reduced tumor angiogenesis (development of new blood vessels). In addition, blocking RAGE also reduced the recruitment of inflammatory cells and dramatically decreased metastasis to both the lungs and liver in mouse models of breast cancer.

These data demonstrate that RAGE drives tumor progression and metastasis, and may represent a novel target for the development of new therapies for metastatic

breast cancer.

“To achieve our organization’s new Bold Goal to decrease the current number of breast cancer deaths by 50 percent in the U.S. over the next decade, we need significant breakthroughs in the treatment of metastatic breast cancer. The work of Dr.

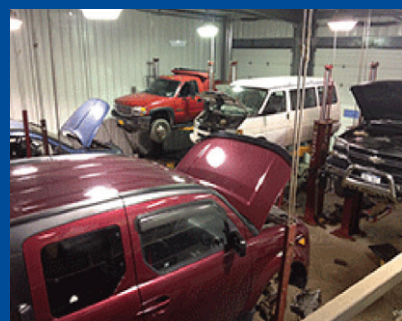
Hudson and his team is an important step to take on the form of the disease that claims 40,000 lives annually,” said Komen President and CEO Dr. Judy Salerno.

“These significant findings also underscore the need for continuous support of research funding for young investigators hoping to launch a career in breast cancer research, like Dr. Hudson, who received a Career Catalyst Research grant last year. The next generation of breast cancer researchers will be the ones to bring us the cures, and we must ensure they are able to pursue their work,”

Dr. Salerno added.

Komen recently announced \$32.7 million in new research funding, nearly 40 percent of which is focused on metastatic research. To date, the organization has invested more than \$166 million in over 400 research grants and more than 40 clinical trials focused on metastatic breast cancer.

RAGE
—
Komen-funded young investigator reveals more about role of RAGE in breast cancer metastasis.



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Important Information for Breastfeeding Mothers



Lawrence Kotlow DDS



As a parent you have great expectations for motherhood. Unfortunately for many mothers, breastfeeding becomes a toe-curling, painful experience because of poor or missed diagnoses of tethered oral tissues such as tongue-ties and lip-ties. Dr. Kotlow’s new book, SOS 4 TOTS, demystifies why. Dr. Kotlow has been treating infants for breastfeeding difficulties due to tongue and upper lip-ties since 1974. In recent years, with the increased number of mothers desiring to breastfeed their infants, he has revised countless abnormal frenum attachments of what are now referred to as “tethered oral tissues” (TOTs). Don’t let anyone tell you it is a “Placebo” effect when these tissues are revised. Thousands of infants and mothers have been able to successfully resolve these issues and have a pleasurable, successful breastfeeding experience. No need for your baby to undergo needless general anesthesia or spend time in the hospital, using the state of the art in laser oral surgery, infants and older children can safely and quickly have these tissues corrected. No need to have most infants take adult acid reflux drugs when most infants having reflux do so due to swallowing air. Air induced reflux, not adult acid reflux! Rekindle that bond you wanted with your infant.

If you are a mother who has been suffering needlessly; there may be times when you will cry as you read this book because you will realize the problems are not your fault; the professionals on whom you were depending for help had a basic lack of understanding. SOS 4 TOTS seeks to expose the myths about breastfeeding and heal the heartbreak to make breastfeeding a joy.

For more information, call my office @ 518-489-2571 or visit my website @ kiddsteeth.com.

Books available on Amazon, online through our web-site or locally at the BookHouse in Stuyvesant Plaza.



THE FLESHTONES

Consist of Keith Streng,
Peter Zaremba, Bill
Milhizer and Ken Fox.

Submitted photo

From page B1 ... Underground journeymen

someone to work the box office, clean the floors and everything like that.” With \$600 in his pocket, Milhizer went down to New York City with the intent of staying only a few months. “I was really good at cleaning the floors. I don’t know about the box office.... Slowly, but surely, I discovered CBGBs.”

It was 1976 and Milhizer was moving down to a city primed to celebrate the country’s bicentennial while the city itself was teetering on bankruptcy, and perhaps worse, enveloped in the electronic sound of disco. Even Paul McCartney’s dipped his toe into the genre with his new band, Wings. He topped the Billboard Top 100, along with Elton John and Kiki Dee, Johnnie Taylor, and the Four Seasons. Walter Murphy and the Big Apple Band had men and women, wearing leisure suits and glitter, dancing to “A Fifth of Beethoven.”

The revolt against that scene emerged through the sound of garage rock and punk. A stripped down sound defined by short tracks, an up-tempo beat, and loud, biting lyrics. It was a return to the basics of rock and roll. CBGBs in New York’s Bowery was one of a triumvirate of Gotham clubs, including Max’s Kansas City and The Mudd Club, that provided

a haven to this burgeoning new subgenre of rock. The Mudd Club, perhaps the antithesis of disco’s Studio 54, was a short lived venue in downtown Manhattan. Its penchant for hosting underground music, and relative proximity to the famed dance club drew celebrities who were tired of disco. The Mudd Club soon developed an equally elitist status. The Village Voice called it an “amazing antidote to the uptown glitz of Studio 54 in the ‘70s.”

“It was just very exciting,” said Milhizer, speaking of CBGBs. “Things were just happening there every night. And, I remember the first time I saw The Ramones, I just went there on an off-night. Not too many people were there. I was at the bar. They were doing a photo session. And, there they were, just sitting there. ... You knew something was going on,” said Milhizer. “Bands were getting signed and taking that next step of recording a record to see what happens with it. So, it was really great.”

Milhizer continued to work at the theater his friend Gary Burke introduced him to. But, circumstances were to soon change for Burke.

“He was playing all over the place,” said Milhizer. Gary Burke was the pit

drummer in Radio City Music Hall. “That’s how good he was. He was making money playing cabaret clubs down there. And, he wanted to get out of that. He met up with the Rolling Thunder Revue [with] Bob Dylan and [the] Rubin “Hurricane” Carter [benefit show at Houston in 1976]. So, he left town. And, he said, ‘Do you want me to mention you to these other acts that I played for?’ And, I said, sure.”

Milhizer stepped in for Gary Burke, playing in New York’s cabaret bars. It helped pay the bills, and introduced him into the local music scene, playing alongside one of Andy Warhol’s superstars, Holly Woodlawn. (The transgendered Woodlawn was immortalized in Lou Reed’s “Walk on the Wild Side.”) It was another link in a chain of “good things” in Milhizer’s life. The next link led him to a delicatessen in the East Village.

Milhizer witnessed a group of guys huddled around a table inside the deli. In the buzz of their conversation, Milhizer eavesdropped and heard the name of drummer Clem Burke. “We could ask Clem, but he’s now playing with Blonde,” one said. Milhizer assumed they were looking for a drummer and introduced himself.

The group was The Fleshtones, the same band he was reading about in the New York Rocker,

and they were looking for a drummer. Milhizer auditioned for them shortly after they left the deli, and within a few days, he played his first gig with the band at Irving Plaza. (“Which, really, was just a Polish function club,” said Milhizer. “Now, it’s one of the biggest rock clubs.”)

Milhizer isn’t the only member of The Fleshtones touched by chance. It’s how the band got started in the first place, when Keith Streng and Jan Marek Pakulski came across some discarded instruments in the basement of the house they both rented in Whitestone, N.Y. Streng picked up the guitar, Pakulski grabbed the bass. And, before long, Peter Zaremba and Lenny Calderon filled out the rest on vocals and drums, respectively. It was 1976, and the four of them debuted as The Fleshtones at CBGBs that same year.

The band developed a healthy following. Milhizer recalled reading about the band in the New York Rocker, a punk rock magazine that now-Wyoming state legislator Andy Schwartz was editor of. By 1980, Milhizer replaced Calderon on drums, and the band started a successful run of releases through a newly signed record deal with I.R.S. Records.

“We were kind of an eighth note thing,” said Milhizer. “We’ve [since] expanded to the swing thing and the occasional ballad.” But, back near the

start, Milhizer said the band was influenced by the “obvious,” The Kinks and The Rolling Stones. Covering the less popular, unappreciated tracks from the giants, and paying homage to the little garage bands from around the country that people didn’t necessarily know of like Sam the Sham & The Pharaohs.

The Fleshtones signed to the same record company as The Go-Go’s, who launched into popularity with the growing success of MTV and the demand for music videos. The garage band sound had also exploded in relative popularity, drawing a demand in Europe for New York City bands. It was the early 80s, and The Fleshtones would find itself sharing time with Brian Setzer’s Stray Cats and Shane MacGowan’s The Pogues. It was at around this time when the band appeared on Dick Clark’s American Bandstand, and in the British punk concert film “Urgh! A Music War.” In 1984, “American Beat” was featured on the soundtrack the Tom Hank’s comedy “Bachelor Party.”


The Fleshtones may be the band you never heard of, but it’s been at it for a long time. It’s been the first act to open Irving Plaza, it was the last rock band to play Windows on the World in 2001. The band’s collective, campy attitude could be encapsulated by a two-minute segment off of Warhol’s MTV show, “Andy Warhol’s Fifteen

Minutes,” where the band played background music to actor Ian McKellan reciting William Shakespeare. Streng, Zaremba, Milhizer and Ken Fox (who joined in 1990) has played together for more than 25 years. This year, Streng and Zaremba celebrate the band’s 40th anniversary. Outlasting the legendary CBGBs itself.



“I don’t know if anyone really knew that CBs was going to be legendary, looking into the future,” said Milhizer, reflecting on the time that has passed. “A lot of bands that were playing there would not be accepted any place else. It was in the early days of punk. Which, we weren’t. We really weren’t a punk band, but that was the only place to go. CBs, The Mudd Club, Max’s Kansas City — that was the only circle, and I don’t think anyone thought of it as anything [significant] in the future.”

Often on the fringe of the tapestry that captured multiple generations of music and pop culture, The Fleshtones helped establish a music scene without reaping the hyper commercial success of acts that surrounded it. But, who’s to say that’s not the reason behind Milhizer’s ever-present smile?

“I make enough money to easily take the bus,” said Milhizer. “And, I do.... To that extent, we’ve been a success... We’ve met a lot of people in little places around the world.”



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Wild Lunacy on a Wednesday Night

The Arts Center of the Capital Region hosted the premiere party for the Parked on the Moon Entertainment film "Wild Lunacy on a Wednesday Night" on Friday, Oct. 7.

Photo by Garret Mac Aoidh

From page B4 to Broadway

development activities such the Albany Wine and Dine for the Arts, the Community Foundation of the Greater Capital Region's Capital City Fund, Albany County Convention and Visitors Bureau, and NYSCA. Even so, this move is financially motivated and allow the gallery to save on rent each month.

"We are launching a special '40 for 40 Club' campaign in October to honor our 40th anniversary and raise funds for the move," said Kevin Dubner, vice president of the ACG Board of Directors, which has pledged to match up to \$8,000 in donations from the community. The 40th Anniversary campaign is in conjunction with the

Gallery's Annual Gala, its largest fundraiser of the year, to be held at the Renaissance Albany Hotel on Saturday, Nov. 19. "We hope the community will come out and help us celebrate these important milestones," added Dubner.

"The Board of Directors, Relocation Committee and community really came together to present many generous options for the gallery. ACG took its time to identify a space that would offer the qualities our artists and art patrons have requested time and again, as well as work with our budget," said Jessica Mansmith, president of the ACG Board of Directors. "It was not a hasty decision."

"It's an exciting time

for the Gallery and we can't wait to invite the community into ACG's new home in Downtown Albany," said Iadicicco, looking forward to the gallery's next iteration. "As we celebrate 40 years of showcasing and promoting local and regional artists, our vision is to continue to bring more art to the community and support the creatives in our region."

ACG, founded by Les Urbach in 1977, was first housed in the Capital District Psychiatric Center. The move to the Arcade marks an important chapter in ACG's 40-year history. Those who wish to support the gallery by making a donation, becoming a member, purchasing Gala tickets, or even offer moving assistance, should contact Tony Iadicicco at 462-4775 or by visiting albanycentergallery.org.

From page B21... Ambition

food for a super reasonable price. Her sandwich was really quite big, more than enough turkey, at least a half an avocado, and two really good looking strips of back. She usually finishes her meals, especially something like a sandwich, but she actually ended up bringing a decent size piece home. He was

starving, so his meal was gone before I really had time to even look at it, but he was happy, so that is what counts.

Even with two "real" drinks, and three meals, I don't recall the exact amount but our bill was very reasonable, which is what I knew to expect.

So, if you are a bloody

mary person (they do have a variety of other brunch drinks as well), a coffee person, or just looking for somewhere fun and funky for brunch, definitely swing by Ambition. Plus, if you go on a Sunday, you can hit the Farmers Market on your way in or out!

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