

THE Spotlight

\$1.00 OCTOBER 26, 2016 VOL. 59, #43

Serving
Bethlehem,
New Scotland
& Guilderland



Douglas A Schulz
163 Delaware Ave
Delmar NY 12054
518-439-2600

97233_4



NEWS Volunteers needed

Closed unit in New Scotland still looks to merge services

Story on Page 2

INDEX

- Cops, courts and calls 4
- Sports 7
- Entertainment..... B1-B32
- Classifieds B29-B30
- Opinion 10
- Crossword B7
- Service Directory B26-B27

The Spotlight (USPS 396-630) is published each Wednesday by Community Media Group LLC, 341 Delaware Ave., Delmar, N.Y. 12054. Postage paid at Delmar, N.Y., and at additional mailing offices. Postmaster: send address changes to *The Spotlight*, P.O. Box 100, Delmar, N.Y. 12054. Subscription rates: Albany County, one year \$30, two years \$55, elsewhere, one year \$40, two years \$73. Subscriptions are not refundable.

spotlightnews.com



◀ Pictured is the 80-year old, red barn that once stood at Sandy Creek Farm along Wemple Road in Glenmont.

Spotlight File Photo

TOP STORY

Vanishing heritage

Board opens discussion on how to preserve the town's disappearing open space

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

BETHLEHEM — Supervisor John Clarkson recently revived a mostly dormant discussion when he put this question to board members: “Is it time to actually begin developing a plan to preserve open spaces in Bethlehem?” If so, he asked, “how might they proceed?”

“I think we just need to get started,” Town Board member David VanLuven told *Spotlight News*.

Outside of funding secured by Clarkson and state Assemblywoman Patricia Fahy (D-109) to pay landowners who commit to leaving their property undeveloped for a specified amount of time, through something called a “conservation

Continues on next page



“While I think most people would support some form of public investment for open space protection, it has been a flashpoint in previous open space discussions. And, I think we’ll need to better define how much it might be, where we’ll get it from, and how we’ll allocate it before we can really get a full public sounding.”

— John Clarkson
Bethlehem Town Supervisor

ENTERTAINMENT



Lead in school water

We highlight the problem and what is being done about it

Story on Page 3



Changing gears

Guitar legend goes from electric to acoustic on his latest album.

Story on Page B1

SPORTS



Defense wins

Guilderland and Bethlehem locked horns in a defensive battle this week as both schools faced each other in post season play.

Story on Page 9

PLAY TO WIN LOCAL PRIZES!!

Register to play at:
spotlightnews.com/football

\$50.00 Gift Card from **PERRECA'S**

From page 1 ... Vanishing heritage

easement exemption”—which VanLuven called a “wonderful tool”—he observed that very little has been done to address residential concerns in recent years.

“Guiding growth and protecting community character is a high priority for people,” said VanLuven, who has spent 25 years involved in environmental conservation efforts and served several years on the town’s now-defunct Citizen’s Advisory Committee on Conservation. VanLuven made it clear that, while he feels an open space program is overdue, the town needs to be thoughtful in its approach and should strive to remain respectful of, and responsive to, the rights of landowners.

About his experience with the CACC, VanLuven said it was difficult to reach consensus and that goals could become convoluted. He even went so far as to suggest employing an impartial moderator when things arrive at that stage of planning. “It’s about dialogue and building trust,” he said. “And I think that’s what we haven’t had. We’re weren’t able to build it with the CACC and they weren’t able to do it in the 90s.”

“A number of conversations, including CACC and others, have come and gone,” said Clarkson. Most recently, a broadly representative Comprehensive Plan Assessment Committee engaged in some discussion of open space preservation but, as it was clear that they weren’t going to reach

consensus, they weren’t asked to do so, according to the supervisor. “So the Town Board has basically taken on the issue and, in 2014, we passed a resolution. But, we haven’t gotten up to the issue of whether we should have an open space plan.”

The resolution passed by the board in March 2014 established the Open Space Technical Advisory Working Group, charged with working with Rob Leslie, the town director of Economic Development and Planning, to provide guidance on standards and methods for the conservation of open space lands. It also purportedly adopted a general plan for pursuing the implementation of a coherent open space preservation program—a plan that was never actively pursued.

During this month’s discussion on ways to go about forming a plan, essentially all of the intentions put forth in the 2014 resolution were reiterated: to develop a set of objective criteria for evaluating and identifying lands for preservation; to explore and incorporate new conservation tools; establish a designated fund; and agree upon which mechanisms the town will consider to support open space preservation.

Early costs of developing the program itself shouldn’t be prohibitive, as overlay maps used to determine the value of a piece of land - such as agriculture, wildlife, recreation and water resources - have already been prepared by

“Guiding growth and protecting community character is a high priority for people. ... It’s about dialogue and building trust,” he said. “And I think that’s what we haven’t had. We’re weren’t able to build it with the CACC and they weren’t able to do it in the 90s.”

— David VanLuven
Bethlehem Town Councilmen

Sandy Creek Farm in Glenmont was raised in April for a housing development.



the CACC. According to VanLuven, they will still require a computer information technologist to make use of them and he is hoping to find a qualified Bethlehem resident willing to donate time and talent.

“We shouldn’t need any town funding in the next few months,” said VanLuven, who intends to spend that time doing research on his own so he can return to his fellow board members at the next discussion with examples of what has worked and failed elsewhere.

Potential mechanisms range from more easement exemption opportunities or other grant funding to buying properties or funding easement exemptions with the town’s general fund or a dedicated conservation fund. While Clarkson seemed to shy away from the idea of dedicating town funds, VanLuven was more confident that town residents would be willing to spend tax dollars to keep open spaces open.

“While I think most people would support some form of public investment for open space protection, it has been a flashpoint in previous open space discussions,” said Clarkson. “And I think we’ll need to

better define how much it might be, where we’ll get it from, and how we’ll allocate it before we can really get a full public sounding.”

“We can’t expect landowners to foot the whole cost of keeping up open spaces that the whole town values and enjoys,” VanLuven said. “That doesn’t make sense, and I think most people understand that. We need to do everything we can as a community, I believe, to allow large landowners to have options for their properties other than selling to developers.”

As noted by Clarkson, the conservation easement

exemption—which was authorized by the state Legislature and provides a tax reduction of between 50 and 90 percent for landowners who agree to defer development—has just been opted into by the Bethlehem school district. The exemption strengthens the financial incentive for potentially interested landowners, and the town is hopeful the county and other neighboring school districts will opt in as well.

The board will formally continue the conversation in early November, but Clarkson said that an Oct. 26 presentation on development trends in the town is likely to involve some discussion on open

space preservation as well. They will take up the topic again on Nov. 9, following a public hearing on proposed zoning and subdivision regulation changes to the town code. Some of the changes that have been proposed would give the board discretion to waive conservation requirements for developers.

At the Town Board meeting on Thursday Oct. 13, members voted to table the amendments until hearing from town residents. (Details on proposed zoning changes can be found on our website, www.spotlightnews.com.)

COMMUNITY

Volunteers wanted

Closed unit still looks to partner with other communities

By ALI HIBBS
hibbsa@spotlightnews.com

NEW SCOTLAND — On Oct. 15, Voorheesville’s non-profit emergency response unit closed after 64 years due to a lack of volunteers and began paying Albany County to take over services on nights and weekends. The county is expected to remain the primary agency going into next year, but Voorheesville Area Ambulance Service (VAAS) First Lieutenant Tom Smith said that they’re currently looking into partnership opportunities to create a hybrid paid/volunteer service in an effort to help save taxpayer money.

The Albany County Sheriff’s EMS squad already covered the area-comprising Voorheesville and Northern New Scotland on weekdays from 6 a.m. to 6 p.m.,

operating primarily out of Clarksville about ten miles out of the village. The sheriff’s office told the town that they could take over service until the end of the year, said New Scotland Supervisor Doug LaGrange, “for a cost that is similar to what we would have been paying Voorheesville.” That cost, which he conceded might increase somewhat, is currently split between the town and the village, approximately 61 percent to 39 percent, respectively.

“We’re working on agreements with anyone who will listen,” said Smith, who has been in talks with neighboring municipalities about potentially sharing volunteers or implementing other cooperative efforts, “We need to find an alternative that doesn’t take away from their primary mission, which is

to provide quality EMS services to their own communities.”

The goal, he said, is to find a way to maintain the volunteerism aspect of the service. “One person volunteering one shift per week, 12 hours a week for a full year,” he said, “is a \$12,000 cost avoidance to the community annually. Even if we only have a half dozen people supplementing another agency such as the county, then we would be saving the community taxpayer dollars.” Those are dollars, he said, that he would rather see going to senior or youth programs.

“We’re still trying to figure out how we can restructure,” he said. If they’re unable to find a solution soon, Smith said that they will have to move ahead with full dissolution of the village volunteer service. A lack of

Your Local Insurance Agency Since 1951



Bryant Asset Protection, Inc.
(518) 439-1141

1280 New Scotland Rd • Slingerlands, NY 12159
info@bryantasset.com • www.bryantasset.com

TRAVELERS






Safeco Insurance
A Liberty Mutual Company

Liberty Mutual
INSURANCE

97803-4

■ COUNTY-WIDE

Lead problems in area schools

School District	Number of sources tested	What were the results?	Immediate actions taken	What's next?
 Bethlehem Central	986 between elementary, middle and high schools	24 water sources in its five elementary schools tested above state's threshold of 15 parts per billion (ppb); results for middle and high school tests expected in November	Affected sinks and water fountains were taken out of service	Affected water sources will be repaired and retested until levels are confirmed to be below state threshold
 Guilderland Central	448 between the five elementary schools; unknown number of middle school sources have also been tested; sampling still taking place at high school	98 water sources in its five elementary schools tested above state's threshold; awaiting results for middle and high school testing	Testing scheduled to wrap up at high school on Monday, Oct. 31.	Affected sinks and water fountains have either been covered so that they cannot be used or labeled for hand washing use only; District will work with state Dept. of Health to implement remediation plan to address affected outlets. Said water sources will not be used for cooking or drinking until follow-up test results indicate lead levels are at or below state threshold.
 North Colonie	347 between the four elementary schools; testing continues at junior high and high schools	16 water sources in its four elementary schools tested above state's threshold	Water shut off to affected sources, which have been labeled as "Out of service, do not use."	Results from a second round of testing will be used to determine the course of action, which may include replacement or remediation of affected pipes and fixtures.
 South Colonie	265 between the five elementary schools, 56 at Lisha Kill Middle School; testing continues at Sand Creek Middle School and Colonie Central High School	23 water sources between the five elementary schools and three water sources at Lisha Kill tested above threshold	Water was shut off to affected sources	District will be taking remedial steps pending another water quality test.
 Voorheesville Central	88 sources tested at the elementary school, 125 outlets between middle and high schools	11 sources in elementary school tested above threshold; while 39 sources between the middle and high school tested above threshold; district indicated that the latter group of sinks is not normally used for drinking water; therefore they are still in use	Water to the 11 elementary school locations has been shut off; sinks in middle and high schools have been labeled as non-drinking water sources	District is covering the cost for blood level lead screenings for students and employees; as of October 6, all of the employees tested had blood lead levels within normal range. District is also working with Albany County Department of Health and testing contractor C.T. Male to develop a remediation plan.

— Sources: Previously published Spotlight News articles and information posted to each school district's website

From page 2 ... Volunteers wanted

volunteers at Voorheesville, he noted, makes it difficult to "make a significant contribution" to services shared with another municipality.

VAAS has kept the town and city apprised of their increasingly untenable staffing issues in recent years, said LaGrange. "My predecessor, the village counsel and the mayor have all been working with them, trying to figure out what can be done. They even brought in a paid staff for a little while, to see if that would help."

The town has seen volunteerism dwindle generally in recent years, but LaGrange noted that he tends to see more volunteering in rural areas than urban centers. He pointed to the town's other emergency response service, the Onesquethaw Volunteer Fire Company "the last volunteer combination Fire and EMS service left in Albany

County" and said that there had been concerns that they would soon be facing the same fate as VAAS.

"So we've had discussions with them and they've really put on kind of a full-court press to build their volunteers up and they've done an admirable job in the past year," LaGrange said, noting that two volunteers have been re-certified and two new recruits have signed up and several more new recruits are going into new class.

"There are people out there who want to volunteer," said Smith. "There just aren't enough of them." Families, jobs and other life obligations, he said, tend to get in the way. "It's a pretty significant commitment to acquire and maintain your EMS certifications."

The hope for Voorheesville, he said, is to keep the nearer VAAS location operational and maintain enough

"There are people out there who want to volunteer. There just aren't enough of them. It's a pretty significant commitment to acquire and maintain your EMS certifications."

— 1st Lt. Tom Smith,
Voorheesville
Area Ambulance
Service (VAAS)

volunteers to supplement the county system and keep costs down. Smith and VAAS Captain Kate Odell may take some time off, however, after all the dust has settled. In addition to months spent attempting to save the EMS service, both had been working long weeks to ensure coverage with only ten remaining volunteers.

"The last year or so," said Smith, "has been extremely difficult for both of us."



ESTABLISHED 1976



MEL CARR ELECTRIC
LICENSED ELECTRICAL CONTRACTOR

\$25 OFF

service call with this coupon.

Not valid with other offers. Expires 11/9/16.



Previous Awards 2011-2014

LICENSED AND FULLY INSURED

518-465-3003
www.MelCarrElectric.com

▲
Voorheesville Area's stable of ambulances displayed in a recent picture. The volunteer emergency response unit has served the area since 1952.

VAAS / Facebook

■ COPS, COURTS AND EMERGENCY CALLS

Delmar man charged with felony burglary

BETHLEHEM – On Friday, Oct. 21, at approximately 11:05 a.m., the Bethlehem Police Department responded to a report of a burglar alarm on Paxwood Road in Delmar. Responding officers located a broken window in the rear of the residence

A longtime town highway worker, Mike Vasto, also called police at around the same time to report someone breaking a front window of a home at 500 Delaware Ave.

Police responded immediately and spotted the suspect, 45-year-old Michael Rozell of Delmar, running from the rear door of the residence after having reportedly committed another residential burglary. He was apprehended after a brief foot chase.

Superintendent of Highways Brent Meredith said Vasto was in the area and immediately called police when he spotted Rozell allegedly breaking into the home

“This is how it’s supposed to work,” Meredith said. “We are out there all the time and we know what is going on so when we see something we report it. We are supposed to work together. We are happy to have helped out the police to make our community a better, safer place.”

Bethlehem EMS was called to the scene to treat Rozell for cuts to his hands and face, presumably from breaking a window to get into the Delaware Avenue home and/or the window of another home on nearby Paxwood Road.

Rozell was charged with one felony



ROZELL

count of burglary in the second degree, one felony count of attempted burglary in the second degree, two misdemeanor counts of criminal mischief in the fourth degree, two misdemeanor counts of possession of burglary tools, and misdemeanor counts of petit larceny, criminal possession of stolen property in the fifth degree and resisting arrest.

Police had calls for four other burglar alarms going off in the general area of the burglaries prior to the call that led to Rozell’s arrest.

Rozell was sent to the Albany County jail on \$50,000 bail.

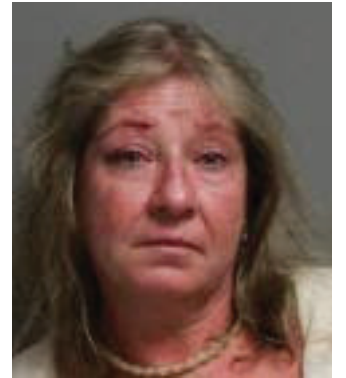
Woman arrested with four times legal BAC

GUILDERLAND— In the early morning of Tuesday, Oct. 18, state troopers stopped Kristen K. Daley for numerous traffic violations on Western Avenue in the Town of Guilderland. During interview, Daley reportedly displayed obvious signs of intoxication and was arrested for DWI after allegedly failing standard field sobriety tests. She was taken to the State

Police barracks in Latham where it was determined she had a 0.35 percent Blood Alcohol Content.

Daley was charged with aggravated DWI and was due to appear in the Albany City Court on Halloween day.

Due to her level of intoxication, she was released to EMS personnel.



DALEY

Man arrested with Wisconsin warrant

BETHLEHEM—On Tuesday, Oct. 18, police arrested a man who had an active extraditable warrant from the state of Wisconsin.

Antonio Padiar Jr., 40, of Gloversville, was arrested when he arrived at the Town of Bethlehem Justice court to answer to an unrelated petit larceny charge.

An investigation by Bethlehem police determined that Padiar Jr.

was wanted for absconding from his release on felony forgery charges out of the state of Wisconsin.

Padiar Jr. was wanted by the Wisconsin Department of Corrections in Madison, Wisconsin.

Padiar Jr. was arraigned in the Town of Bethlehem Court by Judge Andrew Kirby and remanded to the Albany County jail without bail. The case was transferred to Albany County Court for an



PADIAL JR.

extradition hearing.



BETHLEHEM

Chamber of Commerce

Calling BETHLEHEM Businesses!



Holiday Shopping Card
Bethlehem's Black Friday Promotion

valid through 11/26 - 12/31/16

<p>Drive extra business to your:</p> <ul style="list-style-type: none"> restaurant shop store 	<p>Keep company in the public eye:</p> <ul style="list-style-type: none"> print ads online promotion 10,000 printed cards
--	--

Card participation open to Memebers and Non-Memebers

CALL TODAY FOR INFORMATION ON BECOMING A LOCAL BUSINESS CONNECTED TO THIS OFFER!

This Holiday...Support Our Local Businesses!



Purchase Shop Bethlehem Gift Cards from \$5-\$500
Online 24/7 or at the Bethlehem Chamber M-F 9am-5pm
HOLIDAY * GRADUATION * BIRTHDAY TEACHERS * EMPLOYEES

Use like cash at 40 participating businesses year-round, strengthen our local businesses and keep money in our community!



www.bethlehemchamber.com
 Main Square • 318 Delaware Avenue • Suite 11, Delmar, NY
 T: 518-439-0512 • F: 518-475-0910



100175_4

~~~~~ Clip and Save ~~~~~

# NOTICE

## TOWN OF BETHLEHEM

### WATER MAIN FLUSHING PROGRAM

### Fall 2016

**AREA #1 – 10/3 to 10/14**  
**Slingerlands, North Bethlehem,**  
**Town of New Scotland**

**AREA #2 – 10/12 to 10/31**  
**Delmar, Elsmere**

**AREA #3 – 10/26 to 11/09**  
**Glenmont, Selkirk**

*Some discoloration may be seen during this flushing program, which could result in staining of laundry.*

**Run water until it clears before doing laundry.**

*Please post near washing machine.*

~~~~~ Clip and Save ~~~~~

100021_4

COMMUNITY

Coffee and Conversation

Enjoy Coffee and Conversation at the Bethlehem Public Library. On Friday, Oct. 28, at 1 p.m., the program will include the dramatic landscapes, rich Buddhist culture and local cuisine of Bhutan through the photographs and stories of Delmar couple Jerry Andritz and Carole Nemore. There is no cost for the program. We will have lunch before the show at Tea House Asian Bistro, cost on your own. Call 439-4955, ext. 1176.

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

Senior Action

Town of Bethlehem

Make an appointment by calling 439-4955, ext. 1176.

Get your flu shot at the Albany County Health Department, 175 Green St., in Albany. Call 447-4589 for an appointment. You can also see your physician or local pharmacy.

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.

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

— Wilma DeLucco

Job search strategies

Thinking about changing your job? Ever wonder why your job search is stalled? Come and learn the real top ten job search techniques.

Meet Dr. Tom Denham from Careers in Transition. He'll go over job search considerations, analyzing a potential employer and researching job prospects. In addition, he'll discuss LinkedIn and the importance of a professional online reputation.

Registration is required. Join us on Wednesday, Nov. 9, at 6 p.m.

This program is supported by funds from the New York State Library's Adult Literacy Library Services Program, in partnership with the Capital Region Workforce Development Board and NYSED's ACCES-VR.

RCS COMMUNITY LIBRARY

She's beautiful when she's angry

Bring your daughter, sister or BFF (or your son, brother, husband) to this screening of "She's Beautiful When She's Angry" Thursday, Nov. 3, at 6:30 p.m. The documentary revisits the beginning of the U.S. women's liberation movement from 1966 to 1971, taking us from the founding of NOW to the emergence of more radical factions of women's liberation.

November book discussion

Christopher John Francis Boone knows all the countries of the world and their capitals, and every prime number up to 7,057. He relates well

to animals but has no understanding of human emotions. He cannot stand to be touched. And he detests the color yellow.

This improbable story of Christopher's quest to investigate the suspicious death of a neighborhood dog makes for one of the most captivating, unusual, and widely heralded novels in recent years.

Read the acclaimed book "The Curious Incident of the Dog in the Nighttime" by Mark Haddon and discuss it at the library on Monday, Nov. 14, at 7 p.m. Then, see the Tony Award winning play at Proctors during its run Wednesday, Nov. 23, through Sunday, Nov. 27. Proctors is offering a 10 percent discount to all Upper Hudson Library System patrons. Use the code "BOOKCLUB" at checkout. Copies of the book are available at the library.

— Carol Melewski



Free or low-cost health insurance.

Find out if you are eligible today.*

MVP Health Care® has a range of affordable, high-quality health plans—from free or low-cost New York State sponsored Medicaid Managed Care and Child Health Plus to the \$0 and \$20 premium Essential Plans, and our many individual and family plans available through the NY State of Health™ Marketplace.



Call 1-800-TALK-MVP



Visit mvphealthcare.com



Look for MVP Health Care® when applying for health insurance on the NY State of Health™ Marketplace. To learn more about applying for health insurance through NY State of Health™, the official Health Plan Marketplace, visit nystateofhealth.ny.gov or call 1-855-355-5777. Health benefit plans are issued or administered by MVP Health Plan, Inc.; MVP Health Insurance Company; MVP Select Care, Inc.; and MVP Health Services Corp., operating subsidiaries of MVP Health Care, Inc. Not all plans available in all states and counties.

*Discounted rates are dependent on subsidy eligibility and are not available in all counties. Individual premium rate may vary.

COMMUNITY

The man behind The Band

Music lovers, mark your calendars. We've got an event coming up on Nov. 5 that you won't want to miss. Take a load off and spend an afternoon at the library with John Simon. An accomplished music producer, composer, writer and performing artist in pop, rock, television, movies and on Broadway, Simon was one of the top record producers in the United States during the late '60s and the '70s, responsible for producing dozens of recordings, including The Band's iconic albums (as well as classics by Janis Joplin, Simon & Garfunkel, Leonard Cohen, Blood, Sweat & Tears, among many others).

He will be at the library Saturday, Nov. 5, at 1 p.m. to discuss how he first became involved with The Band and producing (and occasionally playing on) their albums "Music



and December. Visit their website at www.theegg.org to learn more.

Get charged up

Don't forget, the library's charging kiosk provides free, secure charging for most mobile devices. Each locker has three universally compatible charging cables – MicroUSB, iPhone 3/4/4S, and iPhone 5/5C/5S cords. Users simply need to key in a four-digit code to secure the locker and use the same code to retrieve their devices.

from Big Pink," "The Band" and "The Last Waltz," offering insight into how the compositions, arrangements and instrumentation came together. This is a first-come, first-admitted event; doors will open at 12:45 p.m. For more information, visit our website at www.bethlehempubliclibrary.org or give us a call at 439-9314.

This program is part of the Empire State Plaza Performing Arts Center's "New York Living Legacy" project, which celebrates the work of legendary New York artists.

The "Living Legacy" program includes other events and activities related to The Band's legacy that will take place at The Egg throughout the months of November

and December. Visit their website at www.theegg.org to learn more.

Get charged up

Our Coffee & Conversation series rounds out the month of October with a program Friday, Oct. 28, titled "Land of the Thunder Dragon." Learn about the dramatic landscapes, rich Buddhist

Culture conversation

culture and local cuisine of Bhutan through the photographs and stories of Delmar couple Jerry Andritz and Carole Nemore. The hourlong program begins at 1 p.m. and is followed by a coffee and social hour featuring beverages and light refreshments.

An interest in Pinterest

Learn how to plan with Pinterest and use the popular social media tool to inspire and organize holiday projects. It's easy to get started, and we'll show you how on Tuesday, Nov. 1, at 11 a.m. Sign up online at www.bethlehempubliclibrary.org or call 439-9314.

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. 30

Knit One, Purl One
If you're an experienced



John Simon, producer of The Band's iconic albums, will be at Bethlehem Public Library Saturday, Nov. 5, at 1 p.m.

Photo provided by The Egg

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

Sunday, Oct. 30

Knit One, Purl One
If you're an experienced

— Kristen Roberts

Great Depression ushered in changes

It was 87 years ago this week — Oct. 29, 1929 specifically — that the stock market crashed, ushering in the Great Depression. Every American institution was fighting to stay afloat in an era of change, upheaval and economic misery, including YMCAs across the country that had to adapt to address human hardships and financial challenges. Some of those changes are still part of the Bethlehem YMCA's mission today.

Prior to the crash, unemployment was already on the rise. YMCAs responded by providing spiritual comfort through Bible classes, which had been the foundation of Y services for decades.



Y's also handed out direct relief to out-of-work Americans, such as YMCA meal tickets. In one day, a YMCA in New York City handed out more than 12,000 meal tickets to help feed the hungry.

In many large cities, the Y also offered cheap housing as an alternative to dirty and dangerous skid row hotels. In 1932 alone, more than 89,000 people were referred to YMCAs in upstate New York for shelter.

As the YMCAs

struggled to provide services to so many needy Americans, the Y itself struggled to stay solvent. During the depression, YMCA income dropped as much as 50 percent, and enrollment in Y Bible classes decreased more than 60 percent between 1929 and 1933.

When President Franklin Roosevelt's New Deal programs got underway, the federal government took over providing direct relief. That allowed the YMCA to focus on reevaluating its offerings. YMCAs learned they could survive if they expanded their services to more people. Changes included admitting women on an equal basis as men,

dropping a requirement for church affiliation and encouraging people of all faiths to join.

Among other lasting changes, the Y entered into new partnerships with welfare agencies, became more involved in community projects, and stressed character-building and organized classes and lectures.

A description of a Y program from the era says that the purpose of the effort is "to unite unemployed young men who desire to maintain their physical and mental vigor and wish to train themselves for greater usefulness and service to themselves and the community."

Participation in YMCA exercise classes increased, as did enrollment in Y educational programs. And as economic conditions improved even a little, many people who participated in YMCA education and training programs went back to work. Those who were left behind were offered vocational training.

The outgrowth of the changes made in the 1930s can be seen at the Bethlehem YMCA today. The Y strengthens our community by delivering innovative programs and services to address social needs. You can see it in our Togetherhood outreach program. You can see it in our educational programs

such as Black and Latino Achievers, ICan, and Youth in Government. You can see it in our wellness programs, in our child care and summer camp and in Circle of Champs. And you can see it our Annual Campaign that receives donations from so many YMCA members, staff, volunteers and others in the community.

Just as in the bleak years that followed "Black Tuesday," the YMCA is uniquely positioned to take on new challenges, advocate for an important cause, work with other organizations that share our common vision and bring about meaningful, lasting change in our community.

— Mark Hansen

Your
Spotlight Calendar
is sponsored by ...

سابك
sebic

and

SELKIRK
COGEN

"Corporate neighbors committed to serving the community."

Follow us
on Twitter



Read about local sports as they
happen — @jonas_spotlight.

October 26, 2016

Spotlight on Sports

www.spotlightnews.com PAGE 7



Go to
Spotlightnews.com
for more Sports stories!

■ PLAYER OF THE WEEK



DALTON ESPOSITO

Voorheesville running back Dalton Esposito is The Spotlight Player of the Week for the period ending Sunday, Oct. 23. Esposito played a major role in Voorheesville's 29-6 Section 2 Class C playoff victory over Hoosick Falls Saturday, Oct. 22. Esposito rushed for 126 yards and a pair of touchdowns to lead the offense. Voorheesville hosts Mechanicville in the semifinals Saturday, Oct. 29.

■ IN BRIEF



Tennis title

The Bethlehem girls tennis team won the Section 2 Class AA title for the second year in a row by defeating Shaker 6-3 in the finals Tuesday, Oct. 18. For more details, read the story on spotlightnews.com.

■ FOOTBALL

Defense rules

Guilderland defeats Bethlehem
in low-scoring playoff game

GUILDERLAND — Joe Park's second touchdown of the night helped Guilderland edge Bethlehem 12-7 in a Section 2 Class AA football quarterfinal game Friday, Oct. 21.

The Eagles (4-4) pulled off one goalline stand in the first quarter to keep the game scoreless, but the Dutchmen (8-0) capitalized late in the second quarter when Park punched the ball into the end zone from two yards out. The extra point was no good, leaving Guilderland with a 6-0 halftime lead.

Bethlehem grabbed a 7-6 advantage on Riley Pelow's 13-yard touchdown run and Cameron Scoons' extra point, but Park's second 2-yard scoring run late in the third quarter put Guilderland ahead for good.

Quarterback George Marinopoulos threw for 248 yards to help propel Guilderland into a semifinal showdown with Shaker (7-1) Friday, Oct. 28 in Guilderland.

To see a photo gallery from the Guilderland-Bethlehem game, visit spotlightnews.com/spotted.

— Rob Jonas



CROSSROADS



Great Deals on New & Used!

756-4000 • Rt. 9W Ravena
CROSSROADSNY.com

LEGAL NOTICE

LEGAL NOTICE

NOTICE OF FORMATION OF 1218 Realty LLC. Art. of Org. filed w/ Secy. of State of NY (SSNY) on 09/07/2016. Office location: Albany County. SSNY designated as agent of LLC for service of process. SSNY shall mail process to: 1659 Central Avenue, Albany, NY 12205. Purpose: Any lawful activity. Ad#133506

LEGAL NOTICE

1400 Meadow Lane, LLC was filed with the SSNY on 09/22/2016. Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The address which SSNY shall mail any process against the LLC served upon him: c/o CorpCo, 910 Foulk Rd., Suite 201, Wilmington, DE 19803. Purpose: any lawful purpose. Ad#133219

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

LEGAL NOTICE

Notice of Formation of an LLC: Accelerate Athletics, LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on 10/03/16. Office Location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Accelerate Athletics, LLC C/O Brian Mathews, 33 Norbrick Drive, Albany, NY 12205. Ad#133802

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

Notice of formation of Arista Advisory Group, LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on October 5, 2016. Office location: 255 Washington Avenue Extension, Albany County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to: Arista Advisory Group, LLC, 255 Washington Ave Ext, Suite 204, Albany, NY 12205. The purpose is to perform any lawful act or activity. Ad#133475

LEGAL NOTICE

Beacon Communities Development LLC (the "LLC") filed an Application for Authority with the Secretary of State of New York ("SSNY") on 1/27/2016. Jurisdiction: Massachusetts ("MA"), filed certificate of organization on 3/18/04. LLC office location: Albany County. The SSNY has been designated as agent of the LLC upon whom process against it may be served. The SSNY shall mail a copy of any process served to LLC, c/o Corporation Service Company, 80 State St., Albany, NY 12207. The address of the office required to be maintained in MA is Two Center Plaza, Suite 700, c/o Beacon Communities LLC, Boston, MA 02108. Authorized officer in MA: Secretary of the Commonwealth of MA, Division of Corporations, McCormack Division, One Ashburton Place, 17th Fl, Boston, MA 02108. Purpose: any lawful activity. Ad#133230

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.

LEGAL NOTICE

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 A DOMESTIC LIMITED LIABILITY COMPANY (LLC) The name of the LLC is Clifton Associates II LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on October 3, 2016. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is c/o 302 Washington Avenue Extension, Albany, New York 12203. Ad#133805

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

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

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,

LEGAL NOTICE

which is also the principal business location. Purpose: Any lawful purpose. Ad#131934

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: Izzy D Realty LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 10/13/16. 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 at, 2621 East 63rd Street, Brooklyn, NY 11234. Purpose: For any lawful purpose. Ad#133478

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: JG and TG Holdings LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 10/11/16. 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 at, 1755 Broadway, Brooklyn NY 11207. Purpose: For any lawful purpose. Ad#133477

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

Larsen Property Development, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 09/23/16. Off. loc.: Albany Co. SSNY des. as agent of LLC upon whom process may be served. SSNY shall mail process to the LLC, 11 Danton Lane, Lattingtown, NY 11560. Purpose: General. Ad#133222

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: LEANNE TASHJIAN DESIGNS, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on October 06, 2016. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 80

LEGAL NOTICE

Mordella Rd, Albany, New York 12205. Purpose: Jewelry Design and Sales. Ad#133482

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY Articles of Organization of MS Center of North-eastern NY, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on September 8, 2016, effective on the date of filing. Office Location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY may mail a copy of any process to the LLC at 1205 Troy-Schenectady Road, Suite 105, Latham, NY 12110, which shall be the principal business location. The purpose for which the LLC is formed is to engage in any lawful act or activity for which limited liability companies may be organized under the NYS Limited Liability Company Law. Ad#

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 FORMATION OF LIMITED LIABILITY COMPANY. NAME: PHG Capital Funding LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 10/13/16. 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 at, 48 South Service Road, Melville, NY 11747. Purpose: For any lawful purpose. Ad#133480

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

LEGAL NOTICE

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

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: RED BARK PROPERTY MANAGEMENT LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on October 11, 2016. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 18 Buchanan Street, Albany, New York 12206. Purpose: Property Management. Ad#133484

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

Round Albany, LLC Arts of Org filed with Secy. of State of NY (SSNY) on 3/22/16. Office in Albany Co. SSNY desig. as agent of LLC whom process may be served. SSNY shall mail process to The LLC, 87 Chatsworth Way, Clifton Park, NY 12065. Ad#133810

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 inter-

LEGAL NOTICE

ested 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 election, 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 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

To place your Legal Notice: Call 439-4949

■ COMMUNITY

'Politics & Patriots' concert

Celebrate the approaching close of the tumultuous presidential election season by coming to GPL for a free "Politics & Patriots" concert by the ever-popular Lost Radio Rounders, on Saturday, Oct. 29, at 2 p.m.

This perfectly fun and calming concert features campaign songs and stories from America's founding to World War II, from George Washington to Franklin Delano Roosevelt. Enjoy the humor and history of these hummable melodies from across the aisle and through the years. One thing you'll take away from this concert is that talking trash about your opponent is as old as our country.

Working with The Band

Music producer John Simon, perhaps best known for helping create some of The Band's most memorable music, will speak at GPL on Saturday, Nov. 5, at 3:30 p.m.

Simon is a composer writer, and performing artist who has also worked with Janis Joplin, Simon & Garfunkel, Leonard Cohen and Blood, Sweat & Tears. During the late 60s and 70s, Simon produced dozens of recordings, including The Band's iconic albums, "Music from Big Pink," "The Band," and "The Last Waltz."

GUILDERLAND PUBLIC LIBRARY
www.guilpl.org

Combining a multimedia presentation with live piano performance, Simon will discuss and demonstrate how he became involved with The Band, the legendary rock group composed of Rick Danko, Levon Helm, Garth Hudson, Richard Manuel and Robbie Robertson, who lived and recorded their music in the Woodstock/Saugerties area. Simon will offer insight into how the compositions, arrangements and instrumentation came together to create the group's monumental recordings. After his presentation, Simon welcomes questions from the audience.

Simon's appearance is made possible through an arrangement with the Empire State Plaza Performing Arts Center's "New York Living Legacy" project.

Munch on Monsters

At "Night of the Living Bread: Munch on Monsters" on Friday, Oct. 28, at 4 p.m., tweens and teens can play Frankenstein chefs as they assemble a set of weird and wacky medium-pita faces for party snacks. For youth

in grades 5 through 8. Please call 456-2400, ext. 4 to register.

Agent Orange health risks

If you served in Vietnam in the military, as a contractor or humanitarian worker — or are a family member of one who served — then you should attend "Agent Orange: Health Risks for Vietnam Veterans" at GPL on Wednesday, Nov. 2, at 7 p.m.

Agent Orange, a chemical herbicide and defoliant, was used extensively during the Vietnam War from 1961 through 1971. People who were exposed to this toxic chemical have suffered long-term health effects. During this session, medical specialist William Rockenstire provides information on health concerns encountered by veterans themselves, as well as issues that their

families should be aware of. Rockenstire has spent years researching the long-term effects of Agent Orange and other chemicals in use by the military. Get the facts you need from this informative presentation.

Baby & Me Storytime

Baby and Me: Drop-In Early Literacy Storytime — to be held on Monday, Oct. 31, at 10:30 a.m. and every Monday morning through the fall — offers parents and caregivers the opportunity to share time together at the library with Baby. If you have a baby, newborn to 12 months, and want to make new friends, you are welcome to join us as we sing, clap, bounce, listen to nursery rhymes and short stories, and develop early literacy skills.

No registration is required; drop in any Monday that baby's schedule allows. Storytime will be approximately 30 minutes, followed by an open playtime.

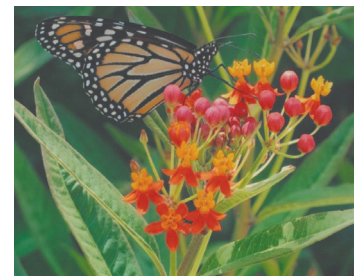
— Mark Curiale



The Lost Radio Rounders will perform a free concert at Guilderland Public Library on Saturday, Oct. 29.

Submitted photo

The Doctors are IN!



Joanne H. Van Woert, MD
Margaret M. Grogan, MD
Judith M. Van Woert, MD

Internal Medicine & Primary Care

1525 New Scotland Road
Slingerlands, NY 12159

An Independent Medical Practice: Preserving the Doctor Patient Visit

Accepting New Patients

Participating insurances include: Aetna, Blue Shield, CDPHP, Empire Blue Cross Blue Shield, MVP and NYS Empire Plan.

Appointments are available on a cash basis at reasonable rates if we do not participate with your insurance.

439-1564

100183_4

Spotlightnews.com

We're just a click away

Independent Insurance Agents are REAL people.

- ✓ We live and work right in your community.
- ✓ We get involved and make a difference in the community.
- ✓ We're here to provide you with the personal service you deserve.

Why deal with an anonymous outfit that can't offer you what you'll get from a local independent insurance agent?



Call us or stop by our agency. Let us find you the best insurance coverage at the best price.

FOR INSURANCE
439-9958
750 Delaware Ave., Delmar

99996_4

LEGALS

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 District 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 Educa-

LEGALS

tion 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.

Brittany Barrett, District Clerk

LEGALS

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

LEGALS

with the NY Secretary of State on September 6, 2016. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against

LEGALS

the LLC is c/o 302 Washington Avenue Extension, Albany, New York 12203. Ad#133508

LEGAL NOTICE

TEARIFFIC LLC Articles of Org. filed NY Sec. of State (SSNY) 9/27/2016. Office in Albany Co. SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 214 North

LEGALS

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

LEGALS

may be served. SSNY 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

LEGALS

served. SSNY shall mail copy of process to the LLC @ 41 Fuller Rd. Albany NY 12205. Purpose: Any lawful activity. Ad#130677

To place your Legal Notice: Call 439-4949



Follow us
on Twitter

REPORTERS: Ali Hibbs @ah_spotlight
Kassie Parisi @kp_spotlight

EDITORS: Rob Jonas @jonas_spotlight,
Michael Hallisey @mh_Spotlight

October 26, 2016

Spotlight on Opinion

www.spotlightnews.com PAGE 10

More online

Read letters, editorials
and guest opinions online
at www.spotlightnews.com/news/opinion.



FROM THE EDITOR'S DESK

Look in the mirror

Russian novelist Fyodor Dostoyevsky had said, "the degree of civilization in a society is revealed by entering its prisons." He had said this after his imprisonment for being a government conspirator. His more than four years in prison left an impression upon him many of us will not experience. Dostoyevsky's literary work includes time as a journalist, publisher, and philosopher during a tumultuous 19th century Russia, which only further broadens the gap between his world and that of ours today in 21st century America.

Now, the degree of civilization in our own society can still be measured by how we treat the incarcerated. That's another argument for another time. But, if one is curious enough to observe how our community is as a society, one only needs to sit quietly, watch and listen while standing in a store.

Civilization is defined by Dictionary.com as "an advanced state of human society, in which a high level of culture,

science, industry, and government has been reached." But, we can also derive from this that such a community, one that has achieved these standards, has developed a means to coexist. To live with one another peacefully, we assume some sense of decorum has been established. Social mores so ingrained that something like courtesy is less an obligation and more a way of life. How often did our parents train us to say "please" and "thank you" as we were children?

Yet, common courtesy is no longer so common these days.

Dostoyevsky's barometer for civilization has evolved from the penal system to something else. One could say his comments were directed more towards government and less about community. In a nation that embraces commercialism, the litmus paper is best applied to the world of customer service.

Take a trip to the mall and your observation exercise begins in the parking lot. Note those parking illegally

in handicapped spots, or the spots immediately adjacent to that are designed to make room for wheel chairs. At face value, you have someone breaking the law. A brief moment to reflect reveals the fact that there is the potential someone will be unable to go home; waiting for someone else to move.

Visit your local grocer and observe the interaction between customer and clerk. The world of customer service is a level of hell not covered by Dante's "Inferno," but hell it is. Displays of common courtesy, otherwise known as manners, have been replaced with rudeness bordering on the ostentatious. Often times the customer remains curt despite pleasantries shared by the clerk. No manners. No "please"s. No "thank you"s. This goes beyond someone reserved in demeanor or preoccupied in thought. There is a collective attitude that those in customer service are indentured servants to the one wielding the credit card.

As the holiday season approaches,

Dostoyevsky's barometer for civilization has evolved from the penal system to something else. In a nation that embraces commercialism, the litmus paper is best applied to the world of customer service.

it's time people take responsibility for their own behaviors while out in public. There are people who walk among us who define themselves by the title they carry within the walls of their vocation; director, manager, vice president. But, perhaps you don't understand that those titles are checked at the door once you leave the office. When out in public, you're John Doe. And, when you continue to look down your nose at a college kid or single mother working hard to make ends meet, the public sees you more as an ass.

We live in a material world. No one is indebted to you just because you're a material girl.

WHAT HAPPENED IN 2001...

15 years ago: Town eyed \$25M budget

BETHLEHEM—With the new year looming, municipalities all over the Capital District are working towards final drafts of their respective budgets. On Oct. 10, 2001, the Town of Bethlehem was working towards wrapping up its formal budget review and preparing to pass a \$25.5 town budget.

According to a 2001 *Spotlight News* article, the town's 2002 spending plan reflected spending changes in nearly every town department.

In 2002, then supervisor Sheila Fuller only allowed full budget presentations from large departments, including the highway department, the police department, the parks and

recreation department, and he department of public works.

The Town Board at the time didn't make any changes to any of the budgets the large departments proposed, according to the article.

Included in the parks and recreation budget was a long term plan for

improvements and repairs to the town pool and other facilities.

Also in those budgets was funding for new vehicles, and a playground at Henry Hudson Park. It also allowed for the hiring of three new full time employees in the department of public works, and a three percent raise for all full-time town

employees.

Then Comptroller Judith Kehoe said in the article that there was uncertainty over how the town's revenue would be affected in the case of a possible recession, and how consumer actions responded to the September 11 terrorist attacks. She also expressed concern about the state

of fund balances for the town's water and sewer funds, mentioning that even though those budgets were balanced, the funds were far below what the town wanted.

For context, Bethlehem's proposed budget for 2017 is approximately \$41 million.

THE
Spotlight

NEWS | news@spotlightnews.com
SPORTS | sports@spotlightnews.com
NOTICES | milestones@spotlightnews.com
ADVERTISING | advertise@spotlightnews.com
CLASSIFIEDS | classified@spotlightnews.com
SUBSCRIPTIONS | circulation@spotlightnews.com

Managing Editor | Michael Hallisey
Copy Editor | Lianne Webster-Kim
Online Editor | Jim Franco
Sports Editor | Rob Jonas
Reporters | Ali Hibbs, Kassie Parisi

Publisher | John A. McIntyre Jr.

VP of Advertising | Bo Berezansky
Advertising Representatives |
Bill Decker, Dave Decker,
Art Fredette
Circulation/ Legals | Shekia Gandy

Classifieds/ Services Directory
Consultant | Corinne Blackman
Art Director | David Abbott
Graphic Designer | Martha Eriksen
Graphic Design Asst. | Ben Grace

PHONE: (518) 439-4949 | FAX: (518) 439-5198

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

■ OPINION

Replace Common Core with common sense

It is time to admit Common Core is more about politics and money than it is about improving education.

While it is not being imposed by Washington, the Obama administration has dangled a lot of money, over \$ 4.3 billion, in front of states to implement the new standards, and 45 states, including New York (with a share of over \$700 million) as well as the District of Columbia opted to do so. In the past, states had a varying set of expectations about what students should learn. According to the president, the goal of the Common Core expansion was to set the bar at the same level for all of them and to better prepare the nation's students for college and career.

While I have no problem with raising the bar for our students, it flies in the face of sanity to pit students against a standard they have no reasonable chance of attaining. I coached track for a long time, and raising the bar for a six-foot high jumper would entail moving it to say six feet one inch.

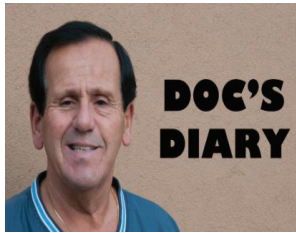
The Common Core bar raising done in New York was tantamount to setting the bar at seven feet for all high school high jumpers then scratching our heads in surprise when most of them failed. As a matter of fact, roughly 6 out of 10 students across New York state failed to attain proficiency

on the tests linked to the Common Core which were administered last spring. Common sense would indicate that something is amiss here.

How did this happen? The answer is simple Common Core won out over common sense. The Common Core standards were adopted without any field test. They were imposed on students all around the nation with no concept of how they would affect students, teachers or schools. The tests which were administered to the students were not linked to the curriculum they were taught. Thus, any expectation of success if sheer folly.

Once the disastrous results were released, state Education Department officials attempted to defend the testing as "setting a new standard or new benchmarks." If that was the goal, the tests should have administered as field tests or pre-tests only with no individual results being released for any student. In that manner, the benchmark could be set, the tests could be aligned to the curriculum and the students could take a fair test of their ability next spring after studying the curriculum during the school year.

President Obama and Secretary of Education John King (the former commissioner of education



in New York state) often say that the Common Core standards were developed by the states and voluntarily adopted by them. This is not true. They were developed by an organization called Achieve and the National Governors Association, both of which were generously funded by the Gates Foundation. There was minimal public engagement in the development of the Common Core.

Federal law prohibits the U.S. Department of Education from prescribing any curriculum, but in this case the department figured out a clever way to evade the letter of the law. The states and the District of Columbia signed on, not because the Common Core standards were better than their own, but because they wanted a share of the federal cash.

New York and Kentucky were the first two states to connect their standardized tests to Common Core. It is becoming more evident every day that we should have passed on being first in this race.

This is even more

complex in New York because the teacher evaluation system that was literally imposed by Gov. Andrew Cuomo directly links teacher evaluation to the standardized tests which are obviously flawed.

How do we straighten out this mess? Pure and simple, it is time to take a step back and to admit that a mistake has been made. If the new commissioner and state

Education Department want to use the test results to establish a standard or in this case, floor for student performance so be it. Beyond that the tests should be officially declared null and void.

Finally, teacher evaluation should not be linked to the test results until a fair test is administered. By the passion shown by parents opting out of state tests

the last two years the battle against Common Core is not going to blow over any time soon. Perhaps a little common sense will prevail.

Dr. John Metallo is a retired teacher and administrator. Among the positions he has held are principal of Albany High School and adjunct instructor at the University at Albany and SUNY Plattsburgh. He lives in Slingerlands and can be reached at 577-7530.

■ COMMUNITY

I love olive oil

Please join us in welcoming Hayley Stevens-Miller from the Saratoga Olive Oil Company. Stevens-Miller is one of very few National Organization of Olive Oil Tasters (ONAOO) certified professional olive oil tasters and is the 2015 North American Olive Oil Tasting Champion. Some of you may remember her from this past spring, when she stopped by the library to introduce us to different flavors of olive oil. On Tuesday, Nov. 1 at 6:30 p.m., she will give an interactive talk and offer some new varieties



of olive oil for your tasting pleasure. Please register.

Local author Everett Rau

Join us Wednesday evening, Nov. 9, at 6:30 p.m. for "Stand Tall: Against the Odds," an inspirational memoir about Everett Rau's life and farming in twentieth century America.

At age 97, Everett Rau still farms the land where he was born in

1919. Hoping that his tales of survival can inspire others, he reminisces about early life in Altamont, farming during the Depression, working for General Electric in World War II and the rise and catastrophic failure of his own small business. Please register.

...

Don't forget, there is an Adult Coloring Book get together this evening, Oct. 26, at 6 p.m. at the library. Relax and enjoy some "you time."

— Lynn Kohler

SLEEP LIKE A BABY.

SHIFMAN MATTRESS SALE

SAVE 35-50%

PLUS UP TO \$400*

Limited Time Only

THE FINEST HANDMADE MATTRESSES IN THE WORLD
www.shifmanmattresses.com

| BANCROFT-LACETUFT FIRM | | | | CRYSTAL-FIRM QUILT | | | | JADE-EXTRA FIRM QUILT | | | |
|------------------------|--------------|-------|--|--------------------|--------|--------|--------------|-----------------------|--------|--------------|------|
| | SUGG. RETAIL | SALE | | SUGG. RETAIL | SALE | | SUGG. RETAIL | SALE | | SUGG. RETAIL | SALE |
| TWIN EA. PC. | \$320 | \$159 | | TWIN EA. PC. | \$520 | \$299 | | TWIN EA. PC. | \$730 | \$419 | |
| FULL EA. PC. | \$480 | \$259 | | FULL EA. PC. | \$710 | \$399 | | FULL EA. PC. | \$930 | \$529 | |
| QUEEN SET | | | | QUEEN SET | \$1470 | \$799 | | QUEEN SET | \$1970 | \$1099 | |
| KING SET | | | | KING SET | \$2430 | \$1349 | | KING SET | \$3160 | \$1749 | |

| SATURN/PLUSH COMFORT* | | | | SOFT CLOUD PILLOW/TOP* | | | |
|-----------------------|--------------|--------|----------------|------------------------|--------------|--------|----------------|
| | SUGG. RETAIL | SALE | w/INST SAVINGS | | SUGG. RETAIL | SALE | w/INST SAVINGS |
| TWIN EA. PC. | \$1800 | \$1099 | \$1086 | TWIN SET | \$4530 | \$2799 | \$2774 |
| FULL EA. PC. | \$2180 | \$1349 | \$1324 | FULL SET | \$5510 | \$3399 | \$3349 |
| QUEEN SET | \$4760 | \$2899 | \$2824 | QUEEN SET | \$6470 | \$3999 | \$3924 |
| KING SET | \$6810 | \$4199 | \$4099 | KING SET | \$8810 | \$5499 | \$5399 |

EXCEPTIONAL COMFORT • NATURAL MATERIALS • TWO-SIDED MATTRESSES
HANDCRAFTED QUALITY

STICKLEY AUDI & CO.

FINE FURNITURE SINCE 1900

151 Wolf Road, Albany 518.458.1846

complimentary interior design service stickleyaudi.com

*Applies to mattress and boxspring sets only in Vintage, Pure Comfort and Masters Collections. Savings up to \$400 based on size and style. See store for details.

53807_4

■ COMMUNITY

She just keeps on rolling along

Wheelchair-bound 10-year-old a member of Menands' cross-country team

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

MENANDS — Kira Wall, 10, eyes focused front, has positioned her wheelchair at the end of a line of fellow Menands School fifth graders preparing for the signal that will start their cross-country race. Once the race begins, Kira will roll her wheelchair as fast she possibly can down and back up a concrete path to the race finish line while her teammates loop around the field behind Menands School and back through the woods.

Kira makes fast work of the first part of her course, which is down hill. She slows a little coming back up the path, pushing and fighting to get up the hill on the hot October day. But she doesn't stop. She powers her way down the course to the finish line with a look of such fierce focus and determination on her face that one would feel foolish for even suggesting that she could be tired at all.



Kira Wall makes her way back up her cross-country course to the finish line during a meet held earlier this month.

Kassie Parisi/Spotlight

Kira then hugs her father, brandishing her first place ribbon, as her teammates begin to cross the finish line as well.

Kira was born a conjoined twin with her sister, and during the separation process suffered from an event akin to a spinal

stroke in which the blood flow to that part of her body stopped, resulting in the loss of the use of her legs. That didn't stop her from showing up to the cross-country informational meeting in June, without a single doubt in her mind. Upon hearing about Kira's interest in the sport, the school, and the Friendship League (the cross-country league made up of smaller kindergarten through eighth grade schools) accommodated her by providing a paved, half-mile course for her to race on.

"I think she went into this thing, guns blazing, that she was just going to do this," Kira's father, Peter Wall said.

Charlie Blanchet, third grade teacher at Menands School and the cross-country coach, said that Kira is not in the habit of letting anyone stop her from doing anything, and he knew that joining the cross-country team was something she could handle.

"I knew this was going to work because she's a tough kid,"

Blanchet said. "She'll put her heart into it."

True to form, Kira is a force to be reckoned with.

"I ran over a sharp stick once, and it broke the stick," she said. Continuously, she insisted that she was not nervous for her race. She knows her course well.

However, before her event, Kira didn't seem too thrilled about racing in the uncharacteristic October heat. In fact, she even mused about retiring from the sport early.

"It's my fault," she said as she practiced her course before her race. "I'd rather just sit in the shade."

But her coach and father saw right through that, and both were certain that with Kira's competitive attitude, independence, and athleticism, she would definitely be back for the next season.

"If you're ever looking for a reality check about your situation, just go talk to Kira for a little while. She'll straighten

"When she makes up her mind to do something, it's done."

Peter Wall
Kira's father

you right out," Wall said. "When she makes her mind up to do something, it's done."

Kira is constantly surrounded by teammates, who clearly adore her. She cheered them on while they raced, and they cheered her on, and to them, the wheelchair doesn't seem to even exist. She is a runner, a teammate, and their friend.

Wall said that Kira is aware of how her situation is different from that of other kids, but it's not something that's going to bum her out.

"She will overcome," Wall said. "She's never proven that wrong. That's really been the way she's lived."

Congratulations

To Our **September Sales Leaders!**



Christopher Silveri
Lic. RE Salesperson



Michael Davis
Lic. RE Salesperson



Linda Meany
Lic. RE Salesperson



Paula Gaies
Lic. Assoc. RE Broker



Victor Franco
Lic. RE Salesperson



RealtyUSA.com
A Howard Hanna Company
Guilderland Office
1881 Western Avenue
Albany NY 12203

George W. Frueh

Discount Home Heating Oil
Kerosene - Diesel Fuel

Get Prepared for the Winter Fill Up Prices!

Buy Before It Goes Up!
Service... Any Day, Any Time

436-1050 *Cash Only

Please join the **Slingerlands Fire Department** for a night of
HAUNTED HOUSE FUN on **October 31** at **6-9 pm**,
1520 New Scotland Rd., Slingerlands, NY!

There will be ghoulish games,
frightening food, and bone rattling
bounce house fun!

All are welcome to stay for special
Halloween beverages and snacks!



PICK OF THE WEEK



Let Go Daylight

The Troy rock band has a new line-up and is gearing up for a new, upcoming album. The four-piece band is scheduled to play the Dinosaur-Bar-B-Que in Troy, with special guest Phillips Head, Friday, Oct. 28

Page B5

INSIDE



Arts calendar

Pages B7-B11



Halloween activities

Looking for something to do this Halloween? We've got a list for you.

Page B4

PLAY TO WIN LOCAL PRIZES!!

\$50.00 Gift Card from **PERRECA'S**

Register to play at: spotlightnews.com/football

THE SPOTLIGHT - PROFESSIONAL FOOTBALL CHALLENGE 2016

FREE • October 26 - November 1, 2016 • www.thespot518.com

INTERVIEW

"You have so many people with so much technology, they can make great product from in their living room. So, the playing field is so even, it's not just on face value of talent. It's so over saturated, people's attention span and the availability of time is just not there anymore. . . . If you were to start out in a career now, I think it is obviously tougher. And, I don't know if it's orientated towards careers in music as much as just being around for a couple of years and moving on."

— Eric Johnson, guitar legend

EJ

Grammy winning guitarist Eric Johnson releases first all-acoustic album. Tour hit Cohoes last week.

Photo by Max Crace



Shifting gears

Eric Johnson goes all acoustic in latest album and current tour

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

If you ask guitar legend Eric Johnson, times are different.

Not in so much that music fans can "play" his Grammy-winning track "Cliff of Dover" through a video game. And, he's not quite speaking of his immediate impact on aspiring guitar fans who can watch instructional videos on YouTube.

When Johnson speaks about how times are different, it's in reference to the challenges younger artists face who are heading out into a music career. His own career path was laden with obstacles, playing gigs in his native Austin, Tex. 40 years ago. His bands failed, despite people taking notice of his extraordinary talent. It would be years before a rumored observation from another guitar legend handed EJ his biggest break.

Continues on page B27

Women's Health
& Breast Cancer Awareness Month

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

Deadlines: **Sept. 28, Oct. 5, 12, 19**



439-4940 • Fax 439-5198
www.spotlightnews.com



#TheSpot518



BRIDGE THE GAP

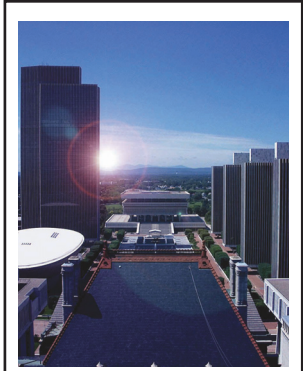
Darker skies lead to winter weather ahead.

dannymaggs / Instagram

quotes of the week

"The fact it's electric guitar music, but it's different. It's not your typical guitar. It's refreshing. It's unique sounding in the orchestration of it. It's nice to hear someone doing something a little different with guitar and metal music. It's inspiring to me. Makes me think about what I want to do with the guitar."



— Eric Johnson, guitarist on Austin band Explosions in the Sky



contents

| | |
|-------------------|---------|
| What's Happening | B3 |
| Feature | B4 |
| Night & Day | B6 |
| Crossword Puzzle | B7 |
| Arts Calendar | B7-B11 |
| Reviews | B18-B22 |
| Health & Fitness | B12 |
| Service Directory | B26-B27 |
| Sudoku Puzzle | B10 |
| Classifieds | B29-B30 |

social media

-  /thespot518
-  @spotnewsfeed
-  @thespot518



staff

- Publisher** | John A. McIntyre, Jr.
- Managing Editor** | Michael Hallisey
- Online Editor** | Jim Franco
- Editor** | Rob Jonas
- Copy Editor** | Lianne Webster-Kim
- Reporters** | Ali Hibbs, Kassie Parisi
- VP of Advertising** | Bo Berezansky
- Advertising Representatives** | Bill Decker, Dave Decker, Art Fredette
- Circulation/Legals** | Shekia Gandy
- Classifieds/ Services Directory Consultant** | Corinne Blackman
- Art Director** | David Abbott
- Graphic Designer** | Martha Eriksen
- Graphic Design Asst.** | Ben Grace
- Contributing Writers** | Denise Bennett, Ann Linda Ciotoli, Allison Fry, Skyler Gilbert, Dan Romand, Elizabeth Schaefer, Steven Stock, Wes Thomas, James Yeara
- Contributing Photographers** | Mike Allen, Allison Fry, Jim Gilbert, Alan Gold, Robert Goo, Pat McCormick, Bo Smith

Clean Up Your World



Fall Cleanup Made Easy!
Optimize Your Cleanup With the Power of Billy Goat!



FINANCING AVAILABLE!

Scan the QR code at right for more information at www.billygoat.com!



Made in the USA

Powered by SUBARU HONDA

OPEN:
Mon., Tues., Wed. & Fri. 8am-6pm
Thurs. 8am-8pm • Sat. 8am-4pm

ALL SEASONS EQUIPMENT INC.

60 Freemans Bridge Road, Scotia NY
518-372-5611
www.allseasonsequipinc.com

Clean up in all seasons with Billy Goat!

www.billygoat.com

439-4949 • fax 439-5198
advertise@spotlightnews.com
thespot518.com

RECENTLY ANNOUNCED

The Dirty Dozen Brass Band

Two-day Bridge Jazz Fest kicks off Feb. 24

TROY — The two-day Bridge Jazz Festival will feature the Dirty Dozen Brass Band and Eldar Djangriov on Friday, Feb. 24 and The Chronicles, Cyrille Aimee and Maceo Parker on Saturday, Feb. 25.

The shows will kick off at the Troy Savings Bank Music Hall at 7:30 p.m. on Friday, and 7 p.m. on Saturday at the Massry Center for the Arts at the College of Saint Rose.

The seven-member Dirty Dozen Brass Band got its start in 1977 at the Dirty Dozen Social and Pleasure Club in New Orleans. Social and pleasure clubs date back more than a century, and were a way for black southerners who didn't have money for a funeral

to celebrate the death of a loved one.

Brass bands, the early predecessors of jazz as we know it today, would follow the funeral procession from the clubs to the cemetery playing music. Then, when the family was out of earshot, it would burst into dance tunes for the onlookers in the street.

The Dirty Dozen Brass Band revitalized the tradition and has brought its mix of genre-bending romps and high-octane performances across the U.S. and more than 30 other countries on five continents.

The band has played with David Bowie, Elvis Costello, the Dave Mathews Band and the Black Crowes.

Grammy-nominated pianist Eldar Djangriov is a "blend of musical intelligence, organizational savvy, enthusiasm and prowess that was all the more impressive for seeming so casual ... an ebullient impressionist," according to the New York Times. "Maybe he made a pact with Lucifer to be the greatest pianist ever."

Djangriov, who hails from Kansas City, has performed with Michael Brecker, Marian McPartland, Dave Brubeck, Wynton Marsalis among many other jazz greats.

On Saturday the six-piece, high-energy band The Chronicles will bring its mix of jazz, funk, soul and hip-hop to the Massry Center.



The Dirty Dozen Brass Band

Photo submitted

Also on Saturday, Cyrille Aimee will bring her love of gypsy music to the stage.

The world-renowned vocalist was raised in France by a French father and Dominican mother and would sneak out of her bedroom window to nearby gypsy encampments. Years later, she would sing on street corners with friends

while traveling across Europe.

On one such trip, she found herself at the Montreux Jazz Festival, where she won first prize in a vocal competition, which included the financing of her first album.

Also on stage Saturday is Maceo Parker, who's name is synonymous with

"funky music."

Tickets for Friday's show are \$28, \$36 or \$42. Saturday's show is \$40. Festival passes are \$60.

Music Hall members can purchase tickets now by phone or in person at the Box Office. Single tickets sales began on Monday, Oct. 24.

ON THE HORIZON

Umphey's McGee

The Palace — Saturday, Jan. 28

ALBANY — After 17-plus years of performing more than 100 concerts annually, releasing eight studio albums and selling more than 3.5 million tracks online, Umphey's McGee might be forgiven if it chose to rest on their laurels.

But then that wouldn't be consistent with the work ethic demonstrated by the band, which consistently attempts to raise the bar, setting and achieving new goals since forming on the Notre Dame campus in South Bend, Ind., in 1997.

After releasing their eighth studio album, "Similar Skin," the first for its own indie label, "Nothing Too Fancy (N2F) Music" (distributed by RED), the group continue; to push the envelope and test the limits.

Its brand-new studio album, "The London

Session," was a dream come true for its members having been recorded in the legendary Studio Two at historic Abbey Road. The stealth recording session yielded 10 tracks in a single day, proving once again, the prolific UM waits for no one.

Despite attempts at categorizing UM, the band has devoted its craft to making its devoted followers feel as if they are part of something larger, through such technology-fueled innovations as fan-curated sets is the immersive high-end audio offering, "Headphones & Snowcones," where the pristine sound of the live soundboard mix is piped wirelessly through high-end personal monitor systems and headphones.

Tickets for Umphey's McGee at The Palace are \$25, \$27.50 and \$29.50.

Mike Gordon

The Heart Theater at The Egg — Saturday, Nov. 26

ALBANY — Phish bassist Mike Gordon returns to the road with his band this fall.

Unlike previous projects, the goal was to put together a band that would be in it for the long haul. Guitarist and longtime collaborator Scott Murawski and Gordon searched the nooks and crannies of this land for players to complete the outfit. Scott can rip guitar to no end, and he belts out with the kind of voice that at once sounds like your best friend and like the deep backwoods soul and grit of a true American hobo hero, too cool to talk in normal small-talk.

The band also includes organ and synth-master Robert Walter (from The Greyboy Allstars,) sharp-shooter John Kimock on drums and percussion/n'goni/programmer Craig Myers.

Gordon jumps up and down a lot with this band. Maybe too much, but a lot. There is a lot of smiling. And frowning, but more the latter. The band's new repertoire will be augmented by secret synesthetic mad scientist gadgetry on and around the stage.

Gordon cofounded the improvisational band Phish in 1983 and released his fourth solo album, "Overstep" in 2014. On the album, he shared song writing duties with Murawski.

Gordon draws inspiration from a variety of sources from the natural world to the emotional world to his "often persistent visions."

The show is part of The Egg's Guest Music Presentations Series. It starts at 8 p.m. and tickets are \$31.50.



The
**WORLD'S
STRONGEST
COFFEE**

For \$3 OFF

Use Discount Code
SPOT518

deathwishcoffee.com

LOCAL EVENTS

Halloween events

Field of Horrors

Capital Paintball Combat Zone; 100 Farrel Road, Troy

Field of Horrors offers several different attractions for the price of one! Check out the Trail of Terror Hayride, Death Trap, Sector 6 Paintball Gallery, and new attractions Insanity and Return of Mummy's Curse! Not recommended for children younger than 8 years old.

Info: Fieldofhorrors.com

Cost: \$25 per person
Hours: Thursday, Oct. 27 through Sunday, Oct. 30: 6 to 11 p.m. Daily

yet again this year. Your journey will begin with a true Haunted Hayride on a tractor-drawn wagon, winding through the dark woods that are rumored to be filled with spirits and



creatures of unimaginable beings. At the conclusion of the hayride, your journey will continue on foot into our newest attraction Walking Undead where you will enter the zombie-infested prison – can you escape? Beyond Walking Undead is Salvage, a long-forgotten junkyard rumored to be home to a dangerous family. Next up is the Last Inn, a residence

that is known for a disappearing guest or two and a truly insane innkeeper – don't be the last in to the Last Inn. Your final destination is another new attraction, Museum of Horrors, where the exhibits hate visitors. The fun continues in our midway area with The Schadenfreude Circus, a side show that is sure to impress you and probably freak you out. Not recommended for children younger than age 8; children younger than 14 must be accompanied by an adult.

Info: doublehauntedhayrides.com or 518.884.9122

Cost: \$25 per person; reservations required

Hours: Thursday, Oct. 27 through Sunday, Oct. 30: rides begin nightly at 7 p.m.

Pumpkin Patch

McKownville United Methodist Church; 1545 Western Ave., Guilderland

An acre filled with 22-tons of gorgeous orange, red, white and green pumpkins from a Navajo Farm in New Mexico. Prices vary by size with sale proceeds benefiting the church's Missions Scholarship Fund.

Info: www.facebook.com/

RedDoorsChurch

Cost: Free to visit
Hours: Wednesday, Oct. 26 through Friday, Oct. 28: 11 a.m. To 7 p.m.

Saturday, Oct. 29: 10 a.m. To 7 p.m.

Sunday, Oct. 30: noon to 6 p.m.

Monday, Oct. 31: 11 a.m. To 7 p.m.

"Halloween in Wonderland"

ViaPort Rotterdam; 93 West Campbell Road, Rotterdam

Come with Alice and travel down the Rabbit Hole to see how Wonderland celebrates "All Hallows Eve." Tricks and treats for the whole family in this child-friendly event.

Info: 518.396.6114/
viaportrotterdam.com/halloween-in-wonderland-malice-in-wonderland

Cost: \$5 per person
Hours: Saturday, Oct. 29 and Sunday, Oct. 30: 1 to 4 p.m. daily

Nightmares

Liberty Ridge Farm; 29 Bevis Road, Schaghticoke

Hop on the Trolley of Terror to

begin your journey through Field of Screams, Fort HuntD, the Farmer's Haunted House, 3D McCobb Manor and the Forest of Fear. Nightmares haunted attractions are designed for children ages 10 and older.

Cost: \$26 per person (\$15 general admission for Brad's Barnyard activities and Psychic Sideshow only)

Hours: Friday, Oct. 28, and Saturday, Oct. 29 starting at 7 p.m.; last admission sold at 10 p.m.

Scare Fair

Saratoga County Fairgrounds; Saratoga County 4-H Building, 162 Prospect St., Ballston Spa

The Institute Of Fear brings your fears and phobias to life in an 8,000 sq ft, terror-inducing, indoor teen/adult haunted house. Upon entering, you become part of the experiment at The Institute of Fear. This truly scary attraction is not suitable for either small children or the faint of heart.

Info: www.saratogascarefair.com/institute-of-fear

Cost: \$10 per person, cash only
Hours: Friday, Oct. 28, and Saturday, Oct. 29, from 6:30 to 10 p.m. daily

Haunted Hayrides

Double M Western Store; 678 New York Route 67, Ballston Spa

Scary Harry, the iconic ghost cowboy of Double M, has a horrifying experience awaiting you

LATHAM 9 Cobbee Road Just North of the Circle Super Ctr. Latham 785-7480

SARATOGA 222 Washington St. 587-6004

Roma Foods

Your Football Party HEADQUARTERS!

COLD CUTS PLATTERS • LONG SUBS

COMPLETE CATERING MENU (HOT & COLD)

ALL NATURAL BUTCHER SHOP

COMPLETE SELECTION BEEF • POULTRY • PORK • VEAL
NO STEROIDS, ANTIBIOTICS OR HORMONES
EXOTIC GAME • MURRAY'S CHICKEN

OSCARS SMOKEHOUSE PRODUCTS

FRESH, LOCAL PRODUCE

IT'S NOT TOO EARLY TO BE THINKING ABOUT FRESH, ALL NATURAL...

MURRAY'S or JAINDL TURKEYS

or Our Famous All-Inclusive TURKEY DINNERS!

WWW.ROMAFOODS.COM

FREE Admission!

SHAKER CHRISTMAS CRAFT FAIR

Oct. 29 thru Dec. 17
10am - 4pm
(CLOSED SUNDAYS)

Gift Shop & 50 + Crafters

Unique handmade gifts in the historic 1848 Shaker Meeting House

America's First Shaker Site
Head toward Albany - follow signs to Shaker Site off...

Heritage Lane, Albany, NY

518-456-7890

www.ShakerHeritage.org

SKI LEASES

Limited Availability - LEASE NOW!

Junior & Adult USED SKI EQUIPMENT LEASE

Limited Availability!

• Skis • Boots • Poles
Junior leases starting at

\$99⁰⁰

Lease until April 2017

PRESEASON SKI & SNOWBOARD TUNE UP SPECIAL ONLY \$49⁹⁵

"Our Best Wintersteiger Stone Ground Finish"

STEINER'S

SteinersSkiBike.com

Bike • Ski Specialists

| | | |
|---|---|---|
| <p>GLENMONT 427-2406
329 Glenmont Rd. (9W)
Mon-Th 10-6, Fri 10-8
Sat. 9-5, Sun. 11-4</p> | <p>HUDSON 828-5063
301 Warren St.
Mon-Fri 10-6
Sat. 9-5, Sun. 11-4</p> | <p>VALATIE 784-3663
3455 Route 9
Mon-Th 10-6, Fri 10-8
Sat. 9-5, Sun. 11-4</p> |
|---|---|---|

www.steinersskibike.com

PICK OF THE WEEK

Dawn breaks upon Let Go Daylight

New line-up, new sound, plus a new CD on the horizon

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

TROY — Let Go Daylight's Ralph Renna feels reenergized about music these days.

The four-piece rock band out of the Collar City was overhauled with a new lineup earlier this year. A shake-up Renna said, that happened because "life" gets in the way of keeping a band together:

Gets in the way of practicing.

Stands in the way of writing.

But, that all started to change in March. Dan Scleicher, Zach Leffler and Michael James paired up

with Renna to form the next iteration of Let Go Daylight, and life no longer stands in the way.

"This is the newest and probably the best incarnation of the band," said Renna. "Every time we step into a jam, or to play a show, it just seems to come natural. We start playing, even unrehearsed stuff comes naturally."

Let Go Daylight is now clicking on all four cylinders. Practicing. Writing. To the point the band will hit the studios next month to record its first album in two years. Renna said a subsequent release will follow within a year.

"We haven't put out any news music since 2014, so it's time," said Renna. But, to whet the appetite of fans there is a tentative plan to soon release a 13-minute

track (with a possible bonus track) called "The Low Down and Dirty."

Renna said the name of the unreleased track pays homage to the band's sound, which he described as "gritty, bluesy, and more heart-felt."

Since the band formed four year's ago, Let Go Daylight's sound has been steeped into the influences of Nirvana, Black Sabbath, Metallica and the Misfits; defined best by Renna screaming out vocals. However, he said, he's now extending himself beyond his comfort level and harmonizing the lyrics.

Music fans will catch a glimpse of this new line-up Friday, Oct. 28 at the Dinosaur Bar-B-Que in Troy, when Let Go Daylight shares the bill with Phillips Head for a free show.



LOW DOWN & DIRTY
Native sons of Troy promise something new in coming months.
letgodaylight / Facebook



IF YOU GO

- **What:** Let Go Daylight w/s/g Phillips Head
- **When:** 9 p.m., Friday, Oct. 28
- **Where:** Dinosaur Bar-B-Que
- **How much:** Free
- **Info:** www.facebook.com/letgodaylight

WHAT'S HAPPENING

The LateShip

Dutch Apple Cruise ship — Saturday, Oct. 29

ALBANY — What better way to celebrate the release of a new album and Halloween with one big cruise?

Capital District-based band The LateShift is having a CD release party for its new EP, "Forks & Knives," aboard the Dutch Apple Saturday, Oct. 29, at 6:30 p.m., and electronic duo Titanics is along for the ride. And because Halloween is around the corner, fans are asked to come in costume and enjoy a

full bar along with the cruise. Prizes will be awarded for the best costumes, and everyone aboard "The LateShip" will receive a copy of "Forks & Knives."

Tickets for the concert and the 3-hour cruise along the Hudson River are \$25 per person. For more information, visit www.thelateshift.com.

The LateShip is sponsored by 102.7 WEQX — The Real Alternative and Havin a Day.

Eddie Kilgallon

The Upper Room — Saturday, Oct. 29

ALBANY — East Greenbush native and Nashville-based country songwriter/producer Eddie Kilgallon returns to the Capital District to play hit songs from his 23-year career Saturday, Oct. 29, at 7 p.m. at The Upper Room, 59 North Pearl St.

This is Kilgallon's first solo appearance in Albany since moving to Nashville in 1993. He will be performing hits from his band, Ricochet, as well as his ASCAP

Song of the Year "One Night at a Time," a No. 1 hit recorded by George Strait.

Also on the bill are MPThree and The Kyle Bourgault Band. MPThree is an acoustic country trio led by Mark Pierre, while The Kyle Bourgault Band is rising in the region's country music scene.

Tickets are \$15 in advance and \$20 the night of the show. VIP tickets are \$25. For more information, call The Upper Room at 694-3100.

ROSE DENTAL ASSOCIATES A Lifetime of Beautiful Smiles!

Welcomes Arvin Kadempour, D.D.S.
Prosthodontics and Maxillofacial Prosthetics

Dr. Arvin Kadempour is a specialist in Esthetic, Implant and Reconstructive dentistry. He joined Rose Dental in August and **welcomes new patients**. Dr. Kadempour's passion is to create beautiful smiles. He is dedicated to delivering high quality care in a comfortable setting.

5 Pine West Plaza
Washington Ave. Ext., Albany
(1 mile west of Crossgates Mall) **456-7673** www.rosedentalassociates.com

Oct. 27th Live Music by Mike DeAngelis 7-10pm

Come Watch Your Favorite Game

Nov. 2nd Live Music by Dan Sherwin 7-10pm

o'slattery's
Irish restaurant & Pub
439-5634

www.oslatterys.com 318 Delaware Ave Delmar

NFL Ticket Specials: Beer Buckets, 4 Bottles for \$12 or 7 for \$20 during games

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

Night & Day

Night — Halloween Under the Big Top: Freak Show

ALBANY — The Barrel Saloon & Texas BBQ will host its second annual Halloween party from 9:30 p.m. on Saturday, Oct. 29, to 12:30 a.m. Sunday, Oct. 30, under the heated tent in its parking lot.

The party features a costume contest with a monetary prize, photos taken by a professional photographer, a live DJ, and complimentary beer

and wine. Patrons must be 21 or older and in costume to attend.

Early Bird tickets, which cost \$30 each (plus a \$2.64 handling fee) are available for purchase online through Saturday, Oct. 29 at 2 p.m. at theupperroomalbany.com/event/halloween-under-the-big-top-freak-show-edition. Otherwise, tickets will be available

for purchase at the door for \$40 each. Proceeds will benefit the Albany Business Improvement District.

For more information, visit barrelsaloon.com or <https://www.facebook.com/barrelsaloon/?fref=ts>.

The party will take place in the parking lot across the street from The Barrel Saloon, 942 Broadway in Albany.

2nd Annual Halloween Under The Big Top
\$30 Open Bar
 Beer & Wine
 Costume Required
 21 & Over

October 29th
9:30PM
 BarrelSaloon.com

FREAK SHOW
 The Barrel Saloon & Texas BBQ

Image from Barrel Saloon & Texas BBQ's Facebook Page

Day — Shrek: The Musical



Submitted photo

SARATOGA SPRINGS — It's the final weekend of performances for Home Made Theater's production of "Shrek: The

Musical" at the Spa Little Theater.

Based on the popular motion picture "Shrek," released in 2001 by

DreamWorks Animation, the musical version of this award-winning, twisted fairy tale is filled with irreverent fun, combining a great score with a heartwarming and funny plot.

Join Home Made Theater for this story of everyone's favorite ogre who goes on a life-changing adventure in which the prince isn't charming, the princess isn't sleeping, the sidekick isn't helping and the ogre is the hero! Unexpected, wise-cracking and clever, musicals will never be the same again.

Performances take place at the Spa Little Theatre on Friday, Oct. 28, and Saturday, Oct. 29, at 7:30 p.m., and Sunday, Oct. 30 at 2 p.m.

Tickets cost between \$23 and \$29 depending on type (adult or student/senior) and seat location. Please note that there is a \$2.50 processing fee per ticket when purchased online.

For more information about the production or to purchase tickets for any of its remaining performances, call 518.587.4427 or visit homemadetheater.org.

The Spa Little Theatre is located at 19 Roosevelt Drive within the Saratoga Spa State Park in Saratoga Springs.

MORE Perreca's Italian Kitchen

Thanksgiving Take Out Meals

Available for Pickup or Delivery
 on Thanksgiving Morning
CALL 518.788.7710



~~~ MENU ~~~

- | | |
|--------------------------------------|---|
| 18 lbs. Turkey with Gravy | String Beans Almondine |
| Perreca's Best Ever Holiday Stuffing | Whole Berry Cranberry Sauce |
| Garlic Smashed Potatoes | Perreca's Italian Bread & Butter |
| Brown Sugar Candied Yams | Freshly Baked Apple Pie and Pumpkin Pie |

This dinner serves 10 - 14 people for \$195 +tax.

Additional options include Baked Eggplant \$42.95, Sausage and Peppers \$48.00, Ziti with Meatballs \$33.95, Baked Ziti \$28.95

31 North Jay St., Schenectady
www.perrecasbakery.com



CLUBS

9 Maple Avenue
 9 Maple Ave., Saratoga Springs.
 www.9mapleave.com
 Fri: **Tim Olsen Quartet** | 9 p.m.
 Sat: **Jim Wilson Quartet** | 9 p.m.

Albany Rail Yard
 1118 Central Ave., Albany. 489-2990
 Sun: **Capital Region Blues Jam** | 8 p.m.

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

Arthur's Market
 35 N. Ferry St., Schenectady. 382-1938
 Wed: **John Birchler** | 7 p.m.
 Every Thur: **Edith's Amazing Jam** | 6 p.m.
 Fri: **Kitchen Jazz** | 7 p.m.
 Sat: **Shakti** | 7 p.m.
 Sun: **Jordan Nankey** | 7 p.m.
 Tue: **The Dynamic Duo** | 7 p.m.

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

Café NOLA
 617 Union St., Schenectady. 357-8628
 Sat: **2Late** | 6:30 p.m.

Caffé Lena
 47 Phila St., Saratoga Springs. 225-0882
 Every Thur: **Open Mic** | 7 p.m.
 Thur: **Chris Smither** (Dee Sarno Theater, 320 Broadway) | 7 p.m.
 Fri: **David Wilcox** (The Grove, 233 Lake Ave.) | 7 p.m.
 Sat: **Sean Rowe** (CD preview) | 7:30 p.m.

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

Castle Street Café
 10 Castle St., Great Barrington, Mass.
 413-528-5244
 Fri: **Peg & Bill Delaney** | 8 p.m.
 Sat: **Dave Reed Duo** | 8 p.m.

ARTS CALENDAR



Modern jazz greats share the stage

Jazz pianists Vijay Iyer, left, and Craig Taborn perform together at Rensselaer Polytechnic Institute's EMPAC theater Saturday, Oct. 29, at 8 p.m.

Submitted photo

Centre Street Pub
 308 Union St., Schenectady. 393-2337
 Wed: **Jecco Trio** | 6 p.m.
 Thur: **Mike Thomas** | 7 p.m.
 Fri: **Cougar Candy** | 9 p.m.
 Sat: **Deadbeats** | 9 p.m.

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

Club Helsinki
 405 Columbia St., Hudson. 828-4800 or
 helsinki@hudson.com
 Wed: **Elizabeth Cook, Derek Hoke** | 8 p.m.

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

Eden Café
 269 Osborne Road, Loudonville. 977-3771
 Sat: **Open mic & live variety show** | 7:30 p.m.

Emack & Bolio's
 366 Delaware Ave., Albany. 512-5100
 Fri: **Polish Moses** | 7 p.m.
 Sat: **Conor Walsh** | 7 p.m.

Sat: **Andy Baker** | 8 p.m.
 Every Tue: **Open Mic** | 7 p.m.

Fuze Box
 12 Central Ave., Albany. 703-8937
 Fri: **DJ Disco Naps, Steven G, Tall Ass Matt, Sound By Party Shirt** | 9 p.m.
 Sat: **80s Halloween** | 9 p.m.

Gaffney's
 16 Caroline St., Saratoga Springs. 587-7359
 Thur: **Sirsy** | 8 p.m.
 Fri: **Rich Clements Band** | 9 p.m.
 Sat: **Acoustic Circus** | 9 p.m.

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

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

The Half Moon
 48 S. Front St., Hudson. thehalfmoonhudson.com
 Fri: **Ryley Walker, Circuit des Yeux, Last Good Tooth** | 8 p.m.

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

The Hollow Bar + Kitchen
 79 N. Pearl St., Albany. 426-8550
 Fri: **Teddy Midnight, Ampevene** | 9:30 p.m.
 Sat: **Eastbound Jesus** | 9:30 p.m.

Hudson River Music Hall
 10 Maple St., Hudson Falls. 832-3484
 Every Wed: **Open Mic** | 7 p.m.

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

The Low Beat
 335 Central Ave., Albany. 432-6572
 Wed: **Hamell on Trial** | 6 p.m.
 Every Wed: **The Deadbeats** | 10 p.m.
 Fri: **The Erotics, Demons Alley, Mordwolf, Ikes Wasted World** | 8 p.m.
 Sat: **Upstate's Alright 3! (20 local punk & underground bands)** | noon
 Tue: **Shonen Knife, Bare Mattress** | 7:30 p.m.

Continues on B8

| | | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | | 6 | 7 | 8 | 9 | | 10 | 11 | 12 | |
| 13 | | | | | | 14 | | | | 15 | | 16 | | |
| 17 | | | | | 18 | | | | | | | 19 | | |
| 20 | | | | | | | 21 | | | | 22 | | | |
| | | | 23 | | | 24 | | | 25 | | | | | |
| 26 | 27 | 28 | | 29 | | | 30 | | 31 | | | | 32 | |
| 33 | | | 34 | | 35 | | | 36 | | 37 | | | 38 | |
| 39 | | | | 40 | | 41 | | | | 42 | | | | |
| 43 | | | | | | 44 | | | 45 | | 46 | | | |
| | 47 | | | | 48 | | 49 | | | 50 | | 51 | | |
| | | | 52 | | | | | 53 | | | 54 | | | |
| | | 55 | | | | 56 | 57 | | 58 | | | 59 | 60 | 61 |
| 62 | | | | 63 | | | | 64 | | | | | | |
| 65 | | | | 66 | | | | | | 67 | | | | |
| 68 | | | | | 69 | | | | | 70 | | | | |

- ACROSS**
- Third of the seven canonical hours
 - Beach item
 - Appropriate
 - Auto option
 - Chipped in
 - Grassland
 - Pretend
 - Big ___ Conference
 - Injections of liquid into the rectum
 - One who fuses ore
 - "... or ___!"
 - Bad look
 - Cabinet acronym, once
 - Artist Chagall
 - Bear
 - Diamond Head locale
 - Calendar span
 - In-box contents
 - Word processor command
 - Nod, maybe
 - Brief brawl
 - Foreword, for short
 - Boris Godunov, for one
 - Makeshift bed (British)
 - Appears
 - Bounce back, in a way
 - "The Catcher in the ___"
 - Light bulb unit
 - Radial, e.g.
 - Relating to food content
 - Specific tribe of indian, collectively
 - "Welcome" site
 - Ancient region in W Asia
 - Bauxite, e.g.
 - Restorative
 - Frankincense and myrrh, but not gold
 - The "p" in m.p.g.
 - Convene
 - Change, as a clock

- DOWN**
- Break
 - Brio
 - Autumn tool
 - _____ Brv²/v³@e
 - To preserve something
 - Amigo
 - Pretend
 - Cuckoos
 - Any thing
 - Tools for measuring if something is flat
 - Electrical generator convert energy to current
 - Equal
 - "The Joy Luck Club" author
 - Strikes out
 - English exam finale, often
 - Joined the same side
 - At attention
 - Arizona Indian
 - Brings home
 - _____ rafting
 - _____ and effect
 - Airheaded
 - "Can you believe it?!"
 - Change, chemically
 - Ditch
 - Type of drums
 - Safari sight
 - Current
 - Henry Clay, for one
 - Circumvent
 - Attention
 - "Cast Away" setting
 - Bay
 - Andy's radio partner
 - Bring on
 - Brewer's equipment
 - Finish, with "up"
 - Favorite

Answers on Pg. B30

ARTS CALENDAR

Lucky Strike Social

1 Crossgates Mall Road, Albany.
556-3350
Sat: **The Devil's Carnival with Tony Martinez** (costume party) | 10 p.m.

McGeary's

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

Merry Monk Saratoga

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

Moon & River Café

115 S. Ferry St., Schenectady. 377-5100
Wed: **Doug Chilton** | 7 p.m.
Thur: **Harry Pellegri** | 7 p.m.
Fri: **Ron Sorenson** | 7 p.m.
Sat: **The Nellies** | 7 p.m.
Every Sun: **Open Mic** | 7:30 p.m.

Mouzon House

1 York St., Saratoga Springs. 226-0014
Thur: **Hot Club of Saratoga Trio** | 7 p.m.
Sat: **Joe Gitto & Dan Wancyk** | 6:30 p.m.

Newberry Music Hall

388 Broadway, Saratoga Springs.
(877) 565-3849
Fri: **Latin Night with DJ Frankie Ramos** | 9 p.m.

Oh Bar

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

One Caroline Street

1 Caroline St., Saratoga Springs.
587-2026

Wed: **The Masters of Nostalgia** | 8:30 p.m.
Thur: **Cloud Lifter** | 8 p.m.

Sat: **Jeff Nana/Lecco Morris Quartet** | 9 p.m.

Parish Public House

388 Broadway, Albany. 365-0444
Fri: **Mirk w/ Sirsy & Erin Harkes** | 8 p.m.
Sat: **Lord Electro, Space Carnival** | 8 p.m.

The Parting Glass

40 Lake Ave., Saratoga Springs. 583-1916
Sat: **Forthlin Road** | 9 p.m.

Panza's

510 NY Rte. 9P (on Saratoga Lake), Saratoga Springs. 584-6882
Fri: **Azzaam Hameed** | 6:30 p.m.
Sat: **Larry Finke** | 7 p.m.

Pauly's Hotel

337 Central Ave., Albany. paulyshotel.com
Wed: **Tape Head, Shredder, Beauty Queen** | 8 p.m.
Thur: **Open mic** | 7 p.m.
Sat: **Upstate's Alright 3!** (20 local punk & underground bands) | noon
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: **Hayley Jane & The Primates, Knot Dead** | 9:30 p.m.
Sat: **Annie in the Water, Elise Testone, Candy Ambulance** | 9:30 p.m.

Roux

10-01 Vista Blvd., Slingerlands. 487-4358
Fri: **The Band SSR** | 6 p.m.

Rustic Barn Pub

150 Speigletown Road, Troy. 235-5858
Every Thur: **Open Mic** | 8 p.m.
Fri: **The Lustre Kings** | 8 p.m.
Sat: **Dr. Jah & The Love Prophets, Brian Lapoint & The Joints** | 8 p.m.

Sake Japanese Steakhouse

611 Troy-Schenectady Rd., Latham.
785-7215
Sat: **Billy's Bounce** | 7:30 p.m.

Savoy Taproom

301 Lark St., Albany. 599-5140
Wed: **Thump Gospel** | 9 p.m.
Fri: **Ryan Lewddick Trio** | 9 p.m.

Speakeasy 518

42 Howard St., Albany. 449-2332
Wed: **Chris Carballeira** | 8 p.m.
Thur: **Jeff Nania Duo** | 9 p.m.
Fri: **Shawn McCarthy Trio** | 9 p.m.
Sat: **Tyler Giroux Trio** | 9 p.m.
Mon: **Joe Finn** | 8 p.m.

Spillin' the Beans

13 3rd St., Troy. 268-1028
Fri: **Keith Pray's Soul Jazz Revival** | 7 p.m.

Stockade Inn

1 North Church St., Schenectady.
346-3400
Thur: **Peg Delaney with Earl Davis** | 7 p.m.
Fri: **Jecco Duo** | 7 p.m.

Troy Kitchen

77 Congress St., Troy. 268-0068
Thur: **Jecco Trio** | 5:30 p.m.

Twisted Vine

384 Kenwood Ave., Delmar. 439-3241

Thur: **Mia Scirocco Trio** | 8 p.m.
Sat: **MP3 Trio** | 8 p.m.

The Upper Room

59 N. Pearl St., Albany. 694-3100
Sat: **Eddie Kilgallon, MPThree, Kyle Bourgault Band** | 7 p.m.

Upstate Concert Hall

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

The Van Dyck

237 Union St., Schenectady. 348-7999
Tue: **Keith Pray's Big Soul Ensemble** | 8 p.m.

Waterworks Pub

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

Yono's

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

MUSIC

Acoustic Blues Open Mic & Jam

Dave Scheffel and Ray Giguere are this month's featured artists at the jam, hosted by Sonny Speed. Oct. 26, 7 p.m., Spring Street Gallery, 110 Spring St., Saratoga Springs. Admission: \$5. Information: 587-6433.

Warsaw Philharmonic

One of Poland's most renowned musical institutions, the orchestra makes its fourth American tour this season, performing works by Weinberg, Chopin and Brahms. Oct. 26, 7:30 p.m., Troy

Savings Bank Music Hall, 30 Second St., Troy. Tickets: \$45 and \$55. Information: 273-0038 or troymusichall.org.

Elvis Costello & The Imposters

Eclectic singer-songwriter famous for hits such as "Pump It Up," "Allison" and "Veronica." Oct. 26, 8 p.m., Palace Theatre, 19 Clinton Ave., Albany. Tickets: \$49.50-\$99.50. Information: palacealbany.com.

Carrie Underwood: The Storyteller Tour

Country superstar performs her classic hits, with special guest Easton Corbin. Oct. 27, 7 p.m., Times Union Center, 51 South Pearl St., Albany. Tickets: \$46 and \$76. Information: 800-745-3000 or ticketmaster.com.

Archie Fisher

Traditional Scottish ballad singer, master guitarist and songwriter. Oct. 28, 7:30 p.m., Old Songs Community Arts Center, 37 South Main St., Voorheesville. Tickets: adults \$20, children 12 and under \$5. Information: 765-2815 or oldsongs.org.

Sister Sparrow & the Dirty Birds

R&B/roots band led by Arleigh Kinche- lode performs as part of the American Roots & Branches concert series. Oct. 28, 8 p.m., The Egg, Empire State Plaza, Albany. Tickets: \$29.50. Information: 473-1845 or www.theegg.org.

Eileen Ivers

Nine-time All-Ireland Fiddle Champion performs as part of the Rhythm International concert series. Oct. 29, 7:30 p.m., The Egg, Empire State Plaza, Albany. Tickets: \$34. Information: 473-1845 or www.theegg.org.

The Jazz Ambassadors of the U.S. Army Field Band

The official touring big band of the United States Army plays swing, bebop, Latin, jazz, standards, patriotic selections and more. Oct. 29, 7:30 p.m., Troy Savings Bank Music Hall, 30 Second St., Troy. Free. Information: 273-0038 or www.troymusichall.org.

Gov't Mule

Warren Haynes leads the southern rock band back to town in support of "The Tel-Star Sessions." Oct. 29, 8 p.m., Palace Theatre, 19 Clinton Ave., Albany. Tickets: \$32.50-\$55. Information: palacealbany.com.

Patti LaBelle

Legendary R&B singer famous for "Lady Marmalade," "New Attitude" and "If Only You Knew." Oct. 29, 8 p.m., Proctors, 432 State St., Schenectady. Tickets:

\$25-\$85. Information: 346-6204 or www.proctors.org.

Skidmore College Orchestra

Performing an evening of "Romantic Blockbusters" featuring works by Brahms, Respighi and Richard Strauss. Oct. 29, 8 p.m., Arthur Zankel Music Center, Skidmore College, North Broadway, Saratoga Springs. Information: 580-5321 email zankel@skidmore.edu.

Vijay Iyer and Craig Taborn

Two of the top jazz pianists in the world perform together. Oct. 29, 8 p.m., EMPAC Concert Hall, Rensselaer Polytechnic Institute, Troy. Tickets: \$6-\$18; dinner package \$50. Information: empac.rpi.edu.

Albany Pro Musica presents 'Harvest Home'

Capital District chorus performs mostly a cappella selections of the season. Oct. 30, 3 p.m., Troy Savings Bank Music Hall, 30 Second St., Troy. Tickets: \$25 and \$35. Information: 273-0038 or www.troymusichall.org.

Schenectady Symphony Orchestra

Performing a Halloween-inspired program including "Night on Bald Mountain," "Danse Macabre" and "Sorcerer's Apprentice." Oct. 30, 3 p.m., Proctors, 432 State St., Schenectady. Tickets: \$40-\$65. Information: 346-6204 or www.proctors.org.

University Symphony Orchestra and University Concert Band

A shared program featuring works by Gustav Holst, Donald Coakley, Gary Gilroy and Georges Bizet. Oct. 30, 3 p.m., University at Albany Performing Arts Center, uptown campus, 1400 Washington Ave., Albany. Tickets: general public \$6, student/seniors/UAlbany staff \$3. Information: 442-3997 or www.albany.edu/pac.

Indigo Girls

Female folk duo famous for songs such as "Galileo" and "Closer to Fine," with opening act Becky Warren. Nov. 1, 8 p.m., The Egg, Empire State Plaza, Albany. Tickets: \$39.50-\$75. Information: 473-1845 or www.theegg.org.

THEATER

Shrek: The Musical

Current Broadway musical hit based on the animated movie series. Presented by Home Made Theater, through Oct. 30, Spa Little Theater, Saratoga Spa State Park, Saratoga Springs. Shows: Friday and Saturday 7:30 p.m., Sunday



Join us This Saturday, October 29th for our Annual Halloween Party!

The Fun Begins at 7PM

- Prizes for Best Costumes
- Drink & Dinner Specials
- Music & Dancing!

Call for Reservations!
*Costume Not Required
Come as you are...and enjoy the fun!

EVERY TUESDAY & WEDNESDAY IS PARM NIGHT

All come with bread, salad & penne pasta
Parm Dinner ONLY \$7.99

Join us Thanksgiving Day for our Traditional Thanksgiving Dinner
Call NOW for Reservations
357-3324

THURSDAY PRIME RIB SPECIAL

DINE-IN OR TAKE-OUT AVAILABLE! Complete Dinner ONLY \$13.99

We now offer All Menu Dinners "TO GO!"
Includes our PARM & PRIME RIB Specials!

MUSIC & DANCING
Every Friday & Saturday with Randy Loren

We Specialize in Banquets & Catering for Showers, Rehearsal Dinners, and Funeral Receptions.

1727 State St., Sch'dy
RLDolceVita.com

357-3324

"WELCOME TO FALL" SALE!

20% OFF

ALL PURCHASES

NEW & USED WOMEN'S CLOTHING & ACCESSORIES

Support Breast Cancer Awareness Month

10% of ALL Proceeds donated to Susan G. Komen For The Cure!

Gift Certificates Available!

Quality for LESS! **PURPLE ROSE**



CONSIGNMENT

Consignments by appointment only

2696 Hamburg St. (Coldbrook Plaza), Schenectady
Hours: Tuesday-Friday 9-6 • Saturday 10-3

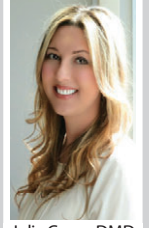
982-0237

JULIA CERNY, DMD, PLLC

Excellence in Dentistry

SAME-DAY CROWNS,
MORE INSURANCE OPTIONS
& FLEXIBLE HOURS

For Your Convenience!



1182 Troy - Schenectady Rd. Suite 202, Latham

533-5253

www.juliacernydmd.com

ARTS CALENDAR

matinee 2 p.m. Tickets: \$26 and \$29. Information: 587-4427 or www.homemadetheater.org.

Farragut North

Beau Willimon's play about a press secretary's attempts to spin his presidential candidate's mistake. Presented by Curtain Call Theatre, Oct. 28 through Nov. 26, 210 Old Loudon Road, Latham. 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.

Songs for a New World

Musical about life, love and the choices people make. Presented by Park Playhouse, Oct. 28-30, Cohoes Music Hall, 58 Remsen St., Cohoes. Shows: Friday and Saturday 8 p.m., Saturday and Sunday matinees 2 p.m. Tickets: \$15 and \$25. Information: palacealbany.com.

Dog Sees God: Confessions of a Teenage Blockhead

Staged reading of Bert Royal's play centering on the teenage years of the Peanuts gang. Presented by Schenectady Civic Players, Oct. 30, 2:30 p.m., Schenectady Civic Playhouse, 12 South Church St., Schenectady. Free. Information: 382-2081 or www.civicplayers.org.

Lysistrata

NorthEast Theatre Ensemble's production of the ancient Greek comedy, through Nov. 6, Steamer No. 10 Theatre, 500 Western Ave., Albany. Shows: Friday and Saturday 8 p.m., Sunday 3 p.m. Tickets: adults \$20, students/seniors \$10. Information: 438-5503 or www.steamer10theatre.org.

COMEDY

The Funny Bone

"30 Rock" star Tracy Morgan, Oct. 26, 7:30 p.m. Joe Torry, Oct. 27, 7:30 p.m., Oct. 28, 7:30 and 10 p.m., Oct. 29, 7 and 10 p.m. and Oct. 30, 7 p.m. Chris D'Elia, Nov. 1 and 2, 7:30 p.m. Crossgates Mall, Western Avenue, Guilderland. Information: 313-7484 or Albany.funnybone.com.

The Comedy Works

Jessica Kirson, Oct. 28, 8 p.m., and Oct. 29, 7:30 and 9:30 p.m. 388 Broadway, Saratoga Springs. Information: 275-6897 or thecomedyworks.com.

Slate presents: Unelectable You

A satirical and biting look at the political scene with Slate and Second City. Oct. 28, 8 p.m., Proctors, 432 State St., Schenectady. Tickets: \$20-\$50. Information: 346-6204 or www.proctors.org.

MopCo Improv Theatre

Fringe Friday featuring Sorry Not Sorry and the MopCo Rebels, Oct. 28; Theatresports, Oct. 29. 10 North Jay St., Schenectady. Information: www.mopco.org.

Pretty Much the Best Comedy Show at the REP

Andy Sandford headlines this month's show. Oct. 29, 8 p.m., Capital Repertory Theatre, 111 North Pearl St., Albany. Tickets: advance \$15, day of show \$20. Information: www.proctors.org.

Bill Maher

Comedian and political commentator brings his live show to town two days before the election. Nov. 6, 8 p.m., Palace Theatre, 19 Clinton Ave., Albany. Tickets: \$39.50-\$95. Information: palacealbany.com.

DANCE

Vertigo Dance Company

Israeli dance company performs "Vertigo 20," a program which weaves together 20 years of the company's creations. Part of the Dance in Albany series. Oct. 26, 7:30 p.m., University at Albany Performing Arts Center, uptown campus, 1400 Washington Ave., Albany. Advance tickets: general public \$15, students/seniors/UAlbany staff \$10. Day of show: general public \$20, students/seniors/UAlbany staff \$15. Information: 442-3997 or www.albany.edu/pac.

FAMILY

Hocus Pocus

Screening of the 1993 Disney movie, Oct. 26, 5 p.m., Albany Public Library North Albany Branch, 616 North Pearl St., Albany. Free. Information: 463-1581.

Monster Mash & Bash

Children are invited to wear their costumes and celebrate Halloween at the New York State Museum. Play games, make festive crafts and march in the costume parade around the museum. Oct. 29, 11 a.m., NYS Museum, Empire State Plaza, Albany. Information: 474-5877 or www.nysm.nysed.gov.

Harry Potter event by Friends of the Schenectady County Public Library

Herbology classes for children and teens, a selection of Harry Potter books and refreshments, costumed characters and a screening of the first Harry Potter

Continues on B10



Autumn songs

Albany Pro Musica performs "Harvest Songs," featuring mostly a cappella songs of the season, Sunday, Oct. 30, at 3 p.m. at the Troy Savings Bank Music Hall, 30 Second St. in Troy. For more information or to buy tickets, call 273-0038 or visit www.troymusichall.com.

Submitted photo

LOCAL FREE DELIVERY!

ACT II

Household Furniture & Mattress Store

518-928-2583 • 900 State Street, Schenectady

ACTIIFURNITURE.COM

FULL & PARTIAL Estate Buy-Outs!

If you're shopping for a quality BRAND NEW MATTRESS ...

ACT II is the store for you!

Stop in TODAY with this AD and Receive Your **FREE \$50 Gift Certificate!**

(Certificate Good Towards Any Purchase of New Furniture or New Mattress. May Use Only One Certificate Per Purchase.)

Certificate Valid Through December 31, 2016

Showroom Hours: Monday-Saturday 12pm to 6pm

Full service pest control for your home or business

Family Pest Solutions

"We Treat You Like Family."

Jack Johnson
- A.C.E.
Associate
Certified Entomologist

Call Today:
518.410.1888
jack@familypestsolutions.com

www.familypestsolutions.com

20 WEST SMOKE SHOP

OVER 400 GLASS PIPES ON DISPLAY

GLASS • VAPORIZERS

RYO TOBACCO • CLOTHING

We Match Internet Pricing!

(Some Exceptions Apply)

518-344-6486 • 3610 State Street • 20WestSmokeShop.com

CHEESE STEAK HEAVEN

- Philly Cheese Steaks & More
- \$4.95 Fresh, Hand-Packed Burgers Every Day!
- NEW Lunch Combos
- BREAKFAST SANDWICHES Served All Day

1307 Altamont Ave., Rotterdam
(Inside Runway Express)

518-579-0963

OPEN SUNDAYS

Noon - 5:30PM

During Football Season!

FREE

Buy 2 Cheese Steaks
GET 1 FREE

(of equal or lesser value)

With coupon only. Not valid with any other offer. No reproductions or copies.

Open Mon-Sat 10:30am-9pm • Sun Noon-5:30pm

ARTS CALENDAR

film. Oct. 29, 1 p.m., Whitney Book Corner, 600 Union St., and Schenectady County Public Library, 99 Clinton St., Schenectady. Free.

Scary Storytelling

Librarians help kids get into the Halloween spirit by spinning some scary stories. Oct. 29, 2 p.m., Albany Public Library Pine Hills Branch, 517 Western Ave., Albany. Free. Information: 482-7911.

FILM

A Night of Surrealist Film

Three French silent films from the 1920s — “L’Etoile de Mer,” “Le Retour a La Reason” and “Un Chien Andalou” — with original music provided by local band Scum Couch. Part of the Silent Film Spectacular film series. Oct. 26, 7 p.m., Albany Public Library Main Branch, 161 Washington Ave., Albany. Free. Information: 427-4349.

It Came From Schenectady presents Halloween

Classic horror movie with a new introduction with director John Carpenter. Oct. 26, 7 p.m., Proctors, 432 State St., Schenectady. Tickets: adults \$9, children/students \$6. Information: 346-6204 or www.proctors.org.

New York State Writers

Institute Classic Film Series

See “Spare Parts,” a 2015 film based on the true story of four Hispanic high school students who enter a national robotics competition, starring George Lopez and Jamie Lee Curtis. Oct. 27, 7 p.m., University at Albany Performing Arts Center, uptown campus, 1400 Washington Ave., Albany. Free. Information: 442-5620 or www.albany.edu/writers-inst.

Barry Bostwick’s Rocky Horror Film Screening Party

See “The Rocky Horror Picture Show” with the man who played Brad Majors, followed by a question and answer session with the actor. Oct. 27, 7:30 p.m., Proctors, 432 State St., Schenectady. Tickets: \$20-\$85.50. Information: 346-6204 or www.proctors.org.

It Came From Schenectady presents Haxan: Witchcraft Through the Ages

Silent film from 1922 detailing the history of witchcraft, with live accompaniment by the Andrew Alden Ensemble. Oct. 29, 7 p.m., Proctors, 432 State St., Schenectady. Tickets: adults \$15, students with ID \$9. Information: 346-6204 or www.proctors.org.

Whip It Outskirts! Present

the Rocky Horror Picture Show

Shadowcast troupe will act out the film while it appears on the big screen. Oct. 29, 8 p.m. and midnight, The Linda: WAMC’s Performing Arts Studio, 339 Central Ave., Albany. Tickets: \$12. Information: 465-5233 or thelinda.org.

Alfred Hitchcock’s Frenzy

The late director’s 1972 film about a serial killer strangling women with a necktie. Oct. 31, 1:30, 4 and 6:30 p.m., Proctors, 432 State St., Schenectady. Tickets: \$5. Information: 346-6204 or www.proctors.org.

Singin’ in the Rain

Gene Kelly’s classic movie musical. Nov. 1, 1 and 7 p.m., Cohoes Music Hall, 58 Remsen St., Cohoes. Tickets: \$5. Information: palacealbany.com.

LITERARY

Georgia Popoff and Susan Oringel

Two area poets read from their works, followed by an open mic. Presented by Caffé Lena, Nov. 2, 7 p.m., Ndashanna Education Center, 23 Middle Grove Road, Greenfield Center. Admission: \$5. Information: www.caffelena.org.

EDUCATION

Gallery Talks

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

MISCELLANEOUS

Candlelight Walking Tours

Explore the haunted past of the historic Stockade section of Schenectady. Oct. 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 schenectady-historical.org/walkingtours.

Brown Bag Talk

Adjunct professor Eleanor Stein discusses “Climate Change and Human Rights.” Oct. 27, noon, University Art Museum, University at Albany uptown campus, 1400 Washington Ave., Albany. Free.

Election Madness!

Daily Gazette editorial page editor Mark Mahoney digs into the cycle of election year madness and discusses the impact our opinions have on local and national elections. Oct. 29, 2 p.m., Schenectady County Historical Society, 32 Washington Ave., Schenectady. Information: schenectadyhistorical.org.

Henry Rollins

Punk rocker, storyteller, comedian and spoken word artist. Nov. 2, 8 p.m., The Egg, Empire State Plaza, Albany. Tickets: \$25. Information: 473-1845 or www.theegg.org.

Geeks Who Drink

A quiz show with eight rounds of eight questions each, including a music round, an audio round and a picture round. Free to play, with prizes for the top two teams and bonus prizes throughout the game. Tuesdays, 8 p.m., Olde English Pub, 683 Broadway, Albany.

Weekly ceramics

Two-hour Thursday class taught by Chris Singer, 1 to 3 p.m., Schenectady Jewish Community Center, 2565 Balltown Road, Niskayuna. Cost: members \$8, guests \$12; all materials are included. Information: 377-8803 or www.schenectadyjcc.org.

One Big Roof

Weekly classes include Gentle Yoga Essentials (Monday, 8:30 a.m.), Tai Chi (Tuesday, 7 p.m.), Deepening Gentle Yoga (Wednesday, 8:30 a.m.), and Dharma Meditation (Sunday, 9 a.m.). 538 Maple Ave., Saratoga Springs. Information: www.oneroofsaratoga.com.

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.

Esther Massry Gallery

“Hitting Bumps on the School Bus,” an exhibition of paintings by Danny Ginsburg, through Feb. 26. The College of Saint Rose, Massry Center for the Arts, 1002 Madison Ave., Albany. Information: 485-3902 or www.strose.edu/gallery.

The Hyde Collection

“Transforming The Hyde: The Feibes & Schmitt Gift,” a selection of works from the collection of Werner Feibes and the late James Schmitt, through Dec. 31. 161 Warren St., Glens Falls. Information: 792-1761 or hydecollection.org.

The Laffer Gallery

“Fourth Annual Upstate Invitational,” featuring works by Anne Diggory, Janice Medina and Russell Serrienne, through Nov. 27. 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.

Mabee Farm Historic Site

“In Whom We Trust: At the Crossroads of Faith & Community,” a photography exhibit by Michael Diana. 1100 Main St. (Route 5S), Rotterdam Junction. Information: schenectadyhistorical.org/exhibits.

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.

Arts Center of the Capital Region

“Screeprint Biennial” and “Under the Sea to the Kitchen Sink,” opens during Troy Night Out Oct. 28 and runs through Dec. 23. 265 River St., Troy. Information: 273-0552 or www.artscenteronline.org.

SUDOKU

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

Answers on Pg. B30




Monday-Thursday
Large 1 Topping
10 Wings
2 Liter Soda
\$19.99
Not valid with other offers

ANDRIANNO'S PIZZA

WE DELIVER
 Delmar • Glenmont • Slingerlands • Selkirk


365 Delaware Avenue, Delmar
439-7669



ASIAN ARTS TAI CHI

**Tai Chi and Qigong
Classes and Workshops**

Celebrating our 10th year



New Tai Chi Classes
Starting This Fall

Visit our website for details

28 Essex Street • Albany, NY
518-489-1458 • www.AsianArtsGrp.com

Hemlocks Bicentennial Bewitching Ball

TROY'S
 LOWER RIVER STREET
 BLOCK PARTY
OCT. 28
6PM-10PM

FORTUNE TELLERS, TAROT CARD READERS, MUSIC, FEASTING MAGIC, SIDE SHOW ACTS,
 THE WITCHES OF RIVER STREET, MUSIC BY THE VA VA WOODOOS

THE TIRE WAREHOUSE INC.

GUARANTEED LOWEST INSTALLED PRICE OR YOUR TIRE IS FREE

At time of sale, see store for details.

**GOODYEAR • UNIROYAL • FIRESTONE • GENERAL TIRE
 DUNLOP • MICHELIN • BRIDGESTONE • B.F. GOODRICH • PIRELLI**

| | | | |
|---|--|---|--|
| 1430 Halfmoon Pkwy
Rt. 9 • Clifton Park
383-0400 | 631 River St.
Troy
271-0234 | 274 Quaker Rd.
Queensbury
798-1056 | 1717 Union St.
Schenectady
377-6300 |
|---|--|---|--|

www.TheTireWarehouseInc.com

ARTS CALENDAR

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

"The People's Art: Selectios from the Empire State Plaza Art Collection," on display through Sept. 3, 2017; plus "Hudson Valley Ruins," "Art for the People" Decorated Stoneware from the Weitsman Collection," "Beneath the City: An Archeological 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.

Shirt Factory Gallery

"The Colors of Fall," featuring works in all media by local and regional artists that celebrate autumn in the Adirondacks. Through Oct. 29. 71 Lawrence St., Glens Falls. Information: www.northcountryartscenter.org.

Tang Teaching Museum

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

Thomas Cole National Historic Site

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

University Art Museum

"Future Perfect: Picturing the Anthro-

pocene," through Dec. 10. University at Albany uptown campus, 1400 Washington Ave., Albany. Information: 442-4038.

CALL FOR ARTISTS

Schenectady Civic Players

Holding open auditions for Frederick Knott's "Wait Until Dark" Nov. 1 and 3, 7 p.m., Schenectady Civic Playhouse, 12 South Church St., Schenectady. Roles for two women (one to play age 30s to 40s, the other for young girl age 12 to 16) and four men (to play ages 30s to 40s). Information: www.civicplayers.org.

Home Made Theater

Holding open auditions for its February production of Ken Ludwig's comedy "The Game's Afoot," Nov. 6 and 7, 6:30 p.m., Spa Little Theater, Saratoga Spa State Park, Saratoga Springs. Information: 587-4427 or homemadetheater.org.

Community Voices

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

Thursday Musical Club

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



Hey, Archie!

Scottish balladeer/songwriter Archie Fisher performs Friday, Oct. 28, at 7:30 p.m. at Old Songs Community Arts Center, 37 South Main St. in Voorheesville. For more information, call 765-2815 or visit oldsongs.org.

Submitted photo

THE UPPER ROOM

59-61 North Pearl Street • Albany • 518-694-3100
www.theupperroomalbany.com

presents:

OCT 29th

AN EVENING OF GREAT COUNTRY MUSIC

SAT. OCTOBER 29

VIP SHOW 5:45
DOORS 6:45
CONCERT 7:30

THE KYLE BOURGALT BAND

AT THE UPPER ROOM ALBANY

CELEBRATING THE RELEASE OF ABSOPREKINLUELY

AND SCHEDULED TO APPEAR FROM NASHVILLE TN
HIT SONGWRITER/PERFORMING ARTIST **EDDIE KILGALLON**

MP THREE

BE SURE TO GET YOUR VIP TICKETS EARLY FOR THE "SONGS & STORIES" PRE-SHOW GUITAR PULL - ONLY 100 TICKETS AVAILABLE FOR AN UP CLOSE & PERSONAL ACOUSTIC PERFORMANCE PRIOR TO THE START OF THE CONCERT.

TICKETS SOLD AT: UPPER ROOM
59-61 N. PEARL STREET ALBANY NY 12207
@THEUPPERROOMALBANY.COM

TIER ONE TALENT GROUP, INC. PRESENTS

DAVE MATTHEWS BAND TRIBUTE

BIG EYED FISH

NOV 11th

BIG EYED FISH, DAVE MATTHEWS
Tribute Band – Show Starts at 7:00pm

NOV 12th

KIM SIMMONDS & SAVOY BROWN
Show Starts at 7:00pm

NOV 5th

THINK PINK FLOYD

THINK PINK FLOYD, (With Laser Show)
Tribute Band – Show Starts at 7:00pm

Join us for dinner before the show at the Pearl Street Pub or next door at **The Capital Bistro**. All doors open 1 hour before the show.

For ticket information or dinner reservations call 518-694-3100. Free parking in Riverfront garage @ end of Columbia Street, Albany.

Sponsored by:

Waterworks Pub

HALLOWEEN

WITH OVER **\$2500** IN CASH PRIZES

COSTUME CONTESTS

THURSDAY
OCT. 27th

\$666

IN CASH PRIZES

FRIDAY NIGHT
OCTOBER 28th

\$2000

IN CASH PRIZES

SATURDAY NIGHT
OCT. 29th

\$750

COSTUME CONTEST
DJ DAVE BARNA
DJ SHAWN GILLIE

76 CENTRAL AVE. ALBANY, N.Y. WWW.WATERWORKSPUB.COM (518) 465-9079

■ IN BRIEF

Women's self defense workshop

ALBANY — Full Circle Fitness-NY is hosting a one-day, women's self defense workshop at 251 New Karner Road, on Saturday, Nov. 12 beginning at 10 a.m.

It's difficult to think about, but almost every day we hear news of someone being attacked on either the news or social media. These attacks occur without warning and when individuals least expect it.

The hour-and-a-half workshop will focus on several aspects to help enhance one's situational awareness and personal confidence. You will learn the basics of

self-defense, followed by other exercises that include how to escape a choke hold, how to avoid becoming a target and how to increase your chances of walking away from potential danger.

In this workshop you learn the basics of self defense and how to avoid becoming a victim.

Admission is \$20. Space is limited so registration is recommended. For information, call 955-6924. To register for the program, visit <http://bit.ly/2dqtQIH>.



■ HEALTH & FITNESS

The need for self defense

By DAN ROMAND
news@spotlightnews.com

The other day I was talking with a friend of mine (Let's call her Leslie).

We were talking about how quickly it seemed to be getting darker each day and how she was nervous about leaving work and walking to her car because it was so dark out.

Leslie relayed to me how the other day she was walking to her car and noticed a man just sitting in his car.

She had never seen the car before and it caught her attention. As she said to me: "He probably was waiting to pick someone up from work but I just didn't know"

The sad truth is she was right to be nervous.

On average more than 600 women are assaulted in the US each and every day. Think about it for a moment. It seems like every day either in social media or on the news we hear about a woman being assaulted.

The good news is that Leslie had taken a self defense seminar from me previously

and because of it she had a better idea of how to handle the situation. In this case she chose to walk across the street to avoid walking by the car and also had taken some other measures that I had taught her.

As we continued to talk she relayed to me how thankful she was that she had taken the seminar and that she was surprised how much of what we had gone over came back to her. As she said:

"That hour I invested in the seminar may have just saved my life"

Sadly, however, many women don't think they need to take a self defense course.

They feel as if it will never happen to them or that someone (husband, father, brother) will be there to protect them in the event it did happen.

However, that isn't usually the case.

So I thought I would share my top 5 reasons why every woman should take a self defense seminar or workshop.

1. It helps build confidence: Many people lack self confidence in their ability to protect themselves when they are faced

Continues on page B24

Family & implant dentistry.
+ emergencies.

GO GIANTS!

Ask about
invisalign[®]
The Clear Alternative to Braces

**GOT SACKED @ THE BIG GAME?...
Good thing we do implants!**

FAMILY AND COSMETIC DENTISTRY

STEVEN L. LYSENKO, DMD PLLC
DANIELLE LLOYD, DDS

17 Maple Road, Voorheesville **765-4616**
www.LysenkoDental.com

Smile with Confidence

Friends Support Each Other

Adopt -A- Manatee[®]

1-800-432-5646 (JOIN)
savethemanatee.org

Photo © David Schrichte



CULINARY ARTS

Ingredients — severs several

- 1/4 cup brown sugar
- 1/4 cup molasses
- 3 Tbs. soy sauce (good quality)
- 2 Tbs. rice vinegar
- 5 cloves garlic minced
- 1 Tbs. fresh ginger peeled and chopped or sliced fine
- 1 Tbs. chili powder
- 1/4 tsp. fresh ground black pepper
- 2 lbs. tri-tip, flank, sirloin, skirt, or any other tougher cut of steak that is best for marinating

Preparation

In a bowl whisk brown sugar, molasses, soy sauce, rice vinegar, chili powder, garlic, ginger, and black pepper, until dissolved. Place steak in a glass dish, and pour marinade over the steak for one hour. Turn steak at least once. Bring a grill pan to medium-high heat. Remove steak from the marinade, and reserve. Grill steak 5 to 7 minutes on each side. Let the steak rest for 10 to 12 minutes. Pour the marinade, and juices from steak, in a small sauce pan. Bring to a low-boil, and cook for 10 minutes. Pour the sauce over the steak, slice and serve.

Wine Pairing

Michael David Winery 7 Deadly Zins - Zinfandel - Lodi, California - This wine has an array of spices, and fresh ground pepper up front, with tastes of dried fruit, and a berry finish.

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

Food & Vino

Grilled Steak with Chili Molasses Marinade

By ANN LINDA CIOTOLI
news@spotlightnews.com



HOW DO YOU STOP A MAN FROM HITTING HIS WIFE?

TALK TO HIM WHEN HE'S 12.

One in four women will experience domestic violence in her lifetime. You have the power to change that statistic. Teach the boys in your life how to have healthy relationships. Get conversation starters and tips at TeachEarly.org.

THERMA TRU DOORS

Upgrade & Earn

\$250
in rebates available per qualified door

Bellevue Builders Supply

500 Duaneburg Road
 Schenectady, NY 12306
www.BellevueBuilders.com
518-355-7190

Offer valid thru December 2, 2016 on select upgrades of Therma-Tru® doors. See store associate for details.



THE SPOTLIGHT • PROFESSIONAL
FOOTBALL CHALLENGE
www.spotlightnews.com/football
2016

Presenting Sponsor



PLAY TO WIN GREAT LOCAL PRIZES!!



GRAND PRIZE:
Flatscreen TV
for the fan with the best overall record after 21 weeks



WEEKLY PRIZE:
Gift Card
For the fan with the most correct picks each week

\$50.00 Gift Card from PERRECA'S

Register to play at: spotlightnews.com/football

• Play on desktop, mobile, & facebook

• Compete against our media panel & VIPs • Create public/private groups

National Prize: GRAND PRIZE - TRIP FOR 2 TO HAWAII!

WEEKLY PRIZE - FATHEAD OF YOUR CHOICE!

▶ CAN YOU BEAT OUR VIP'S?



Dr. Danielle Lloyd
Lysenko Dental
Family & Cosmetic Dentistry

Last Week: 8-5 Overall: 64-41



Frank Bolognino
Roma Foods
Importing Company, Inc.

Last Week: 7-6 Overall: 58-47



Joe Falvo
Falvo's
Prime Butcher Shop

Last Week: 7-6 Overall: 61-44



Maggie Smith
Maggie's
Café & Sports Bar

Last Week: 10-3 Overall: 58-47



Marty Brix
Lexington
Vacuum

Last Week: 8-5 Overall: 58-47



Kane Grogan
Death Wish
Coffee

Last Week: 8-5 Overall: 63-42



Sean Nava
Precision
Motors

Last Week: 8-5 Overall: 62-43



Dave Endy
Steiner's
Ski • Bike • Kayak

Last Week: 7-6 Overall: 60-45



Kevin Romines
Act II
Furniture

Last Week: 7-6 Overall: 57-48



Billy DeOrazio
Bellevue
Builders Supply

Last Week: 9-4 Overall: 63-42



Pat Stever
Andriano's
Pizza

Last Week: 8-5 Overall: 62-43



Dan Frament
Muddaddy Flats
Quesadillary

Last Week: 7-6 Overall: 64-41



Vince
River Street
Pub

Last Week: 8-5 Overall: 62-43



Dr. Julia Cerny
Julia Cerny,
DMD, PLLC

Last Week: 9-4 Overall: 57-48



Joe DeLorenzo
Cheese Steak
Heaven

Last Week: 8-5 Overall: 62-43



Liam Slattery
O'Slattery's
Irish Restaurant & Pub

Last Week: 8-5 Overall: 62-43



Bryan Bourque
Bourque
Mechanical Systems

Last Week: 8-5 Overall: 57-48



Rob Jonas
Spotlight News
Sports Editor

Last Week: 7-6 Overall: 64-41



Paul Vandenburg
Talk1300 AM - The Capital
District's Talk Radio

Last Week: 8-5 Overall: 59-46



Michael Hallisey
Spotlight News
Managing Editor

Last Week: 8-5 Overall: 63-42



John McIntyre
Spotlight News
Publisher

Last Week: 7-6 Overall: 62-43



355-7190
500 Duanesburg Rd.
Schenectady

IT'S NOT TOO LATE TO PLAY!

www.spotlightnews.com/football

** WIN LOSS RECORDS AS OF SUNDAY**

TALK 1300 AM
THE CAPITAL DISTRICT'S TALK RADIO
The Paul Vandenburg Show
Every weekday 5:30am-10am





Photo by Elizabeth Schaefer

RESTAURANT REVIEW

Angelo's Tavolo 'date worthy'

By ELIZABETH SCHAEFER
news@spotlightnews.com

SCOTIA — Sometimes you just need comfort food, but in an atmosphere that makes you feel special. We had been meaning to try Angelo's Tavolo for a while, (we have visited a number of the other Mazzone family's establishments), but never quite made it Tavolo. It is located within Glen Sanders Mansion, so if you don't know it is there, it isn't necessarily a place that you just drive by and decide to go to. We made reservations (as usual) and bundled up, as the temps last weekend had dropped quite a bit and headed out.

I had taken a look at its menu online (I almost always do this) and had a few choices in mind before we even arrived. We were seated immediately, and our water glasses were filled before we even had a chance to open our menus. The hostess who seated us explained that it had a breast cancer awareness fundraiser going on. The drink (pink) was a fruit flavored martini and if you purchase one at each of their locations during the month, you receive a gift card. It sounded like a great deal for an important cause.

Our server arrived quickly, and the promotional drink sounded delicious, so I decided to give it a try. The boyfriend chose one of its specialty bourbon drinks, after the advice of the server. I also placed an order for its lobster bisque, which I knew we would in all likelihood share.

IF YOU GO

- **What:** Angelo's Tavolo
- **Where:** 1 Glen Ave. Scotia, N.Y 12302
- **Phone:** (518) 374-7262

The atmosphere was so relaxing, that it didn't matter to either of us how long anything took to arrive. Our drinks did come fairly quickly however, but mine came first and our server explained there had been a mix up with the boyfriends, apologized profusely, and promised he would return with it momentarily. He went out of the way to apologize and make sure we were taken care of, when in reality, neither of us would have even noticed. My drink was delicious; it tasted like a refreshing summer juice drink!

Just after his drink arrived, so did the lobster bisque. It was poured at the table, the bowl having a lovely layer of lobster at the bottom, with the server pouring the bisque into the bowl. There aren't many words to properly describe the soup, as it was just perfect. The broth was thick, but not overly thick like chowder, and extremely flavorful. It had just the right amount of spice, and the fresh lobster in the bottom of the bowl brought all the flavors together. We did end up splitting it,

Continues on page B24

IN BRIEF

Make Me Laugh Albany returns

TROY — The next step to finding the best unknown comics in the area will take place at The Cantina, Saturday, Nov. 5.

Make Me Laugh is looking for the funniest amateur comedians in your area.

Come see who is the funniest in Capital District. Comedians have made it through the auditions and prelims at this point. The winner of the semi finals advances to the final held at the GE Theatre at Proctors on Saturday, Nov. 12.

The winner joins Dan Frigolette (Boardwalk Empire, Bob and Tom,

Wendy Williams Show) as he brings former Make Me Laugh Albany Winners Usama Siddiquee (Hoboken Comedy Festival, Laughs on Fox) and Erik Anker (SXSW Comedy Festival) few special guests for the Comedy's Best Kept Secret Tour at Proctor's.

Price of admission is \$10. For tickets and more information, visit www.eventbrite.com/e/make-me-laugh-usa-tickets-12624286581.

Coming Soon... **at PROCTORS**
proctors.org • 518.346.6204

BRAIN CANDY LIVE!
FEBRUARY 24
WITH ADAM SAVAGE & MICHAEL STEVENS

LLTOP
FEBRUARY 26

ON SALE TOMORROW!

40TH ANNIVERSARY
THE ROCKY HORROR PICTURE SHOW
OCTOBER 27 • 7:30 PM
FILM SCREENING PARTY WITH BARRY BOSTWICK!

SLATE PRESENTS
UNELECTABLE YOU
CREATED BY Slate & The Second City
OCTOBER 28 • 8 PM

B95.5 PRESENTS:
PATTI LABELLE
IN CONCERT
OCTOBER 29 • 8PM

ANDY SANDFORD
SATURDAY, OCTOBER 29 • 8 PM
at **the REP** ★

IT CAME FROM SCHENECTADY PRESENTS:
HAXAN WITCHCRAFT THROUGHOUT THE AGES
OCTOBER 29
MOVIE OF THE WEEK

STOCKADE MUSIC LIVE! PRESENTS:
SCOTTIE MONACO
HEARTFELT HIP-HOP
NOVEMBER 4 • 7:30PM

IN BRIEF

Gottlieb at Russell Sage

TROY — The Sage Colleges will host Stephen Gottlieb, LL.B., the Jay and Ruth Caplan Distinguished Professor at Albany Law School, on Thursday, Oct. 27, at 7:30 p.m. in Bush Memorial Center on its Russell Sage campus in Troy.

Gottlieb will deliver the 2016 Sherman David Spector Lecture, "Unfit for Democracy: The Roberts Court and the Breakdown of American Politics." Gottlieb argues that constitutional law without a focus on the future of democratic government is incoherent and dangerous. Approaching the decisions of the Roberts Court from political science, historical, comparative and legal perspectives, Gottlieb will discuss the clash between the decisions of the Roberts Court and the evidence about

what leads democracies to fail.

The lecture is free and open to the public.

Schenectady Civic Players present Dog Sees God

SCHENECTADY — "Dog Sees God: Confessions of a Teenage Blockhead," written by Bert V. Royal and directed by Mike Silvia, will be presented as a free staged reading Sunday, Oct. 30, at 2:30 p.m. at the Schenectady Civic Playhouse, 12 South Church Street, in Schenectady's historic Stockade district.

"Dog Sees God," a parody of the Peanuts comic strip and TV specials, explores the dark, complex teenage years of the Peanuts Gang. It sees the eclectic gang of rascals

trudging through its high school years, embodying a tone and language that audiences are entirely unaccustomed to seeing them in.

Civic Players and Capital District actors featured in this "Dog Sees God" production are David DiPaola, Destiny Coons, Evan Jones, Brian McBride Land, Jennifer Lefsyk, Sierra Lynch, John Mac Schnurr and Cait Webber.

The play contains adult language and mature themes, and is not suggested for young audiences. Admission is free, and there are no advance reservations.

For more information, visit www.civicplayers.org or call 382-2081.

OLD TROY STORIES PRESENTS... **TROY.NY**
 A GUIDED TOUR OF DOWNTOWN TROY EXPOSING HER
MYSTERIES AND MAYHEM

Friday, October 28 at 5:30PM & 8:00PM
 \$15 or \$10 for Students & Seniors

TOURS PROVIDED JOINTLY BY:
 The Hudson Mohawk Industrial Gateway & The Rensselaer County Historical Society
 TICKETS AVAILABLE AT DOWNTOWNTROY.ORG

TROY NIGHT OUT
 LAST FRIDAY OF EVERY MONTH

TROY.NY

TROY NIGHT OUT
 Last Friday of each month, come join us as we live print a different exclusive poster in our eco-friendly print shop.
 Students receive 10% off w/ Student ID

TROY CLOTH & PAPER
 291 RIVER STREET | TROY, NY 12180 | WWW.TROYCLOTHANDPAPER.COM
 (518) 620-SHRT

Kathleen's Fiber Arts

Unique, High Quality Gifts & Supplies!

Featuring:
 hand-woven: blankets • rugs • scarves
 shawls • hand-dyed silk scarves
 knitted items • FAIR TRADE

High-Quality Supplies:
 Beautiful yarns, many locally produced,
 knitting needles, notions & equipment for knitters & weavers, such as looms, yarn bowls, etc.

Follow Us!
 29 Third Street | Troy, NY 12180
 518-326-0919

Stop by during the Troy Farmer's Market!
 Mention this ad for a free pocket charm!

DOGS JUST WANT TO HAVE FUN!
 Holiday gifts and treats for pets and pet lovers!

Now offering dog walking and pet sitting.

HENRY Loves BETTY

Monday: CLOSED
 Tues-Wed: 11am - 6pm
 Thurs & Fri: 11am - 7pm
 Saturday: 10am - 6pm
 Sunday: 11pm - 4pm

195 River Street | Troy, New York 12180
www.henrylovesbetty.com (315)744-8277

RIVER STREET PUB

FRIDAY, OCT. 28TH
Witch's Ball Block Party
 After Party with **FOR THE LOVE DJ'S**

EVERY MONDAY
HALF OFF ALL DRINKS
 3PM - Midnight

194 RIVER STREET | TROY, NY

FALL SPECIAL

25% OFF*
EVERYTHING STOREWIDE
 Now through October 31, 2016

This 25% discount represents true savings off our regular - everyday pricing - not inflated pricing

ROMANATION
 SINCE 1952 JEWELERS
 Your Full Service Jeweler

*Not valid on previous layaways *No layaways *No repairs *No Add-A-Pearl *No Watch Batteries
 48 Third Street, Troy, NY 12180 • 518.272.0643 • www.romanation.com

TROY GROOMING CO.
 Est. 2015
 CUT & SHAVE

AN OLD FASHIONED BARBERSHOP
 Offering men's haircuts & hot towel shaves
 Offering fine hand crafted products such as Pomade, After Shave, Elixers & Tonics prepared especially for men

205 River St. Troy
518-328-6077

"EVOLVING WITH THE FUTURE BY REMEMBERING THE PAST"

■ IN BRIEF

Sister Sparrow and The Dirty Birds at The Egg

ALBANY — Sister Sparrow and The Dirty Birds will perform at The Egg on Friday, Oct. 28, at 8 p.m. as part of the “American Roots & Branches” concert series.

Featuring the soulful lead vocals of Arleigh Kincheloe and backed by fiery brass and gospel-infused R&B, Sister Sparrow & The Dirty Birds’ rhythmic wheelhouse combines big-city grit seasoned with a dose of down-home Americana twang. The band makes its debut at The Egg in support of their recent live album, “Fowl Play.”

Tickets are \$29.50 and are available at The Egg Box Office at the Empire State Plaza, by telephone at 473-

1845 or online at www.theegg.org.

NorthEast Theatre Ensemble presents an ancient Greek play

ALBANY — The NorthEast Theatre Ensemble continues its production of the ancient Greek play, “Lysistrata,” Fridays through Sundays at Steamer No. 10 Theatre, 500 Western Ave., Albany.

Written by Aristophanes, the bawdy comedy is set in Greece during the Peloponnesian War. When the women of Athens grow tired of their husbands’ endless war with the Spartans, Lysistrata brings women from both city-states together and offers a solution: withhold sex from the men until they agree to stop fighting. Putting the

plan into action, however, proved more difficult and more hilarious than anyone imagined.

Showtimes are 8 p.m. Fridays and Saturdays, and 3 p.m. Sundays through Nov. 6. Tickets are \$20 for adults and \$10 for students and seniors.

For more information, call 438-5503 or visit www.steamer10theatre.org.

Bored?

Looking for something to do?

Head over to TheSpot518.com for a comprehensive list of local events — live music, art exhibits and more.

A large graphic for 'TROY NIGHT OUT' featuring a full moon in the center. The text 'TROY NIGHT OUT' is written in large, bold, black letters across the moon. Below it, in smaller white letters, is 'LAST FRIDAY OF EVERY MONTH'. At the bottom, a blue and yellow banner contains the text 'TROY.NY'. The background is a dark orange gradient with several black bat silhouettes flying around the moon.

A collection of red silhouettes of various kitchen items including a bowl, whisk, fork, spoon, rolling pin, spatula, teapot, and more. Below the silhouettes is the 'Culinary Square' logo and the text 'Quality Kitchen Goods Registries, Gifts & More'. Contact information for 251 River St. Troy, NY is provided.

Logo for 'Collar City Sweet Shoppe' with a swirl icon. Below the logo is a list of products: Old Fashioned Candy Store, 100 Plus Self Serve Candys, Truffles, Chocolates, Nostalgic Candy, Novelty Candy, and Fresh Popped Popcorn w/ Flavors. Contact email and phone number are listed.

Advertisement for 'ARTCENTRIC' featuring a photograph of a vintage furniture store interior. Text includes the store name, 'VINTAGE CURIOSITIES, FURNITURE, AND MORE.', and address: 266 River Street - Downtown Troy. A circular logo says 'enjoy troy. IS TROYCENTRIC'.

Advertisement for 'Muddaddy Flats Quesadillary' featuring a photo of a quesadilla. Text includes the name, 'nacho average quesadilla', and 'Game Day Quesadilla Platters Available'. Contact information for 49 3rd Street, Troy is provided.

Advertisement for 'River Rocks Jewelry & Beadshop' featuring a photo of beaded jewelry. Text includes the name, 'JEWELRY & BEADSHOP', and 'Accessories • Gifts • Classes'. Contact information for 209-211 River Street, Troy is provided.

Advertisement for 'The River Street Beat Shop' featuring a photo of a vinyl record. Text includes the name, 'Buy, Sell, Trade - LPs, CDs & Memorabilia', and contact information for James & Liam Barrett at 197 River Street, Troy.



■ CONCERT REVIEW

Bob Moses 'tearing up' Nanola

Gem of a show on a Tuesday night

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

MALTA — A couple times a year the kind folks at Nanola and WEQX spoil all of us with a show of such caliber — in a great, intimate setting — for free. It's usually a late breaking event and another reason to keep Nanola in your rotation for live music. So in my latest installment of all that is great with being a music fan in the Capital District,

I bring you Vancouver raised, Brooklyn-based, electronic production duo Bob Moses from Nanola. Folks, this is a luxury for any music fan that I don't take for granted and you shouldn't either. Preaching complete!

Bob Moses resides between organic band and electronic production project and it seems comfortable and natural

living there. Their hybrid of Deep House Rhythms, great guitar hooks and singer songwriter vocals gives us a fresh sound from this duo comprised of Tom Howie and Jimmy Vallance. On this night the duo had added a drummer that helped them convince the crowd that Bob Moses wasn't just a house DJ, but a full fledged band.

The crowd at Nanola was all in during most of Bob Moses 70 minute set and Jimmy Vallance continued to work the room with a call and response like any good DJ at a dance club. It was a different spin (no pun intended) to see a band basically fronted by a DJ as opposed to the lead singer.

At about the hour mark it seemed that they had lost the crowd a little but I blame that on a Tuesday night. As soon as Bob Moses served up its current single "Tearing Me Up" the crowd was back in a hurry to sing along to the eight-minute version of this great song! No encore was delivered but I was okay with that since the band probably gave us an extra 20 minutes compared to its normal set. After

Continues on B27

TUESDAY NIGHT SPECIAL

Bob Moses played a free concert at Nanola.

Bob Moses / Facebook

AWARD WINNING BBQ & LIVE MUSIC!
KITCHEN OPEN UNTIL MIDNIGHT.
26 BEERS ON TAP. ★ ★ ★ ★



FRIDAY
October 28, 2016 | 9 pm
LET GO DAYLIGHT
w/s/g PHILLIPS HEAD



SATURDAY
October 29, 2016 | 9 pm
BAND OF GHOSTS
w/s/g RECHORDURYS



FRIDAY
November 4, 2016 | 9 pm
HIGH ROLLERS featuring
MATT MIRABILE and JILL HUGHES



SATURDAY
November 5, 2016 | 9 pm
SHEEN

518.308.0400 ★ 377 RIVER ST, TROY, NY ★ DINOBBQ.COM

Exquisite Italian

Featuring the best Italian wine list in Upstate NY

818 Central Avenue
Albany / 482-7200
Grappa72.com



Experience the Finest Grappa in the World!

\$50 dinner for two with wine

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

Grappa '72 Ristorante

With this ad only. Valid 7 days a week for up to six people. Fri & Sat must be seated prior to 5:30 or after 8:30. Dinner only. Some restrictions apply. Extra charge applied if your entire order is over \$20. Not valid on holidays or during any special events. Does not include tax or gratuity. No substitutions. Expires 10/31/16.

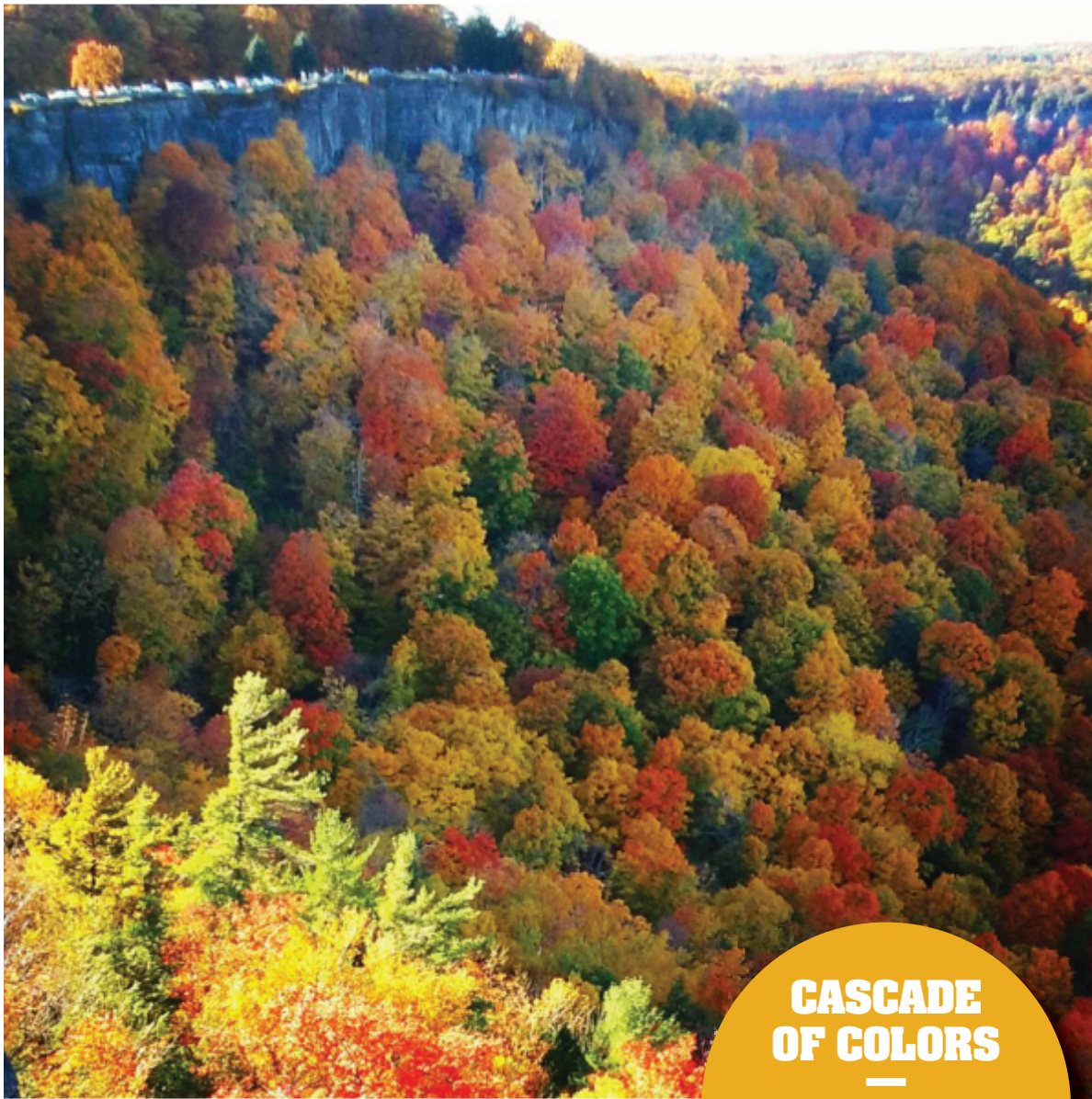
\$19⁹⁹ lunch for two special

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.

Albany's newest casual fine dining experience.
Traditional & contemporary Italian



CASCADE OF COLORS

Nature paints the land with vibrant shades.

Photos by
cpgettys / Instagram
bearoftheeast / Instagram





■ **CONCERT REVIEW**

From one chord to another

Sloan celebrates a landmark at Daryl's House

By **MIKE KOHLI**
nysmusic.com

PAWLING — Sloan has been at it for 25 years, but could easily have been a footnote in Canadian music history if not for their fortitude. Formed at the Nova Scotia College of Art and Design in Halifax in 1991, the alt-rock quartet has made a name for itself in its homeland, winning several East Coast Music Awards and a Juno Award for Best Alternative Album — 1996's *One Chord to Another*. This album, however, almost never happened at all.

Sloan was signed to Geffen Records early on, as label executives rushed to find the next Nirvana. As part of a burgeoning Halifax music scene that included Eric's Trip and Thrush Hermit, that saw a gold rush to the maritime province from the labels, Sloan was the band that survived.

The band's first two albums *Smeared* and *Twice Removed* were released on Geffen in 1992 and 1994 respectively. After a dispute with the label over lack of promotion for *Twice Removed*, the band took some time off, leading some to believe they had broken up. Sloan self-produced and self-released the follow-up to *Twice Removed*, *One Chord to*

Another. Sunday night, the band rolled into Daryl's House Club in Pawling for an intimate rendering of that landmark album on its 20th anniversary of release.

Sloan has made its bones sharing writing duties, vocals and instruments among the band's four original

of pop music, many of the most poignant songs have carried a sense of darkness. The Beatles exhibited this to the extreme in "Run For Your Life" from the *Rubber Soul* album. And while Sloan has never intro'd a song as bluntly as John Lennon did with, "I'd rather see you dead little girl than to be with another man," a quick glance at Sloan's song titles bears this out: "Everything You've Done Wrong," "Nothing Left to Make Me Wanna Stay." Sloan has the songwriting chops to turn a subject such as unrequited love into dark poetry with a pop melody.

SILVER ANNIVERSARY

Sloan celebrates 25 years at Daryl's House.

Mike Rohli / nysmusic.com

Daryl's House Club is an offshoot of Philly Soul legend and half of the Rock and Roll Hall of Fame duo Hall and Oates, Daryl Hall's popular internet, now MTV Live show, *Live From Daryl's House*. Hall opened the club in Pawling in 2014 as a venue to feature intimate gigs similar to those seen on his show. Tickets are sold as reserved seating or standing tickets and all reserved seats are at tables, allowing patrons to enjoy a meal and some drinks prior to and during a performance. The main performance space has room for a couple of hundred patrons. Wait staff meander in and out of the seated areas, taking orders

members: Chris Murphy, Jay Ferguson, Patrick Pentland and Andrew Scott. Power chords, hand claps and Beatle-esque harmonies are hallmarks of the Sloan sound. All these elements were firmly in place for the intimate audience of hard core Sloan fans this night.

Make no mistake, this is not a simple pop band. To survive 25 years in the business requires more than just catchy songs. The lyrics from each of the members reveal a depth that belies the catchiness of the music.

Throughout the history

THE HANGAR
TROY, NY ON THE HUDSON

675 RIVER ST. TROY ACROSS FROM THE ALE HOUSE

| | |
|--|---|
| Nov. 10th - 8pm
The Music Tapes
<i>ORBITING HUMAN CIRCUS</i> | Nov. 12th - 8pm
The Sea The Sea
<i>"AMAZING VOCALS"</i> |
| Nov. 11th - 8pm
Wayne "The Train" Hancock
<i>"The King of Juke Joint Swing"</i> | Nov. 26th
Rocky Velvet 20th Anniversary Show
<i>"LOCAL ROCK-A-BILLY LEGENDS"</i> |

TICKETS AVAILABLE ON Brownpapertickets.com

Maggies
Café & Sports Bar

Saturday KARAOKE

NFL SUNDAY TICKET

- Wing Specials
- Burger Specials
- Buckets of Beers
- Draft Specials

BREAKFAST BRUNCH
\$12 (10am-12:30pm)
\$5 Bloody Marys • \$5 Mimosas

1186 Western Avenue, Albany NY • 935-2661

LEXINGTON VACUUM
— Sales • Service • Parts —

MIELE VACUUM BAG SPECIAL!

Buy 3 Boxes of Miele Bags...
Get the 4th One FREE!

SAVE 25% Offer ends November 18, 2016

997 Central Avenue, Albany, NY 12205
lexivac.com (518) 482-4427

■ **IN BRIEF**

Gov't Mule to hit The Palace

ALBANY — Gov't Mule, in the midst of touring in support of its archival album "The Tel-Star Sessions," hits The Palace Theatre stage Saturday, Oct. 29.

"The Tel-Star Sessions" is comprised of never before released demo sessions made in June 1994. Remastered and newly mixed, the album features the recordings of the band's original line-up: Warren Haynes, Allen Woody and Matt Abts.

Gov't Mule initially started in 1994 as a side project for both Haynes and Woody, from their work with the Allman Brothers Band. Abts was brought into the fold after playing with Woody in the Dickey Betts Band.

Tickets are on sale at the Palace Theatre Box Office, and through Ticketmaster. Visit ticketmaster.com.

and delivering dishes. It makes for a dinner theater type atmosphere that doesn't much allow for audience participation during a show, especially one for a band with such uptempo music.

This tour is a celebration of the band's watershed moment. They're playing the One Chord album in its entirety during the first set of each show. However, the music they were celebrating almost seemed like an afterthought as patrons ate their dinner during the performance. Murphy commented on this fact a couple of times during the set, "Finish chewing your food and sing along with us on this one," he said, introducing "G Turns to D."

Despite the limitations on audience participation, though with many in the crowd being in their late 30s/early 40s, there may not have been a whole lot of physical participation anyway. The band rallied through the album in its entirety. The participation in the chugging "G Turns to D" included many hand claps and singing along from those in attendance. A smooth transition into

the Beatles, by way of Pet Sounds-era Beach Boys, "A Side Wins" had fans swaying in their seats.

The set concluded with "400 Metres," a song that wouldn't be out of place on a Pavement album with its speak-talk lyrics. The hypnotizing keyboard presence mixed with Pentland's guitar ended the set with a chill vibe reminiscent of a late night '70s FM radio show.

"Coax Me," opened the second set, encouraging the devoted to sing along. This opened the doors to a rousing second set featuring many of Sloan's greatest hits, including what is probably its best known song, "Money City Maniacs" as well as "Losing California," a song requested all night long by some of the more boisterous fans in attendance.

The band seamlessly traded instruments and vocals throughout the night. Murphy stepped behind Scott's sparse drum kit while Scott grabbed a guitar and sang and Ferguson took up the bass several times. The formula of equals behind this band is what has kept it

going for 25 years. All four members contribute to the whole. And while there's a formula to the sound, Sloan is far from formulaic. Their songs echo past eras, yet remain uniquely their own.

Those in attendance on this night were the Sloan faithful in downstate New York. Some traveling great distances to see their cult heroes in the intimacy of Daryl's House. They were treated to a special show from one of music's hardest working bands.

In a more fair world, Sloan would be playing a sold out show at Madison Square Garden rather than a small downstate club in front of noshing patrons on a Sunday night in October. Somehow, you can't help but wonder if Sloan prefers it this way though.

Sloan's One Chord to Another 20th Anniversary Tour continues throughout the U.S. in November, finishing with a show in Buffalo on Nov. 19.

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 TheSpot518. For more, visit NYSmusic.com.



SIMO

The psychedelic blue-rock band out of Nashville recently made a stop over at The Hangar on the Hudson in Troy before launching into its tour across Europe.

Photo by Garret Mac Aoidgh

WHEN THE GAMES BEGIN.

NEVER GIVE UP UNTIL THEY BUCKLE UP.

VISIT SAFERCAR.GOV/KIDSBUCKLEUP

NHTSA **Ad Council**

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.

BOURQUE MECHANICAL SYSTEMS

- Residential • Commercial • Furnaces
- Boilers • Sales • Service



GAS FURNACE CLEANING

\$99⁹⁵ plus tax with this ad



Capital District's ONLY Carrier Factory Authorized Dealer



Bourque
MECHANICAL SYSTEMS
Heating and Air Conditioning

(518) 465-7524 Rensselaer • (518) 371-8280 Clifton Park
(518) 768-2488 Voorheesville

Family Owned and Operated Since 1986
www.bourquevac.com

ALBUM REVIEW

Green Day serves fresh dish, no 'Dookie'

'Revolution Radio' goes back to band's original angst and attitude of the early '90s

By NEIL BENJAMIN JR.
nysmusic.com

I remember it vividly: On a long bus ride for an elementary school field trip, one of my oldest friends handed me a cassette that would be the very first turning point on the musical journey that my life has become.

The year was 1993, and I was very much into rap at the tender age of 8. Caleb, who had a serious disdain for my musical choices at the time, took my Walkman and inserted a recently released tape of "Kerplunk," Green Day's second album. I'd never heard of the band, and was not sure what to expect.

The snarling growl that accompanied Billie Joe Armstrong's guitar slapped my eardrums around on the opening track, "2,000 Light Years Away," and I didn't know what to do. It was odd, at first, but as I made my way through the tracks, I became quickly hooked on the pop-punk that would soon propel Green Day into superstardom.

And, this was only the beginning of what became my first, and biggest, band obsession. I made my parents get me their debut album, "1,039 Smoothed Out Slappy Hours," which was a compilation of all their earliest material. I loved Green Day before anyone knew who they were.

Later that year, a friend and I devised a plan to get our parents to take us to see them at Union College in Schenectady. To make a very long and boring story short, the two of us ended up by ourselves at the concert, swinging and swaying in a rowdy group of maybe 1,000 people, and I will never forget the awe I felt seeing a trio of early 20s kids playing the fastest and catchiest rock and roll on the planet. It started a live music obsession that, to this day, comes first in my life after my family and work.

I can talk about how "Dookie" is my all-time favorite album ever released by anyone, or about how Insomniac spoke to my pre-pubescent self better than anyone, or how "Nimrod," while not universally liked, showed how Green Day can shake things up. "What about Warning," which featured a bevy of instruments which helped the band veer away from three-chord pop-punk? Or how "American Idiot" vaulted the band back to super popularity

and brought music and politics together again? I don't think we need to talk much about "21st Century Breakdown," or their quickly released trio of albums, "Uno," "Dos" and "Tres," which were not Green Day's best efforts.

Now, 23 years later, Green Day just dropped its 12th studio album, "Revolution Radio," and I have to say that for a band I idolized growing up, then grew to despise a bit in the mid-2000s, they have reeled me right back in. Gone are the days of songs about masturbation, moving out of mom's house and staying up all night snorting meth.

And, while it has some political undertones, "Revolution Radio" really is a 12-song collection of angst, anger, mortality and youthful remembrance by Armstrong, Mike Dirnt and Tre Cool. And it's fast, loud and mean. It's chock full of emotion and that contempt that made me fall head over heels 23 years ago.

"Somewhere Now" starts the album with a Clash kind of feel. Its catchy chorus and clever wording simply give way to the meat of this album. "Bang Bang," the first single released, shoots out at you like a bullet from a stolen gun. "Daddy's little psycho and mommy's little soldier" is a line that hits close to home, as this was me as a child. Great choice for a single, and it's mean as hell with that charm that only Green Day can insert into a morbid song.

"Revolution Radio" is the catchiest song on the album, and is as close to classic Green Day as it gets. Think the anger and destruction captured throughout Insomniac and this is what you're getting in the title track. "Say Goodbye" opens with a vibe of The Wall-era Pink Floyd, then quickly transforms into a preachy ditty that touches on,

presumably, the recent spate of violence in this country involving police.

"Outlaws" is a love song that misses its mark. It is the only song that seems out of place here. "Bouncing Off The Wall" is another throwback to Armstrong's wilder days, before he went to rehab a few years ago.

"Still Breathing," "Youngblood" and "Too Dumb To Die" are a trilogy of songs that I have listened to over and over in the last 72 hours. "Youngblood" is a punk rock love song that ends with the subject saying "but f--k you I'm from Oakland" and is a great way to close it out.

"Too Dumb To Die" is about reckless behavior from the band's past, and became my favorite song from the band in many, many years. It's the most punk rock thing on the entire album, and maybe of the band's career. "Troubled Times," "Forever Now" and "Ordinary World" touch back on the societal and political unrest in the country, without slamming it down our throats like "American Idiot" did.

Overall, this is the best Green Day album, in my opinion, since "Nimrod." Green Day returned to what made the world fall in love with them and made it angrier, faster, louder and catchier.

I am certainly back into this band like it's 1997.

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 TheSpot518. For more, visit NYSmusic.com.

SCENIC SITE SEEING TOURS
Helicopter & Airplane Rides
(Departs just 17 minutes from 787/ Downtown Albany)
From South Albany Airport
Tours Starting at \$70
site seeing tours - photography - special occasions

FALL FOLIAGE TOURS
call us

M & R Helicopters Inc.
965-4351
Like us on FB

■ BREAST CANCER AWARENESS MONTH

A special pink ribbon Italy trip in May

Win two seats on global travel leader Trafalgar's exclusive 11-day Rome to Venice exploration benefiting Susan G. Komen

Raising much-needed funds for breast cancer research and community health programs and bringing focus to the cause in anticipation of National Breast Cancer Awareness Month this October, global guided vacations leader Trafalgar (trafalgar.com) has partnered with Susan G. Komen® to launch a special hand-crafted itinerary, the Pink Ribbon Italy Trip, taking place May 19-29, 2017. For each seat filled on this limited, special-edition trip sold now through May 19, 2017 in the United States, Trafalgar will donate \$1,000 to Susan G. Komen.

Traveling through Rome, Florence, Pisa, San Gimignano, Verona, Venice and more, guests are invited to explore the best cities and picturesque villages of Italy, enjoying Trafalgar's unequalled Insider Experiences along the way. Highlights include savoring delicious Chianti wine over a unique Be My Guest dinner at the home of a local Italian family in the rolling Tuscan Hills; gaining cultural insight into Italian cuisine by shopping at a local market with charismatic Chef Libero for a cooking class back at his restaurant; and joining the tens of thousands participating in the inspiring Susan G. Komen Italia Race for the Cure® 5K walk/run in Rome, now the largest Race for the Cure® event in the world.

Starting at \$3,699 per person (land only)*, the 11-day Pink Ribbon Italy Trip offers travelers a stress-free way to experience the best of Italy to support a good cause. The vacation package includes quality hotel accommodations, many meals, luxury coach transportation, the expertise of a local Travel Director and sightseeing with VIP entry to the icons plus unique Insider Experiences, only from Trafalgar. Visit the trip itinerary page www.trafalgar.com/simplypink for more information.

For National Breast Cancer Awareness Month this October, Trafalgar's #SimplyPink social contest offers participants a chance to win two seats on the trip. To enter, post "Simply..." followed by a one-word adjective for what the fight against breast cancer means to you (e.g. "Simply... inspiring") on Facebook, Twitter and Instagram (accompanying stories and photos welcome), adding #SimplyPink to the post and ensure post privacy is set to public. The favorite grand prize global winner announced in November will be awarded two seats on the trip, plus three runners-up get a \$200 travel voucher. Full contest details and social posts can be seen online.

"Breast cancer is a disease that touches us all. At Trafalgar, we believe in supporting initiatives that directly benefit the world and communities we live in, and the fight against breast cancer is close to our hearts," said Trafalgar CEO Gavin Tollman. "That's why we've created this special global trip for survivors, advocates and inspired travelers alike to lend their support by joining the world's largest Race for the Cure® while discovering Italy's most amazing destinations."

This exclusively-designed trip is a Join Trafalgar sustainable tourism initiative, part of Trafalgar's

commitment to support and give back to the communities it visits, and welcomes travelers—women, men and children ages five and up, from all around the world.

Seats are limited and expected to sell out quickly. For more information, visit www.trafalgar.com/simplypink. To book, call 866-544-4434 or contact your travel agent.

Terms and Conditions: *From July 14, 2016 to May 19, 2017, Trafalgar will donate to Susan G. Komen® \$1,000 for each charity trip to Italy sold in the United States. The advertised Pink Ribbon Italy Trip requires minimum numbers to depart, should these not be met Trafalgar reserves the right to alter or cancel arrangements. Other conditions apply; see www.trafalgar.com/simplypink for details. *Per person, land only, based on double occupancy. Conditions apply. CST#2077132-20

Seats are limited and expected to sell out quickly. For more information, visit www.trafalgar.com/simplypink. To book, call 866-544-4434 or contact your travel agent.

— Susan G. Komen



Live, Local Talk



THE PAUL VANDENBURGH SHOW

Every Weekday 5:30am-10:00am

Exciting Guests & Topics

Also listen online or download the Talk1300 App

TALK 1300 AM

THE CAPITAL DISTRICT'S TALK RADIO

www.talk1300.com

SUPER SEDAN SPECIALS

We've Got Wagons And SUV's, Too!

| | |
|---|--|
|  | <p>2009 VOLVO S40 SPORT SEDAN
You'll Have Economy, Safety and Driving Pleasure! Moonroof, Bluetooth, Climate Package and More!
MUST SEE! \$9,995</p> |
|  | <p>2008 S80 3.2
Volvo's Top-of-the-Line Touring Sedan, for the Maximum in Comfort and Safety!
TERRIFIC VALUE! \$8,995</p> |
|  | <p>2007 S60 T5
This High-Performance Sedan has all the gear: GPS, Moonroof, Heated Seats and More!
DON'T MISS IT! \$7,995</p> |

Take Advantage of Our Low, Low Finance Rates!

PRECISION

VOLVO SALES & SERVICE

PRECISIONALBANY.COM

| | |
|-----------------------------------|----------------------|
| COLONIE | VOORHEESVILLE |
| 99 Cordell Road | 50 Voorheesville Ave |
| Sales: 382-9005 Service: 346-5581 | Service: 765-9368 |

From page B12 ... Self defense

with a confrontation. By taking a seminar and learning ways to avoid the confrontation or how to handle it if you can't avoid it you'll feel more secure in your abilities should you find yourself in that situation. Studies have shown that the more confident you are in your ability to handle it the less likely you are to be in a bad situation or to get seriously harmed if you are.

2. Similarly, you won't feel helpless anymore: Often when women find themselves in a bad situation they panic or freeze. Essentially they become helpless. Knowledge is power and in a quality workshop you'll learn how to cope with the situation and learn techniques that can help you to escape

3. It will help you make the right choices on how to escape: Many women think they know what to do in a dangerous situation.

Ever said to your girlfriend if a man attacked me I'd just kick him in the "you know where"? Well, men learn to defend themselves at a very early age and will know how to protect themselves from that response.

In a self defense workshop you'll learn other methods you can use to get away. Short, tall, muscular or skinny you can defend yourself against anyone if you are prepared for it.

You won't become a black belt in a single workshop but, you don't need to be.

More importantly, you'll learn how to avoid getting into those situations in the first place.

4. It will educate you: All those scenarios you've run through your mind or all those questions you've wanted to ask but never did can be answered during a seminar.

What do I do if someone grabs me from behind? What do I do if I'm being choked? How do I get out of being pushed up against a wall or on the ground?

You'll learn ways to handle all those situations and a few more and be able to get answers to those questions you've always wanted to ask but likely haven't

5. It will give you peace of mind: Truthfully, no seminar or workshop can prepare you for every situation you might face but at the very least it will help prepare you and give you some guidance on how to handle a situation or better yet avoid it completely.

Like Leslie most women have thought about this topic at some point or had that moment when their instincts told them they were at risk.

The difference is Leslie took action to prepare herself and when the hair on the back of her neck raised up know how to avoid a possible bad situation.

Interested in taking a self defense workshop? See the news items on page B12 announcing a self defense workshop.

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

From page B15 ... 'Date worthy'

amount of spice, and the fresh lobster in the bottom of the bowl brought all the flavors together. We did end up splitting it, as it was much too large for me to eat by myself (and then also have dinner).

In the meantime, we decided on our meals, and both of us were caught between two different choices. Our server immediately told us which ones to choose, and I always prefer to take the advice of the server (especially if they are as knowledgeable as this one seemed to be).

We were served bread after we finished the soup and while we waited for our meals, to arrive. At this point, I noticed that the boyfriend had finished his drink, which is unlike him, but can only mean that he really enjoyed it. Our server came back to check in on us, and brought him another drink, "on the house" for the original (very minor) inconvenience. It was such a nice touch, we were both actually a bit shocked.

As our dinners arrived, I was glad I had not finished the entire soup. As mentioned, I went with the servers recommendation and chose the spaghetti and meatballs. This was not your typical spaghetti and meatballs, it was perfectly cooked spaghetti in a light vodka cream sauce. It was served with four of their famous chicken meatballs. The server had raved about the meatballs, and I could instantly tell why. The first bite was just perfect, they were moist, full

of traditional meatball flavors but the chicken added a special quality that can't compare to anything I have had prior. The pasta and sauce was also wonderful, cooked just passed al dente with enough sauce to add flavor but not drown the meatballs. It was by far one of the best pasta dishes I have ever had.

My boyfriend had chosen the swordfish, which was served with a kale type vegetable. He is often skeptical about ordering fish out, he really despises dry fish, but decided to order it at the servers advice. He was really happy with his decision. He generally eats more quickly than me anyway, but he liked his so much that I had barely even touched mine and he was done!

I took my time eating, and my date enjoyed the remainder of his drink. Our server stopped by occasionally to check on us, and chat a little when he felt he could without intruding. Once I was done, we decided on coffee (for him) and tea (for me) and they brought over (again complimentary) biscotti. The biscotti, too, was delicious. We even ended up taking that home along with my leftovers.

Our night out, which was originally just meant to relax us, turned out to be one the nicest nights we have had in awhile. I highly recommend you make a date to head over to Tavolo, and if you do, please ask for Eric. I rarely mention servers by name, but Eric went above and beyond and it was important (to both of us) that we give him special notice.

Elizabeth Schaefer is a regular contributor to TheSpot518. You can find her restaurant reviews here each week.



SUNDAY BRUNCH ~ 10AM-2PM
"The Home of the Bottomless Mimosas"

- Locally Sourced Menu Items
- Homemade Desserts

Book Your Private Party or Events With Us!

Find Us On  OpenTable

Off Street Parking Available

55 North Pearl Street • Albany
www.capitalbistro.com • 518.694.3122



TOP-NOTCH SERVICE FOR EVERY VEHICLE & EVERY CUSTOMER

Get the expert attention your car needs as well as the friendly, professional service you deserve. Our certified technicians are happy to answer all of your questions and auto repair needs.

FREE • Multi-check • Road Test • Estimates • Towing with Major Repair (within 20 mile radius)

LARGEST TRANSMISSION FACILITY IN THE NORTHEAST

| | | |
|--|--|--|
| <ul style="list-style-type: none"> ◆ Excide Batteries ◆ Clutch Repair ◆ 4 Wheel & Front Wheel Drive ◆ Brakes / Rotor / Calipers ◆ A/C Repair / Compressors ◆ Shocks & Struts ◆ Complete Exhaust Systems ◆ Accept used motor oil & batteries ◆ Professional & Expert Car & Truck Repairs | <p>Foreign & Domestic Services</p> <ul style="list-style-type: none"> ◆ Transmission Repair, Rebuilding & Replacement ◆ Transfer Case & Differential Service ◆ Complete Electronic Diagnostics Including Engine ◆ Fly Wheels / Ring Gears | <ul style="list-style-type: none"> ◆ CV Joints / U Joints / Boots / Axles ◆ Wheel Bearings / Hub Bearings ◆ Automatic & Standard Transmissions ◆ Clutch Fans / Coolers / Radiators ◆ Motor & Transmission Mounts ◆ Specializing in Wholesale, Fleet & Retail Work ◆ Torque Converters Rebuilt on Site |
|--|--|--|

• Financing Available • We Honor Extended Warranty
• Full Service on RVs • Retail & Commercial

BUFF O MATIC II



Family Owned Since 1975

TRANSMISSIONS

We Accept:      National Warranty

— 3 LOCATIONS —
434-4763
Buff O Matic II Transmissions
26 RT. 9W, Glenmont
Buff O Matic Converters
26 Plank Rd., Glenmont
Buff O Matic Transmissions
2340 RT. 20, Carlisle

www.buffomatictransmissions.com

Zoe for NY's 20th CD

Fulfilled Democracy Everywhere, Instantly & Practicably

Because it gives an equal chance of winning to all parties, Ranked Ballot, RB, voters ranking candidates in order of preference, is most just & most free.

Because of this great light in the eyes of the world & cause it always picks the one most in the middle, while giving an equal chance of winning to all proposals, on a case by case basis, RB is more top-dead-center counter-extremist than all the many recent retrenchments combined. By its shining example it will cause the whole world to follow us. The “additive” form of RB is counting the first choices, & then, if no one has 50%, adding in the next choices, & so on, till someone finally does. The coming Maine & Benton County Oregon referendums on RB this November could be truly transformative. Potentially the first right-leaning locale to support RB, Maine could be the new shot heard round the world.

See RCVMaine.com & betterballotbenton.com.

RB plus “Organized Communications” (OC, randomly assigned discussion groups electing reps) (by RB) to higher & higher levels, ‘til one group remains) (to guide in the rest) will install RB, instantly, globally & extra-legally even in states without Initiative. Initiatives and Referendums in the United States on [Wikipedia](https://en.wikipedia.org/wiki/Initiative_and_Referendum) reveals that the hope for the initiative as a wide-spread solution is predictably variegated.

If we're going to be held responsible by our enemies for the actions of our government, we should want the most light-footed democracy possible. RB is a pointed, pertinent, practicable, profound & nonpartisan reform. Even the most cautious would have no reason to fear publicly espousing it. There is no other area of our lives in which we do not automatically see the point of greater competition.

RB is the answer to all things. It will give us All Powers to Their Lowest Appropriate Level, A PERFECT MARRIAGE OF Rich & Poor, Left & Right, FREEDOM & JUSTICE, Tradition & Modernity, Young & Old, Red, Black & White, Woman & Man & Palestinian & Jew, Justice with an Eye for Freedom & Freedom with an Eye for Justice, A Head for the Headless (tech) Beast & An Ecological Politics, but it will not change the spirit of anyplace, only give them more nuance. Had there been RB, none of the evils of history would have ever happened. For those with fear of outside control of voting machines, the larger the discussion groups, the fewer the levels needed.

Perhaps the House should be so chosen. Cause them to take notice.

“zoe” norman zidbeck
preferentiality on yahoo groups
freeassociation0@gmail.com

(518) 526-6533

USA, Planet Earth

Services in the Spotlight

CHIMNEYS

BLUE GOOSE CHIMNEY SWEEP

- ✓ Sweeping
- ✓ Inspection
- ✓ Repairs
- ✓ Dryer Vent Cleaning



www.bluegoosecleaning.com • 372-1664

HOME IMPROVEMENT



AlbanyHomeRepairs.com

- Carpentry • Remodeling
 - Kitchens & Bathrooms • Painting
 - Masonry • Ceramic Tile
- No Job Too Small • Fully Insured

Stephen E. Colfels 469-1973

PAINTING

RHATIGAN PAINTING RESIDENTIAL SPECIALIST

Wallpaper Removal • Plaster Repair
Meticulous Work
OVER 25 YEARS EXPERIENCE
FULLY INSURED
Call Brian for Free Estimates
810-4892 • 478-9632



DIVORCE

MAKE DIVORCE EASY

Divorce.....\$349

Uncontested divorce papers prepared
Only 1 signature needed includes poor person application
Separation agreements available

CALL 274-0380



Nestor Torres Contracting, LLC

Free Estimates • Fully Insured

- All Types of Roofing
- Siding
- Painting
- Decks
- Masonry
- Windows
- Remodeling & Additions

631-0572 (c)229-4720 "We will beat any competitor's estimate"

PET CARE



Cornell's Cat Boarding

767-9095

Heated • Air Conditioned • Route 9W, Glenmont
Your Choice of Food • Reservations Required
Heidi Cornell

DUMPSTERS

DUMP THE JUNK!

10, 15, 30 Yard Dumpsters

Fall Special: 10 yd dumpster \$250 We beat any competitors price!

RESIDENTIAL
INDUSTRIAL
COMMERCIAL



857-0543

CONTAINERS INC

www.bandbcontainersinc.com

Remodeling Your Home Has Never Been Easier...

- Additions • Garages • Decks
- Roofing & Siding • Basement Remodels

W. LASHWAY 339-7246
CONSTRUCTION SERVICES

www.wlashwayconstruction.com

SNOWPLOWING



SELKIRK LAWN SERVICE

Commercial/Residential Snow Plowing
Professional, Affordable, Dependable

888-4075

selkirklawnservice@gmail.com

ELECTRICAL



Service Calls | Repairs
Stand-by Generators

Residential
Commercial

Electrical
Contractors
475-1491

WE RETURN ALL PHONE CALLS!

Family Tree



FREE ESTIMATES

Lawn Landscaping

Fall Clean-ups
Gutter Cleaning
Snowplowing
339-2959

TREE SERVICES

- Tree & Stump Removal
- Stump Grinding
- Topping
- Trimming
- Lot Clearing
- Top Soil
- Firewood

BEST

Prompt Professional Service



TREE SERVICE

374-5940

Leave a Message "Our Name Says It All"

25 Years Experience
Affordable Prices
24 Hour
Emergency Service
Free Estimates
Fully Insured
Senior Discounts:
Call & Save \$\$\$

SERVING ALL CAPITAL DISTRICT • RESIDENTIAL/COMMERCIAL

GARBAGE REMOVAL

County Waste & Recycling
RESIDENTIAL Waste & Recycling
Roll-offs • Commercial • Industrial

www.county-waste.com
877-7007



Quality Lawn & Landscape
RESIDENTIAL COMMERCIAL

Fully Insured
Free Estimates 879-9312

PAINTING

GIL FLANSBURG



Custom Interior Painting
& Deck Staining
44 Years Experience
221-7087

VOGEL

Painting Contractor
Free Estimates
• RESIDENTIAL SPECIALIST
• WALLPAPER REMOVED
Interior — Exterior INSURED
439-7922 466-1645

~ In Business Since 1965 ~

Mike's STUMP REMOVAL

Free Estimates/Insured
Reliable Service



439-8707



32 Years
Serving the
Capital Region

FREE ESTIMATES
FULLY INSURED

Complete Tree Removal Storm Damage Repair
• Pruning • Cabling • Land Clearing • Stump Removal
100 ft. Crane Service • 60 ft. Bucket Truck Service
439-9702 All major credit cards accepted
Jim Haslam Owner

Put Our Service Directory To Work For You!



Call Corinne at 439-4940

blackmanc@spotlightnews.com

RECYCLE

From page B1 ... Shifting gears

"I was told that [Prince] helped me get signed to Warner Brothers," said Johnson. "I never met him, and never had any interaction with him. It was all kind of hearsay. It came from reliable sources, so it could have been true. He may have seen or heard something I had done and put in a call just out of kindness. I never met him, so I never substantiated that."

Johnson signed on with Warner Brothers's record label in 1984, nearly 10 years after he set out on his own music career with a Electromagnets, a local band that is now the answer to trivia questions. Johnson would bounce between record labels since then, but the break launched a decorated career, winning accolades and earning respect among peers and press. Rolling Stone magazine has him among the Top 100 guitar players of all time. As astounding it may seem to reflect upon how long Johnson struggled to receive national attention, he sees today's aspiring musicians having to navigate a different world than he did.

"It's a whole different ball game now," said Johnson. "It's a lot harder for someone to just jump into a career simply because they're talented or have something. You don't have the same corridors of making hardware and feeling your wears, out there... You have so many people with so much technology, they can make great product from in their living room. So, the playing field is so even, it's not just on face value of talent. It's so over saturated, people's attention span and the availability of time is just not there anymore. ... If you were to start out in a career now, I think it is obviously tougher. And, I don't know if it's orientated towards careers in music as much as just being around for a couple of years and moving on."

Johnson sees the need to diversify one's talents as a musician. Within himself, he's not only a musician, songwriter or vocalist, in the business aspect of his world he is also a record producer. As for his sound, he's long delved into different genres of music. Ever since he first sat down in front of a piano.

Yeah, the piano is actually his first love. And, he plays it on "EJ," too. Johnson said the piano is the best instrument to compose music. Each of his songs are first composed on piano before he goes to guitar.

"Ever since I was young, I've played piano and acoustic guitar in my private life," said Johnson. Long hailed as one of the world's preeminent electric guitarists, Johnson celebrates his acoustic side with his 12th album, "EJ." Emphasizing his skills as a singer-songwriter, his first completely unplugged album is also his most immediate and intimate. "This type of music has always been a part of me, but I never showcased it on any kind of bigger level, like a full acoustic record. With "EJ," I just decided to be more honest with myself and everybody, and show more of my personal side."

Johnson self-produced the album and performed nine of its 13 tracks unaccompanied in his Austin, Texas Saucer Sound studio. The other tracks feature guest musicians such as renowned guitarist Doyle Dykes, violinist Molly Emerman, cellist John Hagen, and longtime Johnson accompanists Tommy Taylor and Wayne Salzman on drums and Roscoe Beck and Chris Maresh on acoustic bass.

It's now 30 years since his breakthrough solo release "Tones," which brought him national recognition. This latest album showcases nine original compositions and four covers in an all-acoustic album. It's something he's always wanted to do, as it provides a more intimate experience between the musician and the audience.

What's most telling of Johnson's continued growth as an artist also be the manner in which he produced his latest album. After winning the Grammy Award for Best Rock Instrumental Performance in 1991, it took Johnson nearly five years to follow up his platinum-selling album "Ah Via Musicom." It was reported he had scrapped several completed tracks before ultimately releasing "Venus Isle."

"Almost all of that material [for "EJ"] was cut live," Johnson said. "Some of the songs I actually sang and played at the same time - just live in the studio. Recording this way gave it more of an honest realism and organic emotion. Especially on the acoustic, you just have to get in there and play."

On the original compositions "Wonder," "Fatherly Downs," and "All Things You Are," Johnson frames his voice with his prized 1980 Martin D-45, a gift from his late father. He plays the steel-string on his superlative instrumentals "Once Upon a Time in Texas," "All Things You Are," and "Song for Irene." He conjures the beautiful, pensive tones of "Serinidad," another original instrumental, on a Ramirez nylon-string guitar. A spirited steel-string arrangement of Simon and Garfunkel's "Mrs. Robinson" rounds out the solo guitar tracks.

Johnson recasts another Simon and Garfunkel favorite, "Scarborough Fair," for voice and piano, and plays piano on the originals "Water Under the Bridge," "November," and "Wrapped in a Cloud," an ensemble track with acoustic bass, cello, drums, and percussion. In a move that's sure to surprise his fans, Johnson rearranged Jimi Hendrix' "One Rainy Wish" for guitar and piano, capping the performance with a jazz-inflected piano solo. Rounding out the record is Johnson and guest guitarist Doyle Dykes' superlative cover of Les Paul and Mary Ford's 1951 classic, "The World Is Waiting for the

Sunshine."

Throughout his career, Johnson has approached music as a healing force, a way to enhance a listener's consciousness and conjure joy and inspiration.

"That's what I've always appreciated most about other artists," said Johnson. "Some artists inspire us to wake up and get back to the clarity of consciousness. With this record, I'm trying to do that too, because I appreciate it so much in other people."

Johnson said he finds his latest inspiration in another band out of Austin, Explosions in the Sky.

"The fact it's electric guitar music, but it's different," said Johnson, of the instrumental rock band that has been featured heavily in the critically acclaimed television series "Friday Night Lights." "It's not your typical guitar. It's refreshing. It's unique sounding in the orchestration of it. It's nice to hear someone doing something a little different with guitar and metal music. It's inspiring to me. Makes me think about what I want to do with the guitar."

Turkey dinner at Bethlehem Grange

SOUTH BETHLEHEM — Bethlehem Grange No. 137 is offering a turkey dinner, Saturday, Nov. 5, from 4 to 7 p.m.

The dinner is served family-style, offering all of the fixings, including fresh baked pie and a choice of beverage.

Adults and children over 11 years old cost \$12 for admission. Children aged 5 to 11 years old cost \$6, and children under 5 years old can attend for free. Take out dinners are also available.

The Grange Hall is handicapped accessible and is located on Rte 396 (Bridge Street), just south of A.W. Becker Elementary School.

From page B18 ... Bob Moses

the show ended Bob Moses visited and mingled with the crowd like any local band would when it finishes.

Once again a fantastic, intimate show. Keep an eye out for the next one because these shows shouldn't be

taken for granted or missed.

Interesting Factoid: Jimmy Vallance's dad, Jim Vallance, was quite a song writer/musician before he retired. He's credited with writing a bunch of songs. Most notably, he was Bryan Adams writing partner and co-wrote many of the hits including his breakout hit "Cuts Like a Knife" and "Summer of 69." He also wrote "Rag Doll" (Aerosmith) and "Don't Forget Me When I'm Gone" (Glass Tiger). It must be in the genes, folks.

DONATE YOUR CAR



Wheels For Wishes

Benefiting

Make-A-Wish®

Northeast New York

WheelsForWishes.org

Call: (518) 650-1110

* Car Donation Foundation d/b/a Wheels For Wishes. To learn more about our programs or financial information, visit www.wheelsforwishes.org.

*Free Vehicle/Boat Pickup ANYWHERE

*We Accept All Vehicles Running or Not

*Fully Tax Deductible

HANSON

Well Drilling & Pump Co.

Pump Service ~ 7 Days A Week

- Water Wells • Water Pumps
- Deepening Existing Wells

518-477-4127



\$200 OFF Any 6" Drilled Well

\$50 OFF Any Water Pump Service Call

Coupon must be presented at time of work
One coupon per service • Expires 12/31/16

Services in the Spotlight

UPHOLSTERY

Capital Upholstery

A CUSTOMER SERVICE BUSINESS

Family owned business since 1987

Call us now for your free in-home estimate on quality custom upholstery.

765-2169 www.capitalupholsteryinc.com

FREE PICK-UP AND DELIVERY



WATER FILTERS

Advanced Purification Systems

- Pure drinking water for pennies on the gallon
- Go Green! (eliminate water bottles, save Mother Earth)
- No cartridges ever needed, 6 year "Refurbish Program"

Free In-home demo & water test

Water is essential for life.

Albany, NY • 879-4420

www.advancedpurificationsystems.com

Call to place your ad today!

BUSINESS DIRECTORY

439.4940

EMPLOYMENT Opportunities

in



STOP

JOB FAIR

November 1, 2016 • 8am-6pm
Hilton Garden Inn, 235 Hoosick St., Troy, NY 12180

Now Hiring School Bus Drivers

for our Albany, Schenectady, Troy and Waterford locations

- Application and Interview Done on the Spot
- \$16 Per Hour
- No Experience Required
- CDL Training Provided
- Flexible Part-Time Schedule and Much More!

SCHOOL BUS

DURHAM SCHOOL SERVICE

\$16/hr
to start

\$2,000
SIGN ON BONUS
(fully licensed CDL drivers w/ P&S Endorsements)

Apply in person at the Job Fair, call Shaun Kelly at 518-266-9330 or visit us online at: www.DurhamSchoolServices.com

SALES ACCOUNT MANAGER

Ed Levin Jewelry, a nationally known jewelry company, seeks a Sales Account Manager with the potential to direct our future sales initiatives at our studio in upstate NY.

The ideal candidate is an enthusiastic self-starter with strong interpersonal and decision-making skills. Must have competent computer skills. Wholesale as well as retail sales experience, a great telephone personality, and proven knowledge of team dynamics is essential. Must be willing to travel. BA degree or commensurate sales experience necessary. Full benefit package. Send resume to: peter@edlevinjewelry.com



WE'RE HIRING!

Tuition Assistance • Jobs • Training



1-800-GO-GUARD • NATIONALGUARD.com

Caring Opportunities...

All Metro Health Care, a fast growing licensed home health care company, offers excellent opportunities to join our Albany Team!



CERTIFIED HHAs & PCAs - F/T, P/T & WEEKENDS

Homecare opportunities in Saratoga, Rensselaer, Albany & Schenectady counties & surrounding areas! All Shifts! FREE TRAINING AVAILABLE

RN CLINICAL NURSING SUPERVISOR

Responsible for the direction, coordination and direct supervision of the agency's paraprofessional staff and shift nursing services. NYS Licensed RN with 1 year experience in the provision of nursing care in an acute care facility and three-five years Nursing experience in Home Care is required.

STAFFING COORDINATOR

To manage the intake of cases, assigning personnel and maintaining relationships with referral sources. Excellent verbal and written communication skills required.

SERVICE COORDINATOR

Must have strong advocacy skills, ability to multi task, handle large amounts of paperwork and maintain deadlines. Must have strong communication skills and the ability to make decisions and problem solve. Case Management Experience & Bachelor's degree required.

- Great Pay! • Weekly Pay! • Paid vacation after one year • 401K plan
- Personal/Sick days • Life Insurance • Health insurance available

Email: tmakely@all-metro.com
 or call John 518-426-0283
 Walk-Ins Welcome
 Monday-Thursday
 1450 Western Ave., Albany, NY



All Metro

HEALTH CARE



DIRECT SUPPORT STAFF

Lexington has direct support positions available, whether you are beginning a career in human services or are a seasoned professional. Lexington Direct Support Staff take great pride in supporting individuals in achieving their life goals and dreams, working flexible morning, evening or overnight shifts in our residences in Albany County. Direct Support Staff provide assistance with individuals' daily accomplishments, meal preparation, medication administration, personal care and participating in the life of their community. Direct Support Staff receive paid training and a competitive starting rate with shift differentials. Also, a very generous health, pension and time-off package is available.

Are You Ready To Make A Difference?

Lexington Center
 Human Resources Department
 127 East State Street Gloversville, NY 12078
www.lexingtoncenter.org
 518-773-7931
 Email: hr@lexcenter.org



Recognized as a Top Workplace
 in the Capital District!



theclassifiedsuperstore.com



CARS

CARS/TRUCKS WANTED!!! All Make/Models 2000-2015! Any Condition. Running or Not. Competitive Offer! Free Towing! We're Nationwide! Call Now: 1-888-416-2330.

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398

Donate your car to Wheels For Wishes, benefiting Make-A-Wish. We offer free towing and your donation is 100% tax deductible. Call 518-650-1110 Today!

AUTOS WANTED

CARS/TRUCKS WANTED!!! We buy 2000-2015 Cars/Trucks, Running or Not! Nationwide Free Pickup! Call 1-888-416-2208

MOTORCYCLES

2005 HARLEY DAVIDSON HERITAGE SOFTAIL CLASSIC, Glacial White Pearl Paint, 8550 miles, never seen rain, stage 1 carb & pipes, has ISO handlebar Grips, clean title. Includes: Cover, battery tender, shop manual, original carb, his & hers Gore Tech Riding jackets and helmets also available. Asking \$10,500 obo. No Dreamers, No test drives without cash in hand. Text or call after 5pm. 518-852-1925

MOTORCYCLES WANTED Before 1985. Running or not. Japanese, British, European, American. \$Cash\$ paid. Free appraisals! CALL 1-315-569-8094 Email pictures or description to: Cyclere restoration@aol.com

WANTED OLD JAPANESE MOTORCYCLES KAWASAKI Z1-900 (1972-75), KZ900, KZ1000 (1976-1982), Z1R, KZ 1000MK2 (1979,80), W1-650, H1-500 (1969-72), H2-750 (1972-1975), S1-250, S2-350, S3-400, KH250, KH400, SUZUKI-GS400, GT380, HONDA-CB750K (1969-1976), CBX1000 (1979,80) CASH!! 1-800-772-1142 1-310-721-0726 usa@classicrunners.com

HELP WANTED

INSURANCE SALES & SERVICE, full-time. Training & licensing offered by employer. Call 439-1292 or fax resume to 439-1376

MANY RN POSITIONS available in your vicinity. Hospitals, correctional facilities, and home health assessments. Great Pay & Benefits. White Glove Placement 1-866-387-8100 #202 recruit@whiteglovecare.net

MILLIONAIRE SEEKS apprentice for partnership in million dollar health & fitness business. Full training & support. Call George, 380-9755

PAID IN ADVANCE! Make \$1000 A Week Mailing Brochures From Home! NO Experience Required. Helping home workers since 2001! www.WorkingCentral.NET

CAREER TRAINING

25 DRIVER TRAINEES NEEDED! Become a driver for Stevens Transport! NO EXPERIENCE NEEDED! New drivers earn \$800+ per week! PAID CDL TRAINING! Stevens covers all costs! 1-888-734-6714 drive4stevens.com

ACCOUNTING & QUICKBOOKS TRAINING! Online training gets you job ready! Train at home! Job placement when completed! 1-888-407-7162 GED/HS Diploma needed.

AIRLINE CAREERS start here. Get trained as FAA Certified Aviation Technician. Financial aid for qualified students. Job placement assistance. Call AIM for free information, 866-296-7093.

MEDICAL BILLING SPECIALISTS NEEDED! Begin training at home for a career working with Medical Billing & Insurance! Online training with the right College can get you ready! HS Diploma/GED & Computer/Internet needed. 1-888-734-6711

WORK WANTED

PRIVATE CARE companion/aide, home/facility, 24/7 or shifts. Personal care, light cleaning, meds, doctors etc. Contact Jean at 518-209-4458

SENIORS!

A unique opportunity for long term care in my home. Will provide bedroom, cable, internet, 3 meals with snacks daily, supervision with taking medicine, activities, transportation for errands and travel with our family to North Carolina for the winter months. 20 years ex-

WORK WANTED

perience in health care. Excellent references, criminal background check, DMV driving abstract can be provided. Monthly cost will be discussed during interview. Apply to email only: rubensteinlee@yahoo.com.

MISCELLANEOUS

A PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-800-217-3942

A PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-800-553-4101

All Things Basement! Basement Systems, Inc. Call us for all of your basement needs! Waterproofing, Finishing, Structural Repairs, Humidity, and Mold Control. FREE ESTIMATES! Call 1-800-957-4881

CHAT FREE now with local singles 18+. Black singles find your soulmate 1-800-775-4567. Fun Latino Chat 1-800-616-6151. Discreet, all male chat: 1-800-922-4738. Call Today!

DISH Network -NEW FLEX PACK- Select the Channels You Want. FREE Installation. FREE Streaming. \$39.99/24 months. ADD Internet for \$14.95 a month. CALL 1-800-686-9986

DISH Network -NEW FLEX PACK- Select the Channels You Want. FREE Installation. FREE Streaming. \$39.99/24 months. ADD Internet for \$14.95 a month. CALL 1-800-826-4464

DISH SPECIAL : 190+ Channels For Just \$49.99/Month. No Extra Fees Plus, FREE Next-Day Installation. Call Today: 1-888-436-2518

DIVORCE \$390* MONEY BACK GUARANTEE Covers Children, etc. *Excludes govt. fees*. LOCALLY COVERING ALL COUNTIES IN THE STATE. CALL 1-888-498-7075, ext. 700 (Weekdays: 9AM-7PM). BAYCOR & ASSOCIATES. Established 1973.

GOT AN OLDER CAR, BOAT OR RV? Do the humane thing. Donate it to the Humane Society. Call 1-800-315-3679

MISCELLANEOUS

HERO MILES- to find out more about how you can help our service members, veterans, and their families in their time of need, visit the Fisher House website at www.fisherhouse.org

NFL SUNDAY TICKET (FREE!) w/Choice Package - includes 200 channels. \$60/mo for 12 months. No upfront costs or equipment to buy. Ask about next day installation! 1-800-931-4807

PORTABLE OXYGEN CONCENTRATOR? May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 1-800-753-7132

PROMOTE YOUR UNIQUE PRODUCT, SERVICE or WEBSITE! Advertise with us! Reach as many as 3.3 million consumers in print -- plus more online -- quickly and inexpensively! Ads start at \$229 for a 25-word ad. Visit us at AdNetworkNY.com or call 315-437-6173

REPLACEMENT WINDOWS \$199.00 Installed. Double Hung Tilt-ins, Lifetime Warranty. BBB A+ rating, serving NYS over 40 years. Senior Citizen & Veteran Discount. All major credit cards accepted. Call Rich @ 1-866-272-7533.

SOCIAL SECURITY DISABILITY BENEFITS. Unable to work? Denied benefits? We Can Help! WIN or Pay Nothing! Contact Bill Gordon & Associates at 1-800-919-8208 to start your application today!

SUPPORT our service members, veterans and their families in their time of need. For more information visit the Fisher House website at www.fisherhouse.org

XARELTO USERS have you had complications due to internal bleeding (after January 2012)? If so, you MAY be due financial compensation. If you don't have an attorney, CALL Injuryfone today! 1-800-340-6821

ADOPTIONS

ADOPT: CARING married couple looking to adopt. Stable employment and a loving and happy home awaits your child. Please call Blair and John at 1-888-753-9328.

ADOPTIONS

PREGNANT? Happy, loving couple wishes to raise your newborn with care, warmth, love. Liz, Dominick 1-877-274-4824 text 1-740-552-4384

FIREWOOD

FIREWOOD FOR SALE: Mixed hardwoods, cut, split and delivered. Full cords \$285. Half cords \$180. Face cords \$120. Call Jim Haslam at 439-9702.

FOR SALE

SAWMILLS from only \$4397.00 MAKE & SAVE MONEY with your own bandmill- Cut lumber any dimension. In stock, ready to ship. FREE Info/DVD: www.NorwoodSawmills.com 1-800-578-1363 Ext.300N

FURNITURE



FOR SALE: DREW Dining room table with two leaves, 6 chairs, hutch, excellent condition, \$1,275, negotiable. Call 469-5170

GENERAL

CASH FOR CARS: We Buy Any Condition Vehicle, 2000 and Newer. Nations Top Car Buyer! Free Towing From Anywhere! Call Now: 1-800-864-5960.

Cash for unexpired DIABETIC TEST STRIPS! Free Shipping, Best Prices & 24 hr payment! Call 1-855-440-4001 www.TestStripSearch.com. Habla Espanol.

CASH PAID for unexpired, sealed DIABETIC TEST STRIPS! 1 DAY PAYMENT & PREPAID shipping. HIGHEST PRICES! Call 1-888-776-7771. www.Cash4DiabeticSupplies.com

HEALTH & FITNESS

FREE VIAGRA PILLS 48 PILLS + 4 FREE! VIAGRA 100MG/ CIALIS 20mg Free Pills! No hassle, Discreet Shipping. Save Now. Call Today 1-888-410-0514

HEALTH & FITNESS

OXYGEN - Anytime. Anywhere. No tanks to refill. No deliveries. Only 4.8 pounds and FAA approved for air travel! May be covered by Medicare. Call for FREE info kit: 1-855-839-1738

Stop OVERPAYING for your prescriptions! Save up to 93%! Call our licensed Canadian and International pharmacy service to compare prices and get \$15.00 off your first prescription and FREE Shipping. Call 1-800-413-1940

VIAGRA & CIALIS! 50 pills for \$95. 100 pills for \$150 FREE shipping. NO prescriptions needed. Money back guaranteed! 1-877-743-5419

VIAGRA 100MG and CIALIS 20mg! 40 Pills + 10 FREE. SPECIAL \$99.00 100% guaranteed. FREE Shipping! 24/7 CALL: 1-888-223-8818 Hablamos Espanol.

Viagra! 52 Pills for Only \$99.00! Your #1 trusted provider for 10 years. Insured and Guaranteed Delivery. Call today 1-888-796-8878

MUSIC

WANT MUSIC LESSONS? Music teacher proficient in guitar, bass and piano is looking to teach beginners interested in learning basics. Reasonable rates. Lessons will be in your home. Albany, Schenectady, Southern Saratoga counties only. Email: rjmusicteacher@gmail.com

WANTED TO BUY

CASH FOR DIABETIC TEST STRIPS Up to \$40/Box! Sealed & Unexpired. Payment Made SAME DAY. Highest Prices Paid!! Call Kerri Today! 800-413-3479 www.CashForYourTestStrips.com

DOGS



F1B GOLDENDOODLE PUPPIES Blond and black. Vet checked and first shots. Only 4 left. \$900.518-578-6156 or adorabledoodles@wildblue.net.

CLASSIFIED Information

OFFICE HOURS • DEADLINE
Hours: 8:30 AM - 4 PM
Monday-Friday
Deadline: **Thursday at 11AM**
for following week

MAIL ADDRESS • IN PERSON
Mail To: **Spotlight Newspapers**
P.O. Box 100 Delmar, NY 12054
Office Location: 341 Delaware Ave.
Delmar, NY 12054

READERSHIP:
All Newspapers;
113,400 Readers

PHONE • FAX
Phone: (518) 439-4940
FAX: (518) 439-5198

E-MAIL: classified@spotlightnews.com

Order Form

Classified Category: _____

Name: _____

Address: _____

City: _____ State _____ Zip _____

Home Phone _____ Work Phone _____

ALL ADS MUST BE PRE-PAID!

CALL 439-4949 x442
for package details or visit
the classified superstore online!

www.spotlightnews.com
Spotlight theclassifiedsuperstore.com

GET RESULTS!

ADVERTISE

439-4949

We make homeownership a dream come true!



The State of New York Mortgage Agency offers:

- Competitive, fixed-rate mortgages for first-time homebuyers
- Downpayment assistance available up to \$15,000
- Special program for veterans, active-duty military, National Guard and reservists
- Funds available for renovation

1-800-382-HOME(4663)
www.sonyma.org



Selecting the right Medicare health insurance plan can seem complicated... But it doesn't have to be!

Our team has been assisting Capital Region residents with their Medicare Insurance planning needs for over 25 years.



BENEFITS:

- Representing most major Medicare providers.
- Shopping all plans provides the BEST fit for your individual needs.
- Specializing in programs for Veterans.

Call 518-438-2008 today for a FREE consultation.
Operators Available • Monday - Friday, 8am-9pm

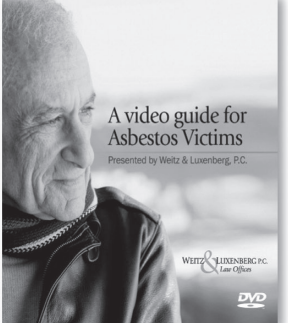
ERIC C. TOLMIE
FINANCIAL SERVICES LLC.

Stuyvesant Plaza, 2 Executive Park Drive, Albany, NY 12203

Free Video

DIAGNOSED WITH MESOTHELIOMA OR ASBESTOS-RELATED LUNG CANCER?

A video guide for Asbestos Victims
Presented by Weitz & Luxenberg, P.C.



Learn about:

- Health effects of Asbestos
- What is, or isn't Asbestos-disease
- How to get medical help
- Your legal rights as a victim
- How to get just compensation
- Choosing the right law firm

CALL **1.888.411.LAWS** (5297)

www.Asbestos-Video-Guide-WeitzLux.com

WEITZ & LUXENBERG
700 BROADWAY, NEW YORK, NY 10003 | BRANCH OFFICES IN NJ & CA PC

Attorney Advertising. Prior results do not guarantee a future outcome. If no recovery, no fees or costs are charged, unless prohibited by State Law or Rule.

THIS INFORMATION IS HIGHLY CLASSIFIED!
Call 439-4940 to add yours, today.

The Capital District's Quality Weeklies
Spotlight *theclassifiedsuperstore.com* 

COMMERCIAL PROPERTY RENTALS


DELMAR: OFFICE FOR RENT
prime central location, 225 sq. ft., \$450/mo including utilities
241B Delaware Avenue.
Please call Jim @ 364-9005

Advertise

Call **439-4940**

REAL ESTATE SALES

Albany: \$25,000
Perfect to rent or flip!



Call **Carole Pruet** Enterprises
489-7091 or 650-5542

LAND

WATERFRONT LAND! 5 acres, \$99,900. Unspoiled lake, next to state land, just 3 hours NYC! Private wood setting. Build, camp or invest. EZ terms. 888-905-8847. NewYorkLandandLakes.com

WATERFRONT LAND! 5 acres- \$99,900. Unspoiled lake, next to State Land, just 3 hrs NY City! Private wooded setting! Build, camp or invest! EZ terms. 1-888-701-1864 NewYorkLandandLakes.com

VACATION PROPERTY

PROMOTE YOUR VACATION PROPERTY STATEWIDE!
Homes, camps, land for sale? ADVERTISE WITH US! Selling or renting, we connect you with nearly 3.2 million consumers (plus more online!) with a statewide classified ad. Advertise your

VACATION PROPERTY

property for just \$489 for a 25-word ad, LESS for regional coverage areas. Visit AdNetworkNY.com or call 315-437-6173

CLASSIFIEDS!



You never know what you'll find inside!

Call (518)439-4949 ext. 442 or email classified@spotlightnews.com

TOWNHOUSE

SENIOR LIVING!
80 Maple Ave., Unit H
Severson Manor
Village of Voorheesville
\$174,900

Mint condition, maint-free condo, 2nd floor, 2BR, 1BA, 1005SF, open floor plan, laundry hookup, hwd floors, building elevator & stairs. Walk to shops & places of worship (owner min. age 62, village requirement).

www.80hmapleleave.canyours.com
MLS:201603545
Melanie Jakway
Licensed RE Salesperson
CM Fox Real Estate
2390 Western Ave.
Guilderland, NY 12084
Office: 861-7030 or Cell: 265-0979

PROFESSIONAL SERVICES

DIVORCE \$349 - Uncontested
divorce papers prepared. Only one signature required. Poor person application included, if applicable. Separation agreements. Custody and support petitions.- 518-274-0380.

HANDY MAN

GLENMONT, Handyman Service, 369-5472.

HOME IMPROVEMENTS

MPR EXCAVATION, LLC, family owned and operated, fully insured. Excavator, bulldozer and environmental services. Foundations repaired and coated; water sanitary drainage systems installed, installation and repairing of driveways and parking lots and much more, 895-5341. Email: mprexcavation@yahoo.com

Sudoku Answers

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

Super Crossword Answers

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

HOMEHEALTH AIDES
Aides available full-time/part-time, 24hours to provide care. Excellent rates and references. Please call 518-203-8723

RECYCLE

HIRE POWER!
Place Your HELP WANTED ad today!
call (518)439-4949 ext. 442
or email classified@spotlightnews.com

■ IN BRIEF

Home Made Theater holds open auditions

SARATOGA SPRINGS — Home Made Theater announces open auditions for its February production of Ken Ludwig's "The Game's Afoot" Sunday, Nov. 6, and Monday, Nov. 7, from 6:30 to 8 p.m. at the Spa Little Theater in Saratoga Spa State Park.

This hilarious play brings murder, mystery, mayhem and madcap adventure to the stage. Broadway superstar William Gillette, famous the world over for his portrayal of Sherlock Holmes, has invited fellow cast members to his opulent home

for a dinner party. But when one of the guests winds up dead, Gillette will have to summon every ounce of Sherlock he can to solve the mystery. This play will keep you laughing and trying to figure out whodunit until the final bow.

The cast consists of three men and five women, ranging in age from early 20s to late 70s. Actors should bring a current photo and resume. Photos cannot be returned. Auditions will be from the script.

Production dates are weekends, Feb. 11-26. Rehearsals begin Jan. 3. No appointments are necessary for the audition.

For a detailed flyer or questions about the audition, contact Home Made

Theater at 587-4427, or visit their web site at homemadetheater.org.

Presidential Trivia Night at historical society

SCHENECTADY — Think you know Abraham Lincoln? Are you made about James Madison?

Come to the Schenectady County Historical Society's Presidential Trivia Night Monday, Nov. 7, at 32 Washington Ave. in Schenectady. Teams will be limited to five people, and there will be prizes from local businesses and historic sites. Light refreshments will be served, and participants can bring their own beverages.

Space is limited. For more information, contact Mike Maloney at 374-0263, ext. 3 or email librarian@schenectadyhistorical.org.

Precision Chiropractic Toys for Tots drop off

CLIFTON PARK — Now through Thursday, Dec. 15, Precision Chiropractic is accepting gifts as an official drop off site for the Toys for Tots campaign.

For every unwrapped toy worth \$10 or more, you will receive a raffle ticket for a chance to win a gift basket.

Precision Chiropractic is located at 939 Rte. 146 in Clifton Park.



Navigator

RIDE SMARTER, FASTER & BETTER THAN EVER

Get on board with our new smartcard & mobile ticketing system!

- ★ **LOAD UP:** Purchase your fare online any time.
- ★ **SAVE MONEY:** Never pay more than the Daily Fare.
- ★ **SECURE YOUR ACCOUNT:** Replace lost or stolen cards with ease.

(518) 482-8822 | CDTA.org | #NavCDTA





SQUASH HUNGER

Fresh Food For All

HELP NOURISH HEALTHY FAMILIES!

Donate fresh produce to 11 bin sites across the Capital Region

Find out where here: bit.ly/SquashHungerBins



All produce is donated to local soup kitchens, food pantries and shelters.

VISIT: www.capitalroots.org or CALL: 518-274-8685

FALVO'S "Quality Always Shows"
 ★ WE SELL U.S. PRIME BEEF ★
www.FalvoMeats.com
 Not Responsible For Typographical Errors

PRIME BUTCHER SHOP VISA

SLINGERLANDS, ROUTE 85A • PHONE ORDERS 439-9273

| | | |
|--|---|---|
| <p>WHOLE PORK LOINS
 18 lb Avg Wt \$159 LB.
 CHOPS - RIBS - ROAST</p> | <p>WE ARE NOW TAKING ORDERS FOR YOUR FRESH TURKEYS, TURKEY BREAST, FRESH OYSTERS, JUMBO SHRIMP, PIES FROM GRANDMA'S RESTAURANT</p> | <p>USDA PRIME (RIB EYE) DELMONICO STEAKS
 \$1299 LB.</p> |
| <p>CENTER-CUT RIB PORK CHOPS
 \$239 LB.</p> | <p>COUNTRY STYLE SPARE RIBS
 \$199 LB.</p> | <p>DELI - DEPT. OUR-OWN COOKED ROAST BEEF
 \$699 LB.</p> |
| <p>U.S.D.A. CHOICE & HIGHER WHOLE N.Y. STRIP LOINS
 15 Lbs. Avg. Weight \$899 LB.
 U.S.D.A. CHOICE & HIGHER WHOLE TENDERLOINS PEELED
 7 Lbs. Avg. Weight \$1699 LB.</p> | <p>10 LBS. OR MORE
 GROUND CHUCK \$319 LB.
 GROUND ROUND \$399 LB.
 GROUND SIRLOIN Extra Lean \$429 LB.</p> | <p>BONELESS PORK LOIN ROAST
 \$279 LB.</p> |

Prices Good Thru 10/29/16 • Tuesday-Friday 9-6, Saturday 8-5, Closed Sunday-Monday 100180_4

THE DAILY GAZETTE welcomes...
dailygazette.com

GROOVIN'

A 60s-70s Musical Journey

at PROCTORS

Saturday, November 19 at 8:00 PM



Eric Burdon • Carol King • David Clayton Thomas • Burton Cummings • Elton John • Dusty Springfield • John Fogerty • Grace Slick • David Bowie • Joe Cocker • Neil Young • Linda Ronstadt • Mick Jagger • Robert Plant • Stevie Nicks

Recreating the Legends & Music of the 60s & 70s

The "COOLEST" and most "AWESOME" live concert you'll ever experience!

Proctors Box Office
518-346-6204

proctors.org

\$38.00 ~ \$30.00 ~ \$22.00

The biggest legends & hit songs from the greatest era of classic rock!



groovin-amusicaljourney.com



LIFE AFTER 50



*See our ad on page 3

Seeing a Dentist

Can Save Your Smile.
NOW IT CAN
SAVE YOUR LIFE.

FAMILY AND COSMETIC DENTISTRY

STEVEN L. LYSENKO, DMD PLLC
DANIELLE LLOYD, DDS
17 Maple Road, Voorheesville

765-4616

www.LysenkoDental.com



Smile with Confidence

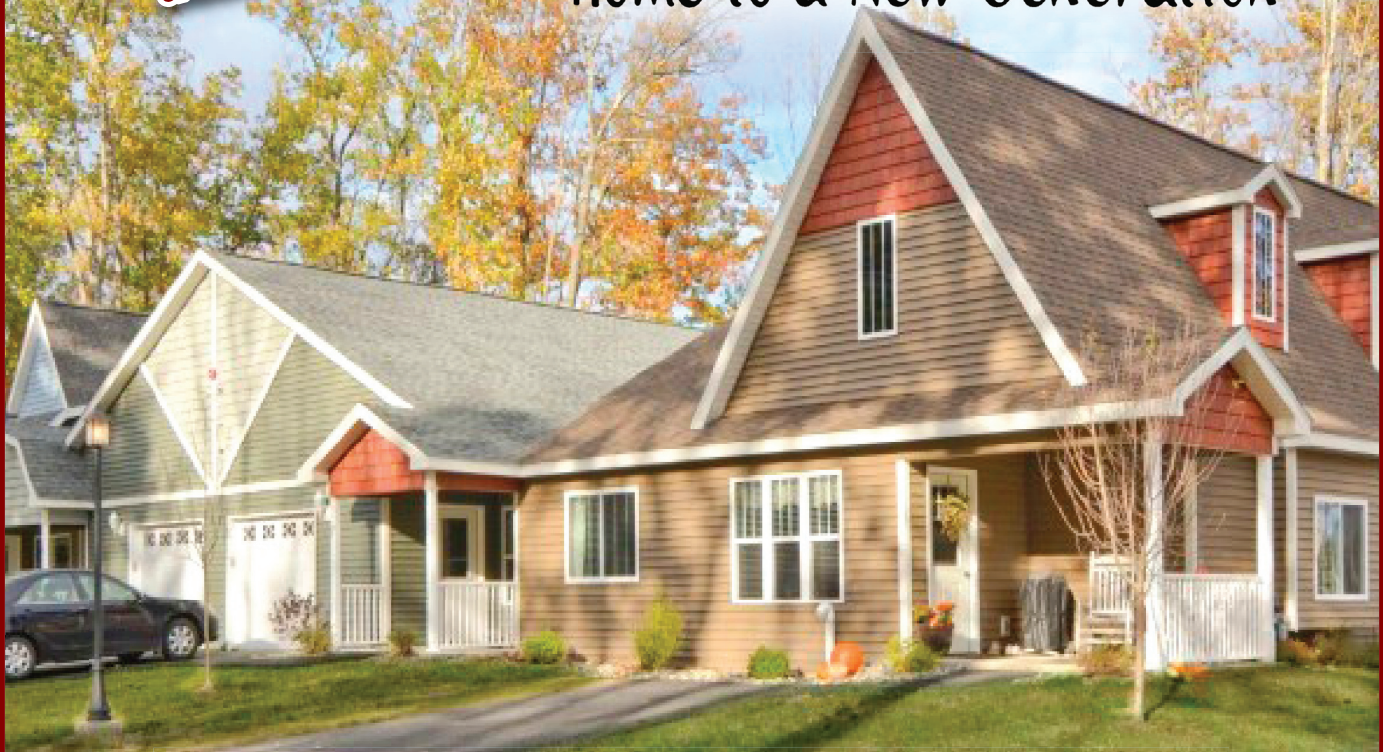
100169_4

BRAND NEW
"55 and Better"
cottages for
active adults!

The Spinney

at Van Dyke

Home to a New Generation



- ✓ Private driveways
- ✓ Attached garages
- ✓ Private front porches
- ✓ Private rear patios
- ✓ Pet friendly community
- ✓ 24 hour emergency maintenance
- ✓ Trash removal
- ✓ Snow removal
- ✓ Gym membership
- ✓ All outdoor landscaping included

Visit our Model Cottage at
2 Brugel Court, Delmar
Mon-Fri 12-4PM • Sat-Sun 12-4PM

689-0162 • TheSpinneyatVanDyke.com

LIFE AFTER 50

INSIDE FEATURES:

Time to talk

Estate planners say anyone older than 18 years old should have an estate plan, but that's not often the case. Which is why those showing early signs of dementia need to act.

Pages 6-7

Run to the boarder

Whether you're planning a vacation or a move elsewhere, these destinations let your dollar travel far.

Pages 7-8

Bold life lessons

'Star Trek' wasn't just a show, it was a way of life.

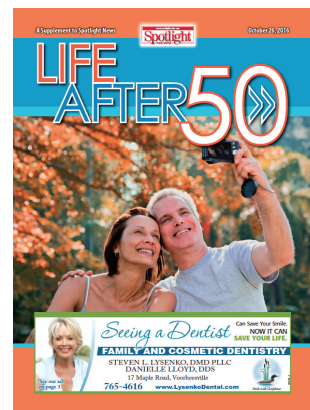
Pages 14-15

Live long and prosper

How many of you are willing to admit that television has influenced your life? We often recite anecdotes shared by our grandparents, but we've all learned a little something about how to act, think and treat others from outside our family dynamic.

Dave Marinaccio admits to the life lessons he learned watching the original "Star Trek" television series as it turns 50 years old this year. The original show had a relative short run on television, but ultimately grew into a multi-million dollar franchise. It wasn't the stunning special effects that captured the imagination. There are generations who have grown with a broader sense of social awareness because of show creator Gene Roddenberry.

— Michael Hallisey, Editor



She doesn't have to be home alone.



And you don't have to miss work or neglect your own health.

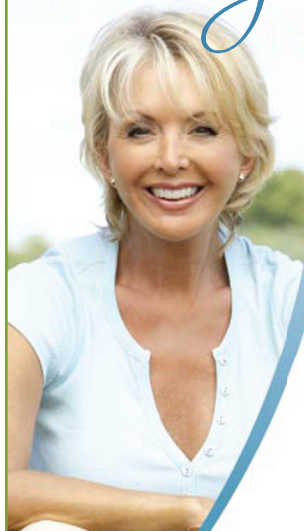
Adult Day Health Program

Older adults can have daytime help with meds, a bath, any other needed health care support, supervision, and a hot lunch. And be home every night. You can do what you need to. Medicaid accepted.

GREATDAYS
at Daughters of SARAH
SENIOR COMMUNITY

456-7831
180 Washington Ave. Ext.
Albany, NY 12203

Seeing a Dentist



Can Save Your Smile.
NOW IT CAN
SAVE YOUR LIFE.

Recent studies have shown that poor oral health is linked to an increased risk of stroke, heart attack, rheumatoid arthritis, certain cancers, infections and diabetes, as well as headaches, neck and back pain, dizziness and more.

Keep your family smiling and healthy with comprehensive dentistry by Steven L. Lysenko, DMD PLLC.

Our office offers health-centered dentistry that does more than keep your teeth and gums healthy... it can keep your body healthy too.

FAMILY AND COSMETIC DENTISTRY

STEVEN L. LYSENKO, DMD PLLC
DANIELLE LLOYD, DDS
17 Maple Road, Voorheesville

765-4616

www.LysenkoDental.com



invisalign Come in today for a FREE Invisalign® Consultation.



Come home to Kingsway



Since 1975, Kingsway has been providing quality care, comfort, and safety in supportive surroundings. For seniors who want independent living, or for those who need skilled nursing care or subacute rehabilitation, Kingsway Community is the only retirement community dedicated to "Caring in the Family Tradition." Kingsway values and encourages independence, autonomy, and continued development for each person on our campus.

- Kingsway Arms Nursing & Rehabilitation Center
- Kingsway Manor Assisted Living
- Kingsway Memory Care
- Kingsway Village Apartments
- Parkland Garden Apartments



- Kingsway Court Apartments
- Kingsway Home Care Service, Inc.
- Kingsway Adult Day Program
- Kingsway Respite Service
- Kingsway Car Service

Kingsway Community

A Full Continuum of Care in the Family Tradition

323 Kings Road, Schenectady, NY 12304
518.393.8800 • kingswaycommunity.com



99935_4



Top Songs of 1966

Songs that topped the charts 50 years ago

- 10 "California Dreaming" The Mamas & The Papas
- 9 "Poor Side of Town" Johnny Rivers
- 8 "You Can't Hurry Love" The Supremes
- 7 "Monday, Monday" The Mamas & The Papas
- 6 "Last Train to Clarksville" The Monkees
- 5 "96 Tears" ? & The Mysterians
- 4 "Reach Out I'll Be There" The Four Tops
- 3 "Soul and Inspiration" The Righteous Brothers
- 2 "Cherish" The Association
- 1 "Ballad of the Green Berets" *Sgt. Barry Sadler*

— Billboard Year-End Hot 100 singles

- ATTORNEY ADVERTISING -

HERZOG LAW FIRM

ALBANY
SARATOGA
KINGSTON

Call for a **FREE**
Estate Planning or
Elder Law Consultation
1-800-777-7581

Wills, Trusts & Advance Directives

Protecting Your Home & Assets

Medicaid Planning & Applications

Guardianship & Probate

PLANNING for *Families*
since 1946

www.herzoglaw.com

100060-4



Debbie Verni is a Partner at the Herzog Law Firm and practices in the areas of Estate Planning and Elder Law.

Estate planning considerations for individuals with dementia or Alzheimer's disease

By Debra A. Verni, Esq.

We often say that everyone over age 18 needs some sort of "Estate Plan", but it is especially true for those showing signs of or are diagnosed with Alzheimer's or other forms of dementia. As Alzheimer's is a progressively debilitating disease that destroys memory and cognitive thinking, it is critical that Estate Planning documents, including Advance Directives, are implemented prior to the loss of capacity. The essential documents necessary to make financial, health and long-term care decisions include a Power of Attorney, Health Care Proxy and Living Will as well as Revocable Living Trusts or Irrevocable Medicaid Trusts. A Last Will & Testament only addresses division of property after death, but is an important component of a comprehensive estate plan.

A Power of Attorney is one of the most important legal documents as it gives an agent the ability to make financial decisions when your loved one is no longer able to. These powers can include managing assets and income, directing investments, paying bills and transferring assets into a trust for planning purposes.

A Health Care Proxy is a document that gives an agent the ability to make health care decisions

GIVE YOURSELF A CHANCE TO IMPROVE YOUR QUALITY OF LIFE!



Personal Trainer

In Home Personal Training

- *Is balance an issue?*
- *Can you move without pain?*
- *Do you need someone to keep you motivated to stay active?*

In-home personal training is convenient and can help you start living with confidence.

Call Today **312-7983**

Keep Moving with Stephanie

KeepMovingWithStephanie.com

100171 4

on behalf of your loved one when he or she is no longer able to. This can include choosing doctors and other health care providers, as well as the types of treatments and care facilities used. A Living Will contains language that expresses specific wishes with regards to types of life-sustaining treatment such as artificial life support and nutrition. This is different than a “Do Not Resuscitate” (DNR) order from a doctor or hospital. Advance Directives help avoid family disagreements and distress by establishing end-of-life plans. The agents named in these documents are responsible for acting according to the person’s wishes and in his or her best interest.

If your loved one

owns assets or property individually in his or her name, various types of Trusts can be utilized to manage their assets during lifetime and after death to avoid probate and may offer additional asset protection features. For example, an Irrevocable Medicaid Asset Protection Trust may be utilized in order to qualify for Medicaid long-term care benefits at home or in a nursing facility. It is also important to look at Beneficiary Designations as certain assets such as life insurance, IRAs or annuities should not pass not through a Will or Trust.

In the absence of valid Advance Directives and Estate Planning documents, or if a person does not have the mental capacity to understand their affairs,

you will need to pursue Guardianship in order to make these decisions. This holds true even for a spouse. Often, those in the early or mid-stages of dementia are still able to understand the meaning and importance of a legal document. Greater public awareness and medical advancements have led to earlier diagnoses, when cognitive function may still be intact. Regardless, it is always best to do proactive planning. Guardianship is an extremely invasive and costly court process which can cost upwards of \$10,000 (even when not contested).

If you or someone in your family is concerned about the prospect of dementia, or currently caring for someone with Alzheimer’s, it is imperative

to get the proper legal documents in place as quickly as possible. An experienced Elder Law attorney can help guide you and your family through the process and recommend the proper course of action based on your loved one’s needs.

Debbie Verni is a Partner at the Herzog Law Firm and practices in the areas of Estate Planning and Elder Law. The firm offers complimentary consultations by mentioning “Life After 50” – Call Stacy at 518-641-0026 or email setue@herzoglaw.com to get a thorough review of your particular situation. More information about Ms. Verni and the firm at www.herzoglaw.com.

WE TREAT... BACK PAIN • NECK PAIN • SPORTS INJURIES • POST SURGICAL REHABILITATION



NEW SCOTLAND PHYSICAL THERAPY

Balance in Motion

WE TREAT... BACK PAIN • NECK PAIN • SPORTS INJURIES • POST SURGICAL REHABILITATION

- Therapeutic Exercise
- Manual Therapy
- Therapeutic Modalities
- Strength Training
- Balance Training
- Massage Therapy Services (Now Available)
- Cardiovascular Conditioning



Mollie Dambrocio, MSPT

**YES, YOU CAN CHOOSE YOUR OWN PHYSICAL THERAPIST
- AND YOU DON'T NEED A PHYSICIAN'S REFERRAL.
CALL US FOR AN APPOINTMENT**


— We Accept Most Local Insurance Plans —

Stonewell Shopping Plaza
1969 New Scotland Rd., Slingerlands
(518) 621-7305
Mon./Wed./Thur. 8am-7pm and Tues./Fri. 8am-4pm




www.newscotlandpt.com

100043_4



Beacon Pointe Memory Care Community

a truly different living community for the memory impaired

Pet Friendly
Community

Embrace Long
Term Memory

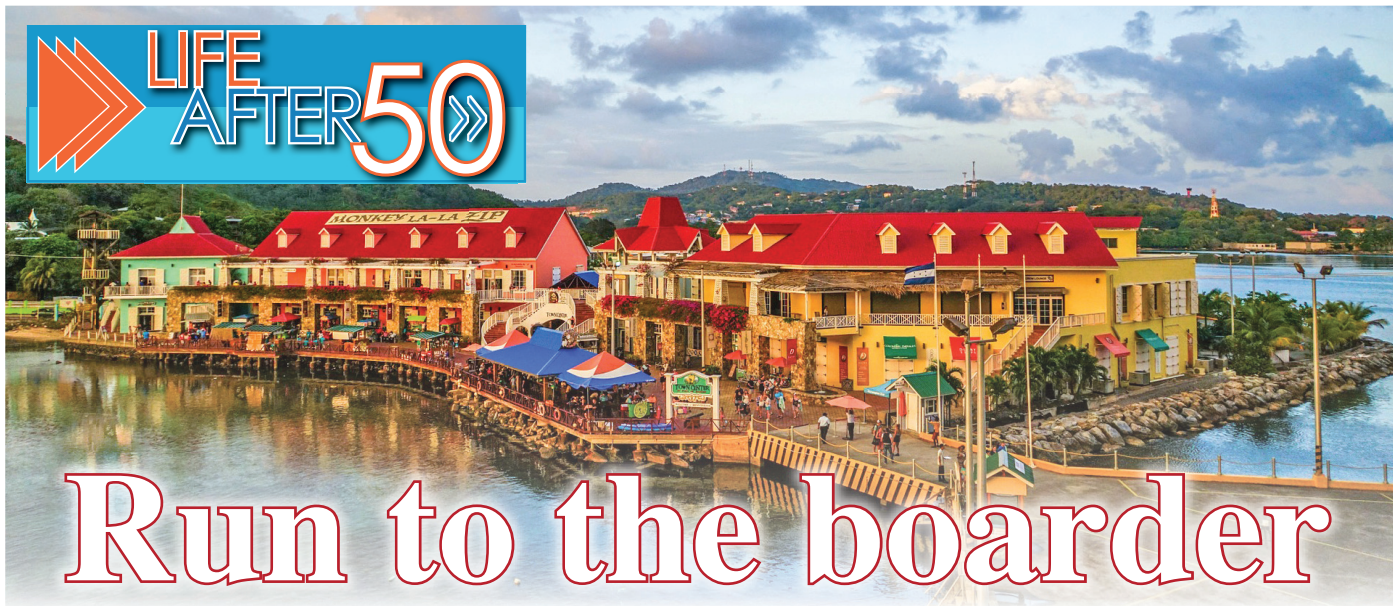
Supportive
Family Programs

Continued
Caregiver Education

Call today for more information or to schedule a tour!

1 EMMA LANE | CLIFTON PARK, NY 12065 | (518) 371-2200
www.beaconpointememorycare.com

99902_4



Run to the boarder

Low cost 'snowbird escapes' to Latin America

For those who have had enough of the current political season in the U.S. — and who aren't looking forward to another cold winter either — the news is good: great-value coastal options exist in nearby Latin America.

International Living's new report pinpoints five welcoming, low-cost "snowbird escapes" on Pacific and Caribbean beaches. They're easy to get to and offer warm weather, laid-back communities of friendly locals and expats, and living costs that won't break the bank. Rents run from \$500, beer from \$2, and monthly living costs for a couple from \$1,200.

These are excellent destinations to consider for a one-month hiatus, a three-month escape, a six-month sabbatical, or even a permanent relocation. All are within easy access of the U.S., and all offer tremendous value for dollar.

Dominical, Costa Rica

With low costs, good-value real estate, and a great climate—highs in the mid-80s F to mid-90s F during the day year-round and cooling off at night—Costa Rica is a popular escape option. The coastal town of Dominical is where the Central Coast ends and the South Coast, also known as the Southern Zone, begins. It's a village that has often been described as a gem because of the bluish-green water surrounded by tall palms and lush countryside. Surfers and snowbirds have been coming for years.

Easy going Dominical has remained a haven for those looking to lounge on crowd-free beaches. It's a simple,

relaxed place, worlds away from the trendy tourist traps with overpriced restaurants, sprawling resorts, and obnoxious crowds. Friendships form fast among the select few who have stumbled upon this little oasis.

In the mountains outside the beach village of Dominical, a two-bedroom villa rents for \$600 per month, fully furnished. For a furnished two-bedroom ocean-view home set on a jungle-covered hill, with private pool and large deck, rent runs \$1,200 a month.

Playa del Carmen, Mexico

Mexico is the most popular expat destination for North Americans in the world. It's convenient and offers many of the First-World conveniences, including good highways, plenty of airports, reliable telephone service, and fast internet connections.

The city of Playa del Carmen is especially attractive for many reasons. The city is safe and clean. An active police force keeps an eye on things and the local government is committed to community improvements. The medical

care, at the several doctor's offices, as well as clinics and hospitals, is world-class and affordable. And there are housing options—both to buy and rent—to fit any budget. And there are plenty of gyms, yoga studios, and fitness clubs.

Kim Now owns a multi-level condo in Playa del Carmen that's only a two-minute walk from the beach. For Kim, Playa del Carmen was an easy choice. "Playa is not only



The bluish-green waters of Dominical.

beautiful, sitting right on the Caribbean coast, but it's also a very safe place. I can walk anywhere. They have great medical clinics and a hospital, modern infrastructure, more restaurants than I'll ever be able to enjoy, with plenty of shopping options."

Salinas, Ecuador

About 90 miles from Ecuador's largest city, Guayaquil, and situated on the South Pacific coast, Salinas has long been a vacation home destination for Ecuadorians, and is becoming increasingly popular as a retirement location for expats too. Here, glittering high-rise condos line the beach road. Fashionable seafood restaurants and trendy clubs come alive at night.

Some call it a "little Miami," but except for the sun, sand, and surf, it's really nothing like Miami. Salinas is a relatively small town with a population of under 50,000. The weather is warm with cloudless blue skies and low humidity year-round here. Situated on a peninsula, it benefits from long hot sunny periods for most of the year, and the ocean is always invitingly warm.

There are supermarkets, a large produce and seafood market, restaurants and cafés, a movie theater, banks, clinics, and hardware stores. Plus, there's regular bus service to Guayaquil, only two hours away, which has an international airport.

For the past four years, International Living's Ecuador Coastal correspondent, Jim Santos, has lived in Salinas with his wife Rita. They report monthly expenses of around \$1,500 a month—and that's for a comfortable lifestyle. At the time of writing, a fully furnished three-bedroom, two-bathroom 1,100-square-foot condo a block from the beach,

with utilities included, rents for \$550 per month.

Roatán, Honduras

Roatán has quietly graduated from secret divers' getaway to liveable island haven. Just 50 square miles, this dollop of sand off Honduras' northern coast is long and skinny, fringed by a reef rich with sea life and garnished by white-sand beaches.

Life is laidback, lived in rhythm with the sun and the surf. No big-name resorts. No "spring break" strips. No high-rise developments. This is old-school Caribbean... though fitted out with modern conveniences. English is widely spoken. That, along with an established expat community, makes it a relatively easy place to settle in.

"We love the culture and the people in Roatán," say snowbirds Bill and Ann Addison. "We spend probably about \$3,000 per month, between HOA fees, utilities, groceries, and all of our fun activities."

Roatán has enjoyed a surge in popularity over the last decade. The addition of two cruise ship ports, plus the increase in direct flights to the island, has allowed more people to visit easily. Many of those visitors turn into expats themselves after seeing the island's natural beauty and easy lifestyle.

San Juan del Sur, Nicaragua

Located on Nicaragua's Pacific coast, the town of San Juan del Sur has successfully secured its title as Nicaragua's tourism capital.

Laid out over three square blocks, the town center these days is bursting with wooden homes; local and

Continues on page 16

Honey Crisp, Macoun, & More!

LAKE SIDE FARMS
COUNTRY STORE • RESTAURANT • GIFT SHOPPE

**Homebaked Pies
Unique Gifts**
Only 2.5 miles off I-87

**We are open 7 days a week
7:30am-6:00pm**

Serving Breakfast & Lunch Daily

**Ye Olde Farmhouse
Gift Shoppe
at Lakeside Farm**

336 Schaubert Road, Ballston Lake, NY • 399-8359 • www.lakesidefarmscider.com

A continuum of care all on one beautiful campus.



Daughters of
SARAH
NURSING CENTERSM

- Rehabilitation Services
- Golub Family Memory Enhancement Center
- GreatDays Adult Day Health Program

The Massry
ResidenceSM
gracious assisted living

- Spacious apartments
- 24-hour Wellness Care
- Medication Assistance
- Respite Care



A beneficiary agency of the Jewish Federation of NENY

(518) 456-7831 • www.daughtersofsarah.org



How to sleep better at night

Organize Senior Moves



“Makes Moving Easier”
www.OrganizeSeniorMoves.com



Helping seniors make their moves

Organize Senior Moves guides people through the difficult task of downsizing

- Design Layouts
- Downsizing
- Organizing
- Packing
- Unpacking

For a limited time Organize Senior Moves is offering 3 free hours* of downsizing! (Expires Nov. 30, 2016)

*When combined with organize senior Moves' packing and unpacking services.

- Experienced: 500+ moves
- Set up new home
- Estate Sales
- Stage old home sale
- Oversee whole move



Michelle Kavanaugh-Anastasi founded Organize Senior Moves five years ago to help seniors and their families deal with downsizing and moving step by step.

(518) 528-2622
FREE CONSULTATION

100170_4

“With Organize Senior Moves...this will be the best move you've ever made!!!”

Helpful tips on how to have a more restful slumber

The National Sleep Foundation notes that adults between the ages of 26 and 64 need an average of seven to nine hours of sleep per night. Such a sleep schedule may be ideal, but many adults juggling work and family find it difficult to get seven hours of sleep per night, much less eight or nine.

While there may not be any way for adults to get more sack time at night, there are ways for men and women to get a better night's rest so they can approach each day with as much energy as possible.

The Open Door Bookstore & Gift Gallery

A Locally-Owned Independent Bookstore Since 1971

128 JAY STREET, SCHENECTADY

(518) 346-2719

www.opendoor-bookstore.com



99337_4

- **Stick to a schedule**

Keeping a sporadic sleeping schedule can make it difficult to get the kind of restorative sleep that can help you maintain adequate energy levels throughout the day. To ensure you get a better night's sleep, go to sleep at the same time each night and wake up at the same time each day. Try to stay true to your sleep schedule on weekends, resisting the temptation to sleep in later or stay up late on Friday and Saturday nights.

- **Nap effectively**

Men and women who have the time to sneak in a nap may find that napping is a more effective way to make up for inadequate sleep than sleeping in late in the morning.

“The NSF recommends maintaining a relatively cool temperature between 60° and 67°F in your bedroom for sleeping.” In addition, eliminate any potential distractions, such as light and noise, that can negatively affect your ability to fall asleep.”

Effective napping allows men and women to recharge without affecting their ability to fall asleep at night. Napping in the early afternoon and keeping nap time to between 20 and 30 minutes can provide the energy boost you need and help you make it through the after-dinner hours without feeling drowsy. Such drowsiness can lead to post-dinner periods of dozing that can make it difficult to fall asleep come bedtime.

- **Adopt a nighttime ritual**

The NSF notes that a relaxing nighttime ritual that is noticeably different from the hustle and bustle of the rest of your day can help your body adjust for sleep, increasing the chance that you will get a more restful night's sleep. Relaxing ways to unwind before climbing into to bed to fall asleep including reading a book, listening to calming music or taking a warm bath. Once you find something that works, stick with it.

- **Find time to exercise**

Studies have shown that men and women who exercise regularly benefit from more restful nights' sleep. Finding the right time to exercise is essential, as many people find that exercising right before bed elevates their heart and stimulates their body in ways that make it difficult to fall asleep. Exercising in the early morning can provide more energy throughout the day, and come bedtime your body might be more ready to fall asleep. However, if you find yourself exercising at the expense of your sleep, try to find another time to get your workout in.

- **Ensure your bedroom is sleep-friendly**

The NSF recommends maintaining a relatively cool temperature between 60° and 67°F in your bedroom for sleeping. In addition, eliminate any potential distractions, such as light and noise, that can negatively affect your ability to fall asleep. Humidifiers, eye shades or even machines that generate white noise can effectively counter any distractions that you cannot get rid of on your own.

A good night's sleep is essential to human health. Men and women struggling to get adequate, beneficial sleep can employ a host of strategies to improve their quality of life.



**Make your move
TO KINDERHOOK BANK**

GET TO KNOW US and see how we've been welcoming businesses and real people like you from our community since 1853.

Come on over > kinderhookbank.com



Kinderhook Bank
Your kind of bank.

Member
FDIC

Albany
39 North Pearl St
518.512.5699

Chatham
5 Depot Square
518.392.7400

Delmar
180 Delaware Ave
518.472.0340

East Greenbush
567 Columbia Tpk
518.477.2652

Greenport
96 Union Tpk
518.828.1112

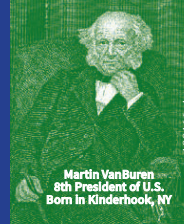
Kinderhook
1 Hudson St
518.758.7101

Latham
782 Troy-Schen. Rd
518.213.8033

Valatie
2967 Route 9
518.758.7111

REAL FACT

Even U.S. Presidents hang out in Kinderhook.





Got glaucoma?

Preserve your eyesight, see a specialist

In this world where patients can easily look up health information online and everyone is a Jack-of-all-Trades, there are still many health situations where seeing a specialist not only makes sense, but could make a huge difference in your outcome. Glaucoma falls into the “must see specialist” category.

Glaucoma is a group of diseases that can damage the eye’s optic nerve. It is a leading cause of blindness in the United States. Often, with glaucoma, there are no symptoms at first. Without treatment, people with glaucoma will slowly lose their peripheral, or side, vision. Over time, straight-ahead vision may decrease until no vision remains.

Dr. Asher Weiner, a Glaucoma Specialist at Ophthalmic Consultants of the Capital Region, helps patients preserve their vision every day. As a glaucoma specialist, he is pioneering new treatment protocols, such as the MIGS (minimally invasive glaucoma surgery) Trabectome and iStent. “The MIGS procedures provide patients with options that are, in general, safer and have faster recovery times than traditional surgical options,” explained Dr. Weiner.

Not only is Dr. Asher Weiner up on the latest treatment

options, but he is connected to a glaucoma specialist community in which the physicians discuss outcomes and issues.

“As part of a national glaucoma specialist network, I have insights that other doctors may not,” stated Dr. Weiner. “For

example, we recently noticed that patients, who had a procedure called

trabeculectomy

and use a CPAP mask for sleep apnea, were at risk for a devastating eye infection that could cause the loss of an eye within one day. I immediately contacted patients who had the trabeculectomy and requested that they stop using the CPAP for sleep apnea.”

If you have glaucoma, seeing a specialist, such as Dr. Asher Weiner, can make all the difference in your vision. Their ability to be on the forefront of glaucoma treatment, as well as being plugged into a community of other specialists may increase your chances of preserving your eyesight. To make an appointment with Dr. Asher Weiner call 777-2777 or visit myoccr.com.



MVP has exciting Medicare plan options for you.

Plans start as low as
\$0 / month

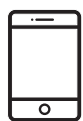
From lower rates to hearing aid discounts and a SilverSneakers® Fitness Program membership, MVP Health Care® has something for everyone.

See for yourself at a FREE informational meeting.

Our no-pressure, no-obligation meetings are a great opportunity to get answers to your questions from an experienced MVP Medicare Products Advisor.

| Date | Location | Time |
|-------|--------------------------------------|----------------|
| 10/27 | Comfort Inn–Glenmont | 10:00–11:00 am |
| 10/27 | Comfort Inn–Glenmont–SmartFund (MSA) | 12:00–1:00 pm |
| 10/27 | Comfort Inn–Glenmont | 2:00–3:00 pm |
| 11/02 | Comfort Inn–Latham | 10:00–11:00 am |
| 11/02 | Comfort Inn–Latham | 1:30–2:30 pm |
| 11/02 | Comfort Inn–Latham–SmartFund (MSA) | 3:00–4:00 pm |
| 11/04 | The Crossings of Colonie–Loudonville | 10:00–11:00 am |
| 11/04 | The Crossings of Colonie–Loudonville | 2:00–3:00 pm |

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



Call 1-888-713-5536

Monday – Friday, 8 am – 8 pm ET. From October 1 – February 14, call seven days a week, 8 am – 8 pm. TTY: **1-800-662-1220**



Visit MVPcanhelp.com

A salesperson will be present with information and applications. For accommodations of persons with special needs at sales meetings, call **1-888-713-5536**.



The annual election period for MVP Health Care Medicare Advantage health plans is Oct. 15–Dec. 7, 2016. MVP Health Plan, Inc. is an HMO-POS/PPO/MSA organization with a Medicare contract. Enrollment in MVP Health Plan depends on contract renewal. This information is not a complete description of benefits. Contact the plan for more information. Limitations, co-payments, and restrictions may apply. Benefits, premiums and/or co-payments/co-insurance may change on January 1 of each year. You must continue to pay your Medicare Part B premium. Y0051_3110 Accepted 09/2016

100067_4



DeForest Kelley, Leonard Nimoy and William Shatner started in the sci-fi television and movie series "Star Trek."

Bold life lessons

Star Trek's still as relevant after 50 years

By Dave Marinaccio

The 50th anniversary of the launch of "Star Trek" is this September. Fifty years after William Shatner made his first "captain's log," the power of "Star Trek" is felt across generations. Just this summer, the thirteenth "Star Trek" movie was released and has grossed over 231 million dollars to date. It's pretty clear: "Star Trek" is here to stay.

So what is it about "Star Trek" that captures the hearts of millions of people, decade after decade?

As an advertising executive, my work environment is a stress-filled one. I imagine many of you will be able to relate to this. About the only thing taken for granted is that today's problems will be completely different from yesterday's. At it's best, it can be said that the job offers variety. Unfortunately it's the same old variety day after day.

In situations of change, it is natural for human beings to look for touchstones. As a human being, I had always sought a center to my life, an example to follow. What I

hadn't realized was that I was already following a path into the future. It was pointed out to me at a business meeting.

I was comparing a current problem to something I had watched on television the previous night. I can't recall the particular problem, but I do recall saying, "well, we could be diplomatic, but as Scotty said on "Star Trek" last night, 'The best diplomat I know is a fully charged phaser bank.'"

"You turn everything into "Star Trek"," a coworker responded.

She was right. For years I've related everything in life to "Star Trek". But why not? Captain James Tiberius Kirk is the most successful person I've ever observed. He's a great leader, a good manager of

people, dedicated, moral, adaptable, at the top of his profession, gets the girls, is well known and respected. There are worse role models.

"Star Trek" appeals to both the young and old. As a kid it was my favorite TV show. As an adult, virtually every night after work I would walk in the door, collapse on the couch and hit the remote control. "Star Trek" was the only show I could always watch start to finish.



Anyway, that comment at work helped me discover something I already knew. I realized then that I already know what's necessary to live a meaningful life – that it isn't that complicated.

All I really need to know about how to live and what to do and how to be, I learned from watching “Star Trek”. These are the things I learned:

- ▶ Each person or each species, no matter how alien, has the right to live their lives as they wish. (As long as they're not trying to take over the galaxy or eat you or something.)

- ▶ Everyone has a role in life. Sulu is the navigator. Uhura is the communications specialist. Do your own job and the ship will function more smoothly.

- ▶ Whatever you are doing, answer a distress call. The most important time to help someone is when they need it.

- ▶ If you mess something up, it's your responsibility to make things right again. (Say you disrupt history and cause the Nazis to win World War II. To correct matters, you have to let Joan Collins walk in front of a car even though you're in love with her.)

- ▶ The more complex the mind, the greater the need for the simplicity of play.

- ▶ If you can keep your head in a crisis, you've got a fighting chance.

- ▶ The unknown is not to be feared. It is to be examined, understood and accepted.

- ▶ Close friends become family and family is the true center of the universe.

- ▶ End every episode with a smile.

- ▶ And lastly, with time and patience, you can even

learn something from The Next Generation.

These lessons are no less valuable, no less urgent now, in 2016, then they were when the first ever “Star Trek” episode aired in 1966. This is why millions of people spend their weekend watching the latest “Star Trek” movie in theaters.

Everything you need to know is in there somewhere. It may be dressed in some real lame costume, but it's there. Every situation you will face in life has already been faced by the crew of the Starship Enterprise NCC 1701 – how to respond to challenge, how to treat your friends, how to pick up girls, how to get ahead on the job, how to run a business.

And remember, as Captain Kirk once so wisely

said, “sometimes a feeling is all we humans have to go on.”

Dave Marinaccio is an international bestselling author and successful marketing business entrepreneur. His bestselling book, All I Really Need To Know I Learned From Watching “Star Trek”, is drawn from his long career in the advertising business. He is co-founder and SVP, CCO of Laughlin Marinaccio & Owens in Arlington, VA,

Marinaccio is also an



What would Captain Kirk do?

Edward R. Murrow Award recipient and has given lectures at The Smithsonian, IBM, and “Star Trek” conventions.

Thomas H. Abele, DMD

A general practice with emphasis on comprehensive treatment; oral surgery, implants, cosmetic & sedation dentistry



My goal is to provide my patients with the very best dental care, so that each may achieve optimal health throughout their lifetimes.

-Thomas H. Abele, DMD



Delmar Dental Medicine

344 Delaware Avenue, Delmar, NY | 518.439.4228 | www.delmardental.com



San Juan del Sur, Nicaragua



Playa del Carmen, Mexico



Roatán, Honduras

“These are excellent destinations to consider for a one-month hiatus, a three-month escape, a six-month sabbatical, or even a permanent relocation. All are within easy access of the U.S., and all offer tremendous value for dollar.”

From page 9 ...

Run to the boarder

international restaurants; little shops stocking tropics-wear, beach gear, and artisan jewelry; banks with ATMs; internet cafés; spas, fitness and yoga studios; real estate shops; tour operators; locally run convenience stores; a central market; Spanish schools; coffee shops; hotels; bars; and much more.

Today, San Juan del Sur is a booming town whose activity is fueled by a mass of eclectic, fun-loving tourists, snowbirds and expats. The many surrounding beach communities offer a true sense of retreat and reconnection with nature. And with 22 beaches surrounding the town (most of them not mentioned in the guidebooks), San Juan del Sur also offers deep-sea fishing, diving, boating, and has world-class surf beaches that host international competitions.

Even though it's a popular tourist town, the cost of living remains low here. Many couples live comfortably on \$1,200 a month. Rent of a one-bedroom apartment will cost about \$500 a month.

The International Living report contains more information on cost of living and other details about the five value beach destinations for escaping the coming winter and political storms. Find the latest International Living report at: [How to Avoid U.S. Politics and Ditch the Winter Cold: 5 Top Snowbird Destinations on the Beach in Latin America.](#)

— [InternationalLiving.com](#)

Over 50? Time for a financial checkup.

Especially as you near retirement.

Be proactive when it comes to your financial health. It's never too late to get on the right path to a healthy financial future. Let us help you get where you need to be.

Like a good neighbor, State Farm is there.®

CONTACT AN AGENT TODAY.



Elaine VanDeCarr, Agent
848 Kenwood Avenue
Slingerlands, NY 12159
Bus: 518-439-1292
elaine.vandecarr.cklr@statefarm.com



Jane Bonavita, Agent
210 Delaware Avenue
Delmar, NY 12054
Bus: 518-439-6222
jane.bonavita.btyd@statefarm.com

statefarm.com



1001304.1

State Farm, Bloomington, IL

100164_4

Quality health plans & benefits
Healthier living
Financial well-being
Intelligent solutions

aetna[®]

*Spend more
on life and less
on your plan
premium*

Enroll by December 7

Aetna Medicare



Save with **LOW** monthly plan premiums

Come to a meeting to learn more about our plans

Just come to a meeting. We'll answer your questions and explain your choices. With low plan premiums, why wait? Enrollment ends December 7. With an Aetna Medicare Advantage plan, you'll get benefits like:

- **\$10 copay for primary care physician office visits**
- **Health and prescription drug coverage in one simple plan**
- **Allowance for Eyewear and Dental**
- **PPO plan that gives you the freedom to see providers both in and out of network including when you travel**
- **Health and wellness programs, including a Healthways SilverSneakers[®] Fitness program membership**

**Call today to
reserve your seat**

Kristine Lindskoog
Regional Manager
contracted with Aetna

1-518-669-7071 (TTY: 711)

**Calling this number will direct you
to a licensed sales agent.**

9:00 a.m. - 5:00 p.m. ET, Mon. - Sat.

LindskoogK@Aetna.com

Come to a sales meeting near you.

Aetna Medicare Enroll by December 7
Reserve your seat to learn more.

Glenmont Abbey Village

7 Thomas Cole Dr
Glenmont, NY 12077
Oct. 25, 2016 10:00 a.m.

The Selkirk Grange

24 Bridge St
Selkirk, NY 12158
Nov. 10, 2016 10:00 a.m.

Aetna Medicare is a PDP, HMO, PPO plan with a Medicare contract. Our SNPs also have contracts with State Medicaid programs. Enrollment in our plans depends on contract renewal. Our dual-eligible Special Needs Plan is available to anyone who has both Medical Assistance from the state and Medicare. See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, premium and/or co-payments/co-insurance may change on January 1 of each year. Members who get "extra help" are not required to fill prescriptions at preferred network pharmacies in order to get Low Income Subsidy (LIS) copays. You must continue to pay your Medicare Part B premium. The Part B premium is covered for full-dual members. Other pharmacies, physicians and/or providers are available in our network. The formulary, pharmacy network, and/or provider network may change at any time. You will receive notice when necessary. A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings, call 1-518-669-7071 and TTY 711. Healthways and SilverSneakers are registered trademarks of Healthways, Inc. and/or its subsidiaries. © 2016 Healthways, Inc. All rights reserved. Out-of-network/non-contracted providers are under no obligation to treat Aetna members, except in emergency situations. For a decision about whether we will cover an out-of-network service, we encourage you or your provider to ask us for a pre-service organization determination before you receive the service. Please call our customer service number or see your Evidence of Coverage for more information, including the cost-sharing that applies to out-of-network services. Aetna complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you speak a language other than English, free language assistance services are available. Visit our website at www.aetnamedicare.com or call the phone number listed in this material. ESPAÑOL (SPANISH): ATENCIÓN: Si usted habla español, se encuentran disponibles servicios gratuitos de asistencia de idiomas. Visite nuestro sitio web en www.aetnamedicare.com o llame al número de teléfono que se indica en este material. 繁體中文 (CHINESE): 請注意: 如果您說中文, 您可以獲得免費的語言協助服務。請造訪我們的網站www.aetnamedicare.com或致電本材料中所列的電話號碼

Y0001_4010_7733_FINAL_3603 Accepted 07/2016

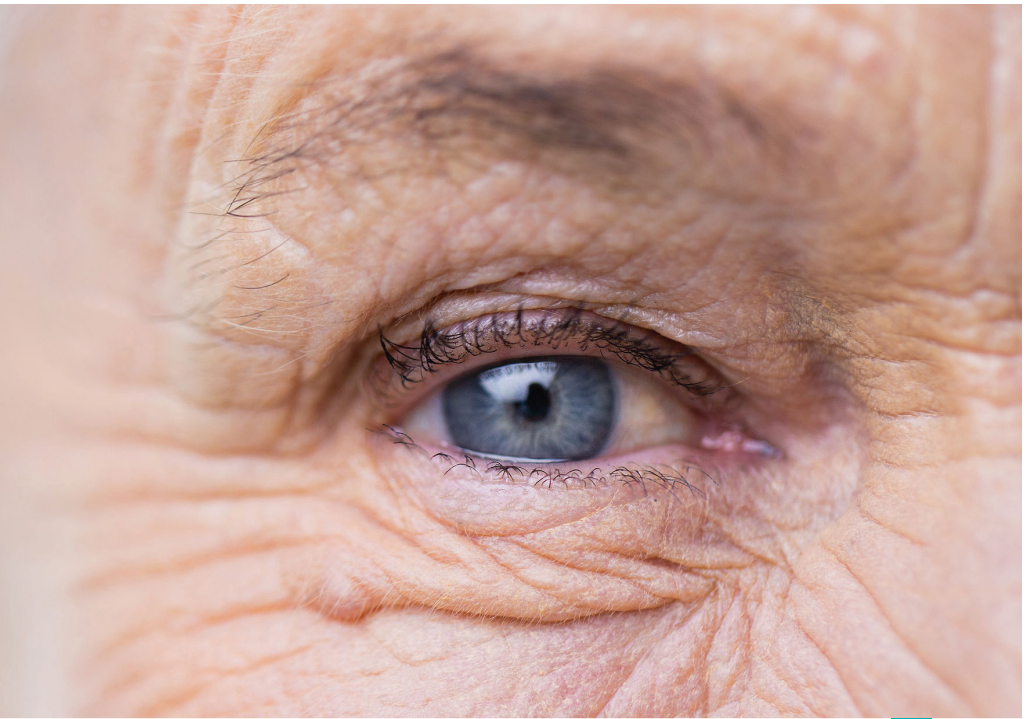
©2016 Aetna Inc.

72.35.336.1-0459

100167_4



**OPHTHALMIC
CONSULTANTS**
of the Capital Region



■ MAKE SURE YOU'RE MAKING **all the right choices.**

There's more to having cataract surgery than just getting rid of the cataract. Equally important is the goal of maximizing the quality of your vision. With cataract surgery, making sure you make **the right choice for your vision and lifestyle** includes understanding ALL your options for FDA approved intraocular lenses (IOLs), such as monofocal, multi-focal and accommodating.

Prior to having cataract surgery, make an appointment with us. We will provide you **with a custom treatment plan** for achieving your personal best vision. Our surgeons are **very experienced at implanting all types of IOLs**, so you don't have to compromise.

Your vision isn't like anyone else's— and neither should your cataract treatment be.

Call today to schedule a cataract consultation.

Five Convenient Locations:

Albany, NY

3 Atrium Drive, Suite 100

Clifton Park, NY

10 Maxwell Dr, Suite 103

Schenectady, NY

670 Franklin Street, Suite 101

Schodack, NY

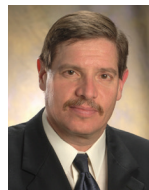
2500 Pond View, Suite 101

Troy, NY

2222 6th Avenue



Allen W. Zieker, M.D.



Asher Weiner, M.D.

ADVANCED EYE CARE. HOMETOWN CONVENIENCE.™



MYOCCR.com



777.2777



FIDELIS CARE®

The Benefits You Care About...

Fidelis Care's Medicare Advantage Plans for 2017

| Benefit | Original Medicare* | Fidelis Medicare Advantage Flex (HMO-POS) | Fidelis Medicare \$0 Premium (HMO) |
|--|--------------------|--|---|
| Monthly Part B Premium** | \$121.80 | \$41.00 | \$0 |
| Flex Benefit | None | \$250 per year | None |
| Part B Deductible | \$166 | None | None |
| PCP Copay | 20% | \$0 | \$15 |
| Specialist Copay | 20% | \$25 | \$45 |
| Outpatient Surgery in a Hospital | 20% | \$350 | \$350 |
| Outpatient Surgery in an Ambulatory Surgical Center | 20% | \$350 | \$350 |
| Lab Tests | \$0 or 20% | 20% | 20% |
| X-rays | 20% | \$10 | \$10 |
| Preventive Services | \$0 | \$0 | \$0 |
| MRIs, CT Scans, PET Scans | 20% | 20% | 20% |
| Inpatient Copay | \$1,288 | \$350 per day for days 1-5, per admission | \$350 per day for days 1-5, per admission |
| Part D Prescription Drug Coverage | No | Yes, with \$0 copay for preferred generics \$250 deductible | Yes, with \$0 copay for preferred generics |
| Preventive Dental | None | Yes | Yes |

*These are 2016 amounts and may change for 2017. **You must continue to pay your Medicare Part B premium.

These plans are available to anyone who has both Medical Assistance from the State and Medicare. Premiums, copays, coinsurance, and deductibles may vary based on the level of Extra Help you receive. Please contact the plan for further details. The benefit information provided is a brief summary, not a complete description of benefits. For more information, contact the plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, premium and/or

copayments/coinsurance may change on January 1 of each year. This information is available for free in other languages. Please contact our Member Services number at 1-800-860-8707 (TTY: 1-800-558-1125). Fidelis Care is a Coordinated Care plan with a Medicare contract and a contract with the New York State Department of Health Medicaid program. Enrollment in Fidelis Care depends on contract renewal.

H3328_FC 16143 Accepted

It's easy to join. Call us today! 1-800-860-8707 TTY: 1-800-558-1125

Monday–Sunday, 8:00 a.m.–8:00 p.m. from October 1–February 14
Monday–Friday, 8:00 a.m.–8:00 p.m. from February 15–September 30

www.fideliscare.org