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97323_4



NEWS Police action

We have the summary on the latest law enforcement action

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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.

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ELECTION 2016

Time to vote

Americans hit the polls Tuesday, weighing in on more than just who runs the nation

CAPITAL DISTRICT — Polling stations open Tuesday, Nov. 8 and no recent political season has placed as much weight on each ballot than this one.

Key issues are on the table, ranging from women's rights to global warming, and there is also the issue of which presidential candidate will have the responsibility to build either a liberal or conservative U.S. Supreme Court. But, outside of the highly contested, highly unusual presidential race is the focus on Congress and how races within it are likely to have a more substantial influence on the issues than that of who sits in the Oval Office.

Stories start on page 3



More on elections

Candidates are asked to weigh in on key issues

Stories start Page 3

ENTERTAINMENT



Have a day!

Local eatery spearheads a national day of celebration for quesadillas

Story on Page B1

SPORTS



Move aside

Bethlehem girls soccer upset Shaker and Shenendehowa to advance

Story on Page 9



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■ NEIGHBORHOOD NEWS

Bethlehem Grange holds turkey dinner

BETHLEHEM — The Bethlehem Grange No. 137 is holding a turkey dinner Saturday, Nov. 5, from 4 to 7 p.m. in the Grange Hall, 24 Bridge St. in Selkirk.

The dinner a choice of light or dark meat turkey and includes all of the fixings, plus fresh baked pie and a choice of beverage. All meals are served family style, and take outs are available.

The cost is \$12 for adults and

children ages 5-11. Children under 5 are free.

While you're at the dinner, check out the Grange Store to see what's new and begin your Christmas shopping.

Citizen Activism and Political Change

NEW SCOTLAND — Dr. Bruce Dearstyne presents "Citizen Activism and Political Change in New York State History" at the next New Scotland Historical Association program Sunday, Nov. 6, at 2 p.m. at the Wyman

Osterhout Community Center, located off Route 85 in New Salem.

Dearstyne will explore a number of dramatic events over the last 200 years that altered the course of state and national history.

The program is free and open to the public. For more information, call 765-4212.

Church hosts craft fair Nov. 5

NEW SCOTLAND — Onesquethaw Reformed Church, 11 Groesbeck Road in Feura

Bush, is holding a craft and vendor fair Saturday, Nov. 5, from 9 a.m. to 3 p.m.

There will be handcrafted items for sale, as well as vendors including Thirty-one, Tupperware, Pampered Chef, Tastefully Simple, ItWorks and others. There will also be a bake sale and lunch available.

Chicken and Biscuit Lunch and Dinner

BETHLEHEM — The annual Election Day Chicken and Biscuit Lunch and Dinner will be held on Nov. 8 at the Trinity

United Methodist Church, Route 143, Coeymans Hollow.

The lunch menu runs from 11 a.m. to 7 p.m. and includes homemade clam chowder, hamburgers, cheeseburgers, hot dogs, beverages and homemade pies. The dinner menu runs from noon to 7 p.m. and includes chicken and biscuits, along with mashed potatoes, gravy, butternut squash, green beans, cranberry sauce, homemade pies and beverages. There will also be a bake sale.

Admission is \$11 for adults and \$5 for children. Take out meals will be available.

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

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



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■ ELECTION 2016

Three vie for vacated Town Board seat

Bethlehem political newcomers Graves, Wagoner and Pope bring new perspectives, priorities

By ALI HIBBS

hibbsa@spotlightnews.com

BETHLEHEM — In less than a week, town residents will go to the polls and cast their votes for the nation's 45th president, ending what has been an historical national contest.

In addition to state and federal representatives and a couple of judges, they will also be voting to fill one seat on the Bethlehem Town Board—the seat vacated earlier this year when William Reinhardt was elected to the county Legislature. Appointed replacement Doris Davis has chosen not to run to serve the final year of Reinhardt's term.

All three candidates are political newcomers and represent different perspectives and priorities. Democrat Roland Graves, who lost the September

primary to committee-endorsed Giles Wagoner, has since ceased actively campaigning, but will still appear on Tuesday's ballot on the Independent Party line.

Republican candidate Kate Pope, a 31-year-old mother of two young girls, moved to Delmar less than three years ago and immediately became involved in local politics. She is president of the Albany County Republican Women's Club and vice-chair of the Bethlehem Republican Committee. Last year, she lost a bid for a seat on the county Legislature by approximately 300 votes when incumbent Charles Dawson retained his seat in the 35th District.

Democrat Giles Wagoner, 67, is a lifelong resident of Bethlehem, a cattle farmer, a 46-year member of the Selkirk volunteer fire department, a retired pilot and a veteran of both the Army and the New York Air National Guard. He serves on the town's Conservation Easement Review Board and helped to author its Agricultural and Farmland Protection Plan. Wagoner has made land conservation

a key tenet of his campaign platform.

Pope and Graves have both said that making town government more responsive to residents would be a primary goal if elected.

"I've heard too often that their concerns were not addressed, that calls and emails were not returned or they felt that they weren't listened to at a Town Board meeting," Pope previously told Spotlight News. "I want to ensure that people have the chance to be heard."

Graves said that he made the decision to run, "after continuing to hear all the same problems from other parts of town, how they're not getting any representation." His frustration originally stemmed from the Krumkill culvert project that diverted traffic near the Albany border onto Blessings Road and other side streets for three months.

Wagoner, who has commended much of the work already done by the town to conserve desired spaces and thoughtfully plan development, said that he would prioritize maintaining "the character" of Bethlehem. "We still have a chance to

really monitor how things happen," he said, "and I have a big interest in conservation issues and open space issues and that kind of thing."

Generally, said Wagoner, he approves of the direction put forth in the town's Comprehensive Plan and commended the work done to put it together.

Pope has been more critical of the Comprehensive Plan, saying that it could be more welcoming of, and hospitable to, small business enterprises. "I understand that sometimes development can be a part of that," she said, "I just want to make sure that we're responsibly handling it."

Pope has also said that she feels there should be more diversity on the Town Board. Aside from Davis, the board's sole Independent member, it is an entirely Democratic body, a dynamic Pope called "detrimental to the residents of Bethlehem."

"By bringing a bipartisan representation to the board, I can hold them accountable, they can hold me accountable and we can all be accountable to the residents—which should be the primary concern," she said.

Candidates for state's 46th face-off

Amedore, Niccoli discuss positions on variety of issues during debate

By ALI HIBBS

hibbsa@spotlightnews.com

GUILDERLAND — The candidates for New York's 46th Senate district seat faced off on Tuesday, Oct. 25 during the only one-on-one debate in a campaign that has the potential to help shift control of the Republican-led chamber. In front of a packed room of more than 200 people at the Guilderland Public Library, incumbent Republican George Amedore, of Rotterdam, and challenger Democrat Sara Niccoli, the supervisor of Palatine in Montgomery County, discussed their views on women's rights, education, the environment, ethics in government and more.

Amedore is also running on the

Conservative, Green, Reform and Independence Party lines while Niccoli has the endorsement of the Women's Equality party and Working Families Party.

The 46th Senate District includes all or parts of Albany, Schenectady, Montgomery, Greene and Ulster counties. A state senator makes a base salary of \$79,500 and serves a two-year term.

On education:

Niccoli said her daughter's rural school district has been "gutted," and that is one of the reasons she chose to run for the seat. She said the state owes \$3.9 billion to its public schools and she will fight to get the \$60 million that is owed to schools in the 46th District. She added she feels the state provides funding to school districts

inequitably, that property taxes should not provide the bulk of education revenues and that she is opposed to charter schools.

"As New Yorkers," said Amedore, "we have the highest cost of education per pupil." He agreed that property owners should not foot the bill for public education and that funding should be more equitable statewide. He also took credit for helping to restore \$1.87 million in Gap Elimination Adjustment funds, which he blamed a Democrat-controlled Legislature for taking in the first place.

On higher education:

Noting the cumulative wealth of New York state, Niccoli called the current costs of higher education "absolutely unreasonable" and said "I do believe in fully funding public universities."

Part of the problem, she said, is

Visit www.spotlightnews.com for more pre-election coverage

legislators who serve "two masters: one is the very wealthy and one is their own pocket."

"Yes, we need to fund education," said Amedore. Higher education institutions, he said, should have clear and affordable pathways to graduation. "We have too many students wandering around our universities today not knowing what their major should be, loading themselves up with more debt. And when they graduate from school, they wonder where the job is and it's not there." He recommended public-private partnerships and the creation of "workforce development training centers."

Continued on Page 4

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■ ELECTION 2016

From page 3 ...
46th Senate District race

On gun safety:

“Repeal it,” said Amedore of the SAFE (Secure Ammunition and Firearms Enforcement) Act, pointing to an analysis that was released the same day by the state Attorney General, which indicates nearly 75 percent of guns used in crimes in New York come from out of state. “We

don’t have a gun problem,” he said. “We have a Godless problem.”

Niccoli, who pointed out that her job as a farmer requires the use of firearms to defend her land and animals, said she supports the Second Amendment and called the SAFE Act “flawed.” She added she has issues with the way it

was passed, “without due process or public input.” Even so, she said, the law has provisions she supports, such as tougher penalties for those who use a firearm against an on-duty officer and background checks.

On the heroin epidemic:

Niccoli tied the epidemic to times of economic distress and said working to bolster the economy and give people more hope for the future could go a long way to stemming the wave

of deaths. She also said that there should be more investment in treatment and prevention services.

Amedore pointed out that he co-chaired the Senate Committee on Alcoholism and Substance Abuse and reiterated the state’s four-fold approach: prevention, treatment, recovery and enforcement. “We’re going to beat this,” he said.

On water quality:

Niccoli linked failing infrastructure to the property tax cap and unfunded mandates, saying municipalities across the state are struggling to pay for needed upgrades and repairs.

Amedore pointed out that he co-sponsored the bill requiring lead testing in public schools, saying it’s a state-funded mandate, and mentioned other clean water initiatives — possibly referring to millions of dollars awarded by the state for water infrastructure projects.

Niccoli’s campaign pointed out after the debate that, under the lead testing

bill, schools would be eligible for reimbursement through their local Board of Educational Services (BOCES) after covering the initial cost out of pocket — a process they described as unwieldy and unreliable.

On the educational tax credit:

“I voted for it,” said Amedore, “I believe a parent should have a choice in where they send their child to school.” Parents who choose to send their children to private schools, he said, are now paying for 100 percent of that education on top of the property taxes going to public schools. “That little extra tax credit will help them afford the education of their choice for their child.”

“I’m absolutely opposed,” said Niccoli, characterizing the proposed legislation (which has passed the Senate but not the Assembly) as a move toward the ultimate privatization of education. She questioned Amedore’s support of legislation that would disproportionately

benefit wealthier residents in other, primarily downstate, districts. “The reason that Albany is not paying for these unfunded mandates,” she said, “is because they’re doing other things like giving tax breaks for yachts.”

“Let’s tax where the wealth is,” she concluded to applause, “and fully fund our public schools.”

On women’s health:

“I’m pro-life,” said Amedore, going on to say that he would abide by the decision of the U.S. Supreme Court allowing women the right to choose. He touted passage of the Women’s Equality Agenda as proof of his record on women’s rights. “I would like to see all the women in my life receive good healthcare,” he added.

“I believe in the dignity of women,” said Niccoli. “Every woman should have the right to make decisions about her body.” Niccoli criticized the Women’s Equality Agenda as “scaled-down” and inadequate, and

Continued on 16



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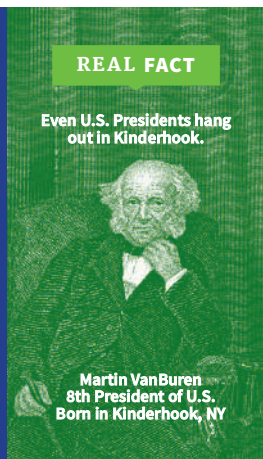
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■ ELECTION 2016

Contenders weigh in on key issues

State assembly, senate candidates share their stances on education, water safety and ethics in government

By ALI HIBBS
hibbsa@spotlightnews.com

CAPITAL DISTRICT — *While the race for New York's 46th Senate seat (page 3) may be the most closely-watched in the region, due to its potential to help shift control of the state's upper house, voters in neighboring districts will also have a chance to select representatives that they feel will best serve their interests and priorities over the next two years.*

In Assembly District 109, incumbent Pat Fahy has been challenged once again by Libertarian-leaning Republican candidate Jesse Calhoun.

In the 110th Assembly District, Phil Steck's challenger, Republican Tom Murphy, has no active campaign page and has distributed little to no literature and was not reachable for comment.

In the 44th Senate District, incumbent Neil Breslin is facing a challenge from Republican Christopher Davis.

Read below to find out where your candidates stand on a variety of policy issues. A more in-depth and far-reaching break-down of candidates' positions on issues can be found on our website at spotlightnews.com.

Education

Neil Breslin: "Fortunately over the past few years we were able to reduce and finally eliminate the Gap Elimination Adjustment (GEA). While this will provide more education aid to school districts throughout the state it does not do enough for more of the high needs districts. This is where I believe we should examine changing the aid formula to ensure that more aid goes to the districts that need it the most."

Patricia Fahy: "I am proud that in the 2016-17 Budget we were able to fully eliminate the GEA and make historic increases in Foundation Aid. However, the Foundation Aid Formula is still not fully funded. The first step is to make sure we are funding our schools according to the formula we have. There has also been a growing discussion of looking at the Foundation Aid Formula again and ensuring it is equitable. I fully support a deeper look into the current Foundation Aid formula to ensure our schools are equitably funded."

Phil Steck: "We are still largely property tax dependent so wealthier

areas continue to be able to fund education to an extent not possible in less affluent areas. The Foundation Aid formula is designed to redress this disparity. I support fully funding the Foundation Aid formula, although the formula itself may need some revisions to assure funding goes where it is needed."

Wendy Davis: "We need to look at the funding and where it is going. You don't see investment in quality books, equipment and facilities. Often, there are 6 figure administrative salaries while teachers are at the low end. Instead to focusing on a major paradigm shift like common core, we should

be focusing on how to best spend our education dollars."

Jesse Calhoun: "I am in favor of figuring out a way to make school funding more equitable and at the same time giving parents the ability to choose. Not just parents who want to send their child to private school, but all parents. One of those ways is making sure the money is attached directly to the student and goes where they go."

Water Safety

Calhoun: "Reduction of toxic chemicals in our food and water supplies is one of my top priorities. I would fight to make sure that our region gets its share in funding for these extremely needed projects... It is estimated that hundreds of community water supplies could be contaminated in New York. If there's one issue I'm willing to work across the aisle on in this state it is assuring that proper limits on PFOA are set and that our filtration mechanisms are affordable and top-notch."

Steck: "Many municipalities, like Colonie, do not qualify for [state] grants. I have introduced legislation which would create a fund for water/sewer improvement identical in concept to CHIPS, under which the State provides aid to all municipalities according to a fair formula based on the length of water

Find out where the state Assembly and Senate candidates stand on other topics of interest to voters, including the heroin epidemic and women's rights, at spotlightnews.com

and sewer lines in each municipality... The law needs to be changed so that any contaminant known or unknown would prompt an immediate response if there is a reasonable likelihood of danger to the public health or safety."

Breslin: "I will continue to work with my colleagues in government to make sure our region receives the resources necessary to ensure the safety of our drinking water and stay diligent to make sure that our water is tested and meets the highest standard of safety. There is no more precious resource that clean water. It is imperative that we ensure it safety."

Fahy: "I have been a vocal supporter of increased funding to improve our water infrastructure and very pleased we were about to secure over \$200 million last year to address these serious needs. I have a proposed bill to exempt the local municipal costs of urgent or emergency or time-sensitive remediation to address critical infrastructure investments from the real property tax levy limit of 2 percent. This would

include expenditures to address high maintenance upgrades to prevent costly infrastructure failure."

Davis: "This is a major issue of mine. Millions isn't nearly enough. If elected, I will fight for every penny I can get. I called for a health study of 200 random homes—in addition to our schools—because I know there are heavy metals in our water, as a result of rusted, aging pipelines. If elected, I will lobby the federal government for billions."

Ethics in Government

Steck: "I support public financing of campaigns. It is the only way to assure that campaigns are a contest of ideas rather than a fundraising contest in which some electeds become beholden to campaign donors."

"I voted to limit outside income in relation to the salaries of legislators. If salaries are low, as they are today, outside income makes sense. If salaries rise, outside income should be limited accordingly. Ultimately, I believe in a full-time legislator with little or no outside income."

"I voted to close the LLC loophole. There is no reason not to do this."

Continued on 15

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The write stuff

Do you know what NaNoWriMo means? It's a catchy way of referring to National Novel Writing Month, which just happens to be this November.

The goal of NaNoWriMo is to create the first draft of a 50,000-word novel during the month of November. The library is here to encourage that creative enterprise by offering writing and collaboration space in our board room for adults taking up the NaNoWriMo challenge.

Join other would-be authors in this exciting literary pursuit beginning this Friday, Nov. 4, from 5 to 8 p.m. Other drop-in times include Nov. 11 and 18, both Fridays, from 5 to 8 p.m. and Friday, Nov. 25, from 1 to 4 p.m. Stop by for one or more sessions at your convenience; writing instruction is not provided.



Visit nanowrimo.org for more details and tips for getting started.

John Simon in the house

On Saturday, Nov. 5, Bethlehem library is hosting a talk with living legend 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 U.S. 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. 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.

Let's catch 'em all

Get ready to go Pokémon hunting! Meet at the library on Sunday, Nov. 6, at 2 p.m. with your Pokémon Go app ready to play, and we'll provide the free WiFi with our mobile hotspot devices as we walk to the Four Corners to see if we can catch 'em all. For all ages; children must be accompanied by an adult. We'll be hosting a second session of Pokémon Go(es) to the Four Corners on Friday, Nov. 11, at 10 a.m. Come to one or both. Not sure how to play? No worries. Email librarian Cathy Brenner at cathy@bethpl.org or set up a tech help appointment.

Learn to meditate

Are you interested in learning more about meditation and

mindfulness? On Sunday, Nov. 6, from 2:30 to 4 p.m., the library will be hosting instructors from the Shambhala Meditation Center of Albany who will go over the basics and provide an introduction to meditation. Participants are advised to wear comfortable clothing.

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

Monday, Nov. 7

Fun and Games for Grownups

An adults-only gathering where you can play games, color and socialize, 6:30 to 8:30 p.m. Snacks will be served.

Wednesday, Nov. 9

AfterDinner Books

Discuss "The Water Knife" by Paolo Bacigalupi, 7 p.m. Copies are available at the information desk. Large-print audio and downloadable copies may be available.

Thursday, Nov. 10

American Red Cross Blood Drive

Call 1-800-RED-CROSS or go to www.redcrossblood.org for more information and to schedule an appointment, 1 to 6 p.m. Walk-ins welcome.

Paws to Read

Bring a book and read to a gentle dog who loves stories, 3:45 to 4:45 p.m. Grade 1-5.

— Kristen Roberts

Fandom showdown

Are you really a fan? Can you put the smack down on those that challenge your fandom? This is your chance to beat those who ponder life's difficult questions like: "Who would win in a fight, Batman or Iron Man?" The showdown happens Tuesday, Nov. 8, at 6 p.m.

Science of hibernation

Can't bear to be cold? Elementary aged kids are invited to Library Science Lab to experiment with techniques that hibernating animals use to get through the winter. The event takes place Wednesday, Nov. 16, at 4 p.m. Registration appreciated.

RCS COMMUNITY LIBRARY

Pokemon card players

Gotta catch 'em all! Kids are invited to bring their cards, make some friendly trades and talk Pokemon on Wednesdays at 4 p.m. No registration needed.

Job search strategies

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

— Carol Melewski

Meet 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 20th 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.



Finding the Right College at the Right Price

Dr. Dean Skarlis will be joining us on Thursday, Nov. 10, at 6:30 p.m., to discuss the world of college admissions.

Dr. Skarlis, of The College Advisor of New York, holds a doctorate in educational policy and administration from the University of

Pittsburgh. He attended the Harvard University Institute on College Admissions, and he is a member of the National Association of College Admissions Counseling and the Independent Educational Consultants' Association.

Some of the topics Skarlis will cover include: how your child will be evaluated; the top five factors colleges look for in applicants; strategies to reduce college costs; college rankings; understanding why "fit" is critical; and more.

— Lynn Kohler

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Y0001_4002_8045a_FINAL_1200005 Accepted 09/2016

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COMMUNITY

Working with The Band

John Simon — a music producer, composer, writer, and performing artist in pop, rock, television, movies and on Broadway — will share his experiences working with the legendary American roots music group The Band on Saturday, Nov. 5, at 3:30 p.m. at the Guilderland Public Library in a performance called “We Can Talk About It Now.” This event is part of the Empire State Plaza Performing Arts Center’s “New York Living Legacy” program.

Simon was one of the top record producers in the United States during the late 1960s and the 1970s, 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 and others.

Combining a multimedia presentation

GUILDERLAND PUBLIC LIBRARY
www.guilpl.org

with live piano performance, Simon will discuss and demonstrate how he first became involved with The Band, producing (and occasionally playing on) their albums “Music from Big Pink,” “The Band,” and “The Last Waltz.” He will offer insights into how the compositions, arrangements and instrumentation came together to create the foundation of Americana music.

The Band was a Canadian-American roots rock group, originally consisting of Rick Danko (bass guitar, double bass, fiddle, vocals), Levon Helm (drums, mandolin, guitar, vocals), Garth Hudson (keyboards, saxophones, trumpet), Richard Manuel (piano, drums, vocals), and Robbie Robertson (guitar,

percussion, vocals). They came together as part of rockabilly singer Ronnie Hawkins’s backing group, the Hawks, one by one, between 1958 and 1963.

They separated from Hawkins in 1964. Bob Dylan hired them for his 1965 U.S. tour and 1966 world tour. Following the 1966 tour, the group moved with Dylan to Woodstock, where they made the informal 1967 recordings that became “The Basement Tapes,” which forged the basis for their 1968 debut album, “Music from Big Pink.” This album and its successor — simply titled “The Band” — were produced by Simon. The rest is history.

You’ll get to hear details of that marvelous history when you attend this event.

The event is free and open to the public. For more information on concerts taking place in conjunction with the NY Living Legacy Project on The Band, contact The Egg Performing Arts Center Box Office at the Empire State Plaza in Albany — 473-1845 — or on line at www.theegg.org.

NaNoWriMo “Write-In”

Now is the time to write that novel! National Novel Writing Month is here, and it’s at GPL through November.

Thirty days, 50,000 words — you can do this. Come to “write-in” every Sunday in November; we’ll have the Normanskill Room set up just for NaNoWriMo participants to gather and write. There will be coffee, snacks and maybe a few writing exercises to keep you going.

GPL ‘Pops-Up’ at Live Life Local

GPL’s Pop-Up Library will be at Crossgates Mall on Saturday, Nov. 5, from 10 a.m. to 3 p.m., as part of “Albany County Cares: Live Life Local.” Please stop by and say hi. You’ll find us on the lower level, near Lucky Strike Social.

“Albany County Cares: Live Life Local” is an opportunity for residents from the Capital District to learn about businesses and local non-profits who represent the diversity that Albany County has to offer.

Nutrition during breastfeeding

On Thursday, Nov. 10, at 6 p.m., CDPHP presents a program on the benefits of breastfeeding. Patty Schardt, registered dietitian, will discuss topics

including the particular nutritional needs for both mom and baby; issues surrounding bottle vs. breastfeeding; and strategies for successful weaning. To attend, please register by calling 456-2400, ext. 2.

Veterans Day

The library will be closed Friday, Nov. 11, for Veterans Day. We thank all those who have served.

Board meets

The library’s Board of Trustees will hold its monthly business meeting on Thursday, Nov. 10, starting at 7 p.m.

As always, you’re invited to attend, but if you cannot make it to the meeting, try watching it on Facebook Live. Just go to www.facebook.com/GuilderlandLibrary, and try it out. Let us know what you think.

— Mark Curiale

UPCOMING EVENTS!

Cooking Class

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from 1–2 pm

Cooking class
from 2–3 pm

November 5 • 4–6 pm

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Veteran’s Day Event

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

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439-1564

IN BRIEF

Scout Troop 75 hosts Sportsmart

BETHLEHEM — Boy Scout Troop 75 will hold its 44th annual Sportsmart fund raiser on Nov. 19 at the Bethlehem High School Cafeteria.

From 8:30 to 11 a.m. the community brings in sporting goods to sell or donate, from 1 to 4 p.m. there is a general sale open to the public and from 5 to 6 p.m., the public can come back to pick up their items and checks for any items sold. If items are sold, the seller gets 2/3 of the sale price while the Troop gets 1/3. You do not have to bring in goods to sell.

Sportsmart will also hold a silent auction and raffle. Troop 75 will ask for a minimum \$1 donation to the Regional Food Bank.

For more information, visit Sportsmart’s facebook page at www.facebook.com/sportsmarttroop75 or email Sportsmart’s co-chair at peter.lauricella@wilsonelser.com.

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November 2, 2016

Spotlight on Sports

www.spotlightnews.com PAGE 9



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■ PLAYER OF THE WEEK



NOAH CAREY

Guilderland cross country runner Noah Carey is The Spotlight Player of the Week for the period ending Sunday, Oct. 30. Carey won the boys individual title at the Suburban Council Championships Saturday, Oct. 29, at Saratoga Spa State Park. Carey's time of 14:53.27 was the fifth-fastest recorded on the 5-kilometer course. Guilderland placed fifth in the boys team standings with 121 points.

■ IN BRIEF



Dutch fall

Shaker stymied Guilderland's high-octane offense on its way to a 35-6 victory in the Section 2 Class AA football semi-finals Friday, Oct. 28, in Guilderland. Visit spotlightnews.com/spotted to view the full gallery.

■ GIRLS SOCCER



October magic

The Bethlehem girls soccer team have become giant slayers. The seventh-seeded Lady Eagles (9-8-2) defeated No. 2 Shaker and No. 3 Shenendehowa last week to reach the Section 2 Class AA finals against top-seeded Niskayuna Tuesday, Nov. 1, in Stillwater.

In the quarterfinals, Bethlehem edged Shaker 2-1 in triple overtime Monday, Oct. 24, in Latham, on Holly Moore's goal. Then, the Lady Eagles tied Shen 2-2 in the semifinals Saturday, Oct. 29, in Stillwater, and advanced to the final on penalty kicks.

To view a photo gallery from the quarterfinals, visit spotlightnews.com/spotted.

— Rob Jonas

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■ BOYS SOCCER



Semifinal Friday

COLONIE — It was an evening of highs and lows Friday, Oct. 28, at Colonie Central High School.

Bethlehem needed an overtime penalty kick goal to edge Saratoga Springs 1-0 in one Section 2 Class AA boys soccer semifinal, while Shenendehowa pulled away from Guilderland 4-0 in the other semifinal.

Kevin Piccolino's goal five minutes into overtime lifted top-seeded Bethlehem (16-2-0) into the final Monday, Oct. 31, against No. 2 Shen (16-2-0).

To view photo galleries from the semifinal and championship games, visit spotlightnews.com/spotted.

— Rob Jonas



■ OBITUARY

James Gerou Jr.

James F. Gerou Jr. passed away peacefully Saturday evening at his home in Delmar, N.Y. at the age of 73.

Jim was born to James Francis and Enid Gerou on March 19, 1943 in San Bernardino, CA. Jim grew up on Cape Cod and attended Proctor Academy in Andover, of Nebraska, Jim began a forty-year career as an architect working on hospitals, government facilities and U.S. embassies throughout



James Gerou Jr.

the world.

A lover of the arts, having a great passion for classical music, Jim

volunteered 32 years at Tanglewood Music Center as an usher and also served as treasurer in the recent few years. After his retirement, Jim also fulfilled another passion of his in purchasing a wooden sailboat for recreational use.

He is survived by his loving wife, Patricia; his two sons, Seth (Mary Margaret) and Alex (Caitlin); his sister Nancy (Diane); and his brother, Phil (Cheri), his brother-in-law, Rick, and his granddaughter, MJ.

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WHERE: Normanside Country Club
150 Salisbury Road
Delmar NY

WHEN: Thursday, November 17th

TIME: 11 AM – 2 PM

Join Members of the
Organize Senior Moves'
team to learn more about:

- Downsizing your home
- Organizing your life
- Helping a loved one move
- Transitioning from one home to another



R.S.V.P. by
November 13th

■ COMMUNITY

Support the board

Bethlehem Senior Projects, Inc. welcomes three new members to its Board. Maura Barrett, Priscilla Miller and Rad Anderson will join the board this month and continue the good work done by BSP in support of the senior community. Lend your support by making a donation to Bethlehem Senior Projects online at bethlehemsenioproject.org, or via check payable to Bethlehem Senior Projects, Inc., 445 Delaware Ave., Delmar 12054.

Shop with us at Glenmont Plaza and Wal-Mart on Monday, Nov. 7. Call 439-5770.

Enjoy Coffee and Conversation at the Bethlehem Public Library. On Friday, Nov. 11, at 1 p.m., the program will include the fascinating history of destroyer escorts, featuring staff from the USS Slater. 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. 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, DVDs, CDs 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 mahjong. Or just come for a chat with friends. Call Yvonne Mendleson at 472-0202 for more information.

— Wilma DeLucco

Wellness at Work

As the cost of health care and health insurance continue to rise, businesses of all sizes are putting a premium on having a healthy workforce to save money and ensure productivity.

The YMCA can help businesses achieve these goals through its Wellness at Work. While a business owner can't ensure employees get to the Y, he or she can bring the Y to his employees and/or establish a corporate membership at local YMCAs throughout the Capital District, including the Bethlehem Y.

Forging a partnership between your organization, your employees and the Capital District YMCA enables you to utilize all our facilities to work toward a healthier mind, body and spirit for all.

The Y offers a variety



of on-site services that are interactive and engaging, but most of all convenient because we bring them to you. These services include: team-building classes, group exercise classes, lunch and learn programs, safety training, health assessments, walking and running groups, small group personal training, massage therapy and attendance at health fairs.

Providing a wellness program is a great way for your organization to create a culture of healthy living and invest in your most important resource — your employees. The health of your employees is a pivotal piece

contributing to better productivity. Plus, it gives your employee benefit program an added option that leads to greater employee satisfaction and retention.

The numbers make a strong case for checking out the YMCA's Corporate Membership and Wellness Programs. Seventy-five percent of healthcare costs are driven by preventable and manageable chronic disease, such as heart disease and diabetes. The number of workdays missed each year by full-time employees who are overweight or obese and have chronic disease tops 450 million. And 77 percent of employees say that wellness programs positively influence the culture at work.

For more information, call the Bethlehem Area YMCA at 439-4394.

— Christy Wightman

■ IN BRIEF

Half Moon Button Club

BETHLEHEM — The Half Moon Button Club will meet on Tuesday, Nov. 8, at 11 a.m. at the Bethlehem Public Library, 451 Delaware Ave. in Delmar.

Social time starts at 11 a.m., and the business meeting starts at noon, followed by this month's program by Phyllis Dunn on pearl buttons. Bring a bag lunch. Dessert will be provided.

For more information, call Lisa at 469-7420 or Kirsti at 869-8125.

Sunday breakfast at Onesquethaw

NEW SCOTLAND — The Onesquethaw Fish & Game Club on Tarrytown Road is holding its monthly breakfast Sunday, Nov. 6, from 7:30 to 11 a.m.

This cost is \$8 for adults, \$5 for children ages 6-10 and free for children five and under. Take outs are available by calling 526-8721 the morning of the breakfast.



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LEGAL NOTICE

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TUESDAY, NOVEMBER 8, 2016
HOURS: 6:00 A.M. TO 9:00 P.M.
PUBLIC OFFICES TO BE VOTED FOR
WITHIN ALBANY COUNTY**

FEDERAL
President/Vice President of the United States Member, United States Senate (1)
Member, U.S. House of Representatives, 20th Congressional District

STATE
New York State Senate (2)
Justice of the Supreme Court, 3rd JD (2)
Member, New York State Assembly (5)

COUNTY
District Attorney (1) - 4 year term
County Court Judge (1) - 10 year term

CITIES
ALBANY
City Court Judge (1) - 10 year term

ALBANY CITY SCHOOLS
Member, City School District of Albany Board of Education (2) - 4 year term

COHOES
None

WATERVLIET
Council person (1) 4 year term
City Court Judge (1) 6 year term

TOWNS
BERNE
None

BETHLEHEM
Town Board Member (1) To Fill a Vacancy - 1 year

COEYMANS
None

COLONIE
None

GREEN ISLAND
None

VILLAGE OF GREEN ISLAND
Village Trustee (3) - 2 year term

GUILDERLAND
None

KNOX
Town Council (1) to Fill A Vacancy - 1 year term

NEW SCOTLAND
Town Board (1) To Fill A Vacancy - 1 year term

RENSELAERVILLE
Town Council (1) To Fill A Vacancy - 3 year term

WESTERLO
Town Council (1) To Fill A Vacancy - 1 year term

ATTENTION VOTERS
For your convenience, a facsimile ballot will be available for your review on Election Day at all polling places.
A sample ballot may also be obtained by calling (518) 487-5060, or at the office of the Albany County Board of Elections. For up-to-the-minute unofficial election night results, visit our web site at: www.albanycounty.com/electionresults.

Rachel L. Bledi
Commissioner of Elections

Matthew J. Clyne
Commissioner of Elections
Ad#134627

LEGAL NOTICE

SUPREME COURT OF THE STATE OF NEW YORK COUNTY OF ALBANY Plaintiff designates ALBANY as the place of trial situs of the real property SUPPLEMENTAL SUMMONS Mortgaged Premises: 21 HANIFIN AVENUE ALBANY, NY 12205 District: Section: 29.11 Block: 3 Lot: 59 INDEX NO. 903515/2016 CIT BANK, N.A., Plaintiff, vs. ELAINE M. SILVERNAIL, AS HEIR AND DISTRIBUTE OF THE ESTATE OF JOYCE E. BENDER; RICHARD G. BENDER, JR., AS HEIR AND DISTRIBUTE OF THE ESTATE OF JOYCE E. BENDER; RAYMOND G. BENDER, AS HEIR AND DISTRIBUTE OF THE ESTATE OF JOYCE E. BENDER,

LEGAL NOTICE

any and all persons unknown to plaintiff, claiming, or who may claim to have an interest in, or general or specific lien upon the real property described in this action; such unknown persons being herein generally described and intended to be included in the following designation, namely: the wife, widow, husband, widower, heirs at law, next of kin, descendants, executors, administrators, devisees, legatees, creditors, trustees, committees, lienors, and assignees of such deceased, any and all persons deriving interest in or lien upon, or title to said real property by, through or under them, or either of them, and their respective wives, widows, husbands, widowers, heirs at law, next of kin, descendants, executors, administrators, devisees, legatees, creditors, trustees, committees, lienors and assigns, all of whom and whose names, except as stated, are unknown to plaintiff; SECRETARY OF HOUSING AND URBAN DEVELOPMENT; NEW YORK STATE DEPARTMENT OF TAXATION AND FINANCE; UNITED STATES OF AMERICA; BRUCE A. HIDLEY, IN HIS CAPACITY AS ALBANY COUNTY CLERK, "JOHN DOE #1" through "JOHN DOE #12," the last twelve names being fictitious and unknown to plaintiff, the persons or parties intended being the tenants, occupants, persons or corporations, if any, having or claiming an interest in or lien upon the premises, described in the complaint, Defendants. To the above named Defendants YOU ARE HEREBY SUMMONED to answer the complaint in this action and to serve a copy of your answer, or, if the complaint is not served with this summons, to serve a notice of appearance on the Plaintiff's Attorney within 20 days after the service of this summons, exclusive of the day of service (or within 30 days after the service is complete if this summons is not personally delivered to you within the State of New York) in the event the United States of America is made a party defendant, the time to answer for the said United States of America shall not expire until (60) days after service of the Summons; and in case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the complaint. NOTICE OF NATURE OF ACTION AND RELIEF SOUGHT THE OBJECT of the above caption action is to foreclose a Mortgage to secure the sum of \$240,000.00 and interest, recorded on January 9, 2008, at Liber 5612 Page 635, of the Public Records of ALBANY County, New York, covering premises known as 21 HANIFIN AVENUE ALBANY, NY 12205. The relief sought in the within action is a final judgment directing the sale of the premises described above to satisfy the debt secured by the Mortgage described above. ALBANY County is designated as the place of trial because the real property affected by this action is located in said county.

NOTICE YOU ARE IN DANGER OF LOSING YOUR HOME If you do not respond to this summons and complaint by serving a copy of the answer on the attorney for the mortgage company who filed this foreclosure proceeding against you and filing the answer with the court, a default judgment may be entered and you can lose your home. Speak to an attorney or go to the court where your case is pending for further information on how to answer the summons and protect your property. Sending a payment to the mortgage company will not stop the foreclosure action. YOU MUST RESPOND BY SERVING A COPY OF THE ANSWER ON THE ATTORNEY FOR THE PLAINTIFF (MORTGAGE COMPANY) AND FILING THE ANSWER WITH THE COURT. Dated: August 2nd, 2016 RAS BORISKIN, LLC
Attorney for Plaintiff BY: JOSEPH J. KARLYA III, ESQ. 900 Merchants Concourse, Suite 106 Westbury, NY 11590 516-280-7675 Ad#134879

LEGAL NOTICE

LEGAL NOTICE
STATE OF NEW YORK
SUPREME COURT : COUNTY OF ALBANY

| | |
|------------------------------|-------------|
| FIRST NIAGARA FUNDING, INC., | Plaintiff, |
| | Index No. |
| | 900434/2016 |

| | |
|--|---|
| SPENCER S. SISSON,
SPENCER INSURANCE
AGENCY, INC.,
CASSIE SWEARINGEN,
DICK SWEARINGEN, and
CORRINE AVIZA, | Mortgaged Premises
335 Maple Road
Slingerlands, New York
12159 |
|--|---|

Commercial Foreclosure

Defendants.

NOTICE OF SALE

In pursuance and by virtue of a judgment of foreclosure and sale in the amount of \$138,004.64, granted by this Court on the 26th day of September, 2016 and duly entered in the Albany County Clerk's Office on the 17th day of October, 2016, I, the undersigned Referee, duly appointed in this action for such purpose, will expose for sale and sell at Public Auction to the highest bidder at 335 Maple Road, Town of New Scotland, Hamlet of Slingerlands, County of Albany, State of New York, 12159 on the 1st day of December, 2016 at 1:00 in the afternoon of that day, the mort-

LEGAL NOTICE

gaged premises directed in and by said judgment to be sold in said judgment described as follows:

See "Schedule A" attached.

Dated: October 25, 2016

Craig M. Crist, Esq., Referee

SCHEDULE A

ALL THAT CERTAIN PIECE OR PARCEL OF LAND together with the buildings thereon situated in the Town of New Scotland, County of Albany and State of New York, bounded and described as follows: Beginning at a stake in the southerly boundary line of the Charles Bender Farm and located 169.6 feet east along said boundary line from a stone monument in the southeast corner of the Hilton Estate and runs from thence south 9 degrees 45 minutes west 70 feet to a stake; thence south 88 degrees east 200 feet to a stake in the west boundary of the New Scotland Voorheesville Road; thence along the western boundary of said road north 9 degrees 45 minutes east 70 feet to a stake in the boundary line of said Bender Estate and being the northeastern corner of the lot hereby conveyed; thence north 88 degrees west 200 feet to the place of beginning, containing .31 of an acre of land more or less, as the same was surveyed according to the Magnetic Meridian of March 31, 1926.

The above described lot being in the northeast corner of the Christ Hansen Farm.
Ad#134956

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 Bronshter

LEGAL NOTICE

LEGAL NOTICE
Notice of Organization of Anthony Langevin Hockey, LLC
On October 19, 2016, Anthony Langevin Hockey, LLC (the "LLC") filed Articles of Organization with the NYS Department of State. The principal business location of the LLC is 5 Picotte Drive, Albany, New York. The New York Secretary of State is designated as the agent upon whom process against the LLC may be served. The post office address to which the Secretary of State shall mail a copy of any process served against the LLC to 5 Picotte Drive, Albany, NY 12208. The LLC is organized for the purpose of any and all lawful business. Ad#134500

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

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

NOTICE OF FOREIGN QUALIFICATION IN NEW YORK BY A LIMITED LIABILITY COMPANY Name: BRIGHT LINE TITLE, LLC d/b/a "BRIGHTLINE TITLE AGENCY LLC". Authority filed with SSNY on 10/11/2016. Office loc.: Albany Co. SSNY designated agent of LLC upon whom process against it may be served and shall mail process to: c/o Corporation Service Compa-

LEGAL NOTICE

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

LEGAL NOTICE

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name: CHESTNUT 18 LLC. Articles of Organization filed with NY Secretary of State, September 26, 2016. Purpose: to engage in any lawful act or activity. Office: Albany County. Secretary of State is agent for process against LLC and shall mail copy to 22 Century Hill Drive, Suite 201, Latham, New York 12110. Ad#132074

LEGAL NOTICE

NOTICE OF FORMATION OF 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 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,

■ COPS, COURTS AND EMERGENCY CALLS

Man with 13 DWI convictions gets jail-time

BETHLEHEM — Kevin Popp, 48, of Delmar, was sentenced to 1 1/3 to 4 years in state prison by Albany County Judge Stephen Herrick on Wednesday, Oct. 26, after pleading guilty on Sept. 27 to his 14th DWI.

On Aug. 25, 2016, at approximately 10:36 p.m., on Euclid Avenue in the Town of Bethlehem, Popp was pulled over by Bethlehem police for driving a vehicle with an outdated registration. During the traffic stop Popp admitted

that his license was suspended and the officers noticed he had the odor of alcohol on his breath and bloodshot, glassy eyes. He later admitted to consuming alcohol prior to driving and was arrested after he failed several field sobriety tests and tested positive in a pre-screen breath test.

Popp, who has 13 previous DWI convictions, was also ordered to pay a \$2000 fine, in addition to having a mandatory Ignition Interlock Device for three years, license revocation for 18

months subject to DMV determinations, and required completion of the Victim Impact Panel and Impaired Driver Programs.



POPP

Drunk driver causes two-car accident on I-87

COEYMANS — On Sunday, Oct. 23, at approximately 9:28 a.m., state police responded to a report of a two vehicle accident on I-87.

The investigation reportedly revealed that a 2010 Chevrolet Silverado rear ended a 2016 Toyota Sienna.

The driver of the Chevrolet, 41-year-old Nathan A. Tator of East Greenbush, was allegedly intoxicated and his blood

alcohol content was determined to be .18 percent.

He has a prior DWI conviction within the last 10 years and he was subsequently charged with a felony DWI, in addition to numerous vehicle and traffic violations.

Tator was turned over to a sober third party and released on appearance tickets returnable to the Town of Coeymans Court on Nov. 17, 2016 at 9 a.m.



TATOR

Prison time in Colonie check cashing scheme

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

ALBANY — Following an investigation by the Albany police department, a Colonie man was arrested last week and sentenced to time in state prison in connection with a check cashing scheme.

Mark Reed, 49, was sentenced to up to seven years in state prison on Friday, Oct. 28. In early September, Reed pleaded guilty to one count of criminal possession of a forged instrument in the second degree, a class D felony, according to police.

Police discovered in May of 2015 that while in Albany, Reed possessed a counterfeit insurance company check that was made payable to another individual. Reed then created more fake checks and attempted to have other redeem them



REED

for money at check cashing locations all around the Capital District, according to the District Attorney's office.

Deputy Chief Assistant District Attorney Cheryl Fowler prosecuted this case.

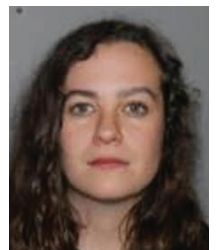
Altamont woman arrested for DWI

GUILDERLAND — On Sunday, Oct. 30, New York State Police officers in New Scotland arrested 22-year-old Tara M. Jackson, of Altamont, for a misdemeanor DWI.

Troopers reportedly stopped Jackson for speeding on Route 20 in the Town of

Guilderland. Subsequent to the traffic stop, Troopers arrested Jackson for DWI.

It was determined Jackson had a BAC of .08 percent. She was processed without incident and is scheduled to appear in the Town of Guilderland Court on Nov. 10 at 5:30 p.m.



JACKSON

LEGALS

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

LEGAL NOTICE

Notice of Formation of Herlandia Rift LLC. Articles of Organization filed with the Secretary of State of NY on 10/12/2016. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of Process to the LLC, 128 E Broadway, #700, New York, NY 10002. Purpose: Any lawful purpose. Ad#133476

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.

LEGALS

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, 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

LEGALS

process to the LLC, 11 Danton Lane, Lattintown, 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 Mordella Rd., Albany, New York 12205. Purpose: Jewelry Design and Sales. Ad#133482

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, 48 South Service Road, Melville, NY 11747. Purpose: For any lawful purpose. Ad#133480

LEGALS

LEGAL NOTICE

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

LEGAL NOTICE

PRACTICAL ENVIRONMENTAL SOLUTIONS LLC

Notice of formation of Practical Environmental Solutions LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 9/26/16. Office location: Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served. The SSNY shall mail a copy of any process to the LLC, 11 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

LEGALS

incidental to the foregoing, as the Managers in their discretion may deem desirable. Ad#132654

LEGAL NOTICE

NOTICE OF FORMATION OF Limited Liability Company (LLC)

1. The name of the LLC is: RAZA MARK, LLC

2. The date of the filing of the Articles of Organization with the Secretary of State of the State of New York (SSNY) is: 10/20/2016

3. The office within New York State the LLC is located in is Albany County.

4. The SSNY is designated as agent of the LLC upon whom process against it may be served. The post office address to which the SSNY shall mail a copy of any process against the LLC served upon him or her is: Raza Mark, LLC 3112 Lone Pine Road Schenectady, New York 12303

5. The specific date upon which the LLC is to dissolve is: NONE

LEGALS

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

LEGALS

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

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 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 LLC-Tian Ma Express LLC has filed an Articles of Organization with the Secretary of State of New York on 10/26/2016. Its office is located in Albany County. The Secretary of State has been designat-

LEGALS

ed as agent upon whom process may be served. A copy of any process shall be mailed to 1314 Central Ave., Albany, NY 12205. Its business is to engage in any lawful activity for which limited liability companies may be organized under Section 203 of the New York Limited Liability Company Act. Ad#134878

LEGAL NOTICE

Notice of formation of Wetech Solutions LLC. Art. of Org. filed with the SSNY on 09/20/16. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 827 Greenthorne Blvd, Schenectady, NY, 12303. Purpose: Any lawful purpose. Ad#131884

LEGAL NOTICE

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

To place your Legal Notice: Call 439-4949



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November 2, 2016

Spotlight on Opinion

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■ FROM THE EDITOR'S DESK

Playing out a dream

Not a day goes by in October without a young kid fishing out a Wiffle Ball from beneath a pile of leaves and running off to play out some form of World Series scenario. The rites of passage have changed over the years in sports logistics. Baseball may not be the end-all-be-all of our favorite pastimes, but somewhere, some kid has Game 7 on his or her mind.

There's something special about being a kid. Most tend to forego practical thinking and believe that if you wish real hard, and have the right cape, you can fly off the top of that garage roof like Superman. Children allow themselves to achieve as much as their imaginations allow them. Doctor, commander, astronaut, baseball player — these are the titles we all wore once as we played on our respective school grounds. No one tells kids what kind of hard work and sacrifice goes into reaching such goals. To a nine-year-old, if you think

it, you are it.

As with the end of every baseball season since 1994, the world turns its collective eyes to an unnatural square of grass and dirt to watch two teams decide who will be crowned World Champion. It's the culmination of hard work and sacrifice over the span of several months. For many, those several months are linked together in a long chain of days spent in the training room, on uncomfortable bus rides and in the midst of painful self-doubt, that when tallied together amount to years, decades, or half a lifetime.

This post-season we watched a World Series scenario play out that none of us imagined while playing Wiffle Ball in our backyards. Matt Quatraro, a local "kid" who grew up playing baseball here in the Capital District, has climbed the hill as high as he could go. He excelled in high school ball, smacking the ball a country-mile and attracting scouts as a 15-year-old

catcher in Bethlehem. He played on in college, earning Man of the Year honors at Old Dominion University and later honored at that school's Hall of Fame. And, as many of his teammates suspected, Quatraro was ultimately drafted into professional ball in 1996. After ten years as a player, he has continued his career as the hitting coach for the Cleveland Indians.

At 42, Quatraro is living out a dream. He's not going to hit the game-winning homerun, nor will he be on the mound to strike out the final batter to end the series. But, it's the closing days of October. And, for everyone else he played ball with in high school, he's the only one slipping on a Major League Baseball uniform. Everyone else who was lucky enough to wear the Orange and Black, is fishing out a Wiffle Ball from a pile of leaves and is remembering what it's like to dream again.

There's something special about being a kid. Most tend to forego practical thinking and believe that if you wish real hard, and have the right cape, you can fly off the top of that garage roof like Superman. Children allow themselves to achieve as much as their imaginations allow them. Doctor, commander, astronaut, baseball player — these are the titles we all wore once as we played on our respective school grounds. No one tells kids what kind of hard work and sacrifice goes into reaching such goals. To a nine-year-old, if you think it, you are it.

■ WHAT HAPPENED ONE YEAR AGO ...

Last year: Supervisor race very close

CAPITAL DISTRICT — As a dramatic 2016 presidential election comes to a close and people all around the world are watching the race, this November marks a year since the Town of Bethlehem had an intense, almost too-close-to-call race for the position of town supervisor.

Last year, incumbent Democratic Town Supervisor John Clarkson just managed to snag the race with 4,960 votes, giving him a final slight edge over his opponent, Republican James Foster, who ended up with 4,919 votes.

Both candidates last year admitted to knowing that the race could be tight.

"Obviously it's a closer race than one would want, but I'd rather be in the lead than not at this point," said Clarkson in a *SpotlightNews* article last year. "There's a process to go through. In the mean time, there's lots of work going on at the Town Hall. There's a budget to pass and many projects year-end projects going on within the departments.

"Win or lose, we felt good about the campaigns. Important issues we brought to the fore and I liked talking about issues. I just hope whoever wins, those issues are addressed. We ran a campaign we can be proud of, regardless of the outcome,"

Foster said in the same article.

Last year in Bethlehem, the GOP ran on the platform of the erosion of services, such as snow and leaf removal, and strained negotiations with the town's police force.

Clarkson and his camp touted past successes, with Clarkson emphasizing the creation of a capital spending plan, citizen involvement on new committees, and some consolidation efforts which led to state grant awards.

Colonie's political landscape shifted rather dramatically from the polls.

Democratic incumbent Town Supervisor Paula Mahan ended Tuesday evening by successfully defending her seat for another two years.

Mahan earned 9,848 votes, to Republican challenger Christine Benedict's 8,184.

However, Republicans Jennifer Whalen and Christopher Carey stepped in as newcomers, taking two seats on the Town Board. Democrats Timothy Lane and William Carl lost in what was a crowded field of candidates.

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■ ELECTION 2016

From page 5 ...

State legislature candidates weigh in on key issues

Breslin: “As one of only four members in the Legislature appointed to the New York State Ethics Commission I hold myself to the highest standard of integrity. Ethics reform has been and remains a top priority of mine. Meaningful campaign finance reform is part of this effort. I support the public financing of campaigns, closing the LLC loophole and limiting outside income of legislators.”

Davis: “I want to drastically reduce the amount that individuals, PACs and corporations can contribute to a candidate. If so, newcomers could actually compete with entrenched incumbents. I also support the concept of a public financing system, although voters have repeatedly rejected this notion. Some, like my opponent, have taken hundreds of thousands of dollars from big companies.”

“I vehemently oppose a pay increase. Senators make 80 thousand a year, for part-time work. I have called for a 25% pay cut to 60,000 a year, because the median full time worker in New York barely makes this.”

“I believe and will fight for term limits on *all* elected officials. I will also term limit myself to eight years, not just in this seat, but all of politics.”

“Close [the LLC loophole], now.”

Fahy: “I have long advocated for increased

transparency and full disclosure of finances in public service and state government. I do not have employment outside my work in the Assembly and work full-time on behalf of the 109th District. Some of the additional ethics reforms that I have championed includes setting limits on outside income for legislators, and closing the much overdue “LLC loophole” to provide greater transparency and severely limit the level of campaign contributions. Additional reforms to be addressed this year include pension forfeiture for members who are convicted of a crime, along with additional campaign finance reforms.

Calhoun: “The solution to this problem is to make it less financially lucrative for companies to engage in these activities by reducing the scope of political activity the government tries to influence. The scope of political activity the money tries to influence. Shrink the size of government and its intrusions in people’s lives and you’ll shrink the amount people will spend trying to get their piece of the pie or, more likely, trying to avert ruinous public policies.”

“My concern is not with outside income, but with inappropriate use of government to influence business dealings and when companies create favorable situations for themselves.”

“Part of ensuring a level playing field for the public and politicians is assuring that all donations to political campaigns are transparent, readily available for public viewing, and not kept secret behind organizations of any kind. No one should be allowed to circumvent contribution limits and disclosure requirements. The Brennan Center for Justice has done excellent work on this front and I would be a fierce advocate for transparency.”

What’s the biggest issue facing your district and how do you intend to address it?

Steck: “I represent a very middle class district. My district faces the same major problem the middle class is facing in this state and this nation. In 1980, before we decided to unleash Wall Street, the top 1 percent of income earners earned 11.9 percent of the income statewide; today that same top 1 percent earns 30.2 percent. In the last 35 years, the top 1 percent has earned tremendous returns. It is not unreasonable to ask that group to give more back to the public in terms of job creation, both through public and private investment.

Breslin: “Making sure our schools receive the education aid they need to assist our students and teachers is a top priority of mine, along with trying to find ways to make healthcare more affordable,

reducing taxes for working families, investing in our infrastructure while building upon our region’s economic successes.”

Davis: “The biggest issue facing our district is absentee representation and this has had a trickle down impact on all of the issues I have taken up in my campaign. A failing infrastructure, roads that swallow cars, neighborhoods without water for weeks, rising crime, rising drug use, escalating insurance costs, lack of quality jobs, a terrible climate for small businesses. The people of this district have been screwed over to put it bluntly. But I will be the most accessible, most transparent senator in state history.

Fahy: “Continuing to promote and fund an economic environment where real job creation and retention continues, while protecting the environment, improving the quality of life for families and seniors, and ensuring our children are afforded a quality education to keep our region globally competitive.”

Calhoun: “The biggest issue is absolutely corruption. We can’t afford to be paying \$100,000 pensions for life to people who have gone to jail for using their political office for personal gain. It’s unacceptable. No More Business and Politics as Usual. This is our money. It should be going to vital things like infrastructure that is being left to corrode beneath our feet. I will be a fiercely independent candidate who advocates for environmental protections, education reform, and ethics reform.

Justice Center trains Troopers

DELMAR — The state Justice Center for the Protection of People with Special Needs trained 24 State Police investigators on how to best interview people in cases of abuse that involve people with developmental and emotional needs.

The Forensic Interviewing Best Practices for Vulnerable Populations was developed by the Justice Center’s Office of the Special Prosecutor/Inspector General and the Office of Incident Reporting and Investigations along with experts in the field.

“The State Police continually provides training to its members to equip them with the knowledge and skills to meet the challenges they face on each case,” said State Police Superintendent George P. Beach II.

The program is part of the Justice Center’s ongoing training and education efforts to help ensure successful investigations and prosecutions of cases of abuse and neglect.

The three-day training featured lectures and

demonstrations conducted by Dr. Scott Modell, who is known for his work in the area of disability abuse and interview techniques for individuals with developmental disabilities, and Dr. Eileen Treacy, an expert in child sexual abuse.

The training included role-play, where participants interviewed trained Justice Center staff members who portray victims and witnesses with diverse backgrounds and diagnoses based on real cases. The exercises are critiqued by prosecutors, law enforcement officers and others with multiple years of experience in forensic interviewing.

The Justice Center was established in June, 2013 to ensure cases involving the abuse of vulnerable persons that might have gone unreported in the past are now reported to and investigated by Justice Center staff and local law enforcement.

The Justice Center training is available to all state law enforcement agencies and district attorney’s offices throughout the year.

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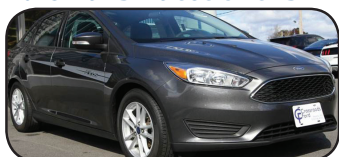
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ELECTION 2016

From page 3 ...

46th Senate District race

said Amedore blocked reproductive rights and contraception coverage provisions. It is unfair, she said, to have insurance cover Viagra but not birth control.

On the Child Victim's Act:

Amedore agreed that victims of childhood abuse should be brought to justice, but said that there should be a statute of limitations.

Blaming Amedore and his Republican colleagues for working to block passage of the legislation in 2016, Niccoli said that it can take time for a victim to feel comfortable coming forward about abuse they may have endured as a child. "Right now the limitation is only six years" she said, asking residents to imagine how it must feel to come forward with something like that as a teenager or young adult. "I think we ought to lift that and let them have their day in court."

Amedore took the opportunity during the subsequent question to rebut Niccoli, saying heatedly, "I didn't block any bill. We didn't even vote on a bill." There are currently several bills under negotiation, he said.

On climate change:

"There's no question that we've had strange weather patterns," said Amedore, noting some of the increasingly severe meteorological events around the globe. "Is it man-made?" he asked. "Or is it another cycle of life that's coming around that we haven't experienced yet? We don't know." Regardless, he called humans "God's stewards" and advocated a "balanced approach" to keeping the environment pollution-free, as well as increasing use of sustainable energy sources such as solar.

"I think it's incredibly dangerous to have a New York state senator who doesn't believe that people are causing the climate to change," said Niccoli. "There's irrefutable science to tell us that this is true and the only way that we're ever going to stop it is by changing our behavior."

Calling it "the defining issue of our century," she said "right now, in this moment, we have the ability to change the course of the future for the next generation and generations after that."

On the disenfranchisement of criminal parolees:

"My approach to voting rights is always 'more is best,'" said Niccoli, adding that she believes "right-wing extremists" have attempted to disenfranchise segments of the population whose vote they would be unable to win outright.

"We have a set of laws," said Amedore. "We have election rules and we have individuals who, if they are found guilty, lose some of their rights. And it is a right for an individual to vote so we need to uphold the laws." He received applause after he went on to suggest that any deviation would lead to illegal voting practices.

On ethics reform:

"We're sick and tired," said Amedore, calling Albany a "cesspool of corruption." He said he favors pension forfeiture for legislators who have been convicted of crimes, term limits and more disclosure. Noting the recent indictments against leaders of both parties, he said, "We're doing it, we need to do more."

"I absolutely support pension forfeiture," agreed Niccoli, "however, we have a huge systemic problem." Using her opponent as an example, she said Amedore's first priority is his job in real estate development and that he has accepted millions in donations from other real estate developers "to make real estate policy." The answer, she said, is campaign finance reform and the elimination of outside income.

"Limiting outside income is a really important thing to do," she said. "There's nothing in your job as a state senator that doesn't apply. Think about it. You're making decisions about every corner of public life and so, if your job is real estate, for instance, how can you possibly remove yourself from those important decisions? How can you possibly make the strongest decisions for the community and not our own wallet?"

Amedore said that to limit outside income would be "the worst possible thing that we could possibly do." He said the last thing Albany needs is more "career politicians and political hacks" for whom politics is their only career. "We need individuals who have real world experience."

On closing the "LLC loophole:"

"The Citizens United court case was decided by the Supreme Court, the highest court in the land," said Amedore. "So the law is the law." He questioned the idea of limiting campaign donations to limit corruption in government, saying, "In fact, it won't." He said, however, that he voted in committee to move the LLC legislation to the floor for a vote in the spirit of open debate and added that any LLC legislation would need to be balanced against other large entities such as downstate unions, "who skirt the limits all the time."

Niccoli, who said Amedore has benefited from the LLC loophole, called his answer disingenuous and said, "I will put at the very top of my priorities, when I am the senator in January, closure of those LLC loophole."

The League of Women Voters of Albany and Schenectady counties, which organized and moderated the event, have declined to endorse either candidate, saying that its members prefer to focus on voter education, commended both for being willing participants in the event and said that it was pleased with the amount of people in attendance.

Both the League of Women Voters and the Guilderland Public Library indicated that a recording of the debate would be available on their websites.



Painting our history

Renowned artist shares his take on art's place in society

Pages B5



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POP CULTURE

PICK OF THE WEEK



Titanics

The pop ambient duo from Albany plans an intimate affair, playing from the band's full catalog of music in a three-hour show at The Rusty Nail in Clifton Park, Friday, Nov. 4 at 9 p.m.

Pages B5

INSIDE



Arts calendar

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Have a day!

Life coffee, cake and ice cream — Quesadillas now have a day, thanks Muddaddy Flats

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

TROY — Remember, Remember, The fifth of November, amigo.

Starting right about now, America is designating what the Brits call Guy Fawkes Day as National Quesadilla Day. And, the method behind the man's madness who started it all, it falls perfectly in line with honoring the Mexican dish.

"It's the halfway point to Cinco de Mayo," said Dan Frament, owner of Muddaddy Flat Quesadillary in Troy. He's the brainchild behind the latest designation pairing calendar day with food specialty, joining coffee (Sept. 29), ice cream (July 16), cake (Nov. 26) and many more.

The event had been celebrated by Troy's local restaurants the past two years with their own inspired

Continues on page B27



NOV. 5

The fifth of November will forever be Quesadilla Day, thanks to Dan Frament of Muddaddy Flats.

Michael Hallisey / TheSpot518

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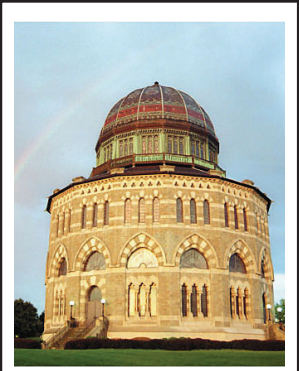
"Right at the beginning, I decided that if the body of my work could tell a story, then that would bring a way to respect and understand our past... I had an opportunity in the early 1980s to do historical figures in Virginia. That just opened my eyes to a whole new subject matter, and I've stuck with that ever since. It's been a really rewarding and wonderful trip filled with all kinds of adventures."

— Len Tantillo, Historical and marine painter

STOP TRAFFIC

Our days of summer have past for another year.

bearoftheeast / Instagram



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■ WHAT'S HAPPENING

'One of our greatest young songwriters'

A.J. Croce comes to Troy Savings Bank Music Hall

TROY - pop music iconoclast A.J. Croce comes to Troy to the Troy Savings Bank Music Hall on Thursday Nov. 10 to celebrate the release of "Twelve Tales" and the 20th anniversary of his acclaimed, "That's me in a Bar."

Compass Records put out the re-release of "That's Me in the Bar," the 12-track album that established Croce as a singular artistic force in 1995. The re-release features a bonus track, "If You Want Me to Stay," recorded 20 years ago but locked in the vault until now which, features Red Hot Chili Peppers funky bass player Flea and the vocals re-recorded by Croce this year in Los Angeles.

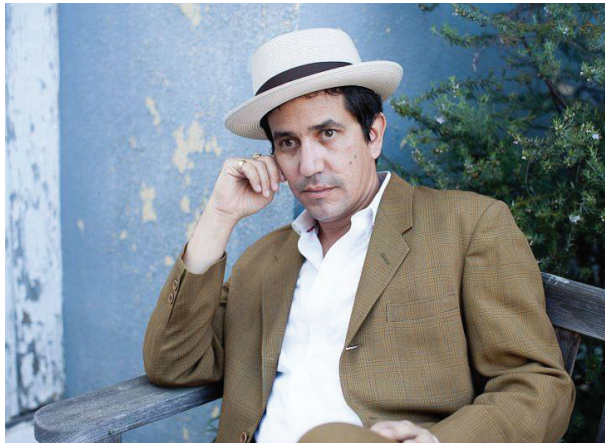
Croce, son of legendary singer-songwriter Jim Croce, began his career at age 18 opening for B.B. King and has since spanned genres from jazz

to Americana to blues to pop.

He was blinded as a result of abuse from his mother's boyfriend at age four, regaining partial vision at age ten. During that time, he taught himself piano while listening to other great blind artists like Ray Charles.

David Wild of *Rolling Stone* considers him "one of our greatest young songwriters" and with good reason. Croce has written with artists including Robert Earl Keen, Gary Nicholson, Roger Brown and Will Jennings, and headlined festivals and shared the stage with artists including Ray Charles, Lyle Lovett, James Brown and Rod Stewart.

Croce's eight studio albums have charted on seven U.S. radio charts including Top 40, College, Americana,



A.J. Croce

Photo submitted

and Blues and charted 17 singles in the Top 20. Additionally, Croce has performed on Leno, Letterman, Conan and Austin City Limits and received praise from *The New York Times*, *Rolling Stone*, *People Magazine* and more.

The 2014 release of "Twelve Tales" was Croce's eighth studio album on Compass Records and considered

by him to be his most ambitious recording project to date. He recorded with six legendary producers in their studios with their musicians in five U.S. cities over the course of the year, while releasing one song per month exclusively on iTunes.

Croce will be at the Troy Saving Bank Music Hall on Nov. 10 at 7 p.m. Tickets are \$27.

■ COMING UP IN SARATOGA

TAUK

Putnum Den — Thursday, Dec. 8

SARATOGA SPRINGS — The ambient-rock jam-tronica quartet **TAUK** are hard to fit into one genre.

They are far from mainstream yet they have experienced rapid growth in just a few years thanks to heavy airplay on SiriusXM and a nearly year-long tour with Umphrey's McGee.

Earlier this month, **TAUK** began their fall tour which is anchored by the Sept. 16 release of their brand new album *Sir Nebula* (released on STS9's label 1320 Records.)

For their upcoming fall dates, the band will be headlining the majority of the tour and will provide support for Lettuce, Consider The Source, and Thievery Corporation on select shows.

Check out their new video for 'Horizon' (off of *Sir Nebula*) which features different liquids reacting to frequencies and vibrations - it's mesmerizing!

■ ... TROY

Michale Graves

Dinosaur Bar-B-Que — Friday, Dec. 23

TROY — The former lead singer of The Misfits from will appear with *Becoming A Ghost and Reverbicon*.

Since leaving The Misfits, Graves embarked on a solo music career as well as appearing in a number of short films including "Zombie," "Half Human," "Wanderer" and "Ripper."

Known for his high energy shows and moving acoustical interpretations, as he has a full three octave range and heart-wrenching lyrics, he has given memorable live performances all over the globe.

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■ ARTS

Painting the history of New York

Renowned painter speaks with Albany Institute

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

ALBANY — Len Tantillo is a converted architect turned artist.

Walking down Albany's State Street, it's difficult to disassociate the two guilds from one another, witnessing the beautiful architecture of the Capital City's historical buildings. But, to clarify, Tantillo is a painter. He left his job as an architect more than 30 years ago to pursue a career in the fine arts. Today, he is known for his works on historical and marine painting. His work has appeared internationally in exhibitions, publications and film documentaries. His work has been included in collections of the Metropolitan Museum of Art, Fenimore Art Museum, the Minnesota Museum of Marine Art, numerous historical



TANTILLO

societies, and corporate and private collections throughout the world.

Tantillo spoke before a group of community leaders in October, sharing his thoughts on how the arts impact and enhance the quality of life for residents and businesses, at a recent corporate breakfast to celebrate the Albany Institute of History & Art's

225th anniversary.

Tantillo lives in the Capital District. The rich history of the region has provided him with plenty of inspiration. He has more than 300 pieces dedicated to the history of New York state. And, most recently, he was commissioned to paint a composition depicting the arrival of Governor George Clinton titled, "1748:

The Arrival of Governor Clinton." The piece is on loan from the Eberly Family to be displayed at the institute.

"Right at the beginning, I decided that if the body of my work could tell a story, then that would bring a way to respect and understand our past," said Tantillo. To do so, Tantillo uses tools he learned from his past vocation in design.

Tantillo paints places

and objects that scarcely exist in 2016. To paint the skyline of colonial age Albany, he first relies on maps. To understand depth, and how light plays on each of the buildings, he next builds a model. His model building has since evolved to using sophisticated computer programs, such as one often used by fashion designers, so that he can understand how material drapes and flows. That's best viewed on the Governor

Clinton piece.

"I had an opportunity in the early 1980s to do historical figures in Virginia," said Tantillo. "That just opened my eyes to a whole new subject matter, and I've stuck with that ever since. It's been a really rewarding and wonderful trip filled with all kinds of adventures."

For more information, call 463-4478 or visit www.albanyinstitute.org.

■ THIS WEEK

Rock & Roll history on display

ALBANY — The Albany Institute of History and Art (AIHA) opens its new exhibit, "Rock & Roll Icons: Photographs by Patrick Harbron," Saturday, Nov. 5.

Capital District resident Harbron began his career photographing rock and roll luminaries such as Blondie, Rush, Stevie Ray Vaughan, The Police, Bruce Springsteen, Madonna and Elvis Costello early in their

careers. He has also photographed the likes of The Rolling Stones, Pink Floyd, Led Zeppelin, Van Halen, Eric Clapton, David Bowie, Queen, The Who, Genesis, KISS, U2, Aerosmith and Prince.

Harbron's photos have not only been published on album, CD and DVD covers, but also in various group collections and solo shows in New York City and Los Angeles.

"Rock & Roll Icons" will include

Harbron's collection of posters and ephemera gathered throughout his career, along with guitars borrowed from the Rock and Roll Hall of Fame and Museum in Cleveland.

The exhibit runs through Feb. 12 at AIHA, which is located at 125 Washington Ave. in Albany. For more information, call 463-4478 or visit www.albanyinstitute.org.



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PICK OF THE WEEK

Charting new waters in old business

Changing music industry has local rock duo breaking the logistical mold

By **WES THOMAS**

news@spotlightnews.com

CLIFTON PARK — When I met with Titanics last week, the band was fresh off a stop in Boston that put the group back in Albany at 4 am that morning. October has been a busy month for the Albany based tranquil-pop duo comprised of Mark Lombardo and Derek Rogers.

Titanics dropped its third release, "Hotel" on Oct. 7, six strong tracks at four minutes or less — you've got to love a band that can tell you a story in four minutes or less.

The duo's approach to writing, recording, producing and even graphics is efficient and self-contained. All in house. As a matter of fact, just being a two-man band allows their tour ride to be a Honda Civic. And, of course, this scenario is probably only possible because Rogers and Lombardo are best of friends. You see it when you chat with them, and you see it on stage. I also learned that the duo aren't necessarily looking to be road warriors. I don't think they are looking to be traditional rock

stars at all.

They believe the ground rules have changed and that the record companies are becoming less and less important. The music industry model is changing and they seem prepared to help usher it in. Lombardo recently left his day job of refurbishing student violins and has become self-employed through his music production business. Rogers, on the other hand, continues his day gig as a graphic designer. Both of these careers seem to work well in conjunction with their musical visions.

If "Hotel" says anything about Titanics, it says things are good. These two friends have their focus and have plans to stay the course.

The Rusty Nail will be hosting "An Intimate Evening" with Titanics Friday, Nov. 4 from 9 to 12 p.m.. This will be a great opportunity to see Lombardo and Rogers. Normally, when you see Titanics it's usually a 35-minute set in a larger venue. The Rusty Nail will be a change of pace. Not only will you get to hear music from all three releases, you'll be treated to some acoustic versions and covers as well.

WHAT'S HAPPENING

Big Bad Voodoo Daddy

Troy Savings Bank Music Hall — Thursday, Nov. 3

TROY — Together for more than 23 years, Big Bad Voodoo Daddy continues its mission to celebrate and revitalize jazz and swing music — America's original musical art form.

Since its formation in the early 1990s in Ventura, Calif., the seven-piece band — founded by singer Scotty Morris and drummer Kurt Sodergren — has toured virtually nonstop, performing an average of more than 150 shows per year, and has sold more than two million albums. They have sold out shows at the Hollywood Bowl and Lincoln Center, and they've made appearances with many of the country's finest symphony orchestras, as well as on TV shows such as "Dancing with the Stars" and Super Bowl XXXIII.

Big Bad Voodoo Daddy performs at 7:30 p.m. Thursday, Nov. 3, at the Troy Savings Bank Music Hall. For information, call 273-0038.

Stockade Music Live! Presents: Scottie Monaco

GE Theatre at Proctors — Friday, Nov. 4

SCHENECTADY — Schenectady-based hip hop/rock group Stockade Kids and Proctors are teaming up for a new, three-part concert series.

Stockade Music Live! features different members of Stockade Kids. Coming up Friday, Nov. 4, at 7:30 p.m., is a solo performance by rapper Scottie Monaco, as he debuts songs from his new album, "Jackie."

Scottie Monaco joins forces with special guest Alexandra as they intertwine their voices and beats in a performance featuring music from his sophomore album.

The first installment of the concert series was a solo show in August by Stockade Kids singer Justin Friello.

Tickets for Scottie Monaco's show are \$15 and can be purchased by phone at 346-6204 or by visiting Proctors' website at www.proctors.org.

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Night & Day

Steve Vai at The Egg

ALBANY — Celebrate the 25th anniversary of Steve Vai's 1990 solo, Grammy nominated recording, "Passion & Warfare" with the guitarist himself this Friday night, Nov. 4 at 8 p.m. in the Hart Theatre at The Egg.

He will perform the entire album from start to finish, with some special surprises along the way.

According to Vai, "Creating this record was a complete liberation for me. It's a reflection of music that was tormenting my psyche for a long time to get out. It was a thrilling vindication to be acknowledged for something I felt so strongly about."

While many musicians fit easily into a single category, Vai's unique musical vision remains unclassifiable. After more than 20 years, Vai continues to use unbridled



Guitarist Steve Vai

Larry DiMarzio photo

guitar virtuosity and soulful artistry to explore the spectrum of human emotion. From "Flex-Able," his self-released solo debut from 1984, to his most recent "Alive in an Ultra World" from 2001, Vai creates a sound all his own by striking a balance between technical ability and poetic phrasing.

His full discography encompasses more than

60 albums, including recordings with Frank Zappa, David Lee Roth and Whitesnake, among others.

A limited number of tickets, which range from \$39.50 to \$69.50, are still available for purchase.

For more information or to purchase tickets online, visit www.theegg.org.

2016 Albany Auto Show

ALBANY — The Eastern New York Coalition of Automotive Retailer, Inc.'s annual Albany Auto Show will roll into the Times Union Center Friday, Nov. 4, through Sunday, Nov. 6.

Check out more than 160 cars, trucks, SUVs and minivans, including the 2017 all-electric Chevrolet Bolt EV and the 2016 BMW i8, during the area's largest, indoor new car

show. This year's exhibitors include 32 automobile and automobile-related manufacturers.

All ages entertainment includes comedic balloon fun with Mr. Twisty on Saturday and Audra Miller Facepainting on Sunday from noon to 4 p.m. on the concourse level, and Virtual Racing and Football-Kick Wall presented by Amusitronix in the exhibition hall both

days.

Adult tickets are \$9 each and children ages 12 and younger will be admitted free when accompanied by an adult. While tickets may be purchased on line at www.ticketmaster.com/Times-Union-Center-tickets-Albany/venue/1154, or by phone at 1-800-745-3000, event organizers strongly recommend buying them in person at the Box Office. Head to the show at any time on Friday and buy tickets for only \$5.

Show hours are Friday, 11 a.m. – 7 p.m., Saturday, 10 a.m. – 7 p.m., and Sunday 10 a.m. – 5 p.m.

The Times Union Center is located at 51 S. Pearl Street in downtown Albany.

For more details about the show, including lists of manufacturers and exhibitors along with a schedule of events, visit www.albanyautoshow.com.



Albany Auto Show patrons take a seat in one of the Honda models on display at the 2015 show.

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CLUBS

9 Maple Avenue
 9 Maple Ave., Saratoga Springs.
 www.9mapleave.com
 Fri: **Scott Bassinson Quartet** | 9 p.m.
 Sat: **Keith Pray Quartet** | 9 p.m.

Albany Rail Yard
 1118 Central Ave., Albany. 489-2990
 Thur: **Nitro Jive** | 7 p.m.
 Sun: **Capital Region Blues Jam** | 8 p.m.

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

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

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

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

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

Carney's Tavern
 17 Main Street, Ballston Lake. 280-7959
 Every Thur: **Matty Finn** | 6 p.m.
 Fri: **Matt Evans** | 7:30 p.m.
 Sat: **Jeff Brisbin** | 7:30 p.m.

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

Centre Street Pub
 308 Union St., Schenectady. 393-2337
 Wed: **Jecco Trio** | 6 p.m.

Chrome Food & Spirits
 405 Hudson River Road, Waterford.
 326-2725
 Sat: **Balse DeBris, Untaymed,**

ARTS CALENDAR



Tango at night

Argentina's Orquesta Victoria will perform its brand of tango music Friday, Nov. 4, at the National Museum of Dance, 99 South Broadway in Saratoga Springs.

Submitted photo

British Steel | 8 p.m.

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

Club Helsinki
 405 Columbia St., Hudson. 828-4800 or
 helsinki@hudson.com
 Fri: **Bruce Katz Band featuring Chris Vitarello** | 9 p.m.

Sat: **Chatham County Line, Johnny Irion** | 9 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: **Michael Zalkin** | 7:30 p.m.
Emack & Bolio's
 366 Delaware Ave., Albany. 512-5100
 Fri: **Alan Durand Foster & Paul Jay** | 7 p.m.
 Sat: **Emerald Dawn** | 7 p.m.
 Every Tue: **Open Mic** | 7 p.m.

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

Fri: **Dismantled, Finite Automata, DJ Velloct, R3CLU23, Omegatelik** | 10 p.m.

Gaffney's
 16 Caroline St., Saratoga Springs.
 587-7359
 Thur: **Woodstone** | 9 p.m.
 Fri: **Frankie Lessard Trio** | 9 p.m.
 Sat: **Rick Nelson Trio** | 9 p.m.

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

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

The Half Moon
 48 S. Front St., Hudson.
 thehalfmoon@hudson.com
 Sat: **Botanica w/ DJ Ephraim Asili** | 9 p.m.

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

The Hollow Bar + Kitchen
 79 N. Pearl St., Albany. 426-8550
 Fri: **Tom Hamilton's American Babes, Hayley Jane and the Primates** | 9:30 p.m.
 Sat: **The Blind Owl Band, Black Mountain Symphony** | 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
 Every Wed: **The Deadbeats** | 10 p.m.
 Fri: **Wes Tirey** | 8 p.m.
 Sat: **Micah Schnabel, The Goat Stingers** | 8 p.m.
 Mon: **Fraternal Twin, Pine Sheets, Another Michael** | 7 p.m.

Lucky Strike Social
 1 Crossgates Mall Road, Albany.
 556-3350
 Sat: **DJ Richard Fraioli** | 10:30 p.m.

McGeary's
 4 Clinton Square, Albany. 463-1455
 Wed: **Best Damn Open Mic Ever with MotherJudge** | 7:30 p.m.
 Sat: **Jecco Trio with Rob Morrison** | 8 p.m.

Continues on B8

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ACROSS

- 1. Hair goops
- 5. River to the Rio Grande
- 10. Christian name
- 14. ___ vera
- 15. Appeared
- 16. Halftime lead, e.g.
- 17. Procrastinate
- 19. "Buona ___" (Italian greeting)
- 20. Queen, maybe
- 21. Anoint
- 22. Cheap skate
- 23. Convened
- 24. No longer in
- 26. Guessed
- 30. Sideways
- 34. Aerial maneuver
- 35. 50 Cent piece
- 37. Dress down
- 38. Bid
- 40. Dracula, at times
- 42. Hairdresser's locale
- 43. More favorable for all
- 45. ___ de deux
- 47. Be inclined
- 48. Treaded
- 50. Looks over
- 52. "Belling the Cat" author
- 54. Order between "ready" and "fire"
- 55. Tangle
- 58. Boorish
- 60. "We've been ___!"
- 63. Coil
- 64. Early name for nuclear reactor
- 66. Buddy
- 67. Shaped like a hemisphere
- 68. Length x width, for a rectangle
- 69. "Don't bet ___!" (2 wds)
- 70. Go on and on
- 71. Freshman, probably

DOWN

- 1. Apple variety
- 2. Brio
- 3. At sea
- 4. Undertake, with "out"
- 5. Bob Ross, for example
- 6. Coastal raptor
- 7. Possibly
- 8. Bony
- 9. "Comprende?"
- 10. Something wanted or needed
- 11. Bad day for Caesar
- 12. Shrek, e.g.
- 13. Back
- 18. "Yes, ___"
- 22. Allots, with "out"
- 23. Grocery store
- 25. Bar bill
- 26. High up
- 27. As yet
- 28. Balkan capital
- 29. Apply gently
- 31. Rattling sound from congestion of lungs
- 32. Agreeing (with)
- 33. Advances
- 36. Drivel
- 39. Drive away
- 41. Bug
- 44. ___ gestae
- 46. Shore, esp. a resort area
- 49. Treat
- 51. Reduced instruction set computer (acronym)
- 53. Spot broadcast, often
- 55. Jerk
- 56. Indian bread
- 57. The "A" of ABM
- 59. Call from the flock
- 60. Bring on
- 61. On the safe side, at sea
- 62. Campus bigwig
- 64. Make sense, with "up"
- 65. Congratulations, of a sort

Answers on Pg. B24

ARTS CALENDAR

Every Sun: **Blues Jam** | 7:30 p.m.

Moon & River Café

115 S. Ferry St., Schenectady. 377-5100
Every Sun: **Open Mic** | 7:30 p.m.

Mouzon House

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

Newberry Music Hall

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

Oh Bar

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

Olde English Pub

683 Broadway, Albany. 434-6533
Wed: **Fish 'n' Chips vinyl-only DJ Night** | 8 p.m.

One Caroline Street

1 Caroline St., Saratoga Springs. 587-2026
Wed: **The Masters of Nostalgia** | 8:30 p.m.
Thur: **Rodeo Barons, Eric Margan** | 8 p.m.
Fri: **Dead 2 me** | 9 p.m.
Sat: **High Rollers feat. Jill Hughes and Matt Mirabile** | 9 p.m.

Sun: **Zoe Berman** | 6 p.m.

Mon: **Tim Wechgelaer** | 7:30 p.m.

Parish Public House

388 Broadway, Albany. 365-0444
Fri: **Hasty Page, Breaking the Fast, A Nautical Mile** | 8 p.m.
Sat: **Head of Hydrus** | 7:30 p.m.

The Parting Glass

40 Lake Ave., Saratoga Springs. 583-1916
Fri: **Fenimore Blues** | 8 p.m.
Sat: **Kevin McKrell** | 8 p.m.

Pauly's Hotel

337 Central Ave., Albany. paulyshotel.com
Fri: **Wavy Cunningham, Tony Louie, Dom Pat** | 8 p.m.
Mon: **Blue Monday 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: **Spiritual Rez, Strange Machines** | 9:30 p.m.
Sat: **Skeleton Keys** | 9:30 p.m.

Roux

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

Rustic Barn Pub

150 Speigletown Road, Troy. 235-5858
Every Thur: **Open Mic** | 8 p.m.
Fri: **Soul Sky** | 8 p.m.
Sat: **The Garcia Project, The Bear Bones Project** | 8 p.m.
Sun: **Maurizio Russomanno** | 4 p.m.

Rusty Nail Grill and Tavern

1781 Route 9, Clifton Park. 371-9875
Fri: **Titanics** | 9 p.m.

Savoy Taproom

301 Lark St., Albany. 599-5140
Fri: **Bohm Dialogue** | 9 p.m.
Sun: **Bryan Brundige Trio (jazz brunch)** | 11 a.m.

Stockade Inn

1 North Church St., Schenectady. 346-3400
Thur: **Tommy Verrigni Trio** | 7 p.m.
Fri: **Bronte Roman** | 7 p.m.

Twisted Vine

384 Kenwood Ave., Delmar. 439-3241
Fri: **The Standard Clams** | 8 p.m.

Universal Preservation Hall

25 Washington St., Saratoga Springs. 584-2627
Fri: **Garnet Rogers (book release)** | 8 p.m.
Sat: **Bob Warren Band** | 8 p.m.
Sun: **Pat Donohue** | 7 p.m.

Upstate Concert Hall

1208 New York 146, Clifton Park. 371-0012 or upstateconcerthall.com
Wed: **Frank Turner & The Sleeping Souls** | 7 p.m.
Fri: **Beartooth, Everytime I Die, Fit For a King, Old Wounds** | 6 p.m.
Tue: **Sonata & Dark Tranquility**,



Political spin

Curtain Call Theatre continues its production of Beau Willimon's political play, "Farragut North," through Nov. 26 at its performance space, 210 Old Loudon Road in Latham Shows are at 7:30 p.m. Thursdays, 8 p.m. Fridays and Saturdays, and 3 p.m. Sundays.

Photo provided by Curtain Call Theatre

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ARTS CALENDAR

Swallow the Sun, Omnium, Gatherum, Enforcer, Starkill | 4:30 p.m.

The Van Dyck

237 Union St., Schenectady. 348-7999
Sat: **80s Metal/90s Grunge Night** | 8 p.m.

Waterworks Pub

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

Wishing Well Restaurant

745 Saratoga Road, Wilton. 584-7640
Fri: **Mike Purcell** | 7 p.m.
Sat: **Rob Aronstein** | 7 p.m.

Yono's

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

MUSIC

Big Bad Voodoo Daddy

Modern-day jazz/swing band. Nov. 3, 7:30 p.m., Troy Savings Bank Music Hall, 30 Second St., Troy. Tickets: \$29 and \$37. Information: 273-0038 or troymusicall.org.

ETHEL

Indi-classical string quartet brings its latest multimedia project, "Documerica," to town. Nov. 3, 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.

Jazz+ @theUnderground

Singer-songwriter Monica Behan and harmonica player Gregoire Maret team up for the premier of a new concert series and fundraiser for the Underground Railroad History Project of the Capital Region. Crescete and Out of the Box open the show. Nov. 4, 6 p.m., Dewitt Ballroom, Renaissance Albany Hotel, 144 State St., Albany. Information: undergroundrailroadhistory.org.

GX3+

Eclectic guitar trio featuring Maria Zemantauski, Ray Andrews and Sten Isachsen. Nov. 4, 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.

Orquesta Victoria

A night of tango music by Argentina's well-known, 14-piece orchestra. Nov. 4, 7:30 p.m., National Museum of Dance, 99 South Broadway, Saratoga Springs. Tickets: \$20. Information: 584-2225, ext. 3001 or www.dancemuseum.org.

Stockade Music Live! Presents:

Scottie Monaco

Rapper from Stockade Kids features music from his new solo album, "Jackie," with special guest Alexandra. Nov. 4, 7:30 p.m., Proctors, 432 State St., Schenectady. Tickets: \$15. Information: 346-6204 or www.proctors.org.

Steve Vai — Passion & Warfare 25th Anniversary Tour

Virtuoso rock guitarist and composer. Nov. 4, 8 p.m., The Egg, Empire State Plaza, Albany. Tickets: \$39.50-\$69.50. Information: 473-1845 or www.theegg.org.

Jlin and Orion

Two electronic music masters join forces

for one show. Nov. 4, 9 p.m., EMPAC, Rensselaer Polytechnic Institute, Troy. Tickets: \$6-\$18. Information: empac.rpi.edu.

Golden Oldies Spectacular

A night of 1950s and 60s hits featuring Darlene Love, Bobby Rydell, Lightning Lou Christie and Freddie "Boom-Boom" Cannon. Nov. 5, 7 p.m., Proctors, 432 State St., Schenectady. Tickets: \$39.75-\$54.75. Information: 346-6204 or www.proctors.org.

Arlo Guthrie — Running Down the Road Tour

Legendary folk singer-songwriter. Nov. 5, 7:30 p.m., The Egg, Empire State Plaza, Albany. Tickets: \$39.50 and \$49.50. Information: 473-1845 or www.theegg.org.

Empire State Youth Orchestra

Performing works by Dvorak, Vieuxtemps and Mahler with violinist Aram Kim, this year's Lois Lyman Concerto Competition winner. Nov. 5, 7:30 p.m., Troy Savings Bank Music Hall, 30 Second St., Troy. Tickets: adults \$20, students/seniors \$10. Information: 273-0038 or troymusicall.org.

Albert Cummings

Berkshire bluesman. Nov. 5, 8 p.m., The Linda: WAMC's Performing Arts Studio, 339 Central Ave., Albany. Tickets: \$20. Information: 465-5233 or thelinda.org.

Debo Band

Ethiopian soul/funk/rock band. Nov. 5, 8 p.m., Arthur Zankel Music Center, Skidmore College, North Broadway, Saratoga Springs. Tickets: adults \$8, seniors/Skidmore staff \$5, children and students free. Information: skidmore.edu.

Off Broadway Salute — A Benefit for Universal Preservation Hall

The Music Company Orchestra joins forces with the Mohawk Valley Chorus for this fundraiser. Nov. 6, 3 p.m., Proctors, 432 State St., Schenectady. Tickets: adults \$25, seniors \$22. Information: 346-6204 or www.proctors.org.

Glens Falls Symphony

Performing Christopher Theofanidis' new work, "Dreamtime Ancestors," and Beethoven's "Symphony No. 3." Nov. 6, 4 p.m., Glens Falls High School auditorium, 10 Quade St., Glens Falls. Pre-concert talk at 3 p.m. Tickets: adults \$25-\$39, students with ID \$10. Information: 793-1348 or www.theglensfallssymphony.org.

Music at Noon Concert Series

Americana/blues group Annie and the Hedonists perform. Nov. 8, noon, Troy Savings Bank Music Hall, 30 Second St., Troy. Free. Information: 273-0038 or troymusicall.org.

Ani DiFranco

Singer, songwriter, activist and independent entrepreneur. Nov. 9, 8 p.m., The Egg, Empire State Plaza, Albany. Tickets: \$35. Information: 473-1845 or www.theegg.org.

THEATER

Farragut North

Beau Willimon's play about a press secretary's attempts to spin his presidential candidate's mistake. Presented by Curtain Call Theatre, 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.

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.

Wonderful World

Comedy about a close-knit family that is shaken to its core when a minor misunderstanding spirals out of control. Presented by Albany Civic Theater, Nov. 4-20, 235 Second Ave., Albany. Shows: Friday and Saturday 7:30 p.m., Sunday 3 p.m. Tickets: adults \$18, students \$10. Information: 462-1297 or www.albanycivictheater.org.

Dirty Dancing

Hit film from the 1980s comes to the stage in a musical. Nov. 8-13, Proctors, 432 State St., Schenectady. Shows: 7:30 p.m. Nov. 8 and 9, 1:30 and 8 p.m. Nov. 10, 8 p.m. Nov. 11, 2 and 8 p.m. Nov. 12, and 2 p.m. Nov. 13. Tickets: \$20-\$95. Information: 346-6204 or www.proctors.org.

COMEDY

The Funny Bone

Chris D'Elia, Nov. 2, 7:30 p.m. "Guys We F---ed: The Experience," a live version of the popular podcast, Nov. 3, 7:30 p.m. Chris Porter, Nov. 4, 7:30 and 10

Continues on B10

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ARTS CALENDAR

p.m., Nov. 5, 7 and 10 p.m. and Nov. 6, 7 p.m. Crossgates Mall, Western Avenue, Guilderland. Information: 313-7484 or Albany.funnybone.com.

The Comedy Works

Nick DiPaolo, Nov. 3 and 4, 8 p.m., and Nov. 5, 7:30 and 9:30 p.m. 388 Broadway, Saratoga Springs. Information: 275-6897 or thecomedyworks.com.

Pretty Much the Best Comedy Show: Shane Maus

Comedian and podcast host who has appeared on late night talk shows and comedy specials headlines this show: Nov. 6, 7 p.m., Proctors, 432 State St., Schenectady. Tickets: advance \$15, day of show \$20. Information: 346-6204 or www.proctors.org.

Laughter Invades the Massry Center

Andy Pitz, Dan Geurin and Erin Harkes highlight comedy night at The College of Saint Rose. Nov. 11, 7:30 p.m., Massry Center for the Arts, 1002 Madison Ave., Albany. Tickets: adults \$20, students \$10. Information: www.massrycenter.org.

DANCE

First Friday Swing Dance

Featuring live music by Eight to the Bar. A group dance lesson is included. Nov. 4, 7 p.m., Albany Elks Lodge, 25 South Allen St., Albany. Tickets: general admission \$15, Dance Flurry members \$12, seniors/students \$10. Information: www.danceflurry.org.

FILM

Citizens Bank Movie Series

See the classic thriller "The French Connection." Nov. 7, 7 p.m., Palace Theatre, 19 Clinton Ave., Albany. Tickets: \$5. Information: palacealbany.com.

Music Hall Movie Series

See "Mr. Smith Goes to Washington" on Election Day. Nov. 8, 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., Ndakinna Education Center, 23 Middle Grove Road, Greenfield Center. Admission: \$5. Information: www.caffelena.org.

Word Plays: Waterloo

Listen to storytellers recount tales of how people have dealt with their personal defeats. Presented by Story Circle at Proctors, Nov. 6, 2 p.m., 432 State St., Schenectady. Tickets: \$8 per person, \$12 for groups of eight or more. Information: 346-6204 or www.proctors.org.

EDUCATION

Schenectady's Struggle for Democracy

Historian John Gearing talks about the

city's early history and its struggle to enjoy a democratic form of government. Nov. 5, 2 p.m., Mabee Farm Historic Site, 1100 Main St., Rotterdam. Admission: general public \$5, Schenectady County Historical Society members free. Information: schenectadyhistorical.org.

MISCELLANEOUS

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.

We Can Talk About it Now —

John Simon: Working with The Band

Producer/engineer talks about his experiences working with the legendary folk-rock/Americana group. Nov. 3, 6 p.m., Schenectady Public Library, 99 Clinton Ave., Schenectady; Nov. 4, noon, Albany Public Library, 161 Washington Ave., Albany; Nov. 5, 1 p.m., Bethlehem Public Library, 451 Delaware Ave., Bethlehem; Nov. 5, 3:30 p.m., Guilderland Public Library, 2228 Western Ave., Guilderland; Nov. 6, 12:30 p.m., Saratoga Springs Public Library, 49 Henry St., Saratoga Springs; and Nov. 6, 3 p.m., Clifton Park-Halfmoon Library, 475 Moe Road, Clifton Park. Information: www.theegg.org.

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ARTS CALENDAR

Brava!

A night of memoirs about the place of bras in women's lives. The event serves as a fundraiser for the YWCA of the Greater Capital Region. Nov. 4, 5 p.m., Arts Center of the Capital Region, 265 River St., Troy. Tickets: \$45; people are asked to also donate a new bra (with tags). Information: 273-0552 or www.artscenonline.org.

Albany Auto Show

See more than 160 new vehicles representing 32 manufacturers, as well as booths featuring auto-related products and services. Nov. 4-6, Times Union Center, 51 South Pearl St., Albany. Tickets: adults \$9, children 12 and under free when accompanied by an adult; special \$5 tickets for Friday, Nov. 4. Information: (800) 745-3000 or ticketmaster.com.

Northeast Ski & Craft Beer Showcase

Featuring the latest in ski, snowboard and winter sports equipment; snowmobiles and all-terrain vehicles; exhibits from the top mountain resorts in the Northeast; a craft beer garden; and more. Nov. 4, 4 to 9 p.m.; Nov. 5, 10 a.m. to 6 p.m.; Nov. 6, 10 a.m. to 5 p.m. Empire State Plaza Convention Center, Albany. Advance tickets: \$8. Door tickets: \$10. Children 12 and under: free. Information: www.northeastskishow.com.

Adirondack Stampede Rodeo

A two-night event featuring bareback and saddle bronc riding, steer wrestling, tie-down and team roping, ladies barrel racing and bull riding, with proceeds benefitting several children's charities. Nov. 4 and 5, 7:30 p.m., Glens Falls Civic Center, Glens Falls. Information: 798-0202 or www.glensfallsciviccenter.com.



Three guitar styles; one eclectic evening

From left, guitarists Ray Andrews, Maria Zemantauski and Sten Isachsen form the trio GX3+. The group will perform Friday, Nov. 4, 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

National Museum of Dance

Bridal Show
Featuring more than 60 of the top Capital District vendors. Nov. 6, 1 p.m., 99 South Broadway, Saratoga Springs. Free. Information: 584-2225 or

www.dancemuseum.org.

Presidential Trivia Night

Show your knowledge of United States Presidents at this trivia night. Nov. 7, 6 p.m., Schenectady County Historical Society, 32 Washington Ave., Schenectady.

Admission: \$5 per person, free for SCHS members. Information: schenectadyhistorical.org.

Burnt Hills-Ballston Lake Rotary Club Apple Pie Fest

A community tradition featuring apple

pie with all the fixings, a performance by the Doc Springs Rehabilitated Dixieland Band and door prizes. Nov. 8, 5 p.m., Burnt Hills-Ballston Lake High School, 88 Lake Hill Road, Burnt Hills. Admission: adults \$7, children ages 5-12 \$5, children under five free.

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

"Screenprint Biennial" and "Under the Sea to the Kitchen Sink," through Dec. 23. 265 River St., Troy. Information: 273-0552 or www.artscenonline.org.

Brookside Museum

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

Collar Works

"Screenprint Biennial," in conjunction with the Arts Center for the Capital Region's exhibit of the same name, through Dec. 23. 621 River St., Troy. Information: www.collarworks.org.

Esther Massry Gallery

"Hitting Bumps on the School Bus," an exhibition of paintings by Danny

Continues on B12

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BLUE MACHINE



SATURDAY
November 12, 2016 | 9 pm

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ARTS CALENDAR

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.

Hudson Valley Community College

"The Fine Arts and Digital Media Faculty Exhibit," Nov. 3 through Dec. 3, Teaching Gallery, Administration Building, HVCC campus, Route 4, Troy. Information: www.hvcc.edu.

The Hyde Collection

"Artists of the Mohawk-Hudson Region" and "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 Serriane, through Nov. 27. 96 Broad St., Schuylerville. Information: www.thelaffergallery.com.

Mabee Farm Historic Site

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

miSci

"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.

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.

Second Floor Gallery

NorthCountryARTS exhibit, through Dec. 2; opening reception Nov. 4, 5 p.m. Glens Falls City Hall, 42 Ridge St., Glens Falls. Information: 798-0992.

Tang Teaching Museum

"Sixfold Symmetry: Parrem in Art and Science," an exhibition of contemporary and historical art, artifacts and material culture, featuring collaborations with faculty members from multiple depart-

ments, through March 12, Skidmore College, North Broadway, Saratoga Springs. Information: tang.skidmore.edu.

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 Anthropocene," 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. 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.

First Night 2017 Button

Stuffing Party
Volunteers needed to help with project. Nov. 7, 6 p.m., Saratoga Arts Center, 320 Broadway, Saratoga Springs. Information: Mary Henninger, 584-4132, ext. 208.



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(80's / early 90's event)</p> | <p>NOVEMBER 19th • 3PM
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| <p>DECEMBER 3rd • 8PM
Joey Belladonna's Chief Big Way</p> | |
| <p>DECEMBER 16th 8PM
Tony Harnell of TNT with Hairband Riot and Moriah Formica</p> | |

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HEALTH & FITNESS

When your body wages war against you

One personal trainer's plight to take control of her chronic illness

By **AVERY LANSING**

news@spotlightnews.com

When I was 19 years old, my world was turned upside down. I became very ill and wasn't sure what was happening to me. The pain in my abdomen was so excruciating I couldn't stand up straight, and the other symptoms were so embarrassing, I didn't want to talk to many people about it. I let myself get very sick before I finally went to the doctor and got some answers. Ultimately, I was diagnosed with a chronic autoimmune disease called Ulcerative Colitis.

Ulcerative Colitis (also called "UC") is an inflammatory bowel disease that causes long-lasting inflammation and ulcers in your digestive tract. This illness affects over one million Americans, most of whom are diagnosed before age 30. Unfortunately, many people with my disease feel isolated because it can be so embarrassing to talk about. Over time, I've learned not to feel embarrassed or ashamed. My illness is beyond my control and I've spent a lot of time being depressed about it, but I certainly didn't ask for this and even the doctors can't explain why it happens to so many people. There is currently no specific cause – only theories – and there is no cure except surgery, which means losing your colon and never getting it back. There are no colon transplants!

The 19-year-old me sat in a doctor's office with my mother at my side while the man across the desk told me that my body was sick and it was never going to be quite the same again. Disease? Incurable? I had always been healthy and active. From what I understood, he basically said that eating was making me sick. My

system couldn't digest properly anymore, so my body was attacking itself.

I was so frail and weak that I ended up in the emergency room and had to be hospitalized for weeks. I was so ill that I couldn't walk, dress myself, or even take myself to the bathroom and I wasn't allowed to eat or drink anything for fear of further exacerbating my disease. I could hardly move, and I was in more pain than I had ever experienced in my life. Constant, relentless pain. That was just the first trip of many to the emergency room.

My doctor told me that I was the worst case of UC he had ever seen. I was sent to multiple doctors, different hospitals and special clinics because no one could quite

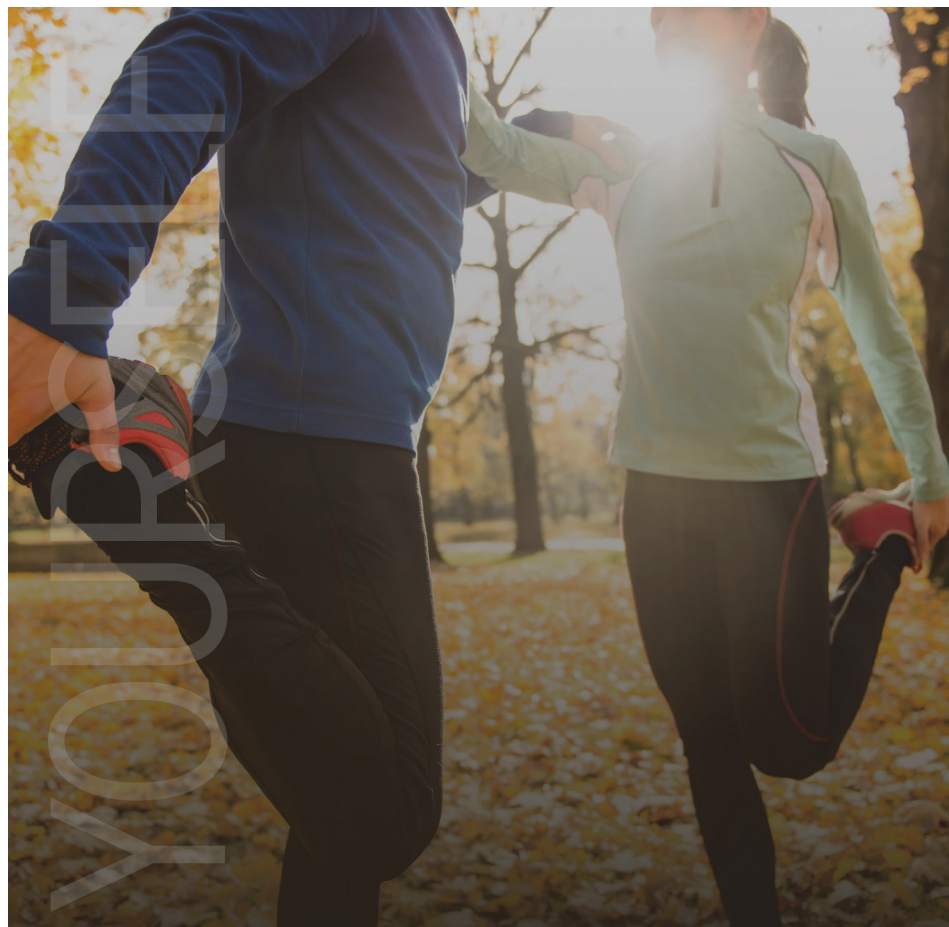
I remember hair falling out in clumps in my hands in the shower and I would just cry. I didn't understand why this was happening to me and why I wasn't getting any better. My body was giving up on me, and I would actually speak to it and beg it not to give up.

figure out how to keep me in remission. Eventually, I had to drop out of college and move home with my parents because I couldn't stop relapsing. In the beginning, I was in denial about my disease and very determined not to let it change my life. I would push myself to get through school and social events, despite crying in pain in the bathroom every 10 minutes. Even though I had straight A's for the whole year, I received failing grades because I relapsed and ended up in the hospital just before finals. It seemed so unfair, like I had to pay for being sick. My hair started falling out from malnutrition; I had to cut it very short and pin it back on the sides so you couldn't see the major hair loss on the sides of my head. I remember hair falling out in clumps in my hands in the shower and I would just cry. I didn't understand why this was happening to me and why I wasn't getting any better. My body was giving up on me, and I would actually speak to it and beg it not to give up.

For a long time, my life became an endless cycle of medication, remission, relapse; new medication, remission, relapse. Each time I relapsed I was put on complete bowel rest, then slowly graduated to clear liquid and full liquid diets. I had to be careful reintroducing solid food to my body for fear that I might get sick again. There was a time when I literally ate baby food as a woman in my 20s. I developed a strange relationship

with food because of all the restriction diets and pain. I associated food with pain, and I also saw it as something I wanted but couldn't have. Sometimes I would get so angry that I would just eat food I knew would make me sick because I couldn't take it anymore. I started bingeing in private on foods that I would fantasize about while laying in my hospital bed. My weight was up and down for years, and the

Continues on B21



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Food & Vino

Pollo a la Creme

By **MICKEY SPELVIN**
news@spotlightnews.com

CULINARY ARTS

Ingredients — Serves Four

- 1 chicken, cut into serving pieces
- salt and pepper to taste
- shortening
- 1 cup white sauce, made according to your favorite recipe
- 2 egg yolks, well beaten
- 1 8-ounce package noodles
- 1/4 cup grated mild cheese
- 1 tsp meat extract
- 1/2 pint sweet cream watercress

Preparation

Disjoint the chicken, season with salt and pepper, and saute in shortening until golden brown and almost done. Turn once or twice to

brown evenly. When almost done, remove chicken from bones and cut into chunks.

Prepare a rich white sauce according to your favorite recipe and add to it 2 well-beaten egg yolks. Cook noodles according to directions on package and add white sauce, salt, pepper, grated cheese, and meat extract, and pour into a buttered ring mold. Heat in a 350° F oven over a pan of hot water for about 1/2 hour or until mold is firm.

Place chicken pieces in cream and heat, but do not allow the cream to boil. Unmold the noodles and fill with creamed chicken in the center. Garnish with watercress.

Wine Pairing

Brancott Sauvignon Blanc 2015 — Brancott Estate — New Zealand — White fragrant and juicy, with apple blossom, lime zest and chive blossom notes surrounding a core of intense and refreshing lemon and grapefruit flavors.

Mickey Spelvin is a guest columnist, stepping in for Ann Linda Ciotoli.

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



IN BRIEF

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>.

Make Me Laugh 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.



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LIFESTYLE

Yoga as means to remedy PTSD

By MARIA BOWERS
news@spotlightnews.com

The greatest overlooked news story today, is that the suicide rate among veterans is an astounding 22 veterans per day every day.

Post Traumatic Stress Disorder or P.T.S.D. is a huge part of this heartbreaking crisis. This deadly disorder has symptoms ranging from insomnia, depression, anxiety, panic and startle responses to triggers. This disorder brings a life of chaos and suffering for veterans and their families, with no end in sight. However, yoga is effective in treating these symptoms through poses and breath control. These techniques are easy to learn and do not need too much time. When practiced daily, they relax the body and quiet the mind.

The body tightens when tense.

Especially the jaw, the neck, the shoulders and the back. Tension in the physical body reinforces a tense mind. If these key areas become relaxed, it is an important step in reducing the escalation of stress. When physical relaxation is combined

What breathe control does is to create a habit of calm breathing as a substitute for shallow and rapid breathing. The deep and slow breathing alerts the parasympathetic nervous system to slow down the heart rate which interrupts the fight/flight response. The painful memory reappears, but with a relaxed body and quiet mind.

with slow breathing, the fight/flight response is interrupted. When the trigger is experienced, in a relaxed and calm way, the reaction is not as intense.

The jaw can be relaxed by gently placing the knuckles of each hand on the joint between the upper and lower jaw. Make a loose fist and slowly rotate the knuckles on the face close to the ears. Keep the jaw unhinged by placing the

Continues on B25



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■ CONCERT REVIEW

It's how they roll

The Record Company attracts diverse crowds as it continues to climb the Billboard charts

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

ALBANY— When The Record Company took the stage at the Hollow I saw and heard the definition of Rock and Roll in its purest sense by way of a Fender P-Bass, a set of “60’s” Ludwigs

and a harmonica through a “Green Bullet” Shure. That was it. No loops running, nothing being sampled, not a keyboard in sight! Just Rock with plenty of Roll. As per The Record Company’s lead singer and guitarist Chris Vos, “the roll” is the important part that so many people forget, and after seeing them roll through a 12-

song set, I get it!

The Hollow was completely sold out on this night but was operating in an expanded format that helped accommodate the capacity crowd.

The last time the L.A. based band was in town was back in February when they played to a packed house at The Low Beat for some hundred, lucky people. Now, eight months later, The Record Company returns with two songs charting on Billboard, as well as the current album “Give it Back to You” charting on both Rock and Alternative album charts and still we have the luxury of seeing this band in such a great small room.

The Record Company’s rhythm section, composed of Alex Stiff on bass and Marc Cazorla on drums were something to be heard and felt. They would lay down this huge pad for Chris Vos to show us his harmonica, vocal, guitar, slide and lap steel prowess. Did I mention this is one talented dude? There are many bands and guitarists embracing the lap steel at

the moment but Chris Vos owns it! His distinct style and sound on both Rita Mae Young and Off the Ground have done a lot for their chart positioning.

During the set Chris was referencing one of their major influences, John Lee Hooker and it was never more obvious than in the song “Turn Me Loose.” He also gave a shout out to an idol of theirs that they grew up listening to, Adam “MCA” Yauch of the Beastie Boys and surprised us with a great cover of “So What’cha Want.”

One thing’s for certain, this a show that I won’t soon forget nor will the diverse crowd in attendance that night. This crowd was not just the usual suspects that turn out for shows. The Record Company is one of those bands that appeal to a variety of demographics. I think they’re one of those bands that everyone’s dad would love. Check them out today and help your dad download it.





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Experience Troy's ironworking past at the Tech Valley Center of Gravity where you'll make castings using 3D printed molds.

At the Rensselaer County Historical Society help imagine Troy in 2116 by building a collaborative futuristic model of the city.



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tech valley center of gravity
30 3rd St. Troy, NY



RCHS Rensselaer County Historical Society
57 2nd St. Troy, NY

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■ CONCERT REVIEW

Metalcore mayhem

Attila shows its appreciation for fans

By **JENNY CAULFIELD**
nysmusic.com

CLIFTON PARK— Attila's Chris Fronzak said that Attila has been around for 12 years and will be for 100 more.

With its performance from the Chaos Tour On Oct. 20, at Upstate Concert Hall in Clifton Park, this can easily be true. Metalcore band Attila packed the venue alongside Chelsea Grin, Emmure and Sylar for a night of raw heavy music.

Openers Sylar from Queens, N.Y. gave a heavy start to the night to let fans know what they were in for. Although the activity from the crowd for its set was minimal, frontman Jayden Panesso didn't stop building intensity from the audience. The musicians themselves utilized the space on stage to make sure every part of the venue got a taste of its sound.

Following Sylar was the five-piece metalcore band Emmure. As soon as it stepped foot on stage, you could feel the atmosphere in the venue change. Fans were opening circle pits, mosh pits and created such havoc that an ambulance with paramedics came towards the end of its set to help the injured fans.

With fans screaming and moving all over the venue, Emmure was immediately

called on stage for an encore after its set despite being the second band on the lineup.

Chelsea Grin, who accidentally set off fire alarms during its set, had one of the most engaging performances of the evening. Vocalist Alex Koehler made sure to get in contact with every fan that crowd surfed to the front and got off stage and against the barricade of the audience twice to share his mic with fans.

With every song performed by Chelsea Grin, the intensity in the venue became stronger and stronger. More fans were acting out and jumping on top of other fans to sing lyrics with Koehler. With fans filled with excitement, headliners Attila came on stage to end the night with what would leave fans in awe.

Although some find Attila's lyrics distasteful, Attila came out performing "Public Apology," a single from its new album "Chaos," out Nov. 4, to set the pace

Continues on page B18



WHO, ME?
—
No pretense from Attila. The band loves its fans, and show it.
Jenny Caulfield / nysmusic.com



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Ice Cubes 3/4 oz. Galliano Liqueur
2 oz. Vodka 5 oz. Orange Juice

Half fill shaker with ice. Add vodka and orange juice and shake well. Strain into ice filled highball glass. Gently float the Galliano on top and garnish with orange slice.



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www.steinersskibike.com

From page B17 ... Metalcore mayhem

for its show. Front man Fronzak immediately wanted to show fans what Attila are about by making it clear he had no care in the world about what happened during its show.

"There are no rules at an Attila concert," said Fronzak.

Whether you like Attila's music or not, it is impossible to deny its absolute love for its fan base. Fronzak immediately went out of his way to make every fan feel special by utilizing the space of the entire stage. Fronzak was sharing the mic with fans and promoting activity by inviting every fan to crowd surf to the front and give him a high five.

Trying to excite fans, Attila left the stage momentarily only to come back moments later with Fronzak shooting fog from a fog gun across the audience.

Besides the band's incredible fan interaction, it had stellar stage performance to

complement it. The general performance by everyone in Attila was entertaining. You could tell every musician was loving what they were performing and it only became more exciting by seeing the reactions from fans.

Out of most of the bands in the metalcore scene, Attila stands out as going above and beyond to show how much it loves the fans.

Following the trend of making fans feel important, Fronzak made a fan's dream come true of singing on stage with Attila. Before performing its popular song "Payback," Fronzak called for the best metal vocalist in the audience to come on stage. Becoming what he called "tryouts for Attila," three men took the stage to compete to perform "Payback" on stage.

With the crowd cheering for its favorite vocalist, a fan got to live out his dream of

performing, "Payback" in full, with his favorite band.

To appeal to his fans, Fronzak made clear the messages in his music. "We never claimed to be perfect. We know we're f--k ups, that's why we make music about it."

Smiles stretched across the faces of fans of all ages who came out to rage with Attila. With the amount of fan interaction, it was impossible for any fan to leave the venue without feeling like an important part of the Chaos Tour.

With this type of attitude and energy for its live performances, it is easy to say Attila will have many years of tours ahead of them. If you are looking for a night of heavy music with a feeling of exuberance, make sure not to miss the Chaos Tour.

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.



Bringing the funk to Spa City

SARATOGA SPRINGS — Dopapod and Pigeons Playing Ping Pong each brought its tour through upstate New York with performances at a packed Putnam Den, Wednesday, Oct. 26. It was a night of dancing, spectacular lighting and more than three hours of flowing funk and prog rock. Highlights from Pigeons' set include the ending trio of "Spacejam," "The Hop" and "F.U.," while Dopapod had a monster trio of its own with "Present Ghosts," "Priorities" and "Vol. 3 #86."

— Pete Mason, nysmusic.com

Photos by Frankie Cavone / nysmusic.com



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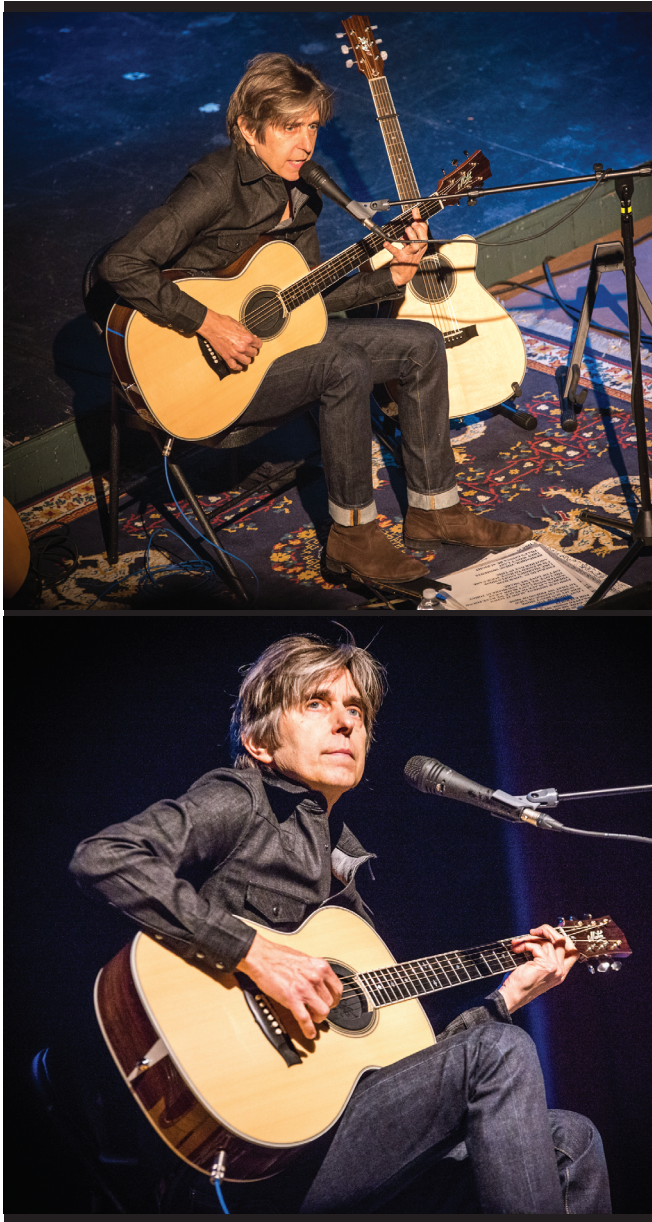
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Unplugged guitar hero

Grammy Award winning guitarist Eric Johnson provided an intimate performance of his latest album "EJ" to the Cohoes Music Hall, Saturday, Oct. 22. It was an all acoustic affair for the artist otherwise known for his flair on electric guitar.

Photos by Jim Gilbert / nysmusic.com

IN BRIEF

Russell Sage/Dance features Ellen Sinopoli Dance Company

TROY — Russell Sage College's department of arts and letters announces its annual student/faculty dance concert, "Russell Sage/Dance!"

Performances take place Friday, Nov. 11, and Saturday, Nov. 12, at 7 p.m. in the James L. Meader Little Theater on the Troy campus.

"Russell Sage/Dance!" is an evening of innovation, creativity and artistry, featuring student work guided by RSC dance faculty members, Ellen Sinopoli and Laura Teeter.

Appearing as guest artists, the Ellen Sinopoli Dance Company will perform three selections from its current repertory: "Filament," set to music by Don Knaack (aka The Junkman); "Tiamat," named for the Sumerian goddess of primordial waters; and "Winged," inspired by the imagery of birds.

Tickets are \$10 for adults and \$8 for students and seniors. For more information, call 244-2248 or visit tickets.sage.edu.

Schenectady Civic Players present a dinner theater whodunit

SARATOGA SPRINGS — Schenectady Civic Players unveils another in its series of fun-filled mystery dinner theater whodunits when it presents two performances of "Eat, Drink, and Be Murdered (an Irish Family Feud)" Friday, Nov. 18, and Saturday, Nov. 19, at 6 p.m. at Anne's Washington Inn, 111 South Broadway in Saratoga Springs.

Tickets are \$60 and include the show and a buffet dinner catered by Mama Mia's of Saratoga.

For information, call 382-2081 before Nov. 11.

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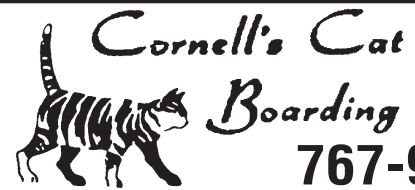


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From page B13...

Body wages war

steroids they had me on to fight the inflammation in my body made me swell up and I looked almost unrecognizable. Everyone told me it didn't look that bad, but I knew they were just being nice.

When I asked what would happen if I ever tried to go off medication, the doctors would say, "You could die." The side effects of the medications were just as terrible. To name a few that I experienced: weight gain, irritability, brain fog, memory loss, insomnia, ear pain, headaches, rashes, constant fatigue and flu-like symptoms, etc. The drugs were powerful and further suppressing my immune system, which made it difficult to hold any job or have a social life. I became known as the girl who was "always sick with something." I lost a lot of friends and started shutting people out because I just didn't feel like I could relate to anyone anymore. Everyone my age was off in college and planning their futures, while I was becoming a regular at Albany Medical Center and just trying to find the energy to get out of bed each day.

When I was 23, after a year of medicated remission on a drug that I had to administer at home via a shot in the stomach, I started getting horrible, painful rashes in the sun when I went outside. Then it started happening when I was in the car on the way to work, when the sun was merely reflecting on me through the window. I was becoming allergic to the sun, because of something the medication was doing to my body. Another side effect. I love the outdoors, and I couldn't stand the thought of something keeping me from enjoying the fresh air and sunshine that I love and live for. I decided I'd had enough.

I sat down with my family and talked about the idea of taking myself off medication completely, and trying to control my symptoms with diet and lifestyle. My disease is triggered by two major things: stress and food. I began studying nutrition and exercise science, fascinated by the

complexity of the human body and mind, and what an impact our choices can have on our intricate systems. My parents knew I was determined to find a better quality of life for myself and supported my decision to go off the prescription drugs. Almost two and a half years later, I am beyond happy to report that I am healthier, stronger, happier and more ALIVE than I have ever been. I eat a well balanced and nutritious diet, I exercise every day, keep a positive attitude and avoid stressful environments. Exercise is my new medicine. Research has shown that regular exercise can relieve stress, alleviate depression, strengthen bones and joints, prevent cancer and other illnesses and reduce fatigue! I've learned to take care of myself and love my body instead of hating it. I have to make sacrifices and constantly think about how my choices will affect the way I will feel tomorrow, but it's worth it. I work hard at getting stronger every day because I know what it's like to have your health taken away from you, and I want to make sure that never happens to me again. The stronger I become, the harder it will be for my disease to fight back again.

When I was really sick, I lost all my muscle and couldn't even walk up the stairs. People didn't believe me when I said I wasn't able to do a single push-up. Today, I am a certified personal trainer and currently preparing for my first all natural body building competition this Fall. I can definitely do more than one push-up! I am truly grateful for each day, each moment, and each breath. I get to exercise for a living now and I have more energy than ever. I have the opportunity to help educate others on how to make their bodies functional and strong again so that they can lead a happier life, pain free and feeling comfortable in their bodies. I know what it's like to feel like you can never get up again. I know what it's like to ask yourself if you're even worth it because you're so far gone.

I'm here to tell you that you are worth it, and you can always pick yourself back up again no matter how hard you've fallen down. The human spirit is extremely resilient. All you have to do is remember that you are stronger than you think, and capable of more than you know. Healthy choices lead to more healthy choices. Start now!

Avery Lansing is a personal trainer at VENT Fitness in Guilderland.

Author gives book talk

MALTA — Saratoga Springs author Ray O'Connor will discuss and sign copies of his book, "She Called Him Raymond: A True Story of Love, Loss, Faith and Healing," Tuesday, Nov. 15, at 6:30 p.m. at Round Lake Library's Malta Branch, located in the Malta Community Center, 1 Bayberry Drive.

When O'Connor found a letter dating from 1944, he took an early retirement to travel and uncover more details about the man he was named after — a B-17 pilot who flew during World War II. During his search, Ray uncovered the true story of his mother, Helen Gregg, and Clarence R. Stephenson. Helen was the daughter of Irish immigrant parents and grew up poor in Hell's Kitchen during the Great Depression. Clarence was raised in the dying industrial city of Ironton, Ohio.

After the attack at Pearl Harbor in 1941, Clarence vowed to defend his country and enlisted as a pilot in the Army Air Corps. Clarence and Helen met purely by chance during the summer of 1942. As soon as their eyes met, they knew their lives would never be the same. Theirs is a beautiful story of love and turmoil during World War II.

Registration for the author talk and book signing is requested. Call the library at 682-2495 or visit roundlakelibrary.org.

HVCC honors Pearl Harbor anniversary

TROY — Herman Eberhardt, supervisory museum curator at the

Franklin D. Roosevelt Presidential Library and Museum in Hyde Park, will present "FDR and Pearl Harbor: Inside the White House on December 7, 1941" at 4 p.m. on Thursday, Nov. 10, in the Bulmer Telecommunications Center Auditorium on the Hudson Valley Community College campus.

The attack on the Hawaiian harbor by 353 Japanese planes came in two waves just before 8 a.m. (1 p.m. EST), killing or wounding more than

3,000 Americans and damaging eight U.S. Navy battleships. The surprise attack shocked the nation and instantly plunged the United States into World War II, marking one of the most significant turning points in American and global history.

Eberhardt's lecture will provide a behind-the-scenes view of President Roosevelt and his inner circle of advisors during the pivotal 24 hours that followed the attack. He will describe how events unfolded inside the White House, beginning at 1:47

p.m. (EST) on Sunday, Dec. 7, when the President was informed of the attack, and ending early Monday afternoon, Dec. 8, when he delivered his famous "Day of Infamy" address to a joint session of Congress.

The Nov. 10 lecture is free to the public and will be followed by a reception in the college's Marvin Library Learning Commons, where the sixth annual "Pride of Our Nation... Pride of Our College" exhibit is on view through Pearl Harbor Day (Dec. 7).

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IN BRIEF

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.

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.

Open auditions at Home Made Theater

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.

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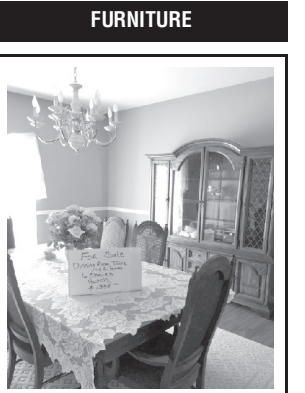
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| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | 5 | 1 | 2 | 7 | 6 | 4 | 3 | 9 |
| 7 | 4 | 9 | 1 | 3 | 5 | 6 | 2 | 8 |
| 6 | 3 | 2 | 4 | 8 | 9 | 7 | 1 | 5 |
| 4 | 1 | 3 | 8 | 9 | 2 | 5 | 7 | 6 |
| 9 | 7 | 8 | 5 | 6 | 1 | 3 | 4 | 2 |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

Super Crossword Answers

| | | | | | | | | | | | | | | | | |
|----|---|---|---|----|----|----|----|----|----|----|----|----|---|---|---|----|
| 1 | G | E | L | S | 5 | P | E | C | O | S | 10 | I | O | R | | |
| 14 | A | L | O | E | 15 | A | R | O | S | E | 16 | E | D | G | E | |
| 17 | L | A | S | T | 18 | M | I | N | U | T | E | 19 | S | E | R | A |
| 20 | A | N | T | 21 | A | N | E | L | E | 22 | M | I | S | E | R | |
| 23 | S | A | T | 24 | D | A | T | E | D | 25 | | | | | | |
| 26 | A | S | S | U | M | E | D | 29 | L | A | T | E | R | A | L | |
| 34 | L | O | O | P | 35 | R | A | P | 36 | B | E | R | A | T | E | |
| 38 | O | F | F | E | R | 39 | A | B | A | T | 42 | S | A | L | O | N |
| 43 | F | A | I | R | E | 44 | R | 45 | P | A | S | 47 | T | E | N | D |
| 48 | T | R | A | M | P | E | 49 | D | 50 | P | E | R | U | S | E | S |
| 52 | A | E | S | O | 53 | P | A | I | M | 54 | | | | | | |
| 55 | S | N | A | R | L | 58 | C | R | A | S | S | 60 | H | A | | 62 |
| 63 | H | A | N | K | 64 | A | T | O | M | I | C | 65 | P | I | L | E |
| 66 | M | A | T | E | 67 | D | O | M | E | D | 68 | A | R | E | A | |
| 69 | O | N | I | T | 70 | D | R | O | N | E | 71 | T | E | E | N | |

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From page B15...

Yoga

tongue on the roof of the mouth or softly chant ‘aaaahhhh.’”

Tight shoulders encourage a tense mind. Shoulder shrugs will relax the body and quiet the mind. Raise both shoulders toward the ears as you inhale and lower the shoulders as you exhale. You can add shoulder circles, both forward and back. Recognize that tight shoulders is a sign from your physical body that tension is building up and this tension can be derailed by relaxing the shoulders. Also, a very relaxing pose is to lift the right arm over your head, bend the elbow and lower the lower arm across the top of your head. Then gently pull the elbow with the opposite hand. Always repeat each movement, equally to the other side.

A tight neck is another early warning sign of stress. Place your fingertips on the back of your head by the base of the skull. This entire area is composed of connective tissue that is often overworked and contracted. Vigorously massage this area with your fingertips — focus on the neck and the back of the skull for one to two minutes. Then move your fingers to the large muscle in front of the neck, called the C.S.M. This muscle starts by your ear and runs down towards the collarbone. When you turn your head, the muscle becomes prominent. Cross your hands at your wrists and

stroke both sides of your CSM at the same time. Gently rub upwards and downward 10 to 20 times. Your neck will feel much more relaxed.

So you have relaxed the jaw, the shoulders, the neck and now focus your attention on your back. While standing tall, gently swing your arms, move your hips and twist your spine from above your belly button, in the motion of a corkscrew. Gentle twisting relaxes and releases the back muscles.

Yoga’s standing poses create a connection, through the feet, to the earth. This is a grounding movement and it creates stability. Added to the connection of the feet to the earth is the connection of the core and the pelvic floor. Poses such as mountain, triangle and bridge are easy to learn, but highly effective poses. The idea is to counteract the cycle of stress with physical relaxation, mental alertness and intelligence. This approach has been shown clinically and through personal experience to diminish the severity and duration stress responses.

Breathe control is known in yoga terminology as pranayama. The typical approach in yoga is to “let go.” However, this method is useless in the treatment of P.T.S.D. because the flashbacks and triggers are not the same as those emotional hurts that burden our lives. What breathe control does is to create a habit of calm breathing as a substitute for shallow and rapid breathing. The deep and slow breathing alerts the parasympathetic nervous system to slow down the heart rate which

interrupts the fight/flight response. The painful memory reappears, but with a relaxed body and quiet mind. Almost like a miracle, the body and mind processes the trauma in a more healthy way. The level of the response is less severe, it lasts for less time and disturbing responses to triggers start to happen less often. Breathe control is being aware of your breath and consciously manipulating it.

Deep breathing involves drawing the belly inward on the exhale for a count of four and expanding the lower abdomen and ribs for a count of 4 on the inhale. Just breathe, slowly, deeply and evenly. A transition to a long exhale enhances relaxation and a feeling of contentment. A simple practice is to blow on your thumb. Take your time, exhaling as you gently blow on your thumb. It really is calming. There are several, easy to learn and simple to practice pranayama methods, but conscious slow breathing is the heart of the practice.

There is hope for the sufferers of P.T.S.D. and their families. Yoga helps. I will teach these techniques to any veteran or volunteer of fire and rescue squads, which are in a high risk of the effects of P.T.S.T., free of charge. I feel indebted by the sacrifice of these brave warriors.

Maria Bowers is a certified yoga and tai chi teacher. Classes are available on Saturday mornings at the Art Center in Troy. I will answer all inquiries at moonlightmile21@hotmail.com.

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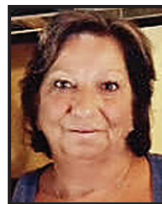
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Maggie's
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Last Week: 7-4 Overall: 66-51



Marty Brix
Lexington
Vacuum

Last Week: 8-3 Overall: 67-50



Kane Grogan
Death Wish
Coffee

Last Week: 8-3 Overall: 72-45



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Precision
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Last Week: 7-4 Overall: 68-49



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Last Week: 8-3 Overall: 66-51



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Bellevue
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Last Week: 6-5 Overall: 70-47



Pat Stever
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Pizza

Last Week: 9-2 Overall: 72-45



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Spotlight News
Sports Editor

Last Week: 7-4 Overall: 72-45



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Last Week: 9-2 Overall: 69-48



Dan Frament
Muddaddy Flats
Quesadillary

Last Week: 9-2 Overall: 74-43



Vince
River Street
Pub

Last Week: 9-2 Overall: 72-45



Dr. Julia Cerny
Julia Cerny,
DMD, PLLC

Last Week: 9-2 Overall: 67-50



Joe DeLorenzo
Cheese Steak
Heaven

Last Week: 8-3 Overall: 71-46



Liam Slattery
O'Slattery's
Irish Restaurant & Pub

Last Week: 9-2 Overall: 72-45



Bryan Bourque
Bourque
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Last Week: 8-3 Overall: 66-51



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Spotlight News
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Last Week: 9-2 Overall: 73-44



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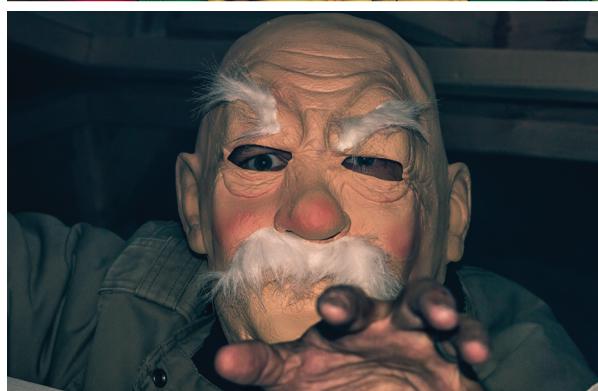




TROY NIGHT OUT

Slidin' Dirty celebrated two years, everyone else dressed for Halloween.

Photos by Garret Mac Aoidh



From page B1 ...

Have a day

dishes. Frament has been supported by the Downtown Troy Business Improvement District, local eateries and retail shops, and national eateries, too. In short time, communities throughout the U.S. have participated in the effort, from California, New Mexico and Texas.

"I started National Quesadilla Day because it didn't exist," said Frament. "With all the various food days, this was not among them. Quesadillas are usually left as an appetizer or add on item. I thought it was time this bridesmaid became a bride."

As National Quesadilla Day enters its

third year, it is again joined by the town of Idyllwild Calif., celebrating as a town wide event, the town of Redford Illinois and the Island of St. Maarten, in addition to various restaurants in Ohio, Texas, New Mexico and Rhode Island, working to bring Frament's vision to fruition. This year, local participating restaurants include Muddaddy Flats, The Daily Grind, The Ruck, O'Briens Public House, Browns Brewing Co., Café Delicious, Illium Café, Troy Cantina, Manory's Restaurant, Finnbars Pub, B-Rads Bistro, Bootleggers Bar & Grill, The Sage Colleges, Psychedelicatessen and Ryan's Wake showcasing their own renditions of the quesadilla.

The event is an opportunity for members of the community to show off what they can do with a specific item, all at the same time." He also hopes that

"the event continues to grow, maybe even to the point of National Coffee Day or National Chocolate Day. Where people take the challenge to create something they normally wouldn't think of. Plus, it's a lot of fun. People have been joining in all across the country. My favorite is Idyllwild, California. Just like here in Troy, the community celebrates. What if everyone had the same special for one day? The possibilities are endless."

Businesses throughout the downtown Troy area are offering special discounts to shoppers who stop in showing a receipt of a quesadilla purchase from a participating restaurant. This year's participating shops include Flowers by Pasha, Aurora's Boutique, Forage & Sundry, Troy Shirt Co., Rare Form Brewing, 1st Playable, Troy Dance Factory, Truly Rhe, Funcycled, The Art Center, Trojan Horse Antiques, Blue

Bird Home Décor, Henry Loves Betty, Troy Cloth & Paper, "Event Stroll" by Gavant Software, Culinary Square and Collar City Sweet Shoppe.

As the day nears, Muddaddy Flats is hosting a contest for the best quesadilla recipe and name. The winner's recipe will be the daily special in the restaurant on Saturday, Nov. 5. Previous winners included the "Cool Ham Luke," featuring honey ham, caramelized onions, apples, and honey mustard on cheddar-jack cheese and before that "The Waldorf," with chicken, bacon, apples, craisins, and chipotle mayo on cheddar-jack cheese. Those interested in submitting a quesadilla recipe can do so by contacting Muddaddy Flats via email at muddaddyflats@gmail.com or send a Facebook message to the Muddaddy Flats page at www.facebook.com/MuddaddyFlats.

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