

THE Spotlight

\$1.00 JANUARY 4, 2017 VOL. 60, #1

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NEWS It's NASA calling

BCSD teacher is selected among a field of teachers for exclusive program

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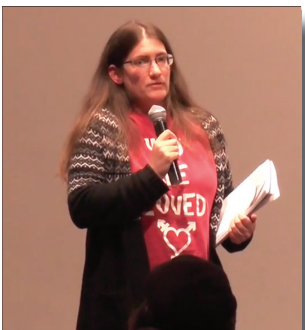
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The Spotlight (USPS 396-630) is published each Wednesday by Community Media Group LLC, 341 Delaware Ave., Delmar, N.Y. 12054. Postage paid at Delmar, N.Y., and at additional mailing offices. Postmaster: send address changes to The Spotlight, P.O. Box 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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Gay and Catholic

Author shares about living a conflicted life as a Catholic

Story on Page 4



YEAR IN REVIEW

Crossgates locked down

Law enforcement agencies throughout Albany County responded to shots fired from inside Crossgates Mall. Photo by Michael Allen

These are the Top Five stories of 2016, based on internet traffic and community impact

Our staff of writers scrutinized through 52 weeks worth of news, and with the aid of internet traffic, we were able to determine which stories mattered to you most last year. Inside, you will find the Top Five stories that had the largest impact upon our readers. These are the stories that captured your attention, and in many cases, you shared with friends and family over social media. In the end, these are the subjects that reached out to more readers than any other.

Story No. 5 takes us to Crossgates Mall in November.

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ENTERTAINMENT



Back to the U.S.A.

There's a new attitude in the manufacturing industry that lends its future success to networking and bringing jobs back home

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SPORTS



Back to business

Bethlehem hockey returned to its winning ways last week

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TOWN NEWS

BCSD research teacher selected for exclusive NASA program

By **ALI HIBBS**

hibbsa@spotlightnews.com

BETHLEHEM — Bethlehem High School science research teacher Jamie Rowe was recently selected as one of less than seven teachers in the nation to take part in the 2017 NASA/IPAC Teacher Archive Research Program (NITARP), a program involving teachers in authentic astronomical research using NASA's extensive archive of data from space- and ground-based telescopes.

Through NITARP, educators are partnered with a mentor professional astronomer for an original research project. They are then expected to incorporate that experience

into their classrooms and share their experience with other teachers. Program goals include “the fundamental NASA goals of inspiring and motivating students to pursue careers in science, technology, engineering, and mathematics as well as to engage the public in shaping and sharing the experience of exploration and discovery.”

“Jamie Rowe,” said BCSD Superintendent Jody Monroe, “in teaching our Science Research program and now with an amazing opportunity to work with NASA, is leading by example.”

Rowe will travel to Texas this week for the American Astronomical Societies (AAS) winter conference

where she will meet her teammates and decide upon a research problem to pursue. The research is a year-long project and, at the completion, Rowe and her teammates will present their findings at the AAS conference in January 2018.

In Rowe's Science Research Year One class at Bethlehem High, sophomore students are participating in scientific research by selecting a topic of their choice and studying it throughout the year, learning skills and methods required to do original research. The BCHS Science Research curriculum is a three-year program and first-year projects have the potential to culminate in a senior research project being



Jamie Rowe in a classroom.

Hanna Teal/Bethlehem Central School District

entered into regional, state and/or national science competitions. This year, Rowe is teaching all three sections.

In her sophomore class, Rowe's students develop skills in using the internet's capabilities, conduct online bibliographic searches of international databases, conduct statistical analysis using appropriate software and incorporate visual presentation techniques. They are also able to learn the process of peer reviewing — each student receives a Microsoft Surface tablet at the start of class and grades the presenters based on presentation skill and content.

On Thursday, Dec. 15, Rowe's class began to give their third round of presentations on their chosen topic. These students have been researching and assessing peer reviewed professional research journal articles for 14 weeks.

The next step is to look for research mentors with whom they can do an internship with over the summer and continue into their junior year.

According to Rowe, students have worked on a wide variety of topics, including: cancer treatment either with new

drugs or gene therapy; bioengineering; tissue engineering; and genetically modified foods. Research topics may come from math, physical sciences, life sciences, social sciences or psychology. Seniors in their third year of the Science Research program presented some of their project findings during the October Board of Education meeting.

“Science Research is a unique course,” said a senior who chose to do his research in the field of oncology. “You aren't taught anything or tested on material. It's more of a thing where you take on a field and you want to expand the horizon and see what you can learn.”

His research took him from studying the effects of drugs through bio-sensing — specifically, the early detection of cancers in the blood — and two summers interning for a chemist at UAlbany, during which he was able to learn basic lab procedure, as well as about DNA “biomarking” and coding methods.

“My hope is that they are able to find a mentor who can get them into a lab to see first-hand what science research is all about,” said Rowe.

Students spoke enthusiastically about the

independent nature of the curriculum, how it helped them in other courses and influenced their plans to pursue their work in college and, ultimately, their careers.

Rowe said that she hopes her first-year students will choose to continue with the program and study their topic all the way to their senior year, which is spent writing the research and presenting it at science competitions.

“They can spend as much time as they would like learning about [their chosen topic],” said Rowe. “And receive credit for it.”

“We strive to provide students with an innovative and cohesive educational program that includes a challenging and rigorous academic curriculum,” said Monroe. “[Rowe] is proving to our students that learning never ends and that science is indeed, very cool. We look forward to following her research journey with NASA.”

According to NITARP, which is offered through CalTech, the program components involve multiple trips over 13 months, paid for by the program, and “a commitment from the teachers to educate others about their experiences.”

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#5 Crossgates Locked Down Saturday, Nov. 12, 2016

GUILDERLAND — Reports of an active shooter at Crossgates Mall, one of the largest malls in the United States, was immediately followed by the unprecedented response by hundreds of law enforcement officers from agencies throughout the Capital District.

The mall quickly went into lockdown, with both shoppers and employees instructed to shelter in place after police received a call for shots fired near the Apple store on the mall's first floor at approximately 2:20 p.m. Saturday afternoon, Nov. 12.

One mall employee, who spoke on the condition of anonymity, told *SpotlightNews* that he "heard a loud crack."

"Everybody sort of had a collective realization that it was probably a gun shot because it seemed too loud to have been anything else," he said.

The employee recalled seeing some smoke before he and other employees ran towards the back of the store because they weren't sure whether or not the suspect was shooting into the store. He said that employees were led out of the store through the back and out of the mall into the parking lot.

According to the employee, none of the people who were near the front of the store saw what happened. However, he said his manager saw the security footage of the alleged incident, and confirmed that one shot was fired.

"It was all very chaotic," he said.

Nearly seven hours after initial reports of the incident, some employees and shoppers remained inside the mall as law enforcement agencies continued to canvass the mall's 1.7 million square feet of retail space.

It would be two days later when Albany and Guilderland police arrested 20-year-old Tasheem M. Maeweather, of 474 North Pearl St. in Albany, at a car wash in Albany. He was later arraigned and charged with the felonies of reckless endangerment and criminal possession of a weapon.

#4 Owner Pinned on Charges Wednesday, Dec. 21, 2016

ELSMERE — Bethlehem Police found itself measuring the impact of the news surrounding Del Lanes owner Marvin Sontz's arrest for allegedly

possessing and sending child pornography to a minor after its ongoing investigation.

Sontz, 61, was arrested on Tuesday, Dec. 20, after police received a complaint. A town resident whose juvenile child allegedly received a pornographic image through a social media sharing site, said Commander Adam Hornick at a press conference held the following day. After receiving the complaint, Hornick said, an immediate investigation was launched, and police were able to trace the images to Sontz. Sontz was arrested after interviews and the execution of a search warrant.

Hornick urged worried parents to reach out to police and cautioned against allowing the actions of one individual to cast a shadow over what has been community center for over 50 years.

Sontz was formerly a paid boys' bowling coach at the Bethlehem Central School District, most recently during the 2014-15 season.

Sontz faces several years in state prison with felony counts of disseminating indecent material to minors in the first degree and possessing a sexual performance by a child, as well as one misdemeanor count of endangering the welfare of a child.

#3 BC's Lab School Scrutinized Friday, May. 13, 2016

DELMAR — The disciplinary action taken against Bethlehem Central's high school principal brought to light the alarming details of a 2014 audit of its unique Lab School program.

The Lab School is described as a "school within a school," with more than 100 students enrolled through grade 9 and 12.

The QUESTARIII audit concluded with an outline of nearly a dozen recommendations for change once it was published the following July. Several of the recommendations addressed matters where the program failed to follow basic bookkeeping practices for deposits and expenditures surrounding its field trip funds.

Bethlehem Central High School Principal Scott Landry has maintained his innocence, claiming that he had done nothing wrong by sending solicitations for his consulting services. In a mutual agreement between himself and the school district, Landry submitted his resignation, which will take effect on June 30, 2017.



Bethlehem Police determined Tommy Brown was speeding on Elsmere's Bender Lane when he crashed his silver Subaru Impreza WRX, above. He was pronounced dead at Albany Medical Center.

Thomas Heffernan, Sr.

#2 DPW thwarts burglary Friday, Oct. 21, 2016

DELMAR — A longtime town highway worker, Mike Vasto, called police at around 11 a.m. on Friday, Oct. 21, to report someone breaking a front window of a home at 500 Delaware Ave.

Police responded immediately and spotted the suspect, 45-year-old Michael Rozell of Delmar, running from the residence. He was apprehended after a brief foot chase, and charged with two felonies and a host of misdemeanors.

Rozell was sent to the Albany County Jail on \$50,000 bail. He was charged with a felony for burglarizing the Paxwood Road home, and another felony for attempting to burglarize the Delaware Avenue home. He was also charged with a host of misdemeanors.

#1 Bender Lane Fatality Saturday, Nov. 19, 2016

ELSMERE — Tommy Brown, a graduate of Bethlehem Central High School, was popular among car aficionados around the world.

Brown's "baby" was his silver Subaru Impreza WRX with hot purple wheels. The 20-year-old was active in car clubs, which would meet at the Wal Mart parking lot in Glenmont, during which members would show off the modifications made on their respective cars.

He was also known to speed. On a Facebook comment he posted on his account Thursday, Nov. 17, he stated that if he received another ticket, he would have "a total of 10 or 11 tickets to take care of."

At a few minutes before 3 a.m. on Saturday, Nov. 19, Brown re-posted a meme focused on his apparent passion for driving, stating, "Me: I'm gonna drive normal today. Inner Me: Hit boost and redline every gear."

Approximately a half hour later, Bethlehem emergency responders attended to a one-car crash at the intersection of Bender and Stonewall lanes in Delmar.

"I have been covering crashes for over 25 years, and I don't ever remember seeing a crash with such devastation," said Thomas Heffernan, Sr., a freelance photographer who captures automobile accidents on his camera. "Just unbelievable."

Responding members of the Bethlehem Police Department, Elsmere Fire Department and Delmar-Bethlehem EMS quickly extricated Brown from what remained of his car. Investigators were quick to determine that speed played a factor in the one-car accident. Bethlehem Police said Brown was traveling northbound on Bender Lane before he lost control, left the roadway and crashed into several trees.

Brown was declared dead shortly after arriving at Albany Medical Center Hospital.

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LOCAL NEWS

Noted author talks about being gay in the Catholic Church

Eve Tushnet says church must “find space” for gay people, help bring them into communities

By **KASSIE PARISI**

parisik@spotlightnews.com

LATHAM—Lesbian Catholic author and blogger Eve Tushnet spoke at the Saint Ambrose Catholic Church in Latham in November, bringing with her her story of conversion to Catholicism, and how she has managed to forge her path as a gay, conservative woman.

Tushnet was not raised Catholic, rather, she was raised secular Jewish. Her family had gay friends, and she said she was comfortable with gay people growing up. She was 13 years old when she realized she was attracted to a female classmate, and said it was a relief for her because she was able to define what exactly her feelings were.

She converted to Catholicism in 1998, and has written many books and authored pieces in the National Review, as well as the National Catholic Register.

When she was in college, Tushnet said, she began to learn more about Catholicism. She said she eventually fell in love with the Catholic church, and that none of the people who brought her into the church seemed to fixate on the fact that she was gay. But, she said, her experience is pretty much the opposite of how other gay people are approached in the church, noting that many gay people who are in the church are subject to intense scrutiny of their personal lives. But, she said she was “shocked and dismayed” when she found herself trusting

the sexual ethics of the Catholic church, and that’s where her challenge began.

Tushnet, who is celibate, and also against same-sex marriage, spoke to the parish about creating a space and a path forward in religion for gay people. At the event, she detailed how, in her writings, she has attempted to detail the history of homosexuality in the Catholic church, as well as a way for people to move forward towards acceptance in church communities.

“What I tried to do in my book, was to delve into both history and a possible path forward that would allow some space to imagine the lives of gay people in the church,” Tushnet

said. Tushnet said that frequently, dialogue about homosexuality in the church is framed in an inherently negative way.

“I, who had had this totally charmed life, I’d had a fantastic experience in the Catholic church, began to hear stories from people who were sincerely seeking god, and who were often sincerely trying to live the church’s teaching, who had had much harsher experiences,” she said.

Tushnet noted that many people approach the intersectionality of homosexuality and Catholicism with fear and skepticism. She said that providing spiritual support to young people is a pathway that can lead to the

acceptance of gay people into the church. She said it’s important to ask people what they need to bring them closer to Jesus.

“If you believe that everybody should be Christian, and believe that people’s journey towards Jesus is often very long, and complex, then I think you have to make more of a space in the church for people who are not receiving Communion, that is an honorable place to be at, that is honest, that is challenging, and that accepts how difficult all this is. That is honest about just how hard it is to accept the bizarre and shocking claims that Catholic church makes both about what happens to the wafer, and what should happen in our own lives.”



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Eve Tushnet addresses St. Ambrose in November, 2016.

Spotlight file photo

■ COMMUNITY

Family establishes technology fund for library

Bethlehem residents Joe and Naomi Storch are big believers in the way libraries like ours are in a unique position to provide equal access to new and useful technology. In 2015, their donation of \$1,000 allowed us to purchase a dozen 3D pens for programs and patron use.

The couple recently expanded their commitment to making cutting-edge technology available to the community by creating the Krakower-Storch Family Technology Fund with a lump-sum donation of \$1,000 at the end of 2016.

The library will use the fund to purchase items for our collection that use technology to inform, educate or entertain. Over the next five years, Joe and Naomi have pledged to match up to \$1,000 of other donations to the fund.

“We believe so deeply in the library as a community



center and wish to do our part to encourage a culture of giving among the many in Bethlehem who can afford to do a little more for this important organization,” said Joe. “If we can attract sufficient donations, we will have at least \$11,000 to spend over six years, which can expand the technologies at the library.”

The fund is given in honor of Naomi and Joe’s parents, Judith and Stephen Krakower, Genie Storch, and Sam Storch, and their grandparents, the late Nathan and Rita Romm, the late Israel and Betty Tenenbaum, the late Minnie and Eliot Storch, Richard and Eleanor Krakower, and Sonya Rose.

There are so many ways that advances in technology can bring about positive changes in our

lives, but many times those advances aren’t affordable for individuals. Adding these types of items to our collection – where they can be used and borrowed by many – means they can have a much broader impact on our entire community.

The library is so grateful to the Storch family for the establishment of this fund to strengthen and extend our current spending in the area of new technologies for public use. To donate to the Krakower-Storch Family Technology Fund, please contact Library Director Geoffrey Kirkpatrick at 439-9314, ext. 3022.

Storm warning

Please remember that in the event of inclement weather, the library’s telephone system will provide information on a closing or delayed opening. Call ahead.

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 bethlehempublib.org

Friday, Jan. 6

Qi Gong

Learn the gentle art that combines physical movement with breathing and intention to promote health and wellness, 10 a.m. Wear comfortable clothes and shoes. Qi Gong is suitable for all abilities.

How to Use Your New iPad

Learn how to use that brand-new iPad you just got. Bring your iPad, cables and your Apple ID and password. Questions? Call Natalie at 439-9314, ext. 3023. Sessions from 2 to 3:15 p.m. or 3:30 to 4:45 p.m. Sign up for one session.

Monday, Jan. 9

DayBooks

Discuss “The Witches” by Stacy Schiff, 1:30 p.m. Copies are available at the information desk. Large-print audio and downloadable copies may be available.

Open Sewing

The library’s sewing machines will be available for independent projects, 6 to 8 p.m. Bring your own supplies. Volunteers may be available to assist you. Sign up for one or more two-hour sessions.

Fun and Games for Grownups

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

Library Board meets

Meetings are open to the public, 6 p.m.

Tuesday, Jan. 10

Chess Club

Sign up for one or all sessions and try your hand at chess with our teen volunteers. All experience levels welcome, 6:30 to 7:30 p.m. For kids in grade K-5.

Family Game Night

Bring your family and friends to the library for an evening of fun games like bingo, bean bag toss, cup stacking, tabletop board games and more, 7 to 8 p.m. Snacks provided.

Wednesday, Jan. 11

AfterDinner Books

Discuss “The Last One” by Alexandra Oliva, 7 p.m. Copies are available at the information desk. Large-print audio and downloadable copies may be available.

— Kristen Roberts

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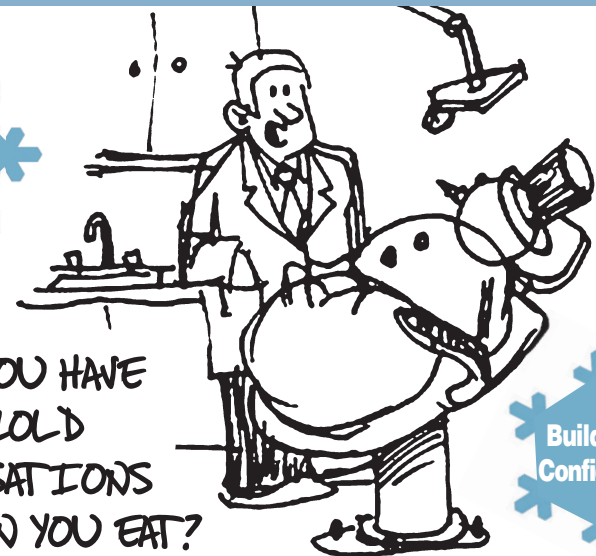
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COMMUNITY

Bringing joy to an Afghan family

Fifteen years of war and terror have forced millions of people to flee Afghanistan. The Taliban murdered over 3,500 civilians in 2015. Now, more than 2.5 million Afghans are living abroad seeking peace, freedom and happiness.

One local family that experienced death and the destruction at the hands of the Taliban has now found freedom in America, peace in the Capital District and happiness at the Bethlehem YMCA. The names are fictitious, but their story is true.

Leena and her teenage son, Adeeb, arrived in America from Afghanistan in the fall of 2015, after Leena's husband and older son were killed by the Taliban. They came here together with Najja, the deceased son's wife, and their three children, ages 8, 12, and 15. The two women raise their children together in low-income housing in Albany. The living conditions are very poor, but still better than



what they left behind, and they are thankful for the quiet at night.

Najja works as a chambermaid at a local hotel, and Adeeb works at a hotel as a dishwasher. The family of six barely gets by on two small incomes.

Each member of the family is very talented with crafts. They make beautiful rugs, a trade they brought with them to America. They also make hats, gloves, aprons and jewelry. They hope one day to have a sewing machine. Leena is also a bread-maker.

The kids love going to school, as they did not attend school in Afghanistan. Instead of school, they worked to help support their family.

They have made great strides overcoming their biggest challenge, learning

the language. Najja and Leena take night classes in English to speed up their progress. Not being able to read or communicate has made everyday life very tough. They often got off the bus at the wrong stops.

The family's experience here could be very insular and frightening if not for the support and encouragement of Bethlehem YMCA, especially Y volunteers Diane Lykes, Brendan Mooney, Bruce Bell, Nick Isaacs and Matt Tedeschi. They have been a godsend to this family and, together with the Y staff, they have once again brought joy to people who once knew only fear. The entire Bethlehem YMCA staff has been very kind to them and made them feel welcome every time they walk through the door.

The family, particularly the children, have become frequent visitors to the Y. Barry O'Keefe, who was a lifeguard at the Bethlehem Y, has been giving the kids swimming

lessons every week. The 15-year-old made so much progress that he made the swim team at his school. They also work out and play basketball at the Bethlehem Y, although their first love is soccer.

The two youngest children went to Y summer camp and had the time of their lives. So many experiences for them are new. They had never jumped in a bouncy house; they had never eaten an ice cream cone. They had never eaten in a restaurant and had someone serve them, until Y volunteers took them out to experience an American Thanksgiving dinner. When the Afghan family finished their meal, they cleared their places and took their dishes into the restaurant kitchen.

During a late summer week at camp, our Y staff noticed the two Afghan children had no food for lunch, other than a small bag of chips they shared. There was no food at home. Yet, they smiled and were happy to be safe and

having fun at camp. But, a miracle was about to happen.

The CAP COM Federal Credit Union, a generous supporter of the YMCA, presented the family with a \$500 gift card for food and school clothes. In addition, the kids received new backpacks filled with school supplies thanks to the backpack donation program sponsored by the Y, CAP COM and the Town of Bethlehem.

The families' response was beyond magical. They were grateful and overwhelmed. Hugs and tears followed by everyone involved.

This amazing, inspiring story, is made possible by the work of YMCA volunteers and staff, and by the donations from our members and community supporters to the YMCA Annual Campaign.

The 2017 campaign is underway right now, and we are sincerely asking for your support. While their stories may not be a

dramatic, there are many struggling families and individuals in Bethlehem that need the help provided by the YMCA.

In 2016, more than 3,017 families benefitted from membership financial assistance at the Bethlehem YMCA. Of those, 535 children received assistance for school-age childcare, and 370 kids were able to attend YMCA summer camp because of financial assistance raised during our Annual Campaign. More than 800 active older adults were able to address their chronic health challenges by participating in special wellness programs funded by donations to the campaign.

Ralph Waldo Emerson is often quoted as writing that, "To know even one life has breathed easier because you have lived. This is to have succeeded." Thanks to everyone that supports the Bethlehem YMCA and makes each life breathe easier.

— Mark Hansen

Watch the Great Danes battle New Hampshire

Come with us to see UAlbany vs New Hampshire basketball at the SEFCU Arena on Wednesday evening, Jan. 11. Ticket cost is \$18. Call 439-4955, ext. 1176.

Enjoy an interactive program that identifies stars, planets, comets and constellations in the night sky at the Albany Heritage Area Visitors Center in Albany. We'll have dinner at the New World Bistro after the program. Call 439-4955, ext., 1176.

Join us for a matinee movie and dinner out on Tuesday, Jan. 17. We



will go to the Spectrum Theater for a movie of your choice, followed by dinner at Mercato's, cost on your own. Call 439-4955, ext., 1176.

Go shopping with us on Tuesday, Jan. 10, at Walmart and Glenmont Plaza. Call 439-4955, ext. 1176.

On Jan. 13, the Friday Health and Wellness Program will present

"The Healing Power of Storytelling," a workshop which shows how the power of words helps overcome difficulties and bring clarity to confusing situations. The program is free and held at Town Hall at 1 p.m. Call 439-4955, ext., 1176.

The following support meetings are available:

- **Breakfast at Tool's** — Wednesday, Jan. 18, at 10 a.m.
- **Alzheimer's Disease Caregiver Support Group** — Wednesday, Jan. 25
- **Current Events Discussion Group** — Wednesday, Feb. 8,

10:30 a.m.

• **Home Energy Assistance Program (HEAP)** — by appointment.

• **Senior Legal Services Program** — by appointment.

Call 439-4955, ext. 1176 for more information or appointments.

Outreach Workers are available to assist with health insurance, housing issues, food stamps, Meals On Wheels, Food Pantry, 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, DVD's, CD's and audiobooks. Call 439-9314, and press 2.

The Food Pantry is in need of cleaning supplies, deodorant, toilet paper, mustard, and canned vegetables and fruit. Bring your items to the pantry at

Town Hall. If you would like to access the food pantry, call 439-4955, ext. 1176, to make an appointment.

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

— Wilma DeLuco

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January 4, 2017

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■ PLAYER OF THE WEEK



HAYDEN THOMPSON

Bethlehem's Hayden Thompson is The Spotlight Player of the Week for the period ending Sunday, Jan. 1. Thompson scored a game-high 28 points to lead the Bethlehem boys basketball team to a 72-61 victory over St. Anthony's in the first round of the CBA Tournament Wednesday, Dec. 28.

■ IN BRIEF



Blackbirds soar

The Voorheesville boys basketball team defeated Columbia Prep 69-58 Thursday, Dec. 29. The Blackbirds closed the game on a 24-14 run to seal the victory. P.J. Parker led four Voorheesville players in double figures with 17 points.

■ HOCKEY



Eagles get back to business

BETHLEHEM — The Bethlehem hockey team returned to its winning ways by beating two Section 1 schools last week.

The Eagles (6-3-0) handled Mahopac 6-2 Wednesday, Dec. 28, at the Bethlehem Area YMCA. Thomas Liebold led the way with two goals and two assists, while Connor Carroll and Michael Lemieux each added a goal and an assist. Goaltender Alex Breiner stopped 15 of the 17 shots he faced.

Bethlehem shut out Pearl River 7-0 Thursday, Dec. 29, at the BAY. Liebold tallied twice for the Eagles, who jumped out to a 3-0 lead in the first period.

Bethlehem hosts Queensbury Wednesday, Jan. 4.

— Rob Jonas



▲ Bethlehem's Hayes Meredith (15) battles a Mahopac player for the puck during a non-league game Wednesday, Dec. 28.

◀ Bethlehem goaltender Alex Breiner covers up the puck. For a photo gallery from this game, visit spotlightnews.com/spotted.

Jim Franco/Spotlight



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COMMUNITY

Caroline Doctorow performs at GPL

Chart-topping folksinger and songwriter

Caroline Doctorow has a stirring, gorgeous voice that recalls Judy Collins and Sandy Denny.

Ms. Doctorow has recently released several retrospective albums interpreting the songs of earlier American folk songwriters.

The daughter of renowned novelist E.L.



Doctorow, Caroline has released eleven solo albums; her most recent is 'Dreaming in Vinyl,' which was No. 2 on the nationwide Folk Radio hit list.

Just in case, the snow date is Sunday, Jan. 22, at 2 p.m.

Kids: read to a Book Buddy

Calling all kids in grades 1 through 4! Come and build your reading skills and confidence by reading to a teen Book Buddy.

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— Mark Curiale

The MAGIC Years

As a parent/caregiver of a preschooler, do you ever feel that stress is inhibiting your abilities as a parent, or that you do not quite know the basics of early child development?

On Sunday, Jan. 8, at 3 p.m., Cornell Cooperative Extension will offer a program that will help parents/caregivers understand how stress affects them, their children and influences their parenting.



Introduction to Windows 10

Windows 10 is set to be 'the last version of Windows,' so we'd best learn to live with it. On Wednesday, Jan. 11, we will start at the sign-in screen, explore new features and even take a quick look under the hood at the control panel.

skills in their children. Please register in person, online or by phone.

On-site childcare in the children's area of the library will be available for children ages 18 months to five years old. Please register early, as the maximum number of participants will be no more than 12 kids.

— Lynn Kobler

Fun Fair for the Very Young

The 14th annual Fun Fair for the Very Young takes place Tuesday, Jan. 10, at P.B. Coeymans Elementary School, and Thursday, Jan. 12, at A.W. Becker Elementary School, from 4 to 6 p.m.

The fair provides activities and information for families registering for pre-k and kindergarten. No need to register.

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Lego Block Party

Join us on Saturday, Jan. 7, from 2 to 3 p.m., for our Lego Block Party. Come help us disassemble our Mindstorm robots and experiment with your own creations. Lego-themed snacks provided.

Lego League

Join our team as we build, test and program a robot using Lego Mindstorm technology to solve a set of animal-related missions. The team will meet weekly for eight sessions on Tuesday evenings at 5 p.m. beginning Jan. 10. For ages 8 to 14 years old. Registration appreciated; call 756-2053.

— Carol Melewska

Table with 8 columns labeled LEGALS. Each column contains legal notices for various companies including Planet Home Development LLC, PPS Apartments LLC, REYES MOTORS GROUP, LLC, SmithRich Property Rehabilitation, LLC, and Victoryline Properties, LLC.

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January 4, 2017

Spotlight on Opinion

www.spotlightnews.com PAGE 10

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FROM THE EDITOR'S DESK

Something's broke

As a capitalist state, our nation's economy is predicated on growth. Investments are based on the potential for it. Executives are awarded for achieving it. Markets fall at just the hint of failure of it. Financial pundits who read the tea leaves often look at the housing industry, and if the construction of new homes fails to climb, the economy is perceived to be failing, too. Either we're in a bull market, charging up the Dow Jones Industrial, or a bear one that demands we all circle the wagons for the next recession.

There is no sense of calm. A sense of calm charts out like a plateau. A plateau looks like a flat line. A flat line looks too much like a bad EKG. No one wants to see a flat EKG. Not in an economy. Not in a hospital. It means one thing: A lack of potential is one way of putting it.

Much has been said about a recovering economy in recent years, but such declarations ring hollow after recent reports claim Millennials are to earn less

than their parents did. National Public Radio reported that only half of the children born in 1985 are to surpass their parents. In contrast, 90 percent of children born in 1940 were likely to earn more than their parents.

Yes, the United States was still suffering from the Great Depression in 1940, so the prospect of children earning more is plausible. On the other end of the spectrum, the computer-aided efficiency of the American workforce never improved more than in the 1980s. But, in between those years, the line graph continued to fall while the price of the American Dream continued to rise.

Many of us grew up with a "Leave It To Beaver" vision of the world: A family of four living in the suburbs with a car in the driveway, all supported on a single income. Mom stayed home while dad went to work. He brought home the check, and earned a good pension, too. I don't recall whether it was required that he

went to college.

Today, many entry-level jobs in the private sector require a college education. That forces incoming candidates to already be in debt before earning that first paycheck. That first paycheck is just the first in hundreds committed towards paying off an average of \$30,000 in college debt.

And, hopefully that debt is paid off before the arrival of his or her first born, because now we have to start talking about daycare. An average home doesn't allow for June Cleaver to stay home and watch the kids, she's going to work in the office, too. The average cost of daycare runs nearly \$1,000 a month, or another mortgage payment.

Maybe add into the equation the frequency with which we are getting divorced? After all, the stress of cultivating a professional career, raising children and maintaining a household is monstrous. In 1940, the divorce rate was 20 percent. It

was about the same in 1957 when "Leave It To Beaver" first aired on television (22 percent). In 1985, that changed to 50 percent. Just think, a college-educated ex-husband succeeding in the private sector could take home less today than Eddie Haskell flipping burgers at a proposed \$15 an hour.

Something is not right.

There are too many hard working families, who are sensible with spending, struggling with grocery bills each week. This perceived growth in our economy is not coming back down to those who work within it, and pay back into it. When our youngest generation is forced to calmly accept less earnings than their parents, the EKG has most certainly flatlined — there is no potential.

WHAT HAPPENED IN 2007...

10 years ago: snowless winter

CAPITAL DISTRICT — Ten years ago, the Capital District was facing a snowless winter, and it was hurting the sale of seasonal equipment.

In a 2007 *SpotlightNews* article, the owner of a snow blower store in Scotia, called All Seasons, described how sales were down.

"Our pre-season sales depend on what went on in previous winter," Duane Leach, owner of All Seasons said. "The whole year, 2006 never budged out of the 40s and 50 degrees; it was amazing to see so much

rain and no snow. I'll be glad to see the year end."

Leach, who at that time had been in the snow removal equipment business for over three decades, said that the non snowy conditions 10 years ago were among the worst he had ever seen. He also explained that he had been forced to slash his inventory due to the lack of snow.

The then manager of A. Philips Hardware in Delmar was also feeling the pressure from the minimal snowfall. Though people tend to only buy snow

blowers when they need them, said manager Bob Sapienza, the store, at that point, had not sold one yet.

However, the lack of snow did make way 10 years ago for other tools that were more suitable to the damp weather, including rakes to move rotting leaves from lawns.

Winter sport enthusiasts have also been struggling from the absence of snow. At Phibbs Power Sports in Colonie, the 2007 article said that the store, which had once been an authorized dealer of Arctic Cat

snowmobiles, had stopped stocking them. A sales rep in the article said that in recent years, snowmobile sales have been falling flat.

"This global warming is affecting snowmobile sales nationwide," the sales rep said in the 2007 article. "People are very reluctant to buy anything."

But, 10 years ago, Sapienza acquiesced that there isn't much stores can do to combat the issue, other than tough it out.

"Nobody's doing anything now," he said in the 2007 article. "We're all just waiting."

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■ OPINION

Shut the door and keep it closed

How the Justice Center for the Protection of People with Special Needs currently does business opens up a dangerous door, and sooner or later it will get challenged.

The name, corny as it is, does indicate the center has our most vulnerable citizens in its best interest, and it probably does. Really, who doesn't want to make sure those with developmental disabilities, autism and other issues aren't abused, neglected or harmed in any way?

And there is clearly a need for such oversight. Since opening its doors in June 2013, the center has investigated thousands of cases. Given the nature of the victims, and the media attention that some of the more shocking crimes generate, the center, despite some criticism, has probably done some great things and does have the potential to do even greater things.

At issue, though, is how Gov. Andrew Cuomo set it all up and how the noble objective is carried out.

As the law is written, the center acts as a *carte blanche* special prosecutor in all complaints filed at any of the more than 3,000 state-sanctioned, licensed or certified facilities. It is designed to work "concurrently" with local district attorneys, and while a cooperative agreement is innocuous at first glance, even admirable, it is the crux of a legal challenge and at the root of why it's such a dangerous door.

Think about it.

A political appointee with the power to investigate and bring criminal charges whenever they see fit. The appointee doesn't answer to the people via an election, or to anyone except the person who did the appointing.

Should that person have a grudge, what's to stop the "special prosecutor" from investigating and/or bringing charges against the political or personal foe. The prosecutor does not have a check and

Commentary:

Frankly Speaking



balance like a district attorney or the attorney general - the only two entities having the power to bring criminal charges according to our state's constitution - who answer to the electorate.

"A person's reputation can be ruined, employment terminated and finances placed in jeopardy, regardless of whether that person is later acquitted or the charges dropped," wrote Court of Appeals Justice Jenny Rivera in a dissenting opinion of a recent criminal case that claimed the Justice Center's jurisdiction is unconstitutional. "Under our constitution and case law, the awesome power of unchecked prosecutorial authority requires oversight and cannot be held by an unelected official."

I'm not saying the center's special prosecutor/inspector general, Patricia Gunning, has any sort of political axe to grind, or that she would necessarily grind an axe on Cuomo's behalf, but a less scrupulous person in that position could have that power. Protecting people with special needs certainly doesn't deal with the type of clientele that would be in anyone's political cross-hairs, but it does open the door to that scenario playing out should Cuomo and the legislature follow the same model in other arenas.

And they are already trying.

In light of a bid-rigging scandal that landed a top Cuomo aide and others under indictment, the governor wants appoint a full-time special prosecutor to investigate, and when necessary prosecute, allegations of wrongdoing in the state's procurement process.

Just acting on a hunch here, but I'm guessing how state contracts are awarded and to whom

they are awarded is a bit more politically charged than going after underpaid, undertrained, over-worked staff who deal with a difficult segment of the population.

There really shouldn't be any difference, though, because once the door is open, there is no way to restrict some and allowing others to walk through. Potential motive is secondary to the basic premise Rivera talked about.

The case is known as *The People versus Davidson* and it started in Tompkins County when the Justice Center brought assault charges against an employee of Finger Lakes Residential Center for juvenile delinquents, Martesha Davidson, for hitting a 14-year-old in December 2013.

Her attorney didn't "preserve" the constitutional challenge as the case worked its way

through the lower courts, but Attorney General Eric Schneiderman stepped in and argued the state constitution does not allow the Justice Center to prosecute without having the "consent" of the local DA. Furthermore, the AG argued, that the local DA must take responsibility for the case.

Because of the preservation technicality, the majority on the Court of Appeals didn't address the constitutional issues, but Rivera must have thought it important enough to write a strongly worded dissenting opinion. Schneiderman quoted her opinion in a letter opposing the creation of a special prosecutor to oversee the state's procurement procedures.

The issue, and Schneiderman, are also front and center in the case of Marina Viviani, a former teacher at the LaSalle School on Western

Avenue who the Justice Center charged with raping one of her former students.

Her attorney, Michael Pollok, did not make the same mistake as Davidson's attorney and made the constitutional issue a focal point of his defense. Schneiderman wrote a brief recommending Judge Thomas Breslin clarify the role District Attorney David Soares played in the case.

Did his office grant consent to the Justice Center? Or did it just sign off on the Justice Center's desire to bring charges? In the brief, Schneiderman's office again extensively quotes Rivera's opinion so the issue is not going away.

There is a bit of chess-like strategy afoot with Viviani too.

Pollok claims the proof the Justice Center has against his client is tenuous at best, and at worst the "victim" has ulterior

motives and fabricated the entire story. Of course, all defense attorneys say that, but I've seen some of what Pollok has and I would be shocked if any jury in the world would convict Viviani of rape.

The Justice Center prosecutors must know they have a weak case, and, more importantly, they must know there won't be any technicality preventing the constitutional questions from coming under judicial scrutiny. If they dismiss the charges, the constitutional challenge goes away too.

This time, anyway.

Sooner or later, the issue will be addressed. Despite honorable intentions, the door Cuomo opened to create the Justice Center should remain closed.

Jim Franco can be reached at 518-878-1000 or by email at francoj@spotlightnews.com.

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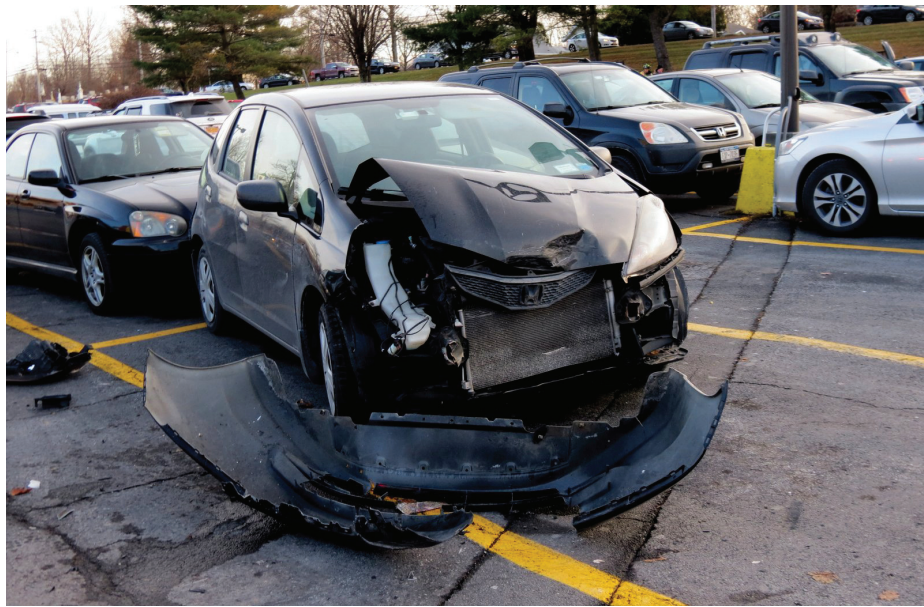
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■ COPS, COURTS AND EMERGENCY CALLS



One of several cars damaged in the Towne Squire parking lot on Friday, Dec. 23.
Photo by Tom Heffernan Sr./Special to The Spotlight

Medical issue leads to parking lot accident

BETHLEHEM — Police have determined that the operator of the vehicle that caused a crash in a Glenmont plaza had a medical issue that led to the accident.

According to Commander Adam Hornick of the Bethlehem Police Department, law enforcement received multiple reports around 3:20 p.m. on Friday, Dec. 23, about a personal injury crash in the parking lot of the Town Squire parking lot.

Upon arrival, officers determined that a 2008 Buick operated by an elderly female was traveling westbound on Glenmont Road when it left the roadway,

traveled down a steep embankment, and struck multiple trailers that were for sale in the Tractor Supply lot. The vehicle then continued into the parking lot, striking a pick up truck. The Buick then continued through the parking lot striking five more parked cars, reportedly causing severe damage to three of these vehicles. The operator of the Buick was the only person injured and was transported to St. Peter's Hospital with minor injuries, said police.

All other vehicles were unoccupied. A total of four vehicles were towed from the scene due to extensive damage. The operator of the Buick was later released from St. Peter's.

■ LETTER TO THE EDITOR

A dangerous proposal

Editor, *The Spotlight*,
I am writing in response to a recent Jim Franco column recommending that local municipalities cut their budgets at the expense of first responders ("Look at police and fire to balance budgets," Dec. 14).

Franco demonstrates a clear misunderstanding of how the pension system works when he claims that cities can reduce fire budgets by cutting pension costs. While taxpayers do, indeed, fund salaries for public employees, professional firefighters pay into their own pensions throughout their careers. The state, not the municipalities, disburses the funds to the pensioners after they retire.

In citing the populations of Colonie and Albany, 84,000 and 99,000, respectively, Franco ignores the fact that the populations of these municipalities swell each work day. In Colonie, tens of thousands of commuters drive along the Northway and I-90 on a given day. The malls in Colonie burst with customers on the weekends, especially this time of year.

In Albany, the daytime population increases to 160,000 as workers, students and others come to the city from

neighboring municipalities. Firefighters respond to nearly 25,000 calls per year.

Further, Franco incorrectly recalls a 2014 issue between the Albany Permanent Professional Firefighters Association and the city, which proposed to take Ladder 1 (not Engine 1) out of service in the South End. It's a part of the city that needs a ladder company because of its high-rises, and because it is the first ladder truck to respond to the Port of Albany, which is the second largest hub for crude oil storage in the country.

Local 2007 members in Albany made a strong and measured public safety case for keeping the ladder truck in operation. They did not "blow a gasket." They also made concessions and offered a plan to raise city revenue by several million dollars annually. They worked with the city, and continue to do so, to find solutions to budget issues.

At no time did our members attempt to frighten the public with images of deceased children in their effort to educate the public, as Franco so despicably suggested. A serious journalist would never stoop to such an

inflammatory argument.

Some volunteer firefighters should be commended for their desire to help their communities, but they are not expected to provide the same level of service as a fully staffed professional fire department. Professionals in New York are required to undergo a minimum of 229 hours of initial training, 100 hours of annual in-service training and pass a Candidate Physical Ability Test. Volunteers may have as little as 15 hours of training and eight hours of annual in-service training.

Volunteers are not always ready at a moment's notice when minutes matter because most of the active ones work full-time to support their families. This is not a criticism of volunteers; it's just a fact.

Franco referenced Colonie's mostly volunteer fire department as a model of what can work elsewhere. The town of Colonie, however, is adding career firefighters to the department as a way to improve service.

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The Plimsouls
Rock icons bring "Valley Girl" and other hits to Troy

Page B3

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BUSINESS



Back in the U.S.A.

There's a new attitude in the manufacturing industry that lends its future success to networking and bringing jobs back home

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

Local businesses network with one another in a continuous trend promoting community over competition, and that attitude is what's defining a new "paradigm" in a changing manufacturing industry.

New York state is home to a rich network of innovation assets and other resources that can help manufacturers and start-up companies develop or improve products and their manufacturing capabilities; but cost can be a barrier to companies utilizing those resources.

Continues on page B20

PICK OF THE WEEK



Something Rotten

The hit Broadway musical comes to the Proctors Theatre stage in Schenectady, opens Tuesday, Jan. 10.

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INSIDE



Arts calendar

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Experts see a shift in how the manufacturing industry is approaching projects, bringing business back locally, but networking and education is in greater demand.

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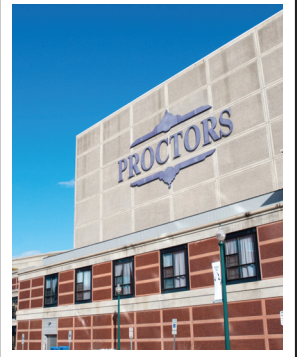
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quote of the week

"The nature of manufacturing is changing. It's going away from large plants that have low cost labor. . . it's moving into a high-technology manufacturing context where automation is doing those repetitive jobs and what you have is a skilled, trained workforce that is actually working with a diverse set of machines to make sure the process is in tolerance. . . . This is one of the things that's actually a bit challenging about this new manufacturing paradigm. You can talk to some manufacturers who have a challenge finding the talent that they need in order to fill those jobs."

— Thomas Tongue,
 Executive Director at Tech Valley Center of Gravity

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■ JUST ANNOUNCED

The Plimsouls to rock Troy

'Valley Girl' rockers and veterans of the L.A. club scene will share the stage with Troy legends, the Lawn Sausages

TROY — The Spot518.com has scored a touchdown for its next concert presentation at The Hangar on The Hudson. Join us on Sunday, Jan. 29, at 3 p.m. for a matinee show featuring The Plimsouls Re-Souled with Troy legends The Lawn Sausages.

The original Plimsouls, formed in 1978 by singer, guitarist and songwriter Peter Case in Paramount, Calif., soon became an audience favorite in the Los Angeles club scene.

The band, then made up of Case, guitarist Eddie Muñoz, bassist Dave Pahoia and drummer Louie Ramirez, gained national fame five years later when its single "A Million Miles Away" was included on the "Valley Girl" soundtrack.

Although the band broke up shortly after releasing its second album, its original members (sans Ramirez) reunited in the mid-1990s with drummer Clem Burke for a few shows and some recording

sessions which resulted in the "Kool Trash" album. Drummer Bryan Head is believed to have accompanied the three original members for subsequent reunions.



RE-SOULED

The Second Coming of the iconic '80s band comes to Troy.

John Boydston

Referred to as "The Second Coming" of the iconic '80s rock band, The Plimsouls Re-Souled, features Muñoz along with guitarist/vocalist Bryan Malone, bassist Jeff Walls, and drummer Rick West. The quartet will revive the soul of the original band's songs when it performs in Troy just three days after launching its latest Northeast tour in Washington, D.C., on Jan. 26.

Advance tickets are on sale now for \$10 each. Purchase yours today online at thespot518.com/

tickets, or in person at either The River Street Beat Shop (197 River St.) or The Ale House (675 River St.) in Troy.

For more information, visit the band's facebook page at <https://www.facebook.com/theplimsoulsresouled>.

The Hangar is located directly across River Street from The Ale House in Troy.

— Lianne Webster-Kim

ASO plays Tchaikovsky's First Piano Concerto

ALBANY — The Albany Symphony Orchestra will perform Tchaikovsky's First Piano Concerto at the Palace Theatre on Saturday, Jan. 7 at 7:30 p.m. at 19 Clinton Ave. in Albany.

Internationally acclaimed pianist Ilya Rashkovskiy performs the Concerto, followed by Symphony No. 1 by Grammy Award-winning composer, John Corigliano.

Tickets start at \$19. For more information or to buy tickets call 518-465-4663 or visit www.palacealbany.org.



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Upcoming - January 14th - 9pm
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PICK OF THE WEEK

'Something Rotten' comes to Proctors

"The world's first musical" recently concluded its Broadway run

SCHENECTADY — Did you ever wonder who wrote the world's first musical?

That's the premise behind "Something Rotten," which begins its week-long run at Proctors Theatre Tuesday, Jan. 10, at 7:30 p.m.

The play centers around 16th century brothers Nick and Nigel Bottom, who are trying to escape the shadow of William Shakespeare. They go to a soothsayer, who tells them to write the world's first musical. Unsure of how to write a musical, the Bottom brothers set to work anyway, and what follows is a lot of singing, dancing and comedy.

"Something Rotten" recently wrapped up its Broadway run, which included a 2015 Tony Award for best featured actor in a musical. Proctors

is the first stop for the play's 2017 national tour, which will also visit Boston, Pittsburgh and St. Louis over the next three weeks.

Shows take place Tuesday and Wednesday, Jan. 10 and 11, at 7:30 p.m.; Thursday, Jan. 12 at 1:30 and 8 p.m.; Friday, Jan. 13 at 8 p.m.; Saturday, Jan. 14, at 2 and 8 p.m.; and Sunday, Jan. 15, at 2 p.m. Tickets range in price from \$20 to \$95. Group tickets are also available with discounts of up to 20 percent.

For more information or to purchase tickets, call the Proctors box office at 346-6204 or visit www.proctors.org.

"Something Rotten" is part of the Key Private Bank Broadway Series at Proctors.

— Rob Jonas



The hit musical "Something Rotten" takes center stage at Schenectady's Proctors Theatre beginning Tuesday, Jan. 10. Photo courtesy of somethingrotten.com

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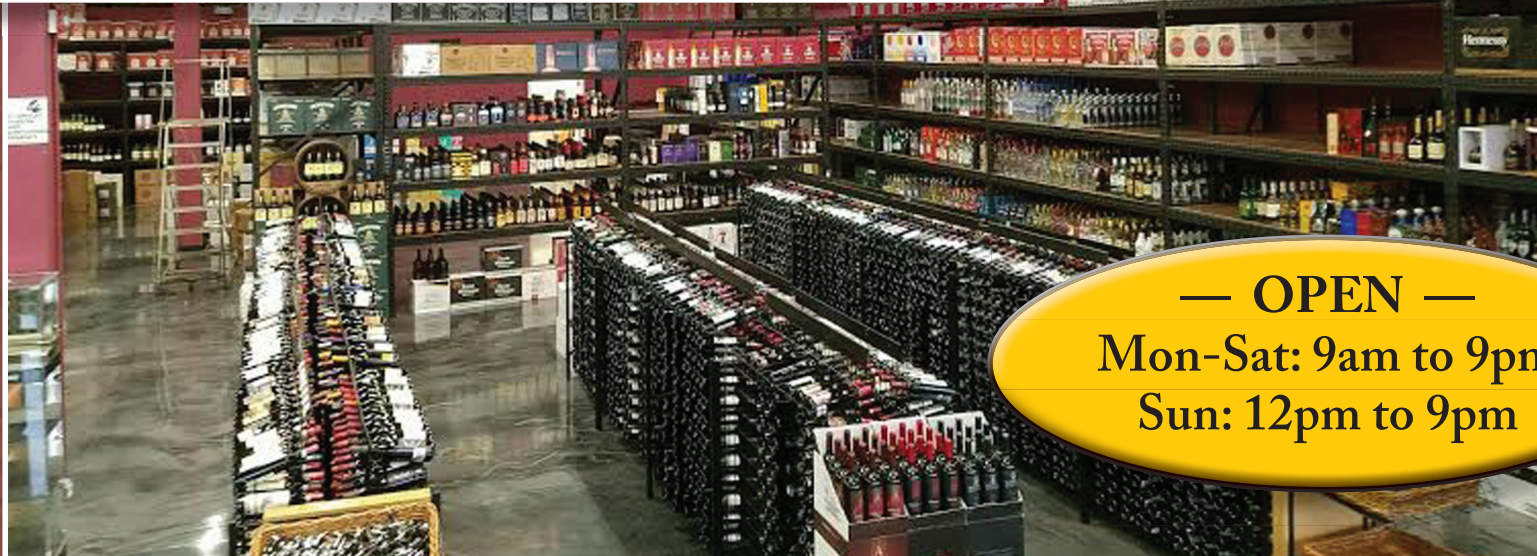
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Night & Day



Skunk City on stage.

Photo courtesy Skunk City's Facebook page

Night: Skunk City (Bob Marley tribute) at The Hollow

ALBANY — Guthrie Bell productions welcomes Bob Marley tribute band Skunk City with special guest The Good Time Charlies at The Hollow Kitchen + Bar on Friday, Jan. 6, at 9 p.m. for an 18 and older show. Doors open at 8 p.m.

Hailing from Syracuse, Skunk City bills itself as Central New York's premiere funk and rock experience, featuring Emanuel Washington on drums and vocals, Mike Spadaro on bass guitar, Jay Lock and Chris Eves on electric guitar, and Deyquan Bowens on keyboard and talkbox.

Opening for Skunk City is The Good Time Charlies, a Capital District-based roots, rock, jam and Americana quartet

founded in 2015. Keyboardist Chris Carballeira, guitarist Mike Johnson, drummer Mike Johnson and bassist Mike Thomas look to bring back the high old times with melodies audience members can feel in their souls.

Tickets purchased in advance cost \$12 each, while those purchased at the door will be \$15.

For more information, visit www.thehollowalbany.com. To purchase tickets in advance, go to <https://www.eventbrite.com/e/skunk-city-a-tribute-to-bob-marley-and-the-goodtime-charlies-tickets-29840851791>.

The Hollow Bar + Kitchen is located at 79 North Pearl St. in downtown Albany.

Day: Kids' Amateur Radio Day at miSci

SCHEENECTADY — Children and families are invited to miSci to explore amateur radio with the Schenectady Museum Amateur Radio Association (SMARA) on Saturday, Jan. 7, during

a special Kids' Amateur Radio Day program from 1 to 4 p.m.

Founded in 1971, SMARA operates a complete amateur radio station housed in the museum with the call sign

W2IR. Attendees will have the opportunity to use this valuable communication tool to connect with other children across the United States and possibly around the world.

MiSci's program is part of a national event hosted by the American Radio Relay League (ARRL), the country's largest organization of amateur radio operators with more than 150,000 members.

Program is free with paid admission. General admission rates are \$7.50 for children ages 3 through 12, \$9.00 for senior citizens (ages 65 and older) and \$10.50 for teenagers and adults. Museum members are admitted for free.

For more information, call 382-7890 or visit www.misci.org.

miSci is located at 15 Nott Terrace Heights in Schenectady.



Learn the basics about using amateur radios at miSci on Saturday, Jan. 7.

Photo courtesy of SMARA website

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 Fri: **Michael Benedict Jazz Vibes** | 9 p.m.
 Sat: **Pete Sweeney Quartet** | 9 p.m.

Albany Rail Yard
 1118 Central Ave., Albany. 489-2990
 Every Thur: **DJ Scott Grant** | 9 p.m.

Arthur's Market
 35 N. Ferry St., Schenectady. 382-1938
 Thur: **Edith's Amazing Jam** | 6 p.m.
 Fri: **Kitchen Jazz** | 7 p.m.
 Sat: **Tango** | 7 p.m.
 Tue: **Dave Kitchen Trio** | 7 p.m.

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

Caffe Lena
 47 Phila St., Saratoga Springs. 583-0022
 Fri: **Evie Ladin Band & Red Tail Ring** | 8 p.m.
 Sat: **Steve Gillette and Cindy Mangsen** | 8 p.m.
 Sun: **Hot Club of Saratoga** | 7 p.m.
 Mon: **Open Mic** | 7 p.m.

Carney's Tavern
 17 Main St., Ballston Lake. 280-7959
 Every Thur: **Matty Finn** | 6 p.m.

Castle Street Café
 10 Castle St., Great Barrington, Mass.
 413-528-5244
 Fri: **Rob Putnam, Rob Kelly, Jeff Stevens and Jay Bradley** | 8 p.m.
 Sat: **Peg & Bill Delaney** | 8 p.m.

Centre Street Pub
 308 Union St., Schenectady. 393-2337
 Thur: **Josh & Justin** | 7 p.m.
 Fri: **The Schmooze** | 9 p.m.
 Sat: **Joe Nacco** | 9 p.m.

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

Club Helsinki
 405 Columbia St., Hudson. 828-4800 or helsinkiHUDSON.com
 Fri: **Alejandro Escovedo, The Minus 5** | 8 p.m.

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

Eden Cafe
 269 Osborne Road, Loudonville.
 977-3771
 Fri: **Jammer's Network presents: Network Jam** | 6 p.m.
 Sat: **Before They Were** | 7:30 p.m.

Emack & Bolio's
 366 Delaware Ave., Albany. 512-5100
 Fri: **Randall Mauger** | 7 p.m.

ARTS CALENDAR



The Eighth Step presents ...

Folk singer-songwriters Sally Rogers and Claudia Schmidt perform together Saturday, Jan. 7, at 7:30 p.m. at the GE Theatre at Proctors, 432 State St. in Schenectady.

Submitted photo

Sat: **Mark LaRose** | 7 p.m.
Ken Young | 8:30 p.m.
 Every Tue: **Open Mic** | 7 p.m.

Fuze Box
 12 Central Ave., Albany. 703-8937
 Fri: **Exhuman presents Miauhaus V** | 9 p.m.

Gaffney's
 16 Caroline St., Saratoga Springs.
 587-7359
 Every Tue: **Open Mic w/ Rick Bolton** | 8 p.m.

Ginger Man
 234 Western Ave., Albany. 427-5963
 Fri: **Peg Delaney** | 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.
 thehalfmoonHUDSON.com

Sat: **Botanica with DJ Ephraim Asili** | 10 p.m.

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

The Hollow Bar + Kitchen
 79 N. Pearl St., Albany. 426-8550
 Fri: **Skunk City (A Tribute to Bob Marley)** | 8 p.m.

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

J.J. Rafferty's
 847 New Loudon Road, Latham.
 783-6800
 Every Fri and Sat: **DJ Billy** | 9 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: **Dephyant & Rawthreath CD release party with Ozymandias, Shyste, Elspinx, DJ By Matty Wags** | 8 p.m.

Sat: **Rearview, Forevers, Society High** | 8 p.m.

Sun: **The Power, Pawner, Antecedent** | 5 p.m.

Lucky Strike Social
 1 Crossgates Mall Road, Albany.
 556-3350
 Sat: **Great Good Fine OK** | 7 p.m.

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

Moon & River Café
 115 S. Ferry St., Schenectady. 377-5100
 Thur: **Running the River** | 7 p.m.
 Mon: **Steve Signell** | 7 p.m.

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

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

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

One Caroline Street
 1 Caroline St., Saratoga Springs.
 587-2026
 Wed: **The Masters of Nostalgia** | 8:30 p.m.
 Thur: **Cloud Lifter** | 8 p.m.

O'Slattery's Irish Pub
 318 Delaware Ave., Delmar. 439-5634
 Sat: **Marty Brandon** | 8 p.m.
 Tue: **DJ Trivia** | 7 p.m.

Parish Public House
 388 Broadway, Albany. 365-0444
 Fri: **TooMuchTooFast** | 8 p.m.
 Mon: **Silver Arrow Band Showcase** | 7 p.m.

Pauly's Hotel
 337 Central Ave., Albany. paulyshotel.com
 Fri: **Wavy Cunningham, DJ Mercy** | 8 p.m.
 Sat: **Where's Walden, OrborO** | 8 p.m.
 Sun: **Krish Mohan** | 7 p.m.
 Tue: **Nylon Otters, Carpet Room** | 8 p.m.

Prime at Saratoga National
 458 Union Ave., Saratoga Springs.
 583-4653
 Every Sun: **Joe Sorrentino Trio (jazz brunch)** | 10:30 a.m.

Putnam Den
 63a Putnam St., Saratoga Springs.
 584-8066
 Fri: **Standing with Standing Rock benefit concert** | 8 p.m.
 Sat: **Half Step** | 9 p.m.

Rustic Barn Pub
 150 Speigletown Road, Troy. 235-5858
 Every Thur: **Open Mic** | 8 p.m.
 Fri: **Average Bear** | 8 p.m.
 Sat: **The Kyle Bourgault Band** | 8 p.m.
 Every Sun: **Sunday Sessions with Maurizio Russomanno** | 4 p.m.

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

Savoy Taproom
 301 Lark St., Albany. 599-5140
 Thur: **Savoy Soul Club No. 4 with guest DJ Trumastr** | 9 p.m.

Speakeasy 518
 42 Howard St., Albany. 449-2332
 Wed: **Mike McGough** | 8 p.m.
 Thur: **Kylie Hotaling Duo** | 9 p.m.
 Fri: **George Muscatello Trio** | 9 p.m.
 Sat: **John Bernstein Trio** | 9 p.m.
 Mon: **Joe Finn** | 8 p.m.
 Tue: **Mike Jenkins & The Fat Ties (swing night)** | 8 p.m.

Stockade Inn
 1 North Church St., Schenectady.
 346-3400
 Thur: **Sonny & Perley** | 7 p.m.
 Fri: **Kylie Hotaling** | 8 p.m.

Troy Kitchen
 77 Congress St., Troy. 268-0068
 Every Fri: **DJ Lounge** | 11 p.m.

Upstate Concert Hall
 1208 New York 146, Clifton Park.
 371-0012 or upstateconcerthall.com
 Fri: **Dirkschneider, Within the Fire, Goblet** | 7 p.m.

The Van Dyck
 237 Union St., Schenectady. 348-7999

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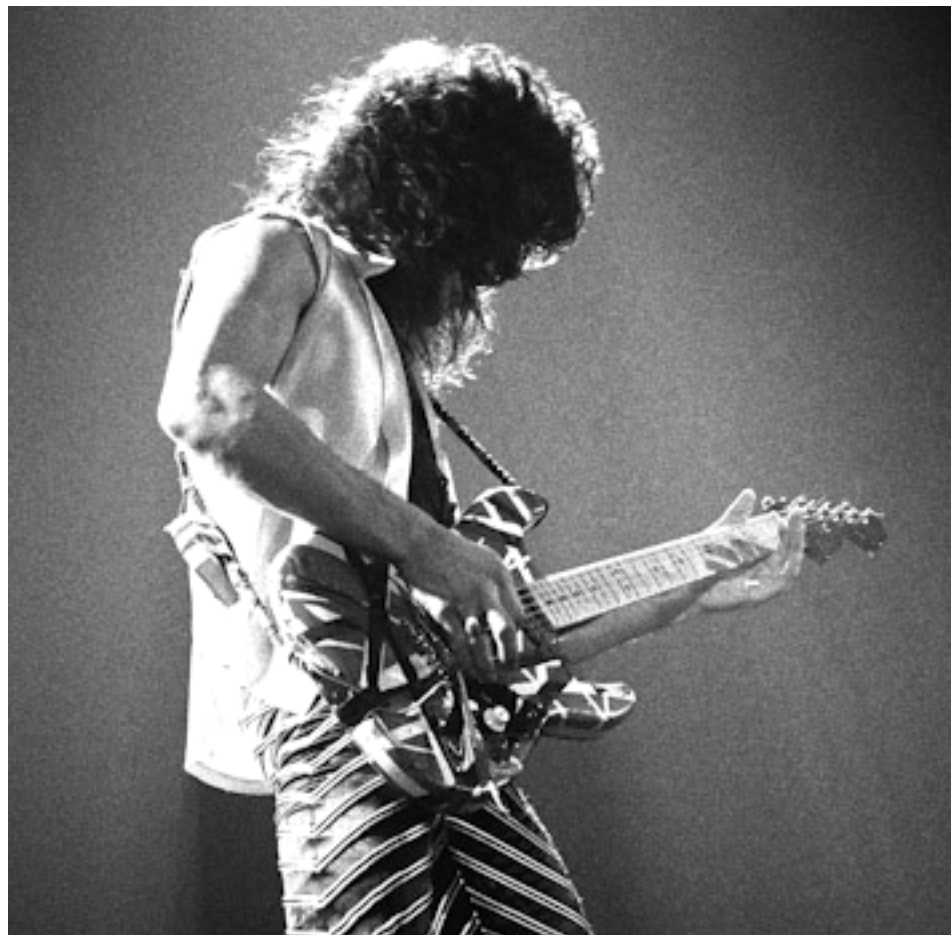
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- M-Saturday 3-7pm 3 Bottled Beers \$10- (\$1 off all other drinks)

■ **ARTS CALENDAR**



Rockin' photographs

Patrick Harbron's photographs, such as this one showing Eddie Van Halen performing, are on display at the Albany Institute of History and Art through Feb. 12. For more information, call 463-4478 or visit www.albanyinstitute.org. Photo by Patrick Harbron

children/seniors \$18-\$31. Information: thealbanydevils.com.

Siena College men's basketball

See the Saints host Saint Peter's, Jan. 7, 7 p.m., Times Union Center, 51 South Pearl St., Albany. Tickets: adults \$10-\$30, children 12 and under \$8 in sections priced at \$23 and below. Information: www.timesunioncenter-albany.com.

Autistics Aware adult support group

Meets the first Wednesday of every month. Jan. 4, 6:30 p.m., Autism Society, 101 State St., Schenectady. Information: 355-2191.

Standing With Our Muslim Friends & Neighbors

Fazana Saleem-Ismail, Shamshad Ahmad, Lynne Jackson, Jeanne Finley and Steve Downs will join Bethlehem Neighbors for Peace's meeting for a discussion about how we can support our Muslim friends and neighbors. Jan. 5, 7 p.m., Bethlehem Public Library, 451 Delaware Ave., Delmar. Information: 466-1192.

Learn to Skate clinic

Learn how to ice skate surrounded by some of Albany's most recognizable buildings. Free skate rentals are available to participants. Please note that the ice rink will be closed to the public during clinics. Hosted by the Hudson Mohawk Figure Skating Club. Jan. 7, 9 and 10 a.m., Empire State Plaza, Albany. Registration required; 10 a.m. session has openings. Information: online.gos.ny.gov/ogsEvents/SkateClinics/EventTimes.aspx.

Full Wolf Moon Trek

This free, two-mile trek is open to

intermediate cross country skiers or snowshoers. For ages 16 and older. Jan. 13, 6:30 p.m., Dyken Pond Environmental Education Center, 475 Dyken Pond Road, Cropseyville. Information: 658-2055 or www.dykenpond.org.

Grafton Lakes State Park Winter Festival

Annual event includes snowshoeing, contests for children. Indoor exhibitors, guided outings, a Polar Plunge and much more. Jan. 28, Grafton Lakes State Park, Route 2, Grafton. Registration is open for the Polar Plunge, which is limited to the first 50 people who pre-register (entry fee: \$20, which benefits the Our Lady of the Snow Parish food pantry). Information: 279-1155 or www.nysparks.com/parks.

Decals, China Paint & Luster, Oh My!

Join Jessica Putnam-Phillips for this workshop. Feb. 10-12, Saratoga Clay Arts Center, 167 Hayes Road, Schuylerville. The workshop is limited to 25 participants on a first come, first served basis. Fee: members \$200 (\$250 after Jan. 15), non members \$250 (\$300 after Jan. 15), with new membership \$235 (\$285 after Jan. 15), students \$150. Information: www.saratogaclayarts.org.

Schenectady Greenmarket Winter Market

Regional vendors selling groceries, take-away meals and artisanal items. Sundays, 10 a.m. to 2 p.m., Proctors Arcade, 432 State St., Schenectady. Information: schenectadygreenmarket.org.

Delaware Community Farmers Market

Offering local fruits, vegetables, herbs,

eggs, jams, and baked goods for sale in the branch parking lot. Tuesdays, 4 to 7 p.m., Albany Public Library — Delaware Branch, 331 Delaware Ave., Albany. Information: 463-0254.

Together Tuesday

Tuesday nights in Eden Café are set aside for groups to have a time of team building. Become part of a movement. Our groups have found that they often can get more accomplished out of the office than in. Eden provides a safe non-alcoholic environment where trust can be fostered. Tuesdays, 4:30 to 9 p.m., 269 Osborne Road, Loudonville. Information: 977-3771.

Veteran Meet-Up

Join us for free coffee every Tuesday. All veterans welcome. 6 to 8 p.m., Saratoga Coffee Traders, 447 Broadway, Saratoga Springs. Information: 884-4999 or www.VeteransPeerConnection.org.

Social Night Potluck at CoG

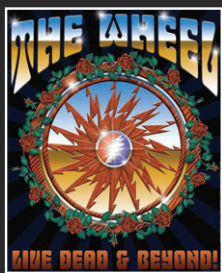
Every Tuesday night, we gather with food and conversation. This event is free and open to the public. No registration is needed. 6:30 to 8:30 p.m., Tech Valley Center of Gravity, 30 3rd St., Troy. Information: 279-7863 or www.tvcog.net.

EXHIBITS

Albany Institute of History and Art

"Rock & Roll Icons: Photographs by Patrick Harbron," through Feb. 12; "I Spy with My Little Eye: Joan Steiner's Look-Alikes," through Jan. 31; plus "Nineteenth-Century American Sculpture: Erastus Dow Palmer and His Protégés, Launt Thompson, Charles Calverly, and Richard Park," "A Gather

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FRIDAY
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SATURDAY
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ARTS CALENDAR

of Glass: Selections from the Museum's Collection, "Ancient Egypt" and more. 125 Washington Ave., Albany. Information: 463-4478 or www.albanyinstitute.org.

Albany Medical Center: Community Endocrine Gallery
"The Art of Photography," featuring photos by Marty Bannan, Don Cooper, John Elliott, Richard Endres, Jean Finley, Harvey Gurien, George Guarino, Dave Higgins, Gary Larsen, Jeff Perkins, Max Tiller and Larry White, through March 3. 1365 Washington Ave., Albany. Information: 489-4704.

Albany Pine Bush Discovery Center
"Pine Bush Perspectives" photo exhibit. 195 New Kamer Road, Colonie. Information: 456-0655 or albanypinebush.org.

AMP Galleries
"New Paintings," an exhibit featuring the works of abstract painter Seth Benzel. 454 Broadway, Saratoga Springs. Information: 898-6976.

The Clark Institute
"Japanese Impressions: Color Woodblock Prints from the Rodbell Family Collection," through April 2; "Photography and Discovery," through Feb. 5; "Thomas Schutte: Crystal," through Oct. 9, 2017. 225 South St., Williamstown, Mass. Information: www.clarkart.edu.

Clement Art Gallery
"Annual Winter Small Works Show," through Jan. 23. 201 Broadway, Troy. Information: 272-6811 or clementart.com.

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

Ginsburg, through Feb. 26. The College of Saint Rose, Massry Center for the Arts, 1002 Madison Ave., Albany. Information: 485-3902 or www.strose.edu/gallery.

The Laffer Gallery
"Upstate Artists," the gallery's annual juried group show as chosen by Tony Iadicicco, through Jan. 8. 96 Broad St., Schuylerville. Information: 695-3181 or www.thelaffergallery.com.

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

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

New York State Museum
"The People's Art: Selectios from the Empire State Plaza Art Collection," on display through Sept. 3; 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.

Opalka Gallery
"Gravity & Light: Caroline Ramersdorfer, Sculptures 1985-2016," through March 5. Sage College of Albany campus, 140 New Scotland Ave., Albany. Information: 292-8607 or opalka.sage.edu.

Saratoga Automobile Museum
"Rolling Bones," an exhibit featuring hot rods built by Ken Schmidt and Keith Cornell's Rolling Bones Hot Rod Shop in Greenfield Center. 110 Avenue of the Pines, Saratoga Spa State Park, Saratoga Springs. Information: saratogaautomuseum.org.

Saratoga Clay Arts Center
"Winter Wares, Quiet Forms," featuring the recent work of Josh Smith. 167 Hayes Road, Schuylerville. Information: saratogaclayarts.org.

Tang Teaching Museum
"Sixfold Symmetry: Parrem in Art and Science," an exhibition of contemporary and historical art, artifacts and material culture, featuring collaborations with faculty members from multiple departments, through March 12; "Elevator Music 31: Political Echo Chamber;" plus "Liz Collins — Energy Field," a long-running installation created as a lounge and social space for visitors and students. Skidmore College, North Broadway, Saratoga Springs. Information: tang.skidmore.edu.

University Club
Presenting a solo exhibition by Artist in Residence Ed O'Connell, Jan. 6 through April 28, 141 Washington Ave., Albany. Artist reception: Jan. 6, 6 p.m. Information: 463-1151 or www.universityclubalbany.com.

CALL FOR ARTISTS

Schenectady Civic Players
Holding auditions for "Doubt, a Parable," Jan. 5, 7:30 p.m., Schenectady Civic Playhouse, 12 South Church St., Schenectady. Roles for three women and one man. Performance dates are March 17-26. Information: www.civicplayers.com.

Center for Disability Services Telethon
Seeking choral groups, soloists, specialty acts and dance troupes for the upcoming telethon, to be broadcast on Jan. 29 at the Radisson Hotel Albany on Wolf Road. Auditions take place Sunday, Jan. 8, from noon to 4 p.m. at the Holiday Inn Express, 400 Old Loudon Road, Latham. Performers may audition only one piece, with a 3-minute limit. Information: 944-2120 or www.cfdsny.org.

Capital Community Voices
Regional choral group is seeking singers in all voice parts for its May concert. Rehearsals are Tuesdays at 7 p.m. in East Greenbush, starting Jan. 10. Information: 370-5434.

Lake George Arts Project
Accepting exhibition proposals for its Courthouse Gallery, through Jan. 31. Send 10-12 images, a résumé and artist info. Information: www.lakegeorgearts.org.

120° Intercollegiate Regional
A showcase for students attending college within 120 miles of Saratoga Springs, Glens Falls or Troy for their artwork. The juried exhibit is a partnership between Saratoga Arts, LARAC and

the Arts Center of the Capital Region and will be displayed from March 4 through April 21 at the Saratoga Arts Center. There is no entry fee, and all entries must be submitted by Jan. 25. Information: 584-4132 or www.saratoga-arts.org.

NorthCountryARTS
Accepting entries for its juried exhibition, "Visions 2017," through Feb. 19. Artists may submit up to two works. The juror is

Skidmore College art professor and sculptor Victoria Palermo. Fee: NorthCountryARTS members \$25, non members \$35. Information: www.northcountryarts.org.

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

SUDOKU

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Answers on Pg. B22

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JAN. 20
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18+

JAN. 21
Amy Helm w/ Eastbound Jesus
The Cohoes Music Hall
7:00 doors / 8:00 show
All Ages

JAN. 27
Driftwood
Parish Public House
8:00 doors / 9:30 show
18+

JAN. 28
Mister F Post Umphreys Party
The Hollow
9:30 doors / 11:00 show
21+

FEB. 3
Marco Benevento w/ Maybird and Band of Ghosts
The Hollow
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FEB. 4
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Food & Vino

Gluten Free Italian Deviled Chicken with Tomato and Eggplant

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

CULINARY ARTS

Call it a weakness, but there are few Italian dishes that I can pass on. Pasta, breads, meats, tomatoes — staples of every dish. But, some of us are on a gluten free diet, generally keeping us from pastas and breads. So, I found a gluten free recipe that should satisfy your tastes.

As for the pairing, if it looks like I'm hedging my bets by providing both a red and white wine, I admit to a little cheating. As I'm being sensitive to those of us with gluten allergies, I'm also thinking of those of us sensitive to acid reflux.

Depending on its severity, people who suffer from acid reflux do their best to avoid certain food. Because of the acidity level of red tomatoes, dishes that call for them are often avoided. But, like all good things in life, moderation is the best approach. To avoid the double-whammy of pairing an acidic red wine with an acidic dish, go with the chardonnay. If you don't have to prepare for such maladies, go with the Chianti.

Ingredients — Serves four

- 1 pound chicken thighs skinless and boneless
- 3 tbs extra-virgin olive oil
- Fine salt and black pepper to taste
- 1/4 tsp hot red pepper flakes for taste
- 2 small globe eggplants
- 1 yellow onion halved and sliced
- 2 garlic cloves slices
- 2 large tomatoes cubed or 1 cup canned plum tomatoes, chopped with juice
- 3/4 cup chicken broth
- 12 pitted kalamata olives halved
- 1tbs capers, rinsed and drained.
- 2 tbs cornstarch and 2 tbs water to use as thickener
- 2 tbs chopped parsley to top

Preparation

Halve chicken thighs (or quarter chicken breasts) into reasonable pieces that will cook. Heat 2 tbs of olive oil in skillet and brown chicken on both sides. You don't have to cook it through because the chicken will go back into the pan. Transfer to plate and season with salt, pepper and red pepper flakes. Add another 1 tbs of olive to the same pan and brown onions eggplant, onion and garlic to cook for 5 minutes until soft. Return chicken to skillet and add tomatoes and stir. Add chicken broth, bring to a boil and simmer partially covered for 15 minutes. This will help cook the meat right through. Turn the chicken pieces over and add olives and capers, and cook for an additional 10 minutes or until chicken is cooked through. Be sure to taste to see if more seasoning is needed. Stir in cornstarch mixture to thicken up. Serve with steamed rice or creamy polenta and some bread.

Pairing

Toasted Head Chardonnay 2014; Toasted Head; California

"This Chardonnay has aromas of bourbon, butterscotch, white peach, and Asian pear. On the palate, creamy toast and peachy caramelized custard flavors are complemented by a clean, hot finish. Barrel fermentation and aging is obvious in the wine, with a full, broad finish. Braised meats (lamb shank, pork loin), smoked salmon, or pasta with a cajun cream sauce."

— Winery Notes

Fattoria Lavacchio Chianti Rufina 'Cedro' 2011; Fattoria Lavacchio; Tuscany, Italy

Italian dishes generally call for a red Italian. This is an affordable, entry-level Chianti that provides high-pitched aromas with a juicy, fruit-driven taste.

HOROSCOPES

January 2017 • Week 1



CAPRICORN

December 22 – January 19
 Look before you leap, Capricorn. Something is amiss. The time for change has come. Start off small. A friend makes an uncanny observation.



ARIES

March 21 – April 19
 Face it, Aries. You can be quite the procrastinator when you want to be. However, this is one opportunity you don't want to miss out on, so get moving.



CANCER

June 22 – July 22
 Shucks, Cancer. You blew it, and you know it. Confess your sins and make amends. A friend is shouldering far too much of the burden right now.



LIBRA

September 23 – October 22
 Doggone it, Libra. For every two steps you take, you go one back. Keep at it. There is a light at the end of the tunnel. A gift arrives with a message.



AQUARIUS

January 20 – February 18
 The truth comes out at work, and accusations start flying. Rise above the fray, Aquarius. There is something more pressing at home in need of your attention.



TAURUS

April 20 – May 20
 Truly Taurus, you have done enough. Step aside and let someone else have a turn. A long-lost letter hits home and revives the passion for a cause.



LEO

July 23 – August 22
 You're a class act, Leo, and this week, all of the right people will notice. Take pride in that fact and use it to your advantage to get ahead. Travel plans take shape.



SCORPIO

October 23 – November 21
 Uh-oh, Scorpio. Egos unchecked lead to big trouble at the office. Don't play peacemaker unless you are sure you are the right person for the job.



PISCES

February 19 – March 20
 Lazy days are here again, and this time, you might want to make the most of them, Pisces. Bigger, better projects loom. A young one comes clean.



GEMINI

May 21 – June 21
 Some things were not meant to be, Gemini. Focus on what you can change and let everything else be. A task proves easy with the right tools.



VIRGO

August 23 – September 22
 Not one for resolutions, Virgo? You might want to change your tune considering what is waiting in the wings for you. Go ahead. Start anew!



SAGITTARIUS

November 22 – December 21
 Don't look now, Sagittarius, but the budget crunching is about to pay off in a very big way. Choose with care to ensure the most bang for your buck.

IN BRIEF

T-Lucan Band at Dinosaur BBQ

TROY — The T-Lucan Band will perform at Dinosaur Bar-B-Que on Saturday, Jan. 7, at 9:30 p.m.

The Band originated in Austin, Texas, but the classic rock band is now centered in Glens Falls.

For more information visit www.dinosaurbarbque.com or call (518) 308-0400.

Before They Were at Eden Cafe

LOUDONVILLE — Before They Were will perform at Eden Cafe on Saturday, Jan. 7, from 7:30 to 9:30 p.m..

Bryan Edwards and John Lamena come from a long history of song writing and music that will soothe the soul.

For information call (518) 977-3771.



Elvis Presley Birthday Bash

TROY — The Hangar is hosting the "Elvis Presley Birthday Bash on Saturday, Jan. 7 at 8 p.m. at 675 River Street in Troy. The Bash is an annual celebration of the King of Rock n' Roll with music performed by Johnny Rabb's Big Band, The Tichy Boys and special guests. Tickets are \$10. For more information call (518) 272-9740.

Photo by Amy Modesti / TheSpot518

IN BRIEF

Friends of Chamber Music present The Aulos Ensemble

TROY — The Aulos Ensemble will perform on Sunday, Jan. 8 at 3 p.m. at Kiggins Hall at the Emma Willard School at 285 Pawling Ave.

Flutist Christopher Krueger, oboist Marc Schachman, violinist Linda Quan, cellist Myron Lutzke, and harpsichordist Arthur Haas are among the world's leading performers on baroque instruments today.

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■ **HEALTH & FITNESS**

Choosing a personal trainer

Having the right instruction and encouragement can be a valuable weapon in the battle of the bulge

By **CRAIG W. ARMSTRONG**
news@spotlightnews.com

The time has come. Your pants don't fit and trying to take a selfie without a double chin has become impossible. You decide it's time to hit the gym, but you could use a little help. Your commitment is high so you decide to hire a personal trainer. This is an important decision, so you need to do your homework and ask the right questions.

Where does someone find a personal trainer? The gym you join will undoubtedly have trainers on staff. This is convenient, but it doesn't mean you have to use their staff. The upside is that they may offer special discounts; the downside is that your choices are limited. Also, if you are training at home, this does you no good. Consider finding a trainer using the best source — word of mouth. Talk to family, friends and co-workers. See if they would



WORD OF MOUTH

Often times, it's the best way to find a good trainer.

recommend someone that they have used or know is good. Another source is the internet. This is less personal, but you can find out a lot online, both good and bad.

Once you have prospects, it is time to do some interviews. Remember, you are paying these people; you have the right to ask questions and get answers. Start with

confirming that they are certified. Anyone can say they are a personal trainer. Ask for proof and make sure you see it.

Along with proof of certification, ask for proof of results. A good trainer will have testimonials and pictures of his clients, showing their results. Next, find out the cost. Do they charge hourly, by the session, or a flat rate? Find out about their availability. Will they work around your schedule, and train you at your gym? Are

they available to answer questions or give encouragement via text?

If you any special considerations such as medical conditions or things you will not do, you need to discuss those up front. A good trainer will be able to respond to these issues and explain how they deal with them. An experienced trainer will have dealt with this issues before and have a proven solution.

Next is the most important part. How do you relate to them? Communication between you two is going to be paramount. You need to make sure you are comfortable with their personality. A big part of how you relate to them is going to depend on their style. Are they the tough drill instructor type, the passive encouraging type or something in between? Their style needs to match your needs and comfort level. With that said, keep in mind anyone can make a good first impression. That's why a trial training session is a good idea. Ask them for a free session or one at a discounted rate. Again, you are employing them and you have the right to get your money's worth.

Even finding the perfect personal trainer doesn't guarantee results. This journey is yours. However, having the right instruction and encouragement can be a valuable weapon in the battle of the bulge.

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MUSIC REVIEW

Lettuce's 'Mt. Crushmore'

This seven-track EP largely underwhelming as a standalone, best considered as a continuation of "Crush"

By ERIN CLARY
nysmusic.com

Last month, the jam scene's funk favorites, Lettuce, released a new EP, titled Mt. Crushmore. While still holding down their exclusivity and unique take on the genre, it is largely more background music than it is dance fuel like we've seen from full albums like "Rage" and "Fly."

The likely reason for this is that the seven-track EP contains tracks that didn't make the cut for "Crush," (Crush... Mt. Crushmore...you get it). Although it's not to say these tracks are sub-par by any means. They still demonstrate the band's ability to lay down groovable tracks, but with perhaps a more hip-hop feel. Many of the tracks would add powerful, yet

sophisticated instrumentals for a progressive lyricist.

"Mt. Crushmore" starts off with its title track and what is hands-down the most epic sounding piece to date. Adam Deitch's

rhythmic drumming combined with Eric Bloom's authoritative trumpet alarm could be the soundtrack to a military march – if that army was ascending upon enemy



"Mt. Crushmore starts off with its title track and what is hands-down the most epic sounding piece to date. Adam Deitch's rhythmic drumming combined with Eric Bloom's authoritative trumpet alarm could be the soundtrack to a military march – if that army was ascending upon enemy territory on an alien planet."

Eric Bloom



DLC
A decent companion purchase to "Crush."

territory on an alien planet. A choir of female vocals only adds to the celestial impression.

Other female vocals appear later in the album but with full-on lyrics, a feature that is atypical for Lettuce. "The Love You Left Behind" featuring Alecia Chakour is a nice mix of funk and gospel music to keep you interested.

The EP includes "Lude, Pt. 5" and "Lude, Pt. 6," two quick tracks that sound like intros or filler music. They are a continuation of the series that began on the previous album, "Crush."

In "116th St." Erick "Jesus" Coomes drops the signature Lettuce bass thud, the foundation and

appeal of their sound. "Ransome" also brings the beloved funk, with a quick rhythm making it the dance tune of the EP.

Listeners should keep in mind that "Mt. Crushmore" is not an album, but an EP, short for "extended play." And that's exactly what it feels like – an extension of "Crush." Absolutely worth a listen if you enjoy Lettuce, but would be largely underwhelming as a standalone album compared to the rest of their catalog.

NYSmusic.com is a

web magazine focused on 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.

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■ BAND PROFILE

Totally Gnarly

Still punks after 20 years

By **RALPH RENNA**
news@spotlightnews.com

What is punk and hardcore music? The answer is really one person's opinion and it depends on who you ask. Some describe punk and hardcore as styles of music filled with chain sawed guitar riffs, a bass like a locomotive chug, drum beats that make the body move aggressively and just some guy yelling into a microphone.

Hardcore is a lifestyle and in 1989 the local hardcore shows in Troy and Albany were a variety pack of people, in one room. There were no dress codes or specific kind of people attending. You didn't have to meet a tattoo quota. In that room were all races, religions, political affiliations. There were punk rockers with mohawks, headbangers with mullets, girls and guys both with shaved heads, the nerds, the jocks, the outcasts — they somehow all fit in.

If you're going to start a punk or hardcore band today, you better include all the above elements, and it better be *totally gnarly*.

This is the band that lives up to that name. The DIY work ethic and all that

is hardcore! In 2015 straight out of Gloversville. Totally Gnarly's "Bogus Journey" was released to the world and took over the local scene via hurricane style.

"The genesis of a fledgling drunk rock outfit," said Jim Nellis, the band's bassist. "Those were our very first songs and I still like most of them. Our new songs just pretty much outshine the majority of those tracks. We've become tighter as a band and we're writing better songs because of it."

Playing shows was the plan for the group after the record's release. Shows on land, on boats, parties, bars, backyards and festivals. But, there is a good cause behind all this mayhem, guitarist Adam Hannis explained.

"2016 has been good," said Hannis. "We kicked it off strong with the "Jamzilla" benefit for Alzheimer's research last February. It is our annual music festival in Gloversville. Oh, and [Jason] Bowie (drummer) got married and he is still playing drums with us, so that is a pretty big deal."

The band's humor and its desire to have a good time make it a better band on the road.

Totally Gnarly guitarist Tony Zalone



Totally Gnarly

Photo by Sarah Winners

shared some of the off-stage drama his band experienced during a recent trip up to North County.

"We played two gigs back to back in Plattsburgh and stayed at a friend's apartment for the night," he said. "His brother's date turned out to be nuttier than a squirrel turd and kept the whole house up with her shenanigans. After we tried to pawn her off to some rambling crack-heads, she threatened to run home naked. She failed to deliver, and we had to jump their car in the morning just to get her to leave."

It would have been much worse if I wasn't under such heavy sedation."

Vocalist Rufus Red added, "That was the same night that Andrew W.K.

stormed into the club while the closing band was playing GG Allin. He then commandeered the mic, put on a magnificent PG-13 GG impersonation, and then proceeded to smash every individual Christmas bulb on the strand of lights hanging up in the bar.. all while singing 'Bite It You Scum'.

One-Dollar Gennys on tap can really bring out the dark side of a man."

This insanity, in a way, has shaped the band.

"I think the simple fact we have been playing music together in some incarnation or another for twenty years

Continues on B22

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IN BRIEF

Notes on Blindness at Proctors

SCHENECTADY — Proctors will screen “Notes on Blindness” on Wednesday, Jan. 4, at 3, 5 and 7 p.m. at 432 State Street in Schenectady.

The film follows writer and theologian John Hull after he suddenly went blind in the summer of 1983, just days before the birth of his first son. In order to make sense of the upheaval in his life, he began keeping an audio diary, described by British neurologist Oliver Sacks as ‘the most extraordinary, precise, deep and beautiful account of blindness I have ever read. It is to my mind a masterpiece.’

Tickets are \$5. For more information call (518) 346-6204 or visit www.proctors.org.

Hamilton Street Jazz Company at Grappa 72

ALBANY — The Hamilton Street Jazz Company will perform at Grappa 72 on Wednesday, Jan. 4, and Thursday, Jan. 5, from 6:30 to 9:30 p.m. at 818 Central Ave. in Albany.

For more information call (518) 482-7200 or visit www.grappa72.com.

Caffe Lena Poetry Open Mic returns to Phila Street

SARATOGA SPRINGS — Caffe Lena will hold a Poetry Open Mic on

Wednesday, Jan. 4 at 7:30 p.m. at 47 Phila Street in Saratoga Springs.

Each poet reads two short poems or one longer poem, with a limit of 5 minutes altogether. There is a featured reader each month who reads for approximately 20 minutes. All styles of poetry are welcome, although it is requested that performers refrain from excessive profanity or vulgarity.

Admission is \$5. Sign up starts at 7. For more information call (518) 583-0022 or visit www.caffelena.org.

Open Mic at Old Songs

VOORHEESVILLE — Old Songs will host an Open Mic Night on Wednesday, Jan. 4, from 7:30 to 10:30 p.m. at 37 South Main Street in Voorheesville.

Participants can walk in and sign up to play for 15 minutes. Local performer Kate Blain will host.

There is a \$3 cover charge. For more information call (518) 765-2815 or visit oldsongs.org.

Secret Stockade: A Historic Tour and Lunch

SCHENECTADY — The Schenectady County Historical Society and Arthur’s Market present Secret Stockade: A Historic Tour and Lunch on Thursday, Jan. 5, at 11 a.m.

The event includes a walking tour, lunch at historic Arthur’s Market, a peek inside a private 1820s Stockade home,

and a visit to the Schenectady History Museum. The event is about three hours long, including a lunch stop.

Pre-registration is required. Tickets are \$20. Participants can purchase tickets online at www.schenectadyhistorical.org/walking-tours or contact Mary Zawacki at (518) 374-0263 or at curator@schenectadyhistorical.org.

Disco Funk Happy Hour at The Low Beat

ALBANY — The Low Beat will host “Disco Funk Happy Hour” on Friday, Jan. 6, from 4 to 8 p.m. at 335 Central Ave. in Albany.

For more information call (518) 432-6572 or visit www.thelowbeat.com.

Average Bear Band at the Rustic Barn Pub

TROY — The Average Bear Band will perform on Friday, Jan. 6, at 8 p.m. at the Rustic Barn Pub at 150 Speigletown Road in Troy.

The band features Luke McNamee on Saxophone, Jason Maloney on Drums, and Mike Palma on Bass and Mike McMann on Guitar.

For more information call (518) 235-5858 or visit www.rusticbarnpub.com.

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From page B1 ...
Back in the U.S.A.

“One of our goals here at the Center of Gravity is to lower the barrier of entry for entrepreneurs who are creating hardware based start-ups that might leap up to a manufacturing component,” said Thomas Tongue, executive director of Tech Valley Center of Gravity (COG).”

Last month, COG was awarded a \$75,000 grant to launch its Rapid Prototyping Center within the grounds of its Third Street location in Troy. The “makerspace” is expanding its services to support manufacturers and start-ups by allowing more access to equipment to

build prototypes. No such center exists in the Capital District for both entrepreneurs and manufacturers alike to work on prototypes.

“They had already had their own companies that were signed on to work with them to get it started,” said Amber Mooney, FuzeHub industry engagement manager. FuzeHub is a not-for-profit organization that plays matchmaker for state manufacturing companies and local tech and business resources. “Part of the grant’s [requirements] was to show their business partnerships. We hadn’t brought any to them, but in the future we may be bringing some as part of what we do. If a manufacturer comes to us with a great idea and is looking to prototype, we connect them with resources across the state.”

SPOTLIGHT ON *Careers*



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BIG NEWS
Tom Tongue and his Center of Gravity is full of kinetic energy.
CenterofGravity / Facebook

Already, five companies have committed to use the RPC in the first year. One Hudson, Shandor Engineering, Beckmann Engineering, Self Array, and Axiom North America, LLC will all use the RPC when it is complete. Tongue said he anticipates as many as 20 companies a year will seek access to the Center’s equipment.

“The Rapid Prototyping Center is going to be a tremendous resource for our region, for manufacturers — current manufacturers, as well as start-ups,” said Mooney.

Arsenal Business & Technology Partnership, an entity housed out of the Watervliet Arsenal, was also awarded a \$75,000 grant through FuzeHub. It’s project will expand its manufacturing capacity and capability for Extreme Molding, a contract manufacturer, that has had exponential growth inside the Watervliet Arsenal since 2002. Extreme Molding manufactures use silicone and plastic materials often in unique combinations. It does full packaging and order fulfillment for 85 percent of its customers, whose markets primarily serve infants, toddlers, pet care and high end consumer products.

“Fuzehub’s mission is supporting manufacturing organizations by matching — we have a team of engineers — matching manufacturers to resources,” said Mooney.

FuzeHub

FuzeHub launched the Jeff Lawrence Manufacturing Innovation Fund. Lawrence was a top executive at the Center for Economic Growth who passed away in 2015. He was a champion for local manufacturing and entrepreneurial communities.

The Manufacturing Innovation Fund consists of \$1 million annually for five years. It supports activities designed to spur technology development and commercialization exclusively in New York state. FuzeHub administers the fund as part of its role as the Empire State Development (ESD) designated statewide Manufacturing Extension Partnership (MEP) center.

“We have an extensive network of organizations that work closely with the industry to ensure that New York state’s

companies remain as competitive as possible. The Manufacturing Innovation Fund will allow even more companies to take advantage of these critical services and receive world class technical expertise,” said Matt Watson, director of Empire State Development’s Division of Science, Technology & Innovation.

Through the fund, FuzeHub offers Manufacturing Innovation Grants on a quarterly basis. The grants are available to non-profit organizations and higher education institutions which propose projects to be undertaken with small and mid-sized manufacturers or early stage companies. Projects can include prototype development, proof-of-concept manufacturing, certain equipment purchases, manufacturing scale-up, market identification and other projects to advance manufacturing capabilities.

“Too often, companies fail to overcome start-up hurdles or sustain their competitiveness because they lack the resources to engage partners that can help them with technological and innovation challenges,” said Richard E. Honen, chair of the selection panel for the grants and a partner at Phillips Lytle LLP. “FuzeHub’s grant program is a welcome new resource that will make that engagement more affordable.”

The size of the grants range from \$25,000 to \$75,000 each, and are intended to offset costs and help more small and mid-sized manufacturers succeed in New York state.

Manufacturing is just one example of an industry placing added emphasis on a community mind-set. During last year’s general election, one popular topic among candidates was a shared concern to bring manufacturing jobs back to the U.S.

“The nature of manufacturing is changing,” said Tongue. “It’s going away from large plants that have low cost labor... it’s moving into a high-technology manufacturing context where automation is doing those repetitive jobs and what you have is a skilled, trained workforce that

Continues on page 22



Happy 90th Birthday, Proctors!

Proctors celebrated its 90th anniversary on Tuesday, Dec. 27 serving hundreds of free cupcakes donated by Villa Italia Bakery and a free GE Theatre presentation of "The Breakfast Club."

Photos by Michael Hallisey / TheSpot518





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Joe Falvo
Falvo's
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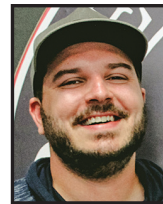
Maggie Smith
Maggie's
Café & Sports Bar

Last Week: 7-9 Overall: 140-98



Marty Brix
Lexington
Vacuum

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Kane Grogan
Death Wish
Coffee

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Sean Nava
Precision
Motors

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Dave Endy
Steiner's
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Kevin Romines
Act II
Furniture

Last Week: 10-6 Overall: 142-96



Billy DeOrazio
Bellevue
Builders Supply

Last Week: 10-6 Overall: 156-82



Pat Stever
Andriano's
Pizza

Last Week: 10-6 Overall: 155-83



Dan Frament
Muddaddy Flats
Quesadillary

Last Week: 9-7 Overall: 145-93



Vince
River Street
Pub

Last Week: 10-6 Overall: 156-82



Dr. Julia Cerny
Julia Cerny,
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Joe DeLorenzo
Cheese Steak
Heaven

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Liam Slattery
O'Slattery's
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Mechanical Systems

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