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NEWS

New Scotland's Duncan earns nod

Darrell Duncan appointed to
vacant county seat.

Story on Page 2

INDEX

- Cops, courts and calls 5
- Sports 9-10
- Entertainment..... B1-B28
- Classifieds B22-B23
- Opinion 14
- Crossword B10
- Service Directory B20

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TOP STORY

The skinny on bottom wages

State's minimum wage on the rise

By ALI HIBBS

hibbsa@spotlightnews.com

New legislation went into effect at the end of last year raising the minimum wage for employees across New York state. While the increase has been universal statewide, the amount differs depending on region and company size. Minimum wage workers employed by large businesses in New York City will be the highest paid in the world by the end of 2018 when the minimum wage rises to \$15 per hour. While the rate at which minimum wage will increase to \$15 for those employed outside of the city will take place over a longer period of time, employers are still concerned about the impact that the increase will have on their ability to make a profit.

Locally, minimum wage employees should already see an additional \$.70 per hour in their paychecks, with another \$.70 to be added every Dec. 31 until 2020, after which it will continue to increase to \$15 on an indexed schedule to be set by the Director of the Division of Budget in consultation with the state Department of Labor (DOL). (Fast food employers are on a different schedule; a minimum statewide wage of \$15 will be required by July 21, 2021.)

"I would not be surprised in the least if employees were not following this," said Michael W. Macomber, Esq., an employment law attorney with Tully Rinckey PLLC. "If you are sitting at home worrying about putting food on the table and taking care of your family, you may not be tracking all of these changes that are taking place in the law. We've got a lot of things going on right now."

Continues on page 3



Police reports

The latest action from area law
enforcement agencies

Story on Page 5

ENTERTAINMENT



Going rogue

Sean Rowe stood before a crossroads in his musical career.

Story on Page B1

SPORTS



Soaring high

Bethlehem girls basketball
rallied past Averill Park in last
week's competition.

Story on Page 9



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■ COUNTY NEWS

Duncan will likely fill vacant seat

Legislative majority anticipates that former public works commissioner will be appointed to succeed Mackey

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

ALBANY COUNTY — During the Albany County Legislature’s first meeting of 2017, on Monday, Jan. 9, members will consider appointing former Albany County Commissioner of Public Works Darrell Duncan to represent New Scotland and part of Bethlehem, filling a vacant seat in the 38th Legislative District that was created by the resignation of L. Michael Mackey, who took his seat on the New York State Supreme Court on Jan. 1.

Albany County Legislature Majority Leader Frank Comisso said Mackey had a productive five years as a legislator. “Michael Mackey served the people of Albany County well in his positions of legislator and chairman of the Law Committee,” he said, “and we’re confident he will do an excellent job as judge.”

Duncan’s appointment, which would only be valid for one year



Darrell Duncan

before he would be required to run to retain his seat, is expected to be approved by the full legislative body, according to the office of the majority.

Democratic committee members in the district recommended Duncan, a Democrat and lifelong resident of New Scotland, to succeed Mackey, who was elected judge in November. As Albany County

Public Works Commissioner, Duncan managed a \$14 million budget, approximately 100 employees and seven substations. He was responsible for maintaining 305 miles of county roads, 116 miles of state roadways and 77 bridges, according to county officials.

“I have known Darrell for many years, first as an outstanding athlete growing up, and then as a dedicated public official,” said Albany County Legislature Chairman Sean Ward. “We look forward to working with him in the capacity of an Albany County legislator.”

Duncan, a graduate of Clayton A. Bouton High School in Voorheesville, worked as the New Scotland highway superintendent from 1994 to 2012. Duncan has been a member of the Voorheesville Fire Department for 36 years, the American Public Works Association for 29 years and the Albany County Highway Superintendents Association for 31 years. He is also a charter

“I have known Darrell for many years, first as an outstanding athlete growing up, and then as a dedicated public official. We look forward to working with him in the capacity of an Albany County legislator.”

**Sean Ward, Chairman,
Albany County
Legislature**

member of the Sons of the American Legion, which he has belonged to for 34 years.

The legislature’s minority conference will be offering up its own appointment in an effort to increase representation in the body, which currently constitutes only about a quarter of sitting legislators. Timothy Stanton, who ran against Mackey for the seat in 2015 and lost by only about 200 votes, is expected to run again for the seat next year if he is not appointed on Monday. The

office of the minority was unsure whether Stanton enjoys any bipartisan support for approval, which would be necessary for him to win the seat. Calling Duncan “a nice guy,” Dan Hogan of the legislature’s minority office said, “we’d prefer to have our candidate, Tim Stanton. We’d like to have a larger minority in the Albany County Legislature. We feel we’d be better able to represent the people outside the City of Albany and given more of a voice in Albany County government.”

Editor’s Note: This meeting and others will take place after this publication has gone to press.

For timely updates regarding this meeting, as well as the State of the State and Bethlehem’s State of the Town addresses, check out our website at www.spotlightnews.com.

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Happy New Year!

Town officials provided residents with a family-friendly way to ring in 2017 during First Night Bethlehem. After a fireworks display at the Four Corners, attendees enjoyed live music, children’s entertainment, and much more, including the chance to carve their name into an ice sculpture.

Michael Hallisey/Spotlight

■ BY THE NUMBERS



- ▶ For workers in New York City employed by large businesses (those with at least 11 employees), the minimum wage rose to \$11 at the end of 2016, and will then increase another \$2 each year after, reaching \$15 on Dec. 31, 2018.
- ▶ For workers in New York City employed by small businesses (those with 10 employees or fewer), the minimum wage rose to \$10.50 at the end of 2016, and will increase another \$1.50 each year after, reaching \$15 on Dec. 31, 2019.
- ▶ For workers in Nassau, Suffolk and Westchester counties, the minimum wage increased to \$10 at the end of 2016, adding \$1 each year after, reaching \$15 on Dec. 31, 2021.
- ▶ For workers in the rest of the state, the minimum wage increased to \$9.70 at the end of 2016, adding another .70 each year until reaching \$12.50 on Dec. 31, 2020 – after which, the increase continues to increase to \$15.

— State Department of Labor

From page 1 ...

Bottom wages

Making sure everyone — employers and employees alike — are aware of the changes, and the schedule by which they'll occur, is important right now, explained Macomber, not only so employees are able to act if their wages do not increase, but also so employers are able to successfully navigate the changes and avoid incurring penalties, which could be significant.

While, for many local employers, the increase merely meant they needed to make a call or send an email to be in compliance, for others, there are a number of factors to consider, particularly for employers who hire tipped employees (such as the hospitality industry) and those who pay their employees a lot of overtime.

"There are exemptions for certain types of workers when it comes to overtime," said Macomber. "And they're very, very narrowly tailored. But there are a lot out there." Macomber said employees who are unsure where they stand could benefit by consulting a lawyer such as himself. "Just because your employer calls you a temp doesn't necessarily mean that you are," he said. "What we're really talking about are what job duties you are performing."

Macomber says that, rather than causing employers to reduce their workforce, the new wage hikes could potentially cause them to hire more rather than pay existing employees the increased overtime wages. "I think [these exemptions are] going to be a hot topic for employers," he said, "who are going to try and find ways to either classify employees as exempt, if they can, or reduce the number of overtime hours."

Regarding the hospitality industry, Macomber explained, "there's a whole slew

of special provisions that apply, because that's where some of the biggest problems do happen," such as tip deductions taken by employers or what to do if a tipped employee is still earning under the state minimum. Factoring in a host of special regulations, he said, could make the transition more complex. Due to this, he added, DOL is likely to keep the industry at the top of its watchdog list.

Hospitality, due to low profit margins and high labor costs, is also expected to be the most affected by the required increases. At the beginning of last year, minimum wage for tipped employees increased by 50 percent — from \$5 to \$7.50 an hour. Raising minimum wages for kitchen and support staff, including overtime cost, means that many restaurants have faced considerable increases overhead costs in just the last year.

"That was painful," said Sylvia Meder Lilly, owner of Lark + Lily Wine Bar and Kitchen on Lark St. in Albany. Lilly, who still holds a full time job as the librarian at Bethlehem Central Middle School, said that she was able to absorb the additional cost without raising prices for her customers like other employers. "It doesn't seem sustainable," she said, thankful for another source of income. "Fortunately, we're pretty small-scale, but I imagine it's going to be a real challenge for some of the places that have huge payrolls. There is very little margin here for profit."

While local employers, for the most part, say they appreciate the additional time they've been given to come into compliance with the new wage plan, they still have concerns regarding inflation, the federal minimum wage and hidden costs.

"When I hear the 'Fight for \$15,'" said Joe Bonilla, who owns two local small businesses and, as co-founder of media relations company Relentless Awareness, represents more than a dozen others, "what I really hear is the 'Fight for \$18

or \$20.'" He said that he believes there is a lack of information regarding the "true cost" of the wage increase to employers. "If the wage is \$10," he explained, "the true cost to the employer, when you add taxes and insurance, is closer to \$13 or \$14 an hour."

Bonilla said he would like to see the state and federal government provide incentives to smaller businesses to help them reach their wage goals. "Wages will increase," he said, "but so will other things — the cost of product, the cost of rents and other ancillary details. So, it can't be done in a vacuum. We can't arbitrarily decide to just say we'll raise the wage to \$15 an hour. It should be done so that we're moving at the rate of the economy."

As the federal government has incentive programs for small business and the like, Bonilla would like to see the raises reflect the national minimum wage so that New Yorkers would be more likely to be able to utilize them. Aside from the different timelines for businesses outside of New York City, he said that the state has provided little else by way of relief to specifically address the transition for struggling companies.

"At the end of the day," said Bonilla, pointing out that he already pays all of his employees above the minimum wage, "we all want our employees to succeed. We want them to feel good about the wage they're earning and obviously it's a balance." For those employers who were already paying the minimum wage now required by the state, they will need to readjust the earnings for more than just their minimum wage employees to retain higher wage workers. "You'll obviously

need to move everybody up to maintain that incentive."

Lilly agreed. While she only has one employee currently making minimum wage, she has another who has held the same position longer and was taken on more duties. "He has to continue being rewarded for the additional work that he does," she said, "so now they both get a bump up even though one was already making more than the minimum wage."

Not every local business owner feels the same trepidation. John Curtin, co-owner and founder of Albany Distilling Company, said that he already pays his employees more than the minimum wage but supports the statewide raise. In fact, he would even like to see a more rapid increase.

"I don't feel like the minimum wage is anywhere close to a living wage," he said. "I wouldn't feel comfortable asking someone to work for less than they can afford to live on. If someone is trading their time to help you grow your business, the least you can do is provide them a reasonable living."

Curtin said that he feels the raise to \$9.70 in the region is insufficient, "But it's better than nothing." He acknowledged the impact that is being felt by employers, but said he doubted the impact is untenable and that those most affected were likely able to afford the increase. He said most of those in the growing craft beverage industry seem to feel as he does. "We already pay our employees above the minimum wage."

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■ COPS, COURTS, AND EMERGENCY CALLS

Man arrested following Dept. of Labor case

BETHLEHEM — On Monday, Dec. 26, New York State Police from New Scotland reportedly arrested Joseph F. Donnelly Jr., 34, of Slingerlands, for third-degree grand larceny, a felony. Donnelly was allegedly arrested subsequent to a N.Y.S. Department of Labor Investigation. He was additionally charged

with falsifying business records in the first degree and offering a false instrument for filing in the first degree, both felonies. Donnelly was processed without incident, is scheduled to appear in the Town of Bethlehem Justice Court and was remanded to the Albany County Jail in lieu of \$5,000.00 bail.



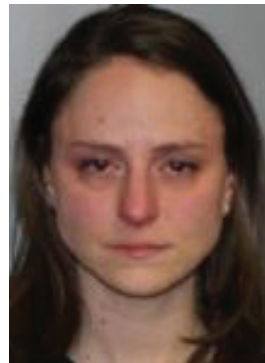
DONNELLY

Woman arrested for driving drunk in Albany

NEW SCOTLAND — On Monday, Jan. 2, state troopers from New Scotland reportedly stopped 29-year-old Valerie R. Keays, of Albany, for a traffic infraction on Washington Avenue in the city of Albany.

During an interview, officers allege that Keays displayed signs of intoxication

and that, subsequent to administering standardized field sobriety tests, she was arrested for DWI and taken to Troop G headquarters in Latham where she was determined to have a 0.12 percent BAC. She was released on tickets and scheduled to appear in the City of Albany Court on Monday, Jan. 16.



KEAYS

Firearm recertification

ALBANY — The New York State Police have announced that individuals who hold a Pistol/Revolver License can now recertify their license as required under state law. The State Police have created an easy online process that will allow licensees to quickly complete their recertification by visiting <http://troopers.ny.gov/firearms>.

There is no cost for recertification, and licensees who do not wish to use the online process can download a form from the website, and paper forms will also be available at any State Police station.

Recent changes to New York State Penal Law require license holders to recertify every five years. Individuals who were issued a Pistol /Revolver License before January 15, 2013, must recertify by January 31, 2018. The deadline to recertify for those issued a license on or after January 15, 2013, is five years from the date the license was issued. Failure to recertify will serve as a basis for revocation of the license.

As part of the recertification process, licensees must affirm that they are not prohibited from possessing firearms under state and federal law, and must also confirm certain personal information, as well as provide details about the pistols and/or revolvers they own.

Pistol/Revolver License holders who live in New York City, Westchester, Nassau and Suffolk counties are not required to recertify through this process. Each of these municipalities already requires license holders to renew or recertify their license on a periodic basis.

Menands man gets a DWI in New Scotland

NEW SCOTLAND — Early in the morning of Sunday, Jan. 1, troopers from New Scotland reportedly stopped 26-year-old Steven I. Edwards, of Menands, for a traffic infraction on Western Avenue, in the city of Albany. During interview, Edwards allegedly displayed signs of intoxication

and, subsequent to standardized field sobriety tests, was arrested for DWI. He was processed at Troop G headquarters where he was determined to have a 0.16 percent BAC. Edwards was released on tickets and scheduled to appear in the City of Albany Court for Monday, Jan. 9.

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Purls of wisdom

Longtime knitters know how easily the repetition and rhythm of knitting can bring on a contemplative state of mind. Sharing that activity with others is a great way to socialize, exchange ideas and tips, as well as troubleshoot.

The library holds regular Knit One, Purl One group knitting sessions to promote that kind of collaboration among fellow enthusiasts. Knitters ages 9 and up and of all abilities are invited to join us on Sunday, Jan. 15, from 2 to 3 p.m. Bring your current project or start a new one. If you're a beginner, bring size 8 knitting needles; we'll provide yarn and get you started.

Our next Knit One, Purl One session will be held Sunday, Feb. 19, from 2 to 3 p.m.



Party with Pete the Cat

Crafts! Dancing! Cupcakes! Need we say more? Get inspired by Pete the Cat's newest book, "Pete the Cat and the Missing Cupcakes," and decorate a cupcake in his honor Monday, Jan. 16, at 10 a.m. Sign up online at www.bethlehempubliclibrary.org or call 439-9314.

Study hall at the library

Are you ready for Regents? The library has set aside dedicated group study space for Regents test prep through from Monday, Jan. 16, through Wednesday, Jan. 24.

Most study halls will take place in our community room, unless otherwise noted. Students and their tutors are welcome to drop in and stay as long as needed during scheduled hours. The full schedule is available at the library and online at www.bplteens.org.

Technology fund

The Krakower-Storch Family Technology Fund, established at the end of 2016 by Bethlehem residents Joe and Naomi Storch will be used by the library 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 per year of other donations to the fund. To donate to the Krakower-Storch Family Technology Fund, please contact Library Director

Geoffrey Kirkpatrick at 439-9314, ext. 3022.

Mango season

If learning a foreign language is on your list of things to do in the new year, check out Mango Languages, a fun and easy-to-use, self-paced language learning program with more than 70 language courses. It's easy to get started, just head to our website at www.bethlehempubliclibrary.org and click on the Mango Languages icon on the home page. You'll be asked to create an account using your email address, and then you'll be ready to say "bonjour" to your new language.

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 bethlehempubliclibrary.org

Friday, Jan. 13

Super Smash Afternoon

Join your friends for an afternoon of Super Smash Bros. on the WiiU, 3:45 to 4:45 p.m. Snacks will be served.

Sunday, Jan. 15

Sunday Cinema

Watch an encore presentation of "Florence Foster Jenkins" (Paramount, PG-13, 110 min.) starring Meryl Streep as a socialite-turned opera performer, 2 p.m.

Tuesday, Jan. 17

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.

Wednesday, Jan. 18

Pajama-Rama

Wear your PJs and bring a stuffed friend to enjoy some fun and stories before bedtime, 7 p.m. Up to age 6 with family and friends.

Thursday, Jan. 19

Listening Parties: David Bowie

Listen to and discuss a musical sampling of his 50-year career to celebrate what would have been his 70th birthday, 7 p.m.

— Kristen Roberts

Early Explorers: Fun with Numbers

Help your kids learn to love math. Join us for a three-week exploration into the world of numbers, patterns and math for 3-5 year olds. The program starts Monday, Jan. 23, at 2 p.m., and runs through Monday, Feb. 6. Please register.

Holiday hours

The library will be closed on Monday, Jan. 16, in observance of Martin Luther King Day. Regular hours will resume on Tuesday, Jan. 17, at 10 a.m.

Beer Bites: the Local Edition

The Capital District is home to 26 different

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breweries. Let's celebrate the New Year with local brews and good food with another addition of Beer Bites. Bring a bottle of local brew and your favorite bar snack to share. We'll drink, eat and compare our favorite brews. This event takes place Tuesday, Jan. 17, at 6:30 p.m. This is a 21+ program.

Storytimes

Every parent wants to do the best for their young child. And we all know the value of reading to kids. Storytime builds on that value.

- Children watch others become engaged in a storytime and learn from each other.

- They are exposed to a wide variety of authors and writing styles.

- They learn vital school readiness skills — sitting still for a period of time, how to pay attention to an adult other than a parent, how to take turns and how to be reasonably quiet.

Do you know a young child who could benefit? Point their caregiver to our calendar and look for Romp and Read (toddlers) Library Babies and Positively Preschool.

— Carol Melewski

Lincoln Center Local debuts with "Act One"

The library is very excited to invite you to the first of our Lincoln Center Local: Free Screenings. "Act One," starring Tony Shalhoub, will be shown at 2 p.m. Sunday, Jan. 15.

A play written and directed by James Lapine, adapted from the 1959 autobiography by Moss Hart, and filmed at Lincoln Center Theater, "Act One" provides an insight into early 20th century immigrant life in New York City. Poverty, severe living conditions and limited job opportunities with a backdrop of Broadway during one of its most prosperous periods, all intersect to create an



atmosphere in which Moss Hart launched his theatrical career.

Lincoln Center Local: Free Screenings is a program created by Lincoln Center Education and hosted by libraries and community centers. It brings the best of Lincoln Center off its Manhattan-based campus and into communities anywhere. This program provides high-definition screenings from the growing digital catalog of the world's leading performing arts center. For more information, please visit LincolnCenter.org/Local.

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. Participants can bring their own devices or use one of the library's laptops. There will be two sessions available, one at 10 a.m. and the second at 7 p.m. Space will be very limited, so please register early.

— Lynn Kohler

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■ COMMUNITY

New programs begin

With the new year underway, the Bethlehem YMCA is offering new classes and new sessions of popular favorite wellness classes and fitness programs. As always, stop by the Y or call 439-4394 for more information about these offerings that begin this week.

Girls lacrosse training — The Bethlehem Y is conducting pre-season girls lacrosse workouts on Tuesday and Thursday nights at 6:30 p.m. Get a jump on the pre-season with a good variety of high intensity exercises and reactive training that will prepare you to have your best season ever.

Fit Over 50 Boot Camp — This class is designed for anyone over the age of 50 looking to improve their health and happiness. Each class will keep you fit and challenged, guessing what fitness feats your body can conquer. Fit Over 50 Boot Camp keeps it interesting with the use of a variety of resistance bands, kettlebells, dumbbells and more. The class combines cardio, strength training and flexibility segments to give you a challenging total body workout. Contact Gerry Cunningham at the Bethlehem Y for more information.

Triathlon training — If you are looking to really push yourself into the best shape of your life, try tri. The Bethlehem YMCA has an excellent triathlon training program, led by Stephano Fontana, that will get you ready for the tri season with cycling, running, yoga, high-intensity interval training and more. The program is held on Tuesdays at 7 p.m., Thursdays at 6 a.m. and Sundays from 2 to 4 p.m.

Tumbling Tots & Tykes — One of the best ways to set your kids on their way to a healthy lifestyle is by coming to the Y's Tumbling Tots and Tykes classes. The classes will focus on physical and social development, and are designed to encourage whole body exercise including development in strength, flexibility and coordination. Classes allow children to channel their



physical energy, while learning to socialize with others in a safe and fun environment.

The 45-minute classes begin Jan. 16. Tumbling Tots for kids ages 2 to 3 will be held Mondays at 11:45 a.m., and Tumbling Tykes for kids age 4 will be held on Wednesdays at 3:15 p.m. and Fridays at 2 p.m.

Explore acting — Ever wonder what it takes to put on a show? The Bethlehem YMCA has a new program to help young actors and actresses learn the craft. The program, for 10- to 18-year-olds, will explore the various aspects of theater from acting to design work and so much more. The seven-week class is held on Mondays at 6:30 p.m. Contact Rusty Decker at the Y for more information.

Parents' Night Out

Hey, parents! Ready for a night out without the kids? The Bethlehem YMCA has you covered with another Parents' Night Out on Saturday, Jan. 28, from 5 to 9 p.m. The Y's staff will make sure your kids have fun with our bounce house, obstacle course, gaga pit, gym games, board games and swimming. It's less expensive than a babysitter and much more fun. It's just \$10 for members and \$15 for non-members, with an additional \$8 for each sibling.

YMCA Parents' Night Out is for kids from 6 months old to eighth grade, with younger children (6 months to 5 years) placed in our Children's Corner room. Space is limited, so please call or stop by the Bethlehem YMCA to reserve your spot.

— Mark Hansen

Join Friendship Singers

Do you like to sing? The Friendship Singers, a local women's choral group, is looking for new members. Rehearsals are on Tuesday mornings, and preparations are now underway for spring concerts in May, which take place at local senior centers, as well as a public concert at the Delmar Reformed Church. Call Marie Liddle at 439-2360.

Enjoy an interactive program that identifies stars, planets, comets and constellations in the night sky at the Albany Heritage Area Visitors Center in Albany. The date is Jan. 21. We'll have dinner at the New World Bistro after the program. Call 439-4955, ext., 1176.

On Jan. 20, the Friday Health and Wellness Program will present "Wagging Tails and Happy Hearts" by Nancy Oliver, TD Handler, Therapy Dogs International. The program will demonstrate



how therapy dogs bring comfort and joy to those they visit, and how they "pawsitively" affect wellbeing. The programs are free and are 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.

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.

— Wilma DeLucco

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Wednesday, January 18th @ 2:00pm
Holiday Inn Express - Rensselaer
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Thursday, January 19th @ 10:00am
Courtyard by Marriott
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COMMUNITY

Winter transportation reminder

When the Guilderland schools are closed due to inclement weather, all scheduled shopping trips and scheduled medical appointments will be cancelled. You will now find the listing on the local television stations. It will read: Guilderland Senior Programs — No Transportation.

When the Guilderland schools are listed as delayed in opening, we will still provide transportation, but may be delayed due to road conditions.

HEAP

People with monthly incomes under \$2,300 for one person or \$3,007 for two people, etc. are eligible for the Heating Assistance Program called HEAP. This grant can be received each heating season and goes directly to the heating company. The amount of the payment to each person is determined by income, living expenses and type of fuel. Applications are available at the Senior

Town of Guilderland SENIOR CALENDAR

Center. We can help complete applications by appointment.

AARP TaxAide Program

Beginning Monday, Feb. 6, and continuing through Monday, April 16, free income tax preparation and e-mail filing will be provided Mondays and Saturdays at the Guilderland Public Library by the all-volunteer AARP TaxAide Program.

Volunteers are trained and certified in cooperation with the IRS, and prepare personal federal and state income tax returns for taxpayers of all ages with low and moderate incomes. Appointments are necessary; a separate appointment is required for each taxpayer. Bring a copy of last year's return, Social Security cards for all people on the tax return, photo ID, all 2016 W-2's, 1099 statements, sold

investments with purchase dates and cost basis, and supporting documents if itemizing deductions.

Also, if these apply, bring supporting documents for any gambling winnings, medical insurance coverage, payments for any childcare, payments for education, contributions to an IRA and estimated tax payments you made during 2016. Bring your checkbook if you want a direct deposit of your refund.

TaxAide volunteers can't do estate or partnership returns, returns with rental income or returns requiring Schedule C (business returns with a net loss, inventory, employees, or expenses over \$25,000). Both taxpayers must be present if filing a joint return, except in case of illness or infirmity.

The 2-1-1 Appointment Call Center will open on Thursday, Jan. 12, at 10 a.m. You may request your appointment beginning on this date and time. For an appointment, call 211.

Partial property tax exemption

For people 65 years old or who will be 65 years old this year:

Persons whose annual total income is less than \$37,400 may qualify for a partial property tax exemption, based upon their 2016 income. An application must be filed by March 1. Income includes: pension, Social Security, bank interest, and dividends and all other income. It is necessary to provide proof of the following: deeds, birth certificates of owners, pension forms, Social Security (white form), and income tax forms. All owners must sign the forms. Please call the Assessor's Office for information on veterans or disability exemptions.

STAR program

Homeowners may be eligible for a school property tax relief on their primary residence only. The STAR (School Tax Relief) credit or

exemption applies only to the school district tax, not to other property taxes such as county, town or city.

To receive a new STAR credit, you must register with New York State Department of Tax & Finance at 457-2036 or at www.tax.ny.gov. If you already have a STAR exemption, you may file an application for an enhanced STAR exemption with the Town Assessor, who is located in the Guilderland Town Hall. The enhanced program is available to persons 65 years of age and older with income for 2015 under \$86,000.

For additional information, please contact the Town of Guilderland Assessor's Office at 356-1980.

Weekly schedule

Thursday, Jan. 12

Scheduled shopping
9 a.m. Silver Sneakers
9 a.m. Strong Bones +

10 a.m. Silver Sneakers
Yoga Stretch
12:30 p.m. Mahjong
12:30 p.m. Pinochle

Friday, Jan. 13

Scheduled shopping
10 a.m. Painting
12:30 p.m. Advanced bridge
1 p.m. Quilting

Monday, Jan. 16

Town Hall and Senior Center closed for Martin Luther King Jr. Day

Tuesday, Jan. 17

9 a.m. Strong Bones +
11:30 a.m. Luncheon: pot roast or cold plate
12:30 p.m. Bingo/
Rummikub

Wednesday, Jan. 18

Scheduled shopping
9 a.m. Senior Strength and Balance
10:30 a.m. Strong Bones +
10:30 a.m. Senior Fitness
1 p.m. Needlecraft
1:30 p.m. Strong Bones +
— Catherine Knightes

Sonny & Perley recording live

Sonny and Perley — the ever-popular musical performers — are doing a very special event here at the library on Monday, Jan. 30, at 5 p.m. They're recording an album of live material, with you as their audience. You will be part of a live recording session.

This is a ticketed event, limited to 100 participants. Only four tickets per person. You can pick up tickets at the library's information desk (call 456-2400, ext. 2 to reserve), but do so soon. Tickets are going fast.

Audiences and



reviewers love this duo. The Poughkeepsie Journal noted, "Honest, straight-up music with no pretense. Sonny and Perley work their gifts and make their magic in front of and behind the microphone." And *Swingtime Magazine* calls "Perley a supersongstress. She has a beautiful, smoky-low to middle-upper register voice, wonderful intonation, and stage presence. The sky is her limit."

Don't miss this delightful concert-recording event. Get your tickets today.

Escape the room

Do you and your friends have what it takes to escape the Guilderland Room? You'll have only 45 minutes to find the clues that will help you solve the puzzles to earn you and your friends your freedom.

It all starts Friday,

Jan. 13 — Friday the Thirteenth — at 4:30 p.m. Sessions then follow at 6 and 7:30 p.m. On Saturday, Jan. 14, you can sign up for the 11 a.m., 12:30, 2 or 3:30 p.m. sessions. On Sunday, Jan. 15, there are sessions at 1:30 and 3 p.m.

To reserve your "escape," please call 456-2400, ext. 2, or go to the Events & Registration Calendar at guilpl.org. You can register as an individual, with a friend or two, or with a larger group. Each person in your group must register. Up to six people can play at a time. Please

arrive on time for your session. This program is for teens and adults.

Blood drive

There is a blood drive at the library on Tuesday, Jan. 17, from 1 to 6 p.m. The American Red Cross has issued an emergency request for eligible blood and platelet donors. Your donation will give hope to hospital patients in our community, including accident victims, heart surgery patients and those receiving treatment for leukemia, cancer or sickle cell disease.

Please give. Walk-ins are welcome, or you can make an appointment by visiting redcrossblood.org, or by calling 1-800-RED CROSS.

Trustees meet

The library's Board of Trustees will hold its monthly meeting on Thursday, Jan. 12, at 7 p.m.

MLK Holiday

The library will be closed Monday, Jan. 16, Martin Luther King Jr. Day.

— Mark Curiale

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January 11, 2017

Spotlight on Sports

www.spotlightnews.com PAGE 9



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for more Sports stories!

■ PLAYER OF THE WEEK



KEVIN GREENE

Guilderland's Kevin Greene is The Spotlight Player of the Week for the period ending Sunday, Jan. 8. Greene played a large roll in the Dutchmen's 58-48 Suburban Council boys basketball victory over Burnt Hills-Ballston Lake Friday, Jan. 6. The senior forward scored a season-high 21 points to help Guilderland rally past the Spartans.

■ INSIDE



All-State QB

Quarterback Ryan Daly was one of two Voorheesville football players who received second team All-State honors in Class C from the New York State Sportswriters Association last week.

Page 10

■ GIRLS BASKETBALL

BC flies past AP

Lady Eagles use a 22-2 run
to rally past the Warriors

BETHLEHEM — The Bethlehem girls basketball team used a furious fourth quarter rally to defeat Averill Park 57-51 in a Suburban Council game Friday, Jan. 6.

The Lady Eagles trailed by as many as 13 points early in the fourth quarter before they took command with a 22-2 run. Free throws played a key role in the rally, as Bethlehem made 14 of its 16 foul shots.

Emily Wander led the way for Bethlehem with 24 points, 10 of which came in the fourth quarter. Molly Kirby also came up big in the final period, as she scored all nine of her points down the stretch. Defensively, Julianna Okoniewski blocked several shots to go along with her six-point night.

Tessa Hughes added 12 points for the Lady Eagles, who trailed 42-29 after the third quarter. Kathryn Stackrow led Averill Park with 13 points.

To view Rob Jonas' photo gallery from this game, visit spotlightnews.com/spotted.

— Rob Jonas



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■ FOOTBALL

Three Blackbirds earn All-State honors

Ryan Daly and Patrick Foley named to second team offense in Class C; Ethan Richardson received third team offense nod

By **ROB JONAS**
jonasr@spotlightnews.com

VOORHEESVILLE — Voorheesville quarterback Ryan Daly and lineman Patrick Foley both made the second team offensive unit in the New York State Sportswriters Association's Class C All-State football awards list when it was released Wednesday, Jan. 4.

Daly and Foley were joined by Hoosic Valley tailback Tom Madigan, Stillwater lineman Ezra Echeandia and Mechanicville kicker Jake LaFountain on the second team offensive unit. Greenwich linebacker Brandon Wilbur and Hoosic Valley defensive back Isaac Sanchez were selected to the second team defensive unit.

Voorheesville lineman Ethan Richardson was named to the third team offensive unit, along with Holy Trinity's Liam Maloney. Third team defensive unit honors went to Mechanicville lineman Spencer Morgan, Holy Trinity linebacker David Quell and Chatham defensive back Noah Summers.

Greenwich's Cole Burgess was named a first team offensive player, while Coxsackie-Athens' Jayden Couette and Mechanicville's Dan Hayner were chosen as first team defensive players.

Ravena-Coeymans-Selkirk's Steve Kross was one of 14 Section 2 Class B players who earned All-State honors. Kross was named to the fifth team defense.

For a complete list of the class B, C and D All-State teams, visit www.roadtosyracuse.com.



Voorheesville quarterback Ryan Daly is one of three Blackbirds who received All-State honors.

Spotlight file photo

■ WRESTLING

Indians take down competition at Mormile Tourney

Nephtali Steward earns Most Outstanding Wrestler honors in the heavyweight division

By **ROB JONAS**
jonasr@spotlightnews.com

RAVENA — The Ravena-Coeymans-Selkirk wrestling team handled the competition at its own Jamie Mormile Memorial Tournament Saturday, Jan. 7.

Three Indians won individual titles, and six more placed in the top four to help RCS take first place in the team standings with 181 points. Coxsackie-Athens was

second with 142 points, and Watervliet/Heatly placed third with 139.5 points.

RCS's Naphtali Steward was named the most outstanding wrestler in the heavyweight division after pinning his way to the 195-pound division title. Steward needed 2:40 to take down Red Hook's Chris Benincasa in the semifinals, and he needed only 1:45 to pin Watervliet/Heatly's Hunter Weaver for the title.

Luke Davison and Juan Estrada also

won individual titles for the Indians. Davison pinned Onteora's Nate Ross late in the second period of their 126-pound championship match, while Estrada defeated Tamarac's Bobby Treshock 6-4 in the 132-pound final.

Lightweights Austin Delisle and Brandon Mogul each lost to undefeated wrestlers in their championship bouts. Maple Hill's Caleb Svingala shut out Delisle 13-0 in the 99-pound division final,

while his brother, Trent Svingala, defeated Mogul 9-0 in the 106-pound title match.

Coxsackie-Athens' Marc Martinez pinned RCS's Christian Salvio early in the third period of their 285-pound championship match.

Ryan Allman (113 pounds) and Dan Barry (138 pounds) finished third in their weight classes for the Indians, while Demetreus Todman (220 pounds) placed fourth.

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DEAN'S LIST

Jason Rose, of Delmar, was named to the dean's list for the fall 2016 semester at Berry College.

Chenya D'Arcangelis, of Schenectady, was named to the dean's list for the fall 2016 semester at SUNY Potsdam.

Elijah Smith, of Schenectady, was named to the dean's list for the fall 2016 semester at SUNY Potsdam.

Daniel Sausto, of Slingerlands, was named to the dean's list for the fall 2016 semester at Bentley University.

...

The following students were named to the president's list for the fall 2016 semester at Hudson Valley Community College:

Albany

Noel Allaud, Asif Khan, Anxhela Cobani, Kathryn Simpson, Rezart Bushati, Kaitlyn Ebel, Nicholas Farry, Xhulja Stambolixhiu, Janice Behuniak, Arden Neubert-Eddy, Brendan Boehm, Antigona Beshello, Huda Al-Tameemi, Nicole Aurelia, Natasha Compj, Jonathan Driggers, Michael Gardner, Samantha Marino, Leland Belmont, Corey Mercer, Kevin Keller, Jessica Wilson, Lauren Gilmore, Allison Mock,

Nicholas Rossman, Naomi Downes, Alyssa Jourdin, Annette Wittbrodt, Meghan Gillen, Abbey Greenbaum, Daniel Rancourt, Joshua Smith, Luisa Teca, Luke Maxwell, Conor Quinn, Noah Romand, Denisa Cakri, Wesley Wiser, Jeremiah Gray, Vijaykumar Desai, James Prunier, Linda Teca, Ashley Taylor, Evan Schachne, Rebecca Baglione, Timothy Connolly, Sharla Durgin, Alexis Klopfer, Sagar Kumar, Michael Looney, Marybeth Maikels, Nicholas McDonnell, Thomas McWatters, Michael Natale, Christopher Remmert, Madison Wacksman, Si Yuan Yeung, Marius Zanou and Lin Chen

Altamont

Brian Elsenbeck, Patrick McMillen, Gregory Ramirez, Lindsey Hayden, Kyle Payne, Thomas Woods, Mark Beliveau, Marcy Dean, Emily Nicki, Christopher Wertman, Rachel Ruland, Nataleigh Huber, Kristen Bassler and April Wood

Clarksville

Ethan VanPraag

Delmar

Meghan Seely, Thomas Gray, Molly Livingston,

Mary Christina Marcy, Artan Notulla, Evan Cioffi, Emkay Lalor, Lindsey Woller, Aynur Celik-Kildiz, Jamie Gervais, Laura Morelli, Brian Delaney, Elizabeth Rosenthal, Conor Lukacs, Carrie Barnett, Jennifer Bub, William Polverelli, Asan Anarkulov, Daniel Scicchitano, Christopher Spinoso, Sajipriya Vaasan, Rocco Marciano, Matthew Friedrich, Christopher Homer, Emily Hamilton, Kevin DiBiase, Sean Baxter, Faye Lyons, Nathan Sunderhalt, Louis Vendetti, Jillian Hooper, Eryn Bowman, Michael Landsman, Alexander Uhi, Michaela Greene, Dean Fuino, Nicholas Gilbert, Deserae Migliucci, Michael Braunlin, Jeffrey Dennis, Elizabeth Dutcher, Thomas Gardner, Amanda Luck, Jacob Miller, Gregory Pittz, Michael Proctor and Benjamin Zonca

Feura Bush

Brooke Randall, Ayla Bardin, Jennider Ceella, Nicholas LaGrange, Daniel Morrell, Patrick Deloughery, Timothy McCann and Alexandra Moreau

Glenmont

Tyler Cox, Ryan Partain, Rebecca Inglis, Haley Peterson, Nicole Aragona, Timothy

Scotton, Krystal Gilbert and Zachary Stahlman

Guilderland

Francisco Cancedda, Kelsie Forte, Rebecca Lee, Kyle Tucker, Patricia Bentley, Sean Vonnegut, Sara Houck and Christiane Giovannetti

Guilderland Center

JoAnn Mulligan and Jessica Edick

Ravena

Emily Nagle-Allington

Schenectady

Kacey Grubb-Robinson, Kali Romand, Andrew Klug, Kyle Young, Reyaaz Wahid, Kody Skeals, Joshua Wemple, Mikayla Notaro, Alexis Faragon, Chelsea Wilber, Jeffrey Coburn, Steve Chandica Persaud, Timothy Kiyantsa, Melanie McNamara, Emily Romano, Kaitlin Klink, Alexis Ochs, Claudia Alferrez-Walden, Andrew Durand, Anna Kirkman, Rebecca Aldrich, William Bedell, Kaylee Howard, Kevin Ramroop, Rae Kellar, Camren Jeffers, Nicole Izzo, Jeremy Collen, Joelle Butler, Gavin Riggi, Daniel Rost, John Falotico, Teresa Schnickel, Sunil

Chintomby, Christine Bisner, Timothy O'Connor, Christopher Bivona, Gianna Goodwin, Alexandra Mackey, Denise Miles, Jonathan Miles, Marc Monty, Nathany Pannucci, Kenneth Springer and Brianna Reed

Selkirk

Robert Santaski, Tori Doran, Emmalyn Knapp, Sean Greagan, Amy Ingraham, Justin Santaski, Dakota Brown, Summer Rudolph, Rebecca Herrington, Emily Boyer, Shannon Donovan, Dawn George, Patrick Moore, Kevin Ritz, Moises Samaniego and Joshua Weidman

Slingerlands

Hannah Derbyshire, Najee Barnette, David Huse, Hajar Alrifai, Kyle MacMillan, Charles Tryon, Michael Talone, Chad Houser, Grace Gidley, Paris Jenkins, Justin Folger, David Bobersky, Eric Pasquini and Carleen Sgroi

Voorheesville

Matthew Zelezniak, Shamus Chowenhill, Anthony Weeks, Ashley Bates, Collin Peragine, Colleen Burke, Chiara DeAngelis, Christopher Spain, Reid MacDonald, Sierra Pease and Jacquelyn Ransbury

IN BRIEF

Boy Scouts host pancake dinner

BETHLEHEM — Boy Scout Troop 58 of Elsmere is holding its annual All-You-Can-Eat Pancake Dinner Wednesday, Jan. 18, from 4:30 to 7:30 p.m., at the Nathaniel Adams Blanchard American Legion Post, 16 Poplar Dr.

The event is the primary fundraiser for Troop 58 and supports many of its activities for the year, including summer camps and educational trips. It also supports several Bethlehem community events that the scouts are involved in, such as marching in the Memorial Day parade, the public reading of the Declaration of Independence at the veterans memorial on the fourth of July and placing American flags on the graves of military veterans on Memorial Day.

The cost is \$8 for people ages 15 and older; \$5 for children ages 6-14 and free for children ages 5 and younger. Cub Scouts in uniform also eat free.

Congratulations to our December Agents of the Month



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Cathy Cooley
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RE Broker



Judith Gabler
Licensed Associate
RE Broker

Buyer Agent of the Month



David Schrepper
Licensed Associate RE Broker



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LEGAL

LEGAL NOTICE

SUPPLEMENTAL SUMMONS

Index No. 901134/2015

STATE OF NEW YORK
SUPREME COURT - COUNTY OF ALBANY

CITIMORTGAGE INC.,

Plaintiff,

-vs-

THE HEIRS AT LARGE OF MATTIE NELSON, deceased, and all persons who are husbands, widows, grantees, mortgagees, lienors, heirs, devisees, distributees, successors in interest of such of them as may be dead, and their husbands and wives, heirs, devisees, distributees and successors of interest of all of whom and whose names and places are unknown to Plaintiff; TIFFANY NELSON AND TITUS L. DAWSON, AS POSSIBLE HEIRS TO THE ESTATE OF MATTIE NELSON DECEASED; ARBOR HILL DEVELOPMENT CORPORATION; ST. PETERS HEALTHCARE SERVICES; UNITED STATES OF AMERICA; NEW YORK STATE DEPARTMENT OF TAXATION AND FINANCE; "JOHN DOE" AND "JANE DOE" said names being fictitious, it being the intention of Plaintiff to designate any and all occupants of premises being foreclosed herein, Defendants.

Mortgaged Premises: 521 LARK DRIVE, ALBANY, NY 12210

TO THE ABOVE NAMED DEFENDANT(S):

YOU ARE HEREBY SUMMONED to answer the Complaint in the above entitled action and to serve a copy of your Answer on the plaintiff's attorney within twenty (20) days of the service of this Summons, exclusive of the day of service, or within thirty (30) days after service of the same is complete where service is made in any manner other than by personal delivery within the State. The United States of America, if designated as a defendant in this action, may answer or appear within sixty (60) days of service hereof. Your failure to appear or answer will result in a judgment against you by default for the relief demanded in the Complaint. In the event that a deficiency balance remains from the sale proceeds, a judgment may be entered against you, unless the Defendant obtained a bankruptcy discharge and such other or further relief as may be just and equitable.

NOTICE

YOU ARE IN DANGER OF LOSING YOUR HOME

If you do not respond to this summons and complaint by serving a copy of the answer to the attorney for the mortgage company who filed this foreclosure proceeding against you and filing the answer with the court, a default judgment may be entered and you can lose your home.

Speak to an attorney or go to the court where your case is pending for further information on how to answer the summons and protect your property. Sending payment to your mortgage company will not stop this foreclosure action. YOU MUST RESPOND BY SERVING A COPY OF THE ANSWER ON THE ATTORNEY FOR THE PLAINTIFF (MORTGAGE COMPANY) AND FILING THE ANSWER WITH THE COURT.

That this action is being amended to include TIFFANY NELSON AND TITUS L. DAWSON, AS POSSIBLE HEIRS TO THE ESTATE OF MATTIE NELSON DECEASED.

ALBANY County is designated as the place of trial. The basis of venue is the location of the mortgaged premises.

Dated: OCTOBER 20, 2015

Mark K. Broyles, Esq.

FEIN SUCH & CRANE, LLP

Attorneys for Plaintiff

Office and P.O. Address

28 East Main Street, Suite 1800

Rochester, New York 14614

Telephone No. (585) 232-7400

Section: 65.15

Block: 2

Lot: 22

NATURE AND OBJECT OF ACTION

The object of the above action is to foreclose a mortgage held by the Plaintiff recorded in the County of ALBANY, State of New York as more particularly described in the Complaint herein.

TO THE DEFENDANT, the plaintiff makes no personal claim against you in this action. To the above named defendants: The foregoing summons is served upon you by publication pursuant to an order of the HON. DENISE A. HARTMAN, a justice of the Supreme Court of the State of N.Y., dated NOVEMBER 1, 2016 and filed along with the supporting papers in the ALBANY County Clerk's Office. This is an action to foreclose a Mortgage. The premises is described as follows: ALL THAT CERTAIN LOT, PIECE OR PARCEL OF LAND, situate, lying and being in the City of Albany, County of Albany and State of New York, more particularly known and designated as Lot No. 521 as shown on a map entitled "Subdivision Plat Arbor Heights Town Houses, City of Albany, County of Albany, State of New York" made by Michael P. Wheeler, L.S. dated July 5, 1990, and filed in the Albany County Clerk's Office on November 29, 1990 in Drawer 172 as Map No. 9250, as more particularly shown and as Lot, No. 521 on a map entitled "Map of Survey 521 - 529 Lark Drive, City of Albany, County of Albany, State of New York" made by Michael P. Wheeler, L.S. dated August 19, 1991 and filed in the Albany County Clerk's Office on August 20, 1991 in Drawer 172 as Map No. 9413 and being more particularly bounded and described as follows:

Beginning at a point in the southwesterly boundary

LEGAL

line of a city street known as Lark Drive at its point of intersect with the division line between Lot No. 519 on the northwest and the herein described Lot No. 521 on the southeast, all as shown on a map entitled "Subdivision Plat Arbor Heights Town Houses", dated July 5, 1990, and prepared by Boswell Engineering and filed in the Albany County Clerk's Office in Drawer No. 172 as Map No. 9250; thence running, from said point of beginning, south 49° 43' 20" East, along the first mentioned southwesterly boundary line of Lark Drive, 51.40 feet to a point in the division line between Lot No. 523 on the southeast and the herein described Lot No. 521 on the northwest, all as shown on a map entitled "521-529 Lark Drive", dated August 19, 1991, prepared Boswell Engineering and filed in the Albany County Clerk's Office in Drawer No. 172 as Map No. 9413; thence south 40° 16' 40" West, along the last mentioned division line, 103.58 feet to a point in the division line between the lands now or formerly of City School District of Albany on the southwest and the herein described Lot No. 521 on the northeast, all as shown on the last mentioned map; thence North 49° 43' 20" West, along the last mentioned division line, 51.40 feet to a point in the division line between Lot No. 519 on the northwest and the herein described Lot No. 521 on the southeast; thence North 40° 16' 40" East, along the last mentioned division line, 103.58 feet to the point of beginning. Premises known as 521 LARK DRIVE, ALBANY, NY 12210

Ad#138868

LEGAL NOTICE

NOTICE TO BIDDERS
NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the furnishing of Sodium Hypochlorite Solution for the Bethlehem Parks and Recreation Department, as and when needed.

Bids will be received up to 11:00 a.m. on the 1st day of February, 2017 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Ms. Nanci Moquin, Town Clerk, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the NAME AND ADDRESS OF THE BIDDER AND SUBJECT OF THE BID. ORIGINAL AND ONE COPY of each bid shall be submitted. Bid documents may be obtained at the Bethlehem Town Clerk's Office, 445 Delaware Avenue, Delmar, NY 12054.

Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org/Purchasing-Division.

The Town Board reserves the right to waive any informality in and/or to reject any or all bids.
BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM
Nanci Moquin
TOWN CLERK
Dated: January 11, 2017
Ad#140970

LEGAL NOTICE

NOTICE OF FORMATION OF limited liability company (LLC). Name: 22 Aviation Road, LLC. Articles of Organization filed with Secretary of State NY (SSNY) on 12/8/2016. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 27

LEGAL

Front Street, Schenectady NY 12305. Purpose: Any lawful purpose.
Ad#138876

LEGAL NOTICE

22 Richmond St., LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 12/20/16. Off. loc.: Albany Co. SSNY des. as agent of LLC upon whom process may be served. SSNY shall mail process to the LLC, 30 Whitney Avenue, Syosset, NY 11791. Purpose: General.
Ad#140646

LEGAL NOTICE

297 GRAND LLC Articles of Org. filed NY Sec. of State (SSNY) 12/28/2016. Office in Albany Co. SSNY desig. agent of LLC whom process may be served. SSNY shall mail copy of process to 297 Grand St., Brooklyn, NY 11211, which is also the principal business location. Purpose: Any lawful purpose.
Ad#140367

LEGAL NOTICE

Notice of Formation of LLC. The limited liability company name is 308 Delaware Ave, LLC; articles of organization were filed with the secretary of state March 9, 2015; LLC's office to be located in Albany County; the secretary of state has been designated as agent of LLC upon whom process against it may be served; the post office to which the secretary of state shall mail a copy of any process against it served upon it is c/o Lance W. Raffe, 308 Delaware Ave, Delmar, NY 12054; Purpose: for any lawful purpose.
Ad#138878

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC) The name of the LLC is 431 Property Development LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on December 6, 2016. The purpose of the LLC is to engage in any lawful act

LEGAL

or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is c/o 302 Washington Avenue Extension, Albany, New York 12203
Ad#139169

LEGAL NOTICE

Notice of Formation of LLC. The limited liability company name is 73 - 79 Winthrop Ave, LLC; articles of organization were filed with the secretary of state on April 27, 2016; LLC's office to be located in Albany County; the secretary of state has been designated as agent of LLC upon whom process against it may be served; the post office to which the secretary of state shall mail a copy of any process against it served upon it is Ryan Jankow, 7 Grant Court, Guelderland, NY 12084; Purpose: for any lawful purpose.
Ad#138143

LEGAL NOTICE

Albany Land & Water Tours, LLC Arts. of Org. filed w/ SSNY 11/9/16. Off. in Albany Co. SSNY desig. as agt. of LLC whom process may be served. SSNY shall mail process to Curtis W Dunagan 3666 NY Highway 43, West Sand Lake LLC, NY 12196. Purpose: any lawful activity.
Ad#139624

LEGAL NOTICE

Banner Title Agency, LLC Notice of Qualification - LLC was filed with the SSNY on November 28, 2016. Office: Albany County. SSNY designated as agent of LLC whom process against may be served. The P.O. address which SSNY shall mail any process against the LLC served upon him: Banner Title Agency, LLC, 39 West 37th Street, 3rd Floor, New York, NY 10018. Purpose: Any lawful purpose.
Ad#138509

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC) The name of the LLC is CMBH Med LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on November 29, 2016. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is c/o 302 Washington Avenue Extension, Albany, New York 12203.
Ad#138529

LEGAL

LEGAL NOTICE

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name: D&L INVESTOR GROUP LLC. Articles of Organization filed with NY Secretary of State, December 16, 2016. Purpose: to engage in any lawful act or activity. Office: in Albany County. Secretary of State is agent for process against LLC and shall mail copy to 16 Hemlock Street, Latham, NY 12110.
Ad#141037

LEGAL NOTICE

Notice of Formation of LLC. The limited liability company name is Dynamic Concrete Pumping LLC; articles of organization were filed with the secretary of state December 09, 2016; LLC's office to be located in Albany County; the secretary of state has been designated as agent of LLC upon whom process against it may be served; the post office to which the secretary of state shall mail a copy of any process against it served upon it is c/o Ryan Jankow, 7 Grant Court, Guelderland, NY 12084; Purpose: for any lawful purpose.
Ad#139622

LEGAL NOTICE

Notice of formation of Elkel LLC. Articles of Org. filed with NY Secretary of State (NS) on January 3, 2017, office location: Albany County, NS is designated as agent upon whom process may be served, NS shall mail service of process (SOP) to: SSJ Law Group, 200 Centennial Ave., Suite 200, Piscataway, NJ 08854, purpose is any lawful purpose.
Ad#141034

LEGAL NOTICE

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC)

The name of the LLC is Garnett Housing II, LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on November 21, 2016. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is c/o 302 Washington Avenue Extension, Albany, New York 12203.
Ad#137874

LEGAL NOTICE

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name: GLO INVESTORS LLC. Articles of Organization filed with NY Secretary of State, January 3, 2017. Purpose: to engage in any lawful act or activity. Office: in Albany County. Secretary of State is agent for pro-

LEGAL

cess against LLC and shall mail copy to 16 Hemlock Street, Latham, NY 12110.
Ad#141038

LEGAL NOTICE

GRACELINE PROPERTIES, LLC
Notice of formation of Graceline Properties, LLC, a limited liability company (the "LLC"). Articles of Organization filed with the Secretary of State of NY (the "SSNY") on 10/6/16. Office location: Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served. The SSNY shall mail a copy of any process to the LLC, 4 Monroe Avenue, Albany, New York 12203. Purposes: Any lawful purpose.
Ad#138153

LEGAL NOTICE

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name: LIBERTY POINTE, LLC. Articles of Organization filed with NY Secretary of State, December 16, 2016. Purpose: to engage in any lawful act or activity. Office: Albany County. Secretary of State is agent for process against LLC and shall mail copy to 624 New Loudon Rd, Latham, NY 12110.
Ad#139971

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY
NAME: Limar Mobile Center LLC Article of organization filed with the Secretary of State's Office of November 17, 2016. Office location: Albany County. The Secretary of State has been designated as agent of the Limited Liability Company upon whom process against it may be served. The Secretary of State shall mail a copy of the process to the Limited Liability Company at 17 Sherman Street, Albany, New York 12210.
Ad#138170

LEGAL NOTICE

NOTICE OF FORMATION OF Our Madness LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 12/13/2016. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of process to: The LLC, 22 East Wiggam Drive, Glenmont, NY 12077. Purpose: any lawful activity.
Ad#140499

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY
1. The name of the Limited Liability Company is MB PROPERTIES I, LLC
2. The Articles of organization of the Limited Liability Company were filed on December 12, 2016 with the New York Secretary of State.
3. The office of the Limited Liability Company is located in Albany County.

LEGAL

The Secretary of State is designated as agent of the Limited Liability Company upon whom process against it may be served.

5. The Secretary of State shall mail a copy of process served to the Limited Liability Company to 453 Western Avenue, Albany, NY 12203
6. The latest date to dissolve is indefinite.
7. The purpose of the Limited Liability Company is to conduct all lawful activity.
Ad#139940

LEGAL NOTICE

NBK CREATIVE SPACES LLC Articles of Org. filed NY Sec. of State (SSNY) 11/9/2016. Office in Albany Co. SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 117 Woodpoint Road Bsmt., Brooklyn, NY 11211, which is also the principal business location. Purpose: Any lawful purpose.
Ad#137875

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY
NAME: O'ROURKE REAL ESTATE HOLDINGS, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 10/07/2016. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of the process to the LLC c/o Michelle H. Wildgrube, Esq., Cioffi Slezak Wildgrube P.C., 2310 Nott St. E., STE 1, Niskayuna, NY 12309. Purpose: For any lawful purpose.
Ad#138534

LEGAL NOTICE

NOTICE OF FOREIGN QUALIFICATION IN NEW YORK BY A LIMITED LIABILITY COMPANY
Name: ORCHARD STREET SETTLEMENTS LLC. Authority filed with SSNY on 10/17/2016. Office loc.: Albany Co. SSNY designated agent of LLC upon whom process against it may be served and shall mail process to: c/o InCorp Services, Inc., One Commerce Plaza - 99 Washington Ave., Suite 805-A, Albany, NY., 12210-2822. Purpose: Any lawful act or activity.
Ad#138157

LEGAL NOTICE

Please take notice of the formation of PLANET HOME DEVELOPMENT, LLC, a limited liability corporation authorized to engage in any lawful purpose. PLANET HOME DEVELOPMENT, LLC is located in Albany County and maintains a postal address of P.O. Box 2183, Albany, New York 12220-0183. The Articles of Organization were filed with the Secretary of State on December 2, 2016. The Secretary of State is designated as agent for service of process upon PLANET HOME DEVELOPMENT, LLC.
Ad#139465

■ NEIGHBORHOOD NEWS

Guilderland man named Junior Achievement president

ALBANY — The Junior Achievement of Northeast New York, Inc. Board of Directors named Derek Martin as its president last month.

“We are excited about the appointment of Derek Martin,” stated Richard Ferro, board chair of the Junior Achievement of Northeast New York Board of Directors. “Derek’s passion and commitment to JA have been clearly evidenced by the number of appointments and commitments he has already garnered from new sources—even prior to his official start date.”

Martin was a retirement planning specialist with AXA Advisors for 11 years, where he was a nationally recognized advisor, grew sales revenue by 500 percent and managed assets of \$80 million and insurance of \$200 million. For the past six years, he was with the



Derek Martin

Capital District YMCA. For the first three years, he was executive director for the flagship Bethlehem branch, where he grew revenue and expanded an annual budget of \$3.5 million to \$4.1 million. For the past

vision and sound observations. The cost is \$3 per person or \$5 per family.

Discover the Pine Bush —

Sunday, Jan. 15, 1 to 2:30 p.m. Center experts will guide people along a .9-mile hike over rolling sand dunes, where they will discover Pine Bush natural history, seasonal surprises and transformations. This is a free program, but reservations are required.

Pine Bush Pups: Sleeping, Sleeping All Winter Long —

Tuesday, Jan. 17, and Wednesday, Jan. 18, 10 to 11 a.m. We will explore hibernation through story, song and play, and learn what

three years, Martin served as the district executive director, overseeing three branches with a \$10 million operating budget.

During his time at the YMCA, Martin grew the annual campaign by 200 percent, expanded the Circle of Champs program and led the YUSA employee resource group for emerging leaders.

Martin received his undergraduate degree from SUNY Brockport, and received his executive education in financial planning from The Wharton School of Business, University of Pennsylvania. He resides in Guilderland with his wife and twin daughters.

“I am sincerely humbled and honored to join a prominent organization like Junior Achievement with such an impactful mission to inspire and prepare young people to succeed in a global economy,” commented Martin.

hibernation means and which animals of the Pine Bush hibernate. There will be a short walk following the program. This program is for children ages 2-6. The cost is \$3 per child or \$5 per family.

Science Lecture Series: Bats of the Albany Pine Bush Preserve

— Thursday, Jan. 19, 6:30 p.m. Al Hicks, principle consultant with Vesper Environmental, will discuss the results of the center’s bat survey. This is a free program.

To sign up for these programs or for more information, call 456-0655 or visit www.AlbanyPineBush.org.

■ OBITUARY

Salvatore Fiato

SLINGERLANDS — Salvatore J. Fiato, 93, passed away peacefully surrounded by his family on Dec. 27, 2016 at his home. The son of the late Joseph and Martha (Viglucchi) Fiato, Sal was born on Oct. 27, 1923 in Albany. A member of our nation’s “Greatest Generation,” Sal was a proud veteran of the United States Navy during World War II. Sal was a survivor of Iwo Jima and completed 18 invasions aboard the USS Humphreys (APD-12). He was awarded the Asiatic-Pacific (5 stars), American Theatre, Philippine Liberation (2 Stars) ribbons, the Good Conduct and the Bronze Star Medals.

Upon returning from the war, Sal married Kale M. McNaughton and began his career as a New York City master hair stylist. An entrepreneur for over 60 years, they owned and operated The New Yorker Hair Stylist and Taco Pronto in Albany. Sal was a lifelong learner and a man of many interests; he was a world champion skeet shooter, trained bird dogs, and was a gifted artist and painter. Sal had a passion for the outdoors; he considered himself God’s Caretaker of his farm, where he visited daily and met his beloved wife, Christine. He will be sorely missed by all who knew him.

Sal is survived by his loving wife of 21 years, Christine (Waggoner) Fiato; his children Michael (Gayle) Fiato, Martha Fiato and Mona (Kevin) George; his stepchildren Audra (Robert) Jones, Bridget M. Cooke, Shawn Maloy and Cassandra (Jason) Maloy-Dambrose; 11 grandchildren and 9 step-grandchildren; four great-grandsons, a great-granddaughter on the way and one step-great-grandson. He is also survived by many nieces, nephews, cousins and friends.

In addition to his parents, Sal was predeceased by his first wife, Kale; his children Mark J. Fiato and Miriam Fiato; and his eight siblings.

A mass of Christian burial was held at 11 a.m. on Tuesday, Jan. 3, at Mater Christi Catholic Church, 35 Hurst Ave., Albany. Family and friends were received at the church between 10 and 11 a.m. Burial with military honors followed at Gerald B.H. Solomon Saratoga National Cemetery, Schuylerville.

In lieu of flowers, memorial donations may be made in Sal’s name to Trinity Institute, 15 Trinity Place, Albany 12202 or www.trinityalliancealbany.org.

Discovery Center January programs

COLONIE — The Albany Pine Bush Discovery Center, 195 New Karner Road, offers the following programs this month:

Full Moon Hike for Adults — Thursday, Jan. 12, 6 to 8 p.m. Enjoy the Pine Bush at night with a hike under the full moon. We will meet at the Discovery Center and then caravan to the Kings Highway Barrens trailhead No. 9. We will plan to walk 1.2 miles over rolling terrain, stopping intermittently for night

LEGALS

LEGAL NOTICE

Notice of Formation of Limited Liability Company Polaris Lighting Design, LLC. Art. of Org. filed with Sec. of State of N.Y. (SSNY) on 12/10/15. Off. location is Albany County. SSNY designated agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC at 357 Delaware Avenue, #111, Delmar, New York 12054. For any lawful purpose. Ad#137383

LEGAL NOTICE

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name: PPS APARTMENTS LLC. Articles of Organization filed with NY Secretary of State, December 2, 2016. Purpose: to engage in any lawful act or activity. Office: Albany County. Secretary of State is agent for process against LLC and shall mail copy to 20 Corporate Woods Blvd., Albany, NY 12211. Ad#139973

LEGALS

LEGAL NOTICE

NOTICE OF RECEIPT OF TAX ROLL AND WARRANT TAKE NOTICE, that I, Alicia M. Roney, the undersigned Receiver of Taxes and Assessments for the Town of Bethlehem, have received the tax roll and warrant for the collection of taxes and will receive payments thereon Monday through Friday from 8:30 A.M. to 4:30 P.M. at the Bethlehem Town Hall, 445 Delaware Avenue, Delmar, New York for the properties assessed upon such roll. NO COLLECTION FEE DURING JANUARY 1% collection fee during February 2% collection fee during March TAKE FURTHER NOTICE, that pursuant to the provisions of law the tax roll of the Town of Bethlehem will be returned to the County of Albany Director of Finance on April 1, 2017 Ad#140800

LEGALS

LEGAL NOTICE

NOTICE OF FORMATION OF Limited Liability Company (LLC) 1. The name of the LLC is: REYES MOTORS GROUP, LLC 2. The date of the filing of the Articles of Organization with the Secretary of State of the State of New York (SSNY) is: 12/15/2016 3. The office within New York State the LLC is located in is Albany County. 4. The SSNY is designated as agent of the LLC upon whom process against it may be served. The post office address to which the SSNY shall mail a copy of any process against the LLC served upon him or her is: REYES MOTORS GROUP, LLC 54 Dott Avenue Albany, New York 12205 5. The specific date upon which the LLC is to dissolve is: NONE 6. The purpose of the business of the LLC is: any lawful business of purpose. Ad#139467

LEGALS

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY SmithRich Property Rehabilitation, LLC (LLC) Articles of Organization filed with the Secretary of State of New York (SSNY) on November 28, 2016. New York office location: Albany County. SSNY has been designated as an agent upon whom process against it may be served. The post office address to which the SSNY shall mail a copy of any process against the LLC served upon it is 78 Crescent Creek Way, Selkirk, New York 12158. The purpose of the LLC is any purpose for which a limited liability company may be organized under applicable law. Ad#139191

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY Stuyvesant Landing LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on December 15, 2016. Office loca-

LEGALS

LEGAL NOTICE

tion: 14 Corporate Woods Blvd., Suite 100, City of Albany, County of Albany, State of New York. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 14 Corporate Woods Blvd., Suite 100, Albany, NY 12211. For any lawful purpose. Ad#139644

LEGAL NOTICE

Notice of formation domestic qualification of Sun Processing LLC. Articles of Org. filed with NY Secretary of State (NS) on November 10, 2016, office location: Albany County, NS is designated as agent upon whom process may be served, NS shall mail service of process (SOP) to NW Registered Agent LLC @ 90 State Street Suite 700 Office 40, Albany, NY 12207, NW Registered Agent LLC is designated as agent for SOP at 90 State Street Suite 700 Office 40, Albany, NY 12207, purpose is any lawful purpose. Ad#140381

LEGALS

LEGAL NOTICE

TAMBURELLO MANAGEMENT LLC Articles of Org. filed NY Sec. of State (SSNY) 12/16/2016. Office in Albany Co. SSNY design. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 7412 20th Ave., Brooklyn, NY 11204. Purpose: Any lawful purpose. Ad#139833

LEGAL NOTICE

Tender Care NP in Family Health, PLLC office: filed date 08/12/2016, Albany co. SSNY designated as agent for process and shall mail to: United States Corporation Agents, inc, 7014 13th Avenue, Suite 202, Brooklyn New York, 11228 Ad#138400

LEGAL NOTICE

THE LAW OFFICE OF TARA N. STEIN, PLLC Articles of Org. filed NY Sec. of State (SSNY) 12/13/2016. Office in Albany Co. SSNY design. agent of LLC upon whom process may be served. SSNY shall mail

LEGALS

LEGAL NOTICE

copy of process to c/o Tara N. Stein, Esq., 20 Peach Tree Pl., Upper Saddle River, NJ 07458. Purpose: To practice Law. Ad#139466

LEGAL NOTICE

Notice of Formation of Valz Bookkeeping and Tax Services, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 12/18/15. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o United States Corporation Agents, Inc., 7014 13th Avenue, Suite 202, Brooklyn, NY 11228, the registered agent upon whom process may be served. Purpose: any lawful activity. Ad#138176

LEGAL NOTICE

VICTORYLINE PROPERTIES, LLC Notice of formation of Victoryline Properties, LLC, a limited liability company (the “LLC”). Articles of Organization filed with the Secretary of State of NY (the

LEGALS

LEGAL NOTICE

“SSNY”) on 12/1/16. Office location: Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served. The SSNY shall mail a copy of any process to the LLC, 4 Monroe Avenue, Albany, New York 12203. Purposes: Any lawful purpose. Ad#139939

LEGAL NOTICE

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name: ZAPASSA LLC. Articles of Organization filed with NY Secretary of State, December 23, 2016. Purpose: to engage in any lawful act or activity. Office: Albany County. Secretary of State is agent for process against LLC and shall mail copy to 63 Shaker Road, Suite 202, Albany, NY 12204. Ad#140368

To place your Legal Notice: Call 439-4949

To place your Legal Notice: Call 439-4949



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January 11, 2017

Spotlight on Opinion

www.spotlightnews.com PAGE 14

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Read letters, editorials
and guest opinions online
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FROM THE EDITOR'S DESK

Fight for \$15 is a bad idea

Most everybody has worked for minimum wage at one time. Either as a teen at an after school job, or young adult home on college break, or maybe just part time to help make ends meet.

They are the type of jobs that need getting done, but don't necessarily take a lot of skill, strength or know how. Stocking shelves, flipping burgers, washing dishes, mopping floors, mowing lawns. You get the idea.

On Jan. 1, the upstate wage for such jobs jumped from a minimum of \$9 an hour to \$9.70. It's one step in the ultimate goal of paying a minimum of \$15 an hour.

The arguments for raising the minimum wage, on the surface, seem sound. A worker making more money is happier, more productive and less likely to bounce from job to job. More money in the pockets of people will stimulate the economy and, ultimately, help the individual businesses forced to pay more

for labor. And people making a living wage need less social services so it will help keep taxes in check too.

Those benefits are theoretical at best, however, and are outweighed by the real negative ramifications to the individual businesses and the economy as a whole.

If it costs a business more to do business, logically it has two alternatives: cut back or raise more revenue. That could mean hiring fewer employees or charging more for its products.

The Empire Center, an Albany-based think tank, estimates that raising the minimum wage will ultimately cost 200,000 jobs statewide. When unemployment goes up, so too does the need for social services.

While there aren't many people making minimum wage – only about 2 percent of all full-time employees nationwide according to the U.S. Bureau of Labor Statistics – if you raise the wage of those at the bottom rung of the ladder, it stands

to reason those on the rungs above will expect more too. That's just human nature, so the idea of raising the minimum wage to create a happier, more content workforce is a farce.

Judging by the statistic above, most employers realize a happy satisfied workforce is paramount to a business's success and already pay more than the minimum wage without a government mandate.

Bigger companies might be able to absorb the impacts of raising the minimum wage with little or no major adjustments or ramifications. The small businesses, though, will feel the brunt of this misguided idea.

And small businesses are the backbone of our economy.

Most employers realize a happy satisfied workforce is paramount to a business's success and already pay more than the minimum wage without a government mandate.

Bigger companies might be able to absorb the impacts of raising the minimum wage with little or no major adjustments or ramifications. The small businesses, though, will feel the brunt of this misguided idea.

And small businesses are the backbone of our economy.

WHAT HAPPENED IN 2007 ...

10 years ago: a tense standoff

CAPITAL DISTRICT — Ten years ago, police were engaged in a standoff with a Krumkill Road fugitive who was wanted for multiple crimes in Florida.

Paul Harris, 44 at the time, held police at bay outside his home in January for approximately nine hours before police were able to subdue him using several rounds of tear gas.

According to then Albany County Sheriff James Campbell, Harris drove past a police officer on patrol who identified him. However, by the time the officer made the identification, Harris was gone.

The county sheriff's office was then contacted, and a short time later, according to the article, Harris' car was spotted in a field next to a home on Krumkill Road. Police tried to enter the home, but said they received no response from anybody inside the building. Police then proceeded to surround the building.

Campbell said that Harris spoke to law enforcement twice during the stand off, but didn't say much. About six hours into the stand off, according to the article, Harris son and girlfriend exited the building, but Harris himself remained inside. Eventually,

a decision was made to use tear gas to force Harris out.

"A total of seven rounds of tear gas was fired, and about 20 minutes later we noticed Harris trying to get some air," said Campbell. He was then apprehended and taken into custody.

According to the article, in Florida, Harris' first run in with the law was when he allegedly hit a law enforcement officer with his vehicle on Jan. 7, 2006, in Indian River County, Fla., after attempting to flee from a traffic stop when two deputies

stopped him for speeding. Harris is believed to have had drugs in his possession at the time of the traffic stop and a child inside of the vehicle.

He was wanted on several outstanding warrants including resisting arrest, escape and assault and battery. Harris also faced a drug possession charge in Albany County.

Harris, according to the article, was charged with resisting arrest, criminal possession of a weapon, and being a fugitive from justice, along with his outstanding warrants from Florida.

THE
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■ OPINION

Free tuition or political pandering?

There is transparent political pandering, and then there is Gov. Andrew Cuomo's proposal to offer free tuition to at SUNY and CUNY.

On paper it sounds great. How can't it? It's been ingrained into our psyche since grade school that a college degree is a good thing and is the only avenue to getting a good job and the American Dream and all that.

While that may be true, few things translate from paper to practice.

For starters, there are simply more pressing issues facing the state than offering free tuition at a cost of \$161 million a year.

Just look at upstate's basic infrastructure issues like 100-plus-year-old water lines that break with more and more regularity.

And, a more specific example, the river cities are still under a \$136 million consent order to stop raw sewage from dumping into the Hudson when it rains too hard. Municipal

Commentary:

Frankly Speaking



budgets are spread pretty thin and there is no way Troy, Albany, Rensselaer, Cohoes, Watervliet and Green Island can afford that kind of money for an issue that has been around since indoor plumbing became something of the norm.

Or, how about a \$161 million tax cut? Not one-time rebate checks, like the governor sent out just before Christmas, but a structural tax cut. That just never happens. The only time taxes go down is when a casino comes into your town.

But, taxes aren't that bad in New York. That must be why people are leaving in record numbers. From July 1, 2014 to July 1, 2015 the state lost 191,367 people, according to the Empire Center.

Over the past six years,

846,669 moved out of New York, the largest decline of any state. If taxes were higher, they would probably have stayed.

We have not yet seen details of the governor's plan, so I hope he works in some sort of residency requirement. Like requiring those getting free tuition to live in this state for a couple years before they are eligible for free tuition. If not, we will have all sorts of unemployed, college students moving here just to get a free education.

And, as Republicans in the state Legislature point out, will the graduate with free degree in hand, have to stick around this state for a while to give something back or just be allowed to come here for four years and then turn around and move back to Vermont or Massachusetts or to the Carolinas where the temperatures don't dip into the negative numbers?

Just another side note

related to population: There are only 402,000 undergraduate students enrolled in SUNY, and another 223,000 enrolled in community colleges. There are more than 19 million New Yorkers. Seems like a lot of money

"I think Cuomo is angling for a presidential run in four years and he stole the free tuition idea from Sen. Bernie Sanders with the hopes of winning over the millennials. There is no coincidence the governor made the announcement with the former presidential candidate by his side."

to spend on so few so they can save \$6,400 a semester.

Another question is how many of the about 170,000 high school graduates in this state are actually prepared for college? For years

education advocates have been screaming about how the state has underfunded Kindergarten, elementary, middle and high schools. What good is having free college tuition if there are those who can't make it through 12th grade, or those that do aren't ready for college anyway.

While determining which students are prepared for collage and which are not depends on who you ask. The state Department of Education uses probably the most objective measure – those ready scored at least 75 percent on English tests and 80 percent on math tests - and found 60 percent of graduates were not ready for college.

New York already spends more per student per year - \$19,552 - while the results are still lagging - 31st in English and 33rd in math out of the 50 states.

Seems to me, we might better focus on problems at the lower rungs of education rather than offering free higher

education.

And what will free tuition at public schools do to private colleges and universities who operate in the free market and still have to charge students tuition? With the return on a college degree, is it really worth having a decade or more of student loans? There is no question a free education will hurt those institutions who still have to charge. How can't it?

Proponents like to say everyone should have an equal crack at an education and I agree. But, there are enough programs in place - low interest loans and scholarships - for those who can't afford what is a pretty big bill to go to college and live the American Dream as they see fit.

I think Cuomo is angling for a presidential run in four years and he stole the free tuition idea from Sen. Bernie Sanders with the hopes of winning over the millennials. There is no coincidence the governor made the announcement with the former presidential candidate by his side.

I like Sanders. I would have voted for him if Hillary Clinton didn't steal the nomination. I didn't vote for Hillary and neither, according to a bunch of stats and pundits, did a bunch of the left-wingers who were behind Sanders. If they did blindly follow Sanders to Hillary, we would not be swearing in Donald Trump on Jan. 20.

But we are, and there is such discontent over that fact the left of centers and the Democratic party proper, which is very much now in chaos, are just begging for someone to step up.

By offering free tuition, Cuomo is angling for just that.

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

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■ IN BRIEF

Registration begins for rec programs

BETHLEHEM — The Town of Bethlehem Parks and Recreation Department is currently accepting registration for its winter and spring programs.

Adult programs include: Active Aging, aerobics, badminton, basketball, chair yoga, pilates, yoga, zumba, three levels of volleyball and more.

Youth activities include: basketball, Mommy or Daddy

and Me, Ski Club, tae kwon do and more.

To view all programs and events or to register online, visit www.townofbethlehem.org. Registrations can also be taken over the phone by calling 439-4955, ext. 2131.

Next Q.U.I.L.T. Inc. meeting Friday

BETHLEHEM — Q.U.I.L.T. Inc. is holding its next meeting Friday, Jan. 13, at 9:15 a.m. at Delmar Reformed

Church, 386 Delaware Ave.

There will be a general meeting, followed by a lecture/trunk show with Jessica VanDenburgh and a member show and share. Quilting 101 will meet approximately 15 minutes after the meeting.

Q.U.I.L.T. Inc. is also looking for people to donate coats and warm clothing for the Capital City Rescue Mission.

Visitors to the meeting are asked for a \$5 donation.

For more information, call 393-2284 or visit www.quiltinc.org.

Bird talk and book signing

VOORHEESVILLE — Author Darryl McGrath will talk about her book, "Flight Paths," Sunday, Jan. 15, at 2 p.m. at Thacher Nature Center, 87 Nature Center Way.

"Flight Paths" recounts the trials and tribulations of people dedicated to the survival of bird species at risk.

Books will be available for purchase. For more information, call 872-0800.

Grave Stone Matters subject of lecture

BETHLEHEM — Joe Ferrannini of Grave Stone Matters is the featured speaker at the Bethlehem Historical Association's Jan. 19 meeting at Delmar Reformed Church, 386 Delaware Ave. He will share his passion for the history found in cemeteries.

The lecture starts at 2 p.m. and is free to the public. Refreshments follow the lecture. For more information, visit BethlehemHistorical.org.

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CONGRATULATIONS

Recently, National Bank of Coxsackie awarded four promotions to staff! Nicole Bliss was promoted to Assistant Vice President, Diane Gunderson was promoted to Assistant Vice President, Bonnie Demers was promoted to Chief Credit Officer, and Sherry Sharpe was promoted to Credit Officer.

Nicole Bliss has been at National Bank of Coxsackie for over five years working as their Marketing Communications Officer. This past spring she completed her Master's Degree from Marist College in Integrated Marketing Communications. "I truly love my job and the people I work with" Nicole said, "NBC has given me countless opportunities to expand my position and skill sets that I'm not sure I would have gotten elsewhere".

Diane Gunderson has worked in the financial industry for twenty-five years holding many positions as she climbed the ranks to Assistant Vice President. "I began as a part-time teller in our Greenville Branch in 1986" Diane reflects. "After a short time away, I came back as a full time teller/encoder until 1997 when I moved to Loan Operations at the Main Office." A quick four years later, Diane was promoted to Administrative Assistant as head of the Loan Operations Department, a position she has held ever since. "It has been an honor and a privilege to serve the customers of National Bank of

Bank. She began her banking career seventeen years ago sorting checks and deposits by hand, and then sending out statements. Bonnie holds experience in many fields within the financial industry including compliance, commercial servicing, management training, and collections. "When I was ready for a new career path I recalled how much I enjoyed dealing with Loan Officers at NBC through my previous positions and thought it would be a great place to work" Bonnie said, "- and it is!".

Sherry Sharpe joined National Bank of Coxsackie in the spring of 2015. She has also worked in the financial industry for seventeen years and has been a Notary Public for almost as long. Sherry comes to National Bank of Coxsackie with a wealth of knowledge from her previous position including; Special Assets Officer, Portfolio Manager, Paralegal, Closing Coordinator, and Executive Assistant. Earlier this month Sherry completed her MBA in Accounting from Excelsior College.

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PICK OF THE WEEK



Beau Sasser

Funk jam artist out of Northampton, Mass. will play to the Rustic Barn Pub in Lansingburgh, Saturday, Jan. 14. Read more about the band inside.

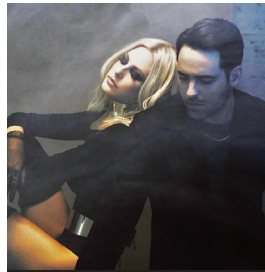
Page B5

INSIDE



Arts calendar

Pages B9-B13



Phantogram

The hit band that outgrew the "local" moniker is to play to a sold out Upstate Concert Hall.

Page B2

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MUSIC

Going rogue

▲ Sean Rowe is no stranger to walking a different path, but he needed help with his latest venture — walking away from his record label and seeking a crowdfunding campaign to produce his next record.

Sean Rowe / Facebook

The blues man from Troy stood before a crossroads in his career, and he chose the path less traveled

By **MICHAEL HALLISEY**

halliseym@spotlightnews.com

You can call Sean Rowe a "madman" for his recent, unorthodox approach to his music career, but he is a man with a plan.

The popular blues singer opted not to resign with his record label, chose to crowdfund his latest project, and got the guts to do it by doing something a little off the wall.

"This all started when there was a giant fork in the road for me in terms of where I was going to go career-wise," said Rowe. "I had fulfilled my contract with Anti Records... And, I had to figure out where I was going to go next."

For the better part of the last decade, Rowe has made a living off his music. It's the path he's chosen to walk since he discovered Otis Redding when he was 17. Not your typical Troy teenager coming of age in the early '90s. Instead of

Continues on page B25



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contents

What's Happening B3
 Feature B4
 Night & Day B7
 Crossword Puzzle B10
 Arts Calendar B9-B13
 Reviews B18-B21
 Health & Fitness B14
 Service Directory B20
 Sudoku Puzzle B00
 Classifieds B22-B23

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▶ quotes of the week


"It's a lot to ask of people, and it is validation. When you see the people willing to pay quite a large sum of money into something they really believe in, it's not like telling somebody after a show, 'hey, that was a great show.' . . . When someone is willing to pay \$1,000 just for the idea of this album, that's not even

made yet, [who] believes in you that much. . . . For that to happen, that's a tattoo. That's a lifelong commitment that someone makes for you."

— Sean Rowe, Musician

"It's almost a dress rehearsal for the tour. The neat thing about it is we can do whatever we want. We can walk off a cliff without worrying about it because we know the audience is understanding and will follow us."

— Beau Sasser, Musician



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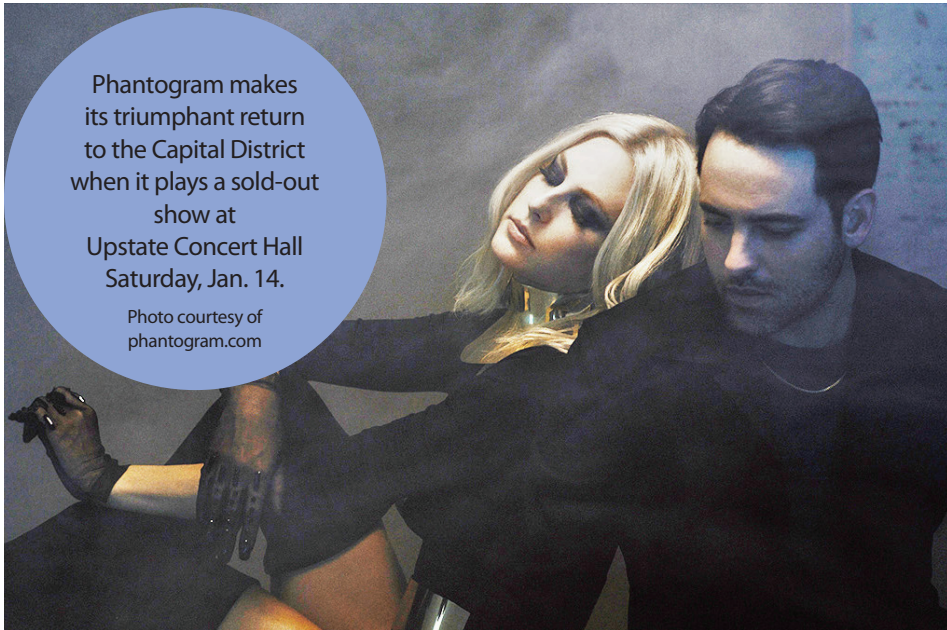
■ IN BRIEF

Ballroom Thieves at Caffe Lena

SARATOGA SPRINGS — Ballroom Thieves will perform at Caffe Lena on Thursday, Jan. 12, at 7 p.m. at 47 Phila Street.

Guitarist Martin Earley, cellist Calin Peters, and drummer Devin Mauch draw from rock, folk, Delta blues and praise music.

General admission is \$22. Call (518) 583-0022.



Phantogram makes its triumphant return to the Capital District when it plays a sold-out show at Upstate Concert Hall Saturday, Jan. 14.

Photo courtesy of phantogram.com

■ WHAT'S HAPPENING

Phantogram

Greenwich natives have become indie sensations

By **ROB JONAS**
jonasr@spotlightnews.com

CLIFTON PARK — From a barn in rural Saratoga County to playing in front of giant crowds at some of the world's largest music festivals, Phantogram has become a force in the music industry.

Now, the duo of vocalist Sarah Barthel and guitarist Josh Carter are returning home to play a sold out show at Upstate Concert Hall Saturday, Jan. 14, at 8 p.m.

Phantogram has been touring nearly non-stop since the release of its third full-length album, "Three," last year. They just returned from an Australian tour last week and are currently in the middle of an eastern leg that includes stops in Providence, Rochester, Philadelphia and Baltimore. On tap later this year are appearances at Coachella in California and The Governors Ball Music Festival in New York City — both huge indie rock festivals.

All of this is a long way from how Barthel and Carter started out in the Capital District music scene as Charlie Everywhere nearly a decade ago. They played small shows around Saratoga Springs until their song "Mouthful of Diamonds" started getting airplay on WEQX and

WEXT as part of their local music programming. Soon after that, they received interest from indie label Barsuk Records, which released their first album as Phantogram, "Eyelid Movies," in 2009.

As their music started gaining national airplay, acts such as Flaming Lips

and Big Boi from Outkast started asking Phantogram to collaborate with them. Their collaboration with Big Boi led to the formation of Big Grams, which released a full-length album last year.

A full feature about Phantogram will appear in next week's edition.



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■ IN BRIEF

Something Rotten at Proctors

SCHENECTADY — Proctors presents Something Rotten from Tuesday, Jan. 10 to Sunday, Jan. 15, at 432 State Street.

Set in 1595, the show tells the story of Nick and Nigel Bottom, two brothers who are desperate to write a hit play. When a local soothsayer foretells that the future of theatre involves singing, dancing and acting at the same time, Nick and Nigel set out to write the world's very first musical.

Tickets start at \$20. For more information or to buy tickets 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 Thursday, Jan. 12, from 6:30 to 9:30 p.m. at 818 Central Ave.

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



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ARTS

Spreading love with shared poetry

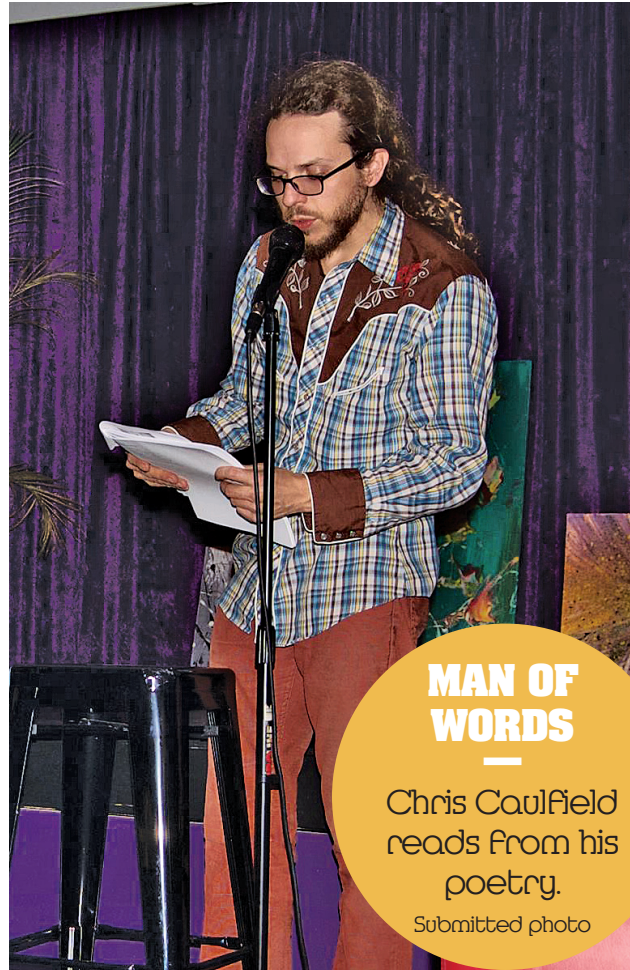
In the wake of a divisive national election, local artist crowdsources poetry to share the love

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

“**T**he Love Poetry Project was born out of a perceived need for greater empathy, love, compassion, and understanding in this world,” said Christopher Caulfield, curator of The Love Poetry Project (‘Portraits of love, of pain and bliss, breaking and building, giving and receiving’). “During our time of great upheaval, war, social division, xenophobia, and a resurgence of fear-based politics in America and elsewhere, it aims to remind people of some of

our common experiences involving love, that great glue of the universe, in a time when so many feel isolated and lonely.”
“This book of poetry on love began as a relatively modest exposition of about 10 local artists and friends of mine in upstate New York,” explained the PhD student in Philosophy and Clinical Ethics at University at Albany, where his focus is on empathy and compassion in a healthcare setting. “I have perceived for some years that poetry has a mysterious power to draw honesty from deep within folks, allowing them to say things they wouldn’t normally speak aloud. This book is, at its core, poems about love, in all its various forms. It has continually grown since that modest inkling of a vision into a burgeoning community of authors from around the world sharing their stories of love, and making

connections through understanding.”
Caulfield launched the 155-page book at Troy Kitchen on Tuesday, Dec. 20, where some of the contributors shared their work and others shared their music. In total, Caulfield said that the project has 97 contributors worldwide, “including friends, family, and strangers.” The finished product can be purchased online at the crowdfunding site Indiegogo — www.indiegogo.com/projects/love-poetry-project-lovestory. Also available are art, custom love poems and, expected November, eventually a movie.
As word of the poetry project spread, Caulfield said, “friends came to me and shared excited stories about their writing. One friend searched all her journals and past poetry but could not find a single entry about love itself.



MAN OF WORDS
—
Chris Caulfield reads from his poetry.
Submitted photo

She was so happy to be meditating deeply about love for the first time — success! Another friend told me repeatedly that he could not write poetry and did not even know what love was. He wrote a poem about struggling to know what love is — success!”
Poems were contributed primarily by Capital District locals, including a number of notable names: Taina Asili, Olivia Quillio, Lecco Morris, Bell’s Roar, Sean Rowe, Amani O+, Hyacinth Miles and Dana Owens of Danatoons. The poems bear names like Andromeda Has Better Acoustics, Love and Language, I Miss Pretending With You and I Am A Karner Blue Butterfly.
“One poem,” Caulfield, who contributed two poems of his own, continued, “by my dear friend Alex
Continues on B24

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PICK OF THE WEEK

A funky good time

Beau Sasser's Escape Plan jams its way to the Rustic Barn for a night of high-energy music

By **ROB JONAS**
jonasr@spotlightnews.com

TROY — Every Wednesday night for the past decade, Bishop's Lounge in Northampton, Mass., has a funk night hosted by Beau Sasser.

Out of those loose jams, Sasser — keyboardist and organ player for Kung Fu and Z3 — formed a bond with four other jam band veterans to create Beau Sasser's Escape Plan, which will be playing Saturday, Jan. 14, at the Rustic Barn Pub, 150 Spieglestown Road (Route 40), just north of Lansingburgh.

"The Wednesday night funk night we were born out of was a very loose night," said Sasser. "Escape Plan basically follows that."

The group also includes guitarists Danny Mayer (from Alan Evans' Playonbrother and On The Spot Trio) and Justin Henricks (Groovestick), drummer Bill Carbone (Max Creek, Z3) and vocalist Mary Corso. Henricks, a Capital District native, also handles lead vocal duties.

"We all play in a bunch of different projects, so we only get to tour together three or four times a year," said Sasser. "All of (my other bands) are great and challenging in different ways, but this is probably the most fun (band)."

Over the years, the band has developed a repertoire of high-energy originals and covers that are guaranteed to get the crowd dancing. And as always, there is room in every song for extended jams, which can be a science unto itself.



From the Wednesday night funk jams at Bishop's Lounge comes Beau Sasser's Escape Plan.

Submitted photo

"I kind of think of it as everybody putting together pieces of a puzzle," said Sasser. "The drums and the bass build the foundation, sort of like the corner pieces of a puzzle. From there, the more melodic instruments — the guitars and the organ — will pick the parts of the melody that they want to explore to fill in more of the pieces."

All of the songs have been tested at the Wednesday night funk jams at Bishop's Lounge — a small venue in downtown Northampton where the people are close enough to the musicians to actually be part of the band. This Wednesday's funk night will give Sasser

and his band mates a chance to prepare for their short Northeastern tour, which will take them to Connecticut Thursday and Friday before hitting Rustic Barn Saturday.

"It's almost a dress rehearsal for the tour," said Sasser. "The neat thing about it is we can do whatever we want. We can walk off a cliff without worrying about it because we know the audience is understanding and will follow us."

Tickets are available in advance for \$10 on Rustic Barn's website, www.rusticbarnpub.com.

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Night & Day

Night: The Refrigerators at The Upper Room

ALBANY — Grab your dancing shoes and head to The Upper Room on Saturday, Jan. 14, for a show featuring one of the Northeast's most sought after bands: The Refrigerators. Doors open at 8 p.m. for the 9:30 p.m. concert.

Formed in 1992, The Refrigerators consist of nine core musicians who infuse funk, rock and R&B with a pumping rhythm section, powerhouse horn section and a kinetic stage presence. The band has gained a large following in the Capital District and beyond thanks to its unique combination of classic tunes and intense

performances, which are reminiscent of some of the greatest horn-fueled bands of all time. The Refrigerators are consistently voted one of the area's "Best Bands," and a top choice among area event promoters.

General admission tickets are \$5 each (there is an additional \$1.27 fee if purchased online).

For more information or to purchase tickets online, visit upperroomalbany.com/event/the-refrigerators.

The Upper Room is located at 59 North Pearl St.



The Refrigerators

Photo courtesy band's website



Children participate in a recent Challenger Adventure inside the Challenger Learning Center at miSci.

Photo courtesy of miSci

Day: Challenger Adventure at miSci

SCHENECTADY — Participate in an out-of-this-world experience without having to leave Earth or town during a Challenger Adventure this Saturday, Jan. 14, at miSci. Discover first-hand what it's like to conduct experiments in space during this hour-long program. Sessions run from 2 to 3 p.m. and 3:30 to 4:30 p.m.

The Challenger Learning Center of the Capital Region, located at miSci, allows participants to be part of a simulated mission to space. Visitors become part of a crew of engineers and scientists aboard a spacecraft. Like their real-life NASA counterparts, participants are assigned essential tasks and conduct critical experiments which are crucial to the mission's success.

Advance reservations are required and each child younger than 7 must be accompanied by an adult. The program is best suited for children ages 5 and older.

To reserve seats for either of this Saturday's Challenger Adventure sessions, call (518) 382-7890 ext. 0.

Per person costs to attend a Challenger Adventure (plus visit the museum's exhibits and floor programs) are \$12.50 for children ages 5 through 12 (\$7.50 plus \$5 fee), \$17 for adults age 65 and older (\$9 plus \$8 fee), and \$20.50 for teenagers and adults (\$10.50 plus \$10 fee).

For more information or driving directions, visit www.misci.org.

miSci is located at 15 Nott Terrace Heights in Schenectady.

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- Thursday, January 12th Erin Harkes, 7-10pm
- M-Saturday 3-7pm 3 Bottled Beers \$10- (\$1 off all other drinks)

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CLUBS

- 9 Maple Avenue**
9 Maple Ave., Saratoga Springs.
www.9mapleave.com
Fri: **George Muscatello Group** | 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: **Happenstance** | 7 p.m.
Sat: **Old Timey Jam** | 2:30 p.m.
Classic Soul Dance Party | 6 p.m.
Sun: **Mike Kailas** | 2 p.m.
Tue: **Real Book Jazz Jam** | 7 p.m.
- Athos**
1814 Western Ave., Albany. 608-6400
Fri: **Michael Panza** | 7 p.m.
- Caffè Lena**
47 Phila St., Saratoga Springs. 225-0882
Fri: **Funk Art** | 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: **Ted Perry Trio** | 7:30 p.m.
Sat: **Alan Simon Trio** | 7:30 p.m.
- Centre Street Pub**
308 Union St., Schenectady. 393-2337
Wed: **Jecco Trio** | 6 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
Sat: **Club d'Elf with John Medeski** | 9 p.m.
- Daily Grind**
46 Third St., Troy. 272-8658
Sun: **Sheiks of Third Street** (jazz brunch) | noon
- Danceland**
638 Columbia St., Latham. 785-3888
Sat: **Georgie Wonders Orchestra** | 7:30 p.m.
- Dolce Vita**
1727 State St., Schenectady. 357-3324
Every Fri & Sat: **Music and Dancing with Randy Loren** | 5 p.m.
- Eden Café**
269 Osborne Road, Loudonville. 977-3771
Fri: **Ed and Randall's Maugerville** | 7:30 p.m.
Sat: **The Tom Petty, Stevie Nicks Tribute with EJ Ray** | 7 p.m.

ARTS CALENDAR ▶



Guitar master

Jazz guitarist Pat Metheny returns to the Capital District for a show at The Egg Wednesday, Jan. 18, at 7:30 p.m. For tickets or more information, call 473-1845 or visit www.theegg.org.

Submitted photo

- Emack & Bolio's**
366 Delaware Ave., Albany. 512-5100
Fri: **Deb Cavanaugh** | 7 p.m.
Sat: **Gross & Hart** | 7 p.m.
Every Tue: **Open Mic** | 7 p.m.
- The Fountain Restaurant**
283 New Scotland Ave., Albany. 482-9898
Fri & Sat: **Skip Parsons' Riverboat Jazz Band** | 9:30 p.m.
- Fuze Box**
12 Central Ave., Albany. 703-8937
Fri: **DJs David Normal and Tall Ass Matt, with guest** | 9:30 p.m.
Sat: **80s Night** | 9 p.m.
- Gaffney's**
16 Caroline St., Saratoga Springs. 587-7359
Fri: **Ubuntu** | 9 p.m.
Sat: **George Fletcher Blues Band** | 9 p.m.
- Tue: **Open Mic w/ Rick Bolton** | 8 p.m.
- Ginger Man**
234 Western Ave., Albany. 427-5963
Fri: **Tim Williams** | 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: **Burt Murder, John Andrews & The Yawns** | 8 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
Thur: **The E-Block, The Hannahs, Jasper** | 9 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 & 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: **Gay Taste** | 6 p.m.
Moon Worship, Kimono Dragons | 8 p.m.
Sat: **Cry Havoc, The Lost Riots, Girth Control, Dead Aces, Totally Gnarly, Colin Moran** | 8 p.m.
Sun: **A Judgmental Swarm of Bees,**
- Purple Sky, Reacott Renegade** | 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
Wed: **Jamie Gillibrand** | 7 p.m.
Thur: **Dave Kitchen** | 6 p.m.
Fri: **Arya Chowdhury** | 7 p.m.
Sat: **Deb Fish** | 7 p.m.
Sun: **Rockstar Open Mic** | 7:30 p.m.
Tue: **Dave Kitchen** | 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
Wed: **Dan Sherwin** | 5:30 p.m.
Thur: **Erin Harkes** | 7 p.m.
- Parish Public House**
388 Broadway, Albany. 365-0444
Thur: **Strip66 w/ Boketto & Miss This** | 8 p.m.
- Pauly's Hotel**
337 Central Ave., Albany. paulyshotel.com
Fri: **Asa Morris and the Mess, William Hale, Bren, Bare Mattress** | 8 p.m.
Sat: **Robanic Reggae Band, DJ Neo, Crescente** | 8 p.m.
Mon: **Nine Votes Short, Suburban Samurai, Lame** | 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.
- Provence**
Stuyvesant Plaza, 1475 Western Ave., Albany. 689-7777
Sat: **Linda Harrison** | 6 p.m.
- Putnam Den**
63a Putnam St., Saratoga Springs. 584-8066
Thur: **Treehouse!** | 9:30 p.m.
Fri: **Gratefully Yours** | 10 p.m.
Sat: **RCC Presents: Zeo, Raw, Frex, Cody Bricks, DJ Tremblizzy** | 10 p.m.
- Rustic Barn Pub**
150 Speigletown Road, Troy. 235-5858
Every Thur: **Open Mic** | 8 p.m.
Fri: **Not Rightt** | 8 p.m.
Sat: **Beau Sasser's Escape Plan** | 9 p.m.
Sun: **Maurizio Russomanno** | 4 p.m.
- Sake Japanese Steakhouse**
611 Troy-Schenectady Road, Latham. 785-7215
Sat: **New Edge** | 7:30 p.m.
- Speakeasy 518**
42 Howard St., Albany. 449-2332
Wed: **Mark Kleinhaut** | 8 p.m.
Thur: **Bryan Brundige Duo** | 9 p.m.
Fri: **Brian Patneau Trio** | 9 p.m.
Sat: **Soulia & the Sultans of Swing** | 9 p.m.
Mon: **Joe Finn** | 8 p.m.

Continues on B10

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ARTS CALENDAR



Back in prehistoric days ...

The New York State Museum at Albany's Empire State Plaza recently opened a new exhibit exploring what the state was like in prehistoric times. For more information, visit www.nysm.nysed.gov.

Submitted photo

Tue: **Justin Henricks Duo** (boogaloo night) | 8 p.m.

Stockade Inn
1 North Church St., Schenectady. 346-3400

Thur: **Joe Barna's Sketches of Influence** | 7 p.m.

Fri: **Ace & Luke** | 7 p.m.

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

Twisted Vine
384 Kenwood Ave., Delmar. 439-3241
Sat: **The Lost Keys** | 8 p.m.

Upstate Concert Hall
1208 New York 146, Clifton Park. 371-0012 or upstateconcerthall.com
Sat: **Phantogram** | Sold Out

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

Wellington's
Renaissance Albany Hotel, 144 State St., Albany. 992-2432
Fri: **Useless Cans** | 6 p.m.

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

MUSIC

Sing Along with Mark S. Merritt
MopCo's musical director takes requests. If you can sing it, he can play it. Jan. 12, 7 p.m., MopCo Theater, 10 North Jay St., Schenectady. Admission: \$5. Information: www.mopco.org.

Lee Harvey Osmond
Canadian singer-songwriter who has supplied songs to Billy Ray Cyrus, Colin James and Mavis Staples performs in this installment of the American Roots Series. Jan. 13, 8 p.m., The Linda: WAMC's Performing Arts Studio, 339 Central Ave., Albany. Tickets: \$15. Information: 465-5233 or thelinda.org.

Jack Empie and Friends
Capital District band performing original, inspirational music. Jan. 14, 8 p.m., The Linda: WAMC's Performing Arts Studio, 339 Central Ave., Albany. Tickets: \$10. Information: 465-5233 or thelinda.org.

Sunday Jazz Vespers
The Peg Delaney Trio performs. Jan. 15, 5 p.m., First Reformed Church of Schenectady, 8 North Church St., Schenectady. Information: www.1streformed.com.

An Evening with Pat Metheny
Eclectic, innovative guitarist shares the stage with an ensemble featuring pianist Gwilym Simcock, bassist Linda Oh and drummer Antonio Sanchez. Jan. 18,

7:30 p.m., The Egg, Empire State Plaza, Albany. Tickets: \$35-\$55. Information: 473-1845 or www.theegg.org.

Stockade Music Live! Presents: Stockade Kids
Hip hop/rock band combines its original music with popular songs for a live-mashup concert. Jan. 20, 7:30 p.m., GE Theatre at Proctors, 432 State St., Schenectady. Tickets: \$15. Information: 346-6204 or www.proctors.org.

Old Songs Sampler Concert
A benefit for the 2017 Old Songs Festival featuring performances by Phil Spoor, Lisa Preston & John Roberts, Peter Blue, Loosely Wound String Band, Der Kleiner Klezmer Orchestra and Sten Isachsen. Jan. 21, 7:30 p.m., Old Songs Community Arts Center, 37 South Main St., Voorheesville. Tickets: adults \$23, children 12 and under \$5. Information: 765-2815 or oldsongs.org.

Gaelic Storm
One of the world's foremost Celtic fusion bands. Jan. 21, 8 p.m., The Egg, Empire State Plaza, Albany. Tickets: \$34. Information: 473-1845 or www.theegg.org.

Amy Helm
Hudson Valley-based singer-songwriter, with special guest Eastbound Jesus. Jan. 21, 8 p.m., Cohoes Music Hall, 58 Remsen St., Cohoes. Tickets: \$25-\$35. Information: palacealbany.com.

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Dinner Served starting at 4:30 PM

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ACROSS

- The "A" of ABM
- Hillsides
- First-rate
- Oil source
- American symbol
- "O" in old radio lingo
- Exactly (3 wds)
- Calcium carbonate deposited by water
- Basket material
- Anger
- Daisylike bloom
- Run away
- Blue
- Cliffside dwelling
- Apt
- Reddish brown color
- Unit of US currency
- Carrot, e.g.
- "All kidding ____"
- Halo, e.g.
- Back
- Supreme legislative body
- Gob
- ___ pole
- Fly catcher
- Vomits
- Clear, as a disk
- Dusk, to Donne
- Drudge
- Old, noisy car
- "Don't bet ___!" (2 wds)
- ___ gin fizz
- A saying attributed to Jesus
- ___-Cola
- Fill-in
- Mound
- Sky box?

DOWN

- Cast member
- Choker
- Blue eyes or baldness, e.g.
- Acted/spoke with others
- "Wanna ___?"
- Uncommon items
- Biology lab supply
- Little people
- "Comprende?"
- Little ones
- Final notice
- Corn ___
- Merlin, e.g.
- AM/FM device
- Need a bath badly
- Handle
- Italian for "to the tooth"
- Decree
- Device that wakes you up
- Bummed out
- 1968 Chemistry Nobelists Onsager
- "-zoic" things
- Bikini parts
- Gift on "The Bachelor"
- Bit
- Large headed nail
- Part of a spur
- Catches on
- Chance
- Asian capital
- Boot
- Bristles
- At one time, at one time
- Rattling sound made while breathing
- Bit
- Increase, with "up"
- "Cogito ___ sum"
- ___ Grove Village, Ill.
- Amigo

Answers on Pg. B23

ARTS CALENDAR

Tinsley Ellis

Southern blues-rocker, with special guest Amy Ryan. Jan. 21, 8 p.m., The Linda: WAMC's Performing Arts Studio, 339 Central Ave., Albany. Tickets: \$15. Information: 465-5233 or thelinda.org.

Schenectady Symphony Orchestra

Performing works by Beethoven, Fauré, Rachmaninoff and Rutter, with the Niskayuna High School chorus. Jan. 22, 3 p.m., Proctors, 432 State St., Schenectady. Tickets: \$40 and \$65. Information: 346-6204 or www.proctors.org.

Albany Pro Musica High School Choral Festival

Regional high school choirs will share the stage with Albany Pro Musica. Jan. 22, 5 p.m., Troy Savings Bank Music Hall, 30 Second St., Troy. Tickets: \$15. Information: 273-0038 or troymusicall.org.

Kris Kristofferson

Legendary singer-songwriter and part-time actor. Jan. 24, 7:30 p.m., The Egg, Empire State Plaza, Albany. Tickets: \$39.50-\$62.50. Information: 473-1845 or www.theegg.org.

THEATER

Bindlestiff Family Cirkus

Contemporary circus troupe that blends vaudeville, burlesque and sideshow. Jan. 13, 9 p.m., Club Helsinki, 405 Columbia St., Hudson. Information: 828-4800 or helsinkiHUDSON.com.

Something Rotten

The story of two brothers who set out to write the world's first musical,

through Jan. 15, Proctors, 432 State St., Schenectady. Shows: Wednesday and Thursday 7:30 p.m., Friday 8 p.m., Saturday 2 and 8 p.m., and Sunday 2 p.m. Tickets: \$20-\$95. Information: 346-6204 or www.proctors.org.

Dial M for Murder

Classic thriller about a murder plot gone awry. Presented by Curtain Call Theatre, 210 Old Loudon Road, Latham, Jan. 13 through Feb. 11. Shows: Thursdays, 7:30 p.m., Fridays and Saturdays, 8 p.m., Sundays, 3 p.m.; special matinee performance Jan. 21 at 3 p.m. Tickets: \$24. Information: 877-7529 or www.curtaincalltheatre.com.

Met Opera Live in HD: Verdi's Nabucco

The legendary Placido Domingo stars in this production, which is broadcast to cinemas. Jan. 15, 1 p.m., Mahaiwe Performing Arts Center, 14 Castle St., Great Barrington, Mass. Tickets: adults \$25, students \$18. Information: (413) 528-0100 or www.mahaiwe.org.

Southern Comforts

Romantic comedy about two elderly people who find love. Presented by Circle Theatre Players, Sand Lake Center for the Arts, 2880 Route 43, Sand Lake, Jan. 20-29. Shows: Jan. 20, 8 p.m.; Jan. 21, 2 and 8 p.m.; Jan. 22, 2:30 and 8 p.m.; Jan. 26-28, 8 p.m.; and Jan. 29, 2:30 and 8 p.m. Tickets: adults \$18, children under 18 \$10. Information: 674-2007 or www.SLCA-CTP.org.

COMEDY

The Funny Bone

Adam Ferrara, Jan. 12, 7:30 p.m.,

Jan. 13, 7:30 and 10 p.m., Jan. 14, 7 and 9:45 p.m., and Jan. 15, 7 p.m. Crossgates Mall, 1 Crossgates Mall Road, Guilderland. Information: 313-7484 or Albany.funnybone.com.

The Comedy Works

RC Smith, Jan. 12, 7:30 p.m. RC Smith & Brian Beaudoin, Jan. 13 and 14, 7:30 and 9:30 p.m. 388 Broadway, Saratoga Springs. Information: 275-6897 or thecomedyworks.com.

MopCo

Storytime Time with Ethan Ullman, Jan. 13, 8 p.m. Improv Jam, Jan. 19, 7 p.m. 10 North Jay St., Schenectady. Information: www.mopco.org.

Hypno Hype

Master hypnotist Asad Mecci stars in this high-energy, comedy hypnosis show. Jan. 14, 3:30 and 7:30 p.m., GE Theatre at Proctors, 432 State St., Schenectady. Tickets: \$25. Information: 346-6204 or www.proctors.org.

Stephen Lynch

Musical comedian. Jan. 18, 8 p.m., The Egg, Empire State Plaza, Albany. Tickets: \$35. Information: 473-1845 or www.theegg.org.

DANCE

NYS Capital District Chapter of USA Dance

Monthly ballroom dance featuring a Bolero dance lesson with Johnny Martinez and live music provided by Johnny Martinez and Diane Latchropp. Jan. 15, 6:15 p.m., Polish Community Center, 225 Washington Ave. Extension, Albany. Admission: members \$10, non-members \$13, students \$5, children 18 and

under free. Information: Jim DeForge, 233-0957 or capitalusadance.com.

Ellen Sinopoli Dance Company

Performing works choreographed to original music by College of Saint Rose students and faculty. Jan. 27, 7:30 p.m., Massry Center for the Arts, 1002 Madison Ave., Albany. Tickets: general public \$20, students \$10. Information: 337-4871 or www.massrycenter.org.

FAMILY

The Lion, the Witch, and the Wardrobe

C.S. Lewis' classic story is told on stage by the Creative Arts at Steamer Ten (CAST) program for children and teens. Jan. 13-29, Steamer No. 10 Theatre, 500 Western Ave., Albany. Shows: Fridays 7 p.m., Saturdays and Sundays 3 p.m.; special 10 a.m. and 1 p.m. shows on Martin Luther King Jr. Day (Jan. 16). Tickets: \$15. Information: 438-5503 or www.steamer10theatre.org.

What's That?! - Find Out

What Goes Bump In the Night Do you ever lay awake in bed, listening to the nighttime sounds and wonder "what's that?" Discover the answers for yourself in a special program with the Henry Hudson Planetarium and the Albany Pine Bush. Jan. 16, 11 a.m. and 1 p.m., Albany Visitors Center, 25 Quackenbush Square, Albany. Information: www.albany.org.

Tea with Mary Poppins

An afternoon of fun for children of all ages, including tea, coffee, juice, scones, sandwiches and other snacks, plus crafts. Presented by Voorheesville

Dionysian's High School Drama Club, Jan. 21, 11:30 a.m. Voorheesville High School Commons, 432 New Salem Road (Route 85A), Voorheesville. Admission: adults \$15, children \$5. Reservations are required. Information: Christy Rivenburg, 542-7981.

Kids&Clay

Classes are held every Tuesday and Thursday at 4 p.m. and Saturday at 10 a.m. while school is in session. Classes are offered on a rolling admission. Saratoga Clay Arts Center, 167 Hayes Road, Schuylerville. Cost: \$190 for six classes or \$360 for 12 classes. Information: saratogaclayarts.org.

Home Made Theater Children and Teen Acting Classes

Five-week courses for young, aspiring actors. Classes are held on consecutive Saturdays beginning Jan. 28 and taught by Marc Christopher. Spa Little Theater, Saratoga Spa State Park, Saratoga Springs. Information: 587-4427 or homemadetheater.org.

FILM

It Came From Schenectady presents "Flash Gordon"

The campy, sci-fi movie complete with a music score by Queen. Jan. 11, 7 p.m., GE Theatre at Proctors, 432 State St., Schenectady. Tickets: adults \$9, students with ID \$6. Information: 346-6204 or www.proctors.org.

Rock Docs Series

Screening of the mockumentary "This is Spinal Tap," Jan. 12, 7 p.m., Madison Theater, 1036 Madison Ave., Albany. Tickets: adults \$10, students/seniors \$8.

Information: themadisontheater.com.

Schenectady JCC Jewish Film Festival: "Freedom Summer"

2014 film about the summer of 1964 in Mississippi, with a discussion led by film producer Cyndee Readean. Jan. 14, 7 p.m., Schenectady Jewish Community Center, 2565 Balltown Road, Niskayuna. Information: 377-8803 or www.schenectadyjcc.org.

"Metropolis"

Classic silent film with live original score performed by Avery Tunningley. Jan. 16, 7 p.m., Proctors, 432 State St., Schenectady. Tickets: \$10. Information: 346-6204 or www.proctors.org.

Cohoes Music Hall Movie Series

See "Three Amigos," starring Steve Martin, Chevy Chase and Martin Short. Jan. 17, 7 p.m., Cohoes Music Hall, 58 Remsen St., Cohoes. Tickets: \$5. Information: palacealbany.com

LITERARY

Vernon Benjamin

Historian and author shares the second volume of his "The History of the Hudson River Valley" series. Jan. 14, 5 p.m., Northshire Bookstore, 424 Broadway, Saratoga Springs. Information: 682-4200 or www.northshire.com.

Coffee & Pastries with Sharon Morgan

Author of "Gather at the Table: The Healing Journey of a Daughter of Slavery and a Son of the Slave Trade" will discuss and sign copies of her book. Jan. 15, 11 a.m., Northshire Bookstore,

Continues on B12

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ARTS CALENDAR



Learn how to play African drums

Old Songs Inc. offers an African drum class the second Wednesday of every month at its community arts center, 37 South Main St. in Voorheesville. The next session is Jan. 11 at 7:30 p.m. For more information, visit oldsongs.org

Submitted photo

424 Broadway, Saratoga Springs. Information: 682-4200 or www.northshire.com.

Steve Sheinkin

Book launch party for "Undefeated: Jim Thorpe and the Carlisle Indian School Football Team," Jan. 15, 5 p.m., Northshire Bookstore, 424 Broadway, Saratoga Springs. Information: 682-4200 or www.northshire.com.

Susan Stessin-Cohn and Ashley Hurlburt-Biagini

Two authors talk about their book "In Defiance: Runaways from Slavery in New York's Hudson River Valley 1735-1831." Jan. 16, 2 p.m., Albany Institute of History and Art, 125 Washington Ave., Albany. Free. Information: 463-4478 or www.albanyinstitute.org.

EDUCATION

Old Songs African Drum Class

African drumming with instructor John Dickson. Jan. 11, 7:30 p.m., Old Songs Community Arts Center, 37 South Main St., Voorheesville. Information: 765-2815 or oldsongs.org.

Albany Made Creative Lab

This space for makers is full of equipment and technology, including a 3D printer, 3D scanner, video and music editing equipment, sewing machine, fiber arts materials, hand tools, graphics software and computer, color printer, digital camera, and bike repair kit. Mondays, 4 to 7:30 p.m., and Thursdays, 2 to 5:30 p.m. Albany Public Library Main Branch, 161 Washington Ave., Albany. Information: 427-4349 or email albanymade@albanypubliclibrary.org.

MISCELLANEOUS

Siena College men's basketball

See the Saints host Quinnipiac, Jan. 12, 7 p.m., and Rider, Jan. 17, 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.timesunion-center-albany.com.

Albany Devils

American Hockey League team, hosting the Springfield Thunderbirds Jan. 13, 7 p.m., and the Syracuse Crunch Jan. 18, 7 p.m. Times Union Center, 51 South Pearl St., Albany. Tickets: adults \$22-\$35, children/seniors \$18-\$31. Information: thealbaneydevils.com.

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, Croseyville. Information: 658-2055 or www.dykenpond.org.

New York Bridal & Wedding Expo

Meet with various vendors ranging from DJs and venues to gown makers and more. Jan. 15, 11 a.m., Times Union Center, 51 South Pearl St., Albany. Tickets: \$10. Information: www.bridalshowsalbany.com.

Dr. Martin Luther King Memorial Observance

Highlighting the milestones in the civil rights leader's life. Jan. 16, 8 a.m., Empire State Plaza Convention Center, Albany. Information: www.empirestateplaza.org.

Grafton Lakes State Park Winter Festival

Annual event includes snowshoeing, contests for children. Indoor exhibitors, guided outings, a Polar Plunge and much more. 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). Jan. 28, 10 a.m., Grafton Lakes State Park, Route 2, Grafton. 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 MarkeRegional 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.

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.

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JAN. 20
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JAN. 21
Amy Helm
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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
8:00 doors / 9:00 show
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FEB. 4
Formula 5
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8:00 doors / 9:30 show
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FEB. 10
Big Mean Sound Machine
The Hollow
9:00 show
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ARTS CALENDAR

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.

EXHIBITS

Albany Center Gallery

Opening its new space with a members' show featuring more than 175 area artists, Jan. 18. The exhibit runs through Feb. 18. Arcade Building, 488 Broadway, Albany. Information: albanycentergallery.org.

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

Albany Medical Center: Community Endocrine Gallery

"The Art of Photography," featuring photos by Marty Bannan, Don Cooper, John Elliott, Richard Endres, Jean Finley, Harvey Gurién, 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 Karner 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. 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.

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

"Ice Ages in New York State," a new long-term exhibit examining the landscape and animals of that time period; "The People's Art: Selections 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 Archaeological 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 Arts

"All Stars: An Exhibition of High School Artists," Jan. 14 through Feb. 25; opening reception Jan. 14, 3 p.m. 320 Broadway, Saratoga Springs. Information: 584-4132 or www.saratoga-arts.org.

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: Pattern 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, through April 28, 141 Washington Ave., Albany. Information: 463-1151 or www.universityclubalbany.com.

CALL FOR ARTISTS

Albany Pro Musica

Holding auditions for its Masterworks Chorus spring performances of Beethoven's "Symphony No. 9" and Karl Jenkins' "The Armed Man: A Mass for Peace," Jan. 18 and 19. To schedule an appointment, email assistant director Joseph Farrell at farrelljl@mac.com. Information: 438-6548.

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 will be displayed from March 4 through April 21 at the Saratoga Arts Center, 320 Broadway, Saratoga Springs. There is

no entry fee, and all entries must be submitted by Jan. 25. Information: 584-4132 or www.saratoga-arts.org.

Burnt Hills Oratorio Society

Recruiting singers for a performance of Mendelssohn's "Elijah" on May 19 at Skidmore College's Zankel Music Center. Rehearsals are Tuesdays at 7 p.m. at Burnt Hills-Ballston Lake High School, 88 Lakehill Road, Burnt Hills. Information: www.BHOS.us.

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Answers on Pg. B23

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■ HEALTH & FITNESS

Plan to fail

In many cases, loved ones will actually sabotage your efforts. They will coax you into splitting that order of super supreme nachos, or press you to skip the gym to binge watch "Game of Thrones." In that situation, convince your family why you have chosen to improve your health — it benefits them, too.

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

Hope everyone enjoyed the holidays. It's my wife's and my favorite time of the year and we enjoy spending our time with family and friends. But, we also know that with the new year comes resolutions.

It's an exciting time of year at the gym as we both get to see and work with new

faces, many of whom made resolutions to improve their health in 2017. As we look back on some of those who joined us last January, and see how far they've come, it makes us proud to see them continue on their path. They also motivate us to help others succeed along with them.

Sadly, many who have set similar resolutions toss them out the window by the end of the month. By the end of February, it's a distant memory. But, it doesn't have to be that way.

Why don't people keep their resolutions?

As someone who has been in the gym for over three decades, I've seen this kind of motivation come and go over and over. In that time, I've found three common reasons why people don't keep to their resolutions.

Lack of Planning:

There's an old saying you've probably heard: "If you fail to plan, you are planning to fail." When it comes to getting your health on track, this saying is spot on.

Most people who start working on their health are motivated to succeed. They go to the grocery store and buy a bunch of "healthy" food, they sign up for one of those \$10 gym memberships and, heck, they may even go a time or two. (Side note: Did you know over 50 percent of those who sign up for those cheap gym memberships never actually set foot in the gym?) But, after a week or two the novelty and excitement wears off. That

healthy food they bought sits in the fridge to rot before it is tossed in the garbage. And, after waiting on crowded machines — if they showed up at all — and not learning a good workout routine, the gym membership is promptly canceled.

The key is to have a plan. That means sitting down and plotting out your meals for the week before going to the grocery store. Look for recipes and buy only what you need to make those meals. It saves money, and space in your kitchen. Plan your gym time. Put it on the calendar and stick to it. When you walk into the gym, don't just go in and say I'll do whatever is available. Have a specific workout, whether you want to concentrate on cardio, flexibility or strength training, and identify the machines that are going to help. If you're not sure, hire a personal trainer. It's one of the best investments you can make for yourself. Not only will trainers help develop a workout plan, they will show you how to exercise without hurting yourself. If you need help with motivation, they will be right there by your side, too.

Lack of Support:

Sadly, most people try and go it alone. When motivation starts to wane, they don't have someone to help keep them going. The day job gets overwhelming, obligations start to occupy more of your time, and next the smallest obstacle turns into an excuse to skip the gym. The fall continues when you opt out of cooking and choose to order a pizza, instead. In many cases, loved ones will actually sabotage your efforts. They will coax you into splitting that order of super supreme

PLOT A COURSE
—
You will have obstacles to navigate around.

Continues on B24

HOROSCOPES

January 2017 • Week 2



December 22 – January 19
Financial matters persist, but luckily for you, a mentor is there with a word of advice. Listen carefully, Capricorn. They've been there, done that.

CAPRICORN



March 21 – April 19
Cool it, Aries. You've said far too much as it is. Some people have to learn the hard way. The chase for a collector's item begins. Go, go, go!

ARIES



June 22 – July 22
The struggle continues at home. Perhaps it's time you turned to an outsider for help, Cancer. Some things are better left unsaid at the office.

CANCER



September 23 – October 22
The pace is picking up, Libra. Time to clear your schedule and get down to business. A frank discussion turns you on to a brand-new hobby.

LIBRA



January 20 – February 18
There is plenty to go around. Stop being so greedy, Aquarius. A challenge is presented. Go for it, if you dare. A friend makes a rare appearance.

AQUARIUS



April 20 – May 20
Ask and you shall receive, Taurus. It is that simple this week. There are many yearning to help. A news report points you in a new direction.

TAURUS



July 23 – August 22
Eager beaver you may be, Leo, but that doesn't mean everyone else is. Listen to what others have to say and take their reservations seriously.

LEO



October 23 – November 21
Rats, Scorpio. Friends you were counting on bail, leaving you in a lurch. Fortunately, someone you least expect will come to your rescue.

SCORPIO



February 19 – March 20
Some risks are worth taking, even in your personal life, Pisces. Cast aside your fears and take a leap of faith. It will work out to your benefit.

PISCES



May 21 – June 21
Watch it, Gemini. A young one's intentions are not clear. Proceed with caution. A memo sets forth a series of challenges. Preparation is key.

GEMINI



August 23 – September 22
Alas, Virgo, you are not alone. Others are feeling just as apprehensive as you are. Find out why and see if you can't come up with some sort of compromise.

VIRGO



November 22 – December 21
Sweet Sagittarius. You rarely say no, and too many people know that fact and take advantage of it. You come first this week. Say no and mean it!

SAGITTARIUS



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Food & Vino

Braised Beef Short Ribs with Cheesy Horseradish Grits and Sweet and Sour Porter Sauce

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

CULINARY ARTS

Ingredients — Serves four

- Short ribs and porter sauce**
 4 large meaty bone-in beef short ribs (approximately 2 – 1 1/2 pounds)
 Salt and pepper to taste
 1/2 cup all-purpose flour
 2 tablespoons light olive oil
 1 – 12 ounce bottle porter, stout or your favorite dark beer
 1/4 teaspoon dried thyme
 1 large garlic clove, thinly sliced
 1 medium size onion, sliced into quarters from end to end
 1 tablespoons tomato paste
 1 tablespoon butter
 2 teaspoons lightly packed dark brown sugar
 2 teaspoons balsamic vinegar
 Fresh parsley or a couple of chopped green onions for garnish
- For the grits:**
 2 – 1/2 cups water
 1/2 teaspoon kosher salt
 1 cup quick cooking grits
 1 tablespoon butter
 1/3 – 1/2 cup half and half (depending on how soft you like your grits)
 1/2 cup grated sharp white cheddar

cheese

- 1/4 teaspoon granulated garlic
 2 teaspoons horseradish
 White pepper to taste

Instructions

To make the short ribs: Season short ribs with salt and pepper to taste. Dust on all sides with flour; set aside. Heat a medium size skillet over medium high heat. Add oil and heat until it is hot. Add the short ribs and brown on all sides. Transfer to a slow cooker set to low. Pour the porter over the top then add the thyme, garlic and onion; cook for approximately four to five hours on low or on high for three hours or until they are fall apart tender. This can also be done by cooking them in an oven proof dish with a tight fitting lid in a 275°F oven for approximately three hours. Remove the short ribs from the slow cooker and carefully transfer to a large plate, cover to keep warm. Pour the juices from the slow cooker through a strainer into a medium size sauce pan (they should measure approximately two cups). Cook juices uncovered over medium heat until they start to simmer.

Stir in tomato paste, butter, brown sugar and vinegar. Reduce heat to maintain a slow simmer. Cook to reduce until mixture is slightly thick, approximately 15 to 20 minutes. Serve short ribs over a bed of grits (recipe follows), drizzle with sauce and sprinkle with parsley or sliced green onions.

To make the grits: Place water in a medium size sauce pan over medium high heat. When water boils, add the salt and then slowly whisk in grits. Reduce heat to low, cover and cook for approximately five minutes until water is absorbed and grits are slightly tender. Remove from the cover and whisk in the half and half, cheese, garlic, horseradish and white pepper. Whisk until cheese is melted. Serve while hot.

Pairing

Copper Ridge Cabernet Sauvignon — Cooper Ridge — California
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 — Winery notes



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CULINARY ARTS

A party for the arts

8th Annual Albany Chefs' Food & Wine Festival to support local arts organizations

ALBANY — From Thursday, Jan. 12 through Saturday, Jan. 14, the City of Albany and the Board of Directors of the Albany Chefs' Food & Wine Festival will host the 8th annual event at the Hilton Hotel.

The 2017 festival will bring more than 70 innovative chefs and 250 wine, spirit and craft beer suppliers from New York state and around the world together to provide area residents with an Opportunity to sample the best in culinary offerings during the two Grand Tastings, culinary competitions, the Mayor's Opening Celebration, Slider Slam and Grand Gala Reception & Dinner.

Friday's Grand Tasting, which will be held from 4 to 10 p.m., will include a Battle of the Bartenders: Manhattan Edition, presented by Woodford Reserve; culinary demos on the BlueStar Culinary Stage; Macallan 'Raise the Glass' Tasting; The Woodford Experience and a Stoli Elite VIP Lounge. Saturday's Grand Tasting, from noon to 4 p.m., will feature a Battle of the Bartenders: Bloody Mary Edition, presented by Stoli; the

Adirondack Appliance Signature Chef Invitational – during which four chefs compete live in a mystery basket style competition with a panel of judges awarding the winning chef a spot on the 2018 Signature Chef team; Macallan 'Raise the Glass' Tasting; The Woodford Experience; and the Stoli Elite VIP Lounge.

The weekend will kick off tomorrow night with an opening reception hosted by Albany Mayor Kathy Sheehan, who proclaimed the entire week "Albany Chefs' Food & Wine Festival Week," from Thursday, Jan. 12 to Saturday, Jan. 14. On Friday night, from 8 to 10 p.m., a Slider Slam at 90 State Street will present 15 of the best sliders in the Capital District, competing for a panel of judges and a people's choice award.

The weekend culminates with a Grand Gala Reception and Dinner on Saturday night, presented this year by Honest Weight Food Co-op and WNYT NewsChannel 13. A six course culinary



FOR A CAUSE

This year's festival will raise money for 13 local arts organizations, including Albany Barn, the Park Playhouse and Upstate Artists Guild.

Photo by Ali Hibbs / TheSpot518

masterpiece inspired by one of the most famous sculptures of the Greek Antiquities, "The Three Graces" — and paired with premium wines selected and provided by

Empire Merchants North — the dinner will be prepared by the Festival's 2017 Signature Chefs: AJ Jayapal (Miss Sydney's), Brian Molino (Mazzone Hospitality), Dominique Brialy,

Jamie Ortiz (677 Prime & Mazzone Hospitality), Jim Rua (Café Capriccio), Jared Margopolous (Hilton Albany), Marla Ortega (Illium Café), Ric Orlando (New World Bistro Bar & New World Catering), Yono Purnomo (Yono's / dp an American Brasserie) and Rachel Mabb (The Ruck / Next Level at the Ruck), winner of the 2016 Invitational. Special guest chefs Stratton Sokaris and Lou Agostinello will provide classic Greek appetizers. There will be live and silent auctions with mobile bidding powered by KeyBank and musical entertainment by Park Playhouse and Hamilton Street.

Continues on B24

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■ MUSIC REVIEW

Grassroots Rebels' 'Ad Vitam Meliorem'

By **KARINA VERLAN**
Nysmusic.com

If you like a folk, jamgrass and newgrass cocktail, then you'll love Grassroots Rebels recently released album, "Ad Vitam Meliorem."

Translated from Latin as Towards a Better Life, "Ad Vitam Meliorem" is a 14-track compilation of Grassroots Rebels' original catalogue of songs from the band's first eight years together. The bulk of the songs were self-recorded, outside of two that were recently recorded at Blue Sky Recording Studio in Delmar.

While Grassroots Rebels is a duo comprised of Jim Bonville and Jeff Tehan, some of the songs on the album include former bass player, Jeff Lockmer. Bonville plays guitar, banjo, vocals and harmonica; Tehan provides the mandolin and guitar.

The title (and opening) track is my favorite piece. The listener begins the

journey with a sense of yearning on this slow melody that's coupled with poetic lyrics.

*"You thought you had nothing,
but it's all right in your soul.
Once you stop trying to find
the things you cannot know.
You learn to love,
when you learn how to let
go."*

The next track, "Here It Comes" features a great interplay between the light picking melody and Bonville's strong, raspy vocals. This catchy tune delivers, exhibiting Bonville's vocal range during the chorus.

Some of the songs on the album evoked a feel of the Irish, and I was reminded of The Pogues when listening to songs like "Broken Soul," "Salt of Our Tears" and "Sin and Gasoline." Other songs struck a range between rock and "newgrass," creating a great compilation of musical experimentation and adventure.

LOCAL FLAVOR
Grassroots Rebels hails from outside Albany.



Grassroots Rebels hails from the Capital District and performs locally at establishments such as The Low Beat, Parish Public House and the Madison Theater.

The band most recently performed at The Hollow Bar + Kitchen, Saturday, New

Years Eve.

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PHOTO CONTEST

WINNER

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Thank you to all who participated

MUSIC REVIEW

Azure Hiptronics' 'Ignacio'

By **GAVIN BLASIER**
nysmusic.com

"Ignacio," the third studio album recorded by Netherlands band, Azure Hiptronics, never leaves a moment for boredom. Azure Hiptronics plays a jam band style that is far from generic. Its sound is mixed with large synth, bass, guitar, piano and drums. Each of its fourteen tracks is completely different than the last, incorporating different elements than those expected.

This album combines genres and sounds that distinguish Azure Hiptronics from the rest. When listening to the fast-paced introduction track, "Thgie Neves," listeners know they have something great in store, even though it does not take up much time. The nine-second introduction sets the scene by creating the image of a backwards time-lapse.

The album tends to roll at a fast pace and then slows down with its various interlude tracks, such as "Anise Code" and "Interlude." These pauses create bookmarks to indicate when a new chapter of the story is to begin.



"Airing" and "Saraswati Mantra" break up the story entirely to take listeners to a new place. These two tracks separate the past from the future, allowing a refreshing break in tone from the first half of the album, and adding a different element to the equation.

Interludes and pace changes aside, there is little variation in sound. Yes, there are many layers to this album, but at times it is hard to distinguish one track from the one preceding it. Nevertheless, "Ignacio" is a must listen for music fans looking for a jam band style with a twist. In any case, this album is sure to take listeners on a journey.

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IN BRIEF

It Came From Schenectady presents 'Flash Gordon' at Proctors

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■ CONCERT REVIEW

Twiddle ushers in '17

The Palace Theatre hosts stellar line-up to ring in the New Year

By **KAT HORTON**
nysmusic.com

ALBANY — Vermont-based jam band Twiddle packed the Palace Theater in Albany with a near capacity crowd on New Year's Eve. Fellow Vermont two-piece Soule Monde and Buffalo groove rockers Aqueous opened in support.

Twiddle pleased fans with two sets of music. The night opened with Twiddle's most recent song "Moments." The first set also included "Blunderbuss," the band's newest instrumental piece, which it debuted this past May at the Capitol Theatre. Twiddle's first set also included fan favorites "Lost in the Cold," "Doinkinbong," and the closer, "Apples."

Twiddle took to the stage just before midnight with the members of Soul Monde and Aqueous to ring in the New Year with "Auld Syne Lang." As the clock struck midnight, fans in the venue's balcony lobbed hundreds of green and purple balloons onto concert-goers on the venue's lower level. Everyone also stayed onstage for a rendition of ALO's "Barbeque." The second set also included an extended version of "Polluted Beauty," "Jamflowman" and "Frankenfoote."

Twiddle returned to the stage for an encore with Aqueous' Mike Gantzer and Dave Loss, as the band debuted the classic hit "Layla." Although the band often teases the tune, it was the first complete performance of the song.

The Albany performance closed out a stellar year for Twiddle, which continues to develop a growing fan base, perform sold out shows and grow into larger venues as well as its own festival Tumble Down,

which will enter its sophomore year this summer.

2017 is already shaping up to be another stellar year for the band. January stints on Jam Cruise as well as the Jungle Jam in Costa Rica in March. Twiddle hits the road with Aqueous in support for several dates including multiple two-night runs in February and March. Twiddle is on a short respite until the end of the month.

Setlist:

Set One: Moments, Doinkinbong!!!!, Lost in the Cold, Blunderbuss, Daydream Farmer, Dusk til Dawn, Apples.

Set Two: Auld Lang Syne (with Soule Monde and Aqueous) BBQ (with Soule Monde and Aqueous), Polluted Beauty, Zazu's Flight, Jamflowman, Frankenfoote

Encore: Layla (with Mike Gantzer and Dave Loss of Aqueous)

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HAPPY 2017

Party included Aqueous and Soule Monde, too.

Photo by Steve Rauch



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IN BRIEF

“No Man’s Land” at The Clark

WILLIAMSTOWN, Mass. — The Clark Art Institute will screen “No Man’s Land” on Saturday, Jan. 14, at 1 p.m. at the Clark at 225 South Street.

Ian McKellen and Patrick Stewart return to the West End stage as two aging writers, Hirst and Spooner, who meet in a Hampstead pub and continue their drinking into the night at Hirst’s stately house nearby. As the pair become increasingly inebriated, and their stories increasingly unbelievable, the lively conversation soon turns into a revealing power game, further complicated by the return home of two sinister younger men.

Tickets are \$18. For more information call 413-458-2303 or visit www.clarkart.edu.

Former Senator Joseph Bruno at Panza’s Restaurant

SARATOGA SPRINGS — Former Senator Joseph Bruno will celebrate his book “Keep Swinging” with a meet and greet reception and book signing at Panza’s Restaurant on Saturday, Jan. 14, from 2 to 4 p.m. at 510

Route 9P.

Northshire Bookstore will be on hand selling books for \$27. For more information visit www.northshire.com.

Hypno Hype at Proctors

SCHENECTADY — Proctors will present “Hypno Hype” on Saturday Jan. 14, at 3:30 and 7:30 p.m. at 432 State Street.

The show stars Master Hypnotist Asad Mecci in a high-energy, comedy hypnosis show written by Colin Mochrie.

Tickets are \$25. For more information or to buy tickets call 518-346-6204 or visit www.proctors.org.

Try Hockey for Free at Empire State Plaza Skating Rink

ALBANY — USA Hockey and Troy Albany Youth Hockey present “Try Hockey for Free” on Saturday, Jan. 14, at 9 and 10 a.m.

Registration is required. For more information call 518-474-4759.

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

Super Crossword Answers

1	A	N	T	I	5	B	R	A	E	S	10	T	O	P	S			
14	C	O	R	N	15	E	A	G	L	E	16	O	B	O	E			
17	T	O	A	T	18	T	R	A	V	E	19	R	T	I	N	E		
20	O	S	I	E	R	21	I	R	E	23	A	S	T	E	R			
24	R	E	T	R	E	25	A	T	26	S	A	D						
					28	A	E	R	I	E	30	L	I	A	B	L	E	
35	B	R	I	C	K	R	E	D	38	D	O	L	L	A	R			
39	R	O	O	T	40	A	S	I	D	E	42	A	U	R	A			
43	A	S	T	E	R	N	45	C	O	N	G	R	E	S	S			
47	S	E	A	D	O	G	48	T	O	T	E	M						
					49	W	E	B	50	R	E	T	C	H	E	S		
55	E	R	A	S	E	59	E	O	E	N	61	S	L	A	V	E		
62	R	A	T	T	L	63	E	T	R	A	P	65	O	N	I	T		
66	S	L	O	E	67	L	O	G	I	A	68	C	O	C	A			
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From page B14 ...

Plan to fail

nachos, or press you to skip the gym to binge watch "Game of Thrones." In that situation, convince your family why you have chosen to improve your health — it benefits them, too. Next, enlist a friend or co-worker for the support you need. A good trainer will also keep you on track. Having a partner in your fitness journey helps keep you accountable.

Unrealistic Expectations:

Here's the thing folks. You didn't put on 40 pounds in two weeks, and despite what you see on those weight loss television shows, you aren't going to lose it in two weeks, either. Should your focus be on weight loss, your goal should be to lose an average of one to two

pounds a week. That's it. If you're looking to lose 40, plan for it to take six to nine months.

Slow and steady wins the race, not only in getting the weight off but for KEEPING IT OFF! What does work is eating properly and exercising regularly. It's a simple equation many overlook while seeking for the quick and easy way out. I'm here to tell you, there isn't one.

So, make 2017 your year to get fit. Put together a plan and stick to it.

Dan Romand is co-owner and operator of Full Circle Fitness-NY in Colonie, where he is also a personal fitness trainer. For questions and information, you can contact him at (518) 955-6924.

From page B17 ...

Party for the arts

Six local chefs identified as the event's "Rising Stars" will also be honored throughout the weekend. The Rising Star Chef Competition was developed to identify the Capital District's most talented, innovative and up and coming chefs. Following

a one month public nomination period on Steve Barnes' Table Hopping blog, each chef is asked to submit an application, menu, bio, food pictures, and menus for review by a committee. Congratulations to this year's Rising Stars: Elliot Vogel (Tala: An

American Bistro), Matt Masto (Yono's / dp an American Brasserie), Mike Stopczynski (Jack's Oyster House), Patrick Brown (The Brook Tavern), Peter Hahm (Druthers) and Tracey Kweicen (Angelo's Prime Bar + Grill).

Now in its eighth year, Albany Chefs' Food & Wine Festival originally began as the brainchild of Yono and Donna Purnomo, of Yono's and

of an American Brasserie, who were looking for a way to raise money to help the then--impaired Capital Repertory Theatre while also celebrating the area's culinary artists. Since the festival's inception, nearly \$700,000 has been donated to area arts organizations.

Festival tickets are on sale now at <http://www.AlbanyWineFest.com>.

— Ali Hibbs

From page B4 ...

Spreading love

Kochkin is published posthumously, having also been published by his mother Anna. I perceive that this project, and exuberant expressions of love in all forms, embodies an energy which can heal the soul and soothe the mind. The reader's

understanding and empathy provides healing in itself."

Caulfield had published an earlier book of poems with a Buddhist theme, but says he appreciates the many people who helped with the production of his most recent project

on love. "Patrick Harris helped with video and audio recording," he said. "The final book formatting and publishing was by Patrick Kiley at Publication Studio Hudson, in Troy." Avery Stempel, Melissa Parade, Brandon Costelloe-Kuehn all helped with the proofreading and the Indiegogo video trailer was produced through non-monetary service exchange website simbi.com.

"Love is not a thing, love is power, love is energy, love is contagious, love is healing," said a speaker at the book launch. "Spread it, like too much jelly on your favorite sammy."

"How can one word mean so many things," asked another. "It's so important that we learn its infinite nature. Thank you for this opportunity to scratch the surface."

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From page B1 ...

Going rogue

Bell Biv DeVoe, Guns 'n' Roses or Pearl Jam, he spent his money on John Lee Hooker and music out of the Mississippi Delta. Obscure stuff you wouldn't find playing on FLY 92. He speaks of his love for Laura Lee, a gospel R&B artist out of the '60s whose sound he describes by comparing her to the icons of Gladys Knight and Aretha Franklin. "That's all I wanted to listen to," said Rowe. "I was pretty strict. I emulated all these people that I love. It taught me how to play guitar. It taught me how to sing." And, for the 10 years that followed high school, Rowe spent his nights cutting his teeth at the local bars and venues that allowed him to strum his guitar and bellow out that signature baritone singing voice.

Rowe has five albums to his name, the last three under Anti Records, the same label under which Merle Haggard and Tom Waits are signed under. The terms of Rowe's contract were met after the 2014 release of "Madman." Though he describes the experience with the Los Angeles-based label as "great," Rowe said he needed to push out into the unknown. So, he decided not to resign, and opted instead to go "rogue."

"A part of this was realizing that if I wanted to do the best record I could do — I've already been comfortable with the last record. I already did that stuff — I want to do something that's going to throw me out into the abyss," said Rowe. "Something that is going to challenge me. So, that's why I did all this."

Last July, Rowe launched a crowdfunding campaign with Kickstarter to collect enough money that would allow him to produce his next album. The concept is not necessarily new. In fact, the trend of artists seeking financial help from fans prompted a 2013 Louie Herr article at digitaltrends.com, suggesting bands target modest amounts instead of the \$1.2 million raised by musician Amanda Palmer in 2012. Rowe's \$43,000 target would fall under Herr's modest range. Nonetheless, Rowe said he felt like that was a lot to ask. "We launched this thing, fully realizing that it was a lot to ask," said Rowe. "We needed to raise \$43,000 in one month. And, we were asking our fans to do that."

Rowe's plan kicked into motion around the 2014 release of "Madman," the third and final record under the terms of his contract with Anti Records. Rowe started a side project; a nationwide tour that involved the musician playing to many of his fans from inside their own living rooms.

"Just to try something different, you know?" said Rowe. "And, quite honestly, I also had to make money between tours. It was a combination of needing to work and wanting to do something different that led me to this house show idea, where I started playing in people's living rooms — fans of mine, who wanted me to come to their house and play."

The tour built momentum and became a success in more ways than one. Rowe was able to support himself financially, but the intimacy of playing to his fans from within their homes created a dynamic that

felt "very natural" to him. He described the typical show as being no larger than a handful of people, sitting on sofas. But, something about the shared experience drew an epiphany. He could walk away from the conventional path of producing albums through record labels.

"From that audience, so many other things came, including this idea, said Rowe. "That was a big factor in starting this whole Kickstarter thing. I don't think it is something we could have done before we did the house show thing."

In two weeks, contributors from as far out as Dublin, Ireland contributed enough to match the \$43,000 goal. And, by month's end, the funding effort reached \$53,000.

"That was very, very telling to me, that I'm on the right path," said Rowe.

Plotted on that path was the plan to record tracks at Sam Phillips Studio, the same studio built by famed Sun Records producer Sam Phillips, in Memphis, Tenn. Phillips is credited with discovering Johnny Cash, Jerry Lee Lewis, Carl Perkins and Elvis Presley, many consider Phillips to be the Father of Rock and Roll. While building up Sun Records, it's said Phillips was building his dream studios around the corner. For the kid fascinated by the sound of recording artists before his time, the environment could not be more perfect.

"It's like walking into 1960," said Rowe. "Nothing has changed in terms of the aesthetic of that room. I had all these dreams around this recording that I really wanted to accomplish." Another part of that dream included working with Grammy Award-winning engineer, Matt Ross-Spang, too. And, the end product provides a thousand vinyl records and another thousand CDs. The record is planned for release by the end of March.

For Rowe, 2016 has been a humbling experience; from seeing fans help support his upcoming album, to hearing an older track of his play along with the closing scenes of Ben Affleck's feature film "The Accountant." "There's a sense of affirmation that the "madman" isn't so crazy, after all.

"It's a lot to ask of people, and it is validation," said Rowe. "When you see the people willing to pay quite a large sum of money into something they really believe in, it's not like telling somebody after a show, 'hey, that was a great show.' ... When someone is willing to pay \$1,000 just for the idea of this album, that's not even made yet, [who] believes in you that much... For that to happen, that's a tattoo. That's a lifelong commitment that someone makes for you."

online exclusive

Last year was a watershed moment for Sean Rowe, receiving affirmation from his fans crowdfunding his latest album, and having his track "To Leave Something Behind" play along the closing scenes of a major motion film.

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IN BRIEF

Open Mic Night Hosted by Phil Bacon at Hudson River Music Hall

HUDSON FALLS — Musician Phil Bacon will host Wednesday Open Mic Night on Wednesday, Jan. 11 from 7:30 to 9:30 p.m. at Hudson River Music Hall at 10 Maple Street.

Sound, lights and a listening space will be provided for participants and listeners. Sign up is at 7:00 pm. Admission is \$3. For more information, call (518) 832-3484.

Open Mic Night at McGeary's

ALBANY — Mother Judge hosts Open Mic Night on Wednesday, Jan. 11 at 8:30 p.m. at McGeary's Irish Pub at 4 Clinton Square.

Participants can stop in to enjoy the performances, or share their own.

Sign-ups start at 7:30 p.m.

For more information visit www.mcgearyspub.com or call (518) 463-1455.



Last Dance

ALBANY — The Rustic Overtones were spotted at Jupiter Hall in Crossgates Mall, Thursday, Dec. 22 as part of WEQX's free EQXmas show with Paranoid Social Club and special guests Angels on the Fourth.

Photo by cpgettys / Instagram

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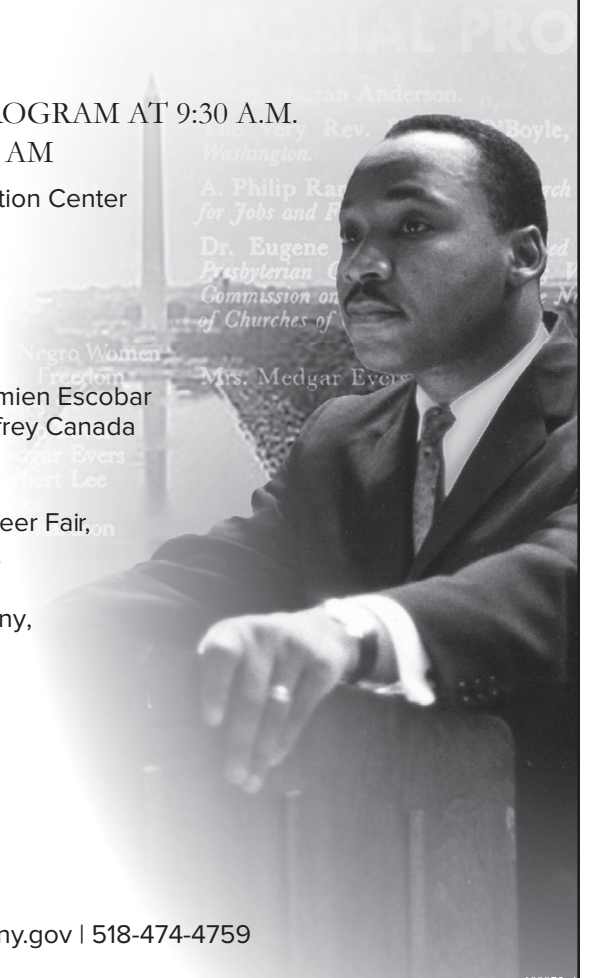
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Photos by
Jim Franco /
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16 | 161



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8 | 163



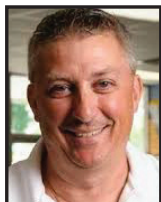
Kane Grogan
Death Wish
Coffee

Last Week Points | Overall Points
16 | 176



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Last Week Points | Overall Points
16 | 176



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Last Week Points | Overall Points
16 | 169



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16 | 164



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16 | 177



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Last Week Points | Overall Points
16 | 175



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Muddaddy Flats
Quesadillary

Last Week Points | Overall Points
12 | 162



Vince
River Street
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Last Week Points | Overall Points
16 | 176



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Last Week Points | Overall Points
16 | 167



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Last Week Points | Overall Points
12 | 168



Liam Slattery
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Last Week Points | Overall Points
16 | 176



Bryan Bourque
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16 | 170



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