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NEWS

Lock your cars

Bethlehem Police receive an increase in reports of stolen property from cars.

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

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Toll Gate closed

The landmark eatery in Slingerlands is closed as family struggles to combat medical expenses.

Story on Page 3



Preservation of open space, often discussed in relation to the loss of Sandy Creek Farm to development in Glenmont, was address by Supervisor John Clarkson in his annual State of the Town last week.

Spotlight file photo

TOP STORY

State of Bethlehem

Supervisor Clarkson talks projects and plans to preserve open spaces

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

BETHLEHEM — Expressing pride in past accomplishments and hope for future progress, town Supervisor John Clarkson gave his unscripted State of the Town address at Town Hall Tuesday, Jan. 10, marking his sixth annual address on the overall health and well-being of the Albany suburb.

Clarkson welcomed elected officials — including state Sen. Neil Breslin, Assemblywoman Pat Fahy, incoming Board Member Giles Wagoner and newly appointed Albany County Legislator Darrell Duncan (D-38) — various town employees, and thanked now-former Board Member Doris Davis for her service. Working from what he described as “rough notes,” he then began his speech by wishing a happy new year to those in attendance and commenting on the success of the town’s inaugural First Night event.

“It was a success and we are going

to do it again,” he said, thanking his administrative assistant, Robin Nagengast, and a number of organizations that provided time, talent or resources. With approximately 2,000 participants, the event, which was Clarkson’s idea, raised about \$3,000 for charity. The supervisor expressed a desire to improve upon future events, but called it “right-sized” and said the town is unlikely to grow them or extend the hours.

“Most important,” said Clarkson of Bethlehem’s first First Night, “is that I saw a lot of smiling faces.”

Clarkson commented, generally, on the activist nature of Bethlehem residents and the state of political conversation at the national level, advising integrity and civility when engaging in that conversation and others like it. “In Bethlehem, we’ve avoided the sort of civic and public dysfunction you can see elsewhere,” he said. For that, he credited those who work in service to the town, before going on to name a few of the newcomers who are expected to be

Continues on page 15

SPORTS

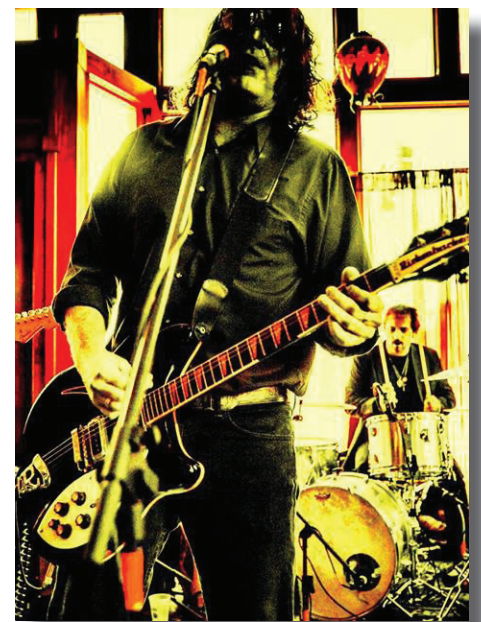


Swoop on by

Voorheesville boys basketball team soared past its opponent last week in league competition.

Story on Page 9

ENTERTAINMENT



Back from the Valley

The years may have gone by since appearing in “Valley Girl,” but they haven’t caught up to The Plimsouls.

Story on Page B1

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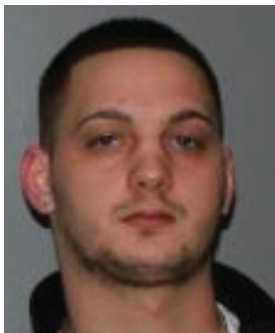
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■ COPS, COURTS, AND EMERGENCY CALLS

Cohoes man arrested in New Scotland for DWI

NEW SCOTLAND — On Saturday, Jan. 14, state troopers in New Scotland arrested Dustin P. Dunn, 23, of Cohoes for DWI. Troopers reportedly observed Dunn leaning over the steering wheel while parked in a parking lot with the car running in the Town of Colonie. The troopers then reportedly

watched as Dunn began to back his car up, attempting to leave the parking lot. After stopping Dunn, they arrested him for a misdemeanor DWI. It was allegedly determined that Dunn had a BAC of 0.17 percent. He was processed without incident and is scheduled to appear in the Town of Colonie Court on Jan. 30.



DUNN

Coeymans man arrested for forging documents

NEW SCOTLAND — On Monday, Jan. 9, New York State Police in New Scotland arrested Lawrence W. Black, 58, of Coeymans, for second-degree forgery. Troopers reportedly stopped Black for failure to maintain his lane and having a license plate lamp out on Main Street in the Village of Ravena. Subsequent to the traffic stop, Troopers allegedly found a fraudulent New York

State Inspection sticker on the front windshield and a pipe with marijuana on the dashboard. Troopers arrested Black for second-degree forgery of official documents, a felony, and unlawful possession of marijuana, a violation. Black was processed without incident, was arraigned in the Village of Ravena Court and remanded to Albany County Jail on \$5,000

bail. Black is due to appear in the Village of Ravena Court on Jan. 25.



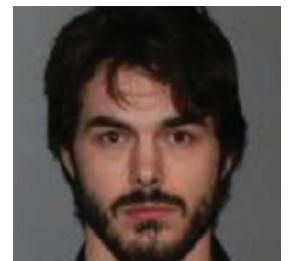
BLACK

Altamont man arrested for DWI and marijuana

ALTAMONT — An Altamont man was arrested following a traffic stop in Albany early in the morning on Sunday, Jan. 8. State Police from the Latham barracks reportedly found 25-year-old Quinn Murphy stopped in the driving lane of Interstate 90. Murphy was allegedly found to be intoxicated and was

arrested for DWI. Police report that he tested at a 0.14 percent BAC and that he was found with a rubber container, holding concentrated cannabis, known as "marijuana wax." He was also charged with criminal possession of a controlled substance in the seventh degree. Murphy was lodged in the Albany County Jail,

pending an appearance in the Albany City Court.



MURPHY

Town investigates multiple thefts

By MICHAEL HALLISEY
halliseym@spotlightnews.com

DELMAR — Bethlehem Police are investigating a string of larcenies — including a car theft — that have victimized nearly a dozen residents.

In the past two weeks, Bethlehem Police have received calls of residents reporting thefts of CDs, GPS units and smaller items of value from their cars, said Commander Adam Hornick.

"These incidents have been in the area off of lower Kenwood Avenue, between Elsmere and Delmar bypass, and in the Old Delmar neighborhood, stated Hornick in an email to Spotlight News. "These thefts have all occurred in vehicles that were left unlocked in driveways and

on the streets overnight."

Up until recently, the reports involved only small items, but that escalated when Bethlehem Police received the call of a stolen pickup truck Friday, Jan. 13.

According to Bethlehem Police, a 2016 Dodge Ram truck was stolen Friday between 1 and 8 a.m. while it was left parked on Ridge Road off of Kenwood Avenue in Elsmere. As of this time the vehicle has not been recovered and police are attempting to locate it.

The theft of a vehicle in New York state carries a felony charge punishable by up to four years in prison. The value of a vehicle can increase the severity of the crime. The price of a 2016 Dodge Ram truck is approximately \$32,000. For vehicles worth \$30,000

a criminal faces third-degree felony larceny that is punishable by up to seven years in prison.

Hornick's reference to "Old Delmar" speaks of a popular residential area where turn of the century homes with rustic charms, award winning schools and lower propensity for crime have made for desirable real estate property. The newly opened Albany County Helderberg-Hudson Rail Trail has also become a selling point for recent residential development along Delaware Avenue. According to Zillow.com, the median home value in Delmar is \$255,000.

"We recommend that people always lock their vehicles overnight and keep all items of value out of sight," stated Hornick.



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- Women-4-Women Committee (W4W)
- Business Referral Groups

Education

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- Start Up Smart Program
- Executive Institute

Marketing

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- CHAMBER WEBSITE:
- Affordable Website Advertising & Commercial Videos
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■ COMMUNITY

Landmark eatery closed, family illness

Community crowdfunding campaign helps popular ice cream parlor

By ALI HIBBS

hibbsa@spotlightnews.com

SLINGERLANDS

— After three generations, a beloved ice cream shop is closed — indefinitely — and the owner who has struggled to keep the business afloat since his father's death is facing prohibitive hospital bills.

"It's really scary," said Toll Gate owner Rob Zautner's sister, Mary Zautner Smart. "It all just happened so fast."

According to Smart, her brother, the third Rob Zautner to own and operate Toll Gate Ice Cream since it opened in 1949, complained of not feeling well in the weeks leading up to his hospitalization. He was reluctant to see a doctor, she said, because he has been unable to afford health insurance.

Smart finally took Zautner to St. Peter's emergency room on Sunday, Jan. 8, to determine what was causing his stomach pains. Initially, doctors



Spotlight File Photo

believed it was intestinal cancer but ultimately diagnosed him with diverticulitis. A few days later, Zautner was rushed into emergency surgery after he went into septic shock due to a tear in his small intestine. According to his sister, his condition was still critical going into the weekend.

"Once my brother took over for my dad," said Smart, "he poured everything he had back into the business. The economy is different, you know, and

the business environment is different. There are less mom-and-pop operations. It's been difficult for him to keep up." The second Rob Zautner died in 2012, leaving the third Rob Zautner — who has worked there since childhood — to take over the family business at the age of 50.

"He was there every day and he was managing everything," Smart said of her brother, "He was cooking, he was making the ice cream, he was managing the staff and buying all the

supplies."

Currently, there is no one else in the family with the time and energy necessary to run Toll Gate and so it has closed its doors for the foreseeable future. "He really is the heart and the soul at this point," said Smart.

"We're taking this opportunity to kind of go through some things and straighten up," she said. "Our first priority, though, is getting Rob healthy and back on his feet."

One major concern she has is how to pay for the care Zautner is receiving. To relieve some of the significant burden, she has started a GoFundMe page in hopes of crowd-sourcing financial help for the owner of the fondly regarded Bethlehem landmark. She said it wasn't an easy decision to make.

"It wasn't my first choice. I guess I'm old-school and

it felt to me like requesting charity," she said, explaining that she was eventually talked into starting the page by her husband and others after she felt as though she had no other options.

"So I figured we could see what happens." As of the morning of Monday, Jan. 16, the GoFundMe page had raised more than \$20,000 toward its \$50,000 goal — from 305 people in just two days. A number of donors have also left kind comments of support and reminiscence on the site.

"We are so grateful for the outpouring of love and support," Smart said. "The generosity is just incredible. I did not expect this kind of response."

"People that used to come here in the '50s have come back with their children, and then with their grandchildren and great-grandchildren," she said. "There really is a

tradition. I didn't realize how far-reaching it was until I wasn't working full-time and talked to more people out in the world and really started to realize how my dad and my brother have impacted the community."

Smart hopes that once the hospital bills are paid and Zautner's health has improved they will be able to turn their attention and — whatever finances remain — to the business of re-opening the family business.

"The employees," she said, "have been wonderful through all of this. We're really like a huge extended family and, even when they no longer work at Toll Gate, they like to come back and visit and reminisce... We hope that we can bring customers back in. Because they're not only customers; a lot of them have become friends and family."

Plans to improve Bethlehem Energy Center approved

BETHLEHEM — The New York State Board on Electric Generation Siting and the Environment has approved plans for energy efficiency improvements to Bethlehem Energy Center in Glenmont. The plant's owner, PSEG Power New York LLC, submitted the petition.

The initial certificate authorized PSEG Power to construct and operate the plant located at 380 River Road. The 750 megawatt dual-fuel fired electric generating facility commenced commercial operation on July 1, 2005.

The approved changes will allow for the replacement of certain components of the three combustion turbines and certain changes to related software programs. According to the Siting Board, the upgrades will result in very little, if any, impact on the environment or the surrounding community.

The only operational aspect of the proposed upgrades that required additional consideration, they said, is "potential operational noise level increases due to the additional output of the facility."



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SPOTLIGHT ON FINANCE

Seven financial resolutions for people in their 50s

By RUTH MAHONEY,
President, Capital Region,
KeyBank

For most people, the 50s are your power earning years. You are an expert in your field and valued at work, and your paycheck reflects it. Also, according to a 2014 study conducted by the Today show, you are more likely to be happier and less stressed than you have been in decades.

Sounds great, right? It is, but being in your 50s isn't a panacea. Life is as hard as it's ever been—maybe even harder—you're just better equipped to deal with it. Unfortunately, the cost of dealing with it can be very real. Helping to finance your children's college education, care for aging parents and/or provide a lift for your adult children can eat into your retirement savings. To compound matters, many professionals in their 50s have lost salary increases due to the economic recession. That's why only 26 percent of Americans plan on a traditional retirement. The rest plan to continue working, even after their formal separation from service, which isn't really retirement.



Ruth Mahoney

So what can you do to avoid this fate? It may sound like an oversimplification, but to become among the one in four who retire and live off of their savings is a matter of resolving to take charge of your finances. And no, it's not too late... even at your age.

Take stock of your current financial situation

The ability to achieve financial goals always comes down to developing and executing a plan. To do that, you need to have an understanding of your complete financial profile. What are your current income, expenses, assets and liabilities? What is your cash flow? Do you have an existing financial plan? If so, how well are you executing on it, and does it still meet your financial needs and goals?

Several online tools can help you assess your financial health, including the National Foundation for Credit Counseling's free MyMoneyCheckUp website. You can also work with your personal bank or financial planner. The areas you will want to review are budgeting and credit management, savings and investing, retirement planning and managing home equity.

Determine your retirement goals

According to Boston College sociologist David Karp, the 50s mark a turning point in the way people think about aging. Instead of evaluating how much time has passed, people start considering how much time is left. By extension, they start thinking about how they want to live their remaining years.

Establishing goals is how you take charge of your financial future. Do you want to retire early, at 62, or retire at 66? Do you want to be a snowbird? RV around the country? Help your grandchildren finance their education? Leave a legacy and support a nonprofit?

It is important to assess how achievable your goals are when measured against your current financial situation. Ask yourself if the life you envision is realistic. Then prioritize your goals and define what you need to do now, what needs to be done in the next two to five years and what can wait until after.

Resolve to contribute to realizing your dream

You can achieve your retirement goals in several ways. Here are seven financial resolutions that can make it happen.

1. Maximize your savings opportunities. In 2017, individuals age 50 and older can contribute \$24,000 per year into a company 401(k).

Employer matches can increase this amount. In addition, at age 50 the 2017 Individual IRA and Roth IRA contribution maximum is \$6,500.

2. Invest in a health savings account (HSA). The 2017 maximum contribution is \$3,400 for individual coverage and \$6,750 for family coverage. Participants who are age 55 or older can make a maximum catch-up contribution of \$1,000. If this type of option is available to you, it is a great way to start planning and saving for future out-of-pocket medical expenses.

3. Avoid new debt. More important, avoid significant debt. If you do take on debt, factor this debt obligation into your financial outlook.

4. Reexamine the asset allocation in your investment and retirement portfolio. Is it

compatible with your financial goals? Risk tolerance? Time horizon?

5. Consider long-term care insurance and other risk management strategies. Protecting your retirement and other assets against potential risks can help you overcome obstacles that may otherwise keep you from achieving your retirement goals.

6. Create sustainable income. Start making investments that will create income that will last throughout the rest of your life.

7. Account for curveballs. The road we travel in life is rarely the road we map. Evaluate how your vacation home or helping your daughter finance graduate school will impact your overall plan. Then adjust.

The important thing is to never give up. Even if you're behind

schedule, you still have time to build a better retirement. In fact, you still have almost a third of your working career ahead of you. So be disciplined, set aside assets a little bit at a time consistently over time and hire a team of professionals—attorney, accountant, financial planner and investment team. The future you want for yourself may be more attainable than you realize.

Ruth Mahoney is president of KeyBank's Capital Region. She may be reached at either 518-257-8619 or ruth.mahoney@keybank.com. This material is presented for informational purposes only and should not be construed as individual tax or financial advice. Please consult with legal, tax and/or financial advisors. KeyBank does not provide legal advice. ©2015 KeyCorp. KeyBank is Member FDIC.

Estate planning should be part of your retirement plan

Regardless of career and earning power, the reason most of us work is the same. We want to provide for ourselves and those we love. A well-prepared estate plan helps ensure this happens—even if something happens to you, and even if you are not rich.

Estate planning can be an all-inclusive, tax-saving financial plan for the preservation of your assets when combined with savings, investments and retirement; the protection and continued operation of a business; the support and care of your children; and much more.

To develop an estate plan that is best aligned to your interests, you should work with a reputable lawyer, skilled fiduciary specialist and other professionals who have experience and expertise in wealth transfer planning, custom trust solutions, trust administration, estate tax minimization, power of attorney/living will, document review, beneficiary designation, titling of assets and real estate management services.

Here are some basics that should be covered in your estate plan:

- A will. This is a written document that provides for the transfer of your property upon death.
- Assignment of power of attorney, which gives the person you name the authority to manage your financial affairs if you are unable to do so.

- Beneficiary designations. If you have not named a beneficiary of your estate, a court is empowered to manage your possessions.
- A letter of intent, which specifies to the beneficiary how you want your affairs carried out after your death or incapacitation.
- A healthcare proxy that authorizes another person to make medical decisions on your behalf.
- Guardianship designations. As is the case with the distribution of your assets, you do not want the court making decisions about whom your children will live with after your death.

When reviewing this list, it becomes very clear that estate planning is not just for the wealthy. In fact, a child with a savings account technically has an estate, because an estate is nothing more than possessions of value that can be transferred to another individual or entity upon death. So essentially everything you own—property, bank accounts, investments, business interests, retirement benefits, IRAs, insurance policies, fine art, collections, jewelry, clothing and other personal belongings—comprises your estate. An estate plan determines to whom and when the proceeds of your estate will be distributed in a way that maximizes the value of the estate by minimizing and reducing taxes, liability and other expenses.



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TOWN AND COUNTY GOVERNMENT

CDTA launches new payment system

By ALI HIBBS

hibbsa@spotlightnews.com

ALBANY — Touting progress and partnership, the Capital District Transportation Authority (CDTA) launched its new \$10 million smart-card prepayment system, Navigator, on Thursday, Jan. 12, during a news conference at its headquarters. Employees, collaborators and officials gathered in the bus garage at 100 Watervliet Ave. — decorated in blue and white for the event — and snacked on popcorn and donuts as officials introduced Navigator and highlighted CDTA's tech trajectory.

"Over the past decade, CDTA's Board of Directors has set forth a vision for CDTA to be innovative, inclusive and to serve as an industry leader," said CDTA Board Chairman David Stackrow. "Today's announcement highlights one of the key projects in that vision. Our Navigator smart-card prepayment system is changing the way the Capital Region looks at

transit."

The Navigator system, which CDTA has been piloting for the last year, uses a durable plastic card onto which riders can pre-load bus fare. The card is waved over the bus farebox and the fare is automatically deducted. At \$1.30 per ride, Navigator users on the Pay-As-You-Go plan save \$.20 per ride and are only charged for a maximum of three rides per day. Alternately, Navigator users can choose to pay a flat \$65 for a month of unlimited riding under the Frequent Rider plan, which is essentially identical to CDTA's 31-Day Rolling Swiper card.

"We truly are a regional economy," said Mark Egan, CEO of the Capital Region Chamber of Commerce, who noted that nearly \$30 billion has been invested into the region over the last decade. "CDTA has been a true leader and innovator in our community.

"Libraries are about the sharing economy," said Scott Jarzombek, executive director of Albany Public

Library, which partnered with CDTA to test and retail the new system. "By partnering with CDTA to sell Navigator passes to bus riders, and giving numerous passes to our staff, the library was able to do social good while having a positive economic and environmental impact on the community.

"The fact that every one of our seven branches is on at least one CDTA bus line is important to our patrons," he said. "Many of the people who visit the library every day get there by bus. Allowing them to buy and replenish Navigator bus cards at our locations simply makes their life easier."

Currently, cards can be purchased and replenished at all Albany Public Library locations, as well as online, by phone, at CDTA's customer service center or at CDTA retail outlets, such as the Empire State Plaza Visitor Center and Gift Shop, Price Choppers in Bethlehem and Glenmont, and Regina Check Cashing locations in Albany, Troy and

Schenectady. Next fall, after pilot testing in the spring, CDTA expects to launch a smartphone app so that Navigator riders will be able to reload their cards from anywhere.

"We've come a long way in three decades," said CDTA CEO Carl Basile, who began his career with CDTA mapping bus routes 35 years ago. "The biggest change in my career at CDTA has been the infusion of technology and the way we've accepted it and rolled with it to help people who want our services and need our services." Gesturing around the spacious, well-lit bus garage, he said it hadn't always been that way. "Most of what you see around you is technology-driven.

"The diagnostic capabilities in our maintenance department are second-to-none in New York state, second-to-none in the country. The people here have an education



CDTA CEO Carl Basile speaks.

Ali Hibbs/SpotlightNews

background, a technical background, a training background that we couldn't have even imagined 35 years ago."

CDTA now has more than 200 buses, each of which costs approximately \$450,000. "I'm often reminded," said Basile, "that, at the end of the day, this is still a business of tin cans on wheels. Technology drives it, but human beings are responsible for our success."

Basile concluded the press conference with a list of other initiatives that CDTA users can expect to see in 2017: better bus

service; more bus service; a bike-sharing program; better oversight of local taxi services; transit centers in Troy, Schenectady and Albany; two BRT (bus rapid transit) lines to achieve their goal of 40 miles of BRT service throughout the region; downtown shuttle service; more universal access partnerships and more.

"We accept the innovation challenge," he said. "I think our board relishes the innovation challenge. And I can tell you that our staff and employees are always looking to do more."

Committee seats filled

By ALI HIBBS

hibbsa@spotlightnews.com

ALBANY — Last Wednesday, Albany County Legislature Chairman Sean Ward (D-16) announced a handful of personnel changes to the body's standing committees to fill vacancies resulting from the election of L. Michael Mackey to the state Supreme Court.

Mackey, a Democrat representing District 38 in Bethlehem and New Scotland, took his seat on the state bench Jan. 1. He was replaced by Democrat Darrell Duncan of New Scotland, a former Albany County public works commissioner who was appointed to the vacant seat and approved by members on Jan. 9 by a vote of 30-3. (Democrat Joanne Cunningham of Bethlehem

voted no. A resolution to appoint Republican-preferred nominee Tim Stanton failed by a vote of 25-8.)

Ward announced the following committee changes would be effective immediately:

- Democrat Bryan Clenahan (D-30) has replaced Mackey as chairman of the Legislature's important Law Committee. Clenahan, an attorney, has represented residents in Guilderland since 2007. "Bryan is an extremely active and dedicated member of the legislature whose legal background makes him a strong choice to lead our Law Committee," Ward said.

- Duncan was appointed to fill Mackey's seats on the Public Works and Court Facilities committees.

"Duncan's past experience leading the Albany County Public Works Department and New Scotland highway garage made him an ideal pick to serve on the two committees, and we look forward to benefiting from his expertise," said Ward.

- Democrat Samuel I. Fein (D-6), of downtown Albany, was appointed to the Law Committee, while Legislator Ralph Signoracci (D-17), from Cohoes, was named to the Audit & Finance Committee. Fein and Signoracci were elected to the Legislature in November 2015 and took office Jan. 1, 2016. "They are some of our youngest members who have shown great determination," said Ward.

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■ COMMUNITY

A new reality

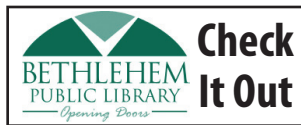
It wasn't so long ago that virtual reality seemed like the stuff of science fiction. The future is now here — and you can get it at the library. Lightweight virtual reality headsets allow for an immersive entertainment experience with the aid of most cellphones and easily downloadable 3D apps.

VR headsets let you visit faraway places or a prehistoric landscape from the comfort of home. Or you can ride a roller coaster without shelling out theme park cash. Go scuba diving or explore the surface of the moon — the sky's no longer the limit.

The library carries three types of headsets that can be checked out for one week at a time so you can see this new reality for yourself.

Both our Freefly and Utopia headsets fit all smartphone sizes, and our Zeiss headset is compatible with iPhone 6, Samsung Galaxy S4, S5, S6, Nexus 5, and LG-G3 smartphones. All work with the Google Cardboard app from Google Play and the Apple Store. Users will need to provide their own smartphone or device with 3D apps.

Headsets are available on a first-come basis at our



special collections shelf behind the Information Desk.

Brick by brick

For the first Lego Club of 2017, we're going back to basics with just our imaginations and bins and bins of bricks. A lot of our regular Lego Club participants already know that building is better when you build together, and the more, the merrier. If you've never been to Lego Club, winter is the perfect time to stop by and see what all the fun is about. Lego Club is also a great way to get in some intergenerational bonding time too, with parents and grandparents making great building buddies. After all, you're never too old for Legos. Upcoming Lego Clubs take place Jan. 26 and Feb. 16, both Thursdays, at 4 p.m.

Digital magazines through Flipster

Our patrons love their digital magazines, and as Overdrive phases out its digital magazine service, our robust Flipster

collection is ready to step in to fill that need. Since its launch last year, the library's Flipster collection has grown in size and popularity with more than 100 titles available to Bethlehem patrons, who now have access to what's available through the Upper Hudson Library System, along with titles that are exclusive to our collection.

You can easily browse and view the magazines available through the Flipster link on our website, or select the "Open in App" option to download magazines to a free, easy-to-install app, where they can be read and managed offline. You will need a Bethlehem library card to download our titles or view them in an off-site browser. If you're in the library, however, you won't need to sign in at all. Access Flipster on your cellphone, computer or tablet — including the Kindle Fire — as long as it is connected to the internet.

Study hall at the library

The library has set aside dedicated group study space for Regents test prep through Wednesday,



The toys and games in the library's Children's Place provided a welcome distraction on a chilly Friday the 13th.

Kristen Roberts

Jan. 24. 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.bethlehempubliibrary.org.

Mango season

Now available to Bethlehem patrons is 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.bethlehempubliibrary.org and click on the Mango Languages icon on the home page. You'll be asked to create an account

using your email address.

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 www.bethlehempubliibrary.org

Saturday, Jan. 21

Origami Club

Create a project with

us, bring something you want to work on, or just brush up on the basics, 3 to 4 p.m.

Monday, Jan. 23

Intro to MS Word

Also January 30.

Learn the basics of using Microsoft Word 2010 in this two-session program, 10 a.m. to noon. Registration required.

Thursday, Jan. 26

Lego Club: Back to Basics

We supply the Legos; you supply the imagination. Build structures and make friends, 4 p.m. For kids and families.

— Kristen Roberts

■ NEIGHBORHOOD NEWS

Westmere F.D. hosts Red Cross blood drive

GUILDERLAND — The Westmere Fire Department Ladies Auxiliary is holding a Red Cross blood drive Saturday, Jan. 21, from 8 a.m. to noon at the fire station, 1741 Western Ave.

People may make reservations by calling Kerry Brown at 229-8251. Walk-ins are welcome. All donors will receive a \$5 Dunkin' Donuts gift card.

Boston bus trip to see flower show

BETHLEHEM — Friends of Bethlehem Parks and Recreation are sponsoring a bus trip to Boston Saturday, March 25.

People have the option of attending the Boston Flower & Garden Show for \$65 or spending the day in Boston for \$49. Reservations are due Tuesday, Feb. 21.

For more information,

call 605-6580 or visit friendsofbethlehemparks.org.

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.

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.

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COMMUNITY

Giving Tree delivers

The 2016 Bethlehem YMCA Giving Tree turned into a Christmas miracle for a Slingerlands family, thanks to the generosity of the Bethlehem police department.

The family is part of the YMCA's Circle of Champs program that provides support and respite for children facing life-threatening illnesses, as well as for their parents and siblings. Circle of Champs is one of the many programs supported by donations to the Y's Annual Campaign.

For one family, their first miracle was that their son is here at all. Doctors diagnosed him with a rare genetic disorder, and his prognosis was dire. Yet, last month he was celebrating his fifth Christmas with his parents and older brother.

However, medical and other expenses didn't leave any money for presents. Ornaments representing a few small items on their Christmas list were placed on the YMCA holiday giving tree. That's when



the Bethlehem Police got involved and fulfilled the family's Christmas wish list. The Bethlehem PBA, Supervisors Association and Telecommunications Union worked together with the Y to buy gifts and deliver them to the family.

To an older boy in the family, police officers are his heroes, and he wants to grow up to be one. For him, having the officers show up at his home with a patrol car carrying presents was better than Santa arriving on the rooftop in his sleigh.

Bethlehem Police Sergeant Steve Kraz coordinated the effort that made it such a special Christmas.

"After hearing more about their situation and another child in the family who has an admiration for police officers, we stopped at their home and

visited with their family," Katz said. "It was such a gratifying experience to see the love of their family and the care they give their children. The time we took to stop and visit made this holiday season more memorable, not only for us, but for the family. It truly left an impact that paying it forward is something this community recognizes."

Beyond the gifts, the police also donated food, formula and diapers to help meet the family's needs.

Thank you to the Bethlehem Police, YMCA volunteer board member Diane Lykes, and all the Y members who adopted families, took ornaments and purchased presents and food gift cards. Your efforts helped make Christmas brighter for more than 300 children and families in our community.

Still time to join and save

Haven't gotten around yet to starting your New

Year's resolution to lose weight and get in better shape? There is still time to join the Y and save. The Capital District YMCA is offering an extra special value for our members — our 20/20 referral program. When you refer a friend who joins the Y, you and your friend save 20 percent on your memberships for as long as you are both members.

Working out with a friend has many benefits — motivation, competition, accountability, more fun and better results, to name just a few. So now, you can bring a friend to the Bethlehem Y, get them signed up and both can save money.

Hundreds of people have taken advantage of the YMCA's 20/20 program. Please stop by the Bethlehem YMCA or call 439-439 to find out more about how you can save money and live a healthier life.

— Mark Hansen

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. Early Explorers: Fun With Numbers starts Monday, Jan. 23, at 2 p.m., and runs through Monday, Feb. 6. Please register.

Art lab

We're melting crayons during this month's session of Art Lab.

There are two dates to create colorful art — Tuesday, Jan. 24, at 4 p.m., and Saturday, Jan. 28, at 10:30 a.m. No

RCS COMMUNITY LIBRARY

registration required. All ages welcome.

Got old crayons laying around? We're accepting donations.

'The Girl on the Train'

See the movie based on the bestselling psychological thriller by Paula Hawkins on Friday, Jan. 27, at 2 p.m. Bring a friend.

— Carol Melewski

New discussion group begins

A new discussion group is forming, beginning on Wednesday, Feb. 8, at 10:30 a.m. at Town Hall. Discuss current events and reminisce about the past. Topics depend on the interests of the group. Call Heidi Ziemke at 439-4955, ext. 1169, for more information. Transportation is available.

On Jan. 27, the Friday Health and Wellness Program will present "Hospice: An Option for Care, An Experience of Hope" by Patricia Spreitzer, RN, Community Hospice. The session will describe the



hospice philosophy of care and provide information about hospice program services. The programs are free and are held at Town Hall at 1 p.m. Call 439-4955, ext., 1176.

Learn about Zentangle and creative coloring on Tuesday, Feb. 7, at 7 p.m., at the Bethlehem Public Library. Zentangle is a method of creating beautiful images from repetitive

patterns. The library will provide the materials.

The following support meetings are available:

- Home Energy Assistance Program (HEAP) — by appointment.
- Senior Legal Services Program — by appointment.
- Alzheimer's Disease Caregiver Support Group — Wednesday, Jan. 25
- Breakfast at Tool's — Wednesday, Feb. 15, at 10 a.m.
- Community Loan Closet: wheelchairs, canes, shower seats, etc.

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.

— Wilma DeLucco

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— Thomas H. Abele, DMD



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PLEASE CALL

COMMUNITY

Sonny & Perley's recording session

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

This is a ticketed event, limited to 100 participants, and tickets are going fast. You can pick up tickets at the library's Information Desk, but do so soon. (Only four tickets per person, please.) If you want to call ahead to have some tickets set aside to pick up later, please call 456-2400, ext. 2.

Dinosaur Math with GPL Sprouts

Children ages 4 through 7 are encouraged to come to GPL on Thursday, Jan. 19, at 3:30 p.m., for a fun-filled STEM program that's sure to fascinate. We'll explore the world around us through experiments, activities, crafts and books. There will be lots of hands-on learning for everyone. Children must be accompanied by an adult caregiver. Please register by calling 456-2400, ext. 4, or

GUILDERLAND PUBLIC LIBRARY
www.guilpl.org

register online at the Events and Registration Calendar on www.guilpl.org.

Choosing and Using Family History Software

Have you collected a boatload of information about your family history ... but don't know how to organize and share it? Then, come to "Choosing and Using Family History Software" at GPL on Saturday, Jan. 21, at 10:30 a.m., and find out what will work best for you.

Professional genealogist Lisa Dougherty will examine the types of genealogy software, compare the features of the major brands, and provide demonstrations of both online and offline programs so you can make an educated decision in preserving your family story. Please register by calling 456-2400, ext. 2, or register online at the Events and Registration Calendar on www.guilpl.org.

The Best (and Worst/Funniest) Holiday Photos

Photographers: start the New Year with a sharing session where you can showcase your best (and worst) holiday photos; it happens on Thursday, Jan. 19, at 7 p.m.

We'll celebrate the great ones and learn from the ones that didn't deliver as we hoped. Then, we'll view a 25-minute video on the earliest history of photography. All are welcome.

Kids: Read to a Book Buddy

Calling all kids in grades 1 through 4! Come and build your reading skills and confidence by reading to a teen Book Buddy. The 30-minute Book Buddy sessions take place every Tuesday in January. Slots are available at 4, 4:30, 5 and 5:30 p.m. All reading levels welcome. Call 456-2400, ext. 4 to register.

— Mark Curiale

Setting a child's routine

As a parent/caregiver of a preschooler, do you find it difficult establishing routines and sticking to them? Do you know the best routines for your individual family needs?

On Sunday, Jan. 22, at 3 p.m., Cornell Cooperative Extension will offer an educational program to help parents/caregivers understand what a routine is and why they are important. Parents/caregivers will also understand how to set up routines in their households. Topics covered will include: bedtime, family meals and toilet training.



On-site childcare in the children's area of the library will be available for children ages 18 months to 5 years (register early — maximum number of registrants for childcare will be no more than 12). If you need childcare, please go to www.voorheesvillelibrary.org/calendar and use the on-site childcare registration for the appropriate date, or just call the library at 765-2791.

Please register for the program online or call.

Adult Coloring Book Club

Join us on Wednesday, Jan. 25, at 6 p.m. for some quiet, relaxing "you time."

Each month, we will provide different coloring sheets with multiple pages to choose from, as well as a large selection of colored pencils, markers and crayons. The library's Community Room will provide a welcoming environment with soothing music to help you relax.

Please register online or call.

— Lynn Kohler

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January 18, 2017

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■ PLAYER OF THE WEEK



ANTHONY SERICOLO

Guilderland's Anthony Sericolo is The Spotlight Player of the Week for the period ending Sunday, Jan. 15. Sericolo came up big for the Guilderland/Mohonasen/Scotia-Glenville hockey team in its 5-2 victory over Niskayuna/Schenectady Saturday, Jan. 14, at Union College. The sophomore forward recorded a hat trick and assisted on the Storm's other two goals.

■ INSIDE



Showdown

The Bethlehem girls basketball team entered Tuesday night's Suburban Council contest against Albany on a three-game winning streak following a 75-52 victory over Troy Friday, Jan. 13.

Page 10

■ BOYS BASKETBALL



Voorheesville's **▲** Sean Nolan drives between two Ichabod Crane defenders on his way to the basket in the third quarter of a Colonial Council game Friday, Jan. 13.

Voorheesville's **▶** Ryan Daly battles Ichabod Crane's Matt Ragosta for position in the lane. For a photo gallery, visit spotlightnews.com/spotted.

Rob Jonas/Spotlight



Catching fire

Sean Nolan's 22-point night leads Voorheesville past Ichabod Crane

VOORHEESVILLE — The Voorheesville boys basketball team started strong and fended off several challenges to defeat Ichabod Crane 66-55 in a Colonial Council game Friday, Jan. 13.

The Blackbirds (11-2) jumped out to a 17-7 lead in the first quarter and entered halftime with a 31-23 lead. Ichabod Crane (11-3) trimmed Voorheesville's advantage to as little as two points in the second half, but key baskets from Sean Nolan (22 points) and Matt Bernhard (19 points) down the stretch helped the Blackbirds pull away.

— Rob Jonas



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■ GIRLS BASKETBALL

Perfect balance

Bethlehem cruises past Troy to set up showdown with Albany

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

BETHLEHEM — The Bethlehem girls basketball team used a balanced attack to run past Troy 75-52 Friday, Jan. 13, in a Suburban Council game.

The Lady Eagles (6-2 league, 7-3 overall) used a 31-7 run in the second quarter to take control of the game. The Flying Horses (4-5, 5-6) chipped away at the deficit in the second half, but they couldn't challenge Bethlehem.

Five players reached double figures to propel the Lady Eagles. Molly Kirby led the way with 16 points, while Emily Wander contributed 14 points. Maggie Rimmel (12 points), Taylor Travis (11 points) and Julianna Okoniewski (10 points) also chipped in.

Shalie Frierson netted 20 points, and Sabrina Wolfe added 16 points for Troy, which has lost its last four Suburban Council games.

The victory gave Bethlehem extra momentum heading into its Tuesday, Jan. 17, showdown with red-hot Albany (7-2, 8-4). The Falcons defeated Guilderland 61-46 Jan. 13 to earn their seventh consecutive league victory.

Several players have stepped up for Albany since it lost its first two games of the season against Columbia and Colonie. Against Guilderland, Haille Hart led the Falcons with 19 points, while Imani Harris contributed 17 points and Bridget Whelan added 16 points. Whelan and Harris each average slightly more than 12 points per game, while Hart (7.4 points per game) is searching for more consistency shooting the ball.

Following Tuesday's showdown against Albany, Bethlehem travels to Saratoga Springs (6-5, 7-5) Friday, Jan. 20. The Lady Eagles get a week off for midterm exams before hosting Niskayuna (2-8, 4-8) Friday, Jan. 27.

■ HOCKEY

Winless no more

Eagles offense gets in gear in victory over Shaker/Colonie

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

After an 0-2-1 start in league play, Bethlehem earned its first Capital District High School Hockey League victory of the season by beating Shaker/Colonie 8-3 Saturday, Jan. 14, at the Albany County Hockey Training Facility.

After spotting the Jets a 1-0 lead, the Eagles (1-2-1, 7-4-1) tied the game on Michael Lemieux's

goal with 28 seconds left in the first period and took the lead for good on Andrew Kopplin's tally less than three minutes into the second period. From there, the Eagles scored the next four goals before Shaker/Colonie (3-5-1, 3-9-1) got back on the scoreboard.

Hayes Meredith recorded a hat trick, while Kopplin and Lemieux each added a goal and an assist for Bethlehem. Ethan Poole tallied twice

for Shaker/Colonie.

Elsewhere in the CDHSHL, Guilderland/Mohonasen/Scotia-Glenville (2-7-0, 2-9-0) topped Niskayuna/Schenectady 5-2 Saturday, Jan. 14, at Union College.

Anthony Sericolo had a hand in all five of the Storm's goals, as he tallied three times and dished out two assists. Goaltender Jennifer Gregg made 29 saves to beat the Mohawks (3-6-0, 4-9-0).

■ COMMUNITY

Register for 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 Center. We can help complete applications by appointment.

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.

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,

Town of Guilderland SENIOR CALENDAR

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 and 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. 19

Scheduled shopping
9 a.m. Silver Sneakers
9 a.m. Strong Bones Plus
10 a.m. Silver Sneakers Yoga Stretch
12:30 p.m. Mahjong
12:30 p.m. Pinochle

Friday, Jan. 20

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

Monday, Jan. 23

Scheduled shopping
9 a.m. Aerobics
10:30 a.m. Strong Bones Plus
10:30 a.m. Senior Fitness
1:30 p.m. Strong Bones Plus

Tuesday, Jan. 24

9 a.m. Strong Bones Plus
11:30 a.m. Luncheon: baked cod or cold plate
12:30 p.m. Bingo/Rummikub

— Catherine Knightes

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LEGALS	LEGALS
<p>LEGAL NOTICE</p> <p>STATE OF NEW YORK SUPREME COURT SUPPLEMENTAL SUMMONS Index No. 904867-16</p> <p>COUNTY OF ALBANY</p> <hr/> <p>M&T BANK,</p> <p style="text-align: right;">Plaintiff,</p> <p>v.</p> <p>BRUCE EDWARDS, LILLIAN A. EDWARDS A/K/A LILLIAN EDWARDS, CITIZENS STATE BANK, ALBANY COUNTY DSS,</p> <p>Defendants.</p> <hr/> <p>To the above named Defendants:</p> <p>You are hereby summoned to answer the Complaint in this action and to serve a copy of your answer, or if the Complaint is not served with this Summons, to serve a notice of appearance on the Plaintiff's attorneys within thirty days after the service of this Summons, exclusive of the day of service, and in case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the Complaint.</p> <p>NOTICE YOU ARE IN DANGER OF LOSING YOUR HOME</p> <p>If you do not respond to this Summons and Complaint by serving a copy of the answer on the attorney for the mortgage company who filed this foreclosure proceeding against you and filing the answer with the court, a default judgment may be entered and you can lose your home.</p> <p>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.</p> <p>Sending a payment to your mortgage company will not stop this foreclosure action.</p> <p>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.</p> <hr/> <p>This is an attempt to collect a debt and any information obtained will be used for that purpose.</p> <p>The foregoing Summons is served upon you by publication pursuant to an Order of Honorable Richard Platkin, Associate Justice of the Supreme Court of the State of New York, signed the 5th day of December, 2016, at Albany County, New York.</p> <p>The object of this action is to foreclose a mortgage on the following property:</p> <p>Tax I.D. No. 29.20-4-52</p> <p>ALL THAT CERTAIN LOT, PIECE OR PARCEL OF LAND with the buildings and improvements thereon erected, situate, lying and being in the Village and Town of Colonie, County of Albany, State of New York bounded and described as follows:</p> <p>Beginning at a point in the northerly line of Locust Street, distant 1157 feet easterly from the intersection of said northerly line of Locust Street with the easterly line of the Albany and Schenectady State Highway; Thence running northerly on a line parallel with the said Albany and Schenectady State Highway 150 feet to a point;</p> <p>Thence easterly on a line parallel with the said northerly line of Locust Street 50 feet;</p> <p>Thence southerly on a line parallel with said Albany and Schenectady State Highway 150 feet to the said northerly line of the said Locust Street;</p> <p>Thence westerly and along the said northerly line of the said Locust Street 50 feet to the place of beginning.</p> <p>Subject to easements, covenants, and restriction of record.</p> <p>These premises are also known as 40 Locust Park, Albany, NY 12205 a/k/a Town of Colonie, NY 12205.</p> <p>Ad#141532</p>	<p>LEGAL NOTICE</p> <p>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.</p> <p>Ad#140646</p> <p>LEGAL NOTICE</p> <p>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.</p>

LEGALS

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 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

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

Notice is hereby given of as balloon test to be conducted by Air Products and Chemicals, Inc. The test will be conducted on Saturday January 21, 2017 (in the event of inclement weather the alternative test date will be Sunday January 22, 2017). The balloon test will be conducted on Air Products property (Map Parcel No. 98.00-2-8), 461 River Road, Glenmont, for 4 consecutive hours between 7:00 a.m. to 11:00 a.m. Visit the Town of Bethlehem website at www.townofbethlehem.org for test cancellations and rescheduling information (i.e. cancellations due to inclement weather). The test is being conducted at the direction of the Zoning Board of Appeals (ZBA) in con-

LEGALS

nection with four (4) variance applications pending before the ZBA. Balloons will be located at four locations identified below, 2 balloons tethered together at each location described, representing maximum allowable structure height in the Industrial Zone and proposed structure height respectively. The locations are: the LIN Tank - 98' tall for a 38' variance request; Cold Box - 180' tall for a 120' variance request; Liquefier Box 67' tall for a 7' variance request and a Cooler Vessel - 75' tall for a 15' variance request.

Daniel W. Coffey
Chairman
Board of Appeals
Ad#141562

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 NOTICE

NOTICE TO BIDDERS NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the rental of heavy construction equipment for the use of said Town for the year 2017.

Bids will be received up to 11:00 a.m. on the 2nd 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 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

LEGALS

and the subject of the bid. ORIGINAL AND ONE COPY of each 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 informalities 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 12, 2017
Ad#141635

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 Corrugated Metal Pipe for the use of said Town for the year 2017.

Bids will be received up to 11:00 a.m. on the 2nd 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 submitted on Town of Bethlehem "Bid Sheets" and addressed to Nanci Moquin, Town Clerk of the Town of Bethlehem, 445 Delaware Avenue, Delmar, New York. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the 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 informalities in or to reject any or all bids.

BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM
NANCI MOQUIN
TOWN CLERK
Dated: January 12, 2017
Ad#141632

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 Crushed Stone for the use of said Town for the year 2017.

Bids will be received up to 11:00 a.m. on the 3rd day of February 2017 at which time such bids

LEGALS

will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York.

Bids shall be addressed to 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 the subject of the bid. ORIGINAL AND ONE COPY of each 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 informalities in or to reject any or all bids.

BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM
NANCI MOQUIN
TOWN CLERK
Dated: January 12, 2017
Ad#141593

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, Guilderland, NY 12084; Purpose: for any lawful purpose.

Ad#139622

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY Articles of Organization of EJA Realty, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on January 5, 2017, effective on the date of filing. Office Location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY may mail a copy of any process to the LLC at c/o GANZ

LEGALS

WOLKENBREIT & SIEGFELD LLP, One Columbia Circle, Albany, New York 12203, which shall be the principal business location. The purpose for which the LLC is formed is to engage in any lawful act or activity for which limited liability companies may be organized under the NYS Limited Liability Company Law.

Ad#141367

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 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 process against LLC and shall mail copy to 16 Hemlock Street, Latham, NY 12110.

Ad#141038

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 Gravel for the use of said Town for the year 2017.

Bids will be received up to 11:00 a.m. on the 3rd 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 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 the subject of the bid. ORIGINAL AND ONE COPY of each 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 informalities in or to reject any or all bids.

BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETH-

LEGALS

LEHEM
NANCI MOQUIN
TOWN CLERK
Dated: January 12, 2017
Ad#141594

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 Guide Rail for the use of said Town for the year 2017.

Bids will be received up to 11:00 a.m. on the 2nd 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 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 the subject of the bid. ORIGINAL AND ONE COPY of each 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 informalities in or to reject any or all bids.

BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM
NANCI MOQUIN
TOWN CLERK
Dated: January 12, 2017
Ad#141613

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 In-Place Paving for the use of said Town for the year 2017.

Bids will be received up to 11:00 a.m. on the 3rd 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 Nanci Moquin, Town Clerk, Town of Bethlehem, 445 Delaware Avenue, Delmar, NY 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINAL AND ONE COPY of each 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.townofbeth-

LEGAL NOTICE

hem.org Purchasing Division. The Town Board reserves the right to waive any informalities in or to reject any or all bids. BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM NANJI MOQUIN TOWN CLERK Dated: January 12, 2017 Ad#141608

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 Iron Castings for the use of said Town for the year 2017. Bids will be received up to 11:00 a.m. on the 3rd 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 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 the subject of the bid. ORIGINAL AND ONE COPY of each 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 informalities in or to reject any or all bids. BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM NANJI MOQUIN TOWN CLERK Dated: January 12, 2017 Ad#141602

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 Topsoil for the use of said Town for the year 2017. Bids will be received up to 11:00 a.m. on the 3rd 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 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 the subject of the bid. ORIGINAL AND ONE COPY of each 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 informalities in or to reject any or all bids. BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM NANJI MOQUIN TOWN CLERK Dated: January 12, 2017 Ad#141602

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 Plastic Pipe for the use of said Town for the year 2017. Bids will be received up to 11:00 a.m. on the 2nd

LEGAL NOTICE

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 informalities in or to reject any or all bids. BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM NANJI MOQUIN TOWN CLERK Dated: January 12, 2017 Ad#141601

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 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 Wiggand Drive, Glenmont, NY 12077. Purpose: any lawful activity. Ad#140499

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

- The name of the Limited Liability Company is MB PROPERTIES I, LLC
- The Articles of organization of the Limited Liability Company were filed on December 12, 2016 with the New York Secretary of State.
- The office of the Limited Liability Company is located in Albany County.
- The Secretary of State is 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 process served to the Limited Liability Company to 453 Western Avenue, Albany, NY 12203
- The latest date to dissolve is indefinite.
- The purpose of the Limited Liability Company is to conduct all lawful activity. Ad#139940

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 Milling for the use of said Town for the year 2017. Bids will be received up to 11:00 a.m. on the 2nd

LEGAL NOTICE

to 11:00 a.m. on the 3rd 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 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 the subject of the bid. ORIGINAL AND ONE COPY of each 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 informalities in or to reject any or all bids. BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM NANJI MOQUIN TOWN CLERK Dated: January 12, 2017 Ad#141598

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

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

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 Plastic Pipe for the use of said Town for the year 2017. Bids will be received up to 11:00 a.m. on the 2nd

LEGAL NOTICE

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 submitted on Town of Bethlehem "Bid Sheets" and addressed to Nanci Moquin, Town Clerk of the Town of Bethlehem, 445 Delaware Avenue, Delmar, New York. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the 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 informalities in or to reject any or all bids. BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM NANJI MOQUIN TOWN CLERK Dated: January 12, 2017 Ad#141628

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

LEGAL NOTICE

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name: PPS II LLC. Articles of Organization filed with NY Secretary of State, January 5, 2017. 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#141372

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 Pre-cast Concrete Manholes for the use of said Town for the year 2017. Bids will be received up to 11:00 a.m. on the 3rd day of February 2017, at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware

LEGAL NOTICE

Avenue, Delmar, New York. Bids shall be submitted on Town of Bethlehem "Bid Sheets" and addressed to Nanci Moquin, Town Clerk of the Town of Bethlehem, 445 Delaware Avenue, Delmar, New York. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the 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 informalities in or to reject any or all bids. BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM NANJI MOQUIN TOWN CLERK Dated: January 12, 2017 Ad#141590

LEGAL NOTICE

Notice of Formation of LLC. The limited liability company name is Quality Holdings Delmar, LLC; articles of organization were filed with the secretary of state May 12, 2014; 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 Gregg Biche, 160 Delaware Avenue, Delmar, NY 12054; Purpose: for any lawful purpose. Ad#141644

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

LEGAL NOTICE

NOTICE OF PUBLIC HEARING Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany

LEGAL NOTICE

hem will be returned to the County of Albany Director of Finance on April 1, 2017 Ad#140800

LEGAL NOTICE

NOTICE TO BIDDERS NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for the Rental of Track Excavator for the use of said Town for the year 2017. Bids will be received up to 11:00 a.m. on the 2nd 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 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 the subject of the bid. ORIGINAL AND ONE COPY of each 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 informalities in or to reject any or all bids. BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM NANJI MOQUIN TOWN CLERK Dated: January 12, 2017 Ad#141630

LEGAL NOTICE

NOTICE OF FORMATION OF Limited Liability Company (LLC)

- The name of the LLC is: REYES MOTORS GROUP, LLC
- 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
- The office within New York State the LLC is located in is Albany County.
- 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
- The purpose of the business of the LLC is: any lawful business of purpose. Ad#139467

LEGAL NOTICE

NOTICE OF PUBLIC HEARING Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany

LEGAL NOTICE

County, New York will hold a Public Hearing on Wednesday, January 18, 2017 at 7:00 PM, at the Town Offices, 445 Delaware Avenue, Delmar, New York, to take action on an application that was submitted by Heather Myers on behalf of Air Products and Chemicals, Inc. located at 461 River Road, Glenmont. The Applicant is proposing to expand and modernize the existing facility. The project was before the Board for a Public Hearing on January 4, 2017 for three separate height variances and a rear yard setback. The Applicant has since amended the application to include an additional variance of 15' for a 75' tall cooler vessel. The project will be back before the Board for a Public Hearing on February 1, 2017. The proposed project does not meet the Town's Zoning Code requirements under Article XIII, Section 128-100 A. Height of structures and rear yard setback. Daniel W. Coffey Chairman Board of Appeals Ad#141553

LEGAL NOTICE

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name: RSN PPS APARTMENTS LLC. Articles of Organization filed with NY Secretary of State, January 5, 2017. 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#141371

LEGAL NOTICE

SELO STUDIO LLC was formed in DE on 05/24/2016, filed App. for Authority with the SSNY on January 10, 2017. Office: Albany County. SSNY designated as agent of LLC whom process against it may be served. The address which SSNY shall mail any process against the LLC served upon him: c/o CorpCo at 910 Foulk Rd. Ste 201, Wilmington, DE 19803. The address of the office to be required to be maintained in the jurisdiction of org.: 910 Foulk Rd. Ste 201, Wilmington, DE 19803. The foreign limited liability company shall provide, on request, a copy of the Cert. of Org. with all amendments file w/SOS DE at 401 Federal St., Ste 4, Dover, DE 19901. Purpose: Any lawful business. Ad#141436

LEGAL NOTICE

NOTICE TO BIDDERS NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for furnishing Sewer Vacuum Truck services for the use of the Department of Public Works for the year 2017. Bids will be received up to 11:00 a.m. on the 2nd day of February 2017 at which time such bids

LEGAL NOTICE

will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to 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 the subject of the bid. ORIGINAL AND ONE COPY of each 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 informalities in or to reject any or all bids. BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM NANJI MOQUIN TOWN CLERK Dated: January 12, 2017 Ad#141589

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 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

STANLEY J. ROLLERSON PRODUCTIONS LLC Articles of Org. filed NY Sec. of State (SSNY) 1/6/2014. Office in Albany Co. SSNY design Agent of LLC upon whom process may be served. SSNY shall mail copy of process to 115 West 137th Street, 3rd New York, NY 10030 Purpose: Motion Pictures Producer and any Lawful Business. Ad#141475

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 location: 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

DEAN'S LIST AND GRADUATES

Daniel Ushkow, of Delmar, graduated with a bachelor's degree in environmental studies from Saint Michael's College.

•••

Mary Grace Barada, of Delmar, was named to the dean's list for the fall 2016 semester at Keene State College.

Keira Glasheen, of Voorheesville, was named to the dean's list for the fall 2016 semester at Elmira College.

Kristen Heinmiller, a graduate of Bethlehem Central High School from Selkirk, was named to the dean's list for the fall 2016 semester at SUNY Canton.

Nicholas Mellet, a graduate of Bethlehem Central High School from Slingerlands, was named to the dean's list for the fall 2016 semester at SUNY Canton.

Kassidi Morrison, of Voorheesville, received part time honors for the fall 2016 semester at SUNY Canton.

Chrystie Stafford, of Voorheesville, received part time honors for the fall 2016 semester at SUNY Canton.

Elena Thompson, of Guilderland, was named to the dean's list for the fall 2016 semester at Buffalo State.

Danielle Macken, of Guilderland, was named to the dean's list for the fall 2016 semester at Buffalo State.

Kyle Beck, of Selkirk, was named to the president's list for the fall 2016 semester at James Madison University.

Molly Sloan, of Guilderland, was named to the dean's list for the fall 2016 semester at Emmanuel College.

Clara Racette, of Delmar, was named to the scholastic honor roll for the fall 2016 semester at Oregon State University.

•••

The following students were

recognized as outstanding graduates at SUNY New Paltz's winter graduation ceremony:

Robert Christenson of Clarksville

Ali Gruett of Schenectady

David Knauer of Glenmont

Jessica Sternlicht of Glenmont

Jacob Zyskowski of Altamont

•••

The following students were named to the president's list for the fall 2016 semester at SUNY Potsdam:

Aaron Bradt of Feura Bush

Kelsey Cox of Altamont

Alexis Donnelly of Altamont

Aislinn Elmore of Schenectady

Anna Lin of Slingerlands

Morganne McClement of Voorheesville

Abigail Neyerlin of Delmar

Naomi Pitkin of Altamont

William Rogozinski of Schenectady

Jennie Unher of Albany

•••

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

Albany

Jaimie Clow, Mavis Adu-Bonsu, Aneuris Collado, Jeffrey McNally, Casey Normile, Argeni Collado, Ashley Stewart, Thomas Walker, Haley Sirota, James Fuller, Wael Zainy, Emma Swartzendruber, Natalia Buyantueva, Jennfier Zyniecki, Brian Nolan, Laura Farrell, David Fyvie, Justus Guy, Samantha Bachorik, Samantha Koehler, Ryan Hoin, Sha-Iva Irizarry, Mary Ann Jones, John McCabe, Carlee McDonald, Brianna Paige, Kara Podhimy, Yuchen Bai and Agiola Fero

Altamont

Nicholas Goodknight, Zuhdi Jaouni, Jared Mullen, Nicole Sherwin, Victoria Blackwood, Kaylee Veneziali, Justin Quay and Brett Reihls

Delmar

Matthew Lauricella, Jacob Goldfarb, Michael Graves, Roland, Genaway, Nicholas Hughes, Seanan Herrick, Garrett Rogers, Loren Vendetti, Xianhui Wang, Joshua Sanchez, Molly Foote, Zachary Miller, Evan DeLeon, Julia Juber, Ian Classen, Kevin Mulhall, Mitchell Young, Mackenzie Couto, Carolyn Dunbrook, Natasha Levchenko, Rachel Williams and Colin Zibell

Feura Bush

Katherine Vanderlofske, David Ortiz and Ashleigh Westervelt

Glenmont

Abubakar Ijaz, McKenzie Cataldo, Courtney Carter, Tatyana Pissarenko, Kendall Reed, Joshua Irving, Edwin Fitz, Traivionia Griffin and Aleksandr Katko

Guilderland

Chrystie Koottumkai, Veronica Cano, Jason Bren and Sahr Nyuma

Schenectady

Elijah Clemente, David Liburdi, Meenial Shahzad, Jacob Paquette, Elsa Bohl, Christopher Taaffe, Keyshon Atkins, Karly Burg, Caleb Gradoni, Blake Whittaker, Amanda Khemraj, Spencer Aviza, Ryan Surujpaul, Kyle Ziobrowski, Kristofer West, Ryan Adamczak, Matthew Fluri, Meghan Howland, Jonathon Larcom, Brian Layton, Andrew Plumadore and Cynthia Wilson

Selkirk

Alexander Hazelton, Logan Frangella, Marissa Williams, Imara Smith and Julie Matott

Slingerlands

Heath Ellerup, Nathan Swyer, Sophia Schermerhorn, Nathan Dreher, Melissa Bubeck, Joshua Tanner and Natalie Kovalchik

Voorheesville

Donna Vogel, Scott Sabatino, Melanie Dykstra, Katina Wallace, Jordan Fuller, Justin Henderson, Joseph Wepler, Julian Pyke, Mary Dollard, Caleb Nickel, Timothy Chura, Evelyn Chapman, Adele Reilly, Anita Salisbury and Christina Vondell

•••

The following students were named to the dean's list for the fall 2016 semester at Bucknell University:

McKenzie Burns of Schenectady

Bryce DiRisio of Slingerlands

Colin Randles of Delmar

•••

The following students were named to the dean's list for the fall 2016 semester at the University of New Haven:

Jared Bowman of Delmar

Sierra Carlstaedt of Schenectady

Jacob Cornish of Schenectady

Faith Cunningham of Slingerlands

Taryne Ross of Slingerlands

Edmund Schultz of Voorheesville

•••

The following students were named to the dean's list for the fall 2016 semester at Champlain College:

Jack Farley of Voorheesville

Jonathan Gaines of Delmar

Margaret Kuchinski of Delmar

The following part-time students received the dean's letter of commendation from the University at Albany for the fall 2016 semester:

Jane Gregory of Guilderland

Hannah Buckey of Altamont

Doug Clark of Schenectady

Ryan Frederick of Schenectady

Marguerite Frey of Feura Bush

Nazanin Kamali of Albany

Andrea Labunski of Slingerlands

Samantha Mall of Delmar

Kelly Mucci of Schenectady

Angelina Multari of Albany

Kelsey Smith of Albany

•••

The following students were named to the dean's list for the fall 2016 semester at the University of Rhode Island:

Katie Nickles of Slingerlands

Emily Welter of Slingerlands

Jenna Cubello of Guilderland

Alexander Johnston of Guilderland

Chelsea Shultis of Guilderland

Ryan Amadon of Delmar

Margaret Leupold of Delmar

Andrea Saxe of Delmar

Patrick Egan of Delmar

Hannah Willey of Guilderland

Kyle Fountain of Guilderland

•••

The following students were named to the dean's list for the fall 2016 semester at Saint Michael's College:

Rachel Reichel of Delmar

Margaret Daley of Slingerlands

Erin Gannon of Voorheesville

LEGALS

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

LEGALS

Suite 700 Office 40, Albany, NY 12207, purpose is any lawful purpose. Ad#140381

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:

LEGALS

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 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 TO BIDDERS NOTICE IS HEREBY GIVEN that the Town Board

LEGALS

of the Town of Bethlehem hereby invites sealed bids for Utility Repair Crews for the use of said Town for the year 2017. Bids will be received up to 11:00 a.m. on the 2nd 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 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 the subject of the bid. ORIGINAL AND ONE COPY of each shall be submitted.

LEGALS

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 informalities in or to reject any or all bids. BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM NANCY MOQUIN TOWN CLERK Dated: January 12, 2017 Ad#141586

To place your Legal Notice: Call 438-4949

LEGALS

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

VERSION A APPAREL LLC. Art. of Org. filed with the SSNY on 12/23/16. Office: Albany

LEGALS

County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 9 Sharon Drive, Albany, New York, 12205. Purpose: Any lawful purpose. Ad#141310

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 "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

LEGALS

SSNY shall mail a copy of any process to the LLC, 4 Monroe Avenue, Albany, New York 12203. Purpose: 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



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JANUARY 18, 2017

Spotlight on Opinion

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FROM THE EDITOR'S DESK

State of our towns is fortunate

“We’re a fortunate community.” Disregard, for a moment, the town supervisor who announced this claim at a recent State of the Town address. January marks the time for each community leader to assess the successes and opportunities of the previous and present year, respectively.

Bethlehem Town Supervisor John Clarkson is to be attributed to the above statement. Whether the zip code on your incoming letters state Delmar, New Scotland, Colonie or Latham, we all benefit from living in a community with excellent town services and nationally recognized public schools. Nevertheless, it’s not a time to rest on our laurels. To Clarkson’s credit, he followed his observation with just that very statement.

Our suburban towns are not too different from one another, in that they all share common challenges; the two that often wrestle with one another would be that of development planning

and preservation of town services and infrastructure.

Colonie Town Supervisor Paula Mahan plans to address the “Best Suburban Community,” as voted, almost perennially, in the Times Union. She, too, oversees a town with award winning town services and admired public parks, but is nonetheless faced with the challenges of addressing traffic and continued development. Colonie’s central location between the four cities of the Capital District — Albany, Schenectady, Troy and Saratoga Springs — forces the town to accommodate the needs of its residents, and a portion of the 200,000 people simply passing through. Still, when a town is able to wave such a flag that labels it the best community, it draws people to move in.

Development has been an issue in Bethlehem. Residential projects are cropping along Delaware Avenue, Wemple Road, and everywhere else in between. Open land long appreciated by residents who have spent decades growing up and raising their own families here,

have grown concern with losing what they consider home. More residents bring in more tax money into town government, but it adds stress on community services that enrich our neighborhoods, too.

The vocal majority is concerned about the preservation of our fortunate communities. New neighbors are welcomed, but town officials need to remain diligent preserving the character of our towns, and doing the best it can to maintain open space and public parks. The nuances of well-maintained sidewalks under mature trees that have lined our streets, is not an obstacle to progress. Being able to keep what generations of our townspeople have enjoyed and have come to expect from living in our hometowns is the definition of progress in an ever changing world.

This year marks another election year for our town supervisors, and you can already hear the campaign messages. What is shared in these addresses will be used as a benchmark in the coming months, and voters will hold our leaders accountable.

This year marks another election year for our town supervisors, and you can already hear the campaign messages. What is shared in these addresses will be used as a benchmark in the coming months, and voters will hold our leaders accountable.

TALK BACK

The Spotlight welcomes feedback on this editorial or any other hot topics in the news. Email us at news@spotlightnews.com.

WHAT HAPPENED IN 2007...

10 years ago: a state wide pay raise

CAPITAL DISTRICT — Ten years ago, the minimum wage in New York State went from \$6.75 to \$7.15 an hour, and was considered to be the last stop in a process that hiked up the wage incrementally over a time span of three years.

According to a *SpotlightNews* article published in January of 2007, pending legislation federal legislation would have further bumped minimum wage up to \$7.25.

The discussion then, as it is now with minimum wage increases, is whether or

not small businesses and restaurants will be adversely affected by the wage hike.

In 2007 however, local experts contended with the idea that a minimum wage hike would hurt establishments such as restaurants.

“There doesn’t really seem to be any evidence that the increase in the minimum wage has hurt the food service industry,” Trudy Renwick, senior economist at the Latham office of the Fiscal Policy Institute said. According to Renwick, during the same year as the previous wage

hike in 2005, New York’s small businesses experienced a 1.6 percent job growth, and the food service industry experienced a 2.7 percent job growth.

Further studies showed that job growth occurred much more quickly in certain states, such as New York, where the minimum wage was above the federal level.

But restaurant owners maintained that the wage hike would ultimately hurt their business.

Rick Sampson, then president and CEO of the New York State Restaurant

Association, said that when a wage increase affects the industry’s bottom line, the only solution is to raise menu prices and, ultimately, cut back on the hours that are available to staff.

“The only thing that’s important to us is not only the minimum wage going up, but that the minimum wage is going to the wrong people in the industry,” Sampson said in the 2007 article.

Recently, the minimum wage went up to \$10 in Westchester County and Long Island, and \$9.70 in the rest of the state.

THE
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From page 1 ... Bethlehem

approved at tomorrow night's organizational Town Board meeting.

Financially, said Clarkson, the town has "achieved and been able to maintain structural balance." He pointed out Bethlehem enjoys the most comfortable financial position in the Capital District and said, while town finances may not be interesting, neither are they easy to manage. "It's about being able to do things," he said, "things like building sidewalks."

He discussed the various efforts made by the town in recent years to develop and implement a fiscally sound, transparent government — including securing two \$200,000 microenterprise grants, the first of which helped to support, or open in some cases, nine Bethlehem businesses. (The town is currently accepting applications from microenterprises, businesses with fewer than five employees, old or new, who are in need of additional capital or new equipment.)

"Agenda-setting," Clarkson said, however, "is really only a part of governance. In fact, it's not even the majority. Things happen that you didn't plan on, things happen that you have to take care of." Confessing a lack of experience in the area, Clarkson acknowledged, for example, that town residents are concerned about traffic safety, especially as it concerns cyclists and pedestrians. In response to that concern, he said, "now we have a group that meets that includes our police department, our planning department, our highway superintendent, a lot of other people."

Now, whenever an issue regarding traffic

safety is brought before the town, he said, "We get together and we try to look at it rationally. It's not always a 'yes.' People can ask for a stop sign and we may say, 'well, the engineering shows that it does not belong here.'" He pointed out the town has been responsive to speed limit concerns in some areas, saying that they were continuing to look at others for the same purpose.

Reducing excessive overtime is another area in which he touted success, noting that overtime costs, especially in law enforcement, were down, "dramatically," for the third consecutive year, due to successful contract negotiations and changes in management practices. "Sometimes some feathers are ruffled," he said, "but we work through it."

At this point in his address, Clarkson began to look forward. "If we're not moving forward, we're not doing the job," he said. "We have a big year ahead."

He chose to highlight three major focuses going into the year: the town waterfront revitalization program; the Delaware Avenue enhancement project; and the preservation of open spaces.

Plans such as the Waterfront Revitalization Plan enable the town to receive funding for certain projects and, said Clarkson, ensure that state and federal government will consider the wishes of the town when moving forward with projects of their own. "I don't know what the final waterfront plan will include yet," he said. "We have a great group that's working on it and they're doing a lot of interaction with the citizens."

The planning process for the waterfront is expected to wrap up by this summer. As for the enhancement of Delaware Avenue, Clarkson warned this highly anticipated

project will present its share of headaches. He said construction will involve reducing traffic to one lane and additional disruptions.

"We're going to work with the state, who is overseeing this project, and with the merchants and do the best job we can, but there will be some interruption," said Clarkson.

The enhancement, said Clarkson, will include the rebuilding of the street and the infrastructure that lies beneath. "We will have a brand new street, brand new sidewalks — in some cases, where there weren't really sidewalks. We'll have parking bump-outs, we'll have pedestrian crossings, new lights, new street trees."

The town will do its best to keep affected residents informed regarding the project timeline, he said before moving on to the topic of open space preservation.

"Planning only works when the public is involved," Clarkson said moments later. "And open space planning and the discussion over what we should do is very much an interaction between the public and the town. We have a long history on this of not actually reaching a full consensus."

Clarkson cited conversations with not-for-profit groups such as Mohawk-Hudson Land Conservancy and Scenic Hudson, but Bethlehem has never opted to buy development rights to preserve open space. He said the town has come close to taking that step several times in the past and suggested the town would be taking bolder steps in that direction.

"We're one of three communities statewide, for example, that has a conservation easement program," he said, noting that Breslin and Fahy worked to make that possible. "That allows us to lower property taxes for owners who are willing to

give up development for at least 15 years," he explained. "It hasn't been a great success yet because of the 'opt-in' from the other taxing jurisdictions." Bethlehem Central School District opted in this year and Clarkson said, in the coming year, former Town Board member and current county Legislator William Reinhardt will be sponsoring the legislation that would allow the county to opt in as well.

"It won't cost county taxpayers anything," said Clarkson. "All it will do is just very, very slightly redistribute the amount that Bethlehem residents pay. We are willing, I think, to give up a very, very minor amount in our taxes to help landowners preserve their land and this does it without us paying out of pocket or raising the budget."

"But we also want to look at spending town money," he continued. "We've chipped up right to the edge of it and we want to look at going further." The town hopes to utilize the Community Conservation Act, Clarkson said, to adopt an open space plan that would include a local property transfer tax levy — subject to approval by voters. "So it would give us, not only a mechanism, but also a fund to deal with this, if we choose to do so."

"We will pursue the legislation as we pursue the conversation with our residents," he said, before briefly mentioning the usefulness and fluidity of the town's comprehensive plan and recent changes to town zoning law.

"We're a fortunate community," he said in conclusion. "I think we all know that. And from those who are fortunate, much is and ought to be expected. . . We should never rest on our laurels or stop striving. I can promise you that I will not and I don't believe that this town ever will."

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Mollie Dambrocia, MSPT

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BETHLEHEM SOCCER CLUB IS SEEKING BOARD MEMBERS

The Bethlehem Soccer Club is currently seeking volunteers to serve on its **board of directors**. Do you know anyone that might be a great board member OR who may know great people for the board? There are numerous rewards associated with serving on our board. You will directly improve the lives of children, improve sports in our region and meet interesting business leaders.

Participation is a commitment of time as the organization is in need of the professional and practical expertise provided by its board. A board member is expected to attend monthly meetings, support the organization's goals, participate in business development activities, and adhere to the bylaws.

If you would like more information regarding the duties of the director positions please contact our Club President Jeremy Martelle at president@bscny.org. Interested candidates should submit their resume and cover letter (indicating why you would like to be on the board) to Kristen Costantini, the Club Administrator at administrator@bscny.org by **February 10, 2017**.

MISSION: BSC is a not-for-profit 501(c)(3) organization whose mission is to provide opportunities for youth of all levels to play and enjoy the game of soccer. The goal of the club is to create an environment where players can develop to their fullest potential, through volunteer efforts, professional leadership, high quality coaching, and outstanding facilities. The club encourages players to have fun while learning the values of teamwork, sportsmanship and fair play.



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Monster Jam

The monster trucks return to the TU Center Saturday, Jan. 21 and Sunday, Jan. 22.

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ENTERTAINMENT

PICK OF THE WEEK



Amy Helm

Helm is embarking on a tour around the Northeast that will take her to New York City, Plattsburgh and New Jersey over the next seven days, but first stops at Cohoes Music Hall Saturday, Jan. 21, at 8 p.m.

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Back from the Valley

The years may have gone by since appearing in "Valley Girl," but they haven't caught up to The Plimsouls

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

IF YOU GO

In his book titled, "The Greatest Rock 'n' Roll Songs Ever," Avram Mednick listed The Plimsouls' "A Million Miles Away," among hits by Elvis Presley, Jerry Lee Lewis and Led Zeppelin.

The author, a no-nonsense college instructor out of the San Francisco Bay area, stated he heard "a great deal" of the song after moving to the area in 1981. "It's got the whole package," he wrote, "popish, almost to a fault, with the big production, the alienated lyrics and the hot guitar."

"That song was a big teenage hit in California," wrote Mednick,

- **What:** The Plimsouls Re-souled w/ The Lawn Sausages
- **When:** 3 p.m. on Sunday, Jan. 29
- **Where:** The Hangar on the Hudson; 675 River St.; Troy, N.Y.
- **How much:** \$10 in advance (\$15 at the door)
- **Info:** thespot518.com/tickets

"I can't go out there and do the Holiday Inn version of The Plimsouls. ... We're favorably in line with the mid-period of The Plimsouls".

Photo by John Boydston

INSIDE



Arts calendar

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HOUSE WARMING

Today (Jan. 18) is the Members' Show at the new location for the Albany Center Gallery. Party starts at 5 and ends at 9 p.m.




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INTERVIEW

Photo submitted

Living in a dream

Josh Carter explains the maturation of Phantogram's sound

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

Josh Carter has been traveling the world so much that he dreams of being on the road. “My girlfriend said to me the other day that I was sleep talking, and I was saying something about being in Singapore,” said Carter. “I’ve never been to Singapore.”

Give Carter and Sarah Barthel — better known as fast-rising alternative electronic pop group Phantogram — enough time and they may yet reach Singapore.

The duo from Greenwich recently wrapped up five months of constant touring in support of its new album, “Three,” with a series of East Coast club shows, including a sold-out show Saturday, Jan. 14 at Upstate Concert Hall in Clifton Park.

“I used to go to Hatebreed shows at Northern Lights (what Upstate Concert Hall used to be called,)” said Carter in a phone interview from Los Angeles, where he now lives. “I was really into hardcore back then.”

There is a harder edge

to Phantogram's songs than when Carter and Barthel started out as Charlie Everywhere in 2007. The breathy vocals and electronic soundscapes featured in early songs such as “Mouthful of Diamonds” and “When I’m Small” have been replaced with big beats and in-your-face vocals, as found in more recent hits as “Black Out Days,” “Fall in Love” and “You Don’t Get Me High Anymore.”

Carter said the change to a more aggressive sound was fueled in part by audience reaction to the band's shows early in their career.

“I can’t cite a specific moment, but I remember people saying to us, ‘I love the music, but I can’t understand any of your

lyrics because they were so buried in the mix,’” said Carter. “So, I think it’s a combination of playing live shows and gaining confidence.”

Carter also said collaborating with other artists helped Phantogram grow. A guest appearance on Big Boi’s 2012 solo album “Vicious Lies and Dangerous Rumors” led to a full-blown side project with the Outkast rapper called Big Grams that led to an EP in 2015. Phantogram also appeared on The Flaming Lips’ tribute album to The Beatles’ “Sgt. Pepper’s Lonely Hearts Club Band” — 2014’s “With a Little Help from My Fwends” — where Carter and Barthel tackled “She’s Leaving Home.”

“It’s been so much fun. It’s also been a learning experience,” said Carter. “Collaborating and playing music with others is always a good thing because you learn so much.”

Having the chance to work with Big Boi on Big Grams has been a dream for Phantogram, said Carter.

“We were heavily influenced by Outkast. In fact, Sarah and I call ourselves Aquemini (a title of a 1998 Outkast album) because Sarah is an Aquarius, and I am a Gemini,” said Carter. “We loved Outkast because it seemed like the sky was the limit for them. They could do something like a gangsta rap on one song, and then they’d have this cheerlead-y pop song like

‘Hey Ya.’”

Phantogram’s own discography maps out the direction the band has been heading. “Eyelid Movies” in 2010 — their first release for indie label Barsuk Records — was an expansion of its self-released EP from the previous year, which included “Mouthful of Diamonds.” In 2011, they released the EP “Nightlife,” which saw the beginning of the band’s transition from shoegazing electronic music to more sample-heavy hooks, as found on “Don’t Move.”

A couple of years later, Phantogram moved to Republic Records — a division of Universal Music Group that features artists such as Ariana Grande, Nicki Minaj and Drake, among others. The group’s first album for Republic, 2014’s “Voices,” brought their music to a more mainstream audience around the world. They started making regular appearances on such shows as “The Tonight Show with Jimmy Fallon,” “Jimmy Kimmel Live” and “The Late Show with David Letterman.”

“Three” marked another

transition for Phantogram. The band exclusively worked with an outside producer for the first time, as Ricky Reed took the controls on the album. Outside songwriters including the-Dream and Tricky Stewart also collaborated on the album.

Reviewers had mixed feelings about “Three,” but Carter said the album is part of Phantogram’s continued growth.

“We’re not David Bowie. We’re not as brilliant as he,” said Carter. “But if we can have that one moment like David Bowie had with ‘The Thin White Duke’ and ‘Ziggy Stardust,’ that would be awesome.”

And as it edges closer to mainstream success, Phantogram is proving that a Capital District band can have an international following.

“I’m proud and happy to represent our home area,” said Carter. “It’s a testament that you don’t have to be from New York City or Los Angeles or Austin or San Francisco to be successful.”



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■ WHAT'S HAPPENING

Young phenom in control of icon

Teenager drives famed Grave Digger truck this season

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

ALBANY — At 19, Tyler Menninga is realizing a dream that few can claim.

The Monster Jam series driver entered his second year on the circuit earlier this month, yet it's the first time he will climb behind the steering wheel of the sport's most iconic vehicle, Grave Digger.

"Grave Digger has always been a favorite of mine," said Menninga, speaking about growing up as a fan of Monster Jam.

Today, Grave Digger is a household name. That's due in part to the longevity of the Anderson family, the team's owner, who celebrates their 35th anniversary this year. Another factor that led to the brand's success is the tenacity of



MENNINGA

its original driver, Dennis Anderson. Anderson built the first Grave Digger by adding tractor wheels to the body of a 1951 Ford panel truck for mud bogging. As the story goes, Anderson was often on the receiving end of verbal jabs from other drivers who incorporated modern and, for competition sake, lighter truck models. He supposedly said, I'll take that truck and dig your grave with it. Whether he said that or not, Anderson style of driving supports the claim. In a sport that demands speed, power and a penchant for auto-mechanical acrobatics, Grave Digger earned the crowd's admiration. Anderson's aggressive style often produced spectacular crashes, and short-lived runs during shows. Nevertheless, Grave Digger earned a following that rivaled

Bigfoot — a rivalry that continues today. "Dennis [Anderson] has created what Monster Jam is," said Menninga. "This sport wouldn't be without Dennis Anderson. He's created such a legacy. This



LEGEND

Tyler Menninga, 19, drives Grave Digger this year.

Submitted photos

being the 35th anniversary and me hopping into the Grave Digger truck this year, it's a tall order. We've got quite the fan base to keep happy this year. We want to do good for them each and every time we go out there on that track."

This year, Albany is going to see something different out of the competition when the tour roars into the Times Union Center Saturday, Jan. 21 and Sunday, Jan. 22. The tour promises to test the versatility of each driver as they go head-to-head in seven different competitions, driving three different vehicles — trucks, speedsters and ATVs. Drivers battle for points in both racing and freestyle events, and the point leader from each tour receives a bid to the Monster Jam World Finals.

Nevertheless, the entertainment still

involves the famed trucks, altered in both size and strength to such an extreme they're called "monsters." Custom built engines that bristle and growl burn up to 10 liters of methanol per 80 meters, providing 1,500 horsepower. With each vehicle required to be on tires no shorter than 66 inches in height, drivers operate vehicles equivalent to the size of a two-story detached garage. When that garage holds years of Monster Jam accolades and 35 years of brand recognition, it can be daunting for a young driver.

"[I'm] a little bit nervous," admits Menninga. "So long as I can go out there and put a smile on every fan's face every night, that's all that matters. Win, lose or draw, if I can get out of that truck happy, I know the fans are happy."



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PICK OF THE WEEK

Music to move you

Amy Helm wants to see people dancing in the aisles when she returns to the Cohoes Music Hall Saturday

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

COHOES — Amy Helm has a wish for her return to the Cohoes Music Hall Saturday, Jan. 21, at 8 p.m.

“We want the dancers to come out,” said Helm in a recent phone interview from her home in Woodstock. “We had a handful of dancers last time, so I’m hoping for more this time.”

Helm was the first musician to play a show at the Cohoes Music Hall when it reopened last year, after the Palace Theatre took over operating the Vaudeville-era theater on Remsen Street.

“I loved it,” said Helm of her first experience in the 300-seat, two-tiered theater. “It’s a very interesting space.”

Helm is embarking on a short tour around the Northeast that will take her from Cohoes to New York City, Plattsburgh and New Jersey over the next seven days. Among the shows on this short tour is a performance at a Leonard Cohen tribute concert on Jan.

24 in Brooklyn alongside such performers as Josh Ritter, Lucy Wainwright Roche and Teddy Thompson.

For her Cohoes show, Helm will be joined by her band, the Handsome Strangers, and opening act Eastbound Jesus, a Capital District-based Americana group.

Helm said she’s been observing the music scene in both the Capital District and the mid Hudson River Valley for a while, and she’s been impressed with the depth of talent.

“Not long ago, I went down to Quinn’s in Beacon ... and I watched Connor Kennedy, Andy Stack and Lee Falco — with a special guest — do a set of music that would blow you away,” said Helm. “And they’re all young and from around (the Woodstock region).”

These have been interesting days in Helm’s life, too. There has been a revival of interest in The Band — which featured her late father, Levon Helm, on drums and lead vocals — on the 40th anniversary of the release of “The Last Waltz,” the album and documentary film about

the group’s final concert in 1976. A super group featuring guitarist Warren Haynes, keyboardist/vocalist Michael McDonald, former Radiators lead singer Dave Malone, Dumpstaphunk leader Ivan Neville, pianist and Hudson River valley resident John Medeski and more will be playing Feb. 2 at the Palace Theatre. (An interview with Medeski will be featured in an upcoming edition.)

“I think it’s wonderful, I think it’s fantastic and I think it’s important for this music to be reintroduced to the public,” said Helm.

Helm doesn’t shy away from playing her father’s music from his days in The Band during her shows.

“I always try to do a few songs that dive back to my father,” said Helm. “My father is very present in my shows because some of my songs are ones that he taught me how to play when I was younger, and some are The Band’s songs.”

Helm also continues to run Levon Helm Studios in Woodstock — a venue created inside a barn where the audience sits around the



Amy Helm returns to the Cohoes Music Hall Saturday, Jan. 21, at 8 p.m. She will be joined by special guests Eastbound Jesus.

Photo courtesy of www.amyhelm.com

performers on three sides.

“It’s got a very warm and inviting vibe, and the relationship between the performers and the audience is very intimate,” said Helm.

But for Helm herself, there is nothing compared to the thrill she

gets playing her songs for people.

“Players need to play,” said Helm. “People need to play music, and people need to hear music.”

Tickets for Helm’s Jan. 21 Cohoes Music Hall show range in price from \$25 to \$35. For more information, visit palacealbany.com.

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■ IN BRIEF

Photo art exhibit at Eden Cafe

LOUDONVILLE — A photo exhibit dubbed as a Photo Folk Art Experience Plus, debuts at Eden Cafe, Friday, Jan. 20 at 7:30 p.m.

Photographer Amy Modesti uses painting and photography as mediums to define what it means to be immersed in a social culture.

Eden Cafe is located on 269 Osborne Road in Loudonville.

To preview Modesti's art, visit her website at www.almifineartandphotography.wordpress.com.

Tom Waits tribute at Caffè Lena

SARATOGA SPRINGS — Tom Waits, gruff of voice and grim of wit, is truly one of America's greatest songwriters. His catalog, from the bohemian barroom croon of "Closing Time" to the Beefheartian howl of "Bad As Me," is an inspiration to generations of musicians, and a crash course in the roots rock that has so informed Caffè Lena over the past 20 years.

Ramblin' Jug Stompers' Michael hosts The Heart of Saturday Night: Songs of Tom Waits from the newly renovated Caffè Lena, Saturday, Jan. 21 at 8 p.m.

Sean Rowe highlights an evening showcasing multiple artists in the tribute to Waits. Each artist putting their own spin on the works of the bard of Sonoma County; adding selections from The Early Years, Heart Attack and Vine, Rain Dogs, Frank's Wild Years, Bone Machine, Mule Variations, Real Gone and Orphans (Brawlers, Bawlers & Bastards) to those from the debut and 2011's Bad As Me.

Tickets cost \$20. For more information, call (518) 538-0022.

Stephen Lynch at The Egg


ALBANY — Stephen Lynch will perform at the Egg on Wednesday, Jan. 18 at 8 p.m. at 1 Empire State Plaza.

Lynch considers himself "a musician trapped in the body of a comedian," bringing to the stage a unique blend of musical based comedy. He has also won a Drama League Award, Drama Desk Award and a Tony Award for the title role of the Wedding Singer on Broadway.

Tickets are \$35. For more information call 518-473-1845 or visit www.theegg.org.

Dan Sherwin at O'Slattery's


DELMAR — Dan Sherwin will perform at O'Slattery's on Wednesday, Jan. 18 from 6:30 to 9:30. at 318 Delaware Ave. in Delmar.



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Night & Day

Night: Tinsley Ellis at The Linda

ALBANY — The Capital Region Blues Network will present a performance by Southern blues-rocker Tinsley Ellis at The Linda, WAMC's Performing Arts Studio, on Saturday, Jan. 21, at 8 p.m.

While Ellis may speak no evil, he sings and plays with the conviction of, as Billboard wrote, "...a man possessed." Over the course of 11 albums and thousands of live performances, he easily ranks as one of today's most electrifying blues-rock guitarists and vocalists. He approaches his music with rock power and blues feeling, in the same tradition as his Deep South musical heroes Duane Allman and Freddie King and his old friends Derek Trucks and Warren Haynes.

Averaging over 150 live shows a year, Ellis has played throughout the U.S., Canada, Europe, Australia and South America. He has shared stages with major blues stars including Stevie Ray Vaughan, Otis Rush, Willie Dixon, Son Seals, Koko Taylor and Albert Collins.

Tinsley will be joined by special guest 2 Blue, featuring guitarists/vocalists Amy Ryan and Richard Green, for this performance.

Tickets for the show are \$15 each and are available for purchase online at www.eventbrite.com/e/tinsley-ellis-tickets-29822548044.

The Linda is located on the northwest corner of the intersection of Central Avenue

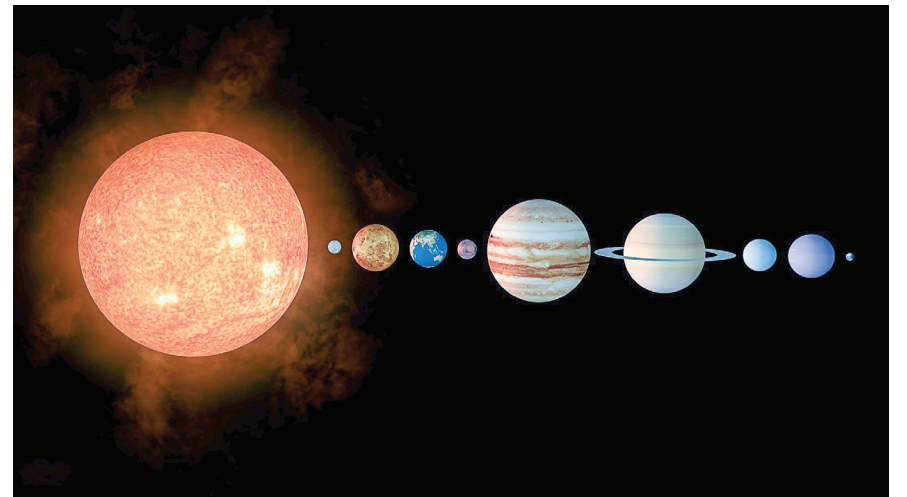
(State Route 5) and Quail Street at 339 Central Ave.

For driving directions and parking information, visit www.thelinda.org/directions-parking/



Tinsley Ellis

Photo courtesy artist's official website



Day: Journey Through the Solar System at CMOST

TROY — Take a trip through our solar system without having to leave the planet or town!

SUNY Polytechnic's Children's Museum of Science and Technology (SUNY Poly CMOST) will hold "Journey Through the Solar System," on Thursday, Jan. 19, from 1 to 2:30 p.m.

Blast off for a visual journey through our solar system. Students will learn about the relationships between the Earth, the sun and the rest of the solar system through hands-on activities and experiments with rockets during this

science enrichment lab program.

Pre-registration is required and class size is limited. There is no additional cost to participate. General admission to the museum for members of the public is \$5 per person ages 2 and older.

For more information or to register, call the museum at (518) 235-2120.

CMOST is located in the Rensselaer Technology Park (off of U.S. Route 4) at 250 Jordan Rd. Driving directions are available online at www.cmost.org. Free parking is available on site.

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(Reception begins at 6:30pm • Album Played at 7pm)

FREE ADMISSION Presented by: **CHIN MUSIC**

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IL FARO RESTAURANT & BAR

Come Celebrate the Year of the Rooster... Our Chinese New Year Party!

Sat. January 28th 5pm-Close

Chinese New Year's Purpose is to bring luck & prosperity to everyone celebrating

- Live Music 7-10pm Featuring Upstate Dance Band (Classic & Modern Rock)
- DJ Sal Graziano w/Karaoke 10-midnight
- Drink Specials: Lychee Martini, Green Dragon Cocktail, Green Tea Luck, Jade Cocktail
- Dinner Specials: Grandpa Chong's Beef Lo Mein, and Pan-Seared Sea Bass w/Black Bean Sauce & Baby Bok Choy

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CLUBS

9 Maple Avenue

9 Maple Ave., Saratoga Springs.
www.9maple.com
Fri: **Mark Kleinhaut Quartet** | 9 p.m.
Sat: **Scott Bassinson Quartet** | 9 p.m.

Albany Rail Yard

1118 Central Ave., Albany. 489-2990
Wed: **Salsa Night** | 8:30 p.m.
Every Thur: **DJ Scott Grant** | 9 p.m.
Fri: **Legend** | 8 p.m.
Sat: **The Schmooze** | 8 p.m.

Aperitivo

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

Arthur's Market

35 N. Ferry St., Schenectady. 382-1938
Wed: **John Birchler** | 7 p.m.
Every Thur: **Edith's Amazing Jam** | 6:30 p.m.
Fri: **Kitchen Jazz** | 7 p.m.
Sat: **Paddy Kilrain, Benjamin John** | 7 p.m.
Mon: **Francis Wilkin** | 7 p.m.
Tue: **Dynamic Duo** | 7 p.m.

Athos

1814 Western Ave., Albany. 608-6400
Fri: **Shiri Zorn** | 7 p.m.

Caffé Lena

47 Phila St., Saratoga Springs. 225-0882
Wed: **Bluegrass Jam** | 7 p.m.
Fri: **Beaucoup Blue** | 8 p.m.
Sat: **Songs of Tom Waits** | 8 p.m.
Sun: **Ramblin Jug Stompers** | 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.
Fri: **Too Gone Daddy** | 7 p.m.
Sat: **E.J. Hopeck** | 8 p.m.

Castle Street Café

10 Castle St., Great Barrington, Mass.
(413) 528-5244
Fri: **Wanda Houston Band** | 7:30 p.m.
Sat: **Ben Kohn Trio** | 7:30 p.m.

Centre Street Pub

308 Union St., Schenectady. 393-2337
Thur: **Doug Leiby** | 7 p.m.
Fri: **The Getdown** | 9 p.m.
Sat: **Ill Funk** | 9 p.m.

City Beer Hall

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

Club Helsinki

405 Columbia St., Hudson. 828-4800
or helsinki.hudson.com
Thur: **ProJam #18: Randy Ciarlante, Bruce Katz, Chris Vitarello, Jay Collins, Rick Knapp, Sonny Rock, more** | 8 p.m.
Sat: **Mark Gamsjager & the Lustre Kings, Ian Carlton, Taylor Floreth, Mike "Chops" LaConte** | 9 p.m.
Sun: **Nellie McKay** | 8 p.m.

Daily Grind

46 Third St., Troy. 272-8658
Sun: **Sheiks of Third Street** | noon

Dolce Vita

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

Eden Cafe

269 Osborne Road, Loudonville.
977-3771

ARTS CALENDAR



Live at Club Helsinki

Eclectic singer-songwriter Nellie McKay brings her tour to Hudson's Club Helsinki Sunday, Jan. 22, at 8 p.m. McKay will be featuring songs from her album, "A Girl Named Bill: The Life and Times of Billy Tipton."

Submitted photo

Sat: **Erin Powers** | 7:30 p.m.

Emack & Bolio's

366 Delaware Ave., Albany. 512-5100
Fri: **Blue Wilder** | 7 p.m.
Sat: **Alan Goldberg** | 7 p.m.
Every Tue: **Open Mic** | 7 p.m.

Fuze Box

12 Central Ave., Albany. 703-8937
Fri: **Cretin Hop** | 10 p.m.
Sat: **BassBullets, Hazey, Leila, Chatter, Reddi, Mentally III** | 9 p.m.

Gaffney's

16 Caroline St., Saratoga Springs.
587-7359
Fri: **Rick Bolton & Jeff Walton** | 5 p.m.
Saving Atlantic | 9 p.m.
Sat: **Acoustic Circus** | 9 p.m.
Tue: **Open Mic w/ Rick Bolton** | 8 p.m.

Ginger Man

234 Western Ave., Albany. 427-5963
Fri: **Steve Gray** | 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
Fri: **Lady Moon & The Eclipse, Robbing Johnny** | 8 p.m.

The Happy Cappuccino

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

The Hollow Bar + Kitchen

79 N. Pearl St., Albany. 426-8550
Fri: **The Mallett Brothers Band, Becca Frame and the Tall Boys** | 9:30 p.m.
Sat: **Andrew Wheeler Band** | 2 p.m.

Hudson River Music Hall

10 Maple St., Hudson Falls. 832-3484
Every Wed: **Open Mic** | 7 p.m.
Sat: **The Al Tolomeo Trio** | 3 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.
Wed: **Melissa Sgambelluri** | 6 p.m.
Thur: **Mike Kelly** | 6 p.m.

The Low Beat

335 Central Ave., Albany. 432-6572
Every Wed: **The Deadbeats** | 10 p.m.
Fri: **The Bremners** | 6 p.m.

Phantom Signals, Shrapnel Warning, Hill Haints, Rescott Renegade | 8 p.m.
Sat: **Bodacious Cowboy,**

Yankee Holler, Fauxbos | 8 p.m.

Mon: **JT Woodruff, In Her Own Words, Woven in Hiatus, Hazing** | 6 p.m.

McGeary's

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

Merry Monk Saratoga

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

Moon & River Café

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

Mouzon House

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

Newberry Music Hall

388 Broadway, Saratoga Springs.
(877) 565-3849
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** | 6:30 p.m.
Fri: **Little Jack** | 8 p.m.
Tue: **DJ Trivia** | 7 p.m.

Parish Public House

388 Broadway, Albany. 365-0444
Wed: **The VeeVees** | 8 p.m.

The Parting Glass

40 Lake Ave, Saratoga Springs. 583-1916
Thur: **Saratoga Opera** | 7 p.m.
Fri: **Forthlin Road** | 8 p.m.
Sat: **Hair of the Dog** | 8 p.m.

Pauly's Hotel

337 Central Ave., Albany. paulyshotel.com
Thur: **Lesli Sanders, Mike Trash, Ike's Wasted World, Brother T** | 8 p.m.
Fri: **Colorway, Ferriday** | 8:15 p.m.
Sat: **Anti-Cosmos, OxDx, Dry Goods** | 8:30 p.m.
Mon: **Blue Monday Blues Jam** | 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
Fri: **Christine Spero Band** | 6 p.m.
Sat: **A3** | 6 p.m.

Putnam Den

63a Putnam St., Saratoga Springs.
584-8066
Sat: **Knot Dead** | 10 p.m.

Rustic Barn Pub

150 Speigletown Road, Troy. 235-5858
Every Thur: **Open Mic** | 8 p.m.
Fri: **Flux Capacitor, Ampevene** | 8 p.m.
Sat: **Skeeter Creek** | 9 p.m.
Sun: **Maurizio Russomanno** | 4 p.m.

Sake Japanese Steakhouse

611 Troy-Schenectady Road, Latham.
785-7215
Sat: **Groove Nouveau** | 7:30 p.m.

Savoy Taproom

301 Lark St., Albany. 599-5140
Sat: **Black Mountain Symphony, Factory Radio, Carl Daniels** | 9 p.m.
Sun: **Bryan Brundige Trio** | 11 a.m.

Speakeasy 518

42 Howard St., Albany. 449-2332
Wed: **Tyler Giroux** | 8 p.m.
Thur: **Bryan Brundige Duo** | 9 p.m.
Fri: **Nate Giroux Trio** | 9 p.m.
Sat: **Ryan Sgroi Trio** | 9 p.m.
Mon: **Joe Finn** | 8 p.m.
Tue: **Mike Jenkins & The Fat Ties** | 8 p.m.

Stockade Inn

1 North Church St., Schenectady.
346-3400
Thur: **Eileen Mack & Peg Delaney** | 7 p.m.
Fri: **Carla Metz & Larry Acunto** | 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
Fri: **Eric Johnson Trio** | 8 p.m.

Waterworks Pub

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

Wellington's

Renaissance Albany Hotel, 144 State St., Albany. 992-2432
Fri: **Ryan Clark** | 6 p.m.

Yono's

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

MUSIC

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.

Jeff Snow

Singer, musician and storyteller. Jan.

Continues on B10

What's Brewing

presented by The Spinney Group

Featured News on SpotlightNews.com

The Spinney
at Pond View
Home to a New Generation

ARTS CALENDAR



Old Songs showcase

The Loosely Wound String Band is one of several groups performing at the annual Old Songs Sampler Concert Saturday, Jan. 21, at the Old Songs Community Arts Center, 37 South Main St. in Voorheesville.

Submitted photo

20, 7 p.m., Singles Outreach, 435 New Karner Road, Colonie. Admission: \$5/\$8. Information: 452-6883.

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.

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. Jan. 22, 3 p.m., Proctors, 432 State St., Schenectady. Tickets: \$40 and \$65. Information: 346-6204 or www.proctors.org.

Battenkill Chorale

Performing "On Hallowed Ground — A Plea for Peace," Jan. 22, 3 p.m., Zankel Music Center, Skidmore College, North Broadway, Saratoga Springs. Tickets: \$15. Information: 692-7458.

Albany Pro Musica

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.

Twenty One Pilots

Hip hop/alternative rock duo known for songs such as "Stressed Out" and "Ride," with special guests Jon Bellion and Judah & The Lion. Jan. 25, 7 p.m., Times Union Center, 51 South Pearl St., Albany. Tickets: \$39.50-\$49.50. Information: www.timesunioncenter-albany.com.

THEATER

Dial M for Murder

Classic thriller about a murder plot gone awry. Presented by Curtin Call Theatre, 210 Old Loudon Road, Latham, 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.curtinalltheatre.com.

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.

Urinetown: The Musical

A satire about the lengths the government will go to control how its citizens "go." Presented by Schenectady Light Opera Company, Jan. 20-29, SLOC Performing Arts and Education Center, 427 Franklin St., Schenectady. Tickets and information: (877) 350-7378 or www.sloctheater.org.

Story Sunday

"Stories of Being Assisted and Assisting Others," with Kent Busman, Alden (Joe) Doolittle and Harlan Ratmeyer, Jan. 22, 7 p.m., Glen Sanders Mansion, 1 Glen

"Best Little Coffeehouse this Side of Paradise!"

Dinner Served starting at 4:30 PM

"BEST EVENTS" AT EDEN CAFE

Fri., Jan. 20th • 7:30pm-9:30pm
Art Show: Amy Modesti's Photo Folk Art Experience *Plus
(Plus : Local Musicians making cameo Appearances)

Sat., Jan 21th • 7:30pm-9:30pm
Live Music Featuring Erin Powers

269 Osborne Road | Loudonville | 977-3771 | www.edenasc.com

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ACROSS

1. Grassland plain in South America
6. Monetary unit of Ghana
10. Big wine holder
13. Basket material
14. Coffee break snack
15. 1969 Peace Prize grp.
16. Marrying again
18. Brouhaha
19. Cardinal
20. A chip, maybe
21. Air
22. Short opening act
26. French navigator Jacques
28. Farmer's place, in song
29. Unfair treatment of old people
30. Rich
34. Morgue, for one
35. Passionate
37. Free from, with "of"
38. Strong and deep in tone
41. Bear
43. Artificial Intelligences
44. Early pirates
46. Making something required
50. Mysterious: Var.
51. Battering wind
52. Castle part
55. Victorian, for one
56. To consider
59. Kipling's "Gunga ___"
60. A Christian adhering to an Eastern rite
61. Alternative to a convertible
62. "Comprende?"
63. Back
64. Clarification lead-in

DOWN

1. Base of a crocus stem
2. Fishing, perhaps
3. Copies of other's behavior
4. Small change
5. "Catch-22" pilot
6. Cousin of a raccoon
7. Bring about
8. Directly
9. "___ alive!" (contraction)
10. Computer woe
11. "Home ___"
12. Eiffel ___
14. Void
17. Miles per hour, e.g.
21. Knight fight
23. Backboard attachment
24. Bank
25. "Is that ___?"
26. "The Alienist" author
27. Chill
30. All ___
31. Citrus drink like lemonade
32. Little dent
33. "What are the ___?"
35. Saturated substances
36. A badge of honor or authority
39. Comply with
40. Discouraging words
41. Schuss, e.g.
42. Passed urine (child saying)
44. Hotel employee
45. Any thing
46. Demands
47. Like "The X-Files"
48. Construction site sight
49. Golden Horde member
53. Flight data, briefly
54. Confined, with "up"
56. Blackguard
57. "___ moment"
58. Chi follower

Answers on Pg. B26

ARTS CALENDAR

Ave., Scotia. Tickets: \$37; includes a three-course meal, coffee/tea, tax and tip. Information: 384-1700 or www.storystunday.org.

Wait Until Dark

Fredrick Knott's thriller about a blind woman who's imperiled by three men in her apartment. Presented by Schenectady Civic Players, 12 South Church St., Schenectady, Jan. 27 through Feb. 5. Shows: Wednesday and Thursday 7:30 p.m., Friday and Saturday 8 p.m., Sunday 2:30 p.m. Tickets: \$20. Information: 382-2081 or www.civplayers.org.

Word Plays — Sit Down, You're Rockin' The Boat

Come hear stories of people who caused problems, especially when they were trying to change a situation which most people did not want changed. Storytellers are Siri Allison, Betty Cassidy, Kate Dudding, Margaret French and Sandy Schuman. Jan. 29, 2 p.m., The Fenimore Gallery at Proctors, 432 State St., Schenectady. Tickets: \$12. Information: 383-4620.

COMEDY

Stephen Lynch

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

The Funny Bone

Clash of the Comics, Jan. 19, 7:30 p.m. DeRay Davis, Jan. 20, 7:30 and 10 p.m., and Jan. 21, 7 and 9:45 p.m. Crossgates Mall, 1 Crossgates Mall Road, Guilderland. Information: 313-7484 or Albany.funnybone.com.

The Comedy Works

Mitch Fatel, Jan. 19, 7:30 p.m., Jan. 20 and 21, 7:30 and 9:30 p.m. 388 Broadway, Saratoga Springs. Information: 275-6897 or thecomedyworks.com.

MopCo

Improv Jam: "Game Night," Jan. 19, 7 p.m. **Fringe Friday: Dollars to Donuts and Alf Pacino**, Jan. 20, 8 p.m. **Spontaneous Broadway**, Jan. 21, 8 p.m. 10 North Jay St., Schenectady. Information: www.mopco.org.

DANCE

Albany DanceSport Club

Monthly ballroom dance. Jan. 22, 6:15 p.m., Danceland, 638 Columbia St. Extension, Latham. Admission: adults \$10, students \$5. Information: 423-6039.

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.

Sweetheart Dinner Dance

Featuring music by Gravity, a cocktail hour, dinner and dancing. Feb. 11, Saratoga/Wilton Elks Lodge, 1 Elk Lane, Saratoga Springs. Tickets: \$32. Reservation deadline: Feb. 5. Information: 587-7597.

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, through Jan. 29, Steamer No. 10 Theatre, 500 Western Ave., Albany. Shows: Fridays 7 p.m., Saturdays and Sundays 3 p.m. Tickets: \$15. Information: 438-5503 or www.steamer10theatre.org.

Children's Star Sighting

Interactive program exploring the stars, planets, comets and constellations in the night sky. Jan. 21, Albany Visitors Center, 25 Quackenbush Square, Albany. 11 a.m. session geared for children ages 3-7 and their families; noon and 1 p.m. sessions geared for children ages 8 and older. 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.

Introduction to the World of Percussion & Rhythm

A hands-on workshop with percussionist Brian Melick, featuring drums from around the world. Jan. 22, 1 p.m., Albany Institute of History and Art, 125 Washington Ave., Albany. Registration fee: \$5 per child. Information: 463-4478 or www.albanyinstitute.org.

Spy Ski School Party

Join Northshire's booksellers for a party celebrating "Spy Ski School," the latest

book in Stuart Gibbs' popular "Spy School" series. Costumes — either spy themed or ski gear — are encouraged. Jan. 22, 2 p.m., Northshire Bookstore, 420 Broadway, Saratoga Springs. Information: 682-4200 or www.northshire.com.

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

Food for Thought —

The Age of Consequences

See the documentary about the impacts of climate change on increased resource scarcity, migration and conflict through the lens of U.S. national security and global stability. Jan. 19, 7 p.m., The Linda: WAMC's Performing Arts Studio, 339 Central Ave., Albany. Tickets: \$8. Information: 465-5233 or thelinda.org.

Rock Docs series

"Gimme Shelter," featuring the Rolling Stones in this 1970 film, with introduction by Andrew Lee. Jan. 19, 7 p.m., The

Madison Theater, 1036 Madison Ave., Albany. Tickets: adults \$10, students/seniors \$8. Information: www.themadisontheater.com.

Movies at the Music Hall

See "Mad Max: Fury Road," the re-birth of the "Mad Max" series. Jan. 24, 7 p.m., Cohoes Music Hall, 58 Remsen St., Cohoes. Tickets: \$5. Information: palacealbany.com.

LITERARY

Harvey Havel

Short story writer and novelist will read from his works. Jan. 19, 7:30 p.m., Albany Social Justice Center, 33 Central Ave., Albany. Information: Dan Wilcox, 482-0262 or dwlcox@earthlink.net.

Continues on B12

SUDOKU

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Answers on Pg. B26

AWARD WINNING BBQ & LIVE MUSIC!

KITCHEN OPEN UNTIL MIDNIGHT.
26 BEERS ON TAP. ★ ★ ★ ★



FRIDAY
January 20, 2017 | 9 pm
FACTORY RADIO
AND IUCIDA



SATURDAY
January 21, 2017 | 9 pm
CRAZY HEAD MAZIE



FRIDAY
January 27, 2017 | 9 pm
KYLE BOURGALT BAND



SATURDAY
January 28, 2017 | 9 pm
DIVA & THE DIRTY BOYS

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

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www.thecapitalbistro.com • 518.694.3122

ARTS CALENDAR

Penny Gill

Scholar and author will discuss her book, "What in the World is Going On; Wisdom Teachings for Our Times." Jan. 20, 7 p.m., Northshire Bookstore, 420 Broadway, Saratoga Springs. Information: 682-4200 or www.northshire.com.

EDUCATION

Friends of Albany Public Library

Albany architect Harris Sanders and historian Tony Opalka will discuss the Fort Frederick apartment building, which moved in one piece during the mid 1920s. Jan. 18, 6:30 p.m., Albany Public Library Pine Hills Branch, 517 Western Ave., Albany. Free. Information: 427-4344.

Lost Women of the Bible

Four-week course about the women of the Bible who are mentioned only fleetingly and then vanish from sight. The course is taught by Rabbi Beverly Magidson. Begins Jan. 23, 7:30 p.m., B'nai Shalom Reform Congregation, 420 Whitehall Road, Albany. Registration fee: congregation members \$18, general public \$25. Information: 482-5283 or www.bnaisholomalbany.org.

Old Songs Contra Dance Tunes

Build your skills and dance tune repertoire. Jan. 25, 7:30 p.m., Old Songs Community Arts Center, 37 South Main St., Voorheesville. Information: 765-2815 or oldsongs.org.

What It Means to be a Muslim

A discussion featuring Fazana Saleem-Ismail from the Capital District Coalition Against Islamophobia. Jan. 29, 2 p.m., First United Methodist Church of Voorheesville, 68 Maple Ave., Voorheesville. Information: 765-2895.



Who did it?

Curtain Call Theatre in Latham presents its production of "Dial M for Murder" through Feb. 11 at its theater, 210 Old Loudon Road in Latham. Tickets are \$24 and are available by calling 877-7529 or visiting www.curtaincalltheatre.com.

Sara Alonge/submitted photo

MISCELLANEOUS

Mayor's Cup Game

Annual college hockey showdown between Union College and Rensselaer Polytechnic Institute. Jan. 19, 7 p.m., Times Union Center, 51 South Pearl St., Albany. Tickets: adults \$15, students/

youth \$10. Information: (800) 745-3000 or ticketmaster.com.

Palmer House Cafe

Monthly multi-course, family-style Stammtisch dinner features Lyonnaise cuisine from the Lyon region of France. Jan. 21, 6 p.m., Palmer House Cafe,

1642 Main St., Rensselaerville. Price: \$41 per person. Information: 797-3449.

Monster Jam: Featuring AT3

Monster trucks put on a show. Jan. 21, 7 p.m., and Jan. 22, 1 p.m., Times Union Center, 51 South Pearl St., Albany. Tickets: \$18-\$43. Information:

www.timesunioncenter-albany.com.

Rensselaer Land Trust benefit

An evening of food and entertainment, featuring piano music by Anthony Prezio. Jan. 26, 7 p.m., Vail House, 46 First St., Troy. Tickets: \$35. Information: www.renstrust.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. to 4 p.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 Market

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

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

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ARTS CALENDAR

can be fostered. Tuesdays, 4:30 to 9 p.m., 269 Osborne Road, Loudonville. Information: 977-3771.

Veteran Meet-Up

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

Social Night Potluck at CoG

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

EXHIBITS

Albany 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; "1 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 Gatherer of Glass: Selections from the Museum's Collection," "Ancient Egypt" and more. 125 Washington Ave., Albany. Information: 463-4478 or www.albanyinstitute.org.

Albany Medical Center: Community Endocrine Gallery

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

Albany Pine Bush Discovery Center

"Pine Bush Perspectives" photo exhibit. 195 New 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.

Arts Center of the Capital Region

"Vantage Point: Ben Schwab + James Thacher," Jan. 21 through March 18; "Unearthed: Mandi Coburn + Grace Tatar," Jan. 21 through March 18; "Day 2 Day Print Exchange," curated by Danielle Morales, Jan. 27 through Feb. 24. 265 River St., Troy. Information: 273-0552 or artscenteronline.org.

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.

The Hyde Collection

"Lorna Bieber: Forces of Nature," Jan. 21 through May 14. 161 Warren St., Glens Falls. Information: 792-1761 or www.hydecollection.org.

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 Collec-

tion," 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," through Feb. 25. 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.

Schenectady County Historical Society

"Together Until the End: Schenectady in World War I," opens Jan. 21. 32 Washington Ave., Schenectady. Information: 374-0263 or www.schenectadyhistorical.org.

Tang Teaching Museum

"Sixfold Symmetry: Parrem in Art and

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

University Club

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

CALL FOR ARTISTS

Arts Center of the Capital Region

Seeking artists, makers and crafters for its annual Collar City Craft Fest; entry deadline is Feb. 8. Also seeking artists and curators for upcoming exhibits; entry deadline is Feb. 28. Information: 273-0552 or artscenteronline.org.

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 farrellj@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 is a partnership between Saratoga Arts, LARAC and the Arts Center of the Capital Region and will be displayed from March 4 through April 21 at the Saratoga Arts Center, 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.

Saunders Gallery of Fine Art @bjsartworks

Seeking submissions for "Winter Meltdown," which will be on display in March, and "Sounds of Silence," which will be on display in May. Entry deadline is Jan. 30 for "Winter Meltdown" and March 30 for "Sounds of Silence." Information: 793-9350 or www.bjsartworks.com.

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.

NorthCountryARTS

Accepting entries for its juried exhibition, "Visions 2017," through Feb. 19. Artists may submit up to two works. The juror is Skidmore College art professor and sculptor Victoria Palermo. Fee: NorthCountryARTS members \$25, non members \$35. Information: www.northcountryarts.org.

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18+

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The Hollow
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■ HEALTH AND FITNESS

Finding energy to keep going

Author shares how yoga can help reduce anxiety and stress from hectic schedule

By **MARIA BOWERS**
news@spotlightnews.com

Finally, it is January. The year is new. The hectic holiday excitement is behind us. We make resolutions and quickly forget them. Here are six changes you can use to increase your health, energy and positive attitude to help you stay the course and keep those promises that you've made to yourself.

Cultivate an attitude of gratitude

It is a tiny shift in perception, but seeing what you do have, as opposed to what you do not have, shifts your awareness from seeing yourself as a victim of your sad circumstances to feeling appreciative and blessed. Feeling that you are missing out, instead of realizing that you have enough, is a trap. Feeling gratitude is exhilarating. Being

in the present moment is being fully alive. Often we are stuck in a circling worrying, regretting past events and fearing the future. These obsessive thoughts are like thick smog that eclipses what is happening right now. It is as if you crawled under the covers and emerged years later — you realize that you missed mostly everything. Feeling gratitude does not come naturally because people are human and tend to yearn for what they do not have, but gratefulness can be nurtured by acknowledging like this: whisper to yourself, "I am so thankful to have (insert here) in my life." Notice that you are surrounded by wonderful things, such as being able to walk, talk, taste, smell and feel; having people that love you and a roof over your head. This awareness brings a shift in consciousness that is as profound as it is transformative. You will reflect a positive attitude that will give you more energy and contentment. Challenge yourself to appreciate every moment of your day and night. Be a positive and happy force in your own

life and the people surrounding you. You do this by seeing and appreciating beauty, truth and wonder in all the ordinary things around you.

Walk outside and immerse yourself in silence

Take a brisk walk in the fresh air. Turn your phone off. Stop talking. Listen to the sounds of nature and the environment. We create too much noise and chatter in our lives. Electronic noise bombards the nervous system. Silence is sacred and so necessary. Plan to enjoy a walk outside. Sit under a tree. Breathe deeply. Observe the colors around you. Breathe the richness of the outdoors. Feel the wind on your skin and the ground beneath your feet. Be grounded and connected. It is here, in this attitude that it is possible to feel stable and joyful.

Have no expectations, but do the best you can anyway

This is a confusing yoga principle. It is being in the present moment, doing your work, whatever it is, with great enthusiasm, without attachment

to the outcome. This does not mean that we do not care about the ending or the fruit of our labor. What it does mean is that the quality of the journey is as important as the destination. Outcomes are not in our control, but the quality of our efforts is what we can control. In some ways, the attachment to outcome is more about our egos. This leads to a cycle of emotional highs and lows based on someone else's opinion, whimsy or chance. Concentration, cheerfulness and competence are a measure of our happiness. The result will take care of itself.

Breathe deeply and fully

We would die without breathing in a very short time but, weirdly, we never really think about it with our conscious awareness. Our emotions are directly triggered by how we breathe. The nervous systems that excite us and calm us down are activated by the pace and depth of our breathing. Shallow and superficial breaths support quick responses like fighting or fleeing.

Continues on B24

HOROSCOPES

January 2017 • Week 3



CAPRICORN

December 22 – January 19
This is not the time to mince words, Capricorn. Speak up and make your stance clear. There is too much at stake not to. A date is set, and a venue is selected.



ARIES

March 21 – April 19
Of course, you know what is best for a loved one, but is it worth getting into? This week it is. State your opinion, Aries. Be bold. Be brave.



CANCER

June 22 – July 22
Guilt can make you crazy, if you let it, Cancer. Don't. Admit your mistakes, apologize and move on. There are more important things to focus on.



LIBRA

September 23 – October 22
Lost in thought these days, aren't you, Libra? Keep dreaming, and a solution will arise. The web of opportunity builds at work. Don't miss out.



AQUARIUS

January 20 – February 18
My, oh my, Aquarius. Time is of the essence this week, so forget the need for perfection and just get tasks done. People are counting on you.



TAURUS

April 20 – May 20
Whew, Taurus. What a week this is going to be. Surprises are in store at every turn. Go with the flow, and you will come out on top. A note inspires.



LEO

July 23 – August 22
Rumors swirl at the office. Pay them no heed, Leo. All will come out in due time. A change in protocol makes things right and brings peace to your home.



SCORPIO

October 23 – November 21
Passion ignites with the smallest of gestures. Enjoy, Scorpio. It's been a while. A delivery causes quite the commotion at work, just as intended.



PISCES

February 19 – March 20
Tsk-tsk, Pisces. You've been much too flippant as of late, and word is starting to get around. Better change your ways, and fast, before it is too late.



GEMINI

May 21 – June 21
Say what you will, Gemini, but you know your friend is right. Give them their due. A budget review reveals a major surplus. Put it to good use.



VIRGO

August 23 – September 22
Some things are worth waiting for. Be patient, Virgo, and that which you seek will be yours, if not this week, next. A senior is feeling blue.



SAGITTARIUS

November 22 – December 21
Drop it, Sagittarius. There is nothing more left to say. A mission in organization comes to a screeching halt with the arrival of guests.



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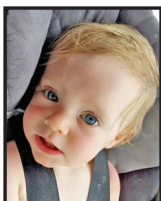
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Lysenko Dental
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Frank Bolognino
Roma Foods
Importing Company, Inc.
Last Week Points: 8 | Overall Points: 159



Joe Falvo
Falvo's
Prime Butcher Shop
Last Week Points: 16 | Overall Points: 172



Maggie Smith
Maggie's
Café & Sports Bar
Last Week Points: 8 | Overall Points: 163



Marty Brix
Lexington
Vacuum
Last Week Points: 12 | Overall Points: 169



Kane Grogan
Death Wish
Coffee
Last Week Points: 8 | Overall Points: 176



Sean Nava
Precision
Motors
Last Week Points: 8 | Overall Points: 176



Dave Endy
Steiner's
Ski • Bike • Kayak
Last Week Points: 12 | Overall Points: 174



Kevin Romines
Act II
Furniture
Last Week Points: 8 | Overall Points: 165



Billy DeOrazio
Bellevue
Builders Supply
Last Week Points: 12 | Overall Points: 182



Pat Stever
Andriano's
Pizza
Last Week Points: 8 | Overall Points: 176



Dan Frament
Muddaddy Flats
Quesadillary
Last Week Points: 16 | Overall Points: 172



Vince
River Street
Pub
Last Week Points: 8 | Overall Points: 176



Dr. Julia Cerny
Julia Cerny,
DMD, PLLC
Last Week Points: 8 | Overall Points: 168



Joe DeLorenzo
Cheese Steak
Heaven
Last Week Points: 12 | Overall Points: 173



Liam Slattery
O'Slattery's
Irish Restaurant & Pub
Last Week Points: 8 | Overall Points: 176



Bryan Bourque
Bourque
Mechanical Systems
Last Week Points: 8 | Overall Points: 170



Rob Jonas
Spotlight News
Sports Editor
Last Week Points: 8 | Overall Points: 174



Paul Vandenburg
Talk1300 AM - The Capital
District's Talk Radio
Last Week Points: 8 | Overall Points: 175



Michael Hallisey
Spotlight News
Managing Editor
Last Week Points: 8 | Overall Points: 177



John McIntyre
Spotlight News
Publisher
Last Week Points: 8 | Overall Points: 163

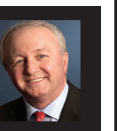


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HEALTH AND FITNESS

Are you serious?

Get yourself on a meal plan, stat!

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

Last week I talked about making New Year's Resolutions and how to succeed finally when you make one.

After reading it, a client sent me an email. In it she said:

"Every year, I make a resolution to lose weight and this year is no exception. Last year, I promised myself I'd lose 30 pounds. In the first couple of weeks, I lost about five and then I got busy and gave up. Instead of losing 30 pounds, I actually ended up gaining, and now I weigh about 10 pounds more than I did last January. It's so frustrating! I really want to succeed this year. What is the No. 1 thing I can do to help me stay on track and get the weight off."

You see, I've been there. At one time I tipped the scales at over 400 pounds and it wasn't until I got serious about getting it off that I actually lost the weight.

First off, motivation wasn't Nancy's problem. She knew she needed to get the weight off for health reasons, and she seemed determined to do so. I asked her what she kind of obstacles she struggled with in the past.

"I'm just too busy. I promise myself that I'm going to exercise and eat right but after a couple of weeks, I

end up being too tired to go to the gym, and I just don't have the time or energy to cook something healthy when I get home from work. So, I usually hit the drive thru or order something."

The truth is we are all busy.

Back when I lost my weight, I worked about 75 hours a week, raised a family of six, and played football. I could have easily said: "I'm too busy" and I told her that. I also said: "There are 168 hours in a week can you commit to giving just five of them to your health."

She paused, and said, yes.

"Awesome," I replied. I then said: You asked me in your email what is the No. 1 thing you could do to help stay on track and get the weight off. You also said you struggle with energy and eating healthy — which is 80 percent of the battle when it comes

to losing weight. So the answer to your question is very simple. You need to meal prep. And it will only take you two of those five hours you're committed to."

Meal prep involves preparing all your meals in advance. It's something I started doing years ago and my wife and I continue to do so to this very day.

Here's what we do. On Friday or Saturday, we plan our meals for the week. Now that we've been doing this for years, we spend less than 10 minutes total doing it. Many people try to figure out the entire week in detailed precision. There is nothing wrong with that, in fact, I highly recommend that if you can do so. But, to be honest, it's not necessary. My wife and I keep it very simple. Most weeks we pick one or two recipes and decide what else we'd like to have during the week. In our case we decide on our proteins, and what veggies



we want.

From there we go buy what we need.

At first you should make a list and stick to it, but after a while you can get a feel for what you need and maybe even make an impulse purchase that falls into your meal plan.

Then on Sundays, we do all our cooking for the entire week at one time. We cook all our meats and side dishes at the same time, then portion them into meal containers. We find it helps eliminate the excuse of being too busy to cook. Now, instead of coming home and being too tired to cook, we just grab a container, put it in the microwave, and dinner is done.

Instead of trying to

find time to make a good lunch in the morning, grab a container and put it in a lunch bag. Too busy to make breakfast? Put the container in the microwave and have a healthy breakfast. No need to hit the drive-thru, no temptation to pick up the phone and order a pizza. No stressing over what to make for dinner. It's all done! Not only that, you'll be better equipped to portion control when you're making up the meals by weighing and measuring it all before you put it into the container thus reducing the chance of overeating.

As mentioned earlier, when it comes to getting weight off 80 percent of the battle is in the kitchen. And, in my experience, it's

the very first thing people give up on.

If you're truly serious about being successful on your fitness journey, you need to focus on your nutrition and the best way to do that is to plan. Try pre-making your meals and having them available to just grab and go and your chances of success will skyrocket!

Oh, one other bonus I forgot to mention. You'll spend less on food, because you won't be buying junk or spending money eating out. Laurie and I average less than \$100 a week on groceries for both of us!

Dan Romand is co-owner and operator of Full Circle Fitness-NY in Colonie, where he is also a certified personal trainer.

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■ MUSIC REVIEW

Oblivion Saints' 'Songs of the Doomed'

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

Oblivion Saints is a hard rock trio out of Troy that sports the look of the Blues Brothers but evokes the sound of the late Lemmy Kilmister.

Certainly a music review should not involve, let alone begin with, a band's appearance, but there is a compliment to be shared here. Upon opening the jewel case for the band's debut CD "Songs for the Doomed," you lift the disk and are gifted with the image of Carl Schultz, Robo and Dave Wayne standing stoically together in black suit and tie, dark

sunglasses and fedoras (or top hat, in Wayne's case). With neck ties eschewed, the boys give you a hint that there's something more than meets the eye.

At first glance, "Songs for the Doomed" may mislead you as a bunch of heavy metal tracks dressed with the cover image of an anguished, outstretched hand thrust in front of what looks to be an artistically interpreted pentagram. Hard rocking? Yes. Metalcore? Thankfully, no. If you immediately start thinking of Lemmy on the opening track, "One Way," there's good reason. Though this is the newly branded group's debut album, the trio has spent the last six years covering Motorhead

under the name Motorhome. Whether you draw that connection or not, Schultz' course delivery of his vocals lends a welcoming touch to these original tracks.

"Songs for the Doomed"



Carl Schultz, Dave Wayne and Robo of Oblivion Saints.



Submitted photos

is a 23-minute sprint through eight, eighth-beat tracks. There is no flash or embellishment. Robo's guitar solos are kept brief, and there is only a slight variation from song to song. Nonetheless, Oblivion Saints sneaks a decent garage rock CD into the listener's hands, and there is some modest talent behind each track's lyrics. Listeners are treated with the

most variance at the meat of the album, starting with the third track "The Final Year." "Draw The Line" and "Outta Line" helps encapsulate the band's range in musicianship.

Even if you mistakenly judged Saints as a metalcore band, you'll find yourself banging your head by the time Schultz rips into the chorus for "The Final Year."

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The Spinney Group is proud to announce the grand opening of The Spinney at Pond View's Clubhouse. The Spinney at Pond View is a "55 and better" active, adult community with a unique take on living for a new generation. The new Clubhouse space enhances residents' living experiences by providing them with a space to congregate with one another and further connect them with their community.

"The excitement behind The Spinney at Pond View's Clubhouse dovetails from the overarching sense of community that has been fostered by our residents," said Samantha Raynor, Director of Leasing & Marketing of The Spinney Group, a family owned and operated property management company which manages The Spinney at Pond View. "This space has been filled every day since the building's certificate of occupancy was achieved with residents who wish to connect with new and old neighbors and friends through Spinney sponsored and self-organized events. It has truly become the center of The Spinney's operations and we are all so excited to see more relationships being cultivated and events taking place in the near future!"

The Spinney at Pond View's Clubhouse is a 5,000 square foot multi-use space featuring a Great Room with a full-sized kitchen and fireplace, a Media Room with a projector and billiards table,

resident's use as well as a Community Garden.

In addition to the completion of The Spinney at Pond View's Clubhouse, 70 new cottages are being constructed in The Spinney at Pond View's second phase of construction, featuring a brand new unit type - a one-story 2 bedroom, 1.5 bathroom cottage with an attached garage and all of the other amenities highlighted in a Spinney cottage. The cottages at the Spinney at Pond View offer the opportunity for residents to right-size their lives while continuing to have all the comforts of a full-sized home without the woes of home ownership! Residents enjoy lovely features such as attached, direct access garages, private front and back porches, modern finishes, and spacious open one-story layouts coupled with the conveniences of 24-hour emergency maintenance, snow removal and outdoor landscaping.

For additional information about The Spinney at Pond View, please call (518)479-0800 or visit www.TheSpinneyatPondView.com.

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■ MUSIC REVIEW

Theo Katzman's 'Heartbreak Hits'

By **ALLY DEAN**
nysmusic.com

Funk mastermind Theo Katzman of Vulfpeck has released his second LP titled "Heartbreak Hits," the follow up to his 2011 release, "Romance without Finance." This latest work oozes heartache, with Katzman's youthful vocals lamenting the loss of a lover. The songs evoke the agony of painful breakups, and might even open old wounds for some listeners, but they're delivered with such gripping soul, that most won't even think to press pause.

The album kicks off in rock ballad fashion, akin to the likes of '70s icons The Eagles. Katzman confirmed on his crowdfunding album campaign that the band did in fact lend inspiration. Wailing guitar on album opener "Hard Work" shocks the eardrums to life before Katzman's breathy pop vocals attempt to make sense of a failed relationship. People will go the extra mile for someone they love, and with pragmatically comical lines like "I held your hair back when you had too much to drink/ I used my bare hands to unclog that bathroom sink" and "When

you got depressed and your mind was on the brink/ I peeled you off the floor and drove you to a shrink" it's easy to see how a guy thinks he's earned his keep.

"Breakup Together" is sweet on the ears, but the melodic sing-songy quality carries Katzman's tenderly brooding words as he laments, "we used to make love together, now we break up together." Trilling backup vocals follow this somber sentiment. The silver-tongued harmonies call to mind that flock of helpful songbirds chirping away in Snow White, but instead of helping the fair maiden do laundry, they perch on Katzman's shoulders and chime in as he mopes (understandably) in a corner.

"Crappy Love Song" supplies some of the most gut-tickling harmonies on the album before "My Heart is Dead" goes nineties angst as Katzman pouts, "My heart is dead girl/ It doesn't beat no more." "Good to be Alone" presents a sobering, understated country folk charm replete with slide guitar. A more earnest tone on this number replaces Katzman's raspy pop attitude found throughout much of the album. Lyrics seeking the silver lining of reclaimed independence in the wake of a breakup, he attempts to convince himself,



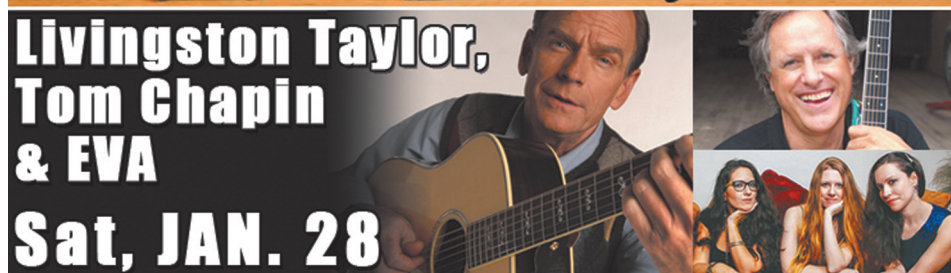
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Submitted photo

"No one to scratch you down your back/
No one to cut you any slack/ You got to scratch it on your own/ It's good to be alone."

"Lost and Found" staccato style drums, guitar and vocals add a bouncy feel, revisiting the lively pop realm before

"My 1-Bedroom" finds Katzman dreamily fantasizing about the prospect of sharing his small dwelling with a significant other, nearly whispering the lyrics with stripped down instrumental accompaniment. Already the album has led the listener on a roller coaster ride, each song undulating along the spectrum of sadness and



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resentment, lyrics spiced with cynicism. "As the Romans Do" injects some steam into the track list with powerhouse pop vocals and pounding drums. This song in particular demonstrates the skillful subtleties in Katzman's singing ability, especially through the lines "I bid a fond farewell to my bestest friends/ I packed my possessions in a Uhaul then/ I sailed like a sailor to the promised land."

"Love is a Beautiful Thing" mellows the track list again with soft jazz guitar, muted drums and light piano laced with Katzman's delicate falsetto. The words convey a familiar scenario in breakups: the pain of seeing an ex-lover involved with someone else when you're still hurting. He sings, "Love is a beautiful thing/ Hugging, kissing, laughing, holding hands/ Love is a beautiful thing/ Unless it's you loving another man." After this song the listener almost surely feels as if Katzman has beaten them over the head with such relentless harping on the same themes of loss, yet by sticking so loyally to this theme, he has created a very real portrayal of the cyclical thought patterns one experiences in a breakup. "Plain Jane Heroin" rounds out the ten-track album on a somber note, ending the album on a bit of a cliché, comparing the allure of a woman to the addictive nature of heroin.

Katzman has crafted a string of songs that thoroughly display the breadth of his vocal ability. The rawness of the lyrics suggest Katzman might have actually had his heart recently ripped from his chest

by whichever woman called it splitsville. While profit from fresh heartbreak is a form of sweet songwriting revenge, it doesn't appear that a recent tragic breakup is the essence of inspiration. Katzman stated in his album campaign, "I started writing songs, and found myself exploring different angles of letdown/loss of expectation/heartbreak: My own personal experiences, as well as the extrapolation of those experiences into my imagination." Nevertheless, nearly anyone can empathize with "Heartbreak Hits" sentiments, and dance, rage or cry to the album at their discretion.

The album was recorded by Tyler Duncan at The Barber House, mixed by Duncan and mastered by Devin Kerr. Cover photo by Claire Marie Vogel and album artwork by Robert Lester. Musicians contributing to the album include: Joe Dart (Fender bass), Woody Goss (piano, Wurlitzer electric piano on "Break Up Together"), Laura Mace and Mike G: (omni backing vocals), Lee Pardini: (Wurlitzer electric piano), Drew Howard: (pedal steel guitar) and Brett Farkas: (additional electric guitar on "As the Romans Do").

NYSmusic.com is a web magazine focused on all aspects of music in and around the state of New York. You can often find content from NYSmusic.com within the pages of TheSpot518. For more, visit NYSmusic.com.

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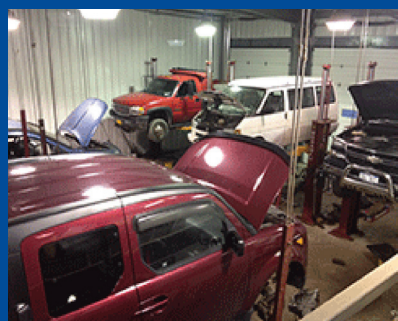
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From page B1 ... from the Valley

quoting then-lead singer Peter Case. "I think it still stands up. It was a big blast of pain and alienation set to a rock 'n' roll beat."

The rest of the world would later hear the song featured on the Nicholas Cage cult classic film, "Valley Girl." The song seemed to fit well with the teenaged love story of a girl falling in love with the kind of guy of whom her friends would disapprove. You can even catch glimpses of the band performing the song in the movie.

"We were hugely popular then," said Plimsouls guitarist Eddie Munoz, adding the band had already amassed a following on the West Coast with lots of radio time, and was playing gigs throughout the Los Angeles music scene. Before the movie exposed the band to a larger mainstream audience, Munoz toured along with Elvis Costello and the Rockpile, and the band shared gigs with The Fleshtones. "We were looking to parlay that into a bigger thing."

In 1983, The Plimsouls signed a record deal with Geffen Records.

It seems like a million miles away, but the trajectory of the band's popularity climbed up steeply since forming in 1978. It helped define the power pop sound out of California that immediately followed the punk music that originated in England, and spread out from New York City.

Munoz cut his teeth playing guitar in the emerging music scene of Austin, Texas, developing that "hot guitar" sound Mednick had described. In the mid-'70s, punk rock was starting to take a hold on the underground scene, said Munoz. In a town where only two types of music — Country and Western — played on the radio, records of the New York Dolls, Blondie and the Ramones started to influence on local musicians.

"Everyone was getting into the imports from England and The Ramones record kind of came out the year before that," said Munoz. "Everybody was getting excited about that stuff. So, we said, 'Hey, man. Let's do our own thing.'

It's right up our alley. It was kind of an organic movement. Of course, it was totally inspired by what people were doing on the East and West coasts, and overseas. Definitely a fun scene in Houston. Dallas had one. But, the really cool one was in Austin. That was a very coherent scene."

Munoz played guitar for The Skunks in 1978, where he earned the nickname "Fazz" Eddie, a play on Paul Newman's "Fast Eddie" character from the 1961 film, "The Hustler." The three-piece band debuted in February of that year, and quickly became a popular draw in the live music capital of the world. The band cut a record later in the year, just before "Fazz" Eddie hopped a ride to Southern California.

"Yeah, I spent a year and then I moved on out to California with my then-girlfriend and some other people," said Munoz. "At that time, I knew nothing was gonna happen in Austin for, really, anyone. Nobody from that club scene made it with their bands. Maybe with other bands after that. Austin started getting more attention, actually, after I left. But, the scene grew

really fast while I was there. It was pretty cool. It was way cool. There were some great bands. Great bands. And, even better bands came out after I left. It served its purpose. A lot of really great musicians came out of that."

The Skunks remained together, replacing Munoz at guitar and later became one of the first Austin punk bands to tour nationally. It would play in New York City's CBGB's and Max's Kansas City, opening for many of the bands that had influenced them. The Skunks were inducted into the Austin Music Hall of Fame in 2008.

Once Munoz arrived in California, he hooked up with Case, Dave Pahoia and Louie Ramirez.

"Actually, I was at the first Plimsouls rehearsal," said Munoz. "The band didn't even have a name, at all. We just bashed out some stuff. Then, I went out on the road with Elvis Costello and Rockpile. When I came back in September, we started to work out some songs and I played my first show in October. Actually, maybe late September."

The Plimsouls' popularity took off throughout Los

Angeles and, by 1980, it was signed to Best Records. That relationship produced a five-track EP titled "Zero Hour," which earned generous playtime on local radio stations. By the following year, the band signed with Planet Records, who had a distribution agreement through Elektra.

Through Planet, The Plimsouls released the 11-track album "Everywhere at Once" in 1983, featuring its hit single, "A Million Miles Away."

Despite the attention they were getting, or perhaps because of it, The Plimsouls broke up that same year.

"Unfortunately, wrong decisions were made," said Munoz. "Which is pretty common for young bands." Munoz refrained from pointing fingers and casting blame for the split, instead he explained it in terms of an attitude: "Just, certain people get bored and want to do other things. So all the attention drops from keeping the band together."

Case struck out on his own, releasing a solo album through Geffen Records in 1986, from which he garnered a Grammy nomination. He's since

earned critical acclaim from Bruce Springsteen and Robert Palmer. When Munoz was asked about Case's current involvement with the band, he said "not at all."

"He more or less blew the whole thing off a long time ago," said Munoz.

Today, Munoz lives on the New Jersey coast. ("I met a Jersey Girl," he said.) And, when he's not playing reunion gigs as The Plimsouls Re-souled, he plays with his band, The Split Squad. Despite the years that have past, Munoz said he and the band continue to play the music "loud."

"This is the Second Coming of The Plimsouls," said Munoz, who now plays with Bryan Malone, Jeff Walls and Rick West. (Dave Pahoia and Clem Burke, who occasionally play with the new line-up, will not be at The Hangar.) "It's totally different. ... I can't go out there and do the Holiday Inn version of The Plimsouls. ... We're favorably in line with the mid-period of The Plimsouls, when we started really, really getting it together."

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From page B14 ... Finding energy

Deep breathing initiates rest and recovery. Deep breathing supports digestion. Deep breathing wakes up the brain and every cell in our body. So, as a practical practice try this: exhale as you pull in your belly button, a complete exhale invites a full inhale. Then, breathe in as if you were smelling the sweetest fragrance. A few deep and slow breaths can reignite energy and motivation. Yogis do not measure a life spans in years, but rather, in the number of breathes we take.

Stretch, stretch and then stretch some more

Stretching increases flexibility and invites relaxation. Stretching is a natural reflex. It is strange that we do not stretch more often, but the sad truth is that we barely stretch at all. So take some time to lengthen your body, extend your arms and move to your full range of movement. Flex and extend your joints. A familiar and easy way to stretch is a short sequence called cat-cow. While on all fours, arch your back like a cat as you exhale and inhale as you reverse the movement and let your spine drop. This movement is grounding and calming. It both extends and contracts your spine and it creates deep breathing. Repeat five times counting each inhale, exhale to the count of four, and then extend to six. This will help with spine stiffness and back pain. Plan to take a few minutes, during the day and night, to stretch. You will release tension and feel extravagantly luxurious.

Reduce and eliminate judgment from your observations and thinking

We tend to get into what I think of as a rut in our thinking. That is, we are

always judging. We see someone and we immediately form an opinion, we think that this person is lazy, that politician is stupid, that boss is crazy and our relatives are hopeless. We think of ourselves as smart, efficient and responsible for the survival of our household and workplace, when in fact, we are not the prime mover. The earth will revolve and the sun will rise without our input and judgment. In our world of Facebook, Twitter and Instagram, we are bombarded with so many disturbing images. We do not need to comment on everything. We can reserve our judgment and our nervous systems will thank us.

The sympathetic nervous system has short neurons that make possible quick responses to perceived threats. The body becomes mobilized to fight or take flight. Breathing rate increases, the heart pounds, adrenaline increases, cortisol is released and vigilance intensifies. Yoga methods re-establish homeostasis and return the body to a rest and restore mode by triggering the parasympathetic nervous system. Slower breathing lowers the heart rate and blood pressure. Balance and calm counterbalances the stress response.

Yoga is a process that helps because when the relaxation response is activated; neuro-chemicals are released that quiet the mind. The brain is hardwired to concentrate on one thing at a time. Concentrating on deep breathing or doing a pose resolve episodes in a shorter time. While, yoga is not an instant fix, the benefits are enormous. Yoga practice is not psychoanalysis or counseling, but it is a caring and non-judging environment.

Maria Bowers is a certified yoga and tai chi teacher. Two classes are available on Saturday morning at the Art Center in Troy; Power Yoga at 9:15 to 10:30 a.m. and Gentle Yoga at 10:45 a.m. to noon. For questions, email Bowers at moonlightmile21@hotmail.com.

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

Super Crossword Answers

1	C	2	A	3	M	4	P	5	O	6	C	7	E	8	D	9	I	10	V	11	A	12	T												
13	O	S	I	E	R	14	D	O	N	U	T	15	I	L	O	16	R	E	M	A	R	17	R	I	A	G	E	S	18	R	O	W			
19	M	A	I	N	20	A	N	T	21	T	U	N	E	22	C	U	R	T	23	A	I	N	24	R	25	A	I	S	E	R					
26	C	A	R	T	27	I	E	R	28	D	E	L	L	29	A	G	I	S	M	30	W	E	L	L	31	O	32	D	33	O					
34	R	U	E	35	F	36	I	E	R	37	R	I	D	38	R	E	S	39	O	40	N	A	N	T	41	S	42	T	A	N	D				
43	B	O	T	S	44	V	45	I	K	I	N	G	S	46	N	47	C	E	S	48	S	49	I	50	T	A	51	T	I	N	G				
50	E	E	R	51	G	A	L	E	52	K	E	53	E	54	P	55	E	R	A	56	C	57	O	58	N	59	T	E	M	60	P	L	A	T	E
61	S	E	D	A	N	62	S	E	E	63	R	E	A	R	64	I	D	E	S	T															

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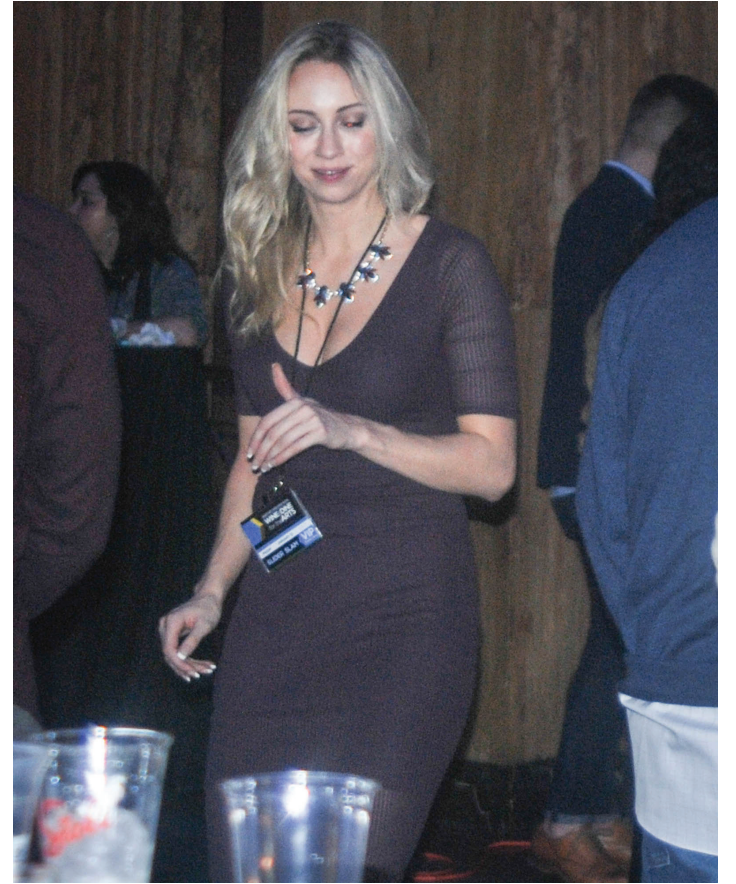
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WINE & DINE

The spirits flowed, as did the music, at Albany's Wine & Dine for the Arts. See more at TheSpot518.com/spotted.

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FOR LEASE

1545 Central Avenue, Colonie, NY

Approximately 20,000 SF of space available for retail uses, professional, personal business and financial services, repair of appliances, machinery or other small goods. Restaurant or food service establishment, entertainment such as theater or night club, printing, day care services or physical fitness. Veterinarian practice-treatment only, no boarding. Space can be subdivided. Located off Central Ave at signalized corner and signage with visibility on Central Ave. Asking \$5/SF plus NNN.

1343 Central Avenue, Albany, NY

+/- 2,064 SF Retail Space Available at Corner Central Ave & Fuller Road. Located next to new restaurant, hotel, gas station and popular ice cream business. Parking for 120+ vehicles. COR Zoning Town of Colonie - Permitted uses include: Amusement uses, Retail Bakery, Bank, Bar, Building Supplies, Convenience Store, Dance Hall, Day Care, Fast Food Establishment, Health Club, Kennel, Municipal uses, Nightclub, Medical/Professional Office, Personal Service Business, Place of Worship, Preschool, Restaurant, Retail Business, Service Business, Shipping Store and Veterinarian \$19.50/SF plus NNN.

336 NYS Route 29, Greenwich, NY

Beautifully renovated commercial building can be used for office and retail. Located on Route 29 across from the Washington County Fairgrounds. Only 20 minutes/12 miles to Saratoga Springs NY and about 30 minutes to Vermont border. Handicapped accessible first floor, 4 offices and well as open area and handicapped bathrooms. Second floor has open areas with sky lights and windows as well as one enclosed office and 1 full bathroom. Emergency battery back up for second floor. Covered entrance and plenty of private parking. Lighted signage. Asking rental rate is \$2,700/month plus NNN for first floor suite and \$1,500/month plus NNN for second floor suite.

97 Railroad Avenue, Albany, NY

Relocate your office and or retail business to Railroad Ave. Approximately 5603 SF includes reception area, multiple offices and open area which can be used as bull pen or cubicles. Handicapped accessible. \$5/SF plus NNN.



28 S. Main Street, Voorheesville, NY \$7/SF plus NNN or Purchase for \$475,000

Combination retail, office and warehouse building in excellent condition. Located in the heart of Voorheesville. Plenty of private parking, Phase 3 electrical service and loading dock.

FOR SALE



281 Broadway, Menands, NY

Commercial office building with private parking on side of building and in back. Located on the Main Street in Menands. On CDTA bus line. Long term tenant is a religious group that primarily uses space on the weekends or after working hours. Remaining space available for owner user.

Asking price is \$140,000.



152 Speigletown Road, Troy, NY

Automotive Repair Service and sales business for sale. Sale includes real estate and FF & E for sale. Owner selling in preparation for retirement.

Financials are available for qualified buyers. Inventory to be negotiated separately. DO NOT APPROACH BUSINESS OR EMPLOYEES. SHOWINGS BY APPOINTMENT ONLY.

Asking price is \$850,000.



7809 State Highway 5, St. Johnsville, NY

Masis Body Shop for sale. Fully equipped shop in pristine condition. Sale includes business, RE and all FF&E. Contact LA for full package. Tremendous upside to utilize additional acreage as used car lot. Sale of business only with option or lease on building will be considered. Sale includes parcel at 7809 State Highway 5, H Snell Rd & 5 West Street. Inventory not included in sale.

Asking price 425,000.

LAND FOR SALE

McGinty Road, Bethlehem - NYS Thruway Exit 22 5 acres Asking Price \$85,000 and 18 acres Asking Price \$250,000

The 5 acre parcel is income producing land with visibility to NYS Thruway. Owners receive income from annual removal of 1,000 yards of top grade moulding sand from this land. Municipal water is at Clapper Road and sewer connection is on adjoining parcel. An additional 18 acres are available for purchase. Rural Zoning allows for both residential and commercial uses. Can do multifamily development as well as commercial warehousing and storage of vehicles.

THE RICHER TEAM at RealtyUSA Commercial Division



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Jan. 18 Devils vs. Syracuse

Jan. 19 Mayor's Cup

Jan. 21 Monster Jam: featuring AT3

Jan. 22 Monster Jam: featuring AT3

Jan. 25 Twenty One Pilots*

Jan. 27 Siena vs. Iona

Jan. 28 Devils vs. Rochester

Feb. 2 Devils vs. Syracuse

Feb. 3 Devils vs. Lehigh Valley

Feb. 4 Siena vs. Canisius

Feb. 5 Harlem Globetrotters

Feb. 7 Devils vs. Providence

Feb. 13 Siena vs. Monmouth

Feb. 15 Devils vs. Syracuse

Feb. 16 Siena vs. Manhattan

Tickets available for purchase at
Times Union Center Box Office, TimesUnion.com or call 800-745-3000.
*Tickets available at ticketmaster.com or 800-745-3000 only.

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