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NEWS

Tech-savy kids

Elsmere Elementary pilots new robotics program.

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Protesters against the Pilgrim Pipeline gather at the steps of New York's Capitol Building.

Photo by Ali Hibbs / Spotlight

TOP STORY

Taking it to The Hill

Advocates push for state amendment that would protect right to drinkable water

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

ALBANY — During his first week in office, the new President took aggressive action against policies intended to protect our natural environment. Locally, New Yorkers have stepped up their calls to state and local governments to strengthen environmental protections.

The Tuesday after his inauguration, President Donald Trump signed two executive orders to move forward with construction of the Keystone XL and Dakota Access pipelines. He has taken steps to silence the Environmental Protection Agency (EPA), the U.S. Department of Agriculture and our national parks. He has attempted to censor the EPA's page on climate change, while planning to slash staffing and funding for the agency and halt a host of initiatives.

And then there are his nominees for positions that would control environmental policy — nearly all of whom have a record of supporting the fossil fuel industry at the expense of the environment.

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ENTERTAINMENT



Toll Gate: We will be back

Owners of iconic local eatery promise to return.

Story on Page 3



Troy's town crier

Local man takes 'Humans of New York' approach to the people of Troy.

Story on Page B1

SPORTS



Road warriors

Bethlehem boys basketball team took its game to Niskayuna last week.

Story on Page 9



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EDUCATION

Hi, Robot

Elsmere Elementary pilots new robotics program

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

BETHLEHEM — Fourth and fifth graders from Elsmere Elementary School on Delaware Ave. showed district officials and parents how to program basic robots during the Jan. 18 Board of Education meeting in the school's auditorium.

The presentation, requested by board members, highlighted the emphasis the district has placed on STEAM learning — an emphasis meant to prepare young students for jobs in computer programming, engineering and other technology-based careers, jobs for which applicants are expected to be in high demand in coming years. (STEAM education is essentially STEM —

Science, Technology, Engineering and Math — with the addition of Art/Design)

"This is a very quickly growing job area," said Elsmere principal Kate Kloss. "There's 17 percent expected growth in STEM area jobs versus 10 percent in non-STEM jobs."

The PTA-sponsored after-school enrichment program, in which students assemble robotics kits and learn computer coding to make them function, was made possible through a donation by community member Paul Wing. Wing covered the cost of the kits — Studica/fischertechnik academic student software and technology — and laptops as part of a pilot program at Elsmere, and has been instrumental in helping the entire district expand STEAM learning

in the elementary schools.

"It's really great for us to start at the ground level," said Kloss, pointing out that the program was beneficial in a number of educational areas.

The pilot program consisted of eight, one-hour classes attended by 12 fourth and fifth graders — seven boys and five girls — and utilized lego-like kits with wiring that can be animated through a computer coding program. According to the presentation, the class fostered increased creativity, perseverance, cooperation and communication skills, encouraged students to look at how the things around them work and allowed them to utilize their unique strengths. Additionally, the program is meant to help prepare

students for future STEAM educational opportunities offered by the district in middle and high school — and beyond.

"Coding is like the language of the computer," said one young robotics student. "And, like normal languages like Chinese or Japanese, it's good to learn early on."

"Robotics and programming are behind everything," said another. "Everything needs to be engineered by someone. When we were programming the models, it helped to think about how these things really worked."

"We both hope to be professional coders," said yet another, of himself and the student standing next to him.

Other students spoke of what they learned, what they enjoyed most,

and what setbacks they encountered, as well as how they solved those setbacks.

"They work so hard and they don't give up," said fourth grade teacher Greg Balcavage, who volunteered to help with the program. "Where I would get frustrated and take a break, they don't give up, they just keep working. And that's a hard thing to teach children."

According to Kloss, there was so much interest in the program that they had to have a lottery to select participants and have added a third session, expected to begin in late February or early March.

Pat Hoogkamp, a parent who claims his wife volunteered him to run attendance during the pilot eight-class session, enjoyed the experience so much that he volunteered to run the current session as well

as the third.

"This whole program worked out just as well as I hoped it would," said Wing. "It was great to move the STEM activities down into the elementary schools. I'm working now with Heidi Bonacquist at Slingerlands. They're actually going to incorporate this into the fourth grade curriculum."

Thanking Wing for his donation, Kloss invited board members and those in attendance to join the students at computers arrayed on the apron of the auditorium stage and, with their help, learn how to program robots.

"It is unbelievable to watch kids' creativity come to life," said Balcavage. "They're better than myself, they're better than Pat. They just want these things to get up and run."

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Students at Elsmere Elementary School demonstrate how to program basic robots.

Photos from Bethlehem Central School District

TOWN NEWS

Toll Gate: We will be back

Owners say its closed doors are only temporary

By **JIM FRANCO**
francoj@spotlightnews.com

SLINGERLANDS — Owners of the Toll Gate Ice Cream parlor plan to re-open.

To dispel rumors to the contrary – and to thank the community for its support – the family gave away free ice cream cones on Saturday, Jan. 28.

The iconic shop closed abruptly after 67 years in business when its primary owner and operator, Rob Zautner, the third Rob Zautner to run the business, went to the hospital with severe stomach pains on Sunday, Jan. 8. A few days later he was rushed back to the hospital for emergency surgery to treat diverticulitis. He is still in ICU with a long recovery in front of him, said his sister, Mary Zautner Smart.

Not having any insurance, the hospital bills are staggering, she said previously.

There is no set timeframe on when the eatery will offer its homemade ice cream on a regular basis, she said. The primary focus for the family right now is getting her brother back on his feet.

“There were lots of rumors that we would be closing permanently but that’s not the case,” she said. “We needed to close temporarily while my brother is in the hospital. We just have to get him back on track and get him well enough to open the door again.”

It seems people miss the place. The line wrapped around the corner of the building at 11:30 a.m. for noon start of free ice cream cones. The 50 or so half gallons of ice cream still in freezers since the doors closed sold out in about 30 minutes.

There was a steady line of people hankering for the cone with homemade ice cream all afternoon.

“The purpose of today is to give back to the community for their generosity and their donations and support for the time Rob has been in the hospital,” she said. “Today is really heart-warming. To watch people walk around and look and take pictures and share their memories with us is an awesome tribute to the 67 years my family has had this business.”

Owners of Toll Gate Ice Cream in Slingerlands opened its doors as a gesture of gratitude for the community support they received.

Photos by Jim Franco / Spotlight



Delaware Avenue upgrades to be discussed on Feb. 16

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

BETHLEHEM — A public meeting on the Delaware Avenue Complete Streets Feasibility Study is scheduled to take place on Thursday, Feb. 16 at 6 p.m. at Town Hall.

“Complete Streets’ is government shorthand for approaches that maintain streets, not only for automobile traffic, but also for transit for pedestrians and bicyclists,” said Town Supervisor John Clarkson.

“This particular meeting is about the project we’re working with the Capital District Transportation Committee on the section of Delaware Avenue from Elsmere Avenue down to the city line.”

“This is to look at specific aspects of the street,” he said, “and look at options, which could include speed limit, crossing issues and something called a ‘road diet,’ which means you basically go down to fewer lanes.”

Clarkson pointed out that this project is not the same as the Delaware Avenue Hamlet Streetscape Enhancement project, which involves the implementation of multi-modal and streetscape enhancements from Elsmere Avenue to Adams Street, as well as portions of Kenwood Avenue. Planned enhancements along that corridor consist of new sidewalks, crosswalks, curbing, on-street parking, street trees and decorative lighting fixtures.

Park, pool upgrades approved

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

BETHLEHEM — Town residents can expect to see upgrades to Elm Avenue Park, after the Town Board unanimously approved expenditures to modernize pools, tennis courts and volleyball courts that have fallen into disrepair. The board also voted to replace the playground at Town Hall.

The money to upgrade the courts and playground, \$100,000, will be taken from a Parkland Set Aside fund that currently holds approximately \$800,000.

The project will include cleaning the area, repairing 350 linear feet of cracks, patching, resurfacing, painting, and lining all four tennis courts, and the addition of Pickleball lines to two of the courts. Estimated cost is \$35,000. All the sand, posts, and nets will be replaced on the volleyball courts for an estimated cost of \$25,000. Many components of the Town Hall Playground, constructed in 1999, have deteriorated and replacement parts are no longer available. Estimated cost to replace the park is \$40,000.

Additionally, first steps will be taken to replace gutters and lining for the

pools at Elm Avenue Park, initially drawing on \$107,000 from the town’s General Operating Fund. An agreement with CHA Design/Construction Solutions would pay for engineering and coordination of the project, expected to be completed, at the latest, in 2020.

Last year’s approved Capital Plan proposed spending \$850,000 over three years to complete the project — \$350,000 in year one and \$250,000 each subsequent year. Currently, it is expected that one pool will be completed per year.

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From page B1 ... Taking it to The Hill

Environmental advocates are now looking to local and state officials to mitigate the damage likely to be done by such regressive environmental policy.

Earlier this year, kids in Hoosick Falls, along with Environmental Advocates of New York (EANY) and EffectiveNY, launched a campaign and released videos calling for a constitutional right to clean air, water and environment. Weeks later, two South Albany residents — 10-year-old Lawrence, a resident of Ezra Prentice Homes, which sits right next to train tracks carrying potentially volatile oil-laden train cars, and Willie White, a community leader and executive director of A Village, Inc. — took up the campaign and released videos of their own.

“This is the basketball court, this is the playground, that’s where I live, and there’s the train tracks,” said Lawrence, pointing out places all just

a few feet away from where he was standing. He said that he can sometimes smell gas when he waits for his school bus in the mornings.

“We’ve identified a lot of different issues: asthma, emphysema, bronchitis, thyroid issues, and on and on and on,” said White of health ailments that affect residents in South Albany. “This is living proof that New York needs a Constitutional amendment for clean air, for a clean environment, for all New Yorkers.”

The Ezra Prentice Homes Tenants Association, along with Albany County, Earthjustice, Sierra Club, Center for Biological Diversity, Riverkeeper, Inc., Scenic Hudson, Natural Resources Defense Council and Catskill Mountainkeeper, are also filing a federal lawsuit against Global Partners, an oil company operating at the Port of Albany, claiming that it is operating without a valid

Clean Air Act permit. According to Albany County, the permit for the facility expired last March and, in September, state Department of Environmental Conservation (DEC) notified Global that the company’s request to renew the permit was being denied. Global was required to submit a new permit application with substantial additional information concerning the environmental and public health impacts of crude oil operations at the Albany facility.

“As the battle to protect the Hudson River and surrounding communities from the devastation of crude oil transport in the region rages on, we will not sit idly by as Global violates the Clean Air Act in new ways,” said Riverkeeper attorney Abigail Jones.

On the same day Albany County announced its intention to sue, another environmental advocacy group protested a potential pipeline outside of TD Bank in downtown Albany, where they distributed literature about the bank’s funding of the Dakota

Access Pipeline and the Trump-revived Keystone XL pipeline before marching across the street to the Capitol building.

At the Capitol, they called Gov. Andrew Cuomo on cell phones and asked him to block the potential Pilgrim Pipeline, a pair of parallel pipelines between Albany and New Jersey, one of which would carry crude oil southbound from Albany and another that would carry refined petroleum products such as gasoline, diesel, heating oil, and kerosene, northbound into Albany.

The protest was part of a week-long call in campaign to Cuomo by Food and Water Watch and the Coalition Against Pilgrim Pipelines. “Given the climate denying policies of the federal government such as the approval to build the DAPL and KXL pipelines,” said Diana Wright of PAUSE, “any and all actions at the state level to stop fossil fuels are of critical importance. New York can lead the nation in climate action.”

“Despite the climate denial we see from President Trump and the Republican Congress, the science is clear,” said county Legislator William Reinhardt (D-33). “To avoid climate disaster for humans and our communities, we must take very aggressive steps to leave fossil fuels in the ground and not continue building fossil fuel infrastructure that will be obsolete on the day it is completed.”

“States are going to have to lead on climate,” said EANY Executive Director Peter Iwanowicz, “because nothing is going to happen in Washington, D.C. in a positive way.”

Unlike the Keystone XL and Dakota Access pipelines, because pipelines currently proposed in New York would not cross international borders, the federal administration does not have the power to approve them, said Iwanowicz. “This is something that the states decide.”

EANY is currently working with state senators Diane Savino and Neil Breslin, and legislators from both parties to update proposed legislation — titled the New York State Climate and Community Protection Act — in light of the events of the past weeks. In addition to that bill, which would establish a climate action council, a working group to address issues facing disadvantaged communities and more, EANY is also working to pass legislation that would constitutionalize environmental rights.

“What we’re trying to accomplish is to establish a right to drink water that’s clean, to breathe air that’s not going to make you sick and to live in a safe climate,” said Iwanowicz. “By just a straight-up legislative amendment to the bill of rights.”

The bill would have to pass both houses of the legislature in two successive sessions, he said, and then go before voters. Currently, Article I of the state Constitution identifies 15 rights held by New Yorkers; the legislative amendment would add the right to drink clean water, breathe healthy air and live in a safe environment.

The addition of environmental rights to the state Constitution would require state government to consider whether decisions being made

“What we’re trying to accomplish is to establish a right to drink water that’s clean, to breathe air that’s not going to make you sick and to live in a safe climate. By just a straight-up legislative amendment to the bill of rights.”

— Peter Iwanowicz,
EANY Executive
Director

might negatively impact those rights. “Any decision made by the executive or the legislature has to be weighed against whether it would violate someone’s rights,” said Iwanowicz. “Lawyers in all the various government agencies would have to weigh all of their state decisions against this right.”

“We need to see strength in our political leaders,” he said. “I’ve spoken to people all across this state who are consistently surprised they lack the legal right to clean water and healthy air. We’ve seen time and again in other states and countries that a constitutional right is often the only legal avenue people have against decisions that harm their health.”

Citing Hoosick Falls and South Albany, Iwanowicz said, “In both cases, residents have had to fight tooth and nail for government to stand up for them.”

“We continually assess opportunities to grow our infrastructure and add value for our shareholders,” said Richard Wheatley, director of public affairs for Kinder Morgan, when asked if the Texas energy giant intends to revisit plans for a pipeline that would run through parts of Selkirk and New Scotland. Last May, the company withdrew a federal application after facing opposition from residents and elected officials, citing unfavorable market conditions.



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■ COURTS, COPS AND EMERGENCY CALLS

BCMS teacher arrested for drug possession

BETHLEHEM — The Police Department arrested a Bethlehem Central Middle School teacher last Wednesday morning for unlawful possession of marijuana. School staff alerted the school resource officer that there was an unusual odor in a classroom. With the assistance of school staff, the school resource officer investigated the complaint and reportedly found Steven P. Costopoulos, 56, of Ballston Lake, in possession of marijuana and drug paraphernalia.

BCSD Superintendent Jody Monroe issued a message to parents, stating that Costopoulos, who taught seventh and eighth

graders, has been placed on administrative leave.

“The district’s number one priority is the health and safety of our students,” she said. “I am sharing this information with you to give you the opportunity to discuss this issue with your child.”

Costopoulos was processed and released on an appearance ticket pending a court appearance in Bethlehem Town Court on Tuesday, Feb. 7, at 4 p.m.

As it is a personnel matter, the district has declined to comment further pending the outcome of the investigation.

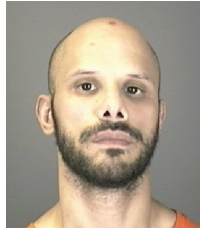
Schenectady man pleads guilty to stealing

ALBANY — Paul Mackey, 34, of Schenectady, pleaded guilty to one count of fourth degree criminal possession of stolen property in Albany County Supreme Court Tuesday, Jan. 24.

Between Nov. 4 and Nov. 9 last year, Mackey stole credit cards, cell phones, laptop computers and GPS devices from multiple vehicles throughout Albany County, and he made purchases using the stolen credit cards. Mackey was arrested following an

investigation led by Colonie, Guilderland and Bethlehem police, and much of the stolen property was recovered from Mackey’s home.

Mackey faces 2 to 4 years in state prison when he is sentenced March 24.



MACKEY



Safe in Selkirk

The Selkirk Fire Department responded to a house fire at 564 South Albany Road on Sunday, Jan. 22. Chief William Asprion said the blaze began as an electrical fire and that it was contained to the second floor of the house. None of the occupants nor any of the fire fighters were injured. Elsmere Fire Department, Albany County paramedics and the Bethlehem Ambulance Service also responded to and assisted at the scene.

Photo by Tom Heffernan, Sr.

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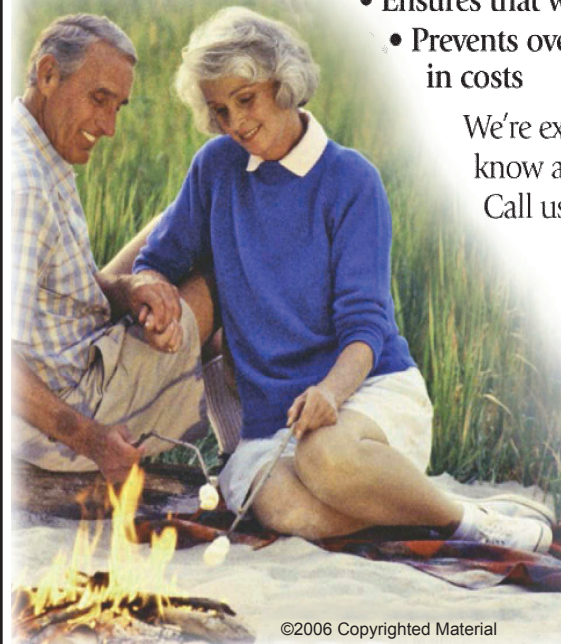
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COMMUNITY

Sunday music with Rose Hargrave

Our winter concert series “A Little Sunday Music” continues its 2016-17 season Sunday, Feb. 5, at 2 p.m. with soprano Rose Hargrave performing a selection of French art songs in program titled, “Tour de France.”

Hargrave is a member and past president of the Monday Musical Club of Albany. She has studied voice with Karen Ranung and coaches with Michael Clement. She performs music from oratorio and opera to jazz and Broadway and has sung extensively with St. Margaret Mary’s Church, All Saints Catholic Church and The New York Catholic Chorale. She is a featured vocalist on the CD “Mis Suenos de Tango” with Spiral Ensemble, and a more recent recording, “Armenian Genocide Centennial Memorial Concert,” with Andrew



Krystopolski on piano. Past musical engagements have included The Mendelssohn Club, Troy Savings Bank Music Hall, Proctors Theater, Caffe Lena, the Albany Tulip Festival, 70 Beekman Street Art Gallery, Mohonk Mountain House Resort, the Hyde Collection and Saratoga Racetrack. She also performs benefit concerts throughout the Capital District.

A Little Sunday Music closes the season with a March 5 performance by cellist Will Hayes, who will be playing music by Bartók, Grieg and Brahms, accompanied by piano.

A Little Sunday Music is generously underwritten by Friends of Bethlehem Public Library.

What’s new?

Our special collection, sometimes known as a “library of things,” continues to grow. On the heels of the virtual reality headsets, we have added portable karaoke machines and binoculars that can be borrowed with a library card.

Got a song in your heart? Sing it loud and proud – with friends or by yourself – when you check out one of our new karaoke machines. Nothing livens up a gathering or a teen’s slumber party more than some good-natured, off-key warbling. The portable devices are stand-alone, but they do come with cables if you want to hook one up to your television. They can be checked out for a week at a time and include two microphones, four karaoke CDs, a remote control and a user guide.

You can also check

out one of our binoculars, and get a closer look at the world around you. The Celestron Nature DX 8x42 Adult Binoculars strikes the perfect balance between performance and ease of use.

Both the karaoke machines and binoculars, as well as the VR headsets, telescopes, GoPro cameras and more, are available on our special collections shelf behind the Information Desk on a first-come basis. Look for the white cases with the corresponding images.

Audiobook fund receives gift

The library would like to acknowledge a gift contribution to the Bass Recorded Books fund from Eileen Base Cummings, who, along with her brother, established the fund 17 years ago in honor of their parents,

Edward and Edith Bass. Contributions to the fund are used to purchase audiobook versions of histories and historical biographies, genres favored by Mr. Bass, who was visually impaired. Each audiobook has a label identifying it as part of the Bass collection.

The fund continues to be actively supported through donations. For more information, please contact Library Director Geoffrey Kirkpatrick at 439-9314, ext. 3022.

Upcoming events

All events are free and take place at Bethlehem Public Library, 451 Delaware Ave., Delmar. For more information, call 439-9314 or visit bethlehempubliclibrary.org.

Monday, Feb. 6

Fun and Games for Grownups

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

Tuesday, Feb. 7

Chess Club

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

Zentangle and Creative Coloring

Relax and improve your focus with coloring or Zentangle, a tranquil drawing technique that uses patterns to create beautiful images, 7 to 8:30 p.m.

— Kristen Roberts

Regina Carter plays Ella

Join us for Regina Carter’s “Simply Ella” at The Egg on Saturday, Feb. 11, at 8 p.m. Carter, an accomplished violinist, will celebrate the 100th birthday of the “First Lady of Song,” Ella Fitzgerald. Call 439-4955, ext. 1176.

On Friday, Feb. 10, the Friday Health and Wellness Program will present “Taste of Co-op,” by representatives of the Honest Weight Food Co-op. The Co-op teaches our communities about growing produce, preparing natural foods, and developing healthy sustainable ways to live for ourselves and the planet. The presentation will include fun food-related, hands-on activities,



nutritional information and taste testing. The programs are free and are held at Town Hall at 1 p.m. Call 439-4955, ext. 1176.

The Senior Discussion Group will meet 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.

Go shopping with

us on Monday, Feb. 6 at Colonie Center and Northway Mall. Call 439-4955, ext. 1176.

The Second Milers, a group of retired men, will meet on Feb. 8 at Normanside Country Club for lunch and a presentation by Supervisor John Clarkson of the State of the Town. Call Bob Mulligan at 439-3802.

The following support meetings are available:

- Breakfast at Tool’s — Wednesday, Feb. 15, at 10 a.m.

- Alzheimer’s Disease Caregiver Support Group — Wednesday, Feb. 22

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

— Wilma DeLucco

Learn to draw painlessly

Put away those coloring books, and learn to draw with Painless Drawing Classes. This series of entertaining and instructional classes with local instructor Tom Baldwin will put you on the track to creating art which you will be proud to show. Open to anyone ages 16 to 106.

Classes will meet at 6 p.m. every other Wednesday, Feb. 8 through March 29, and are non-sequential — you can drop into the series at any time.

There is a \$4 fee per class, which includes supplies, instruction, individual assistance and drawing subjects.

Register today.

RCS COMMUNITY LIBRARY

Take Your Child to the Library Day

Build It! at the library, come for an activity or stay for the whole day on Feb. 4 from 10:30 a.m. to 3:30 p.m. The schedule is:

10:30 a.m.: 3D Printer Demo and 3D Doodle Pens

11:30 a.m.: Giant Jenga

12:30 p.m.: Build your Family Tree

1:30 p.m.: Library Robots

2:30 p.m.: Board Book Dominos

3:30 p.m.: Marshmallow Towers

Drop-in activities

include Legos, puzzles and building blocks. No registration required, and all activities are first come, first serve. Some activities may have limited spots, so come early.

Love Your Health

Pamper yourself with an evening of relaxation and health at the RCS Community Library on Thursday, Feb. 9, at 4:30 p.m. No registration required.

Learn the technique for stress reduction with Reiki. Change your look with Hair Chalk. Treat yourself with a homemade custom bath balm. Learn about cancer screening services. Create a snack with Albany Cooperative Extension.

— Carol Melewski

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DEAN'S LIST AND GRADUATES

Hugo Pilco Sanchez, of Guilderland, received a master's degree in management from SUNY Oswego.

Donna Gaetano, of Guilderland, received a graduate certificate in health and wellness from SUNY Oswego.

Casey McGraw, of Delmar, graduated with a bachelor's degree in sports administration from Castleton Univeristy.

Jithendra Sri Mandapati, of Guilderland, received a master's degree in computer and information science from Southern Arkansas University.

...

The following students received degrees from SUNY Oswego:

Brandon Courtney of Guilderland

Katrina Stevens of Altamont
Joseph Gallo of Guilderland

...

Scott Warren, of Voorheesville, was named to the president's list for the fall 2016 semester at Culver-Stockton College.

Anthony Paturso, of Guilderland, was named to the dean's list for the fall 2016 semester at Springfield College.

Hannah Brackett, of Guilderland, was named to the dean's list for the fall 2016 semester at Mount Ida College.

Matthew Schiller, of Slingerlands, was named to the dean's list for the fall 2016 semester at Colby-Sawyer College.

Megan Davitt, of Delmar, was named to the dean's list for the fall 2016 semester at Macalester College.

Veronika Mazur, of Guilderland, was named to the dean's list for the fall 2016 semester at the University of Scranton.

Clare Lawson, of Guilderland, was named to the dean's list for the fall 2016 semester at the

University of New England.

Haley Goodrich, of Glenmont, was named to the dean's list for the fall 2016 semester at Roger Williams University.

Julia McCabe, of Guilderland, was named to the dean's list for the fall 2016 semester at Roger Williams University.

Nicholas Pattison, of Altamont, was named to the dean's list for the fall 2016 semester at Colby College.

...

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

Altamont

Eden Alin, Michele De Angelis, Natasha Permaul, Caroline Bablin, Dominic Spaulding, Jessalynn Crusado, Kiera Decotes and Meredith Hillegus

Delmar

Camilla Walsh, Georgina Mitchell, Hassam Raza, Jonathan Martin, Marina Skrabalak, Patrick Fontaine, Robert Lombardo, Samuel Gioeni, Zainub Amir, Zachary Engel, Ashley West, Lori Ann Flynn, Sean Pauquette, Johann Poehlmann, Ethan Alan Stone, Leslie Beegle, Austin Herrmann, Jeffrey Malone and Michael McCurdy

Feura Bush

Darian Harbeck and Michaela Kawczak

Glenmont

Camilo Ibanez-Granados, Jenna Cardin, Kaylee Rickert, Mitchell Calabrese, Maik Katko, Michael McLeer, Tim Katko, Jacob Rosenberg and Nora Derian

Guilderland

Anthony Cochetti, Alexander

Lincoln, Ahmad Shaiq, Adrian Testo, Anthony Then, Brett Schenkel, Christina Hess Al-Junaid, Chelsea Snide, Dayana Baz, Donato Clandorf, Derek Healey, Eunyoung Kim, Hannah Bostwick, Hannah Chason-McCarthy, Joseph Farrell, Jiatong Yu, Katherine Desmond, Laura Mans, Megan Davidman, Mohammad Adeem Khan, Matthew McCaffrey, Pengfei Shi, Qiuhan Zhang, Ryan Ehlinger, Ryan Hurtt, Redina Kruja, Shawn Dooley, Shokri Enbawe, Samantha Gabel, Sangyu Liu, Shaun McCann, Victoria Wood, Wathmi Sabine Primary Pathinisekara, Xu Liu, Ziyun Lin, Aezat Ullah, Deepali Haldar, Daniel Leo, Dominic Penman, Michael Green, Nathan Sweet, Sarim Hussain, Jiaxin Yue, Jiuning Zhong, Misol Cho, Brittany Horton, Haley Quinn, Jared Marriner, Laura Muller, Liam Hurley, Olivia Bishop, Shannon Torpey, Zoe Wicks, Cassia Martyniuk, Shauna McDonald, Eve Janover, Andrew Celmins, Alexandria Girimonte, Azen Shahzad, Clint Demyer, Cara Sherman, Kayla Diegel, Karishma Persaud, Kayleigh Shultis, Kedrick Weeden, Lauren Blaauboer, Maksim Papenkov, Nicholas Labbe, Robert Kite, Valecia Stocchetti, Jordan Cotton, Justin Permaul, Lia McKenna, McKenzie Kane, Naomi Carter and Samuel Lawkins

Guilderland Center

Justin Zehr

Selkirk

Adam Gardell, Brandon Frangella, Joshua Egan, Mykhaylo Yermakov, Shayne Coluccio, Stephanie Deso, Alice Holloway, John Whalen, Okoye Davis and Justin Listman

Slingerlands

Araglin Kite, Alex Kaloyeros, Angelina Cox, Erin Nagy, Lisa Dobrowolsky, Omar Alrifai,

Alexander Gelfand, Alexander Beams, Adrian Zajac, Megan Bender and Samantha Bruce

Voorheesville

Casey O'Neill, Mary Raiti, Kegan Shreffler, Louis Divirgilio and Victoria Hargrave

...

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

Kathryn Casey of Altamont
Harry Clinton of Delmar
Sadey Mirabile of Slingerlands

Kevin O'Connor of Delmar
Colleen Powers of Guilderland

Caroline Robinson of Delmar
William Robinson of Delmar

...

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

Lucas Bufalini of Clarksville
Liana D'Elia of Guilderland
Melanie Schmitt of Selkirk

...

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

Sophia Bille of Voorheesville
Sarah Bone of Guilderland
Sarah Bradshaw of Slingerlands
Troy Buchanan of Altamont
Jessica Carlson of Selkirk
Rachel Cleary of Guilderland
Eric Cullen of Slingerlands

Tanner Danz of Altamont
Alexandra DeAngelis of Altamont

Kristen Guastella of Delmar
Ryan Hanley of Glenmont
Madeleine Hurley of Guilderland

Justine Marinello of Slingerlands

Gabriella Marino of Guilderland

Victoria Mosley of Selkirk
Kelly Muncil of Slingerlands
Erin Murray of Delmar

Elise North-Kirkman of Delmar

Michael O'Mara of Altamont
Judson Parisi of Delmar

Amanda Pentak of Delmar

Rebecca Reohr of Voorheesville

Parker Ruetz of Delmar

Evan Sanders of Slingerlands

Sara Stathopoulos of Delmar

Megan Usher of Glenmont

...

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

Andrew Burke of Albany
Katherine Kiernan Lewis of Albany

Michaela Venditti of Albany

Julia Brown of Delmar

...

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

Adriana Brusgul of Altamont

Gabriella Ferrera of Slingerlands

Alexis Hickman of Guilderland

Matthew Krieg of Guilderland

Jessica Losee of Selkirk

...

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

Brandon Courtney of Guilderland

Jack Marcucci of Altamont

Ronald Diego of Delmar

Sophie Theis of Guilderland

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COMMUNITY

Cliff Brucker & Full Circle

Cliff Brucker, jazz drummer and pianist, and his exceptional sextet, Full Circle, will perform classic jazz standards and original compositions at the Guilderland Public Library on Sunday, Feb. 12 at 2 p.m. This event is part of the library's Sunday Concert Series.

Full Circle includes Leo Russo, tenor and alto sax; Larry Ham, piano; Dylan Canterbury, trumpet and flugelhorn; Mike Novakowski, guitar; Otto Gardner, bass. Individually, the six musicians have performed with both local and legendary jazz artists; together, they recently recorded the eponymous album, "Full Circle" — "an exceptional and satisfying recording," notes one jazz reviewer.

Deadline approaches

Teens: It's time to tell us your story. The deadline

GUILDERLAND PUBLIC LIBRARY
www.guilpl.org

for the 2017 Teen Winter Writing Contest is Monday, Feb. 13, by 9 p.m.

Submit your piece via email to TeenWinterWriting@gmail.com. The categories are:

- Grades 6 – 8, Poetry
- Grades 6 – 8, Fiction or Nonfiction Prose
- Grades 9 – 12, Poetry
- Grades 9 – 12, Fiction or Nonfiction Prose

Full details at www.guilpl.org/teenwriting.

3 Little Birds

Join local librarian and former Kindermusik teacher Joselyn Wilder at GPL on Monday, Feb. 13, at 10:30 a.m., for "3 Little Birds: Music, Movement & Storytime," a fun-filled program of music and literacy activities

geared toward children ages 5 and under. No registration necessary; drop in whenever you're able. Children must be accompanied by an adult caregiver.

"Gal"entine's Day

February's Pinterest Wins event on Monday, Feb. 13, at 7 p.m., celebrates our gal pals!

Bring your gal pal (mom, daughter, co-worker, next-door-neighbor) to a night of Valentine's Day-inspired crafting for all ages. There will even be a dessert waffle bar.

Please register each member of your squad — do it online at www.guilpl.org, by phone at 456-2400, ext. 2, or in person at either the Information Desk or the Children's Desk.

GPL Sprouts

Find out "what's the matter" at our next fun-filled STEM program at GPL on Thursday, Feb. 16, at 3:30 p.m.

Ideal for kids ages 4 through 7, this program explores the world around us through books, experiments, activities and crafts. Lots of hands-on learning for everyone.

Please register by calling 456-2400, ext. 4, or go online to www.guilpl.org and use the Events & Registration Calendar.

Better Books Sale

Fight the Gloom Period Blahs with a new book! There are bargains galore on books, CDs, DVDs and more at the Guilderland Public Library's next Better Books Sale on Saturday, Feb. 11, from 10 a.m. to 4 p.m. Good hunting!

— Mark Curiale

HEAP program

Town of Guilderland SENIOR CALENDAR

People with monthly incomes under \$2,300 for one person or \$3,007 for two people, etc., are eligible for the Heating Assistance Program (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 used. Applications are available in the Senior Office, and if you need assistance, please call to set up an appointment.

GHS spring musical

The Guilderland Players' next musical will be "How to Succeed in Business Without Really Trying."

Big business means big laughs in this delightfully clever lampoon of life on the corporate ladder. J. Pierrepont Finch, a young New York window washer with large ambitions, believes he can be a success in the corporate world after he impulsively picks up the book "How to Succeed in Business without Really Trying." The book promises its reader that he can climb the corporate ladder simply and quickly.

Senior Citizen Night will be Thursday, March 16, at 7 p.m., and tickets will be available at a cost of \$5 each (cash only) in the Senior Office in late February. Call ahead to check on ticket availability at 280-7607.

Limited transportation will be available for this event.

STAR program

Homeowners may be eligible for a school property tax relief on their primary residence only. The STAR (School Tax Relief) credit or exemption applies only to the school district tax, not to other property taxes such as county, town or city.

To receive a new STAR credit, you must register with New York

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

For information, please contact the Town of Guilderland Assessors Office at 356-1980.

No health insurance?

You may be eligible for no-cost colon cancer screening, mammograms, clinical breast exams and pap tests. Call St. Peter's Health Partners at 525-8680 for more information.

Weekly schedule

Thursday, Feb. 2

Scheduled shopping
9 a.m. Silver Sneakers
9 a.m. Strong Bone+
10 a.m. Silver Sneaker Yoga Stretch
12:30 p.m. Mahjong
12:30 p.m. Pinochle

Friday, Feb. 3

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

Monday, Feb. 6

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

Tuesday, Feb. 7

9 a.m. Strong Bones+
11:30 a.m. Luncheon: turkey meatloaf or cold plate
12:30 p.m. Bingo/rummikub

— Catherine Knightes

Pirate and princess tea party

Calling all pirates and princesses. Come celebrate "Take Your Child to the Library Day" on Saturday, Feb. 4. Our special dress-up storytime event will begin at 10:30 a.m. and is geared especially for children ages 3 to 7, with families.

After reading some great pirate and princess themed books, we will

Voorheesville Public Library

have "tea" and snacks fit for royalty and buccaneers alike. Don't leave without making your pirate hat or fairy wand, or you might be asked to walk the plank or face a fiery dragon!

Please register online at www.voorheesvillelibrary.org or call 765-2791.

The MAGIC Years

On Saturday, Feb. 5, at 3 p.m., Cornell Cooperative Extension will offer an educational program to help parents/caregivers understand four different parenting styles and how their particular parenting behavior affects their children. Please register online or call.

— Lynn Kohler

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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February 1, 2017



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■ PLAYER OF THE WEEK



BRENDAN CARTWRIGHT

Bethlehem swimmer Brendan Cartwright is the Crossroads Ford Spotlight Player of the Week for the period ending Sunday, Jan. 29. Cartwright won the 50- and 100-yard freestyles and was on two winning relay teams to lead the Eagles to a 107-79 Suburban Council victory over Niskayuna Thursday, Jan. 26.

■ ON THE WEB



Hockey news

Bethlehem jumped out to a 3-0 lead on its way to beating Guilderland/Mohonasen/Scotia/Voorheesville/Schalmont 6-1 Saturday, Jan. 28, in a Capital District High School Hockey League game.

■ BOYS BASKETBALL

Balance is key

Bethlehem outlasts Niskayuna
in Suburban Council road victory

NISKAYUNA — The Bethlehem boys basketball team outlasted a stubborn Niskayuna squad for a 74-62 Suburban Council victory Friday, Jan. 27.

Both teams had three players in double figures, but more Bethlehem players contributed points than Niskayuna to prevail and extend its winning streak to 10 games.

Sean Flynn drained five three-pointers on his way to a 20-point night for the Eagles (10-2 league, 13-2 overall). Hayden Thompson contributed 13 points, and Michael Ortale added 11 points.

Jack Evans led Niskayuna (3-8, 3-11) with 21 points, 18 of which came on three-pointers. Sean St. Lucia chipped in with 11 points.

For a photo gallery from this game, visit spotlightnews.com/spotted.

— Rob Jonas



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Michael Hallisey @mh_Spotlight

February 1, 2017

Spotlight on Opinion

www.spotlightnews.com PAGE 10

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FRANKLY SPEAKING: The Troy ERT and Schenectady mayor

Just to catch up on some of the goings on in a couple of cities in the area.

The last time you heard anything about the Emergency Response Team in Troy was when it was getting cut from the budget.

Then, as expected, the city found a way to come up with the money, despite the fact it was, at one time, looking at a 20-plus point tax increase. The tax hike was eventually lowered to 14.5 by the Council – or at least some on the council.

And then, we get a press release about how the team arrested a drug dealer. It's the first time I've seen a press release specifically about the ERT in a long time, so the timing is just a tad suspect.

The whole scenario really isn't any surprise. And neither is the statement issued by Troy Mayor Patrick Madden on reinstating the ERT.

"During the last several weeks, my administration has worked closely with the Troy Police Department leadership and members of the ERT to ensure the continued operation of this valuable and highly trained unit

... We will continue to work closely with members of the ERT ..."

Why do members of the ERT have any say in how City Hall or the chief want them to operate, train or do anything, really? Sure, input of the troops is important, but it's the chief who should have the final say in what the troops do and how they do it.

But, as we all know, the PBA has been running the Police Department and City Hall for decades.

Chief John Tedesco wanted to change things around in 2011 and the big, bad ERT members threw a hissy and quit. The whole team, all of them, just up and quit.

And now, six years later, after the administration cuts the program as a way to balance the budget and keep taxes within some semblance of affordability, the team is screaming how vital it is to public safety and how without the ERT standing at the ready, Troy will be overrun by a horde of screaming hooligans looking to kill your mother and rape your father.

I gave the administration credit for cutting the team because, in part, it's expensive and

hardly ever used, and could easily be regionalized. For example, agencies from all over the area could throw in a man or two — or even four or five — and the cost of training and equipment could be spread out among the agencies, rather than one municipality paying for its own little militarized unit on its own.

It would be more economic and much more efficient.

Troy was without an ERT for eight months in 2011, and the hordes of hooligans didn't make any noticeable inroads into the lives Trojans.

At the same time, I see there is a petition floating around to keep the city pools open. Anyone want to wager on whether kids will swim in city pools this summer?

I'll bet a paycheck they do.

And since the ERT doesn't have too much else to do, the members could stand guard, or maybe even take a dip after a long day of training.

Mayor McCarthy

We will never know what Schenectady Mayor Gary McCarthy did or didn't do on May 19, 2016.

The whitewash of a report by Saratoga County District

Attorney Karen Heggen certainly didn't reach any steadfast conclusion.

Well, we know what he did, but we don't know why he chased two women through the mean streets of Schenectady at around 1 a.m.

He might have been drunk, according to one of the cops at the scene at City Hall, where two women led McCarthy.

But, then again, he might not have been, according to other cops at the same scene. Must be nobody thought to give him a field sobriety test or anything like that.

Actually, I think how the cops handled the whole thing is more disturbing than what McCarthy did.

The worst case scenario is the mayor had a couple too many, saw a woman acting, in his mind, suspiciously, and thinking he was a super hero, approached them as he and he alone was the only thing keeping his version of Gotham safe from evil doers.

The best case scenario is pretty much what transpired above, sans the booze.

I guess he could be charged with harassment, or something

along those lines, but that may be a stretch, especially so far after the fact. It didn't help that Heggen took some six to finish up and release her report.

If it was anyone else who terrorized two women, you know the police would have at least made sure the guy behind the wheel was sober.

When the story first broke, I called on the Schenectady City Council to act like the separate and distinct branch of government it is and use its subpoena power to call everyone involved into the chambers to answer questions about what happened on that night.

When I asked members of the council what they thought of the idea, they shrugged it off. Even outspoken Councilman Republican Vince Riggi dismissed the idea without hardly a second thought.

Riggi said "its now in the court of public opinion," but that's the easy way out. The Council shirked its job, just like the cops did.

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

■ WHAT HAPPENED 10 YEARS AGO...

2007: School structure switch up

About 10 years ago, Bethlehem Central Middle School made a drastic change in how its classes are structured.

Prior to February of 2007, the middle school was divided into four houses: Patroon One, Patroon Two, Hudson and Knickerbocker. Students were placed into one of the four houses, and would attend smaller classes with students who were also in the same house, with the same teachers.

Students would remain in that house for their three years of middle school.

But, in 2007, according to a *SpotlightNews* article written at the time, a 23-member committee opted to review the longstanding structure of the school. Ultimately, that committee decided to move the school from four houses to three.

"Two houses will keep our classes a little more balanced," then middle school

principal, now district superintendent Jody Monroe, said, while presenting the change to the school board.

The four-house structure, according to the article, was originally meant to foster a better environment for learning.

But, according to the article, teachers and other school officials found that they were increasingly constrained by the lack of flexibility in the four-house structure,

and they wanted a plan that was a better fit for the staff and facility.

With the scaling down to fewer houses, the board meant to enhance further collaboration, maintain discipline and maximize scheduling flexibility.

Then superintendent Les Loomis noted that other Suburban Council schools had tried other ways to make middle schools simpler and more intimate.

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ALBANY COUNTY

Taking more steps after women's march

By KASSIE PARISI
parisik@spotlightnews.com

ALBANY — Marches all around the world showing support for an array of issues, particularly women's rights, may have been wrapped up over the weekend, but women in Albany are just getting started with their activism.

U.S. Representative Paul Tonko, at a press conference at the Albany-Rensselaer train station on Wednesday, Jan. 25, had just returned to the state after being in Washington for Donald Trump's inauguration on Friday, Jan. 20.

"A precious hallmark of our democracy is the peaceful transition of power," Tonko said, noting that it is now "time to wipe the slate clean" and

to work on unfinished business.

But the following day, Tonko also participated in an event that seemed to conflict with most positions that the new presidential administration has taken. The Women's March on Washington, which was a massive outpouring of advocates supporting, among other issues, women's rights, both nationally and internationally. Tonko, who called the march "quite historic," said that the movement was very organic and peaceful.

"This has been quite a busy weekend," Tonko said. He explained that while the march was suffocating, with wall-to-wall people, nobody was violent.

While many local

people were able to charter busses to get to Washington for the march, some were not so lucky. Brigid Beckman, of Albany, was scheduled to leave from Menands early Saturday morning. Beckman said that, around midnight, there were enough people to fill 11 buses. Around an hour and a half later, there were 10 buses, but by 2:15 a.m., one bus was missing. Eventually, Beckman said they learned the last bus had broken down and some people were forced to leave, as there were not enough seats on the buses that were already there to get everyone to Washington.

But Beckman had learned that there was going to be a similar march in downtown

Albany that same day, and made up her mind to attend that event instead, even though she wasn't yet aware of the full scale of the activism that takes place in the Capital District.

"I hadn't really paid that much attention to what was going on in Albany because I was planning on being in DC," Beckman said. Beckman, who was an English teacher and also works as an interfaith minister, upon deciding to become further involved with local advocacy, said she had to find her own sense of where she would be most effective as an advocate.

"I've really tried to slow down a little bit and say, 'all right, I can' fix everything,'" and where's my passion?" she said.

For those looking to get more involved, she recommended researching local advocacy groups to see where they might fit best, and what groups best align with where people want to put their energies, or figuring out which organizations work with the most marginalized people.

"What are some of the agencies that are out there already? See if you can volunteer. Do they need money? Do they need items? Do they need hours? And to see where we each can be one piece of the puzzle that's being put together," she said.

For Beckman, important issues she wanted to focus on were education and homelessness. She also urged people not to use the excuse of being busy as

a cop out.

Beckman ended up marching with three generations of her family: her parents, herself, and her daughter.

"It was remarkable to me, to have all of us," she said, noting that her parents, who she described as people of faith, also believe that there are many issues in the world people of faith have to step in and work on, even if some of her extended family didn't agree with their decision to march.

"There's this sense of really wanting to find ways to bridge all of the ways where we see a difference in each other," Beckman said. "One of the chants was, build bridges, not walls, and that really resonated. So I want to be a bridge builder."

LEGALS	LEGALS	LEGALS	LEGALS	LEGALS	LEGALS	LEGALS	LEGALS
<p>LEGAL NOTICE</p> <p>NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY</p> <p>1. The name of the Limited Liability Company is MB PROPERTIES I, LLC</p> <p>2. The Articles of Organization of the Limited Liability Company were filed on December 12, 2016 with the New York Secretary of State.</p> <p>3. The office of the Limited Liability Company is located in Albany County.</p> <p>The Secretary of State is designated as agent of the Limited Liability Company upon whom process against it may be served.</p> <p>5. The Secretary of State shall mail a copy of process served to the Limited Liability Company to 453 Western Avenue, Albany, NY 12203</p> <p>6. The latest date to dissolve is indefinite.</p> <p>7. The purpose of the Limited Liability Company is to conduct all lawful activity.</p> <p>Ad#139940</p> <p>LEGAL NOTICE</p> <p>"Notice of Formation of an LLC: Morris Forensic Consulting, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on January 6, 2017. Office Location: Albany County. The SSNY is designated as agent of LLC upon whom Process against is may be served. SSNY shall mail process to: Shannon L. Morris, 314 New Salem Road, Voorheesville, NY 12186." Ad#142682</p>	<p>LEGAL NOTICE</p> <p>NOTICE TO BIDDERS NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for Rental of Portable Toilets.</p> <p>Bids will be received up to 11:00a.m. on March 1, 2017 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Ms. Nanci Moquin, Town Clerk, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the NAME AND ADDRESS OF THE BIDDER AND SUBJECT OF THE BID. ORIGINAL AND ONE COPY of each bid shall be submitted.</p> <p>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.</p> <p>The Town Board reserves the right to waive any informality in or to reject any or all bids.</p> <p>BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM</p> <p>Nancy Moquin TOWN CLERK Dated: February 1, 2017 Ad#142607</p>	<p>LEGAL NOTICE</p> <p>NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC).</p> <p>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</p> <p>LEGAL NOTICE</p> <p>NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC).</p> <p>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</p> <p>LEGAL NOTICE</p> <p>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 sec-</p>	<p>retary 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</p> <p>LEGAL NOTICE</p> <p>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 is c/o Gregg Biche, 160 Delaware Avenue, Delmar, NY 12054; Purpose: for any lawful purpose. Ad#142564</p> <p>LEGAL NOTICE</p> <p>NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC).</p> <p>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</p>	<p>LEGAL NOTICE</p> <p>Notice of formation of Limited Liability Company. Name: S3E LLC. Articles of Organization were filed with the Secretary of State of NY (SSNY) on 1/10/2017. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process served to: The LLC at 208 Point of Woods Dr. Albany, NY 12203. Purpose: any lawful purpose. Ad#142445</p> <p>LEGAL NOTICE</p> <p>Savino Chiropractic PLLC. The date that the PLLC was filed with NYS is January 5, 2017. The date of the formation of this PLLC is October 1, 2016. The office of this business is located at 4 Normanskill Blvd #404 Delmar, NY 12054. The legal address for this company is 372 CR 405 Greenville, NY 12083. Both addresses are located in Albany County. The secretary of state is designated as the agent of this PLLC. The purpose of this PLLC is to provide Chiropractic services. Ad#142080</p> <p>LEGAL NOTICE</p> <p>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 upon whom process against it may be served. The address which SSNY shall</p>	<p>LEGAL NOTICE</p> <p>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</p> <p>LEGAL NOTICE</p> <p>STANLEY J. ROLLER-SON 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, 3A New York, NY 10030. Purpose: Motion Pictures Producer and any Lawful Business. Ad#141475</p> <p>LEGAL NOTICE</p> <p>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</p>	<p>be served. SSNY shall mail a copy of process to the LLC, 14 Corporate Woods Blvd., Suite 100, Albany, NY 12211. For any lawful purpose. Ad#139644</p> <p>LEGAL NOTICE</p> <p>Notice of formation domestic qualification of Sun Processing LLC. Articles of Org. filed with NY Secretary of State (NS) on November 10, 2016, office location: Albany County, NS is designated as agent upon whom process may be served, NS shall mail service of process (SOP) to NW Registered Agent LLC @ 90 State Street Suite 700 Office 40, Albany, NY 12207, NW Registered Agent LLC is designated as agent for SOP at 90 State Street Suite 700 Office 40, Albany, NY 12207, purpose is any lawful purpose. Ad#140381</p> <p>LEGAL NOTICE</p> <p>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</p> <p>LEGAL NOTICE</p> <p>VERSION A APPAREL LLC. Art. of Org. filed with the SSNY on 12/23/16. Office: Albany County. SSNY designated as agent of the LLC upon whom process</p>	<p>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</p> <p>LEGAL NOTICE</p> <p>VICTORYLINE PROPERTIES, LLC</p> <p>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 SSNY shall mail a copy of any process to the LLC, 4 Monroe Avenue, Albany, New York 12203. Purposes: Any lawful purpose. Ad#139939</p> <p>LEGAL NOTICE</p> <p>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</p>

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Wild Adriatic

CD release party this week could be a precursor to bigger and better things to come in 2017.

Page B4

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PICK OF THE WEEK



The Last Waltz 40

An all-star cast of musicians collaborate to pay tribute to The Band, with a tour that stops at The Palace Theatre, Thursday, Feb. 2.

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INSIDE



Arts calendar

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CULTURE

Troy's town crier

Local man takes 'Humans of New York' approach to the people of Troy

By **JIM FRANCO**
francoj@spotlightnews.com

TROY — Empathy and compassion. Two lessons the editor and publisher of *Troy Stories* is learning, and hopes to spread. The website, and parallel social media platforms, is the brainchild of Jesse Gardner. In the most simplistic of terms, Gardner embarked upon the project to tell stories of random people and, when taken collectively, tell the story of Troy. Peel back a layer, though, and the project is a bit more profound. "It was born out of last year's political turmoil," he said while at *Troy Stories'* home base, the Troy Innovation Garage on Fourth Street. "That whole season there was a whole lot of talking going on and maybe not as much listening as there should have been. I was one of the ones doing a lot of that talking, I tend to be opinionated. I wanted to spend some time

Continues on page B24



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▶ quote of the week

"When I began, everyone was talking about the election and it seemed everyone was on one side or the other. Then I interviewed this one woman who had strong feelings about how humans are all the same. We may look different, we may act different, we may have different beliefs, but fundamentally there is this common humanity we all share. That was inspiring to me."

TABLES TURNED

Our Jim Franco caught in the act.

troy_stories / Instagram




— Jesse Gardner, of Troy Stories



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■ **RECENTLY ANNOUNCED**

Trey to take Troy

Phish lead vocalist to play Troy Savings Bank in March

TROY — Trey Anastasio, lead singer and guitarist for jam band Phish, will play a solo, acoustic show Friday, March 10, at 7:30 p.m., at the Troy Savings Bank Music Hall, 30 Second St.

Over the past three decades, Anastasio has forged a multi-faceted career in rock, classical and theatrical circles. Besides his work with Phish and the Trey Anastasio Band, he has collaborated with the likes of Dave Matthews, Herbie Hancock, Carlos Santana, Toots and the Maytals, the late B.B. King, The Roots and, as part of Oysterhead, Les Claypool (Primus) and Stewart Copeland (The Police). Anastasio also wrote the music for the Broadway musical “Hands on a Hardbody,” which earned him a Tony Award nomination in 2013.

Anastasio has performed original compositions with numerous symphonies, including the New York Philharmonic and the Los Angeles Philharmonic. In 2014, he debuted a new piece for guitar and orchestra titled “Petrichor,” and performed it on a West Coast

orchestral tour.

Tickets range in price from \$65 to \$75 and go on sale to the general public Friday, Jan. 27, at noon. Tickets may be purchased at the box office, by calling 273-0038 or online at www.troymusicall.org.

Rod Stewart, Cyndi Lauper at SPAC

SARATOGA — Rod Stewart and Cindi Lauper are making a stop at the Saratoga Performing Arts Center on July 22, according to Live Nation.

The concert is part of an 18-city summer tour that starts on July 6 in Florida. Other New York stops include Jones Beach Theater, Bethel Woods Center for the Arts and the Rochester CMAC PAC.

Stewart holds the distinction of earning 16 Top Ten singles in the United States, including four No. 1s.

Lauper’s influence upon the music industry has earned her awards with the Grammys, Emmys and Tonys. She is perhaps best known for her 1983 debut release “She’s So Unusual,” and for supplying the theme songs to the 1985 film, “The Goonies.”

Tickets for the SPAC show are from \$30 to \$199.50 and go on sale Friday, Jan. 27 at livenation.com.

■ **WHAT’S HAPPENING**

Freihofer’s Saratoga Jazz Festival

SARATOGA SPRINGS — Tickets for Freihofer’s 40th annual Saratoga Jazz Festival at Saratoga Performing Arts Center go on sale Friday, Feb. 3.

Chaka Khan, who had to duck out from her appearance last year do to illness, returns Saturday, June 24 to headline the two-day event. The Gipsy Kings are scheduled to close out the festivities as the headlining act for Sunday, June 25.

Other acts include Jacob Collier, Jean-Luc Ponty: The Atlantic Years, Barbara Fasano, Jack Broadbent, Dee Dee Bridgewater, Cory Henry & The Funk Apostles, and more.

For tickets and information, visit www.spac.org.

Skillet- Unleashed Tour at Upstate Concert Hall

CLIFTON PARK — The Skillet-Unleashed Tour is coming to Upstate Concert Hall on Wednesday, Feb. 8 at 7 p.m. at 1208 New York 146 in Clifton Park.

Doors open at 6 p.m. Tickets are \$25 in advance and \$28 on the day of the show. For more information or to buy tickets call 518-371-0012 or visit upstateconcerthall.com.

Get the Led Out: The American Led Zeppelin at the Palace Theater

ALBANY — Get the Led Out: The American Led Zeppelin will perform at the Palace Theater on Saturday, Feb. 11 at 8 p.m. at 19 Clinton Ave. in Albany.

Six veteran musicians re-create the songs of Led Zeppelin without wigs or fake English accents, bringing the audience a high energy Zeppelin concert with a “heart-thumping” intensity.

Tickets are \$29.50 in advance and \$32.50 on the day of the show. For more information or to buy tickets call (518) 465-3334 or visit www.palacealbany.org.

Gratefully Yours at the Hollow

ALBANY — Gratefully Yours will perform at the Hollow on Saturday, Feb. 11 at 9:30 p.m. at 79 North Pearl Street in Albany.

Gratefully Yours is a revolving line up of Grateful Dead inspired musicians that incorporates audiences into their set decisions.

Doors open at 8 p.m. Tickets are \$12 in advance and \$15 at the door. For more information or to buy tickets call (518) 426-8550 or visit www.thehollowalbany.com.

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BAND PROFILE

Poised for a breakout?

Wild Adriatic tweaks its sound for its new album, "Feel"



Wild Adriatic is to hold a release party for its new album, "Feel," Saturday, Feb. 4, at 9 p.m. at Putnam Den in Saratoga Springs.

Photo by Angel Alonzo/ courtesy of wildadriatic.com

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

QUEENSBURY — Is Wild Adriatic going to be the next Capital District band to break out into the international rock music scene?

The trio of Travis Gray (guitars/vocals), Rich Derbyshire (bass) and Mateo Vasgianian (drums) certainly thinks it has the right album to do that with "Feel," released Feb. 3. The album features 11 tracks of soul, blues and rock with plenty of grooves to get people dancing.

"Feel" also marks some changes in Wild Adriatic's formula.

"This is the first time we've worked with an outside producer (Frenchie Smith) who really took the reins and pushed us. That's what we really wanted," said Vasgianian. "And we recorded it with no click track — it

was all live in the room."

The change is noticeable right away with lead track "Appleton." The high-energy rocker pairs Wild Adriatic with the West End Horns for a funky rave-up that is irresistibly catchy. The horns return a couple of times throughout the rest of the album, as does keyboardist Dustin DeLuke.

Other tracks such as "Cruel Lovin'," "Same As It Ever Was," "Hurricane Woman" and "Some Nerve" show off Wild Adriatic's 1970s-influenced hard, blues-rock sound made famous by such groups as Led Zeppelin and Black Sabbath.

"I think early on, all of us grew up on pop rock," Vasgianian said of Wild Adriatic's influences. "As we got older, we started listening to what our parents were listening to. The past 10 years, it's been a discovery of earlier music."

Each song on "Feel" was a collaborative effort, with Gray presenting Vasgianian and Derbyshire ideas, and the band building off of them.

"It's always a nugget of some idea — a little guitar line or a vocal or a drum beat," said Vasgianian. "It usually takes a couple of times to find where a song is supposed to go."

"Travis (Gray) wrote the majority of the lyrics on this album. He'll tell us a few ideas, and we'll work on it."

Vasgianian said "Feel" was basically written on the road.

"We've been touring the last three years and writing in weird little pockets — strange houses, in the van, in hotel rooms," said Vasgianian.

Wild Adriatic will celebrate the release of "Feel" with a show Saturday, Feb. 4, at Saratoga Springs' Putnam Den. It will be the fourth show in a month-long tour

that will take the band all around the eastern half of the U.S.

Touring has been a big part of Wild Adriatic's formula for achieving worldwide success. The Queensbury-based group spends several months on the road every year, playing to increasingly large crowds — especially in Europe, where the band will be heading this summer for its third tour.

"It's an interesting rock scene in Europe," said Vasgianian. "We see a number of people who go to several of our shows. Also, some cities have a cultural support for rock and roll — especially American rock and roll."

Wild Adriatic is hoping to ride that wave to more success in 2017.

"There's no way we could have dreamed this ... slowly but surely, it's all worked out," said Vasgianian.

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PICK OF THE WEEK

A musical chameleon

John Medeski veers into Americana with The Last Waltz 40 Band

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

ALBANY — John Medeski is always up for a challenge.

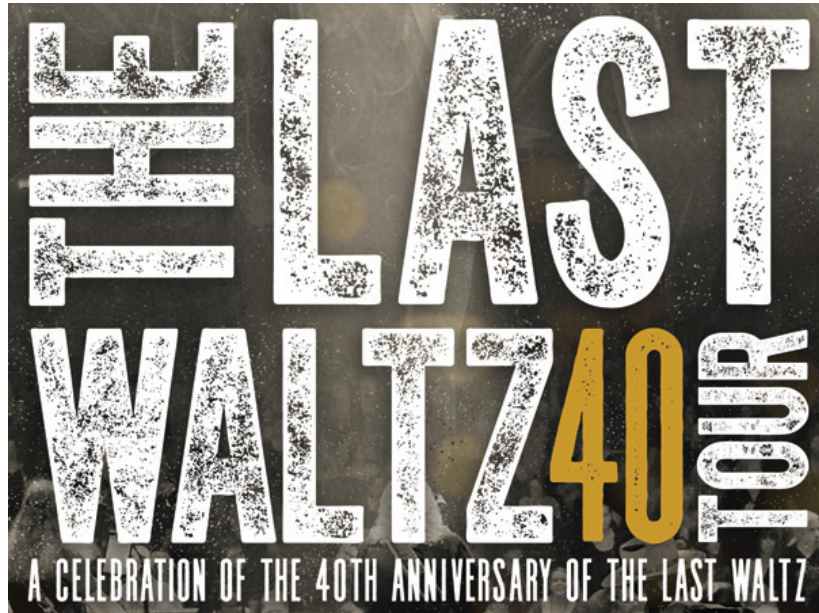
Whether it's his solo work, his musical collaborations with other artists or playing in the avant garde jazz trio Martin, Medeski and Wood, the Hudson Valley resident prides himself in being a chameleon.

"I've always gone and played a wide range of music," said Medeski in a recent phone interview. "I love everything. I just like music."

One of Medeski's latest projects is playing in The Last Waltz 40 Band — an all-star group playing the songs of iconic Americana/folk rock group The Band, which will be playing Thursday, Feb. 2, at Albany's Palace Theatre.

"This band kind of came together at the New Orleans Jazz Festival in 2014 ... and the vibe of everybody was great," said Medeski.

The Last Waltz 40 Band features guitar great Warren Haynes (The Allman Brothers, Gov't Mule), iconic keyboardist/singer Michael McDonald (The Doobie Brothers), second generation blues/funk singer Ivan Neville (Dumpstafunk) and the horn arrangements of the late Allen Toussaint. Such a wide range of musical influences might seem hard to pull together into one group, but Medeski said it was the same thing that made The Band's sound so unique.



"The Band was influenced by a lot of different types of music, but when they played, they turned it into their own," said Medeski.

And for Medeski, being part of this Band tribute fits with his own musical desires.

"I've been involved in diverse types of music since I've been a kid," said Medeski. "There's nothing that can be thrown at me that I can't handle."

The project is also one that's personal to Medeski. He's friends with Amy Helm, a singer-songwriter from the Hudson Valley whose father was the late Levon Helm, drummer and singer with The Band.

"It just makes more sense to me (to be part of this)," said Medeski. "I guess it makes me feel a little closer to it. It makes it feel like a full circle."

And, Medeski said, he's been having fun playing in The Last Waltz 40 Band.

"Every single person in this band has his own career. There are no sidemen in this group," said Medeski. "It's amazing that we can come together and tour for a couple of weeks."

Tickets for The Last Waltz 40 Tour range in price from \$49.50 to \$125.50. For information or to buy tickets, visit palacealbany.org.

WHAT'S HAPPENING

Marco Benevento

Friday, Feb. 3, at The Hollow Bar + Kitchen

ALBANY — Marco Benevento will perform with Maybird and Band of Ghosts on Friday, Feb. 3, at 9 p.m. at at The Hollow Bar + Kitchen, 79 North Pearl St. in Albany.

Part of the New York experimental rock and jazz scene since 1999, Benevento is a pianist, songwriter, multi-instrumentalist and record producer. Benevento is joined by alternative/indie band Maybird and aggressive indie rock group Band of Ghosts.

Doors open at 8 p.m. Tickets are \$17 in advance and \$20 at the door.

For information or to buy tickets, call 426-8550 or visit www.thehollowalbany.com.

The Dating Game

Friday, Feb. 3, at Eden Cafe

LOUDONVILLE — Eden Cafe, 269 Osborne Road No. 3 in Loudonville, is recreating 1970s show "The Dating Game" on Friday, Feb. 3, from 6:30 to 10 p.m.

There will be food and wine at 6:30 p.m., and at 7:30 p.m., participants will watch "groovy" singles pick the date of their dreams.

The cost is \$20, and seating is limited.

For more information or to make a reservation, call 977-3771 or email joe@edenasc.com.

Let Go Daylight

Saturday, Feb. 11, at The Hangar

TROY — Let Go Daylight presents the Low Down Dirty on Saturday, Feb. 11, at 7:30 p.m. at the Hangar on the Hudson, 675 River St. in Troy.

The event will feature Smittix, Sly Fox & The Hustlers, Bad Mothers and Mark Slavin.

Tickets are \$10. The show is 21 and older.

For information, call 272-9740 or visit www.facebook.com/theHangarTroy.

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Night & Day



Formula 5

Photo courtesy of the band

Night: Formula 5 at The Hollow

ALBANY — Formula 5 will play The Hollow Bar + Kitchen on Saturday, Feb. 4, at 9:30 p.m., in support of its forthcoming studio release, "All Points North." Doors will open at 8 p.m.

Formula 5, an improvisational rock quartet featuring Joe Davis (guitar/vocals), Greg Marek (drums), James Woods (bass) and Matt Richards (keyboards/vocals), is rapidly becoming one of the Northeast's top jam bands. Influenced by Steely Dan, Jeff Beck, and Phish among others, Formula 5 blends high energy rock with tasteful grooves, and combines distinctive

originals with familiar covers.

Early bird tickets are \$12 (plus a \$1.65 fee) at <https://www.eventbrite.com/e/formula-5-w-ampevene-tickets-31030419821>, while tickets at the door will be \$15.

For more information about the band, visit its official website at www.formula5music.com.

For driving directions and parking information, visit www.thehollowalbany.com.

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

Day: Harlem Globetrotters at the Times Union Center

ALBANY — The infamous Harlem Globetrotters will bring their all-new, action packed 2017 World Tour to the Times Union Center on Sunday, Feb. 5. Doors open at noon for the 1 p.m. game.

The star-studded roster will keep fans of all ages on the edges of their seats as they witness the Globetrotters' ball handling wizardry, basketball artistry and family entertainment.

Most individual game tickets range from \$29 to \$87, with court side seats selling for \$107 each.

For an additional \$22 per person, take part in Magic Pass. From 11:30 a.m. until noon,

ticket holders will be able to spend time on the court with the Globetrotters. Both a Magic Pass and game ticket will be required per person to enter.

Both game and general admission Magic Pass tickets are available for purchase at the Times Union Center Box Office or Ticketmaster via charge by phone (1-800-745-3000) or online at www.ticketmaster.com. Tickets are required for all children ages 2 and older.

To learn more about the Harlem Globetrotters, visit the team's official website or Facebook page at www.harlemglobetrotters.com or www.facebook.com/HarlemGlobetrotters.

For more details about the venue, including driving directions and parking, visit www.timesunioncenter-albany.com. The Times Union Center is located at 51 South Pearl St. in downtown Albany.

Select members of the Harlem Globetrotters

Photo courtesy the team's official Facebook page



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CLUBS

9 Maple Avenue

9 Maple Ave., Saratoga Springs.
www.9maple.com
Fri: **Jon LeRoy Trio** | 9 p.m.
Sat: **Keith Pray Quartet** | 9 p.m.

Albany Rail Yard

1118 Central Ave., Albany. 489-2990
Every Wed: **Salsa Night** | 8:30 p.m.
Fri: **Gotham City** | 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: **Harry Pellegri** | 7 p.m.
Thur: **Edith's Amazing Jam** | 6 p.m.
Fri: **Tyler Pearce Project** | 7 p.m.

Athos

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

Caffé Lena

47 Phila St., Saratoga Springs. 225-0882
Fri: **Alash** | 8 p.m.
Sat: **Michael Jerling** | 8 p.m.
Every Mon: **Open Mic** | 7 p.m.

Carney's Tavern

17 Main St., Ballston Lake. 280-7959
Every Thur: **Matty Finn** | 6 p.m.
Fri: **Dos Amigos** | 7 p.m.
Sat: **Karen & Abby** | 7 p.m.

Castle Street Café

10 Castle St., Great Barrington, Mass.
(413) 528-5244
Fri: **Rob Putnam, Rob Kelly, Jeff Stevens & Jay Bradley** | 7:30 p.m.
Sat: **Warren Byrd Trio** | 7:30 p.m.

Centre Street Pub

308 Union St., Schenectady. 393-2337
Thur: **Rob Flemming** | 7 p.m.
Fri: **Local 11** | 9 p.m.
Sat: **Good Time Charlies** | 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
Fri: **Bella's Bartok** | 9 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
Sat: **Deb Cavanaugh** | 7 p.m.

Emack & Bolio's

366 Delaware Ave., Albany. 512-5100
Fri: **Dave Render** | 7 p.m.

ARTS CALENDAR



Drifting in

Brian Molsky, center, brings his new trio, Molsky's Midnight Drifters, to the Old Songs Community Arts Center Friday, Feb. 3, for a 7:30 p.m. show. For tickets and information, call 765-2815 or visit oldsongs.org. Submitted photo

Centre Street Pub

308 Union St., Schenectady. 393-2337
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366 Delaware Ave., Albany. 512-5100
Fri: **Dave Render** | 7 p.m.

Sat: **Emerald Dawn** | 7 p.m.
Every Tue: **Open Mic** | 7 p.m.

Fuze Box

12 Central Ave., Albany. 703-8937
Fri: **Black Heart Club** | 9 p.m.
Sat: **Misgiver, Garland Greene, Iron Price, Dissent, Mercy Blow, As Above So Below** | 6 p.m.

Gaffney's

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

Ginger Man

234 Western Ave., Albany. 427-5963
Fri: **Closet Classics** | 8 p.m.

Grappa '72

818 Central Ave., Albany. 482-7200
Wed & Thur: **Hamilton Street Jazz Company** | 6:30 p.m.
Fri: **Paul Borrello & Dana Dobek** | 6:30 p.m.

The Half Moon

48 S. Front St., Hudson.
thehalfmoonhudson.com
Sat: **Botanica, DJ Ephraim Asili** | 9 p.m.

The Happy Cappuccino

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

The Hollow Bar + Kitchen

79 N. Pearl St., Albany. 426-8550
Fri: **Marco Benevento, Maybird, Band of Ghosts** | 9 p.m.
Sat: **Formula 5, Ampevene** | 9:30 p.m.

Hudson River Music Hall

10 Maple St., Hudson Falls. 832-3484
Every Wed: **Open Mic** | 7 p.m.
Thur: **Rich Ortiz** | 7 p.m.
Sat: **Better off Led** (Zeppelin tribute band) | 3 p.m.
Sun: **Elizabeth Woodbury Kasius and Heard** | 2 p.m.

J.J. Rafferty's

847 New Loudon Road, Latham.
783-6800
Every Fri & Sat: **DJ Billy** | 9 p.m.

Lanie's Café

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

The Low Beat

335 Central Ave., Albany. 432-6572
Every Wed: **The Deadbeats** | 10 p.m.
Thur: **Conor Walsh, Scott Free, Hasty Page** | 8 p.m.
Fri: **Disco Funk Happy Hour** | 4 p.m.

The Wheel

8 p.m.
Sat: **Average Bear** | 8 p.m.
Mon: **Greg Cartwright** | 7 p.m.

Lucky Strike Social

1 Crossgates Mall Road, Albany.
556-3350
Fri: **Sleepy & Boo, Nightflow, NPG, RIC, DJ Scooter, Derrick J, Banana Ca** | 9 p.m.

McGeary's

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

Moon & River Café

115 S. Ferry St., Schenectady. 377-5100
Thur: **Running the River** | 7 p.m.
Fri: **John Birchler** | 7 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.

Nanola

2639 US Rte. 9, Malta. 587-1300
Fri: **Skeeter Creek** | 9 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: Rodeo Barons

9 p.m.
Fri: **Blind Crow** | 9 p.m.
Sat: **George Muscatello Quartet** feat. **Shiri Zorn** | 9 p.m.

O'Slattery's Irish Pub

318 Delaware Ave., Delmar. 439-5634
Wed: **Dan Sherwin** | 6:30 p.m.
Thur: **Erin Harkes** | 7 p.m.
Sat: **Marty Brandon** | 8 p.m.
Tue: **DJ Trivia** | 7 p.m.

Panza's

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

Parish Public House

388 Broadway, Albany. 365-0444
Fri: **The Deadbeats** | 10 p.m.
Tue: **Silver Arrow Band Showcase** | 7 p.m.

The Parting Glass

40 Lake Ave., Saratoga Springs. 583-1916
Wed & Thurs: **Irish Celtic Session** | 7 p.m.
Sat: **Forthlin Road** | 7 p.m.

Pauly's Hotel

337 Central Ave., Albany. paulyshotel.com
Fri: **Wandering Oak, VRHB, Nothing Girl** | 8:30 p.m.
Sat: **Shot Callers, Rogue Trooper, Pissing Match, Murderer's Row** | 7 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.

Putnam Den

63a Putnam St., Saratoga Springs.
584-8066
Sat: **Wild Adriatic, Let's Be Leonard, Bathrobe Robots** | 9 p.m.

Rustic Barn Pub

150 Speigletown Road, Troy. 235-5858
Every Thur: **Open Mic** | 8 p.m.
Fri: **Knot Dead** | 8 p.m.
Sat: **Emerald City** | 8 p.m.
Sun: **Maurizio Russomanno** | 4 p.m.

Sake Japanese Steakhouse

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

Savoy Taproom

301 Lark St., Albany. 599-5140
Fri: **DJ Trumastr** (spinning classical music) | 9 p.m.
Sun: **Broadway Brunch** | 10 a.m.

Speakeasy 518

42 Howard St., Albany. 449-2332
Mon: **Joe Finn** | 8 p.m.

Stockade Inn

1 North Church St., Schenectady.
346-3400
Fri: **Brian Patneude and Dave Gleason** | 7 p.m.

Continues on B8

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ARTS CALENDAR

Troy Kitchen

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

Twisted Vine

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

Universal Preservation Hall

25 Washington St, Saratoga Springs.
584-2627
Sat: **Delphino** (Chowderfest) | 11 a.m.

The Van Dyck

237 Union St., Schenectady. 348-7999
Tue: **Keith Pray's Big Soul Ensemble** | 9 p.m.

Waterworks Pub

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

Wishing Well Restaurant

745 Saratoga Road, Wilton. 584-7640
Sat: **Rob Aronstein** | 6 p.m.

Yono's

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

MUSIC

The Last Waltz 40

All-star band pays tribute to The Band on the 40th anniversary of its final show. Feb. 2, 8 p.m., Palace Theatre, 19 Clinton

Ave., Albany. Tickets: \$49.50-\$125.50. Information: palacealbany.com.

Molsky's Mountain Drifters

Multi-instrumentalist Bruce Molsky brings his new trio to town. Feb. 3, 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.

Empire State Youth Orchestra Playathon

Annual fundraiser features performances by all of ESYO's various ensembles. Feb. 4, 9 a.m. to 8 p.m., Crossgates Mall, 1 Crossgates Mall Road, Guilderland. Information: www.esyo.org.

The Eighth Step presents Jay Ungar & Molly Mason

Folk/Americana duo who gained fame as the hosts of WAMC's "Dancing On Air" and have appeared on "All Things Considered" and "A Prairie Home Companion." Feb. 4, 7:30 p.m., Education Center at Proctors, 432 State St., Schenectady. Tickets: advance \$24, day of show \$26, Gold Circle \$35. Information: 346-6204 or www.proctors.org.

Cecilia Zabala and Philippe Baden Powell

A cross-cultural South American duo blend Brazilian and Argentinian musical styles. Feb. 4, 8 p.m., The Linda: WAMC's Performing Arts Studio, 339 Central

Ave., Albany. Tickets: \$20. Information: 465-5233 or thelinda.org.

International Guitar Night

Gypsy jazz legend Lulo Reinhardt is the host for this show, which features Luca Stricagnoli, Chrystian Dozza and Debashish Bhattacharya. Feb. 8, 7:30 p.m., Troy Savings Bank Music Hall, 30 Second St., Troy. Tickets: \$29. Information: 273-0038 or troymusicall.org.

THEATER

Taj Express:

The Bollywood Musical

Live stage show featuring some of India's most acclaimed Bollywood dancers. Feb. 2, 8 p.m., Proctors, 432 State St., Schenectady. Tickets: \$20-\$65. Information: 346-6204 or www.proctors.org.

Into the Woods

Fiasco Theater's production of the classic Broadway musical. Feb. 4, 3 and 8 p.m., Proctors, 432 State St., Schenectady. Tickets: \$25-\$70. Information: 346-6204 or www.proctors.org.

London's National Theatre in HD: Amadeus

Broadcast of National Theatre's production of the award-winning play. Feb. 4, 7 p.m., Mahaiwe Performing Arts Center, 14 Castle St., Great Barrington, Mass. Tickets: \$17. Information: (413) 528-0100 or mahaiwe.org.

Dial M for Murder

Classic thriller about a murder plot gone awry. Presented by Curtain 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. Tickets: \$24. Information: 877-7529 or www.curtaincalltheatre.com.

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, 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.civicplayers.org.

COMEDY

The Funny Bone

Jon Reep headlines, Feb. 1 and 2, 7:30 p.m.; Feb. 3, 7:30 and 10 p.m.; and Feb. 4, 7 and 10 p.m. Crossgates Mall, 1 Crossgates Mall Road, Guilderland. Information: 313-7484 or Albany.funnybone.com.

The Comedy Works

Kurt Metzger with Barry Crimmins, Feb. 3, 7:30 **Erin Jackson and James Camacho**, Feb. 4, 7:30 and 9:30 p.m. 388 Broadway, Saratoga Springs. Information: 275-6897 or thecomedyworks.com.

MopCo

What Could Go Wrong? An Improvised Evening of Comedy, Feb. 3, 8 p.m. **Chortle Kombat** — an all-out rumble between two improv troupes, Feb. 4, 8 p.m. 10 North Jay St., Schenectady. Information: www.mopco.org.

DANCE

First Friday Swing Dance

Featuring a group lesson and live music by the El Dorados. Feb. 3, 7 p.m., Albany Elks Lodge, 25 South Allen St., Albany. Tickets: general admission \$15, Dance Flurry members \$12, students/seniors \$10. Information: www.facebook.com/events/102156840293810.

Palissimo Company

Interdisciplinary dance troupe performs "Bastard," a work of dance, live music and spoken word that is loosely inspired by Jerzy Kosinski's wartime novel, "The Painted Bird." Feb. 3, 7:30 p.m., University at Albany Performing Arts Center, uptown campus, 1400 Washington Ave., Albany. Advance tickets: general public \$15, students/seniors/UAlbany staff \$10. Day of show tickets: general public \$20, students/seniors/UAlbany staff \$15. Information: 442-3997, www.albany.edu/pac or www.theegg.org.

Bolshoi Ballet in HD: Swan Lake

Encore broadcast of the famed Rus-

sian troupe's interpretation of the classic ballet. Feb. 5, 1 p.m., Mahaiwe Performing Arts Center, 14 Castle St., Great Barrington, Mass. Tickets: \$17. Information: mahaiwe.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

Harry Potter Book Night

Celebrate the famous wizard with an evening featuring a costume contest, trivia and more. Donations of warm socks in men's and women's sizes are encouraged, and all socks not used to free house elves will be donated to Saratoga's Code Blue Emergency Shelter. Feb. 2, 4 to 7 p.m., Northshire Bookstore, 424 Broadway, Saratoga Springs. Information: 682-4200 or www.northshire.com.

Jack Hanna's Into the Wild Live

Animal expert Jack Hanna will introduce the audience to some of the world's most spectacular animals. Feb. 3, 7:30 p.m., Proctors, 432 State St., Schenectady. Tickets: \$20-\$40. Information: 346-6204 or www.proctors.org.

"Best Little Coffeehouse this Side of Paradise!"

Dinner Served starting at 4:30 PM

"BEST EVENTS" AT EDEN CAFE

Fri., Feb. 3rd • 6:30pm-10pm
The Dating Game
Food & Wine at 6:30, with a 7:30 Show
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269 Osborne Road | Loudonville | 977-3771 | www.edenasc.com

Sat., Feb. 4th • 7pm-9:30pm
"Far Out Folk"
with Deb Cavanaugh



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ACROSS

1. Chest protector
4. "Dang!"
8. Back talk
12. Coastal raptor
13. Its motto is "Lux et veritas"
14. Grant
16. Covet
17. Barbra's "A Star Is Born" co-star
18. Car dealer's offering
19. Barely get, with "out"
20. Drone, e.g.
21. "For shame!"
23. Ale holder
24. Conductor Koussevitzky
26. Cable network
28. Back, in a way
30. Appropriate
32. Buttonhole, e.g.
36. Clash
39. At liberty
41. Conceal
42. ___ and cheese
43. Beat
45. Barbie's beau
46. ...
48. Banquet
49. Fly, e.g.
50. French door part
51. Golf ball support
52. Car accessory
54. "The Three Faces of ___"
56. Relating to algae

DOWN

1. Slow
2. ___ tube
3. "Wanna ___?"
4. An embankment
5. Pink, as a steak
6. "Aladdin" prince
7. Makeup, e.g.
8. Corporate department
9. A pint, maybe
10. High-five, e.g.
11. Comme ci, comme ca (hyphenated)
12. Lady bighorns
15. All ___
20. Beseech
22. Away

25. Gangster's gun
27. ___ Wednesday
29. "How ___ Has the Banshee Cried" (Thomas Moore poem)
30. Cliffside dwelling
31. Hammer part
33. Go for
34. Bad day for Caesar
35. Camping gear
36. FedEx, say
37. Legal prefix
38. Call from the flock
40. Carnival attraction
44. Center of a ball?
47. "Comprende?"
49. Amigo
51. Big ___ Conference
53. Backstabber
55. What records are made of
57. Overcharge
58. Calculator, at times
59. Bottom of the barrel
60. "... ___ he drove out of sight"
61. Billiard cushion
62. Information unit
64. "Cheers" regular
65. Cast
66. A chip, maybe
69. Bauxite, e.g.
71. ___ green
72. 50 Cent piece

Answers on Pg. B26

ARTS CALENDAR

Amazing China

A celebration of the Chinese New Year with performers from the National Academy of Chinese Theatre Arts. Feb. 4, 3 p.m., The Egg, Empire State Plaza, Albany. Tickets: \$10. Information: 473-1845 or www.theegg.org.

Bizarre Magic with Brian Bushwood

A blend of shocking stunts and unusual magic. Feb. 4, 3:30 and 7:30 p.m., GE Theatre at Proctors, 432 State St., Schenectady. Tickets: advance \$25, day of show \$30. Information: 346-6204 or www.proctors.org.

February Break Drama Camp

Activities include acting exercises, theater games, vocal technique, creative movement, character analysis, makeup techniques, art projects, rehearsals and performance with costumes, set pieces, props and lights. Feb. 20-24, 9 a.m., Malta Community Center, 1 Bayberry Drive, Malta. Pre-registration is due by Feb. 3. Information: 899-4411 or www.maltaparksrec.com.

FILM

"Persepolis"

Animated movie based on Marjane Satrapi's autobiographical graphic novel about a precocious young girl living in Iran during the Islamic Revolution. Feb. 2, 6:30 p.m., Opalka Gallery at Sage College of Albany, 140 New Scotland Ave., Albany. Free. Information: 292-8607 or opalka.sage.edu.

World War I Film Series

See the 1918 film "Shoulder Arms." Sponsored by the Schenectady County Historical Society and the Schenectady



Swinging with the band

The El Dorados will be the house band for this month's First Friday Swing Dance Feb. 3 at the Albany Elks Lodge, 25 South Allen St. There will be a dance lesson at 7 p.m., followed by dancing to the El Dorados at 8 p.m. Tickets are \$15 for adults, \$12 for Dance Flurry members and \$10 for seniors and students.

Photo courtesy of the El Dorados' Facebook page

County Public Library. Feb. 6, 5:30 p.m., Central Library, 99 Clinton Ave. Extension, Schenectady. Free. Information: 374-0263, ext. 3 or email librarian@schenectadyhistorical.org.

Three Stooges Film Festival
A night of classic slapstick comedy

films. Feb. 7, 7 p.m., Palace Theatre, 19 Clinton Ave., Albany. Tickets: \$5. Information: www.palacealbany.org.

LECTURES

Sarah Juliet Lauro
Media scholar will discuss the topic "Kill

the Overseer! Playing the Rebel Slave in Videogames." Feb. 1, 7 p.m., EMPAC, Rensselaer Polytechnic Institute, Troy. Free. Information: empac.rpi.edu.

Shaka Senghor

Author, convicted murderer and prison reform activist is the keynote speaker at the University at Albany's Martin Luther King Jr.

Celebration. Feb. 1, 7 p.m., Campus Center Ballroom, 1400 Washington Ave., Albany. Free. Information: www.albany.edu.

Fascism and Populist Authoritarianism

Teresa Meade and Andor Skotnes will give a presentation about the nature of

authoritarian and fascist movements and regimes, followed by an open discussion. Feb. 2, 7 p.m., Bethlehem Public Library, 451 Delaware Ave., Delmar. Free. Sponsored by Bethlehem Neighbors for Peace. Information: 439-9314.

William Griffith

Author and historian will recount the history of the Battle of Lake George. Feb. 3, 7 p.m., Northshire Bookstore, 424 Broadway, Saratoga Springs. Information: 682-4200 or www.northshire.com.

LITERARY

Caffe Lena Poetry Night

Carol H. Jewell and Allison Paster-Torres read from their works, followed by an open mic. Feb. 1, 7 p.m., Caffe Lena, 47 Phila St., Saratoga Springs. Admission: \$5. Information: 583-0022 or www.caffelena.org.

MISCELLANEOUS

Albany Devils

American Hockey League team, hosting the Syracuse Crunch Feb. 2, 7 p.m.; the Legh Valley Phantoms Feb. 3, 7 p.m.; and the Providence Bruins Feb. 7, 7 p.m. Times Union Center, 51 South Pearl St., Albany. Tickets: adults \$22-\$35, children/seniors \$18-\$31. Information: thealbanydevils.com.

The Dating Game

A re-creation of the classic 1970s game show where singles pick the date of their dreams. Feb. 3, 7:30 p.m., Eden Café, 269 Osborne Road, Loudonville.

Continues on B10

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FEB. 3
Marco Benevento
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of Ghosts
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8:00 pm

FEB. 4
Formula 5
w/ Ampevene
The Hollow
8:00 pm

FEB. 10
Big Mean Sound Machine
w/s/g Hartley's Encore
The Hollow
9 pm

FEB. 11
That 1 Guy
Parish Public House
8 pm

FEB. 11
Get The Led Out -
The American Led Zeppelin
Palace Theatre
8 pm

FEB. 11
Gratefully Yours
The Hollow
10 pm

FEB. 17
Partice
The Hollow
Doors 8 pm / Show 9:30 pm

FEB. 18
Reed Mathis & Electric Beethoven
The Hollow
8 pm

FEB. 19
Gubbuldis
Cohoes Music Hall
8 pm

FEB. 24
ShwizZ w/Cousin Earth & Capital Zen
The Hollow
8 pm

FEB. 25
Spiritual Rez w/Annie in the Water
The Hollow
8 pm



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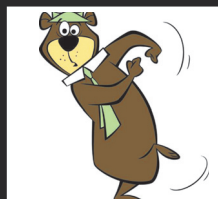
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February 3, 2017 | 9 pm

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ROCK SHOW**



SATURDAY
February 4, 2017 | 9 pm

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FRIDAY
February 10, 2017 | 9 pm

AVERAGE BEAR



SATURDAY
February 11, 2017 | 9 pm

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ARTS CALENDAR

Cost \$47, includes tapas plate and a glass of wine. Proceeds benefit Soldier's Heart. Information: 977-3771.

Saratoga Chowderfest

Annual competition to see which Saratoga restaurant has the best chowder. The event also includes live music, ice sculptures and family activities. Feb. 4, 11 a.m. to 4 p.m., downtown Saratoga Springs. Each 3-ounce chowder serving costs \$1. Winners are announced at 6:30 p.m. at the Saratoga Springs Heritage Area Visitor Center on Broadway. Information: www.saratoga.com/winter/chowderfest.cfm.

Siena College men's basketball

See the Saints play MAAC foe Canisius Feb. 4, 7 p.m., Times Union Center, 51 South Pearl St., Albany. Tickets: adults \$10-\$30, children 12 and under \$8 in sections priced \$23 and below. Information: www.timesunioncenter-albany.com.

Harlem Globetrotters

A winning combination of basketball skills and hilarious hijinks for the whole family. Feb. 5, 1 p.m., Times Union Center, 51 South Pearl St., Albany. Tickets: \$29-\$87. Information: www.timesunioncenter-albany.com.

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 \$250, non members \$300, with new membership \$285, students \$150. Information: www.saratogaclayarts.org.

U.S. Foreign Policy Association

Discussion group offers eight weekly meetings at 9:30 a.m. beginning Feb. 7. Schenectady County Public Library, 99 Clinton St. Extension, Schenectady. Information: frededdy@gmail.com.

EXHIBITS

Albany Center Gallery

Members show, through Feb. 18. Arcade Building, 488 Broadway, Albany. Information: albanycentergallery.org.

Albany Institute of History and Art

"Captured Moments: 170 Years of Photography from the Albany Institute," through May 21; "Rock & Roll Icons: Photographs by Patrick Harbron," through Feb. 12; plus "Nineteenth-Century American Sculpture: Erastus Dow Palmer and His Protégés, Launt Thompson, Charles Calverley, and Richard Park," "A Gather of Glass: Selections from the Museum's Collection," "Ancient

Egypt" and more. 125 Washington Ave., Albany. Information: 463-4478 or www.albanyinstitute.org.

Albany International Airport Gallery

"Cloudlands," featuring works by Naoe Suzuki, Edward Mayer, Julie Evans, Susan Meyer, Dana Filibert, Joshua Field and Gina Ruggeri, through July 31; public reception Feb. 17, 5:30 p.m. Albany International Airport, Watervliet Shaker Road, Colonie. Information: 242-2241 or email arts@albanyairport.com.

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," through March 18; "Unearthed: Mandi Coburn + Grace Tatara," 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

Rare works by long-time artist Marjorie Semerad, through Feb. 22. 201 Broadway, Troy. Information: 272-6811 or clementart.com.

Collar Works

"Informal Language," featuring works by emerging artists Nadine Beauharnois, Danny Ginsburg, Kelsey Renko and Christine Snyder, through March 18. 621



Dancing into Proctors

Jay Ungar and Molly Mason — the longtime hosts WAMC's "Dancing On Air" — will perform at the Eighth Step at Proctors Saturday, Feb. 4, at 7:30 p.m. For more information, call 346-6204 or visit www.proctors.org.

Submitted photo

SUDOKU

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Answers on Pg. B26

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ARTS CALENDAR

River St., Troy. Information: www.collarworks.org.

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

The Hyde Collection
 "Lorna Bieber: Forces of Nature," 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



New exhibit in Troy

Collar Works presents "Informal Language," an exhibit featuring new works by four emerging artists — Nadine Beauhamois, Danny Ginsburg, Kelsey Renko and Christine Snyder. The exhibit will be on display through March 5. Collar Works is located at 621 River Street in Troy.

Submitted photo

from the Empire State Plaza Art Collection," on display through Sept. 3; plus "Hudson Valley Ruins," "Art for the People" Decorated Stoneware from the Weitsman Collection," "Beneath the City: An Archaeological Perspective of Albany" and more. Empire State Plaza, 222 Madison Ave., Albany. Information: 474-5877 or www.nysm.nysed.gov.

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

Saratoga Arts
 "All Stars: An Exhibition of High School Artists," 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." 32 Washington Ave., Schenectady. Information: 374-0263 or www.schenectadyhistorical.org.

Schick Art Gallery
 "2017 Juried Skidmore Student Exhibition," Feb. 2 through March 5; opening reception Feb. 2, 5:30 p.m. Saiselin Art Building, Skidmore College, North

Broadway, Saratoga Springs. Information: www.skidmore.edu/schick.

Tang Teaching Museum
 "Sixfold Symmetry: Patterns 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 Art Museum
 "Conor Backman: A Clock and Map Minute" and "Dave McKenzie: An Intermission," Feb. 2 through April 1; artists' reception Feb. 3, 5 p.m. University at Albany uptown campus, 1400 Washington Ave., Albany. Information: 442-4035.

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.

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: NorthCountry-ARTS members \$25, non members \$35. Information: www.northcountryarts.org.

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1 oz. Triple Sec	Apple Slice (for garnish)

Sprinkle cinnamon and sugar on a plate, run an apple segment around the edge of the glass, and press cinnamon sugar to coat the rim. Add ice, tequila and triple sec. Top with apple cider and stir (or shake, if you're feeling fancy). Garnish with apple slices.

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HOROSCOPES

February 2017 • Week 1



CAPRICORN

December 22 – January 19
Dreams of long ago resurface, and you are now in a position to fulfill them. Go, Capricorn, go! Lapses in concentration make for harried times at work.



ARIES

March 21 – April 19
No news is good news, at least on the homefront, Aries. Don't go looking for problems where there aren't any. A travel opportunity arises.



CANCER

June 22 – July 22
Ignorance really is bliss this week. Keep your blinders on and your nose to the grindstone, Cancer. A loved one makes an unusual move. Question it not.



LIBRA

September 23 – October 22
Don't bother, Libra. You're much too close to the action to come up with the right solution. Pass the reins to someone else. A story begins to unfold at home.



AQUARIUS

January 20 – February 18
You're gung-ho, Aquarius, but are others? Find out before you make further plans. You will need all onboard in order for everything to go smoothly.



TAURUS

April 20 – May 20
Psst, Taurus. Someone is harboring ill will toward you, and it's time you confronted them and nipped it in the bud. It is purely a misunderstanding.



LEO

July 23 – August 22
Really, Leo, haven't you had enough? Sometimes it is better to start over. Concerns grow over a friend's situation. Help only if they truly want it.



SCORPIO

October 23 – November 21
Fess up, Scorpio. You've looked the other way for far too long. Tell what you know so the air can be cleared. A flyer piques interest in a property.



PISCES

February 19 – March 20
Live well, Pisces, live long! This is the week to develop healthy habits for a lifetime. An artistic endeavor gets off to a great start with the help of a friend.



GEMINI

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



VIRGO

August 23 – September 22
Mind over matter. The drive and energy dissipated long ago, but you're too close to quit now. Push through, Virgo. You can do it! A prediction rings true.



SAGITTARIUS

November 22 – December 21
Ooh-la-la, Sagittarius. It's your time to dazzle, and dazzle you will at an upcoming event. A friend undergoes a remarkable transformation. Congratulate them.

HEALTH & FITNESS

Get a coach

Do something for yourself that can help you succeed

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

Yesterday Laurie, the gang and I were at a Bridal Expo and I happened to meet a lovely woman who was there because she was getting married later this year. In particular, she was hoping to find a wedding planner.

In chatting with her, as you can imagine, she was very excited about her upcoming nuptials but she expressed to me she was stressed about one thing. Fitting into her dress.

She told me how she had made a vow to herself that she was going to get in shape finally and had made it her New Year's Resolution. To which I asked: "How's it going?"

Sadly, she said it wasn't going well at all.

In fact, she had given up.

She relayed to me how on New Year's Day, she had cleaned out her apartment of all the junk food and bought a couple of fitness videos to do. She had found some diet program in a woman's magazine and had tried following it but found it difficult.

I could sense the sadness in her voice and relayed to her that I've been there and I get it.

And I'm sure many of you reading this get it too. No one wants to be out of shape, unhealthy or as she put it "fat."

Least of all a woman who is getting married in a few short months and wants to look good in her dress.

Most of us do try at some point to do something about it only to find out it's hard... especially when we try and go it alone.

It's like trying to swim the English Channel with a bunch of lead weights tied to you.

Can you complete the journey?

Sure, but it's going to be very difficult and you'll

like give up before you get there.

The hardest part for most people? Staying motivated.

You see there are going to be days when you just don't feel like keeping going. It's too easy to say I'll skip working out today and do it tomorrow. Or I'm too tired to cook I'll just order a pizza.

Next thing you know days, weeks even months have passed since you exercised and you're right back to your old eating habits.

As I talked with her and mentioned this, she was shaking her head in agreement and no doubt many of you are too.

We've all been there at some point including me.

And let me tell you, having trained dozens of women who are looking to get in shape for their wedding there is no one more motivated to get in shape than a woman who

wants to look good in her dress on her special day.

So if they struggle is it any wonder we all do?

What can you do?

So I asked her: "You mentioned earlier you were here at the expo hoping to find a wedding planner, May I ask why you need one?"

She replied: "Because it's a lot of work and I'm not sure how to get everything done, I just need help"

Now I totally understand where she is coming from and told her that. Trying to achieve a goal of having that "perfect wedding" takes a ton of hardwork and dedication.

And it takes motivation to keep going because as those of you who are married know it's a monumental task to plan a wedding.

So I asked her: "I get why you need help planning the wedding,



The encouraging words of a good coach sometimes makes the difference between success and failure.

heck I would too, but did you ever consider hiring a coach to help you with your goal to fit in your wedding dress?"

Now I could see the wheels turning and the light bulb come on. She finally realized that she needed help with the hard work, dedication and most of all motivation to keep going.

Long story short, I'll be working with her to help her achieve her dreams and

I can't wait to see her in that dress. You see in a way I'll be her "fitness wedding planner".

I'll be working with her to help her follow an exercise and nutrition program that will help her achieve her dream of looking good in that dress. I'll be holding her accountable and when she needs help to stay motivated I'll be there with her every step of the way.

So if you're struggling

with your goal to get healthy, given up on your New Year's resolution for another year, or tired of trying to figure out how to get the job done, then why not hire a personal trainer or coach.

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

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IN BRIEF

Open Mic at the Rustic Barn Pub

TROY — The Rustic Barn Pub will host an Open Mic on Thursday, Feb. 2 at 8 p.m. at 150 Speigletown Road. in Troy.

Participants will be provided a full drum kit, lights and sound.

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

The Hot Club of Saratoga Trio at Mouzon House

SARATOGA SPRINGS — The Hot Club of Saratoga Trio will perform at Thursday, Feb. 2 at 9 p.m. at 1 York St. in Saratoga Springs.

The Capital District trio plays a repertoire that reflects the spirit and style originated by Django Reinhardt and Stephane Grappelli in The Quintet of the Hot Club of France, most prominent in the 1930s.

For more information call (518) 226-0014 or visit mouzonhouse.net.

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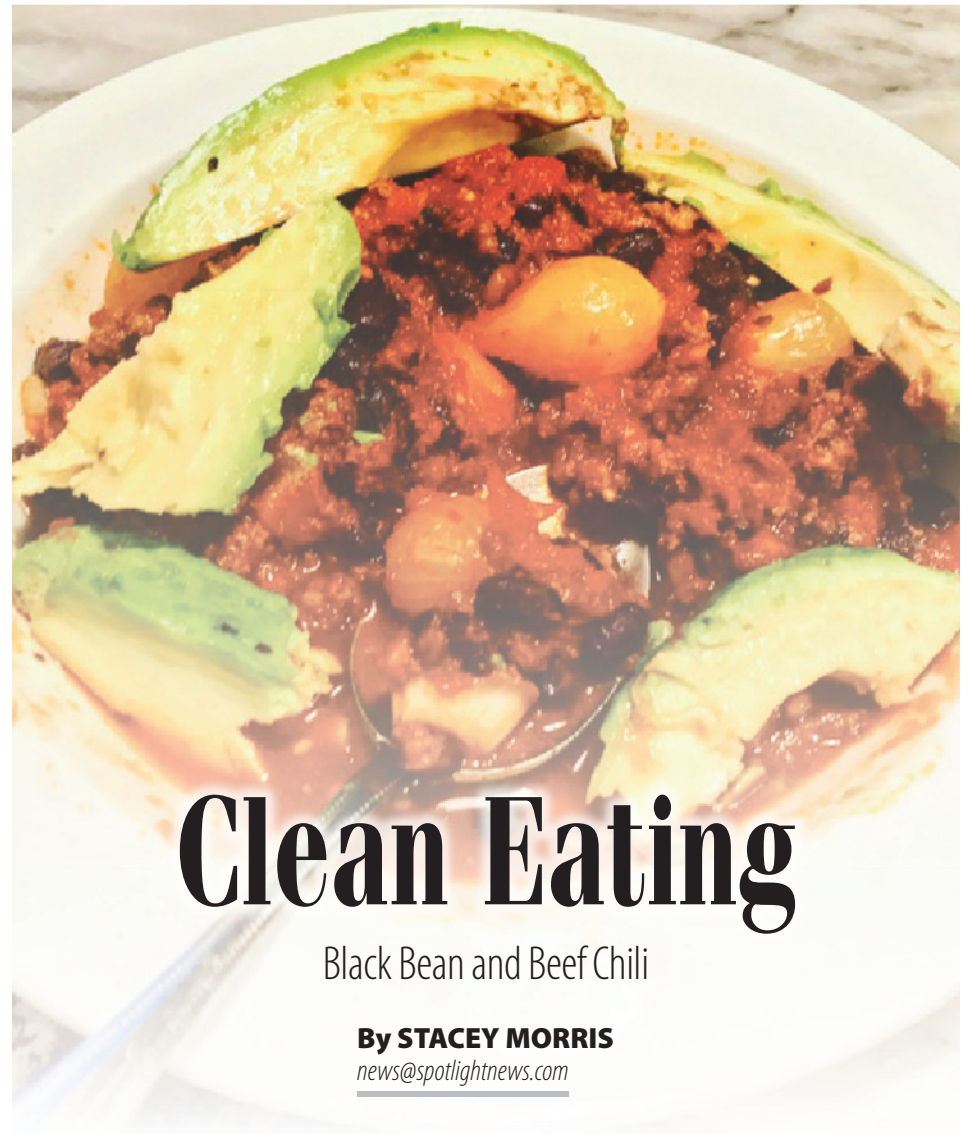

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CULINARY ARTS



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By **STACEY MORRIS**

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Clean and Lean, while still being Super Bowl-Worthy

One are the days when I'd airdrop white appendages of sour cream onto a bowl of chili. And if it wasn't sour cream, I'd rain down full fists of shredded cheese, enough to create an inch-deep puddle of orange melted cheddar. I'm not arguing with the flavor factor of adding such dairy accessories chili, I just didn't feel particularly vital afterwards and anyone who knows my life story knows...eating this way (and it was a way of life) got me to 345 pounds.

Wake-up calls like being on one's way to 400 pounds tend to shake things up a little. I knew change was in order and on the horizon. I knew I would never go on another diet again. And I knew it was crucial to both enact some boundaries while retaining a baseline minimal sense of freedom. Feeling confined and punished doesn't bode well for one's dignity. So instead, I began examining food choices. This was done through research, common sense, listening to my body, and reaching out to others who experienced long-term success in transforming their habits and keeping weight off.

If you think it's an absolute kill-joy move to eat chili without sour cream or melted cheese, you're entitled to that. But don't say it with conviction until you've tried a cleaner rendition. Sure I'd love to slather my chili with sour cream, but I'd like to maintain my weight and keep my energy levels high. I love that I feel satisfied and not sluggish after a bowl of this. And I'm no avoider of fat. To the contrary! I just make sure it's good fat that aides in keeping my body humming. One of my favorite additions, besides a squirt of Siracha, is a colorful collage of avocado slices on top. So much more photogenic and graceful than dairy...and so yummy!

Ingredients

3 cans of black beans, liquid drained OR:

- 1 bag of black beans, soaked, cooked, and softened but still al dente
- 2 pounds grass-fed ground beef
- 2 jars of pearl onions, juice included
- 6 large carrots, peeled, cut in chunks, and blitzed in a food processor
- 3 32-ounce cans of crushed tomatoes
- 1 1/2 cups beef stock
- 3 tablespoons cumin
- 3 tablespoons chili powder (NOT cayenne)
- 1 tablespoon onion powder
- 1 teaspoon curry powder
- 1 teaspoon oregano
- 1 teaspoon ground coriander
- 1 teaspoon black pepper
- 1 tablespoon celery seed
- 1 tablespoon chopped garlic
- 1 tablespoon Frank's hot sauce

Instructions

Cook beef in a large skillet. Drain fat and set aside. In a large Dutch oven or stockpot, heat the crushed tomatoes and beef stock. When that is just bubbly and simmering, add the cooked beef and all other ingredients. If desired, thicken with a bit of tomato paste. If you prefer a thinner chili, add more beef stock. Let all ingredients simmer together uncovered on low heat for approximately one hour. Stir occasionally.

Stacey Morris is a Loudonville-based cookbook author, DDPYOGA instructor, public speaker, and health coach. Her website is www.staceymorris.com.

IN BRIEF

Exhuman presents Black Heart Club at Fuze Box

ALBANY — Exhuman presents Black Heart Club at Fuze Box on Friday, Feb. 3 from 9 p.m. to 4 a.m. At 12 Central Ave. in Albany.

The night will feature resident DJs Vellocet, R3CLU23, and Mechno Sferatu.

The event is 21+. General admission is \$5. Those who arrive before 10 p.m. or have a February birthday get in free. For more information call 518-703-8937 or visit facebook.com/events.

Scotty Mac's Rock Show at the Dino

TROY — Scotty Mac will perform at Dinosaur Bar-B-Que on Friday, Feb. 3 at 9 p.m. at 377 River Street in Troy.

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■ DENTAL HEALTH MONTH

10 things you didn't know about your toothbrush

We know and love our toothbrushes as the tools that kick plaque to the curb, help keep cavities at bay (with the help of fluoride toothpaste, of course) and freshen our breath. But what else can we learn about them? Read on for some toothbrush facts.

1. When selecting your toothbrush, look for the ADA Seal.

The ADA Seal of Acceptance is the gold standard for toothbrush quality. It's how you'll know an independent body of scientific experts, the ADA Council

on Scientific Affairs, evaluated your toothbrush to make sure bristles won't fall out with normal use, the handle will stay strong and the toothbrush will help reduce your risk for cavities and gum disease.

2. The toothbrush is 5,000 years old.

In various forms, that is. Ancient civilizations used a "chew stick," a thin twig with a frayed end, to remove food from their teeth. Over time, toothbrushes evolved and were made from bone, wood or ivory handles and stiff bristles of hogs, boars or other animals. The modern nylon-

bristled toothbrush we use today was invented in 1938.

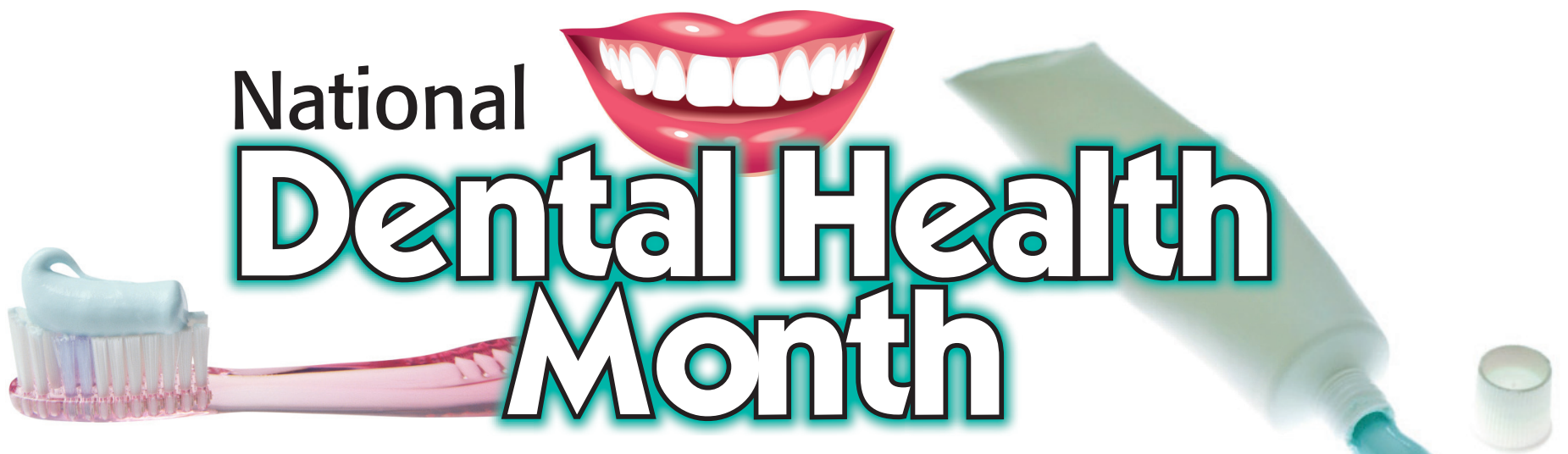
3. The first mass-produced toothbrush was invented in prison.

In 1770, an Englishman named William Addis was jailed for inciting a riot. He saw fellow prisoners using a rag covered in soot or salt to clean their teeth. Addis saved an animal bone from dinner and received bristles from a guard. Accounts state he bored tiny holes into the bone, inserted the bristles and sealed them with glue. After his release, he

modified his prototype, started a company and manufactured his toothbrush. That company, Wisdom Toothbrushes, still exists in the United Kingdom today.

4. Manual or powered? Your teeth don't care.

In the manual and powered toothbrush debate, it's a wash. You just need to brush twice a day for two minutes with a fluoride toothpaste. (If your toothpaste has the ADA Seal, you'll know it has fluoride.) Both types of toothbrush can effectively and thoroughly clean your teeth. It all



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depends on which one you prefer. People who find it difficult to use a manual toothbrush may find a powered toothbrush more comfortable. Talk to your dentist about which kind is best for you.

5. There is no "correct" order for brushing and flossing.

Brushing before flossing, flossing before brushing—it doesn't matter to your teeth, as long as you do both.

6. Toothbrushes like to be left out in the open.

Cleaning your toothbrush is easy: Rinse it with tap water to remove any remaining toothpaste and debris. Store it upright and allow it to air dry. If you store your toothbrush with other toothbrushes,

make sure they are separated to prevent cross contamination. And do not routinely cover toothbrushes or store them in closed containers. A moist environment such as a closed container is more conducive to the growth of unwanted bacteria than the open air.

7. Lifespan = 3-4 Months

Make sure to replace your toothbrush every three to four months, or sooner if the bristles are frayed. A worn toothbrush won't do as good of a job cleaning your teeth.

8. When it comes to choosing a brush, go soft.

Whether you use a manual or powered toothbrush, choose a soft-bristled brush.

Firm or even medium-strength bristles may cause damage to your gums and enamel.

When brushing your teeth, don't scrub vigorously—only brush hard enough to clean the film off your teeth. Your fluoride toothpaste will do the rest of the work.

9. Remember: Two minutes, Two times a day.

Four minutes a day goes a long way for your dental health. Put the time in each day to keep your smile healthy and keep up this twice-a-day habit.

10. Sharing is caring, but not for toothbrushes.

Sharing a toothbrush can mean you're also sharing germs and bacteria. This

could be a particular concern if you have a cold or flu to spread, or you have a condition that leaves your immune system compromised.

— American Dental Association



Remember to look for this logo when shopping for a toothbrush.

National Dental Health Month



February is National Dental Health Month
Brush 2 minutes, 2 times a day

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IN BRIEF

Edith's Amazing Jam at Arthur's Market

SCHENECTADY — Edith's Amazing Jam will perform at Arthur's Market on Thursday, Feb. 2 at 6 p.m. at 35 North Ferry Street in Schenectady.

For more information visit arthursmarketandcoffeehouse.com.

Matty Finn at Carvey's Tavern

BALLSTON LAKE — Matty Finn will perform on Thursday, Feb. 2 from 6 to 9 p.m. at Carvey's Tavern at 17 Main Street in Ballston Lake.

Finn brings Classic Rock, Country, Blues and even Celtic, as well as songs from Elvis, The Beatles, The Grateful Dead, Garth Brooks, Green Day, Jason Mraz and even an original or two.

For more information visit www.carneystavernny.com or call (518) 280-7959.

Screening of 'Persepolis' at Opalka Gallery

ALBANY — Opalka Gallery will screen "Persepolis" on Thursday, Feb. 2 at 6:30 p.m. at 140 New Scotland Ave. in Albany.

This Oscar and Golden Globe

nominated film follows a precocious young girl living in Iran during the Islamic Revolution. It is based on Marjane Satrapi's autobiographical graphic novel, who believes that "an entire nation should not be judged by the wrongdoings of a few extremists."

For more information call (518) 292-7742 or email opalka@sage.edu.

Cloud Lifter at One Caroline Street

SARATOGA SPRINGS — Cloud Lifter will perform at One Caroline Street on Thursday, Feb. 2 at 8 p.m.

Cloud Lifter features Chris Carey and

Mike O'Donnell on guitars and vocals.

For more information call (518) 587-2026 or visit onecaroline.com.

Vinyl Nite at Pauly's Hotel

ALBANY — Pauly's Hotel will host Vinyl Night on Thursday, Feb. 2 from 8 to 10 p.m. at 337 Central Ave. in Albany.

Participants can bring their own records and enjoy classics from all eras while taking advantage of exuberant drink specials.

The event is 21+. There is no cover charge. For more information call (518) 426-0828 or email PaulysHotel@gmail.com.

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■ IN BRIEF

The Masters of Nostalgia at One Caroline Street

SARATOGA SPRINGS — The Masters of Nostalgia will perform at One Caroline Street in Saratoga Springs on Wednesday, Feb. 1 at 8:30 p.m.

Dave Pedinotti and band perform classic rock and folk tunes from the '60s, '70s and '80s, such as Neil Young, Van Morrison, Bob Dylan and The Band.

For more information, visit onecaroline.com.

The Deadbeats

ALBANY — The Deadbeats will

perform on Wednesday, Feb. 1 at 10 p.m. at the Low Beat at 355 Central Ave. in Albany.

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

Food for Thought Book Launch at Black & Blue

ALBANY — The Food for Thought Book Launch will take place at Black & Blue Steak & Crab on Thursday, Feb. 2 from 4 to 6 p.m. at 1470 Western Ave. in Albany.

Women@Work has incorporated information from their 2016 skill-building breakfasts into their publication, "Food for

Thought." There will be drinks, great bites and networking.

Doors open at 4 p.m. for registration and networking. Black & Blue will provide a first drink. The event is free for members and \$25 for new members. For information, visit www.eventbrite.com.

Taj Express: The Bollywood Musical Review at Proctors

SCHENECTADY — Taj Express: The Bollywood Musical Review is coming to Proctors on Thursday, Feb. 2 at 8 p.m. at 432 State Street in Schenectady.

The first Original Indian Musical to have successfully completed 5 years

of International Touring, this musical showcases the artistry of Indian Classical dance fused with modern Contemporary dance genres, with scores composed by Oscar winning composer AR Rahman.

For more information or to buy tickets call (518) 346-6204 or visit www.proctors.org.

The Last Waltz 40 at the Palace Theatre

ALBANY — The Last Waltz 40 is coming to Proctors on Thursday, Feb. 2 at 8 p.m. at 19 Clinton Ave. in Albany.

For information, call (518) 465-4663.

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IN BRIEF

Hamilton Street Jazz Co. at Grappa 72

ALBANY — The Hamilton Street Jazz Company will perform at Grappa 72 on Wednesday, Feb. 1 and Thursday, Feb. 2 from 6:30 to 9:30 p.m. at 818 Central Ave. in Albany.

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

Caffe Lena Poetry Open Mic

SARATOGA SPRINGS — Caffe Lena will hold a Poetry Open Mic on Wednesday, Feb. 1 at 7:30 p.m. at 47 Phila

Street in Saratoga Springs.

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

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

Open Mic Night at Hudson River Music Hall

HUDSON FALLS — Musician/Composer Jonathan Newell of the

bands Across the Pond, The Jonathan Newell Band and Out on the Tiles will host Wednesday Open Mic Night on Wednesday, Feb. 1 from 7:30 to 9:30 p.m. at Hudson River Music Hall at 10 Maple Street in Hudson Falls.

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

Old Songs Open Mic

VOORHEESVILLE — Local performer Kate Blain will host an Open Mic at Old Songs on Wednesday, Feb. 1 from 7:30 to 10:30 p.m. at 37 S Main Street in Voorheesville.

Participants can walk in and sign up to play for 15 minutes.

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

Open Mic Night at McGeary's

ALBANY — Mother Judge hosts Open Mic Night on Wednesday, Feb. 1 at 8:30 p.m. at McGeary's Irish Pub at 4 Clinton Square in Albany.

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

Sign-ups start at 7:30 PM. For more information visit www.mcgearyspub.com or call (518) 463-1455.

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0 | 172



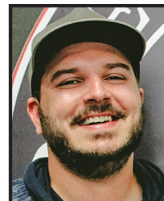
Maggie Smith
Maggie's
Café & Sports Bar

Last Week Points | Overall Points
8 | 164



Marty Brix
Lexington
Vacuum

Last Week Points | Overall Points
8 | 170



Kane Grogan
Death Wish
Coffee

Last Week Points | Overall Points
8 | 176



Sean Nava
Precision
Motors

Last Week Points | Overall Points
8 | 176



Dave Endy
Steiner's
Ski • Bike • Kayak

Last Week Points | Overall Points
8 | 174



Kevin Romines
Act II
Furniture

Last Week Points | Overall Points
8 | 165



Billy DeOrazio
Bellevue
Builders Supply

Last Week Points | Overall Points
16 | 190



Pat Stever
Andriano's
Pizza

Last Week Points | Overall Points
8 | 176



Dan Frament
Muddaddy Flats
Quesadillary

Last Week Points | Overall Points
0 | 172



Vince
River Street
Pub

Last Week Points | Overall Points
8 | 176



Dr. Julia Cerny
Julia Cerny,
DMD, PLLC

Last Week Points | Overall Points
8 | 168



Joe DeLorenzo
Cheese Steak
Heaven

Last Week Points | Overall Points
8 | 174



Liam Slattery
O'Slattery's
Irish Restaurant & Pub

Last Week Points | Overall Points
8 | 176



Bryan Bourque
Bourque
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Last Week Points | Overall Points
8 | 170

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8 | 175



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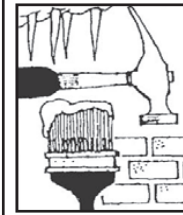


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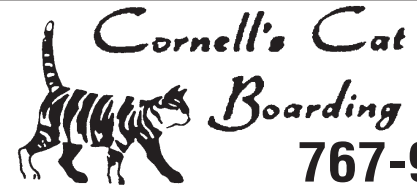
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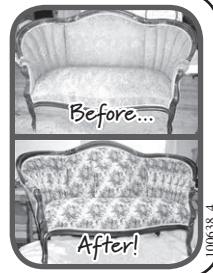
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**From page B1 ...
Troy's town crier**

listening to people and give a platform to the community at large. A voice to those who have none. I held off publishing off for a little while, but with the election I felt it was a good time to start talking about empathy and compassion."

The historically polarizing election wasn't necessarily the reason he started Troy Stories. He had been considering the project for months, and had been collecting material since Oct. 1, 2016, before he published his first story within a day of Election Day.

"My original intention was two-fold. To give people a better understanding of who lives in Troy. To paint a broader picture of what Troy looks like," he said. "And a subtler point is, maybe, to give people stories that are similar to their own. There is a sense of community in knowing someone else is struggling with this or that too. Someone else is having a hard time finding work, or someone else is burying themselves in sports because they don't want to get caught up in drugs. There are similarities in that. They read it and realize they are not alone."

Since he began interviewing, he has talked to about 125 Trojans from all walks of life - a cricket player from Pakistan, a television news anchor, a war veteran, addicts and alcoholics, success stories and the downtrodden.

As diverse as his subjects are, though, he doesn't believe we are really all that different.

"When I began everyone was talking about the election and it seemed everyone was on one side or the other," he said. "Then I interviewed this one woman who had strong feelings about how humans are all the same. We may look different, we may act different, we may have different beliefs, but fundamentally there is this common humanity we all share. That was inspiring to me."

It's their story

An extension of his pledge to talk less

and listen is a conscious effort to lay aside all judgments, preconceived stereotypes and cookie cutters and to just tell the other person's story.

"It really is an endeavor in empathy," he said. "The stories that stand out most are the ones where I have assumptions about a person - we are all really good at that - and I think I know their story and then you talk to them and they flip all the assumptions on their head. Those are the moments I enjoy. It lends credence to the point of the project. It's easy to label people until you delve a little deeper and see who they are, and what they are. That's what I really enjoy."

To find the stories is really pretty simple. Gardner walks around Troy's different and diverse neighborhoods and just talks to people. He's been to Lansingburgh, South Troy, the East Side and has spent some time walking around the Rensselaer Polytechnic Institute campus. But, admittedly, he gets most of his material from downtown. The Troy Innovation Garage where he works is conveniently located and where he finds the greatest concentration of people.

He does try to be fair, not only to the people he interviews, but to the city too. For example, he had one stretch where he seemed to be interviewing just homeless people, and if he published all of those in a row it would appear Troy was one big shelter. He doesn't not publish a story, though - unless there just isn't enough material in any given life for a few hundred words - but rather chooses to mix up the respective "themes" a bit.

Sometimes, it's easy to get people to open up. Other times it takes some light prompting. And other times it's just impossible, for whatever reason, to get them to say more than a sentence or two. In all, he said, he has about an astounding 80 percent success rate, or he gets a story from eight in 10 people he approaches.

He said he unwittingly, and often times unwillingly, discovered a flair of having people open up to him while he was riding the train from his home in Trenton, New Jersey to his job in Manhattan.

"People would just start talking to me

Continues on B27

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

Super Crossword Answers

1	B	I	B	4	D	R	A	T	8	S	A	S	S			
12	E	R	N	E	13	Y	A	L	E	14	A	L	L	O	15	W
16	W	A	N	T	17	K	R	I	S	18	L	E	A	S	E	
19	E	K	E	20	B	E	E	21	T	O	E	23	P	O	T	
24	S	E	R	25	G	E	26	U	S	27	A					
28	A	G	29	O	30	A	P	T	32	S	L	I	T			
36	S	P	A	T	39	F	R	E	E	41	H	I	D	E		
42	H	A	M	43	T	I	R	E	D	44	K	E	N			
46	I	R	E	S	47	D	I	N	E	49	P	E	S	T		
50	P	A	N	E	51	T	E	E	52	B	R	A				
54	E	V	E	55	T				56	A	L	G	A	L		
60	E	B	B	63	I	N	N	64	S	66	A	T	67	O	D	E
68	R	A	Y	69	O	N	70	O	P	E	N	72	R	U	D	E
73	E	N	T	R	Y	74	R	E	N	T	75	A	G	E	S	
76	K	E	E	L	77	M	A	T	E	78	P	E	R			

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TROYROCKS
 Lawn Sausages and Plimsouls played to a dancing Hangar crowd. Go to www.TheSpot518/ spotted for more photos.
 Michael Hollisey / TheSpot518

From page B24 ...

Troy's town crier

and we would get into these deep, philosophical conversations when all I really wanted to do after working all day was sleep on the train until I got home," he said. "That's where the spark, the embers of thought, for Troy Stories came from. You know you have this knack for people coming up to you and telling you their story ... why don't I make the most of that."

The beginning

It took more than a few months for that ember to catch. Born and raised in Columbia County, his family moved to Wilton where he attended high school. He attended a Bible college in Florida where he earned a degree in Pastoral Ministry and is still an ordained minister. In 2000, the now near 40-year-old found himself teaching English classes and working as a youth pastor in New Jersey. He then moved back to Chatham, met his wife, and in 2005 moved to Philadelphia where he was working as a pastor and he started Plasticmind Design, a web development company.

His company led to full time work with Simply Recipes, one of the nation's largest food blogs, where he handled all

online content. That ended when the company was abruptly sold, so in 2015 he moved from Philadelphia, where he, his wife and three children lived for about a decade, to Melrose and was back hawking Plasticmind. After a few short months, the very real fear of being an entrepreneur sunk in – "I don't have any work so how am I going to pay the bills."

"That Monday, I had a call with someone, a potential client and an old connection and they just wanted some advice," he said. "I was crestfallen. I was upset. There was a lot of turmoil. I was here, and I was trying to network and connect with people and I was feeling overwhelmed and I felt the need to get out and do these Troy Stories and I asked three or four people but when you don't have the confidence it is reciprocal so I didn't get anything."

Then, he said, he spotted one woman right outside the Troy Innovation Garage who "looked like maybe she needs to talk," and he approached her.

"And she just started bawling. And I said 'it's OK, and I hope you have an OK day' and I went around the corner and I started bawling."

But rather than stay around the corner, he pulled up his bootstraps and went off in search of someone else to talk to. The first conversation went pretty well, he said, until he realized he didn't have his camera with him and all of the Troy Stories,

following the model of Humans of New York, run with a photo.

But it was OK, he said. It was a confidence builder, and connecting with people was energizing. "I thought 'this can work.'"

He went back to Troy Innovation Garage that afternoon and got a call from the guy he talked to earlier in the day with the message that his CEO wanted to chat. He landed a job. Over the next week, he said, he got another job and then another and "now I'm busy as all get out."

Learn by listening

Gardner concentrates on two things while writing his Troy Stories: Taking himself and his biases out of the equation, and asking the questions that will get to the heart of what makes a person's heart beat.

"People get pushed into their own little cliques and their own echo chambers. There is a homogenization of ideas where you only spend time around the people who agree with you and it almost, in my mind, becomes hurtful because nobody was listening to any other point of view," he said. "I am basically just telling the stories. I don't interject myself at all."

A couple stories stand out, in addition to the two mentioned above.

One South Troy man fought in Afghanistan and when asked about that experience told Gardner "I'm a murderer." The man then tried to make sense of his

time overseas, and couldn't.

"It was kind of a political statement, but I try very hard not to pass judgment on the stories," he said.

Another man found the only way he could find happiness was to sell all his stuff.

"It was clear he had stuff to start but that was what made him happy," Gardner said. "And then he flipped it around and asked me the same question and it got me thinking about myself. The need to listen more and talk less is the greatest lesson I have learned by doing this project."

Listening rather than talking, he said, deflates an ego and, in turn, teaches empathy and compassion. He hopes to pass on a little bit of both to people who read his work.

"I want to do more listening. I've learned to withhold judgment a little bit. To be a little bit more understanding. I learned to not talk as much. So, if more people read this, maybe they will do some listening as well," he said. "I feel people connect better with stories, and when they meet real people it changes how they think about themselves and what they think about the world and by telling stories, I think it helps, in some small way, promote a culture of empathy and compassion."

You can view Troy Stories at troystories.com, on Instagram and Twitter at [troy_stories](https://twitter.com/troy_stories) or on Facebook at [troynystories](https://facebook.com/troynystories).

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IN BRIEF

Bella's Bartok at Club Helsinki

HUDSON — Bella's Bartok will perform at Club Helsinki on Friday, Feb. 3 at 9 p.m. at 405 Columbia Street in Hudson.

The group is a brassy, theatrical six-piece ensemble that melds Gypsy swing, Balkan brass and Bohemian punk with pop sensibilities.

Tickets are \$15. For more information call (518) 828-4800, email info@helsinkihudson.com or visit helsinkihudson.com.

The Standard Clams at Twisted Vine

DELMAR — The Standard Clams will perform at Twisted Vine on Friday, Feb. 3 from 8 to 11 p.m. at 384 Kenwood Ave. in Delmar.

The Clams play jazz standards by Sinatra, Bennett, Nat King Cole, Ray Charles, Bobby Darrin and more. They also choose well known tunes from the 60's through the present and perform them using unique arrangements.

For information call (518) 439-3241 or visit twistedvinedelmar.com.

Empire State Youth Orchestra Playathon at Crossgates Mall

GUILDERLAND — The Empire State Youth Orchestra will hold its annual Playathon fundraiser on Saturday, Feb. 4 from 9 a.m. to 11 p.m. at 1 Crossgates Mall Rd.

More than 400 ESYO musicians transform the shopping center into a symphony hall to raise money for the orchestra.

The event is free. For information visit esyo.org/event/playathon.

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