



NEWS 10 years later

Michael Carey continues to advocate for developmentally disabled after son's death

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Growing interest

Bethlehem Children's School receives grant to maintain, upgrade nature trails.

Story on Page 5



TOP STORY

Incomplete streets

The effort to enhance Delaware Avenue in Bethlehem far from complete

By ALI HIBBS

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DELMAR — More than 100 residents showed up to the first of two public, interactive meetings the Town of Bethlehem will hold regarding the stretch of Delaware Ave. that runs from the Normanskill Bridge to Elsmere Elementary School. Residents were invited to identify priorities, ask questions and voice concerns about a study underway to determine the best way to design a better corridor that's safer and amenable to multiple modes of transportation.

"This is a planning study," explained Mark Sargent, a Bethlehem resident and senior engineer at the civil engineering firm Creighton Manning, which has been hired by the town to help conduct the Delaware Avenue Complete Streets Feasibility Study (study) in cooperation with a Study Advisory Committee (SAC) composed of town officials, public agencies, residents

Continues on page 12

◀ In a planning study meeting focused on the improvement of Delaware Avenue, Bethlehem residents huddle around a aerial map in Town Hall, recording their thoughts.

Photo by Ali Hibbs / Spotlightnews

SPORTS



The puck stops here

Bethlehem's hockey season comes to an end.

Story on Page 7

ENTERTAINMENT



The force is strong with this one

Ticket sales continue to go up for Albany's musical gem.

Story on Page B1



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■ COUNTY NEWS

Service women underserved by gov't

State and county governments seek to reach a growing percentage of veterans who are dramatically underserved by current programs

By ALI HIBBS
hibbsa@spotlightnews.com

ALBANY COUNTY — At their meeting on Monday, Feb. 13, the Albany County Legislature voted unanimously to propose a pilot program to the New York State Legislative Women's Caucus to improve services for female veterans.

"Because of their role in the military and society, women have unique transition challenges," wrote Karen Ziegler, director of the Albany County Crime Victim and Sexual Violence Center (CVSVC) in a letter to Chairman Sean Ward, urging the legislature to approve the grant application. "They experience deployment and reintegration differently than men. Women focus more on the disruption of interpersonal relationships, feeling less social support once they return home, and do not find services or commanders prepared to support a woman and her family after deployment."

The Legislative Women's Caucus reached out to CVSVC with concerns the New York women veterans are underserved by Veteran's Administration (VA) programs which, as Zeigler told the legislature's law committee in January, are



Karen Ziegler, director of the Albany County Crime Victim and Sexual Violence Center, speaks before the Albany County Legislature's law committee in January. YouTube

geared more toward men even though women are a growing part of the veteran population. Noting that the VA has had difficulty establishing gender-specific support programs for women, Ziegler pointed out that women are less likely to use VA benefits — research conducted by the VA has shown that one in five women

delayed or went without needed care during the previous 12 months.

The pilot program, which would run for a year, would address that problem by creating a new position, staffed by a woman veteran with experience in counseling, who would "provide safety planning, individualized case management,

therapy, peer support groups and promote self-sufficiency to victims of domestic violence and sexual assault who are active military, veterans or connected to the military."

In a sample budget, Ziegler estimated that the position will cost a little more than \$85,000 during the first year, the funding for which she hopes will be granted by the state and potentially extended if the program is successful. "This is just a pilot to see what this would look like," she said. "What kind of services we could wrap around it. We would certainly liaison with Veteran's Bureau. And, I don't want to say that we wouldn't serve men, but we would want to definitely focus our efforts toward serving women better."

"This is a very exciting proposal," said Law Committee Chairman Bryan Clenehan (D-30), recognizing Ziegler and her department for being selected by the Women's Caucus to help tackle the issue. "It's a very exciting expansion of your services."



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LOCAL NEWS

Much more must be done

Carey continues to advocate for the developmentally disabled decade after son's death

By **JIM FRANCO**

francoj@spotlightnews.com

ALBANY — Ten years ago today, Michael and Lisa Carey received news no parent should ever have to hear: Their boy Jonathan was dead.

The circumstances surrounding the 13-year-old's death made it that much more tragic. Jonathan Carey suffered from non-verbal, severe autism, and was a resident at the Oswald D. Heck Developmental Center in Schenectady.

Two aides were ultimately found responsible for improperly restraining the boy in the back of a van while on an outing to Crossgates Mall.

Nadeem Mall, who was driving, pleaded guilty to criminally negligent homicide and was sentenced to six months in county jail. His co-worker, Edwin Tirado, who restrained the boy, was convicted of second-degree manslaughter and is serving five to 15 years in prison.

Since Jonathan Carey's death, his father has been a relentless advocate of reforming the state's oversight of the



Michael and Lisa Carey hug each other while holding a framed portrait of their son, Jonathan. Photo provided

developmentally disabled in its care.

He was successful in changing state law regarding a parents' right to access records of abuse and neglect at state operated mental health facilities, now known as Jonathan's Law. And he is currently spearheading an effort requiring those facilities to call 911 in

the event of abuse or neglect.

Instead of calling 911, he claims, facilities are directed to the Justice Center for the Protection of People with Special Needs, a state agency created in 2012, to investigate and prosecute cases of abuse and neglect in state facilities.

"The death of Jonathan brought about some changes in the mental health system, yet, here we are ten years later and there have still been no significant changes," Michael Carey said. "Most crimes against the disabled are still not being prosecuted."

He claims the Justice Center intentionally excludes local law enforcement, and does not properly investigate or prosecute cases of abuse and neglect.

"Jonathan's tragic death 10 years ago, today, is a reminder to us all that these are life and death matters and that individuals with disabilities can no longer be treated unequally and denied their equal protection of laws and access to 911 emergency services," he said.



Grannies for Peace hold their annual vigil at the intersection of Wolf Road and Central Ave. on Valentine's Day.

Jim Franco/Spotlight News

Sharing their love

By **JIM FRANCO**

francoj@spotlightnews.com

COLONIE — Valentine's Day is a day for lovers to express their feelings and exchange flowers and chocolates and other gives of endearment.

But, since 2006, a group of grandmothers and their supporters, Grannies for Peace, have gathered at the busy intersection of Wolf Road and Central Avenue to tell the world more love is needed across the globe.

"We are celebrating valentine's Day, a day of love, and we are spreading love not hate," said Mabel Leon, of Schenectady. "And are standing with a strong statement that we support Muslim refugees, we support immigrants and we support black lives matter. There has been spreading anti-Semitism and we stand for religious freedom for Christians, for Jews, for Hindus and for Muslims."

Some 20 grannies waved at drivers honking their support and smiled at those who rolled down their windows to holler

words of derision.

"We've been doing a Valentine's Day vigil since 2006," said Mickie Lynn of Delmar. "But, it's even more crucial right now because of the immigration situation and the fact so many people are being made fearful and being deported and it's just a big mess. It's definitely not love, it's hate."

You don't have to be a grandmother to join the protest.

"It's a day of love and we have to show love and that's what we are doing," said Albany resident Dan Wilcox, a member of the Veterans for Peace who was drafted during the Vietnam War. "Someone once said to me 'Shouldn't all veterans be for peace.' Unfortunately, it doesn't always work out that way. Who better to know what a horrible thing war is than a veteran?"

The message at today's vigil – in addition to spreading love not hate – was to "embrace refugees."

"War makes refugees," said Janet Poole of East Greenbush.

Stay safe while snowmobiling

ALBANY — The Department of Environmental Conservation (DEC) reminds snowmobilers to ride responsibly and put safety first as they enjoy the state's abundant snowmobiling opportunities.

"With recent tragedies in mind, DEC is encouraging snowmobilers to follow common sense safety recommendations," said DEC Commissioner Basil Seggos.

Everyone operating a snowmobile should be familiar with safe riding practices and all applicable laws, rules, and regulations. The best way to learn is by taking a snowmobile safety course. To find a course, go to NYS Parks Snowmobile Education (leaves DEC's website) web page. A safety certificate is required for youth between ages 10 and 18.

Before heading out, riders should check trail conditions with local snowmobile clubs. To find a club, visit the New York State Snowmobile Association (leaves DEC's website) website.

Top safety recommendations include:

- Check over the snowmobile to make sure it is in good working order and carry emergency supplies.
- Always wear a helmet and make sure to wear the proper snowmobile gear including bibs, jackets, boots, and gloves.
- Always ride with a buddy or at least one other person.
- Ride responsibly. Ride within your ability, ride to the right, and operate at a safe and prudent speed at all times. Respect landowners, obey posted signs, and stay on the marked trail.
- Frozen bodies of water are not designated trails. If planning to ride on ice, proceed with caution and be aware of potential hazards under the snow. Wear a snowmobile suit with flotation built-in and carry a set of ice picks as a precaution.
- Never drink alcohol or use drugs and ride.

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LOCAL NEWS

Growing interest

Bethlehem Children's School receives \$1,000 grant to maintain, upgrade nature trails

By ALI HIBBS
hibbsa@spotlightnews.com

BETHLEHEM — The Bethlehem Garden Club (BGC) recently granted \$1,000 to Bethlehem Children's School (BCS) to enable it to not only beautify and enhance its outdoor nature trails, but also improve its environmental science curriculum.

"It's a different type of school," said Bonnie Smith, the BGC member who presented the check to the school on Jan. 31. "They do spend a lot of time out-of-doors and have a very hands-on curriculum."

A local institution for decades, BGC raises money through an annual plant sale and garden tour every summer — last June was the 20th anniversary of the event — and then accepts grant applications from local elementary and middle school teachers interested in enhancing their environmental science curriculums.

"We read through them and see whether we think they're



Bethlehem Garden Club President Bonnie Smith, left, presents a \$1,000 check to the faculty and students of the Bethlehem Children's School.

Photo provided

a practical application of the money," said Smith, noting that BCS has received funds from BGC in the past. One year, she said, it received grant funding to build a greenhouse out of recycled plastic liter bottles in conjunction with General Electric; another year, it received funding to run electricity to that greenhouse.

"[BCS] would like to focus on maintaining and improving our

nature trails to allow us to craft our outdoor education program for all students," Smith read aloud from the winning grant application. "We plan to do this in two stages. One, maintaining the safety and integrity of our current trail; two, integrating additional learning tools along the trail to support our outdoor education and science curriculum in the classrooms."

Thanking BGC on their website and Facebook page, BCS officials wrote, "The trails on our campus will improve this spring and continue to provide many more lessons in outdoor education."

A second BGC grant, \$800, has been gifted to the Bethlehem Historical Association to create native-to-New-York gardens around the historic Cedar Hill Schoolhouse on River Road in Selkirk, where BGC holds its annual Christmas tea.

In addition to the June fundraiser and subsequent bestowing of grant monies, BGC works to maintain five gardens around town, including one at Town Hall and another on Route 9W entering Bethlehem, said Smith. "If the community needs something that is in our realm to do, we always try to help out in some way."

The club holds meetings on the second Wednesday of every month at Bethlehem Public Library, where they host speakers, typically from somewhere like

the Landis Arboretum or Cornell Cooperative Extension, to lecture on topics such as gardening in a changing climate, pest control or native New York plant species.

BGC members can be as active as they choose to be, said Smith, who was unable to give a definitive number of enrolled members but said that all are women. "All ages," she said, "but, all women. It's not that men can't join — I guess we've just scared them off."

Anyone interested in joining can contact BGC through its website or show up at a meeting. Additionally, Smith said, anyone who has a garden that they would like included in the annual garden tour is welcome to contact BGC and sign up. This year the tour and plant sale will take place on Wednesday, June 14. In past years, she noted, most participants have ended up joining BGC.

"They come and see what the meetings are like," said Smith. "And the people. And they keep coming back."

Slingerlands Historic District to celebrate 5 years of recognition

By ALI HIBBS
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BETHLEHEM — Five years ago, on Valentine's Day 2012, Slingerlands Historic District was named to the National Register of Historic Places, a database maintained by the National Park Service. On Sunday, Feb. 26, the Bethlehem Alliance for Historic and Community Preservation will issue a proclamation at the Bethlehem Public Library in recognition of the anniversary.

Displays, literature, a slide presentation and refreshments will be available for those interested in learning about the history of the hamlet of Slingerland, which was named for the town's first postmaster, William H. Slingerland, in the 1860s. W.H. Slingerland was the first local postmaster, when the area was still referred to as Normanskill.

Slingerlands Historic District encompasses 102 contributing buildings and one contributing structure within the hamlet, developed between about 1790 and 1940, and includes notable examples of Italianate, Colonial Revival, Federal, Greek Revival, Queen Anne, Stick style, Bungalow style architecture. The John I. Slingerland home at 1575 New Scotland Road is located there; other notable buildings include the Slingerlands United Methodist Church, the Albert House and the LeGrange Farmstead.

Capital District residents could deem themselves fortunate to live in a region dense with historical architecture — and to have those who work to preserve those local memories. There are more than 70 sites currently registered on the National Register of Historic Places in the towns of Gunderland, Bethlehem,

Coeymans and New Scotland alone.

Guilderland, which registered more sites in 1982 by a wide margin, currently has 45 individual sites registered — four of which are in Altamont and four of which are in the Village of Altamont — including Exhibition Hall, the Prospect Hall cemetery building and the Hilton House on Leesome Lane. Bethlehem has 11 sites registered, including the post office at 357 Delaware Ave. — three in Selkirk and two in Delmar and Slingerlands each. The Town of New Scotland has three, including Clarksville Elementary School, which is in the Bethlehem Central School District and under consideration for sale to the County Sheriff's office.

The two-hour commemorative event on Sunday will begin at 2 p.m. in the Community Room of the Bethlehem Public Library.



Little love notes

Bethlehem Central Middle School students received a Valentine's Day surprise, courtesy of sixth graders Alex Schalk, Mirella Albrecht, Isabella Chirkis, Niccola Alas, and Madeline Duffy, with help from Mrs. Neri, Ms. Marcucci, Ms. Oullette and Ms. Weiss (and permission of Interim Principal Doemel). The group worked after school to craft the messages and place a heart-shaped message on more than 1,000 lockers (see above). Its mission was to send positive messages on a day when some students might be feeling left out.

Photo provided by Bethlehem Central School District

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■ COPS, COURTS AND EMERGENCY CALLS

Other arrests: New York State Police



TERRANCE BAXTON

On Saturday, Feb. 11, at approximately 9:11 p.m., State Police stopped a vehicle on I-90 for a traffic violation. The driver of the vehicle, Terrence R. Baxton, 35, of Troy, was allegedly found to be intoxicated. He was transported and processed at the Albany State Police station, where he reportedly refused to submit to a breath test to determine the alcohol content in his system. Due to a prior DWI conviction within the last 10 years, he was subsequently charged with a felony DWI as well as "numerous" vehicle and traffic violations.

Baxton was turned over to a sober third party and released on appearance tickets returnable to the Town of Guilderland Court on Feb. 23 at 5:30 p.m.

On Sunday, Feb. 12, at approximately 9:25 p.m., State Police reported stopping a vehicle on I-90 for multiple seat belt violations. The driver of the vehicle, Charles J. Johnson, 32, of Troy, was allegedly found to be intoxicated while traveling with children — a three-year-old and a five-year-old. Johnson was taken into custody, transported and processed at the Albany State Police station, where his blood alcohol content was reportedly determined



CHARLES JOHNSON

to be 0.10 percent. As a result he was subsequently charged with DWI with a child in the vehicle, a class E felony; endangering the welfare of a child; a class A misdemeanor; and multiple vehicle and traffic violations

Johnson was arraigned before the Town of Guilderland Court and remanded to the Albany County Jail in lieu of \$25,000 cash bail or bond.

The children were turned over to their mother.

On Sunday, Feb. 12, at approximately 3:32 a.m., State Police reportedly stopped a vehicle on I-90 for multiple traffic violations and found the driver of the vehicle, Jacob M. Johnson, 26, of Latham,



JACOB JOHNSON

to be intoxicated while driving on a suspended license. He was transported and processed at the Albany State Police station, where his blood alcohol content was reportedly determined to be 0.12 percent.

Additionally, he has a prior DWI conviction within the last 10 years and as a result was subsequently charged with two class E felonies, DWI and aggravated unlicensed operation in the first degree, as well as multiple vehicle and traffic violations.

Johnson was turned over to a sober third party and released on appearance tickets returnable to the Town of Guilderland Court on Feb. 23 at 5:30 p.m.

Traffic stop leads to multiple charges

One suspect flees scene, later found by K-9 unit

BETHLEHEM — On Wednesday, Feb. 15, at approximately 6:53 p.m., state police reportedly stopped a vehicle on I-87 for a speeding violation. The driver of the vehicle, Khalil T. Sharp, 19, of Poughkeepsie, and his passenger, later identified as DeAndre D. Green, 18, of Kingston, were allegedly found to be in possession of forged payroll checks, forged credit cards and approximately 15 grams of marijuana.

Sharp was placed in custody and Green reportedly fled the scene, was tracked by a state police K-9 unit and actively resisted arrest prior to being taken into custody. Both men were transported and processed at the Albany state police station.

Sharp was subsequently charged with possession of a forged instrument in the second degree, a class D felony; unlawful possession of marijuana, a violation; and a speeding violation. He was arraigned before the Town of Bethlehem Court and remanded to the Albany County Jail in lieu of \$10,000 cash bail or bond.

Green was subsequently charged with



SHARP



GREEN

possession of a forged instrument in the second degree, a class D felony; resisting arrest, a class A misdemeanor; obstruction of governmental administration in the second degree, a class A misdemeanor; criminal trespass in the third degree: enclosed property, a class B misdemeanor; criminal impersonation in the second degree, a class A misdemeanor; and unlawful possession of marijuana, a violation. He was arraigned before the Town of Bethlehem Court and remanded to the Albany County Jail in lieu of \$50,000 cash bail or bond.

Both men were scheduled to reappear in Town of Bethlehem Court on Feb. 21.

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COMMUNITY

A milder Mardi Gras

Who says the grown-ups get to have all the fun on Mardi Gras? Kids and families are invited to a very special version of this celebration at the library on Tuesday, Feb. 28, at 4 p.m. Come by for some games, crafts and a treat, and get ready to laissez les bons temps rouler (let the good times roll)!

Calling teens

Teens in grades 6-12 looking for some volunteer hours or those just interested in the warm feeling that comes from contributing to the community are invited to Spring Into Service at the library on Friday, March 3, at 4 p.m. Create some colorful spring-themed crafts that will brighten the day for our neighbors at Good Samaritan Village Senior Center. This program will take place in the Community Room.

Board candidate information

Nominating petition



Forms and informational packets are available at the library information desk beginning Feb. 27 for one open seat on the Bethlehem Public Library board of trustees. The seat holds a full term of five years, which begins in July.

Incumbent and board president Mary Redmond will be seeking re-election.

Bethlehem Public Library takes very seriously its responsibility to serve the community by providing access to resources and programming that enhance the quality of life of our residents. Our trustees make this possible through their dedication and vision, and they fill a very important public service role that affects every tax-paying resident, whether that person has stepped foot in the library or not. Serving as a library trustee benefits the library and the community as a whole.

Board meetings are held at the library monthly and are open to the public. Meetings begin at 6 p.m. and last about two hours. Trustees are expected to regularly attend.

Petitions must contain at least 52 signatures of voters residing in Central School District No. 6 of the towns of Bethlehem and New Scotland. Petitions must be filed with the District Clerk, Bethlehem Central High School, 700 Delaware Ave., Delmar by 4:30 p.m. on April 17.

The election and budget vote will be held on Tuesday, May 16, from 7 a.m.-9 p.m. at Bethlehem Central High School.

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.

Saturday, Feb. 25

Origami Club

Create a project with us,



Participants in the Feb. 17 quilting class cut and assemble the fabric pieces for a striped table runner. Sewing classes for all ages remain a popular offering at Bethlehem Public Library.

Photo by Kristen Roberts

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

Monday, Feb. 27

DayWriters

Spend an hour writing with the final half hour for optional sharing and feedback. Open to anyone interested in writing; all genres and abilities are welcome, 1:30-3 p.m.

Monday, Feb. 27

Hamilton Trivia Night

If you're a fan of the Broadway show and soundtrack and the book they're based on, then you won't want to miss this trivia adventure for adults. Sign up alone or as a team, 7-8:15 p.m.

Thursday, March 2

Trivia Night for Adults

Have some fun and show off your knowledge as you sign up alone or as a team to match wits with others in a written-answer format, 7 p.m. Prizes donated by the Friends.

— Kristen Roberts

Bethlehem Senior Chorus presents 'Dance'

On Thursday, March 2, the Bethlehem Senior Chorus will present its spring concert, "Dance", celebrating through song, the time-honored art of the dance. It's at the Town Hall Auditorium at 1p.m.

Enjoy "An Iliad" at Capital Repertory Theater on Thursday, March 9, at 10:00 am. The show is an adaptation of Homer's epic poem of gods and goddesses, undying loves, and the battles of the Trojan War. The narration brings the past and the present together.

Enjoy a Mardi Gras



Pancake Supper at St. Stephen's Episcopal Church on Tuesday, Feb. 28 at 5 p.m. A good will offering of \$20 will be taken to benefit the Youth Group Ministry.

The following support services are available: AARP Income Tax Assistance, Wednesdays, by appointment; Home Energy Assistance Program, HEAP, by appointment; Senior Legal Services

Program, by appointment; Breakfast at Tool's, Wednesday, March. 15, 10 a.m.; Alzheimer's Disease Caregiver Support Group, Wednesday, March 22; Current Events Discussion Group, Wednesday, March 8, 10:30 a.m.; Community Loan Closet: wheelchairs, canes, shower seats, etc.

Outreach Workers are available to assist with health insurance, housing issues, food stamps, Meals on Wheels, Food Pantry, and health and income related programs.

Get your flu shot at the Albany County Health Department, 175 Green St.,

Albany N.Y. Call 447-4589 for an appointment. You can also see your physician, or local pharmacy.

Books to People is a free library program that delivers books to those who are unable to visit the library. Request books, magazines, DVDs, CDs and audiobooks. Call 439-9314, and press 2.

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

The Bethlehem Senior Citizens Club meets

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

Bethlehem Senior Transportation Service provides rides to medical, dental, therapy, and clinic appointments, grocery stores, and a variety of social and recreational programs. Come to the

senior office in Town Hall for a copy of our newsletter or visit the Senior Services website at www.townofbethlehem.org.

Donations can be made to Bethlehem Senior Projects online at bethlehemseniorproject.org, or via check payable to Bethlehem Senior Projects, Inc., 445 Delaware Ave., Delmar, N.Y. 12054.

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

— Wilma DeLucco

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Spotlight on Sports

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■ PLAYER OF THE WEEK



BRANDON MOHRHOFF

The CBA goalie had 46 saves against Bethlehem on Friday, Feb. 18 while allowing only one goal. CBA beat the tough Bethlehem squad at home, 3-1, and will now play Shenendehowa on Thursday, Feb. 23 at Union College.

■ HIGH SCHOOL

CBA ends Bethlehem's hockey season



Upper left: CBA's Evan Ryan makes a move against Bethlehem's Tyler Hall. Upper right: CBA fans congratulate the team. Lower left: Bethlehem hockey fans. Lower right: CBA goalie Brandon Mohrhoff makes a save.

Photos by Jim Franco/Spotlight News

BETHLEHEM

– Solid defense and a stellar game in goal won the first round of the Capital District High School Hockey League for Christian Brothers Academy.

CBA, which finished the season 7-6 in league play and 10-10-1 overall, beat the Bethlehem Eagles (9-2-1, 15-5-1) on their home ice Friday, Feb. 18 by a score of 3-1.

CBA goalie Brandon Mohrhoff had an amazing 46 saves including 21 in the third period.

The Brothers will now play Shenendehowa - which got by Shaker/Colonie 2-0 - on Thursday, Feb. 23 at Union College in the Section II, Division II finals.

Bethlehem scored first

with 7:46 left in the first period on a goal by Mike Lemieux with an assist by Hayes Meredith.

But that was the only one Mohrhoff let get by.

CBA tied it up with 1:46 left in the period on a goal by Mike DeNisco with the assist going to Andrew Mesick.

With 3:21 left in the second, DeNisco recorded his second goal of the night with the assists going to Ryan Munro and Joshua Edmunds.

CBA put it away with 1:28 left in the game when Mesick scored on an assist by Hunter Pemrick.

Bethlehem goalie Alex Breiner had 17 saves.

– Jim Franco

■ ONLINE



GALLERIES

Check out dozens of action shots and photos of fans from both games featured in print this week and more recent action too. Find it at spotlightnews.com

Colonie crushes Guilderland in Suburban Council finale

GUILDERLAND

– The Red Sea was at low tide, Tuesday, Feb. 14 as the Dutchmen lost its final home Suburban Council game of the year to Colonie 58-33.

Colonie (15-2, 17-3) was bigger underneath, quicker on the perimeter and played a tough team defense.

Leading the way for the Garnet Raiders was Brendan Mulson with 14 while Will Aybar kicked in 10.

Just one player reached double figures for the Dutchmen (8-10, 9-11) with Grant Mengel scoring with 12 points. Steve Warren kicked in nine while Antonio Lia had four.

Also scoring for Colonie were Josh Paszkowski and Isaiah Moll with eight each, Jaeden Lewis and Bryce Waterman had five each, Nick Bearup and Cameron Koepp had three each and Mike Dunn kicked in a bucket.

For Guilderland George Marinopoulos had three, Jamison Moriarity and Brendan Hoffman had two each, and Kevin Greene chipped in a point.

Guilderland played LaSalle on Tuesday, Feb. 21 while Colonie awaits the winner of Green Tech and Shaker on Saturday, Feb. 25.

– Jim Franco



Left: Colonie's Isaiah Moll goes over Guilderland's Grant Mengel. Upper Right: Michael Henderson makes a move between two Colonie defenders. Lower Right: Colonie's Brendan Mulson drives to the basket.



Photos by Jim Franco/Spotlight



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LEGAL NOTICE

SUPREME COURT OF THE STATE OF NEW YORK COUNTY OF ALBANY Index No. 901429/2015 SUPPLEMENTAL SUMMONS WITH NOTICE FEDERAL NATIONAL MORTGAGE ASSOCIATION (FANNIE MAE), A CORPORATION ORGANIZED AND EXISTING UNDER THE LAW OF THE UNITED STATES OF AMERICA, Plaintiff, -against-

THE UNKNOWN HEIRS AT LAW OF THE ESTATE OF BRIAN F. JEFFERS, AKA BRIAN F. JEFFERS, JR., AKA BRIAN JEFFERS, If they be living and if they be dead, their respective heirs-at-law, next-of-kin, distributees, executors, administrators, trustees, devisees, legatees, assignees, lienors, creditors and successors in interest and generally all persons having or claiming under, by or through said defendants who may be deceased, by purchase, inheritance, lien or inheritance, lien or otherwise any right, title or interest in or to the real property described in the complaint, UNITED STATES OF AMERICA-INTERNAL REVENUE SERVICE and NEW YORK STATE DEPARTMENT OF TAXATION AND FINANCE, CHRISTOPHER JEFFERS AS THE HEIR AT LAW TO THE ESTATE OF BRIAN F. JEFFERS A/K/A BRIAN F. JEFFERS, JR A/K/A BRIAN JEFFERS, BRIAN F. JEFFERS III AS THE HEIR AT LAW TO THE ESTATE OF BRIAN F. JEFFERS A/K/A BRIAN F. JEFFERS, JR A/K/A BRIAN JEFFERS, ERIN JEFFERS AS THE HEIR AT LAW TO THE ESTATE OF BRIAN F. JEFFERS A/K/A BRIAN F. JEFFERS, JR A/K/A BRIAN JEFFERS, Defendants,

To the above named defendants: YOU ARE HEREBY SUMMONED to answer the amended complaint in this action and to serve a copy of your answer, or, if the amended complaint is not served with this supplemental summons, to serve a notice of appearance, on the plaintiff's attorneys within 20 days after the service of this supplemental summons, exclusive of the day of service (or within 30 days after the service is complete if this summons is not personally delivered to you within the State of New York); and in case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the complaint. NOTICE YOU ARE IN DANGER OF LOSING YOUR HOME If you do not respond to this summons and complaint by serving a copy of the answer on the attorney for the mortgage company who filed this foreclosure proceeding against you and filing the answer with the court, a default judgment may be entered and you can lose your home. Speak to an attorney or go to the court where your case is pending for further information on how to answer the summons and protect your property. Sending a payment to your mortgage company will not stop this foreclosure action. YOU MUST RESPOND BY SERVING A COPY OF THE ANSWER ON THE ATTORNEY FOR THE PLAINTIFF (MORTGAGE COMPANY) AND FILING THE ANSWER WITH THE COURT. The foregoing supplemental summons is served upon you by publication pursuant to an Order of the Honorable Denise A. Hartman, Justice of the Supreme Court of the State of New York, ALBANY County, dated the 5th day of December, 2016 and duly entered in the office of the Clerk of the County of ALBANY, State of New York.

NOTICE OF NATURE OF ACTION AND RELIEF SOUGHT The object of the above captioned action is to foreclose a Mortgage to secure \$130,000.00 and interest, recorded in the Office of the County Clerk of Albany County on November 8, 2007 in Liber 5581, Page 677, which mortgage was assigned to Federal National Mortgage Association by assignment of mortgage dated October 20, 2014, which was recorded in the Office of the County Clerk of Albany County on October 28, 2014, in Liber 6878, Page 590, covering premises known as 106 GROVE AVE, ALBANY, COUNTY OF ALBANY, STATE OF NEW YORK (Section 75.44, Block 2, Lot 6) The relief sought in the within action is a final judgment directing the sale of the premises described above. Premises situate in the in the City and County of Albany. COMMENCING at a point in the easterly side of Grove Avenue, 156 feet southerly from the point of intersection of the said easterly line of Grove Avenue with the southerly line of Helderberg Avenue; being a plot 113 feet by 30 feet by 113 feet by 30 feet. Section 110, Block 1, Lot 70 Dated: Rego Park, New York January 24, 2017 DAVID A. GALLO & ASSOCIATES LLP. By: Rosemarie A. Klie, Esq. Attorneys for Plaintiff 95-25 Queens Boulevard, 11th Floor Rego Park, New York 11374 (718) 459-9000 Ad#142704

LEGAL NOTICE

LEGAL NOTICE OF SALE BY PUBLIC AUCTION SUPREME COURT OF THE STATE OF NEW YORK COUNTY OF ALBANY TD BANK, N.A. successor by merger to COMMERCE BANK, N.A., Plaintiff, against LAXMI LLC d/b/a GOVERNOR'S INN & SUITES, MAYUR PATEL, NILKANTH PATEL, BHARAT PATEL, Defendants Index No. 2364/2011

Pursuant to a Judgment of Foreclosure and Sale dated March 19, 2013 and entered in the office of the Albany County Clerk on March 26, 2013, and Order amending said Judgment of Foreclosure and Sale dated October 3, 2016 and entered in the office of Albany County Clerk on October 12, 2016, I, Yorden Huban, Esq., the Referee named in said Judgment of Foreclosure and Sale, will sell in one parcel at public auction to the highest bidder at the steps of the Court-house of the Supreme Court of Albany County located

LEGAL NOTICE

at 16 Eagle Street, Albany, New York, on the 7th day of March, 2017, at 10:30 a.m., ALL that tract or parcel of land situate, lying and being located in the Town of Guilderland, County of Albany, State of New York, and being bounded and described as follows: BEGINNING at a point lying in the Northeasterly bounds of Western Avenue, said point being located South 25°38'33" East a distance of 199.52 feet from the intersection between the Northeasterly bounds of Western Avenue and the Southeasterly bounds of Okara Drive; THENCE North 45°24'15" East along the division line between the herein described parcel to the East and the lands now or formerly of James A Scacia as described in Book 2490 of Deeds at Page 913 to the West a distance of 338.01 feet to a point; THENCE along the division line between the lands now or formerly of John H. Gade III and James O as described in Book 2995 of Deeds at Page 523 to the North and the herein described parcel to the South the following four (4) courses and distances: 1. South 26°34'45" East a distance of 150.21 feet to a point; 2. North 45°24'15" East a distance of 60.17 feet to a point; 3. South 26°16'23" East a distance of 71.50 feet to a point; 4. South 44°35'45" East a distance of 15.00 feet to a point; THENCE along the division line between the lands now or formerly of Abdul Matin, MD, as described in Book 3131 of Deeds at Page 646 to the East and the herein described parcel to the West the following seven (7) courses and distances: 1. South 45°24'15" West a distance of 149.00 feet to a point; 2. South 44°35'45" East a distance of 12.50 feet to a point; 3. South 45°24'15" West a distance of 72.00 feet to a point; 4. North 44°35'45" West a distance of 12.50 feet to a point; 5. South 45°24'15" West a distance of 114.00 feet to a point; 6. North 44°35'45" West a distance of 15.00 feet to a point; 7. South 45°24'15" West a distance of 78.03 feet to a point on the Northeasterly bounds of Western Avenue; THENCE along the Northeasterly bounds of Western Avenue the following five (5) courses and distances: 1. North 26°46'52" West a distance of 2.31 feet to a point; 2. North 31°36'09" West a distance of 49.38 feet to a point; 3. North 26°16'12" West a distance of 135.06 feet to a point; 4. North 37°00'41" East a distance of 10.49 feet to a point; 5. North 12°37'45" West a distance of 36.14 feet to the point of beginning. Containing 84,750 square feet or 1.94 acres more or less. Subject to any and all easements, restrictions and right-of-way records. Said premises being known and designated as Section: 39.12 Block: 2 Lot: 18, County of Albany; said premises more commonly known as 2505 Western Avenue, Guilderland, New York. Approximate amount of judgment \$573,148.20, said amount so reported due as aforesaid together with interest thereon from October 19, 2012, in the amount of \$69.67, to the date of entry of the Judgment of Foreclosure and Sale, plus advances made for real estate taxes, costs, attorneys' fees, allowance and expenses of sale as awarded by the Court in said Judgment of Foreclosure and Sale. Premises will be sold subject to the provisions of the filed Judgment of Foreclosure and Sale and Order amending said Judgment of Foreclosure and Sale, and terms of sale. Dated: February 2, 2017 Yorden Huban, Referee Platzler, Swergold, Levine, Goldberg, Katz & Jaslow, LLP Attorneys for Plaintiff 475 Park Avenue South, 18th Floor New York, NY 10016 (212) 593-3000 Attn: Robert J. Mastrogiacomo, Esq. Ad#142448

LEGAL NOTICE

1116 METCALF AVENUE LLC Articles of Org. filed NY Sec. of State (SSNY) 2/2/17. Office in Albany Co. SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail copy of process to c/o 466 Ave P, 2nd Fl, Brooklyn, NY 11223, which is also the principal business location. Purpose: Any lawful purpose. Ad#143385

LEGAL NOTICE

12 Ocean Partners LLC Filed 7/12/16 Office: Albany Co SSNY designated as agent for process & shall mail to: 54 State St #103, Albany, NY 12207 Reg. Agent: USA Corporate Services Inc @ same address Purpose: all lawful Ad#142556

LEGAL NOTICE

458 HUDSON AVE, LLC NOTICE OF FORMATION OF LLC 458 Hudson Ave, LLC Arts. of Org. filed with NYS Dept. of State 4/15/2016. Office Location: Albany Co. SSNY is designated as agent upon whom process

LEGAL NOTICE

Notice of [domestic LLC] formation of ACTIVE LANGUAGE LLC. Articles of Org. filed with NY Secretary of State (NS) on JANUARY 17, 2017, 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#142097

LEGAL NOTICE

(LLC). Name: BE AT HOME LLC. Articles of Organization filed with NY Secretary of State, December 30, 2016. Purpose: to engage in any lawful act or activity. Office: Albany County. Secretary of State is agent for process against LLC and shall mail copy to 22 Century Hill Drive, Ste 201, Latham, NY 12110. Ad#142207

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: BEH partners, LLC. Articles of organization were filed with the Secretary of State of New York (SSNY) on 01/26/2017. Office Location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 624 Ave M, Brooklyn, NY 11230 . Purpose: For any lawful purpose. Ad#143132

LEGAL NOTICE

Notice of formation of LLC. The limited liability company name is BiNex Solutions LLC.; Articles of Organization were filed with the secretary of state January 23,2017; LLC's office to be located in Albany County; The secretary of state has been designated as agent of LLC upon whom process against it may be served; the post office to which the secretary of state shall mail a copy of any process against it served upon it is: 4 Holbrook Way, Delmar NY 12054; Purpose: Any lawful activity Ad#143647

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC) Name: Bonacquisti Holdings, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on January 5, 2017. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of process to The LLC, 98 Niver Street, Suite 200, Cohoes, New York 12047. Purpose: Any lawful business purpose. Ad#143565

LEGAL NOTICE

Bulan Rouge, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 01/19/2017. Off. loc.: Albany Co. SSNY des. as agent of LLC upon whom process may be served. SSNY shall mail process to the LLC, 609 4th Avenue, East Northport, NY 11731. Purpose: General. Ad#142350

NOTICE OF FILING OF ARTICLES OF ORGANIZATION IN NEW YORK BY A LIMITED LIABILITY COMPANY Name: Burger Ventures Albany LLC. Articles of Organization filed with sec. of state of NY(SOS) on 2/14/17. Office location: Albany County.

SOS is designated as agent of LLC for service of process. SOS shall mail copy of process to 2080 Western Avenue, Suite 115, Guilderland, NY 12084. Purpose: Any lawful act or activity. D-144217

LEGAL NOTICE

CELINA'S KITCHEN, LLC. Art. of Org. filed with the SSNY on 10/14/16. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 6 O'Neil Road, Albany, NY 12208. Purpose: Any lawful purpose. Ad#139839

LEGAL NOTICE

NOTICE OF FILING OF ARTICLES OF ORGANIZATION IN NEW YORK BY A LIMITED LIABILITY COMPANY Name: CP East Greenbush, L.L.C. Articles of Organization filed with sec. of state of NY(SOS) on 2/9/17. Office location: Albany County. SOS is designated as agent of LLC for service of process. SOS shall mail copy of process to c/o Nigro Companies, 20 Corporate Woods Blvd, Albany, NY 12211. Purpose: Any lawful act or activity. Ad#143833

LEGAL NOTICE

NOTICE OF FORMATION OF D & D MOTORSPORTS LLC On 1/24/17, Articles of Organization of D & D Motorsports LLC were filed with the Secretary of State of the State of New York. The office of the NY limited liability company is located in Albany County. The SSSNY is designated as the agent of the limited liability company upon whom process against it may be served and the post office address within New York State to which the SSSNY shall mail a copy of any process against it served upon him or her is D & D Motorsports LLC, 113 Lark Street, Altamont, NY 12009. The purpose of the limited liability company is for any lawful business purpose or purposes. Ad#142611

LEGAL NOTICE

DIAGONAL CINEMA LLC Articles of Org. filed NY Sec. of State (SSNY) 10/26/2016. Office in Albany Co. SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail copy of process to Emmanuel Dayan, c/o David Dayan Rosenman, 470 Lenox Ave., Apt. 14N, NY, NY 10037-3034. Purpose: Any lawful purpose. Ad#143375

LEGAL NOTICE

Notice of Formation of an LLC: DLA Land, LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on January 18, 2017. Office location is in Albany County. The SSNY has been designated as agent of the LLC, upon whom process

LEGAL NOTICE

cess against it may be served, SSNY shall mail a copy of Process to the LLC, at 1 Winners Circle, Suite 140, Albany, NY 12205. Purpose: for any lawful purpose. Ad#143561

LEGAL NOTICE

Down Dog Enterprises, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 01/10/2017. Off. loc.: Albany Co. SSNY des. as agent of LLC upon whom process may be served. SSNY shall mail process to the LLC, 14 Matinecock Farms Road, Glen Cove, NY 11542. Purpose: General. Ad#142349

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY Articles of Organization of EJA Realty, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on January 5, 2017, effective on the date of filing. Office Location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY may mail a copy of any process to the LLC at c/o GANZ WOLKENBREIT & SIEGFELD LLP, One Columbia Circle, Albany, New York 12203, which shall be the principal business location. The purpose for which the LLC is formed is to engage in any lawful act or activity for which limited liability companies may be organized under the NYS Limited Liability Company Law. Ad#141367

LEGAL NOTICE

Notice of formation of GaryM Enterprises LLC, a limited liability company. Articles of Organization filed with the Secretary of State of the State of New York (SSNY) on 1/6/2017. Office located in Albany County. SSNY has been designated for service of process. SSNY shall mail a copy of any process served against the LLC to GaryM Enterprises LLC, 38 Nancy Theresa Ter., Albany, NY 12205. Purpose: any lawful purpose. Ad#D-144055

LEGAL NOTICE

NOTICE OF PUBLICATION The name of the limited liability company is Monzonite Masonry & Stone, LLC. The Articles of Organization were filed with the NYS Department of State on December 8, 2016. The county in which the office of the LLC is to be located is Albany. The secretary of the State of New York has been designated as agent of the LLC upon whom process against it may be served. The address to which the secretary of state shall mail a copy of any process accepted on behalf of the corporation to 286 CR 410, Westerlo, NY 12193. The LLC is formed to carry on

LEGAL NOTICE

and conduct any and all business activities permitted under the laws of the State of New York. Ad#143554

LEGAL NOTICE

Locust Valley Bookstore, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 01/10/2017. Off. loc.: Albany Co. SSNY des. as agent of LLC upon whom process may be served. SSNY shall mail process to the LLC, 182 Birch Hill Road, Locust Valley, NY 11560. Purpose: General. Ad#142351

LEGAL NOTICE

Down Dog Enterprises, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 01/10/2017. Off. loc.: Albany Co. SSNY des. as agent of LLC upon whom process may be served. SSNY shall mail process to the LLC, 182 Birch Hill Road, Locust Valley, NY 11560. Purpose: General. Ad#142351

LEGAL NOTICE

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 it may be served. SSNY shall mail process to: Shannon L. Morris, 314 New Salem Road, Voorheesville, NY 12186. Ad#142682

LEGAL NOTICE

NOTICE OF PUBLIC HEARING Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a Public Hearing on Wednesday, March 1, 2017 at 7:00 PM, at the Town Offices, 445 Delaware Avenue, Delmar, New York, to take action on an application submitted by Edmund Buckley for area variance(s) located at 5 Clarkson Road, Delmar. The Applicant is proposing the construction of a garage that does not meet the requirement of the Town's Zoning Code under Article V, Section 128-30 Core Residential District, C. Accessory Uses, (1). Daniel W. Coffey Chairman Board of Appeals D-144431

LEGAL NOTICE

NOTICE TO BIDDERS DELAWARE AVENUE HAMLET MULTI-MODAL STREETSCAPE ENHANCEMENTS CONTRACT 1 TOWN OF BETHLEHEM ALBANY COUNTY, NEW YORK Notice is hereby given that the Town of Bethlehem (Town) hereby invites sealed bids for the Delaware Avenue Hamlet Multi-Modal Streetscape Enhancements in Delmar, NY. Sealed bids will be received by Town of Bethlehem Town Clerk at: 445 Delaware Avenue, Delmar, NY 12054 until 1:30 p.m., Wednesday, March 15, 2017, at which time they will be publicly opened and read. Bids shall be addressed to Ms. Nanci Moquin, Town Clerk, Town of Bethlehem, 445 Delaware Avenue, Delmar, NY 12054. The work site is lo-

LEGAL NOTICE

Ad#142682

LEGAL NOTICE

Ad#142682

LEGAL NOTICE

Ad#142682

To place your Legal Notice: Call 439-4949

COMMUNITY

A noted time in the history of the Y

As we recognize President Lincoln's birthday this month, let's reflect on his connection to the YMCA at a pivotal moment in the nation's — and the Y's — history.

Lincoln wrote this letter to the YMCA just five months after Bull Run, the first major battle of the Civil War. Americans were shocked by the death and violence of the battle, which was far worse than many expected. Lincoln commended Y volunteers for springing into action to support the troops.

The story behind Lincoln's letter begins with



YMCA volunteer Vincent Colyer of New York City. He left his business to visit local encampments where soldiers were stationed while on their way to the battlefield. Out of concern for the religious and spiritual needs of the soldiers, Colyer offered words of encouragement, and handed out bibles and religious pamphlets.

As military camps multiplied, the needs, both

physical and spiritual, increased. The YMCA felt a deep obligation to meet these needs, for many of the soldiers had been active members of the Y.

Colyer sounded the call to other YMCA leaders across the northeast that the need for volunteers to support soldiers was far greater than anyone could imagine. Many local Y branches were already doing what they could to help, but as soldiers moved farther away, it became clear that a coordinated, national response was needed.

At Colyer's urging, a special YMCA convention was held in New York in

November 1861 and the Christian Commission was created to organize Y volunteers to support troops in the field. Lincoln endorsed the Y's plan the following month.

Though originally devised to meet spiritual needs, the activities of the commission soon expanded, making it a valuable agency of wartime relief. A news report described the Y effort as "promoting temperance, multiplying libraries, reading-rooms, and gymnasiums." Thirty years later, in 1891, this commitment to nurturing "mind, body and spirit" would be emblazoned

as part of the YMCA's signature triangle logo.

Y volunteers serving at the front and behind the lines established tents as social centers with stationery and periodicals, and taught soldiers to read and write. They provided emergency medical supplies, food, and clothing, and operated canteens and lending libraries.

The work of the commission was a pivotal moment in the history of the YMCA movement in America. At the outset of the Civil War, the YMCA in the United States was just 10 years old. Yet, 5,000 YMCA volunteers served

as surgeons, nurses and chaplains. Y volunteers distributed more than \$6 million worth of goods and supplies in hospitals, camps, prisons and battlefields

The YMCA's relief work during the Civil War was recognized by civil and military authorities. That recognition created national prestige for the Y and cemented the YMCA's commitment to social responsibility, a commitment that continues to this day. Honest Abe would be proud.

— Mark Hansen

LEGALS

cated on Delaware Avenue (from Adams Street to Elsmere Avenue), Kenwood Avenue (from Adams Street to Delaware Avenue), and Adams Street (from Kenwood Avenue to Hudson Avenue) in the Town of Bethlehem, Albany County, New York.

All bids must be made on the official Bid Form and Bid Summary Form or an exact copy by reproduction thereof. Submission must include ONE ORIGINAL AND ONE COPY, enclosed in a sealed envelope and clearly marked on the outside. This is a unit price bid as described in the Instructions To Bidders. No Bidder may withdraw his bid within forty five calendar days after the actual date of the opening thereof. Each bid must be accompanied by a bid security in the amount of five percent of the base bid in accordance with the Instructions To Bidders.

The work includes providing all labor, materials, machinery, tools, equipment and other means of construction necessary and incidental to the completion of the work shown on the plans and described in these specifications including, but not necessarily limited to the following: Roadway milling and paving, box widening, curb reconstruction with bump outs, sidewalk reconstruction, drainage system upgrades, utility upgrades landscaping, lighting, signing and pavement striping.

Drawings and Specifications may be examined at the Town of Bethlehem, Town Clerk, 445 Delaware Avenue, Delmar, NY 12054.

A complete set of the drawings, specifications

LEGALS

and bid forms may be obtained in electronic format on Compact Disc (CD) in PDF format at no cost from the Town of Bethlehem, Town Clerk, 445 Delaware Avenue, Delmar, NY 12054.

Contractors that obtain Contract Documents from a source other than the Issuing Office must notify the Issuing Office in order to be placed on the official Plan Holders List, receive Addenda and other Bid correspondence. Bids received from Contractors other than those on the official Plan Holders list will not be accepted.

The successful Bidder will be required to furnish construction performance and payment bonds in the full amount of the contract price.

The successful Bidder will be required to comply with all provisions of the Federal Government Equal Employment Opportunity clauses issued by the Secretary of Labor on May 21, 1968 and published in the Federal Register (41CFR Part 60-1, 33 F.2 7804).

ENGINEER:

CHA
III Winners Circle
Albany, NY 12205
Phone: (518) 453-2866

OWNER:

TOWN OF BETHLEHEM
Town Hall
445 Delaware Avenue
Delmar, NY 12054
Phone: 439-4955
Dated: February 22, 2016
TOWN OF BETHLEHEM
Nanci Moquin, Town Clerk
C-144447

NUSSBAUM

CHIROPRACTIC PLLC
Articles of Org. filed NY Sec. of State (SSNY) 2/1/2017. Office in Albany Co. SSNY design. agent of LLC upon whom process may be

LEGALS

served. SSNY shall mail copy of process to 121 Everett Rd., Albany, NY 12205. Purpose: Chiropractic.
D-144146

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC)

Name: PARADISE EG-NM LLC. Articles of Organization filed with NY Secretary of State, February 16, 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 255 Washington Avenue Ext., Albany, NY 12205
D-144411

LEGAL NOTICE

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC)

Name: PPS II LLC. Articles of Organization filed with NY Secretary of State, January 5, 2017. Purpose: to engage in any lawful act or activity. Office: Albany County. Secretary of State is agent for process against LLC and shall mail copy to 20 Corporate Woods Blvd, Albany, NY 12211.
Ad#141372

LEGAL NOTICE

Notice of Formation of LLC. The limited liability company name is Quality Holdings Delmar, LLC; articles of organization were filed with the secretary of state May 12, 2014; LLC's office to be located in Albany County; the secretary of state has been designated as agent of LLC upon whom process against it may be served; the post office to which the secretary of state shall mail a copy of any process against it served upon it is c/o Gregg Biche, 160

LEGALS

Delaware Avenue, Delmar, NY 12054; Purpose: for any lawful purpose.
Ad#141644

LEGAL NOTICE

Notice of Formation of LLC. The limited liability company name is Quality Holdings Delmar, LLC; articles of organization were filed with the secretary of state May 12, 2014; LLC's office to be located in Albany County; the secretary of state has been designated as agent of LLC upon whom process against it may be served; the post office to which the secretary of state shall mail a copy of any process against it served upon it is c/o Gregg Biche, 160 Delaware Avenue, Delmar, NY 12054; Purpose: for any lawful purpose.
Ad#142564

LEGAL NOTICE

Notice of Formation of LLC. The limited liability company name is Quality JGC Delaware Ave, LLC; articles of organization were filed with the secretary of state July 27, 2016; LLC's office to be located in Albany County; the secretary of state has been designated as agent of LLC upon whom process against it may be served; the post office to which the secretary of state shall mail a copy of any process against it served upon it is c/o Gregg Biche, 199 Delaware Avenue, Delmar, NY 12054; Purpose: for any lawful purpose.
Ad#143045

NOTICE OF FORMATION OF RADology, LLC a domestic Limited Liability Company organized under the laws of New York whose Articles of Organization were filed on February 2, 2017 with the New York Sec-

LEGALS

retary of State. The Secretary of State has been designated as agent upon whom process may be served and shall mail a copy of any process served on him or her to 8 Wolfert Avenue, Menands, NY 12204. New York Office Location: Albany County. Purpose: All lawful activities.
D-144153

LEGAL NOTICE

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name: RSN PPS APARTMENTS LLC. Articles of Organization filed with NY Secretary of State, January 5, 2017. Purpose: to engage in any lawful act or activity. Office: Albany County. Secretary of State is agent for process against LLC and shall mail copy to 20 Corporate Woods Blvd, Albany, NY 12211.
Ad#141371

LEGAL NOTICE

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

LEGAL NOTICE

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

LEGALS

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

LEGAL NOTICE

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

LEGAL NOTICE

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

LEGALS

Notice of Formation of THE GREEK HOUSE OF ALBANY, LLC. Articles of Organization filed with Secretary of State of State of New York on 02/03/17. Office location: Albany County. SSNY has been designated for service of process. SSNY shall mail copy of any process served against the LLC to: THE GREEK HOUSE OF ALBANY, LLC., 201 HARMONY MILLS LOFTS, COHOES, NY 12047. Purpose: Any lawful activity.
D-144140

Notice of Formation of THE GREEK HOUSE OF TROY, LLC. Articles of Organization filed with Secretary of State of State of New York on 02/03/17. Office location: Albany County. SSNY has been designated for service of process. SSNY shall mail copy of any process served against the LLC to: THE GREEK HOUSE OF TROY, LLC., 201 HARMONY MILLS LOFTS, COHOES, NY 12047. Purpose: Any lawful activity.
D-144143

LEGAL NOTICE

NOTICE OF FORMATION PROFESSIONAL LIMITED LIABILITY COMPANY (PLLC). Name: The Law Office of Stephen Buckley PLLC. Articles of Organization filed with the NY Secretary of State on December 20, 2016. Purpose: For the practice of the profession of Law. Office: Albany County. Secretary of State is agent for process against PLLC and shall mail copy to P.O. BOX 11627, Albany, NY 12211.
Ad#143114

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY PARTNERSHIP (LLP)

LEGALS

Name: Vella, Carbone & Associates, LLP Certificate of Registration filed with New York Secretary of State (SSNY) on: 10/11/2016. Office Location: Albany County. SSNY designated as agent of LLP upon whom process against it may be served. SSNY shall mail a copy of process c/o Vella Carbone & Associates, LLP, 318 Delaware Avenue, Main Square, Suite 23, Delmar, New York 12054. Term: N/A - No specific date of dissolution. Purpose: Any lawful act or activity for which a limited liability partnership formed for the practice of law may be organized.
Ad#134994

LEGAL NOTICE

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

LEGAL NOTICE

WEST GROUP LAW PLLC Articles of Org. filed NY Sec. of State (SSNY) 2/3/2017. Office in Albany Co. SSNY design. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 81 Main St., Ste. 510, White Plains, NY 10601. Purpose: To practice Law.
Ad#143575

To place your Legal Notice: Call 439-4949



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Michael Hallisey @mh_Spotlight

February 22, 2017

Spotlight on Opinion

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FROM THE EDITOR'S DESK

Town Hall at its best

Sometimes we perceive our local governments as working behind closed doors. This opaque nature has a well deserved reputation developed in Albany's history. Nonetheless, a good example of how an open government works was witnessed last week in Bethlehem Town Hall, as more than 100 residents gathered to participate in a planning study to improve one of the town's major thoroughfares, Delaware Avenue.

The old Delaware Turnpike continues to be a well traversed road, connecting our town like a tether between Albany at our north and east and the Hilltowns to our west. Highways have long since made its toll days obsolete, but as anyone who drives on it each day, or tries to cross it, the road is no less busy. One resident at the Wednesday, Feb. 15 meeting simply said you can't cross Delaware Avenue. It's a four-lane highway, and full of motorists. From our offices here at *The Spotlight*, it's near impossible during the evening rush, and our offices are located on a stretch where it is only a two-lane street.

Delaware Avenue, and how to improve upon its safety and traffic concerns, has been the topic of discussion for several years. And, town residents sat

inside the old elementary school to share their concerns, to speak with civil engineers and post their worries upon aerial maps. So far, engineers already see changes need to be made for pedestrians. Bicyclists, too, who use the neighboring The Albany County Helderberg-Hudson Rail Trail, need help accessing the new trail. Maybe placing the old road on a "diet," trimming it down from four lanes to two may address a few of those concerns.

A skeptical eye need only look at the intersection of Delaware and Elsmere avenues, which lies just outside of scope of this project. The improvements made upon that corner within the past few years has made it a welcoming threshold into the heart of our community, before arriving at Four Corners. It, too, was placed on a road diet. Not to mention the landscaping and the improved road crossings for pedestrians — many of whom are elementary students making their way to Elsmere Elementary.

This is how government works. All it requires is an open door, and participants.

LETTER TO THE EDITOR

The Lions Club says 'Thank You'

Editor, *The Spotlight*,
The Bethlehem Lions Club recently completed a successful 30th Annual Christmas Tree and Wreath Sale. Thanks to all the support of the Bethlehem community we have provided over 11,200 trees and over 3,600 wreaths during the past 30 years. Profits from the annual sale fund our many community projects described at our website, www.bethlehemlions.org.

We owe special thanks to 3D Rigging and Construction for hosting the sale; Curtis Lumber Delmar for

providing wooden pallets for the tree stands; John Guastella, Our Town Bethlehem Magazine, for providing advertising; and the Town of Bethlehem Highway Department for providing fencing.

Thanks to everyone who supports our sale year after year. We can't do it without you! Meetings are held on the first and third Wednesday at Normanside Country Club at 7 p.m. Please join us.

Daniel J. Ryan,
Co-Chairperson
The Bethlehem Lions Club

WHAT HAPPENED SEVEN YEARS AGO ...

2010: Department cuts threatened Thacher Park

ALBANY COUNTY — In early 2010, Gov. David Paterson announced that, due to the state's massive budget deficit, certain areas of the budget would have to be trimmed. In his budget cuts, Paterson listed the Department of Parks and Recreation as one of the areas that would have funding slashed, by 20 percent, which meant certain parks would either be completely shut down or operated at a minimum capacity.

On Wednesday, Feb. 17, Dan Keefe, deputy public information officer for the parks office, said there were no specific parks singled out for closure.

"Reports of specific park closings are inaccurate and misleading to the public,"

said Keefe at the time.

However, later that week, on Feb. 19, the governor's office released a statement that said 41 parks and 14 historic sites will be closed in the 2010-11 fiscal year, including Thacher Park.

"In an environment when we have to cut funding to schools, hospitals, nursing homes and social services, no area of state spending, including parks and historic sites, could be exempt from reductions," said Paterson.

In same release, Office of Parks, Recreation, and Historical Preservation Commissioner Carol Ash said in light of needed reductions in the 2010-11 executive

budget, the parks office put forward proposed closures and service reductions to meet its agency savings target.

"These actions were not recommended lightly, but they are necessary to address our state's extraordinary fiscal difficulties," said Ash.

Using Facebook, Twitter, a website and petitions as tools, residents and local governments of New York responded with a collaborative effort to advocate to keep Thacher Park, as well as many other parks and historical sites, open to the public.

"People need parks," said Anni Murray, founder of the latter group. "We are

animals. We need more than concrete, cars and advertising. How can you expect anyone to want to care for the environment when they never get to see it?"

"We have voiced our concerns to the governor and the Parks Department," said Sen. Neil Breslin (D-44). "Closing Thacher Park would have a tremendous effect on the people of the Capital Region."

The pressure from the public and state legislators resulted in a reversal of the proposal. State Senate leaders held a press conference on March 24 at the Capitol, where they said \$11.5 million would be restored to the budget to keep parks open.

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■ OPINION

Bethlehem board deserves credit

Enforcing immigration law is not a police officer's job

I've got to give the Bethlehem Town Board credit.

It stayed above the fray, didn't cave to public sentiment or personal politics and opted to not openly declare the town a "sanctuary city" or, I guess, a "sanctuary town."

I'm not entirely sure what a sanctuary city is. There are some who say it means extending benefits like housing and food stamps to people here illegally. Others say it means, regardless of the circumstances, those here illegally won't be arrested and deported if they are in such a place.

Thing is, Bethlehem, or any town, doesn't have the authority to grant subsidies. Few municipalities do, actually. Welfare, unemployment and food stamps are dolled out through the state and even where there are

Commentary:

Frankly Speaking



housing authorities – like the Albany Housing Authority – they are governed by the federal Department of Housing and Urban Development.

And it's certainly not a local police officer's job to run around and check green cards. If an illegal is arrested for something else, it's up to the feds to handle the immigration end of it.

So, rather than make an inane political statement given the current climate, and near rabid hatred for Pres. Trump, the board opted to keep things status quo, a common sense approach for any municipality to take regarding immigration.

Basically, the board

instructed the police to keep doing what they have been doing, or not doing, and not consider immigration status when dealing with a crime victim or a witness.

In other words, police will continue to investigate a crime the same if the victim's last name is Smith or Gonzales. Stands to reason. The objective is, or should be, to catch the criminal, not use an unfortunate incident to deport someone.

The same applies to witnesses to a crime, or anyone else who wants to cooperate with law enforcement.

We need look no further than the 2014 quadruple murder in Guilderland. District Attorney David Soares, during a press conference a year later, said authorities are no closer to solving the case on that day than

they were on Oct. 8 when Jin Chen, his wife Yan Li and their two sons who attended Guilderland Elementary School were viciously murdered in their Western Avenue home.

At the press conference, a frustrated Soares said the investigation has been thwarted by a language barrier and a pervasive distrust of law enforcement among the particular segment of the Chinese community involved.

Early on in the investigation, Soares publicly pledged immunity from deportation to anyone with information willing to come forward, but so far nobody has and it appears unlikely anyone will.

What's more important, finding someone here washing dishes without a green card or someone evil enough to kill a family of five?

It's impossible to

say if those who might know something know of the olive branch Soares extended. Or if anyone who might find themselves in a similar – if hopefully less horrendous – circumstance even know about Bethlehem's policy of not considering immigration when dealing with a victim of, or the witness to, a crime.

But, I guess, it's better than having the illegals *know* they will get sent back if they even ask a police officer for directions to Stewart's.

Obviously, the entire scenario exemplifies why it is better for everyone if people are made to follow the proper channels before coming here. I'm willing to bet a person without the fear of deportation hanging over his or her head is more willing to cooperate with authorities and, if needed, qualify for

the benefits mentioned above just as any other naturalized citizen.

Immigration just isn't something local police departments and town boards should have to deal with.

It's a national issue, and politicians of both parties have been trying to get a handle on for decades. How Trump went about his so-called immigration ban makes the proverbial bull in a china shop look like a ballerina, but maybe because of it – with the courts having a final say in how it all shakes out – we will get an immigration policy fair to all involved, including those who followed the law and came here through the proper channels.

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

■ COMMUNITY

We cannot tell a lie

Over the Presidents Day Weekend, we chopped down the trees in the library's front parking lot. It's unfortunate, but the trees had died and needed to go.

We will plant new trees in the spring. Our new trees will be beacons of flowering loveliness in the spring, and provide shade in the summer.

Teen & Tween Arm Knitting

Okay, this is really cool: Learn how to knit without needles! In this program, on Thursday, February 23, at 6:30 pm, each teen will learn how to Arm Knit their own infinity scarf to take home!

Please bring two skeins of a size 6 bulky or size 6 Super bulky yarn (no blanket yarn) in the color of your choice to make your scarf! (Recommended brands are Lion Brand:

GUILDERLAND PUBLIC LIBRARY
www.guilpl.org

Wool-Ease, Red Heart: Grande)

Registration is open for all teens and tweens entering grades 5 – 12; just call 456-2400 x 4 to let us know you're coming.

Cliff Brucker & Full Circle

For those of you who were — like us — really disappointed that a snowstorm caused us to call off the Cliff Brucker & Full Circle concert two weeks ago, great news! The concert has been rescheduled for Saturday, March 18, at 3 p.m. We'll remind you as the date gets closer.

Saturday Stories:

Families with young children are invited to

come to GPL for a very special Saturday Storytime, Saturday, Feb. 25, at 2 p.m. Miss Beth will be leading you in a fun, active time that features books, songs, and crafts for the whole family!

About GPL

The Guilderland Public Library is located at 2228 Western Avenue, Guilderland. Visit the Library's website at www.guilpl.org to get information on upcoming programs, and to register online via the homepage's "Events & Registration Calendar." Check out the "unofficial" Library updates at [facebook.com/Guilderland.Library](https://www.facebook.com/Guilderland.Library) and follow the Library on Twitter (@GuilderlandLib).

— Mark Curiale

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From page 1 ... Incomplete streets

and businesses. The end result of the study, he said, will be a report with recommendations as to how the town should proceed. He was careful to distinguish the study from planned upgrades to the section of Delaware Avenue that runs from Elsmere Elementary School to Delmar's Four Corners, expected to begin construction this spring.

The study, which is being funded by the Town of Bethlehem and the Capital District Transportation Committee's (CDTC), through its Linkage Planning Program, is meant to build off the impending improvements elsewhere on Delaware Avenue and see if the town can incorporate complete streets elements from Elsmere Avenue to the Albany City line.

Those elements could include: refuge islands and/or medians to make it easier and safer for pedestrians to cross the street; HAWK (High-Intensity Activated crossWalk) beacons, traffic control devices used to stop road traffic and allow pedestrians to cross safely; traffic calming modifications such as landscaping,

demarcated bicycle lanes, new signage, etc.; the possible consolidation or relocation of CDTA bus stops; or a road diet, the reduction of lanes to make more room for cyclists and pedestrians.

"We're also thinking about overall operations," said Creighton Manning Project Engineer Kristie Di Cocco, explaining a grading system employed by traffic engineers to assess the traffic conditions along a given stretch of roadway. While not perfect, vehicle traffic on that section of Delaware scored relatively well, she said, however the pedestrian scores varied and bicycle traffic scored on the low end of the spectrum. She noted that, while the Rail Trail is nearby, there is a shortage of dedicated ingress by which cyclists can access it.

"There are other users in the corridor that we need to look out for," said Sargent. "That's part of what this project is about, making sure that we're doing everything we can do for all the other users."

When residents arrived at the public meeting, they were given sticky dots and asked to place those dots next to the issues they considered the highest priorities they would like to study to consider. Traffic calming, safety, and more room for bicycles were the top issues, closely followed by non-vehicular access and ease of getting into and out of businesses and

side streets. Corridor beautification was also a popular issue.

After a presentation highlighting current conditions, traffic patterns and potential modifications, town residents were invited to ask questions and offer feedback.

"We want to better understand what's important to you," said Di Cocco. "If we don't understand that, then we can't tailor these alternatives." In addition to the sticky dot exercise, there were table-set up around the room with maps of the corridor, markers and post-it notes for residents to identify specific areas and bring up concerns or make recommendations. Feedback cards were made available to those who were unable or unwilling to voice their opinions during the question-and-answer or break-out group discussions. Additionally, Di Cocco pointed out, residents are welcome to visit the study's website at delawareavecompletestreets.com to offer feedback or access related information.

"What brought me here tonight is that I live off of Delaware Avenue," said Susan Blank, a third-generation Bethlehem resident. "And I do not find it a very pedestrian-friendly, particularly for living in a neighborhood. I really feel like, because it's so commercial, people just assume it's a four-lane highway to get

themselves in and out of Albany. But there are people and home and the big push in this town now is to make things walkable, but you can't. You can't walk across Delaware Avenue."

Blank is an enthusiastic supporter of implementing a road diet and of many of the other potential modifications that were discussed during the meeting. The only thing she was uncomfortable with, she added, was the idea that a formal rail trail entrance would be built in her backyard. "That's stupid," she said. "You're making it pedestrian friendly on Delaware Avenue and then you're going to put a parking lot in a neighborhood for people to drive to get to the bike trail? I know they didn't say exactly that, but it didn't make sense to me."

The study, which kicked off in October of last year, is expected to take 12 months to complete. According to Bethlehem Director of Planning Rob Leslie, it may be years before implementation of any agreed-upon changes. The initial phases involve development of the draft study goals, understanding existing conditions and obtaining public input on issues and ideas for the corridor. A second public meeting, which has yet to be scheduled, will be used to present the results of the alternatives analysis and the status of the draft study recommendations.

COMMUNITY

AARP Tax Aide Program

Now through Monday, April 16, free income tax preparation and e-mail filing are provided each Monday and Saturday at the Guilderland Public Library by the all-volunteer AARP Tax Aid Program.

Volunteers are trained and certified in cooperation with the IRS, and prepare personal federal and state income tax returns for taxpayers of all ages with low and moderate incomes.

Appointments are necessary; a separate appointment is required for each taxpayer. Bring a copy of last year's return, social security cards for all people on the tax return, photo ID, all 2016 W-2's, 1099 statements and supporting documents if itemizing deductions. Also, if these apply, bring supporting documents for any gambling winnings, medical insurance coverage, payments for any child care, payments for education, contributions to an IRA, and estimated tax payments you made during 2016.

Bring your checkbook if you want a direct deposit of your refund. Tax Aide

Town of Guilderland SENIOR CALENDAR

volunteers can't do estate or partnership returns, returns with rental income or returns requiring Schedule C (business returns with a net loss, inventory, employees, or expenses over \$25,000.) Both taxpayers must be present if filing a joint return, except in case of illness or infirmity. Please call The 2-1-1 Appointment Call Center by dialing 211.

HEAP program

People with monthly incomes under \$2,300 for one person (or \$3,007 as a couple) are eligible for the Heating Assistance Program called HEAP. This grant can be received each heating season and goes directly to the heating company. The amount of the payment to each person is determined by income, living expenses and type of fuel used. Applications to the program should be available Nov. 16 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. A tune filled comic gem that took Broadway by storm,

winning both the Tony Award for best musical and a Pulitzer Prize. 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.

Parenting Workshop

Brain Building and the Power of Play

The word is out — we have all heard that the early years are THE learning years!

But as a parent, do you worry about how you can ensure that your child is receiving the



maximum number of brain building opportunities? Put your worries to rest. The solution is simple, and natural — young children learn best through play! The Capital District Child Care Council will present a workshop on Saturday, March 4 at 10:30 a.m., to show parents how play supports all children's developmental learning needs — social, emotional, physical and cognitive — and how parents can best support their child's play.

Discover Tea and Tea Tasting

As part of our Foodie Series, please join us as we welcome tea ambassador Matthew, from Short and Stout Tea in Guilderland, on Wednesday, March 8 at 7 p.m. Matthew will lead our discussion on what tea is, tea history, and how tea is brewed. And, of course, there will be tea tasting.

Irish dinner at Grange

SELKIRK — The Bethlehem Grange #137 is throwing a Corned Beef & Cabbage dinner on Saturday, March 4.

Dinner is served family style, and provides beverages and desserts, too.

The Grange Hall at 24 Bridge St. (Rte 396W) in Selkirk is handicap accessible. You are welcomed to stay for the meal, or take out dinners are available, as well.

Call Jo 767-2985, Caroline 424-4953 or Carol 438-8862 for more information.

Perfect place for a meeting

When planning your next birthday party, bridal or baby shower or group meeting, think about using the Grange Hall.

Family Reunion, Craft display, Group Class, or anything else where you need plenty of space, the Grange Hall at 24 Bridge St. in Selkirk is handicap accessible and seats up to 96 people. There's a full kitchen available at an additional charge. We also have central air and convenient parking. Call us to arrange for your event. Call Jo 767-2985, Caroline 424-4953 or Carol 438-8862 to schedule. Plenty of dates are still available.



'Venus de Melto'
Troy business receives unexpected piece of art at its doorstep.

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See pages B12-B13

FREE · February 22 - February 28, 2017 · www.thespot518.com

PICK OF THE WEEK



Mardi Gras

Il Faro will host a Mardi Gras party featuring the Upstate Dance Band, Late night DJ and Karaoke and Hurricane Drink and Cajun Specials: Crawfish Etoufee and Gumbo from Chef Chris as well as beads for everyone.

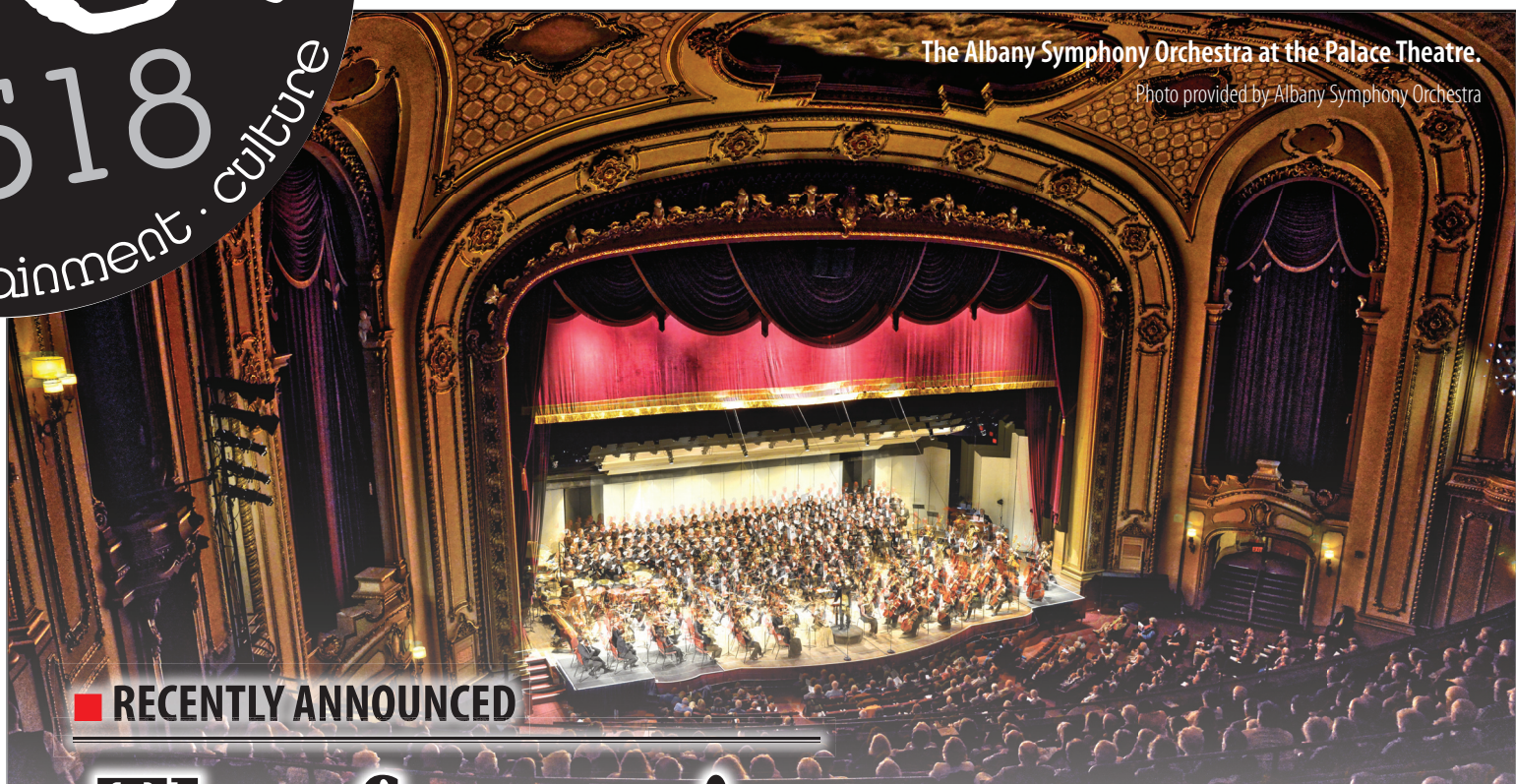
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INSIDE



Arts calendar

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The Albany Symphony Orchestra at the Palace Theatre.

Photo provided by Albany Symphony Orchestra

RECENTLY ANNOUNCED

The force is strong here

Ticket sales continue to go up for Albany's musical gem

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

ALBANY — Reporting its third consecutive year of record-breaking growth in ticket subscription sales, the Albany Symphony Orchestra announced its 2017-2018 Masterwork Series concert season at the Palace Theatre in downtown Albany on Wednesday, Feb. 15.

Ticket subscriptions are now on sale for the Symphony's ambitious 88th season, which runs from October 2017 through June 2018 and features a line-up that includes Stravinsky's "Rite of Spring," Beethoven's "Fifth Symphony," Mozart's "Marriage of Figaro," Tchaikovsky's "Romeo and Juliet," a Gershwin "immersion" experience, and a Hollywood-themed opening gala showcasing John Williams' "Star Wars Suite." Masterwork performances also often feature at least one piece by a contemporary American composer.

"Whatever you are most passionate about, we have music on the season that will move and inspire you," said Albany Symphony Music Director David Alan Miller. "You'll meet emerging

Continues on page B19



David Alan Miller

Photo by Ali Hibbs / TheSpot518



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"Leave the big door open, Everyone will come around"

GRAFFITI

You can find words of wisdom from the craziest of places. Like, in this case, the bathroom wall.




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RECENTLY ANNOUNCED

Etheridge coming to Troy Music Hall

Iconic alternative rocker to take local stage in April

TROY — Melissa Etheridge released “Memphis Rock & Soul” last October, her first album since 2014’s critically lauded “This Is M.E.” Recorded at Royal Studios in Memphis, the album has received stellar reviews from the likes of *Entertainment Weekly*, *Parade*, *Rolling Stone*, *American Songwriter* and more.

On Sunday, April 23, Etheridge will play at the Troy Savings Bank Music Hall in support of her recently acclaimed album.

Etheridge stormed onto the American rock scene in 1988 with the release of her critically acclaimed self-titled debut album, which led to an appearance on the 1989 Grammy Awards show. For several years, her popularity grew around such memorable originals as “Bring Me Some Water,” “No Souvenirs” and “Ain’t It Heavy,” for which she won a Grammy® in 1992. Etheridge hit her commercial and artistic stride with her fourth album, “Yes I Am” (1993). The collection featured the massive hits, “I’m the Only One” and “Come to My Window,” a searing song of longing that brought Etheridge her second Grammy® Award for Best Female Rock Performance. In 1995, Etheridge issued her highest charting album, *Your Little Secret*, which was distinguished by the hit single, “I Want to Come Over.”



category at the Academy® Awards for “I Need to Wake Up,” written for the Al Gore documentary on global warming, *An Inconvenient Truth*. As a performer and songwriter, Etheridge has shown herself to be an artist who has never allowed “inconvenient truths” to keep her down. Earlier in her recording career, Etheridge acknowledged her sexual orientation when it was considered less than prudent to do so. In October 2004, Etheridge was diagnosed with breast cancer, a health battle that, with her typical tenacity, she won. Despite losing her hair from chemotherapy, Etheridge appeared on the 2005 Grammy® telecast to sing “Piece of My Heart” in tribute to Janis Joplin. By doing so she gave hope to many women afflicted with the disease.

Her astounding success that year led to Etheridge receiving the Songwriter of the Year honor at the ASCAP Pop Awards in 1996.

Known for her confessional lyrics and raspy, smoky vocals, Etheridge has remained one of America’s favorite female singer-songwriters for more than two decades. In February 2007, Melissa Etheridge celebrated a career milestone with a victory in the “Best Song”

YES, SHE IS

The ground-breaking artist takes to the venerable Troy Savings Bank Music Hall stage.

Photo submitted

Tickets are available at the Troy Savings Bank Music Hall Box Office, 30 Second Street, Troy, Monday through Friday 10 a.m. to 5 p.m. More information on the Troy Savings Bank Music Hall and upcoming programs is available on the website at www.troymusichall.org.

IN BRIEF

“Amadeus” at Proctors

SCHENECTADY — National Theatre will present “Amadeus,” at Proctors on Wednesday, Feb. 22 at 6:30 p.m. at 432 State Street in Schenectady.

The play follows rowdy young prodigy Wolfgang Amadeus Mozart as he arrives in Vienna, hoping to rise to fame. Awestruck by his genius, has the power to promote his talent or destroy his name. Seized by obsessive jealousy, powerful court composer Antonio Salieri begins a war with Mozart, with music, and ultimately, with God.

The running time is more than hours long with a 20-minute intermission. Tickets are \$15. For more information or to buy tickets call (518) 346-6204 or visit www.proctors.org.

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FEATURE

Fleeting beauty

A conversation on ephemeral art in public

By **DUNCAN CRARY**
news@spotlightnews.com

TROY — "It's wonderful. I love it. But when I first saw it, I have to say I was a little creeped out because it's a naked body. And, frankly, we are mostly women who work in this building," said Barbara Lynne Nelson, executive director of Troy Architecture Project or TAP, Inc. "But I really didn't let my mind go to where it perhaps could go — a creepy place, like 'What is somebody saying to us?'"

This is how Nelson starts to describe her first encounter with what some locals are calling "ice graffiti," a temporary form of frozen art that has been popping up around town. The anonymous artwork, which appeared in front of the TAP office sometime during the early hours on Feb. 14, features a female nude, sans head or arms, protruding from a block of ice that measures about two-and-a-half feet long by about one-and-a-half feet wide.

The staff at TAP have named the piece Venus de Melto — a play on Venus de Milo, the famous Grecian statue.

Though it's impossible to miss when pointed out, Nelson said only she and one other coworker noticed the block of ice was art.

"I was coming in in the morning and I saw this chunk of ice and immediately looked up in the sky and thought 'Oh my, where did this fall from,'" she said. "But it was so massive. It was clearly put there. It wasn't just something somebody was getting rid of because it would have broken if you tossed it out of a truck. If it were vandalism and somebody stole it, it wouldn't have been placed so carefully in this area of the street where we have this nice wide sidewalk."



"Breathing Lights was my first experience with temporary public art. ... So having gone through the whole experience creating something and then letting it go, I definitely see the value in that. It makes it that much more precious."

— **Barbara Lynne Nelson,**
Executive Director
of TAP, Inc.

By the time Nelson discovered the naked female form, someone had already thrown a bit of snow on it. "I think to make it more modest, perhaps," she said.

The piece has certainly generated interest and a bit of wonder in the office, located at 210 River St. in Downtown Troy, N.Y. Clearly, the artist has used some sort of mold or form to create the body, rather than using a chisel or other carving tool. But why ice? And why a headless female nude? How long will it last?

"It is a temporary form of public art. If it rains we'll lose it," Nelson said. "Now, the fact that it's a naked

body... maybe it's temporary because this artist wants to do something that is provocative and a little bit creepy — and it is a little bit creepy because it doesn't have a head. So maybe this artist has chosen that image for that particular reason, but it should be temporary because it might offend some people."

The fact that it might offend some people is also what's great about temporary art, she continues.

"When public art is temporary and some people don't like it, then you're able to say 'Hey it's only temporary,'" Nelson said. "But if you really like the art, and it's temporary, well then you better spend some time and experience it and invest yourself in it a little bit and create that relationship. So you have that memory."

Nelson herself has been a driving force in several public art projects in Troy, including Troy Alley Action, creative crosswalks and the Green Island Bridge TroyBot mural (by artist Ben Karis-Nix). And while all of those art projects will fade away over time, none were deliberately designed to be temporary like her largest public art

Continues on B22



PICK OF THE WEEK

Mardi Gras party

MENANDS — Il Faro will host a Mardi Gras party on Saturday, Feb. 25 from 5 p.m. to close at 698 North Pearl Street.

The party will feature the Upstate Dance Band, Late night DJ and Karaoke and Hurricane Drink and Cajun Specials: Crawfish Etoufee and Gumbo from Chef Chris as well as beads for everyone.

Mardi Gras, also known as Shrove or Fat Tuesday, is traditionally celebrated with carnivals and acts of indulgence between Three Kings Day and ending

prior to Ash Wednesday.

Perhaps the most famous of Mardi Gras celebrations takes place in New Orleans, with its extravagant parades. There are three "super krewes" or parades named Orpheus, Bacchus and Endymion, which always promises to provide the most intricate and elaborate floats during the two-week celebration.

For more information call (518) 463-2208 or visit www.ilfaroitalian.com.

— Michael Hallisey

WHAT'S HAPPENING

The Brothers Flynn

Friday, Feb. 24, at Patrick's Pub in Watervliet

WATERVLIET — The Brothers Flynn will perform at Patrick's Pub on Friday, Feb. 24 at 7:30 p.m. at 606 3rd Ave. in Watervliet.

The Brothers play a pretty wide variety of acoustic Celtic, folk, blues, originals and "other favorites."

For more information call (518) 238-3687.

Black Mountain Symphony

Friday, Feb. 24, at Rustic Barn Pub in Troy

TROY — Black Mountain Symphony will perform at Rustic Barn Pub on Friday, Feb. 24 at 150 Speigletown Rd. in Troy.

The group showcases an eclectic range of influences, including baroque classical violin, haunting folk-tinged ballads, funk-rock drums and hard-hitting dance numbers, as well as bits of Motown, blues and jazz.

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

The Late Shift

Friday, Feb. 24, at Dinosaur Bar-B-Que in Troy

TROY — The Late Shift will perform at Dinosaur Bar-B-Que on Friday, Feb. 24 at 9 p.m. at 377 River Street in Troy.

The Late Shift is an alternative rock band that blends soulful melodies with riff-driven rock.

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

www.thespot518.com

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Night & Day



Young the Giant's official Facebook Page

Night: Young the Giant at the Palace

ALBANY — Eclectic indie rockers Young the Giant will perform at the Palace Theatre as part of its "Home of the Strange" Tour with special guest Lewis Del Mar, on Thursday, Feb. 23 at 8 p.m.

The current tour is named after the band's third album released in August 2016. "Home of the Strange" not only focuses on the modern American immigrant story, but also speaks to those who feel they don't belong, are angry about the current state of affairs in the U.S. or hopeless about a better future.

Since January 2010, Young the

Giant has made a name for itself as the "thinking man's band," winning over fans with its incendiary live shows, strong musicianship and poignant lyrics.

Individual ticket prices range from \$24.50 to \$34.50 and are available online at www.ticketmaster.com, by phone at (800) 745-3000 or in person at the Box Office.

For more information, including Box Office hours, driving directions and parking recommendations, visit www.palacealbany.org

The Palace Theatre is located at 19 Clinton Ave. in Albany.

Day: Choo Choo Soul at the Cohoes Music Hall

COHOES — Enjoy an afternoon of family fun as Choo Choo Soul rolls into the Cohoes Music Hall at 2 p.m. on Saturday, Feb. 25.

Hop aboard and follow the musical adventures of the hip-hop singing train conductor Genevieve, and DC, her dancing, beatbox engineer, as they entertain and teach children through sing-alongs and dance routines while riding on their animated train.

Since 2007, Choo Choo Soul has performed in front of thousands of children in more than 100 cities around the world.

General admission tickets are \$24.50 each and are available online at www.ticketmaster.com, by phone at (800) 745-3000 or in person at the Palace Theatre Box Office. Meet and greet packages are also available for \$59.50; call (518) 465-4663 for details or to purchase.

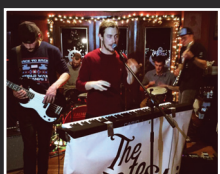
For more information,

including Box Office hours, driving directions and parking recommendations, visit www.palacealbany.org. The Cohoes Music Hall is located at 58 Remsen St.



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Sat: **Steve Lambert Quartet** | 9 p.m.

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1118 Central Ave., Albany.
(518) 489-2990
Every Wed: **Salsa Night** | 8:30 p.m.
Fri: **The Schmooze** | 8 p.m.
Sat: **Mike and the Monsters** | 8 p.m.

Aperitivo

426 State St., Schenectady.
(518) 579-3371
Tue: **Jecco** | 5:30 p.m.

Arthur's Market

35 N. Ferry St., Schenectady.
(518) 382-1938
Wed: **Jim Connelly** | 7 p.m.
Every Thur: **Edith's Amazing Jam** | 6 p.m.
Fri: **Kitchen Jazz** | 7 p.m.
Sat: **John Slovacek** | 2 p.m.
Ron Sorenson | 7 p.m.
Sun: **Mark Merritt (piano karaoke)** | 4 p.m.
Mon: **Doug Chilton** | 7 p.m.
Tue: **Dynamic Duo** | 7 p.m.

Athos

1814 Western Ave., Albany.
(518) 608-6400
Fri: **Peg Delaney** | 7 p.m.

Black Cat Ale House

25 White St., Cohoes. (518) 238-3445
Every Fri: **DJ** | 8 p.m.
Sat: **Crow Ridge** | 8 p.m.

Caffè Lena

47 Phila St., Saratoga Springs.
(518) 225-0882
Wed: **Acoustic Blues open mic** | 7 p.m.
Thur: **Kevin McKrell** | 7 p.m.
Fri: **Jim Gaudet and the Railroad Boys** | 8 p.m.
Sat: **Marty Wendell & The Bluebills (Johnny Cash birthday celebration)** | 8 p.m.
Sun: **Dylan Perrillo Orchestra** | 7 p.m.
Every Mon: **Open Mic** | 7 p.m.

Carney's Tavern

17 Main St., Ballston Lake.
(518) 280-7959
Every Thur: **Matty Finn** | 6 p.m.
Fri: **John Eisenhart** | 7:30 p.m.
Sat: **E.J. Hopeck** | 8 p.m.

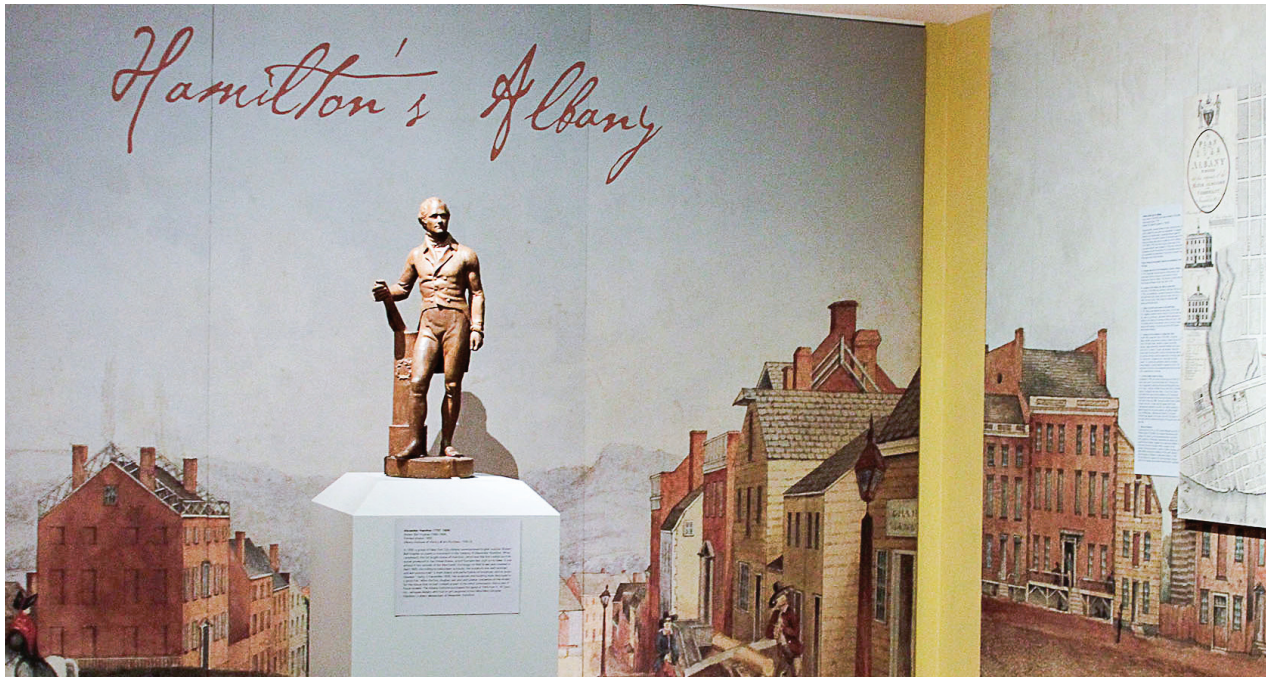
Castle Street Café

10 Castle St., Great Barrington, Mass.
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Fri: **Peter Primamore Trio** | 7:30 p.m.
Sat: **Michael Musillami & Rich Syracuse** | 7:30 p.m.

Centre Street Pub

308 Union St., Schenectady.
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ARTS CALENDAR



See 'Hamilton's Albany' before it's history

The Albany Institute of History and Art's special exhibit about our founding father Alexander Hamilton features items from its own collection, along with a portrait on loan from Union College. Get a glimpse into local and national history before Hamilton's Albany closes on March 5.

Courtesy Albany Institute of History and Art

Thur: **Mike Thomas** | 6 p.m.
Fri: **The Getdown** | 9 p.m.
Sat: **TS Ensemble** | 9 p.m.

City Beer Hall

42 Howard St., Albany. (518) 449-2337
Every Sat: **90s Dance Party** | 11 p.m.

Club Helsinki

405 Columbia St., Hudson.
(518) 828-4800 or helsinki@hudson.com
Thur: **John Doe** | 8 p.m.
Sat: **Larry Campbell and Teresa Williams** | 9 p.m.

Daily Grind

46 Third St., Troy. (518) 272-8658
Sun: **Sheiks of Third Street** | 12 p.m.

Danceland

638 Columbia St., Latham.
(518) 785-3888
Sat: **The Oldies Show** | 7 p.m.

Dolce Vita

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Dukes Chophouse

Rivers Casino, 1 Rush St., Schenectady.
Thur: **David Gleason** | 5:30 p.m.
Fri: **Jecco** | 5:30 p.m.
Sat: **David Gleason and Brian Patneau** | 5:30 p.m.
Sun: **Chris Dollard** | 5:30 p.m.

Eden Cafe

269 Osborne Rd., Loudonville.
(518) 977-3771
Thur: **Don Kelly** | 7 p.m.
Sat: **Jeff Brisbin** | 7:30 p.m.

Emack & Bolio's

366 Delaware Ave. (518) 512-5100
Fri: **EJ Ray** | 7 p.m.
Sat: **Alan Goldberg** | 7 p.m.
Every Tue: **Open Mic** | 7 p.m.

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12 Central Ave., Albany. (518) 703-8937
Thur: **Snow Day: Loquince, Word the Third Eye, BG the Boy Genius, T-Haynes, more** | 7:30 p.m.
Fri: **Body Shine Vol. 10: Tall Ass Matt & Steven G** | 9 p.m.
Sat: **Haley Moley, Hill Haints, Palemen** | 9 p.m.

Ginger Man

234 Western Ave., Albany.
(518) 427-5963
Fri: **Dave Gleason** | 8 p.m.

Grappa '72

818 Central Ave., Albany. (518) 482-7200
Wed & Thur: **Hamilton Street Jazz Company** | 6:30 p.m.
Fri: **Esprit Lounge** | 6:30 p.m.

Hamlet and Ghost

24 Caroline St., Saratoga Springs.
(518) 450-7287
Wed: **Hot Club Trio** | 7 p.m.

The Happy Cappuccino

1 Crossgates Mall Rd., Albany.
(518) 313-7423
Every Fri: **Jecco** | 12 p.m.

The Hollow Bar + Kitchen

79 N. Pearl St., Albany. (518) 426-8550
Fri: **ShwizZ, Cousin Earth, Capital Zen** | 9 p.m.
Sat: **Spiritual Rez, Annie in the Water** | 9:30 p.m.

Hudson River Music Hall

10 Maple St., Hudson Falls.
(518) 832-3484

Every Wed: **Open Mic** | 7 p.m.
Sat: **The Dirty Harri's (George Harrison tribute)** | 3 p.m.

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Every Fri & Sat: **DJ Billy** | 9 p.m.

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Every Tue: **Dan Sherwin** | 6 p.m.

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Wed: **Hamell on Trial** | 7 p.m.
Every Wed: **The Deadbeats** | 10 p.m.
Thur: **Budder, Solar Jypsys** | 8 p.m.
Fri: **Robb Banks, Dash, Wifisfuneral, Warhol & Slump God, Ronny J, Ill Chris** | 6 p.m.

Sat: **Horror Business, The Erotics, Black Cat Elliot, Ikes Wasted World** | 8 p.m.

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Tue: **Dave Kitchen Trio** | 7 p.m.

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

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Sat: **Double Down & Hardways** | 8:30 p.m.

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Fri: **Matt Mirabile Band** | 9 p.m.
Sat: **Dryer** | 9 p.m.
Sun: **Jazz Jam session** | 8 p.m.
Mon: **Hill Haints** | 10 p.m.

O'Slattery's Irish Pub

318 Delaware Ave., Delmar.
(518) 439-5634
Wed: **Dan Sherwin** | 6:30 p.m.
Thur: **Mike DeAngelis** | 7 p.m.
Sat: **Geo Doody** | 8 p.m.
Tue: **DJ Trivia** | 7 p.m.

Parish Public House

388 Broadway, Albany. (518) 365-0444
Thur: **Glen David Andrews** | 8 p.m.
Fri: **Cajun night** | 6:30 p.m.

Panza's

510 NY Rte. 9P (on Saratoga Lake), Saratoga Springs. (518) 584-6882
Fri: **Artie Mozeik** | 6:30 p.m.
Sat: **Larry Finke** | 7 p.m.

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Every Mon: **Blue Monday Blues Jam**
| 8 p.m.

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Every Sun: **Joe Sorrentino Trio (Jazz brunch)** | 10:30 a.m.

Provence

Stuyvesant Plaza,
1475 Western Ave., Albany.
(518) 689-7777
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Sat: **Linda Harrison Trio** | 6 p.m.

Putnam Den

63a Putnam St., Saratoga Springs.
(518) 584-8066
Fri: **Kung Fu, Iespecial** | 9:30 p.m.
Sat: **Angels on the Fourth, Paradox Saints, Galaxy Overdrive** | 9 p.m.

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150 Speigletown Rd., Troy.
(518) 235-5858
Every Thur: **Open Mic** | 8 p.m.
Fri: **Black Mountain Symphony**

| 8 p.m.

Sat: **The Greasy Fingers Band** | 8 p.m.
Every Sun: **Maurizio Russomanno**
| 4 p.m.

Sake Japanese Steakhouse

611 Troy-Schenectady Rd., Latham.
785-7215
Sat: **Billy's Bounce** | 7:30 p.m.

Savoy Taproom

301 Lark St., Albany. (518) 599-5140
Sun: **Bryan Brundige Trio** | 11 a.m.

Speakeasy 518

42 Howard St., Albany. (518) 449-2332
Wed: **Tyler Giroux** | 8 p.m.
Thur: **Wayne Hawkins Duo** | 9 p.m.
Sat: **Erik Johnson Trio** | 9 p.m.
Every Mon: **Joe Finn** | 8 p.m.
Tue: **Mike Jenkins and the Fat Ties (swing night)** | 8 p.m.

Spillin' the Beans

13 3rd St., Troy. (518) 268-1028
Fri: **Keith Pray's Soul Jazz Revival**
| 7 p.m.

Stockade Inn

1 North Church St., Schenectady.
(518) 346-3400
Thur: **Teresa Broadwell** | 7 p.m.
Fri: **Bronte Roman** | 7 p.m.

Troy Kitchen

77 Congress St., Troy, (518) 268-0068
Every Fri: **DJ Lounge** | 11 p.m.

Universal Preservation Hall

25 Washington St., Saratoga Springs.
(518) 584-2627
Thur: **Garland Nelson** | 6:30 p.m.



An evening with Engvall

Comedian Bill Engvall brings his "Here's Your Sign" Tour to Proctors on Thursday, Feb. 23, at 8 p.m. For tickets, visit www.proctors.org.

www.parallelentertainment.com

Upstate Concert Hall

1208 NY 146, Clifton Park.
(518) 371-0012
or upstateconcerthall.com
Thur: **TroyBoi, Ekali, Morillo** | 8 p.m.

Fri: **Lordi, Steve Noir, More Human**
| 8 p.m.

Waterworks Pub

76 Central Ave., Albany. (518) 465-9079
Thur: **DJ Shawn Gillie** | 11 p.m.

Fri: **Karaoke** | 10 p.m.

Sat: **DJ David Barna** | 10 p.m.
Mon: **Karaoke** | 10 p.m.

Wellington's

Renaissance Albany Hotel,
144 State St., Albany. (518) 992-2432
Fri: **Sara and Earl Belcher** | 6 p.m.

Wishing Well Restaurant

745 Saratoga Rd., Wilton.
(518) 584-7640
Sat: **Rob Aronstein** | 6 p.m.

Yono's

25 Chapel St., Albany. (518) 436-7747
Sat: **Hamilton Street Jazz Duo**
| 6:30 p.m.

MUSIC

Save Aleppo Benefit Concert

Featuring Blood Moon and Geek Musica, 50 percent of the proceeds from this concert will go directly to securing medical care, food, and water for the survivors of Aleppo, rebuilding the city, and transporting the survivors to safety. Suggested donations: \$15; \$10 for seniors and students. Wed. Feb. 22, 7 p.m. Albany Barn, 56 Second St., Albany. (518) 935-4858 or albanybarn.org.

Contra Dance Tunes

Monthly session with Ray Kottke. Learn to play for dancing with rhythm and style. Build your skills and dance tune repertoire. All instruments and skill levels welcome. Wednesday, Feb. 22, 7:30 p.m. \$3. Old Songs Community Arts Center, 37 Main St., Voorheesville. (518) 765-2185 or oldsongs.org.

Young the Giant

Home of the Strange Tour with special guest Lewis Del Mar. Thurs., Feb. 23, Palace Theatre, 19 Clinton Ave., Albany. 8 p.m. Alternative rockers that have won over fans with incendiary live shows, strong musicianship and poignant lyrics. Tickets: \$34.50, \$29.50, \$27.50 & \$24.50. www.palacealbany.com

The Bridge Jazz Festival

Back for a third year! Two nights of music at two of the area's best music venues. Dirty Dozen Brass Band headlines Friday, Feb. 24, concert at Troy Savings Bank Music Hall, 32 Second Ave., Troy; while Maceo Parker, Cyrille Amiee and The Cronicles will take the stage at the Massry Center for the Arts, College of Saint Rose, 1002 Madison Ave., Albany. Both concerts start at 7 p.m. Tickets: per night, \$40 general/\$30 students or both nights, \$60 general/\$40 students. www.troymusicchall.org

KT Tunstall

Scottish singer-songwriter and musician best known for her 2004 multi-platinum debut, "Eye To The Telescope," will perform a solo concert in support of her new release, "Kin." British-Zimbabwean singer-songwriter Kelvin Jones opens. Friday, Feb. 24, 8 p.m. Tickets: \$29.50. Swyer Theater, The Egg, Empire State Plaza, Albany. (518) 473-1845 or www.theegg.org.

Veena Chandra

Faculty recital featuring Skidmore Music Department Faculty member Veena Chandra, sitar, will be accompanied on tabla by guest artist Vidwan Devesh

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Coffeehouse this
Side of Paradise!"

Dinner Served
starting at
4:30 PM

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ACROSS

- Cicatrix
- "Polythene ____" (Beatles song)
- Poker action
- Apple's apple, e.g.
- Attention
- Pang
- Brews
- Brawl
- Bring up
- When speaking of what already happened
- "-zoic" things
- Clear, as a disk
- Cap
- Lively intelligence
- Fine, sheer fabric
- The "p" in m.p.g.
- Pauper
- Advertising sign
- Express
- Ring bearer, maybe
- Acquiesce
- "Bye now"
- Famous TV collie
- Animation
- Small rodent pet
- Coloration between blue and yellow
- "Dig in!"
- Craze
- Hires competition
- Dapple
- Excellence
- Cut, maybe
- Creep around
- Breathing
- "... or ____!"
- Ashtabula's lake
- All alternative
- "The Catcher in the ____"
- A little night music

DOWN

- High-five, e.g.
- Pepsi, e.g.
- Long, long time
- List of team players
- Nuisances
- Appeared
- Allocate, with "out"
- Kind
- "Mi chiamano Mimi," e.g.
- Red ink amount
- "Malcolm X" director
- Come up with
- Milk-Bone biscuit, e.g.
- Extended family
- Toni Morrison's "____ Baby"
- Age
- Brown shade
- Father of Paris
- Blocks
- Wait on
- Slight forward convergence in a vehicle
- Foe
- Reverse, e.g.
- Neon, e.g.
- Plunge of an aircraft
- Cliffside dwelling
- Franchise
- Set aflame
- Spoonful, say
- Young raptor
- "Love Her ____"
- Come to mind
- Kosher ____
- Bone-dry
- Swerve
- Halo, e.g.
- Excursion
- Barely gets, with "out"
- "Welcome" site

Answers on Pg. B22

Chandra. Friday, Feb. 24, 8 p.m. Free. Arthur Zankel Music Center, Skidmore College, 815 North Broadway, Saratoga Springs. www.skidmore.edu/zankel.

Art Song Festival Concert

The Eastern New York Chapter of the National Association of Singing Teachers will present a concert featuring the 8 winners of its Art Song Festival accompanied by pianist Michael Clement. Reception to follow. Sat. Feb. 25, 3 p.m. Free. Westminster Presbyterian Church, 262 State St., Albany; parking at 85 Chestnut St., Albany. Additional details: Corine Salon, (518) 427-8668.

Skidmore College Orchestra

Conductor Charles Schneider will lead performances of works by Mendelssohn, Sibelius and Rimsky-Korsakov. Sunday, Feb. 26, 3 p.m. Tickets: Adults \$8; seniors and Skidmore community members, \$5, students and children, free. Arthur Zankel Music Center, Skidmore College, 815 North Broadway, Saratoga Springs. www.skidmore.edu/zankel.

Winds of Love

A unique collaboration of vocals and brass featuring Albany Pro Musica and award winning Canadian Brass. Sunday, Feb. 26, 3 p.m. Tickets: \$15 to \$45. Troy Savings Bank Music hall, 30 State St., Troy. (518) 273-0038 or www.troymusicall.org

ZZ Top

Longtime rock trio of Billy F Gibbons, Dusty Hill and Frank Beard continue to rock, roll and boogie, both on stage and in the studio after nearly 45 years. Sunday, Feb. 26, 8 p.m. Proctors, 432 State St., Schenectady. Tickets \$25 to \$325, 2 VIP packages available. (518) 346-6204 or www.proctors.org.

Demondre Thurman

One of the stars of the formidable generation of brass soloists will perform a euphonium concert as part of the School of Music's Guest Artist Festival. Monday, Feb. 27, 7:30 p.m. Free. Carl B. Taylor Auditorium, Schenectady County Community College, 78 Washington Ave., Schenectady. sunysccc.edu.

Stephanie Brown

Pianist who has performed solo and with notable orchestras will lead a Master Class as part of the School of Music's Guest Artist Festival. Tuesday, Feb. 28, 7:30 p.m. Free. Carl B. Taylor Auditorium, Schenectady County Community College, 78 Washington Ave., Schenectady. sunysccc.edu.

THEATER

Brain Candy Live!

Adam Savage and Michael Stevens coming Proctors on Friday, Feb. 24, at 8



No fighting.. just live electro-fusion

Powerhouse quintet Kung Fu is gearing up for its first show of 2017 at The Putnam Den on Friday, Feb. 24, with special guests Ilespecial. Doors open at 8:30 p.m. for the 9:30 p.m. 18+ show. Purchase tickets at putnamden.com.

p.m. along with more than three tons of their crazy toys, incredible tools and mind-blowing demonstrations for a celebration of curiosity that's an interactive, hands-on, minds-on theatrical experience like no other. Tickets: \$25 to \$150. Proctors, 432 State St., Schenectady. (518) 346-6204 or www.proctors.org.

Skin Deep

A large, lovable, lonely-heart, named

Maureen Mulligan gives romance one last shot on a blind-date with sweet awkward Joseph Spinelli. They were set up on the date by Maureen's sister Sheila and her husband Squire, who are having problems of their own. With Maureen particularly vulnerable to both hurting and being hurt, the time is ripe for all these unspoken issues to bubble to the surface. Presented by Curtain Call

Theatre, 210 Old Loudon Road, Latham, through March 25. Shows: Thursdays 7:30 p.m., Fridays and Saturdays 8 p.m., Sundays 3 p.m. Special matinee Saturday, March 4 at 3 p.m. Tickets: \$24. 877-7529 or www.curtaincalltheatre.com.

The Game's Afoot

Ken Ludwig's comedy about a Broadway star who tries to investigate a murder at his party by channeling Sherlock

Holmes. Presented by Home Made Theater, Through Sun. Feb. 26, Spa Little Theater, Saratoga Spa State Park, Saratoga Springs. Shows: Fridays and Saturdays 7:30 p.m., Sundays 2 p.m. Tickets: \$24-\$27. (518) 587-4427 or www.homemadetheater.org.

Met Opera 'Live in HD:'

Dvorak's Rusalka

Kristine Opolais stars in a new production of the opera that first won her international acclaim, Dvořák's fairy-tale opera about the tragic water nymph Rusalka. Sir Mark Elder conducts Mary Zimmerman's new staging. Saturday, Feb. 25, at 1 p.m. Mahaiwe Performing Arts Center, Castle Street, Great Barrington, Mass. Tickets: \$25. (413) 528-0100 or www.mahaiwe.org

COMEDY

Proctors

An Evening with Bill Engvall. Grammy-nominated, multi-platinum selling recording artist and top comedian brings his Here's Your Sign Tour to town on Thursday, Feb. 23 at 8 p.m. \$35 to \$65. Proctors, 432 State St. Schenectady. (518) 346-6204 or www.proctors.org.

The Funny Bone

Chicks are Funny, Feb. 22, 7:30 p.m. \$7; **Ramon Garcia,** Feb. 23, 7:30 p.m., \$12, and Feb. 26, 7 p.m., \$10; and **Ben Bailey,** Feb. 24, 7:30 and 10 p.m., and Feb. 25, 7 and 10 p.m., \$20. Crossgates Mall, 1 Crossgates Mall Road, Guilderland. (518) 313-7484 or Albany.funnybone.com.

The Comedy Works

Kevin Downey Jr., Feb. 23, 7:30 p.m., \$10; Feb. 24 and Feb. 25, 7:30 and 9:30 p.m., \$15 advance, \$20 day of show; **Ellen Z hosts Spirit Connections with**

Suzane Northrop, Feb. 26, 2 p.m., \$49.95. 388 Broadway, Saratoga Springs. (518) 275-6897 or thecomedyworks.com.

FAMILY

Winter outing

Enjoy an afternoon of winter festivities, including cross country skiing or hiking. Albany Pine Bush Discovery Center, 195 New Karner Road, Colonie. (518) 456-0655 or albanypinebush.org.

Disney's Choo Choo Soul

Follow the musical adventures of hip-hop singing Train Conductor Genevieve and her dancing, beatboxing engineer DC, as they perform soulful and current renditions of the ABCs and 123s! Tickets: \$24.50. Saturday, Feb. 25, 2 p.m. Cohoes Music Hall, 58 Remsen St. Cohoes. (518) 465-4663 or www.palacealbany.org

Ice Skating

at the Empire State Plaza

The ice rink at the Empire State Plaza will be open (weather permitting) for free ice skating daily from 11 a.m. to 8 p.m. (note that rink maintenance is performed between 3 and 4 p.m.). Skate rentals are available on site; there is a \$3 charge for children's skates and a \$4 charge for adult skates. Photo ID is required for rental. winter.empirestateplaza.org.

New York State Museum

Rain or shine... It's Reading Time.

Read a story then visit an exhibition to learn more about New York State., Wed., Feb. 22, 10 a.m.; **Kids Curate:** See what objects children from around the state voted to put in this special exhibit. Daily, Friday, Feb. 24 through Sunday, Feb. 26. Full schedule of activities at http://www.nysm.nysed.gov/programs/kidscurate. Empire State Plaza, 222 Madison Ave., Albany. (518) 474-5877 or www.

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

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

MARCH 11
The Drunken Hearts
Parish Public House
8 pm

MARCH 16
Cornmeal w/s/g Yarn
Parish Public House
8 pm

MARCH 18
Consider the Source w/s/g Felix Martin & Ampevene
The Hollow Bar & Kitchen
8 pm

MARCH 24
John Brown's Body w/s/g Dr. Jah & the Love Prophets
The Hollow Bar & Kitchen
8 pm

MARCH 31
Start Making Sense (Talking Heads Tribute)
Putnam Den
8:30 pm

APRIL 7
Magic Beans w/ Teddy Midnight
The Hollow Bar & Kitchen
8 pm

APRIL 20
An Evening With Cabinet
Putnam Den
8 pm

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www.TheTireWarehouseInc.com

nysm.nysed.gov.

Northshire Bookstore Meetup for New Parents and Babies, Wed., Feb. 22, 10:30 a.m.

Superhero Party: Grab your cape and mask and join our booksellers for a fun celebration of all things superhero! Costumes encouraged! Thurs. Feb. 23, 11 a.m. **KIDS! Storytime:** for children and their parents/caregivers. Friday, Feb. 24, 10:30 a.m. 424 Broadway, Saratoga Springs. (518) 682-4200 or www.northshire.com.

SUNY POLY CMOST

Animal Spotlight: Participate in a hands-on activity to learn more about our interesting inhabitants. Wed. Feb. 22, 3:30 p.m. and Sunday, Feb. 26 at noon; **Sensory Play: Color Wonders:** a hands-on sensory science activity in the GE Junior Discovery Room. Thurs. Feb. 23, 10 a.m. Above activities included with regular museum admission. Also **miniMake Challenges: Build with Strawbees!** This prototyping tool empowers kids with a simple way to make complex connections. Pre-registration required, 15 participants max, activity included with museum admission. Materials fee of \$5 per child. Sunday, Feb. 26 at 12:30 p.m. For ages 6+. 250 Jordan Rd., Troy. (518) 235-2120 or www.cmost.org.

Draw a Patterned Hand

After exploring Victor Ekpkuk's vast chalk drawing on black walls in "Sixfold Symmetry: Pattern in Art and Science," we will make drawings of our hands with repeated patterns, using colored pencils and crayons that show up brightly on black paper. For children 5 and older with an adult. Free; materials provided, registration required. Tang Teaching Museum, Skidmore College, North Broadway, Saratoga Springs.

tang.skidmore.edu or (518) 580-8080.

FILM

'Sacco and Vanzetti'

Documentary about two Italian politically radical immigrants charged with the 1920 robbery of a Massachusetts shoe factory and the murder of two of its employees. Featuring commentary by director Peter Miller and film editor Amy Linton. Friday, Feb. 24, 7 p.m., Page Hall, University at Albany Downtown Campus, 135 Western Ave., Albany. Free.

LECTURES

'Modern Living'

Thurs., Feb. 23, 7 p.m., Studio 1-Goodman, EMPAC, Rensselaer Polytechnic Institute, 110 8th Ave., Troy. Choreographers Gerard & Kelly discuss their multi chapter project made in collaboration with L.A. Dance Project. Free. empac.rpi.edu/events/2017/spring/modern-living#tickets.

LITERARY

Word Plays: I'm Still Here

Story Circle at Proctors will present the latest installment of Word Plays featuring stories about people who strove for many years to reach their goals. Sunday, Feb. 26, at 2 p.m. Tickets, \$12. Proctors, 432 State St. Schenectady. (518) 346-6204 or www.proctors.org.

Our World Remade: World War I Reading and Discussion Group

Delve into the history, literature and poetry of "the War to end all wars" led by University at Albany Professor Richard Fogarty. Initial meeting on Tues. Feb. 28, at 6 p.m. Free. Details and RSVP to

Mike Maloney at (518) 374-0263 ext. 3 or librarian@schenectadyhistorical.org. Schenectady County Historical Society, 32 Washington Ave., Schenectady.

EDUCATION

Healthy Living for Your Brain & Body.

Thurs., Feb. 23, 2 p.m. Troy Public Library - Lansingburgh Branch, 27 114th Street, Troy. Learn about research in the areas of diet, nutrition, exercise, cognitive activity and social engagement and how to incorporate these recommendations into a plan for healthy aging. Free, registration required. (518) 235-5310 or www.thetroylibrary.org.

Gallery Talk

Every Saturday at 1 p.m., take a guided walk through the galleries with a member of the Clark's education team. Get a personalized look at highlights from the permanent collection, learn about the history of the museum, and gain new insight into some Clark favorites. The Clark Art Institute, 225 South St., Williamstown, Mass. www.clarkart.edu.

Know What to Do When Planning Your Estate

The Law office of Stephen G. Levy presents this review of basic estate planning documents on Sunday, Feb. 27, at 2 p.m. Albany Public Library: Bach Branch, 455 New Scotland Ave., Albany. (518) 489-1098.

Curator's Tour

Rachel Seligman, Assistant Director for Curatorial Affairs, and Rachel Roe-Dale, Associate Professor of Mathematics, Skidmore College will lead a tour of "Sixfold Symmetry: Pattern in Art and Science" on Tues., Feb. 28, at noon. Tang Teaching Museum, Skidmore College,

North Broadway, Saratoga Springs. tang.skidmore.edu.

MISCELLANEOUS

Troy Night Out

Monthly arts and cultural event highlighting shopping, dining, and exploring downtown Troy. Friday, Feb. 24, from 5 to 9 p.m. (518) 279-7997 or www.downtowntroy.org/troy-night-out.

The African American History Month Celebration

Features the Gospel Gala Choir, Renaissance Music with a Message and Bervine Harris. Free. Presented by The African American Cultural Center of the Capital Region. Palace Theatre, 19 Clinton Ave., Albany on Friday, Feb. 24, at 7 p.m. www.palacetheatre.org.

Basketweaving workshops

Learn how to create Two Berry Baskets (Feb. 25), a Saratoga Tote Basket (March 11) or a Williamsburg Basket (March 25) with instructor Beverly Cornelius. Mabbe Farm Historic Site, 1100 Main St. (Route 55), Rotterdam Junction. Cost: \$85 plus materials fees. (518) 887-5073 or www.schenectadyhistorical.org.

Saratoga Beer Summit

Sample more than 160 beers from America's best craft breweries at the Saratoga Springs City Center, 522 Broadway, on Sat., Feb. 25. Four-hour VIP tasting, \$60 per person, begins at noon; three-hour general admission tastings start at 1 p.m. and 5 p.m. \$40 per person. https://americaontap.com/event/saratoga-beer-summit.

2017 NY Women's Expo

Two full days of shopping, demonstrations and more. Marcelle Athletic Complex, Siena College, 515 Loudon Rd., Loudonville. Saturday, Feb. 25, from 10

a.m. to 6 p.m. and Sunday, Feb. 26, from 10 a.m. to 4 p.m. nywomensexpo.com/home.html

Indoor Craft and Garage Sale

Elks Ladies Auxiliary monthly market featuring more than 40 vendors. Saratoga-Wilton Elks Club #161 from 11 a.m. to 3 p.m. Free. (518) 289-5470.

Schenectady Greenmarket Winter Market

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

Delaware Community Farmers Market

Offering local, fresh-picked fruits, vegetables, herbs, eggs, jams, and baked goods for sale in the branch parking lot. Tuesdays, 4 to 7 p.m., Albany Public Library — Delaware Branch, 331 Delaware Ave., Albany. (518) 463-0254.

Together Tuesday

Tuesday nights in Eden Café are set-aside for groups to have a time of team building. Become part of a movement. Our groups have found that they often can get more accomplished out of the office than in. Eden provides a safe non-alcoholic environment where trust can be fostered. Tuesdays, 4:30 to 9 p.m., 269 Osborne Road, Loudonville. (518) 977-3771.

Veteran Meet-Up

Join us for free coffee every Tuesday. All veterans welcome. 6 to 8 p.m., Saratoga Coffee Traders, 447 Broadway, Saratoga Springs. (518) 884-4999 or www.VeteransPeerConnection.org.

Social Night Potluck at CoG

Every Tuesday night, we gather with food and conversation. This event is free

and open to the public. No registration is needed. 6:30 to 8:30 p.m., Tech Valley Center of Gravity, 30 3rd St., Troy. (518) 279-7863 or www.tvcog.net.

Geeks Who Drink

A quiz show with eight rounds of eight questions each, including a music round, an audio round and a picture round. Free to play, with prizes for the top two teams and bonus prizes throughout the game. Tuesdays, 8 p.m., Olde English Pub, 683 Broadway, Albany.

EXHIBITS

Albany Institute of History and Art

"New to the Collection," and "Captured Moments: 170 Years of Photography from the Albany Institute," through May 21; Plus ongoing exhibits. 125 Washington Ave., Albany. (518) 463-4478 or www.albanyinstitute.org.

Albany International Airport Gallery

"Cloudlands," featuring structures and images by Naoe Suzuki, Edward Mayer, Julie Evans, Susan Meyer, Dana Filibert, Joshua Field and Gina Ruggeri. Through July 31; Watervliet Shaker Road, Colonie. (518) 242-2241 or 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. (518) 489-4704.

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Dear SPOT518 – I wanted to share with you how happy we are with the results we have been receiving from our advertising campaigns with the SPOT518!

As an example - this year, the only place we advertised our "New Year's Eve Celebration", and our "Chinese New Year Party" was with the SPOT518.

Last year, we promoted these same events with multiple outlets...but, the SPOT518 was not one of them. The difference between the bottom line of last year's events and this year's is very simple - this year's events were 100% booked! We received better results and lowered our investment, at the same time!

The SPOT518 includes us as one of their distribution points - our customers LOVE being able to get their weekly copy as easily as just walking through our front door!

We highly recommend the Spot518 for several reasons - their rates are very affordable and their staff is a joy to work with, and our advertising with the SPOT518 has increased traffic to our special events - which has increased our revenue...which is the BEST reason, of all - thank you, SPOT518!

Jessica Lamoreaux
IL FARO Restaurant & Bar

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IL FARO RESTAURANT & BAR
Join us for New Year's Eve!
Sat. Dec. 31st
Ring in the New Year With Us...

IL FARO RESTAURANT & BAR
Come Celebrate the Year of the Rooster... Our Chinese New Year Party!
This Sat. January 28th 5pm-Close
Chinese New Year's Purpose is to bring luck & prosperity to everyone celebrating

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

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thespot518.com
the spot 518
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Call **439-4949**.

Albany Pine Bush Discovery Center
"Pine Bush Perspectives" photography exhibition, through Feb. 28. 195 New Karner Road, Colonie. (518) 456-0655 or albanypinebush.org.

AMP Galleries
New paintings by Matt Chinian, through Feb. 28. 454 Broadway, Saratoga Springs. (518) 898-6976.

Arts Center of the Capital Region
"6th Annual Day 2 Day Print Exchange," curated by Danielle Morales, through Feb. 24. Also **"Vantage Point: Ben Schwab + James Thacher,"** paintings which focus on each artist's unique use of scale and perspective; and **"Unearthed: Mandi Coburn + Grace Tatar,"** a combination of paintings, ink drawings and metal work, both through March 18; 265 River St., Troy. (518) 273-0552 or artscenteronline.org.

The Clark Institute
"Japanese Impressions: Color Woodblock Prints from the Rodbell Family Collection," includes works by Katsushika Hokusai, Utagawa Hiroshige, Kawase Hasui and Kiyoshi Saito; through April 2; Also **"Thomas Schutte: Crystal,"** the artist's first full-scale architectural work in the U.S., through Oct. 9. Plus ongoing exhibits. 225 South St., Williamstown, Mass. www.clarkart.edu.

Clement Art Gallery
Rare paintings and sketches by long-time artist Marjorie Semerad. Through Feb. 22. 201 Broadway, Troy. (518) 272-6811 or clementart.com.

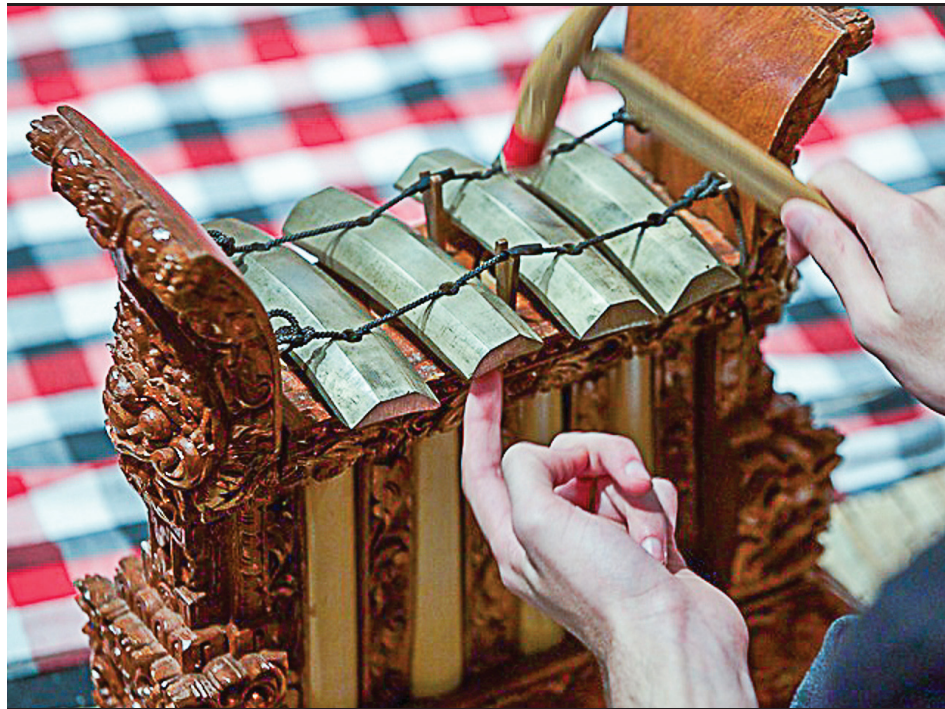
Collar Works
"Informal Language," featuring paintings, sculptures and installations by emerging artists Nadine Beauharnois, Danny Ginsburg, Kelsey Renko and Christine Snyder. Through March 18. 621 River St., Troy. www.collarworks.org.

Esther Massry Gallery
"Hitting Bumps on the School Bus," lively, abstract mixed media paintings by Danny Ginsburg; and **"Phantom Bodies: Photographs by Tanya Marcuse,"** platinum and pigment prints of two previous projects; both through Feb. 26. The College of Saint Rose, Massry Center for the Arts, 1002 Madison Ave., Albany. (518) 485-3902 or www.strose.edu/gallery.

The Hyde Collection
"Marking the Moment: The Art of Allen Blagden," works surveying the career of the distinguished American contemporary realist painter. Through April 16. Also **"Lorna Bieber: Forces of Nature,"** photo murals and montages. Through May 14. 161 Warren St., Glens Falls. (518) 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. Also **"Discover Butterflies,"** featuring hundreds of native butterflies fluttering around in an indoor butterfly house. Through April 23. Plus ongoing exhibits. 15 Nott Terrace Heights, Schenectady. 382-7890 or www.miSci.org.

National Museum of Dance
"Art in the Foyer," annual fine art series features photographs from renown photographer Paul Kolnik. Also, **"50 Years at SPAC,"** celebrating the golden anniversary of the venerable performance venue; **"The Dancing Athlete,"** an exploration of the connection between dance and sports; **"A Tribute to Dancers in Film,"** celebrat-



Balinese Gamelan angklung

"Elevator Music 32: Desa, Kala, Patra (Place, Time, Circumstance)" brings the sound of this instrument to the Tang's spacious elevator through Sunday, March 12.

Photo by Tang Museum and Art Gallery

ing the relationship between dancers, and **"2016 Hall of Fame inductees Patricia Wilde and Gregory Hines."** Plus other ongoing exhibits. 99 South Broadway, Saratoga Springs. (518) 584-2225 or www.dancemuseum.org.

New York State Museum
"Ice Ages in New York State," a new long-term exhibit examining the landscape and animals of that time period; **"The People's Art: Selections from the Empire State Plaza Art Collection,"** on display through Sept. 3; Plus ongoing exhibits. Empire State Plaza, 222 Madison Ave., Albany. 474-5877 or www.nysm.nysed.gov.

Opalka Gallery
"Gravity & Light: Caroline Ramersdorfer, Sculptures 1985-2016," works which harness light and the material's innate properties. Through March 5. Sage College of Albany, 140 New Scotland Ave., Albany. 292-8607 or opalka.sage.edu.

Saratoga Arts
"All Stars: An Exhibition of High School Artists in Saratoga, Fulton and Montgomery Counties," through Feb. 25. Also **"Fractured Lives"** by Jennifer Duke Antsey and **"Faces"** by Benjamin Sugarman. 320 Broadway, Saratoga Springs. 584-4132 or www.saratoga-arts.org.

Saratoga Automobile Museum
"Rolling Bones Hot Rods," featuring hot rods built in Greenfield Center; **"Lorraine Murphy: Photography,"** images of automotive subjects combining dynamic angles and soft curves; **"Stu Eichel: Auto Paintings,"** featuring 29 new pieces; all through March 24. Plus ongoing exhibits. 110 Avenue of the Pines, Saratoga Spa State Park, Saratoga Springs. saratogaautomuseum.org.

Saratoga Clay Arts Center
"Beyond the Surface," works by Jessica Putnam-Phillips. Closing reception, Sat. March 18, 5 to 7 p.m. 167 Hayes Road,

Schuylerville. saratogadayarts.org.
Schenectady County Historical Society
"Together Until the End: Schenectady in World War I," through 2017. Plus ongoing exhibits. 32 Washington Ave., Schenectady. 374-0263 or www.schenectadyhistorical.org. Also **"Changing Waters: The Story of the Mohawk River,"** through April 2017. Mabee Farm

Historic Site, 1100 Main St. (Route 55), Rotterdam Junction. 887-5073 or www.schenectadyhistorical.org.

Schick Art Gallery
"2017 Juried Skidmore Student Exhibition," through March 5. Saisselin Art Building, Skidmore College, North Broadway, Saratoga Springs. www.skidmore.edu/schick.

Tang Teaching Museum in Art and Science
"Janine Antoni & Stephen Petronio: Entangle," three collaborative works which combine action, video and installation: "Rope Dance," through March 19, "On the Table," April 6 through 30, and "Honey Baby," May 13 through July 16. Also, **"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, and **"Elevator Music 32: Desa, Kala, Patra,"** featuring a Balinese Gamelan angklung. Both through March 12. Plus **"Liz Collins — Energy Field,"** a long-running installation created as a lounge and social space for visitors and students, through Aug. 31. Skidmore College, North Broadway, Saratoga Springs. tang.skidmore.edu.

University Art Museum
"Conor Backman: A Clock and Map Minute," a solo exhibition featuring works completed within the last five years. Also, **"Dave McKenzie: An Intermission,"** which explores how images remain a valuable tool for us to address basic questions about our place in the world. Both through April 1. University at Albany uptown campus, 1400 Washington Ave., Albany. 442-4035.

University Club
Solo exhibition of paintings by Artist in Residence Ed O'Connell,

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

CALL FOR ARTISTS

Albany Center Gallery
 Seeking submissions for its annual Photography Regional on display March 17 through April 21. Drop-off dates for submissions: Feb. 24 and 25, noon to 3 p.m., at the Arcade Building, 488 Broadway, Albany. Entry fee: \$25 ACG members, \$35 non members. Info: www.albanycentergallery.org.

Arts Center of the Capital Region
 Seeking artists and curators for upcoming exhibits; entry deadline is Feb. 28. Info: 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. Info: www.BHOS.us.

Mabee Farm Historic Site
 Seeking artists, crafters and vendors for its CanalFest (July 15), Arts & Crafts Festival (Aug. 26) and Fall Foliage Festival (Oct. 15). Info: 887-5073 or www.schenectadyhistorical.org.

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

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Answers on Pg. B22



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■ IN BRIEF

Save Aleppo: A Benefit Concert at Albany Barn

ALBANY — Albany Barn will host "Save Aleppo: A Benefit Concert" on Wednesday, Feb. 22, from 7 to 9 p.m. at 56 Second Street in Albany.

The event features Blood Moon and Geek Musica, and will donate fifty percent of the proceeds directly to securing medical care, food, and water for the survivors of Aleppo, rebuilding the city, and transporting the survivors to safety.

General admission is \$15. Students and seniors are \$10.

For information visit albanybarn.org.

Open Mic at Patrick's Pub

WATERVLIET — Local Musician Pat Perkinson will host an Open Mic on Wednesday, Feb. 22, from 7 to 10 p.m. at 606 3rd Ave. in Watervliet.

Both experienced and aspiring musicians are welcome.

For more information call (518) 238-3687.

Mike DeAngelis at O'Slattery's

DELMAR — Mike DeAngelis will perform at O'Slattery's on Thursday, Feb. 23 from 7 to 10 p.m. at 318 Delaware Ave.

in Delmar.

With over three and a half decades of experience, DeAngelis has been part of numerous successful music groups, such as jazz quintet the Standard Clams, and Irish groups The Porters, Hair of the Dog and Get Up Jack.

For more information call 518-439-5634 or email oslatterys@gmail.com.

Home of the Strange Tour at the Palace Theatre

ALBANY — Young the Giant is bringing their Home of the Strange Tour to the Palace Theatre on Thursday, Feb. 23, at 8 p.m. at 19 Clinton Ave. in Albany.

Joined by special guest Lewis Del Mar, the diverse American Rock Band brings audiences the story of the modern American immigrant.

Tickets start at \$21.50. For more information or to buy tickets call (518) 465-4663 or visit www.palacealbany.org.

An Evening with Bill Engvall at Proctors

SCHENECTADY — Proctors will present an Evening with Bill Engvall on Thursday, Feb. 23, at 8 p.m. at 432 State Street in Schenectady.

Tickets start at \$35. For information or to buy tickets call (518) 346-6204.

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CULINARY ARTS

This Orange Shrimp and Crab stuffed Roasted Butternut Squash makes an elegant, yet simple, presentation. This entree may be served as an entree or as a side dish.

Ingredients — Serves four

- 1 (2 pound) butternut squash
- Cooking spray
- 1 teaspoon salt, divided
- 1 teaspoon pepper
- A ½ cup fresh orange juice, divided
- 2 tablespoons butter
- 3 green onions, thinly sliced
- 1 clove garlic, minced
- 2 tablespoons orange zest
- 8 ounces peeled and deveined medium shrimp
- A ¼ cup heavy cream
- 8 ounces lump crab meat

Garnish: orange slices and additional thinly sliced green onions

Directions

Preheat oven to 375°F degrees. Cut the butternut squash lengthwise into 4 wedges. Remove the seeds and place the squash in a 9 X 12 baking dish that has been coated with cooking spray. Sprinkle the squash with a ½ teaspoon each salt and pepper. Pour a ¼ cup orange juice over the squash. Cover and bake for 40 minutes and until fork tender. During the last 15 minutes of baking, prepare the Orange Shrimp and Crab. Arrange the butternut squash wedges on a serving platter, cut side up. In a large skillet, melt the butter over medium heat. Add the green onions and garlic and sautee for 2 minutes. Stir in the remaining a ¼ cup orange juice, orange zest,

shrimp and remaining salt and pepper. Simmer for 6-7 minutes and the shrimp begins to turn pink. Add the heavy cream and simmer an additional minute. Gently stir in the lump crab meat for an additional two minutes. Divide and spoon the Orange Shrimp and Crab on top of the roasted butternut squash. Garnish the platter with orange slices and sprinkle all with additional thinly sliced green onions.

Pairing

Glaetzer-Dixon 'Uberblanc' Riesling 2013 — Glaetzer — Tasmania

This riesling is described by former Wine Spectator editor James Suckling as having a "fascinating fragrance" with deep fruit aromas of nectarine, peach and baked yellow apple. It has a smooth and even taste, with a hint at sweetness.

Food & Vino

Orange Shrimp and Crab Stuffed Roasted Butternut Squash

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



HOROSCOPES

February 2017 • Week 4



CAPRICORN

December 22 – January 19
What a conundrum, Capricorn. You're going to have to think outside of the box for this one. The chain of command breaks down at work.



ARIES

March 21 – April 19
More is more, Aries, so go for it! A turn in the kitchen yields surprising results. Perhaps you should cook more often. A product is reviewed.



CANCER

June 22 – July 22
Wake up, Cancer. Someone is green with envy and does not have your best interests at heart. A bouquet lifts the spirits of a loved one. Make a habit of it.



LIBRA

September 23 – October 22
A little white lie here, a little white lie there. You're building a web of deceit, and you're going to get caught. Be honest with those around you, Libra.



AQUARIUS

January 20 – February 18
The stage is set for reconciliation. Reach out, Aquarius. An organization's need is unparalleled. You cannot do it alone. A treasure rises in value.



TAURUS

April 20 – May 20
Revenue increases, and it's all thanks to the advice of a dear friend. Invite them over to celebrate, Taurus. They might have a few more tidbits to share.



LEO

July 23 – August 22
Listen and learn, Leo. There is no other way. A meeting makes the pecking order clear. Respect it to the fullest. A debate is put to rest.



SCORPIO

October 23 – November 21
No apologies necessary, Scorpio. You did your best, and everyone knows it. A young one kicks a bad habit for good. Invite them out to celebrate.



PISCES

February 19 – March 20
Prudence is required, Pisces. Move too fast, and you will most certainly fail. You must be the turtle to win the race in this instance.



GEMINI

May 21 – June 21
You can be goofy, Gemini, and that will come in handy this week at the office. Do what you must to break the tension and get everyone on the same page.



VIRGO

August 23 – September 22
Vexing Virgo. You try the patience of many this week, but it will all be worth it when the outcome supersedes expectations. A paper is to be admired.



SAGITTARIUS

November 22 – December 21
Unbelievable, Sagittarius. You toss your pal under the bus yet again. This time, you will have to work a little harder to get back into their good graces.

HEALTH & FITNESS

Positive mind, positive change

Your sense of body image is a powerful hold upon the abilities to succeed in making change — first, learn to love what you have

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

You can't change something you hate.

This is something I said recently to one of my clients.

Previously, she said she hated her body and how it looked — so much so, she avoided looking at it.

As we continued to talk, I asked her why she hated. Like many people, it was because she was comparing herself to the women on magazine covers.

"I should look like that, and because, I don't I'm worthless," she said.

Is it any wonder most of us struggle with body image? And, it's not just women. Men battle with body image issues, too.

We are bombarded everyday with messages of how we "should" look. Whether it's television, newspapers, magazines or social media, every day the "ideal image" is pushed upon us. All you have to do is look back on last week's Superbowl.

You heard the response to Lady Gaga's appearance as she performed

during half-time. It was nothing short of fat-shaming. And, honestly, that pisses me off.

We are presented with the "perfect bodies" of various celebrities and fitness models who do live within reality.

They don't actually look like that all the time.

Far from it.

And, the media doesn't just mis-represent those bodies, they out and out lie about them. What they neglect to tell you is the majority of magazine covers are photoshopped. They neglect to tell you that prior to that one-day photo shoot, the model was on a very strict training and diet regimen for six to eight weeks — one that no human being can sustain forever.

Everyday, we are presented a lie and I for one applaud Lady Gaga for exposing the lie for all to see and standing up for herself. Honestly, I applaud her for not having that perfect six-pack ab body. She showed the world she's just like the rest of us. In my mind that makes her a role model.

As I said earlier, we're hit from all angles — social media, traditional



media, healthcare providers, our friends, our family and our significant others are directly or indirectly providing us with cues as to what our appearance should be. But, most often the person who is speaking loud and clear about how you should look is yourself.

Studies show more than 80 percent of women are unhappy with the way they look or that they have at least some degree of dissatisfaction with their bodies. Dissatisfaction is linked to self-esteem, self-worth and depression. It leads to, as my client said: "A daily struggle not to hate myself to the point I can't even function. I just want to stay in bed and forget the world."

The truth is, I understand because I have been there, myself. At one point in my life, I nearly weighed 400 pounds. I hated myself to the point I did, on some days, layed in bed and tried to forget the world. Worse, I would use that self-hatred as an excuse to punish myself

by eating myself sick. And, its something I not only struggle with today, but will for the rest of my life.

But, it doesn't need to be that way. You just have to accept that the struggle exists and learn how to deal with it.

It's up to you to realistically assess, understand and change the internal and external messages about what the ideal body. Stave off their effects on your self esteem and self worth. Easier said than done, I know. As I said, I struggled, too. And, now I'm a trainer.

I know negativity for motivation, body dissatisfaction and negative self-talk are NOT sustainable motivators. No matter how driven or motivated you are, at some point you will fall off the wagon. If those are your only motivators, you're placing more obstacles in front of your potential progress.

Continues on Page B20



PARTY!

LOCASH was in town upon receiving news of its ACM nomination.

Ashley Nizolek / nysmusic

CONCERT REVIEW

LOCASH earns ACM nod

SARATOGA SPRINGS — The Nashville-based pop country duo LOCASH played to a packed house at Vapor Nightclub on Thursday, Feb. 16.

And, there was cause to celebrate.

Chris Lucas and Preston Brust were in good spirits after having just received news of their first major Country Music Industry award nomination for New Vocal Duo or Group of the Year.

Lucas and Brust, along with their band, were riding high throughout the show, taking the opportunity to celebrate

the milestone with their fans.

The show was hosted by 100.9 The Cat.

The American Country Music Awards will air live from the T-Mobile Arena in Las Vegas, Nevada on Sunday, April 2.

TheSpot518 interviewed Brust last August after the band's visit to play Albany's Alive at Five. To read that interview, visit TheSpot518.com.

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

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■ CONCERT REVIEW

Get the Led Out at The Palace

By **TIM BOPP**
nysmusic.com

ALBANY — I am not old enough to have said that I was lucky enough to

see the original line up of the mighty Led Zeppelin in its hay day, but I have to say I came mighty close with seeing Page and Plant touring together back in

the '90s. I also have been lucky enough to see Robert Plant solo whenever the chance presented itself, but it was never the real deal. When it looked like the

remaining boys and Jason Bonham were going to get back together to do a tour in 2007, we were all on the verge of Nirvana, but that fell apart.

So what is a poor fanboy to do in the face of never seeing this timeless material live? A Zep tribute band of course, and not just any tribute band but Get the Led Out from Philadelphia, PA, who took over the Palace theater on Saturday, February 11. With their passion for Zeppelin completely eclipsing mine, I knew I was in for a night of pure heaven. Get the Led out is made up of Paul Sinclair on lead vocals and harmonica, Andrew Lipke, vocals, guitar, theremin, and keyboard, Paul Hammond, on guitar and mandolin, Jimmy Marchiano on guitar and vocals, Phil DeAgostino on bass, Diana DeSantis, vocals on "The Battle of Evermore" and Adam Ferraioli on drums these fine musicians with exclusion of a few lineup changes early on have been bringing these past masterpieces to life since 2003. This was no Las Vegas theater show where the players are dressed up

with wigs and crazy period costumes these folks came to play and played the band did.

Albany's Palace Theater was packed with the Zeppelin faithful and kicked off the show with a ferocious version of "Rock and Roll" which set the tempo for the beginning of the first set. The band followed up with "How Many Times," "Killing Floor," and "The Lemon Song." The band took it down a notch with "Down By the Seaside," "Babe I am gonna Leave You," and "Ramble On." Sinclair proved himself a force to be reckon with a consummate version of "Nobody's Fault But Mine" which then transitioned again to the mellow side of Zeppelin with "Going To California," "The Battle Of Evermore" which featured the extremely talented Diana DeSantis on a stirring backup vocal. finished the first set with a crowd pleasing version of "Hey

Hey What Can I do."

After a short break came back in force for the beginning of the second set with a classic version of "The Song Remains the Same" followed by "The Rain Song." Then it was drummer Adam Ferraioli's turn to take center stage with a version of "Moby Dick" that would have made John Bonham proud. Finally rounded up the final set with versions of "Thank You," "The Rover," and fan favorite "Kashmir." left the stage and the crowd called them back for an encore that started with Zeppelin IV's "Black Dog" and "Stairway To Heaven" and finally ended with a killer version of Zeppelin II's "Whole Lotta Love."

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

■ IN BRIEF

John Doe at Club Helsinki

HUDSON — John Doe will perform at Club Helsinki on Thursday, Feb. 23, at 8 p.m.

Cofounder, co-vocalist, and chief songwriter of punk-rock outfit X, Doe has 10 albums and roles in over 50 films and TV productions to his credit.

The event is 21 and over. Tickets are \$20. For more information or to buy tickets call (518) 828-4800 or visit helsinkihudson.com.

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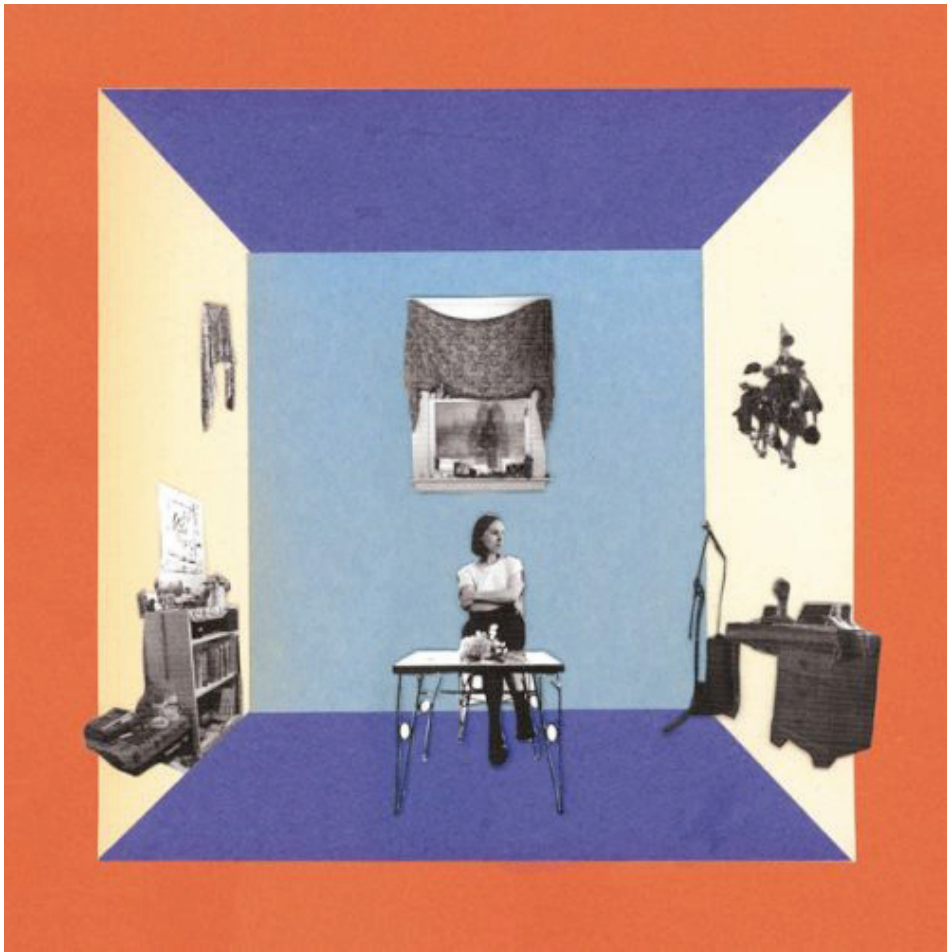
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MUSIC REVIEW

Hand Habits' 'Wildly Idle (Humbly Before the Void)'

By **ELI STEIN**
nysmusic.com

A persistent cold rain taps the window while the trees shake it off with the blowing breeze. But you sit comfortably warm in your living room. Feet warming by the fire. Belly warming by a glass of your favorite brown liquor. Ears and soul warming by the new Hand Habits' album, Wildly Idle (Humbly Before the Void).

It fills the empty void of sound in the room pleasantly enough. As your mind grows heavy with thoughts of the day, it almost passes by without notice. Then it grabs you. Maybe it was the angelic harp-like strum from "Actress." It could have been the softened "I Want You (She's So Heavy)"-esque building progression of "In Between." Or perhaps it was the gentle hook and groove in "All the While." Regardless, it grabbed you, and trained your ears on the subtler moments.

The moments grow and feel more complex with each listen. The droning proggy guitar lead in "Book On How

To Change" gets punctuated in the background with slashes of reverb-drenched guitar. "Nite Life," a pleasant psychedelic groover, has layer upon layer of musical treasures floating just below the surface. The repetitive vocal close of "Demand It" is decorated with a swirling multi-part guitar jam.

Each moment on this album feels crafted to the nth degree, but remains simple, sparse and intimate. It makes sense then that multi-instrumentalist Meg Duffy is responsible for every bit of instrumentation and production. A native of the Albany area, she has been playing extensively with Mega Bog and Kevin Morby for the past few years. Now striking out on her own, Hand Habits becomes the latest branch on a Woodsist family tree that has been sprouting incredible talent at an impressive pace.

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

IN BRIEF

Lordi at Upstate Concert Hall

CLIFTON PARK — Lordi will perform at Upstate Concert Hall on Friday, Feb. 24, at 8 p.m.

Lordi are a Finnish hard rock/heavy metal band, formed in 1992 by the band's lead singer, songwriter and costume maker, Mr. Lordi.

Doors open at 7 p.m. Tickets are \$22 in advance and \$25 on the day. For more information call (518) 371-0012 or visit upstateconcerthall.com.

ShwizZ at The Hollow

ALBANY — SwizZ will perform at the Hollow with Cousin Earth and Capital Zen on Friday, Feb. 24, at 9 p.m.

Self-described as a melting pot of funk and progressive rock, SwizZ consists of New York Natives with aptitudes for improvisation and musical complexity.

For more information or to buy tickets call (518) 426-8550.



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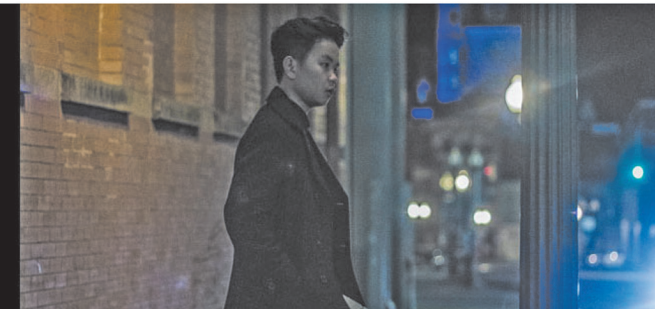
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From page B1 ... The force is strong here

composers, our greatest living composers, the most awe-inspiring composers of past generations and amazing performing artists."

Reaching 150,000 people annually, the nationally recognized Albany Symphony is the only professional symphony orchestra in the region. It was founded in 1930 as the People's Orchestra of Albany by Italian-born conductor John Carabella and has since been the recipient of 30 American Society of Composers, Authors and Publishers (ASCAP) awards — more than any other orchestra in the country — for its innovative concert and music education programming, recording projects and composer residencies.

"David Allen Miller knows that he's a treasure to this city," said Albany Mayor Kathy Sheehan, noting that Miller is one of a small number of individuals who have been given a key to the city. "It's really remarkable what he has accomplished."

A former associate conductor of the Los Angeles Philharmonic Institute, the Juilliard-trained Miller was appointed to his position with the Albany Symphony in 1992 and has since established himself as one of the nation's foremost conductors. His focus on exposing audiences to modern American composers earned him the John R. Edwards award in 2013 and, in recognition of his commitment to contemporary music and innovative programming, the Symphony was invited twice to appear at "Spring For Music," an annual festival of America's most creative orchestras at New York City's Carnegie Hall. It is the only ensemble to have performed more than once at the festival.

In 1994, Miller formed the Dogs of Desire, an eighteen-member contemporary music ensemble that has commissioned more than 100 new works from emerging American composers and gained a national reputation among young composers as a proving ground for emerging talent. In 1998, he established the annual American Music Festival, featuring new works at multiple venues over four days in early summer.

Since the 1980s, the Symphony has also released more than 25 commercial recordings featuring primarily contemporary American composers. In 2014, Miller and percussionist Evelyn Glennie won a Grammy Award for Best Classical Instrumental Solo on the Symphony's release of John Corigliano's "Conjuror." Miller was nominated again in 2016, along with soprano Talise Trevigne, for Best Classical Vocal Solo Album for their 2015 release of Chris Rouse's "Kabir Padavali."

Miller also introduced a family concert series in the 1990s. Sunday Symphonies are educational, hour-long concerts featuring Maestro Miller, in costume, portraying figures from music history and his own imagination. The next Sunday Symphony, on March 19, is entitled Captain American: Musical Avenger and will feature composers such as John Williams, Aaron Copland and Leonard Bernstein.

"Thanks to all of you who are here to support the orchestra, the arts and all the

"Thanks to all of you who are here to support the orchestra, the arts and all the things that make our community so rich and wonderful. They've done so much to really make the orchestra strong and to allow us to do such really exciting, occasionally crazy, projects and to pursue daring things that, frankly, no other orchestra in the country is approaching in the same way we are."

— David Alan Miller,
Albany Symphony
Music Director

things that make our community so rich and wonderful," said Miller, going on to express appreciation for the Symphony's board of directors. "They've done so much to really make the orchestra strong and to allow us to do such really exciting, occasionally crazy, projects and to pursue daring things that, frankly, no other orchestra in the country is approaching in the same way we are."

In addition to eleven major performances, three family concerts and ten festival events scheduled during the 2017-2018 season, the Albany Symphony will perform its annual Magic of Christmas concert, two Dogs of Desire concerts and five "Tiny Tots" concerts. It will also continue to participate in a variety of educational outreach programs such as "Monday Music" youth concerts, pre-concert conversations, local school programs, "Meet the Maestro" events and more.

"We are so thankful to the Capital Region community for its enthusiastic support of beautiful orchestral music and our innovative community projects," said Marisa Eisemann, chair of the Symphony's board. "For decades, the Albany Symphony has enjoyed great acclaim in the orchestral world for its strong commitment to new music. Now, here at home, we continue to have record-breaking subscription numbers, thanks to our loyal subscribers and more new concertgoers from all corners of our region spreading the world about how exciting and enlightening the Albany Symphony can be."

Thirty percent of the Symphony's \$2.2 billion annual operating budget is funded by ticket sales and 70 percent is funded through grants and donations by government entities, foundations, businesses and individuals. Tickets are still available for many of the upcoming performances of this season, including an April performance of Beethoven's "Ninth Symphony" and The American Music Festival in early June, which will feature Composer-in-Residence Reena Esmail and was inspired by the bicentennial of the Erie Canal. Individual tickets or subscriptions can be purchased and donations can be made at www.albanysymphony.com. Performances are held at various venues around the region, primarily at Palace Theatre, Troy Music Hall or EMPAC.



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From page B15 ... Positive mind

Practice Self-Love. Try to remember and focus on the present. That you and your body are always doing the best they can at any given moment. And, if things need to change, then focus on making small changes that you can sustain over time. Instead of trying to have that perfect body — the one no one truthfully can sustain — focus on being the best YOU you can be.

Stop judging yourself based on the fiction that the media portrays. Not everyone should have six-pack abs, weigh 110 pounds and have no body fat. Instead practice self-acceptance and self-compassion.

If you have a goal you want to achieve, make sure its one based in reality. Remember that self-acceptance is not giving up, but rather, should be a basis that spurs us into further action.

Engaging in self-acceptance can free up the mental space that was taken up with negative self talk that so many of us have and that prevents us from trying to reach our goals whatever they are.

And, yes it can be done. I know

because I did it. It took me a long time to get here, but for the first time in my life, my mind set is one of self-love and self-acceptance. I choose to engage in healthy behaviors daily, because I feel better about myself when I do. I do it because I enjoy it and feel happier, healthier and it lets me enjoy life more. It also allows me do what I do, which is help people. Because of this single shift, I feel a new sense of freedom and motivation.

Instead of focusing on the negative, I choose to focus on the positive. When I have bad days, like if I overeat, instead of punishing myself by going on a week(s) long binge, I look for the positive in that bad day. Maybe it was just one bad meal or one bad choice in a day filled with dozens of choices 99 percent of which were good.

By focusing on the good I am able to be much more consistent with my behaviors because they come from a place of love and positivity instead of negativity and frustration. When you love and honor your body every goal you meet will be a reason to celebrate versus an opportunity to pick out and correct another physical flaw. And, those celebrations will keep you moving forward to a happier, healthier life.

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

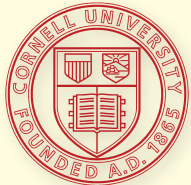


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Photo by Jim Franco / TheSpot518

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From page B4 ... Fleeting beauty

endeavor, Breathing Lights.

Breathing Lights received a \$1 million grant, through the Bloomberg Philanthropies Public Art Challenge, to illuminate the windows of hundreds of vacant buildings in Albany, Schenectady and Troy with a diffuse glow that mimics the gentle rhythm of human breathing. The installation ran from October to November 2016.

“Breathing Lights was my first experience with temporary public art. And I had to get on board with that because it seemed like a lot of energy to put in to

something that wasn't going to last. But I definitely see the value in it — there's something very special that has a temporary place in your experience. Now, as I drive around, I miss the Breathing Lights. I really do. I miss not just seeing them but the whole memory of the experience. So I missed the experience — not just like when you take a painting off a wall and you miss seeing it but the relationship that you develop with it. If it's powerful enough then you miss it,” Nelson said. “I had never really experienced that before. So having gone through the whole experience creating something and then letting it go, I definitely see the value in that. It makes it that much more precious.”

The conversation between ice graffiti artist and viewer seems to take on several

levels at TAP, a nonprofit architectural firm that provides rehabilitation advice to applicants in historic districts and works to educate the public on historic preservation issues.

“We are in the most permanent type of art imaginable, the preservation of historic architecture. We deal with a lot of components of buildings that are over 100 years old. So we have this great ability to preserve an appreciation for these things — and not just the buildings, because TAP is a neighborhood preservation corp.,” said Nelson, an architect. “We see preserving buildings as part of preserving the culture of a neighborhood, and preserving neighborhoods is critical to the life of a sustainable city.”

One of TAP's most significant projects

was the preservation of the Rice Building, a magnificent flat iron style building located a few doors down the street. Completed in 2000, the \$2.5 million effort was a joint project of Rensselaer Polytechnic Institute, First Niagara Bank (formerly The Troy Savings Bank) and TAP, Inc. The building featured prominently in the 1993 Francis Ford Coppola film “The Age of Innocence.”

It's hard to imagine what the character of downtown Troy would be like without the Rice Building forming such an important point in the heart of the city. Perhaps the ice graffiti artist meant to remind us of that when leaving the ephemeral creation in a bed of snow outside the TAP office.

“Nothing lasts forever,” Nelson said with a smile before heading to her desk to get back to work.



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

Super Crossword Answers

1	S	C	A	R	5	P	A	M	8	C	A	L	L			
12	L	O	G	O	13	C	A	R	E	14	T	H	R	O	E	
15	A	L	E	S	16	R	I	O	T	17	R	A	I	S	E	
18	P	A	S	T	19	E	R	A	S	20	E	R	A	S		
21	E	R	A	S	22	T	A	M								
23	E	S	P	R	I	T	26	B	A	T	I	27	S	28	29	
30	P	E	R	31	B	E	G	32	G	A	R	34	N	E	O	N
35	O	P	I	N	E	37	E	A	R	38	A	G	R	E	E	
39	C	I	A	O	40	L	A	S	S	41	I	E	42	V	I	M
43	H	A	M	S	44	T	E	R	45	G	R	46	E	E	N	Y
47	E	A	T	48	M	A	N	I	A							
50	D	A	D	S	52	V	A	R	I	E	G	53	A	54	55	
56	M	E	R	I	T	57	E	D	I	T	58	L	U	R	K	
59	A	L	I	V	E	60	E	L	S	E	61	E	R	I	E	
62	T	I	D	E	63	R	Y	E	64	T	A	P	S			



High peaks under snow

A clear ceiling and warmer temperatures made for an ideal time to hike the Cascade and Porter mountains in Adirondack State Park on Sunday. Our Jim Franco captured a few images with much of the fauna still covered in snow.

Photos by Jim Franco / TheSpot518



IN BRIEF

Bridge Jazz Fest at the Massry Center for the arts

ALBANY — The Bridge Jazz Fest, a two-day fest held at the Massry Center for the Arts, begins Friday, Feb 25 and ends Saturday, Feb. 25 at 432 Western Ave. in Albany.

For more information or to buy tickets call 1-800-637-8556 or visit www.strose.edu.

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