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NEWS Town recollection

Property appraisers to go door-to-door.

Story on Page 2

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TOP STORY

Character Actor

New Bethlehem HS principal talks about educating youth and his path to the principal's office

By ALI HIBBS
hibbsa@spotlightnews.com

“I never meant to go into education,” said David Doemel, Jr., the interim principal at Bethlehem Central Middle School who will take over as the new principal at the high school at the beginning of next year. Initially, he said, he intended to be a journalist.

For those who have seen him in his natural habitat, however, it's hard to imagine that Doemel could have ended up anywhere other than where he is or doing anything other than what he's doing. For those of us who remember middle school as a social torture chamber overseen by a bored and demoralized faculty, it's nothing short of revelatory to see how education has evolved at the hands of passionate educators like Doemel, who considers it his responsibility to help his students develop strong characters, in addition to the more common goals of gaining knowledge and learning life skills.

“Kids have so much pressure,” Doemel

said, noting things like testing, college planning and social pressures. “I really feel like it's our job to help them stay focused on the big picture: who they are as people and what they contribute to the community once they're out in the world.”

Doemel, 37 years old, attended elementary school in North Colonie in the '80s and went to high school at Christian Brothers Academy (CBA), where Doemel Sr. is a guidance counselor and coach. By the time he graduated from St. Bonaventure University in 2001, he said he thought he would find a job in advertising. In the chaos following 9/11, however, he had a difficult time gaining entry into the field and began helping his father coach basketball at CBA to keep himself occupied and stay active.

That, he said, is where it all began.

Everyone in Doemel's family is in education: his father; his mother, an art teacher at Holy Names; all four siblings, three sisters and a brother; and his wife, a teacher at Slingerlands Elementary School. It was a reason he gave for eschewing that particular career track earlier in life. “I wanted to not do what my parents did,” he said. But it was while coaching with his father that he found he had not only a love of working with kids, but an innate knack for it.

Continues on page 11

SPORTS



Lacrosse

Eight teams scrimmage at RPI last week, ushering in an informal start to the season.

Story on Page 5

ENTERTAINMENT



Talking exercise

Wearable technology tells you how you're doing, and where you can improve.

Story on Page B1



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<p style="font-weight: bold; margin: 0;">Tuesday, April 4th</p> <p style="font-weight: bold; margin: 0;">2:00 PM</p> <p style="font-weight: bold; margin: 0;">Hilton Garden Inn</p> <p style="font-weight: bold; margin: 0;">235 Hoosick Street</p> <p style="font-weight: bold; margin: 0;">Troy, NY</p>	<p style="font-weight: bold; margin: 0;">Wednesday, April 5th</p> <p style="font-weight: bold; margin: 0;">6:00 PM</p> <p style="font-weight: bold; margin: 0;">The Queensbury Hotel</p> <p style="font-weight: bold; margin: 0;">88 Ridge Street</p> <p style="font-weight: bold; margin: 0;">Glens Falls, NY</p>
<p style="font-weight: bold; margin: 0;">Thursday, April 6th</p> <p style="font-weight: bold; margin: 0;">10:00 AM</p> <p style="font-weight: bold; margin: 0;">Courtyard by Marriott</p> <p style="font-weight: bold; margin: 0;">627 Plank Road</p> <p style="font-weight: bold; margin: 0;">Clifton Park, NY</p>	<p style="font-weight: bold; margin: 0;">Thursday, April 6th</p> <p style="font-weight: bold; margin: 0;">6:30 PM</p> <p style="font-weight: bold; margin: 0;">Holiday Inn Express -</p> <p style="font-weight: bold; margin: 0;">East Greenbush</p> <p style="font-weight: bold; margin: 0;">8 Empire Drive</p> <p style="font-weight: bold; margin: 0;">Rensselaer, NY</p>

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Appraisers will soon be knocking on doors across the Town of Bethlehem.

Photo by Michael Hallisey/Spotlight News

TOWN GOVERNMENT

Making the rounds

Bethlehem board votes to recollect

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

DELMAR — Bethlehem homeowners can expect property appraisers, sent by the town, to come calling at their door some time during the next four years — exactly when they should expect it depends on where they live.

The appraisers, from GAR Associates out of Amherst, will want to come in and confirm the square footage of any habitable structures, as well as the number of rooms, bathrooms and half-bathrooms (three-quarter bathrooms, it seems, are no longer recognized for purposes of assessment.) They will also want to take a photograph and create a “digital sketch” of the property.

According to Town Assessor Laurie Lambertsen, Bethlehem had 12,551 residential properties on the rolls in 2016, but can't be entirely sure what those properties are worth. “Our inventory is off,” she told board members at the March 22 Town Board meeting, before they voted 4-1 to approve her request to undertake a town-wide “residential assessment inventory recollection project.”

“The last time the [residential] inventory was re-collected, measured, was in the '91-'92 reval[uation],” said Lambertsen. “So, it's been a long time. . . Our residential really should be done and brought up to speed. We're now going into digital sketches and we can't really move forward with that based on old inventory.”

The inventory update plan would utilize GAR, already under contract to do assessment work for the town, to accomplish the town-wide valuation in four regional phases over four years — North Bethlehem would be completed in 2017, Old Delmar in 2018, Glenmont in 2019 and South Bethlehem/Ravena Coeymans Selkirk in 2020. Each region

has a little more than 3,000 residential properties, with the most — 3,313 parcels — in North Bethlehem.

“Does assessing this data require going into every house,” asked Supervisor John Clarkson.

“Well, that the goal,” said Lambertsen, explaining that qualified appraisers are more accurate and have a better grasp on the necessary terminology than the typical homeowner. “People think they still have three-quarter bathrooms,” she said. “Either it's a full or it's a half. Three-quarter was an '80s term, I believe.”

Board member Julie Sasso asked Lambertsen what the reappraisals might do to property tax assessments and questioned the four-year time frame, suggesting that immediately adjusting taxes to erroneously assessed properties could result in an unfair advantage for some property owners — for instance, undervalued properties in South Bethlehem would pay lower taxes four years longer than residents of North Bethlehem.

Agreeing that was a valid concern, Clarkson noted that it cut both ways — North Bethlehem residents with overvalued property would be able to lower their tax rate four years before South Bethlehem residents.

“I was under the impression that the process was going to be to get the data in correctly, but that changes weren't going to happen until there was a town-wide reassessment so it was equitably distributed,” said Sasso.

Lambertsen initially implied that an immediate adjustment would only be necessary if the property was grossly mis-valued, but later said she would elect to follow recommendations put forth by the state Office of Real Property, which, apparently, advises timely reporting of erroneous property values. She also said

Continues on Page A9

COMMUNITY

Dashing in Delmar

Runners take to the streets on April 2

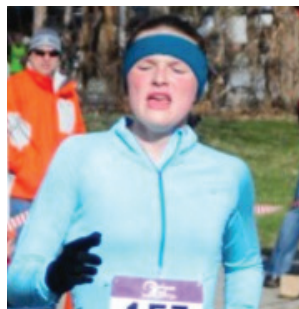
By **ALI HIBBS**
hibbsa@spotlightnews.com

“The Delmar Dash has been ‘running’ for 29 years,” said Race Director David Tromp, of the Hudson Mohawk Road Runners Club (HMRRC). This year, the annual five-mile race will take place on Sunday, April 2, kicking off at 9 a.m. at Bethlehem Central Middle School on Kenwood Avenue.

“The race itself is an early spring race that brings out runners, joggers and walkers of all levels,” said Tromp. “The course is pretty flat, starting and ending at the Bethlehem Middle School, traveling around the neighborhoods in old Delmar. There are plenty of people that come out and cheer the runners, including some people that create their own water

stops along the way.” Tromp, who has participated in the Delmar Dash since 2004, recalled a year when a young musician played his trombone just after the race’s mile marker. “It was a great boost at a point in the race where I knew that I had four miles ahead of me,” he said.

In addition to the five-mile race at 9 a.m., there are two kids’ races,



Julia Flower won the 2016 women’s title with a time of 29:35.

Michael Hallisey/Spotlight

sponsored by the Capt. Timothy J. Moshier Memorial Foundation, at 10 a.m. — quarter- and half-mile distances, for kids 12 and under.

Mark Bryant and Bryant Asset Protection, Inc. are the main sponsors of the Delmar Dash, according to Tromp, who said he believes they’ve been sponsoring the event for more than a decade. “One of the perks of this race,” he added, “is that it is only of the few races that offers massages, from Back in Balance Therapeutic Massage, both before and after the race.”

Due to lingering winter weather, participation is down this year, according to Tromp. While the race can often draw as many as 500 runners, only 200 were registered as of March 24. To accommodate any latecomers, they will be accepting sign-ups on the



More than 440 runners braved the cold temperatures to participate in last year’s race.

Michael Hallisey/Spotlight

day of the race and are also offering registration and packet pickup at the Middle School on Saturday, April 1, from 1:30 to 3:30 p.m..

Formed in 1971, HMRRC is a not-for-profit “dedicated to promoting the sport of distance running through education and training to promote running as a part of a healthy lifestyle.” Currently, the organization has more than 2,000

members and organizes approximately 30 runs around the Capital District each year.

HMRRC members, “come in all shapes and sizes and from all walks of life, as well as different running styles and speeds,” said Tromp. “All of us are united in our love of running and our desire to promote and participate in quality races and running-related activities.”

For more information

or to register for the Delmar Dash online, visit: <https://membercommunications-hmrcc.wildapricot.org/event-2462395>. Entry fee for HMRRC members is \$23 and for non-members is \$28, until the day before the race, when it will be \$30, and the day of the race, when it will be \$35. HMRRC membership is \$15 per family, \$12 per individual and \$9 for individuals under 20.

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■ IN BRIEF

All-you-can-eat pancake breakfast

SLINGERLANDS — The Slingerlands Fire Department Ladies Auxiliary is holding an all-you-can-eat pancake breakfast on Sunday, April 2, from 8:30 to 11:30 a.m.

The cost is \$7 for adults, \$4 for children aged 5 - 12 and free for children under 5.

The event will be held at Slingerlands Fire District at 1520 New Scotland Road in Slingerlands.

Come out, eat food and support your local firefighters.

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■ TOWN RECREATION

Uber Kayak

Kayak rental hub approved for Henry Hudson Park

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

GLENMONT — Henry Hudson Park will have kayaks available for paddling on the neighboring Hudson River this summer, after the Town Board unanimously approved a proposal put forth by Parks and Recreation Administrator Nan Lanahan. The unstaffed “rental hub,” operated by Upstate Kayak Rentals, will be located near the park’s new kayak launch, which was installed last August.

A new concept, the rental hub will consist of a rack of approximately six locked kayaks, with paddles and floatation devices, available to rent to the public seven days a week

— May through October — for two hour intervals (weather permitting). Renters reserve kayaks, two at a time, by contacting Upstate Kayak Rentals through their website or by phone. They then download an app to their smartphone that will unlock the kayaks when they are within approximately ten feet of the hub.

“It’s kind of like Uber Kayak,” commented Supervisor John Clarkson.

“Or like a bike share,” agreed Upstate Kayak Rentals’ Donna Larkin.

Under the agreement, the vendor will provide a comprehensive insurance policy to protect the town against liability. Larkin assured the board that they were also creating safety signage to post at the site warning kayakers of potential dangers such as shifting currents and tides. The two-kayak minimum on rentals is also intended to promote safety by



Bethlehem Supervisor John Clarkson helps Assemblywoman Pay Fahy into her kayak at the August unveiling of the new launch at Henry Hudson Park. Ali Hibbs/SpotlightNews

discouraging kayakers from going out alone.

“Safety is a concern for everyone,” said Larkin, who also currently operates a staffed kayak rental business in Waterford where the Erie Canal meets the Hudson River. “It is strongly recommended that you have some boating experience or at least watch some [informational] videos.”

Upstate Kayak will be responsible for all rental equipment, but the town has reserved the right to inspect that equipment and remove anything suspected to be unsafe.

“I think this will be a great partnership,” said Lanahan. “It gives people an opportunity who don’t own their own kayak to give it a try.”

“We have all of these beautiful waterways,” said Larkin. “And they’re unexplored and untapped unless you own a boat.”

Until now, that is.


Two-hour rentals will cost \$50, or \$25 per kayak. For larger parties of 10 or more, Upstate Kayak can also deliver kayaks to Henry Hudson Park or other Capital District locations.

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March 29, 2017

Spotlight on Sports

www.spotlightnews.com PAGE 5



Go to
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for more Sports stories!

■ HIGH SCHOOL LACROSSE

Slow start to the spring season

TROY— The High School Federation Basketball Tournament just ended, March Madness is down to it's final four and athletes competing in spring sports should be taking the field.

But, most of the fields are still covered in snow thanks to a doozy of a snow storm earlier this month and lacrosse, baseball and softball teams are scrambling to find suitable places to practice, let alone play in real games.

On Sunday, March 26, eight girls lacrosse teams went to two plowed off turf fields at Rensselaer Polytechnic Institute in Troy to play against each other for 25 minutes at a time.

There were officials, but the score wasn't kept for each mini-scrimmages between Bethlehem, Shaker, Colonie, Shen, Ballston Spa, Albany, Columbia and Saratoga.

There are a host of games and meets slated for this week, but the weather will play a large part in determining if they are played.

— Jim Franco



■ ONLINE



GALLERIES

Check out our web page at spotlightnews.com for galleries of the spring athletic teams at their fans (as soon as Mother Nature gives us a break, that is.)



School of fish

Bethlehem Central High School sent eight swimmers to the state championship tournament in Long Island. From left to right: Coach Bill Dergosits, Connor Doyle, Joey Chiarella, John Moloney, Matt Clarke, Brendan Cartwright, Joe Beletti-Naccarato, Richard Sweeney and Jason Wu.

Photo by Larry Cartwright



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COMMUNITY

Sip and sightsee with Friends

The Friends of Bethlehem Public Library have added a new bus trip to their lineup – a Finger Lakes excursion and winery tour Saturday, May 13.

The trip, which would make a perfect pre-Mother's Day outing, will include stops at three wineries in the Finger Lakes region, lunch, and a visit to a cheese shop and Mennonite store. The bus will depart the Delmar Park and Ride at 6:30 a.m. and return around 9 p.m.

Your check is your reservation; there are no refunds unless your seat is sold.

Cost is \$135. Forms are available in the March/April edition of Footnotes and online at www.bethlehempubliclibrary.org. Checks can be made out



to Friends of Bethlehem Public Library. For more information, call Elissa Zwiebach at (518) 573-7184.

Poetry for all

April is National Poetry Month, and scribes of all ages can celebrate by entering a poem in our poetry contest. Submissions will be accepted April 1-30. First-place winners in each age group (grades K-3, 4-6, 7-9, 10-12 and adult) will get a prize and have their poem displayed in the library in May.

We've got even more poetry plans for April. Adults are invited to Play with Poetry on

Tuesday, April 4, from 2-3:30 p.m. Have fun with unscrambled poetry, magnetic poetry, blackout poetry, book spine poetry and more. Share your favorites in the last half hour.

Later on in the month, we are holding a pair of poetry slams – one for teens and one just for kids and families. Participants are invited to read the poems they entered in our poetry writing contest or one they love that was written by somebody else, or they can simply come by to hear some great poems. The Teen Poetry Slam takes place Thursday, April 27, from 4-4:45 p.m. The Poetry Slam for Kids is the following day – Friday, April 28, from 4-4:45 p.m.

The Bard

Don't forget, Gaslight

Theater Company of the Capital Region will be performing "The Complete Works of William Shakespeare (Abridged)" Thursday and Friday, March 30 and 31, at 6:30 p.m., and Saturday, April 1, at 2 p.m. This popular comedy, which enjoyed a nine-year run at the Criterion Theatre in London, uses just three actors and some clever parody to tell the Bard's tales.

Performances will take place in the Community Room, with doors opening 15 minutes prior to show times.

Board candidate information

Nominating petition forms and informational packets are available at the library information desk

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.

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.

Monday, April 3

Fun and Games for Grownups

An adults-only gathering where you can

play games, including chess, color and socialize, 6-8:30 p.m. Snacks served!

Open Sewing

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

Tuesday, April 4

Chess Club

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

— Kristen Roberts

Second Milers meet at Normanskill Country Club

The Second Milers Retired Men's Club will meet on Wednesday, April 12 at noon at Normanskill Country Club. There will be lunch and Geoffrey Kirkpatrick, Director of Bethlehem Public Library will speak on "Your Library, Past and Future". Call Bob Mulligan at 439-3802 for more information.

Honest Weight

Tour the Honest Weight Co-op with us on Tuesday, April 18. Sample foods, buy a little lunch and enjoy it in the café.

Coffee and talk

Coffee and Conversation on Friday, April 21, at the Bethlehem Public Library will feature



"The Extraordinary Mr. Edison", presented by Elizabeth Lafergola, SUNY Poly CMOST. We'll have lunch before the program at Tool's, cost on your own. Call 439-4955, ext. 1176, to register for any of the above events.

Recycling Day

Recycling Day will be held on April 8, at the Elm Avenue Park from 10:00 am -1:00 pm. Acceptable items include clothing and fabrics, paper for shredding, books, and small electronics. Limited senior transportation will be available for paper

shredding. Call 439-4955, ext. 1176.

Free compost will be available on April 8 at the Town Compost facility, 1244 Feura Bush Rd. from 8 a.m. to 4 pm. Bring your own container and shovel.

The following support services are available:

- Home Energy Assistance Program, HEAP, by appointment.

- Senior Legal Services Program, by appointment.

- Breakfast at Tool's, Wed., Apr. 19, 10:00 am.

- Alzheimer's Disease Caregiver Support Group, Wed., Apr. 26

- Current Events Discussion Group, Wed., Apr. 12, 10:30 am.

- Community Loan Closet: wheelchairs, canes, shower seats, etc.

Call 439-4955, ext.

1176, for more information or appointments.

Outreach Workers

Outreach Workers are available to assist with health insurance, housing issues, food stamps, Meals on Wheels, Food Pantry, and health and income related programs. Make an appointment by calling 439-4955, ext. 1176.

Books to People

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

Supplies needed

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

Seniors club meets

The Bethlehem Senior Citizens Club meets weekly on Thursdays for an enjoyable afternoon of games and socializing at the Bethlehem Town Hall auditorium, 445 Delaware Ave., Delmar from 11:00 am - 4:00 pm. 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.

Transportation

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

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

— Wilma DeLucco

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LEGALS**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY**

1. The name of the Limited Liability Company is 2070 DELAWARE TURNPIKE, LLC
 2. The Articles of organization of the Limited Liability Company were filed on February 16, 2017 with the New York Secretary of State.
 3. The office of the Limited Liability Company is located in Albany County.
 4. The Secretary of State is designated as agent of the Limited Liability Company upon whom process against it may be served.
 5. The Secretary of State shall mail a copy of process served to the Limited Liability Company to 86 North Allen Street, Albany, NY 12203.
 6. The latest date to dissolve is indefinite.
 7. The purpose of the Limited Liability Company is to conduct all lawful activity.
 D-145027

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY 351 Hudson Avenue, LLC

(Under Section 206 of the Limited Liability Company Law)
 NOTICE IS HEREBY GIVEN, that the above named Limited Liability Company has been formed for the transaction of business in the State of New York and elsewhere.

1. The name of the Limited Liability Company is 351 Hudson Avenue, LLC.
 2. The Articles of Organization were filed with the Secretary of State for the State of New York on March 8, 2017.

3. The county within the State of New York in which the office of the Limited Liability Company is to be located is Albany County.
 4. The Secretary of State of the State of New York has been designated as the agent for the Limited Liability Company upon whom process in any action or proceeding against it may be served, and the address to which the Secretary of State shall mail a copy of the process in any action or proceeding against the Limited Liability Company which may be served upon it is Harris Beach PLLC, 677 Broadway, Suite 1101, Albany, New York 12207, Attention: Justin S Miller, Esq.

5. The character of the business to be transacted by the Limited Liability Company is to engage in any activity for which limited liability companies may be organized under the Limited Liability Company Law.
 D-146674

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

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 2. The Articles of organization of the Limited Liability Company were filed on February 16, 2017 with the New York Secretary of State.
 3. The office of the Limited

LEGALS

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4. The Secretary of State is designated as agent of the Limited Liability Company upon whom process against it may be served.
 5. The Secretary of State shall mail a copy of process served to the Limited Liability Company to 86 North Allen Street, Albany, NY 12203.
 6. The latest date to dissolve is indefinite.
 7. The purpose of the Limited Liability Company is to conduct all lawful activity.
 D-145023

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

1. The name of the Limited Liability Company is 86 NORTH ALLEN STREET, LLC
 2. The Articles of organization of the Limited Liability Company were filed on February 16, 2017 with the New York Secretary of State.

3. The office of the Limited Liability Company is located in Albany County.
 4. The Secretary of State is designated as agent of the Limited Liability Company upon whom process against it may be served.
 5. The Secretary of State shall mail a copy of process served to the Limited Liability Company to 86 North Allen Street, Albany, NY 12203.

6. The latest date to dissolve is indefinite.
 7. The purpose of the Limited Liability Company is to conduct all lawful activity.
 D-145010

6. The latest date to dissolve is indefinite.
 7. The purpose of the Limited Liability Company is to conduct all lawful activity.
 D-145010

RESOLUTION AND PUBLIC NOTICE

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem in the County of Albany, State of New York has on the 22 day of March, duly adopted, subject to a permissive referendum, a resolution as follows:

WHEREAS, the Town Board of the Town of Bethlehem has determined that it is necessary to fund additional work related to the Abatement of the New Salem Water Treatment Plant Steam Piping Replacement Project executed by the apparent low bidder, FPI Mechanical, Inc.; and

WHEREAS, it is estimated that the cost of said services will not exceed \$295,000; and

WHEREAS, in recognition of these needs, funds for such purpose are in the Water Fund Capital Reserve Fund and

NOW, THEREFORE, BE IT RESOLVED, that it is in the public interest to complete the New Salem Water Treatment Plant Steam Piping Replacement Project and fund the work executed by FPI Mechanical, Inc.; and BE IT FURTHER RESOLVED, that the Town Board authorizes the expenditure of the reserve moneys to fund this request up to maximum amount of \$295,000; and, BE IT FURTHER

LEGALS

RESOLVED, that the Town Comptroller is authorized to expend from the Water Fund Capital Reserve Fund the funds necessary up to \$295,000 in said reserve fund; and this resolution shall be subject to permissive referendum, as permitted by law.

The motion to adopt the resolution was offered by Councilman VanLuven, seconded by Councilwoman Becker, and duly adopted by the following vote:

AYES: Supervisor Clarkson, Councilwoman Becker, Councilwoman Sasso, Councilman VanLuven, Councilman Wagener
 NOES: None
 ABSENT: none
 DATED: March 22, 2017
 D-147417

NOTICE OF FORMATION OF LLC.

NAME: All Street Global Entertainment LLC. Articles of organization of Org. Filed with Secretary of State of NY (SSNY) on 2/23/2017. Office location: Albany County, SSNY is designated as agent upon whom process may be served. SSNY shall mail service of process to P.O. Box 862 Albany, NY 12201. Purpose: Any lawful purpose.
 D-146718

NOTICE OF FORMATION
 Be Golden Farms LLC Arts. Of Org. filed with Secy. Of State of NY (SSNY) on 1/17/17. Office in Albany Co. SSNY design. Agent of LLC upon whom process against it may be served. SSNY shall mail process to c/o United States Corporation Agents, Inc., 7014 13th Avenue, suite 202, Brooklyn, NY 11228. Purpose: Agriculture.
 D-147253

Notice of Formation
 of BEMUS POINT DNYP, LLC. Arts. of Org. filed with the Sec'y of State of NY (SSNY) on 03.01.17. Office location, County of Albany, SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, Couch White, LLP, 540 Broadway, PO Box 22222, Albany, NY 12201-2222. Purpose: any lawful act.
 D-145612

Notice of formation [domestic] of Bharti Productions, LLC. Articles of Org. filed with NY Secretary of State (NS) on January 9, 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.
 D-145896

LEGAL NOTICE
 Notice of formation of LLC. The limited liability company name is BiNex

LEGALS

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

Notice of Formation
 of BINGHAMTON (EAST MAINE) DNYP, LLC. Arts. of Org. filed with the Sect'y of State of NY (SSNY) on 03.01.17. Office location, County of Albany. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, Couch White, LLP, 540 Broadway, PO Box 22222, Albany, NY 12201-2222. Purpose: any lawful act.
 D-145613

NOTICE OF FILING OF ARTICLES OF ORGANIZATION IN NEW YORK BY A LIMITED LIABILITY COMPANY

Name: Blooming-grove Drive, LLC. Articles of Organization filed with sec. of state of NY (SOS) on 3/9/17. 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-146229

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

NOTICE OF FORMATION OF A LIMITED LIABILITY COMPANY

Name of LLC: Calabrese Contractors, LLC
 Date of Filing of Articles of Organization with the New York Department of State: July 19, 2016
 Office of the LLC: Albany County.
 The NY Secretary of State has been designated as the agent upon whom process may be served. NYSS may mail a copy of any process to the LLC at: United States Corporation Agents, Inc., 7014 13th Avenue, Suite 202, Brooklyn, New York 11228
 D-144871

NOTICE OF FORMATION OF CAMPBELL DONUTS LLC

On 3/1/17, Articles of Organization of Camp-

LEGALS

bell Donuts 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 Campbell Donuts LLC, 1676 New Scotland Rd, Slingerlands, NY 12159. The purpose of the limited liability company is for any lawful business purpose or purposes.
 D-145568

NOTICE OF FORMATION OF CAPITAL PROPERTY RENOVATIONS, LLC.

Arts. of Org. filed with the SSNY on 02/09/2017. Office loc: Albany County. SSNY has been designated as agent upon whom process against the LLC may be served. SSNY shall mail process to: The LLC, 24 Montgomery Street, Cohoes, NY 39100. Purpose: Any Lawful Purpose.
 D-145212

NOTICE OF FORMATION

of Conatus International Consulting, LLC, a domestic LLC. Arts. of Org. filed with SSNY on 1/30/17. Office location: Albany County. SSNY has been designated as agent upon whom process against the LLC may be served and the SSNY shall mail a copy of any process to: The LLC, P.O. Box 574, Latham, New York, 12110. Purpose: Any lawful purpose.
 D-145930

Notice of Formation

of CONKLIN DNYP, LLC. Arts. of Org. filed with the Sec'y of State of NY (SSNY) on 03.01.17. Office location, County of Albany. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, Couch White, LLP, 540 Broadway, PO Box 22222, Albany, NY 12201-2222. Purpose: any lawful act.
 D-145614

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

Articles of Organization of Cozy Living Home Inspection Services, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on February 24, 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 12 Kenlyn Drive, Albany, New York 12205, 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

LEGALS

liability companies may be organized under the NYS Limited Liability Company Law.
 D-145590

NOTICE OF FILING OF ARTICLES OF ORGANIZATION IN NEW YORK BY A LIMITED LIABILITY COMPANY

Name: CPEG Malta, L.L.C. Articles of Organization filed with sec. of state of NY(SOS) on 2/17/17. 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.
 D-144573

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC).

Name: EG SHOPPING CENTER LLC. Articles of Organization filed with NY Secretary of State, February 21, 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 c/o Goldman Attorneys PLLC, 210 Washington Ave. Ext., Albany, NY 12203.
 D-144758

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC).

Name: FALLON WELLNESS LLC. Articles of Organization filed with NY Secretary of State, March 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 1057 Troy Schenectady Rd, Latham, NY 12110.
 D-146945

Notice of Formation

of F1LM LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 03/23/17. Office location: County of Albany. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: 73 Gullane Drive, Slingerlands, NY 12159. Purpose: any lawful purpose.
 LEGAL NOTICE

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

Notice of Formation
 of Hedge-Hoggs Landscaping, LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed

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with the Secretary of State of New York (SSNY) on 03/02/2017. Office location: County of Albany. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: 12 Elmwood St., Schenectady, NY 12304. Purpose: any lawful purpose.
 D-146697

NOTICE OF PUBLIC HEARING TOWN OF BETHLEHEM, ALBANY COUNTY

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem, Albany County, New York will hold a public hearing on Wednesday, April 12, 2017 at 6PM at Town Hall, 445 Delaware Avenue, Delmar, NY to solicit comment on the application of Michael and Ulla Sattinger for a conservation easement on 16 acres of land at tax parcel ID 74.00-2-39.2.

All parties in interest and citizens will have an opportunity to be heard at the said hearing.
 BY ORDER OF THE TOWN BOARD
 TOWN OF BETHLEHEM
 Nanci Moquin
 TOWN CLERK
 Date: 03/23/2017
 D-147402

NOTICE OF FORMATION

of JA Management, LLC. Art. of Org. filed with the SSNY on 1/18/17. 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, 5864 Veeder Rd, Slingerlands, NY 12159. Purpose: Any lawful purpose.
 D-145320

NOTICE OF FORMATION

of JUDGE TRANSIT MEDIA LLC, Arts. of Org. filed with the SSNY on 03/08/2017. Office loc: Albany County. SSNY has been designated as agent upon whom process against the LLC may be served. SSNY shall mail process to: Marty Judge, 1 Columbus Place, Ste N21E, NY, NY 10019. Purpose: Any Lawful Purpose.
 D-146411

LEGAL NOTICE

Notice of formation of KRISTINE WILLIAMS ACUPUNCTURE PLLC, a Professional Limited Liability Company, Arts of Orgs filed with the SSNY on 11/01/16. Office location: Albany County. SSNY has been designated as agent for service of process. SSNY shall mail to: C/O the PLLC, 27 Oldox Rd, Delmar NY 12054. Purpose: Any lawful activity.
 Ad#147326

Notice of Formation

of L&X Associates, LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 02/16/17. Office location: County of Albany. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: 90 State

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Street, STE 700 Office 40, Albany, NY 12207. Purpose: any lawful purpose.
 D-144482

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

Lark Yoga, LLC
 (Under Section 206 of the Limited Liability Company Law)
 NOTICE IS HEREBY GIVEN, that the above named Limited Liability Company has been formed for the transaction of business in the State of New York and elsewhere.

1. The name of the Limited Liability Company is Lark Yoga, LLC.
 2. The Articles of Organization were filed with the Secretary of State for the State of New York on March 8, 2017.

3. The county within the State of New York in which the office of the Limited Liability Company is to be located is Albany County.
 4. The Secretary of State of the State of New York has been designated as the agent for the Limited Liability Company upon whom process in any action or proceeding against it may be served, and the address to which the Secretary of State shall mail a copy of the process in any action or proceeding against the Limited Liability Company may be served upon it is Harris Beach PLLC, 677 Broadway, Suite 1101, Albany, New York 12207, Attention: Justin S Miller, Esq.

5. The character of the business to be transacted by the Limited Liability Company is to engage in any activity for which limited liability companies may be organized under the Limited Liability Company Law.
 D-146673

NOTICE OF FORMATION

of an LLC: Lash Dolls By Amanda, LLC
 Articles of Organization were filed with the Secretary of State of New York (SSNY) on January 31, 2017. Office location is in Albany County. The 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, at 3008 Morgan Court, Schenectady, NY 12306. Purpose: for any lawful purpose.
 D-145292

NOTICE OF FORMATION

Articles of Organization were filed with the Secretary of State of New York (SSNY) on January 31, 2017. Office location is in Albany County. The 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, at 3008 Morgan Court, Schenectady, NY 12306. Purpose: for any lawful purpose.
 D-145292

NOTICE OF FILING OF ARTICLES OF ORGANIZATION IN NEW YORK BY A LIMITED LIABILITY COMPANY

Name: LJC27, L.L.C. Articles of Organization filed with sec. of state of NY(SOS) on 2/23/17. 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.
 D-144995

Notice of Formation
 of MIGO PROPERTY HOLDINGS, LLC, a Domestic Limited Liability Company (LLC). Arti-

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cles of Organization filed with the Secretary of State of New York (SSNY) on 01/31/2017. Office location: County of Albany. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: The LLC, 129 Dana Ave, 2nd floor, Albany, NY 12208. Purpose: any lawful purpose. D-147248

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY.

NAME: MYZ TRANSPORTER LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 10/02/2014. 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, 3 Grapevine Pl, Latham, NY 12110. Purpose: For any lawful purpose. Ad#147335

NOTICE OF PUBLIC HEARING TOWN OF BETHLEHEM, ALBANY COUNTY

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem, Albany County, New York will hold a public hearing on Wednesday, April 12, 2017 at 6PM at Town Hall, 445 Delaware Avenue, Delmar, NY to solicit comment on the application of Michael and Ulla Sattinger for a conservation easement on 23.3 acres of land at tax parcel ID 74.00-2-30. All parties in interest and citizens will have an opportunity to be heard at the said hearing. BY ORDER OF THE TOWN BOARD TOWN OF BETHLEHEM Nanci Moquin TOWN CLERK Date: 03/23/2017 D-147396

NOTICE OF PUBLIC HEARING TOWN OF BETHLEHEM, ALBANY COUNTY

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem, Albany County, New York will hold a public hearing on Wednesday, April 12, 2017 at 6PM at Town Hall, 445 Delaware Avenue, Delmar, NY to solicit comment on the conservation easement application of Constance Tilroe on 6.9 acres of land at tax parcel ID 75.17-1-4. All parties in interest and citizens will have an opportunity to be heard at the said hearing. BY ORDER OF THE TOWN BOARD TOWN OF BETHLEHEM Nanci Moquin TOWN CLERK Date: 03/23/2017 D-147403

NUSSBAUM CHIROPRACTIC PLLC

Articles of Org. filed NY Sec. of State (SSNY) 2/1/2017. Office in Albany Co. SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail

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

NOTICE OF FORMATION of NZA VENTURES LLC, Arts. of Org. filed with the SSNY on 12/29/2016. Office loc: Albany County. SSNY has been designated as agent upon whom process against the LLC may be served. SSNY shall mail process to: The LLC, 645 Washington Avenue, Albany, NY 12206. Reg Agent: Johnson Hashim Din, 645 Washington Avenue, Albany, NY 12206. Purpose: Any Lawful Purpose. D-145211

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

Notice of Formation of a Limited Liability Company (LLC): Name: PAUL C. BROWN CONSULTING LLC, Articles of Organization filed with the Secretary of State of New York (SSNY) on 03/14/2017. 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: C/O PAUL C. BROWN CONSULTING LLC, 3168 East Lydius St., Schenectady, NY 12303. Purpose: Any Lawful Purpose. Latest date upon which LLC is to dissolve: No specific date. D-147245

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

The name of the LLC is PRIMEAU BROTHERS, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 01/12/2017. New York office location: Albany County. SSNY has been designated as agent of LLC upon whom process may be served. SSNY shall mail a copy of any process to the LLC, 9 High Street, Cohoes, New York 12047. Purpose any lawful activity. D-144756

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 Secretary 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.

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New York Office Location: Albany County. Purpose: All lawful activities. D-144158

NOTICE OF FORMATION REMODEL NOW " LLC ", Arts. of Org. filed with the SSNY on 03/03/2017. Office loc: Albany County. SSNY has been designated as agent upon whom process against the LLC may be served. SSNY shall mail process to: Carl H. Godfrey Jr, 27 Leverage Ave, Cohoes, NY 12047. Purpose: Any Lawful Purpose. D-146855

Notice of Formation of RIPLEY DNPY, LLC. Arts. of Org. filed with the Sect'y of State of NY (SSNY) on 02.27.17. Office location, County of Albany. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, Couch White, LLP, 540 Broadway, PO Box 22222, Albany, NY 12201-2222. Purpose: any lawful act. D-145611

NOTICE OF FORMATION of Limited Liability Company ("LLC")

Name: SALON COCO A SALON AND SPA., LLC. Articles of Organization filed with the Secretary of State of New York ("SSNY") on 1/9/2017. Office Location: Albany County. The "SSNY" is designated as agent of the "LLC" upon whom process against it may be served. "SSNY" shall mail a copy of any process to the LLC at: SALON COCO A SALON AND SPA., LLC 1190 Western Ave, Albany NY 12203. Purpose: Any lawful purpose. Latest date upon which LLC is to dissolve: No specific date. D-146587

NOTICE OF FORMATION OF SKYWAVEFLOORS ARE US LLC Articles of Org. filed NY Sec. of State (SSNY) 3/17/17. Office in Albany Co. SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 1098 Blake Ave., Brooklyn, NY 11207, which is also the principal business location. Purpose: Any lawful purpose. D-146992

SUPPLEMENTAL SUMMONS Index No. 183/16 STATE OF NEW YORK SUPREME COURT - COUNTY OF ALBANY

HOUSEHOLD FINANCE REALTY CORPORATION OF NEW YORK, Plaintiff,

-vs- EDWARD RAFFERTY; KATHRYN RAFFERTY; PAMELA RAFFERTY; KIMBERLY MYERS A/K/A KIMBERLY MYERS-BURROWS; THE HEIRS AT LARGE OF VELMA RAFFERTY, DECEASED, and all persons who are husbands, widows, grantees, mortgagees, lienors, heirs, devisees, distributees, successors in interest of such of them as may be dead, and their husbands and wives, heirs, devisees, distributees

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and successors of interest of all of whom and whose names and places are unknown to Plaintiff,

Mortgaged Premises: 1356 STATE ROUTE 143, COEYMANS HOLLOW, NY 12046 Defendants. TO THE ABOVE NAMED DEFENDANT(S): YOU ARE HEREBY SUMMONED to answer the Complaint in this action and to serve a copy of your answer, or, if the Complaint is not served with this Summons, to serve a notice of appearance, on the plaintiffs attorney within twenty (20) days of the service (or within 30 days after service is complete if this Summons is not personally delivered within the State of New York). The United States of America, may answer within 60 days of service hereof; and in case 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 to the attorney for the mortgage company who filed this foreclosure proceeding against you and filing the answer with the court, a default judgment may be entered and you can lose your home.

Speak to an attorney or go to the court where your case is pending for further information on how to answer the summons and protect your property. Sending payment to your mortgage company will not stop this foreclosure action.

YOU MUST RESPOND BY SERVING A COPY OF THE ANSWER ON THE ATTORNEY FOR THE PLAINTIFF (MORTGAGE COMPANY) AND FILING THE ANSWER WITH THE COURT. These pleadings are being amended to include KIMBERLY MYERS A/K/A KIMBERLY MYERS-BURROWS.

ALBANY County is designated as the place of trial. The basis of venue is the location of the mortgaged premises. Dated: JANUARY 19, 2016

MARK K. BROYLES, ESQ. FEIN, SUCH & CRANE, LLP Attorneys for Plaintiff 28 East Main Street, Suite 1800 Rochester, New York 14614 Telephone No. (585) 232-7400

NATURE AND OBJECT OF ACTION

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

LEGALS

THAT TRACT OR PARCEL OF LAND, situate, lying and being at Coeymans Hollow in the Town of Coeymans, Albany County, N.Y., bounded and described as follows viz: BEGINNING at the northwest corner of the School House lot of District No. 7 in the Town of Coeymans, running thence in a westerly direction along the lands formerly owned by Maria ten Eyck, now deceased, to the lands formerly owned by Maria Ten Eyck, now deceased, to the lands of Stephen Lawson, thence in a northerly direction along said Stephen Lawson's land to a stone post set in the ground at the brink of the hill, thence in an easterly direction along the brink of the hill to another stone post set in the ground, thence southerly to the place of beginning, containing about two acres of land be the same more or less.

ALSO, ALL THAT TRACT OR PARCEL OF LAND, with the buildings thereon, situate, lying and being in the Town of Coeymans, in the County of Albany, and State of New York, bounded and described as follows, viz: On the east by the school house lot of School District Number seven in the Town of Coeymans, on the south by the Coeymans and Westerly Plank Road, on the west by lands of Stephen Lawson and on the north by the lands of Alden Nodine containing one (1) acre of land be the same more or less; EXCEPTING from the above described premises that portion thereof conveyed to the City of Albany be deed dated February 10th, 1930 recorded February 14th, 1930, in Book 815 of Deeds at Page 292.

Mortgaged Premises: 1356 STATE ROUTE 143, COEYMANS HOLLOW, NY 12046 Section/Block/Lot: 166-1-26 on the land and tax map of the Town of Coeymans, County of Albany, State of New York D-147515

SUPREME COURT STATE OF NEW YORK COUNTY OF ALBANY

SUMMONS WITH NOTICE Index No. 5896-14 RJJ No.: Assigned Judge: Hon. David A. Weinstein, J.S.C. CITIZENS BANK, N.A., Plaintiff,

-against- STEPHEN LEONARD a/k/a STEPHEN C. LEONARD, VENLUE WILLIAMS LEONARD, DIONEGENES R. RUFFIN, RBS CITIZENS, N.A. s/b/m to Charter One Bank, N.A., ARBOR HILL DEVELOPMENT CORP., MAY DEPARTMENT STORES CO., MIDLAND FUNDING NCC-2 CORP., OMNI CREDIT SERVICES OF S.E. FLORIDA INC., and "JOHN DOE #1" through "JOHN DOE #12", the last twelve names being fictitious and unknown to plaintiffs, the persons or par-

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ties intended being the tenants, occupants, persons or corporations, if any, having or claiming an interest in or lien upon the premises described in the complaint, Defendants.

TO STEPHEN LEONARD a/k/a STEPHEN C. LEONARD:

YOU ARE HEREBY SUMMONED and required to serve upon plaintiff's attorneys an answer to the complaint in this action within twenty (20) days after the service of this summons, exclusive of the day of service, or within thirty (30) days after service is complete if the summons is not personally served upon you within the State of New York. The United States, if designated a defendant on this action, may appear or answer within sixty (60) days of service. In case of your failure to answer, judgment will be taken against you for the relief demanded in the complaint.

The basis of the venue designated is that the mortgaged property is located in Monroe County.

Dated: March 15, 2017 COOPER ERVING & SAVAGE LLP Albany, New York BY:/s/Michael A. Kornstein Michael A. Kornstein, Esq.

Attorneys for Plaintiff 39 North Pearl Street, 4th Floor Albany, New York 12207 (518) 449-3900

TO: STEPHEN LEONARD a/k/a STEPHEN C. LEONARD:

The foregoing summons is served upon you by publication pursuant to an Order of the Hon. David A. Weinstein, Acting Justice of the Supreme Court of the State of New York, dated the 1st day of March, 2017, and filed with the complaint and other papers in the Office of the Clerk of Albany County.

This is an action for foreclosure of a mortgage made by Stephen Leonard a/k/a Stephen C. Leonard, to Citizens Bank, N.A. in the original amount of \$29,300.00 with interest, dated August 27, 2003, recorded October 27, 2003, in the Albany County Clerk's Office in Liber 4532 of Mortgages at Page 700.

The relief sought is the foreclosure of the mortgage lien and the public sale of the mortgaged premises and in case of your failure to appear, judgment may be taken against you extinguishing any interest or judgment lien you may have in the mortgaged premises.

The premises indexed in this action are described and commonly known as 90 Bradford Street, City of Albany, Albany County, New York (Tax Map No. 65.63-3-41). A complete legal description is as follows:

See Schedule Annexed

Dated: Albany, New York March 15, 2017 COOPER ERVING & SAVAGE LLP BY:/s/Michael A. Korn-

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stein Michael A. Kornstein, Esq. Attorneys for Plaintiff 39 North Pearl Street, 4th Floor Albany, New York 12207 (518) 449-3900

SCHEDULE A DESCRIPTION OF MORTGAGED PREMISES

All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being on the southerly side of Bradford Street, and the northerly side of West Street between Robin Street and North Lake Avenue, in the City of Albany, County of Albany and State of New York, being known as Street Numbers 90 Bradford Street and 21 West Street, bounded and described as follows: On the South by West Street; on the West by land now or formerly said to belong to one Waldorf; on the North by Bradford Street; and on the East by lands now or formerly owned by Dennis Carey; the premises hereby conveyed being Twenty-Eight (28) feet four (4) inches wide, front and rear, and One Hundred Sixteen (116) feet deep and extending from Bradford Street to West Street. D-146667

Swidi, LLC. Arts. of Org. filed with Secy. Of State of NY (SSNY) on 3/6/2017. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 407 Park Ave South, 9E, New York, NY 10016. Purpose: Any lawful activity. D-146266

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

Notice of formation of The Trading Table, LLC. Articles of Org. filed with NY Secretary of State (NS) on 2/24 / 2017, office location: Albany County, NS is des-

LEGALS

ignated as agent upon whom process may be served, NS shall mail service of process (SOP) to Northwest Registered Agent, LLC at 90 State Street STE 700 Office 40 Albany NY 12207, Northwest Registered Agent, LLC is designated as agent for SOP at 90 State Street STE 700 Office 40 Albany NY 12207 purpose is any lawful purpose. D-145893

Foreign LLC Notice of NY Publication

Pursuant to Section 802 of the Limited Liability Company Law TRIMKET, LLC App. For Auth. filed NY Dept of State 3/2/2017. Juris and date of org: DE 2/15/17. County of loc: Albany Cty. Princ. bus. loc. 113 Brightonwood Rd., Glenmont, NY 12077. Sec. of State designated as agent of foreign LLC upon whom process against it may be served. The Sec. of State shall mail a copy of process to the LLC 113 Brightonwood Rd., Glenmont, NY 12077. Addr. of Foreign LLC in DE is 850 New Burton Rd, Ste 201, Dover, DE 19904. Auth. Officer in DE where Cert of Form. filed: Jeffrey W. Bullock, Sec. of State of the State of DE, Division of Corporations, P.O. Box 898, Dover, DE 19903. Purpose: All legal purposes. Filer: Lavelle & Finn, LLP, 29 British American Bl., Latham, NY 12110 D-146060

Notice of Formation of UNIVERSAL CARE TRANSPORTATION LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 02/28/17. Office location: County of Albany. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: 35 GRAFFIN DR, Latham, NY 12110. Purpose: any lawful purpose. D-146118

NOTICE OF FORMATION of Upstate Dwellings, LLC. Filed with SSNY on 3/6/17. Office: Albany County. SSNY designated as agent for process & shall mail to: 92 Mason Road Delmar NY 12054. Purpose: Any lawful D-145823

Notice of Formation of Vitality Homes + Properties LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 12/20/2016. Office location: County of Albany. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: 916 South Pine Hill Dr., Schenectady, NY 12303. Purpose: any lawful purpose. D-146265

VOORHEESVILLE CENTRAL SCHOOL DISTRICT NOTICE OF PUBLIC HEARING, BUDGET VOTE, AND ELECTION

COMMUNITY

BCHS to present Wizard of Oz

Opening Night is Thursday, March 30

DELMAR — Bethlehem Central High School's STAGE 700 will present the L. Frank Baum classic, "The Wizard of Oz," from Thursday, March 30 to Sunday, April 2.

The production highlights the talents of more than 70 high school student-performers, and 30 fifth grade Munchkins.

Metro-Goldwyn-Mayer originally brought the musical to the silver screen in 1939. It earned

six Academy Award nominations, and earned Oscars for Best Song ("Over the Rainbow") and Best Score. It not only launched Judy Garland's career, but also became a source of family entertainment for generations.

Senior Hunter Frederick plays the role of Dorothy, while her twin sister Heather plays opposite her as the Wicked Witch of the West. Other major players include Mckenzie Koch (Scarecrow), Lucas Martinez (Professor

Marvel/Oz), Ian Meyers (Zeke/Lion) and Jack Mastrianni (Hickory/Tinman).

Shows start each night at 7 p.m., from opening night, Thursday, March 30 to Saturday, April 1. The production closes with a Sunday matinee on April 2, at 2 p.m. Tickets are \$12 adults; \$6 for students, senior citizens and military.

All ticket sales at the high school. On dates of performances, the box office will open 90 minutes prior to show times.

Race and the Constitution

Join us on Monday, April 3 at 7 p.m. for a look at racism in the U.S. as a series of legal problems.

The focus will be on practical legal realities, rather than theory. We will discuss the key rights established by court rulings and legislation, and we will examine those rights in operation. Issues will be addressed in their historical context, and the workings of the legal system will be explored. The program will be led by Stephan Haimowitz (JD, Rutgers University, 1975)



who has worked on a broad range of civil rights matters. All are welcome!

A Trip To Asia In A Cup*

Join us on Tuesday, April 4 at 6:30 p.m., as we embark on a tour of the different expressions of the tea plant while learning how to brew whole leaf teas! Explore and taste the different production styles of tea: white, green, black

and more. Come ready to experience tea in its purest form as we explore what the craftsmanship of man can produce from simply a bud and a leaf. Presented by Hayley Stevens Miller, managing partner of Saratoga Tea and Honey.

— Lynn Kohler

Spotlight Newspapers Community news Starts here

From page 2 ... Making the rounds

a major problem with delaying any adjustments is that the town's residential inventory information will be publicly posted on the town's website and could cause confusion among neighbors who might wind up paying significantly different rates on similarly valued properties for as long as four years. Ultimately, she said she didn't expect that particular issue to arise often.

Newly seated board member and its sole Republican, Giles Wagoner, was unhappy with the decision to use GAR to conduct the residential reassessment. Wondering if any other proposals had been considered, he expressed displeasure with the way the company handled a 2014 assessment project focused on commercial and vacant properties. He was told that an RFP (Request for

Proposals) had been issued, but that GAR was the only respondent.

A large landowner, Wagoner said that he saw his property taxes increase by approximately 360 percent following the 2014 reassessment. Explaining that he and other large landowners felt GAR seemed unknowledgeable about the properties they were meant to be assessing, he said, "I just think they did a lousy job." Clarkson later attempted to explain that the company had not been contracted to gather the data, but had worked by

landowners.

Wagoner also questioned the methodology used by the company to compare properties around the region. "They were using comparisons with Saratoga County and Columbia County," he said. "We're nowhere near that type of land, or that value of land. . . I just thought that was wrong, that their methodology was not correct."

Lambertsen responded that the value of vacant or farmland properties is difficult to evaluate because they rarely retain their

original function but, rather, are often sold to developers. In the absence of definitive data regarding the future of a certain property, she said the assessors use a mixed formula and try to adjust for regional factors.

After more than 40 minutes of discussion, the board voted to approve the project, which, at \$10 per appraised property, is expected to cost approximately \$125,510 over four years. The \$33,130 price tag for this year has already been written into the approved 2017 budget. Lambertsen said she hopes the project will be complete

in time for the next state mandated revaluation.

Wagoner, looking unhappy, was the lone dissent; Sasso ultimately voted in favor, but with evident reluctance.

"It seems to me that the goal you're striving for here," said board member David VanLuven, "is to have accurate information about all of the houses so that when comparisons are being made, they're being made accurately and fairly. So, it's an effort to introduce greater accuracy and fairness into the project."

LEGALS

NOTICE IS HEREBY GIVEN THAT a public hearing of the qualified voters of Voorheesville Central School District, County of Albany, State of New York will be held on May 8, 2017 at 7:30 p.m. in the Library of the Clayton A. Bouton High School in said district for the presentation of a budget for the school year 2017-2018.

AND NOTICE IS ALSO GIVEN that the Annual District Meeting will be held on Tuesday, May 16, 2017 in the Voorheesville Middle School Foyer. The polls will open at 2:00 p.m. Eastern Daylight Saving Time and voting will proceed until 9:00 p.m. on the following:

1. To elect two members of the Board of Education for a 4-year term terminating June 30, 2021, to fill the vacancy created by the expiration of the terms of Cheryl L. Dozier, and C. James Coffin.

2. To vote on the Annual School Budget and the appropriation of the necessary funds to meet the estimate of expenditures, and to authorize the levy of taxes for this

LEGALS

purpose. AND NOTICE IS ALSO GIVEN that at said Annual District Election and Budget Vote to be held on May 16, 2017, the following propositions will be submitted:

PROPOSITION #1:

PURCHASE OF BUSES:

RESOLVED, that the Board of Education of the Voorheesville Central School District is hereby authorized to pay the cost of the purchase of school buses, including incidental expenses, at a maximum estimated cost of \$230,000, and that said amount, or so much thereof as may be necessary, shall be raised by the levy of a tax upon the taxable property of said School District and collected in annual installments as provided by Section 416 of the Education Law; and, in anticipation of such tax, obligations of said School District shall be issued.

PROPOSITION #2: CAPITAL RESERVE FUND:

RESOLVED, that the Board of Education approves the following proposition and directs that it be placed before

LEGALS

the voters at the May 16, 2017 District meeting:

Shall the Board of Education be authorized to establish a capital reserve fund, designated as the Building Project Reserve Fund, in accordance with Education Law § 3651(1), for the purpose of paying the cost of future building projects, in a maximum amount not to exceed \$2,000,000 to be raised by annual transfer of unexpended fund balances in the maximum amount of \$500,000 per annum, for a probable term of ten (10) years, effective immediately and expiring June 30, 2026, provided that, pursuant to Education Law § 3651(3), no expenditure shall be made from such fund except upon authorization of the voters of the District for the purposes specified herein.

AND NOTICE IS ALSO GIVEN that a copy of the statement of the amount of money which will be required for the ensuing year for school purposes, exclusive of public money, may be obtained by any taxpayer in the district during the fourteen days immediately preceding the Annual Meeting, except Saturday, Sunday or holiday, at the following

PROPOSITION RESOLVED, that the Board of Education be authorized to establish a

LEGALS

capital reserve fund, designated as the Building Project Reserve Fund, in accordance with Education Law § 3651(1), for the purpose of paying the cost of future building projects, in a maximum amount not to exceed \$2,000,000 to be raised by annual transfer of unexpended fund balances in the maximum amount of \$500,000 per annum, for a probable term of ten (10) years, effective immediately and expiring June 30, 2026, provided that, pursuant to Education Law § 3651(3), no expenditure shall be made from such fund except upon authorization of the voters of the District for the purposes specified herein.

AND NOTICE IS ALSO GIVEN that a copy of the statement of the amount of money which will be required for the ensuing year for school purposes, exclusive of public money, may be obtained by any taxpayer in the district during the fourteen days immediately preceding the Annual Meeting, except Saturday, Sunday or holiday, at the following

LEGALS

schoolhouses in which school is maintained during the hours designated:

Schoolhouses / Hours
Voorheesville Elementary School
8:30 a.m. to 3:00 p.m.
Voorheesville Middle School
8:30 a.m. to 3:00 p.m.
Clayton A. Bouton High School
8:30 a.m. to 3:00 p.m.

AND NOTICE IS ALSO GIVEN that petitions nominating candidates for the office of member of the Board of Education must be filed with the Clerk of the district not later than the close of business on April 17, 2017. Each petition must be directed to the Clerk of the district, must be signed by at least twenty-five (25) qualified voters of the district, must state the name and residence of the candidate and must describe the specific vacancy for which the candidate is nominated including at least the length of the term of office and the name of the last incumbent.

AND NOTICE IS ALSO GIVEN that a public hearing of the quali-

LEGALS

fied voters of Voorheesville Central School District, County of Albany, State of New York will be held on Monday, May 15, 2017 at 7:00 p.m. in the Voorheesville Public Library for the presentation of the Public Library budget for the year 2017-2018.

AND NOTICE IS ALSO GIVEN that, as part of and contemporaneous with the Annual District Meeting, a vote will be held for the Voorheesville Public Library on the following:

1. To elect one member of the of the Library Board of Trustees for a term of five years ending on June 30, 2022 to fill the vacancy created by the expiration of the term of Janna Shillinglaw.

2. To vote on the annual Public Library budget and the appropriation of the necessary funds to meet the estimate of expenditures, and to authorize the levy of taxes for this purpose.

AND NOTICE IS ALSO GIVEN that letters requesting application for absentee ballots may

LEGALS

be received by the District Clerk not earlier than the thirtieth (30th) day nor later than the seventh (7th) day before the election. Requests should be addressed to: Clerk, Board of Education Voorheesville Central School District P.O. Box 498 Voorheesville, NY 12186 Dated: March 29, 2017 Jessica Tabakian District Clerk D-147316

NOTICE OF FILING OF ARTICLES OF ORGANIZATION IN NEW YORK BY A LIMITED LIABILITY COMPANY

Name: Wilton Square Associates, L.L.C. Articles of Organization filed with sec. of state of NY (SOS) on 3/22/17. 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. D-147361

LEGALS

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC)

Name: WSA EG LLC. Articles of Organization filed with NY Secretary of State, February 23, 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-145303

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

NAME: ZEESHA REALTY LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on 11/13/2014. 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, 6 BROADWAY LATHAM NY 12110. Purpose: For any lawful purpose. D-147358

To place your Legal Notice: Call 439-4949



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March 29, 2017

Spotlight on Opinion

www.spotlightnews.com PAGE 10

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FROM THE EDITOR'S DESK

Knock, knock

The prospect of having a property appraiser knocking on our doors, we imagine, would go over about as well as an impromptu visit from our in-laws. Both are uninvited. Both cause stress. And, likely, both situations have little thought invested in you, specifically. Instead, it's addressing a personal need. Their want to come visit. You can go back downstairs to watch baseball. Just hope that appraiser has your "man cave" in thier records, or you may have to pair down on the amount of television packages you usually buy.

That's roughly the scenario Bethlehem residents are facing this year, and the following four years. Just a few short years after a town-wide reassessment, the town board approved a request by its assessor that will have a team of appraisers to go

door-to-door and confirm its books. Does the town have your information correct? The right number of bedrooms. The right number of bathrooms. How about that square-footage? You know why this information is important. After all, it's the same information that drove you to buy your house in the first place. It's the same metrics you used to compare different houses with your real estate agent, and how it ultimately drove the bottom line: your asking price.

So, that's what won't sit well with residents, this talk of money. The reassessment was only two years ago. Through that process, surveys were already distributed, asking the same information, and some were returned. Some were not, and that's where the town wants to pick up where they left off. But, in the public's

eye — in the homeowner's eye — it comes off as another reassessment.

The timing stinks. No. There is never a good time for a stranger to walk up to our doorsteps to talk money. And, with the reassessment still fresh in the minds of town residents, this smacks as an insult. You should have done this a few years ago. But, who is to say the town will receive any more success than from those surveys? Just as with the unreturned surveys, the town's only recourse is to estimate your property value if you choose not to allow the appraiser in your home. Call it what you will, this is another reassessment. The town needs to cut it out.

We love our in-laws, and they are always welcome in our homes. The taxman, however, is not.

The timing stinks. No. There is never a good time for a stranger to walk up to our doorsteps to talk money. And, with the reassessment still fresh in the minds of town residents, this smacks as an insult. You should have done this a few years ago. But, who is to say the town will receive any more success than from those surveys? Just as with the unreturned surveys, the town's only recourse is to estimate your property value if you choose not to allow the appraiser in your home. Call it what you will, this is another reassessment. The town needs to cut it out.

THIS WEEK IN 2012 ...

Exceed the cap, or make cuts?

DELMAR — Five years ago, the Bethlehem Central School District was facing a \$4.2 million budget gap for the 2012-13 school year and considering whether to exceed the state tax cap — which would require the approval of 60 percent of district voters — or make significant cuts to school programs.

Proposed reductions to instructional programs at the elementary level included elimination of Challenge and Jumpstart programs and math academic intervention services and reducing the number of days each week students attend "specials" like music, art and physical education. Also up for consideration was the elimination of the fourth-grade strings orchestra, two

classroom teachers, a reading teacher and a librarian.

Proposed cuts to the middle and high school instructional programs included eliminating or phasing out the Chinese language program, eliminating two librarian positions and reducing the number of sections offered in some core classes, leading to larger class sizes.

Speaking at a school board meeting on Wednesday, March 28, 2012, Tara O'Keeffe, the mother of two students in Slingerlands Elementary, said she had come to feel a sense of hopelessness listening to all of the proposed cuts.

"What I have the power to do and say is please raise my taxes," she said.

"I'm willing to pay more taxes, challenge the cap, so we can keep essentially what Bethlehem is and not lose that. We can do without so many things but we can't do without a well-rounded education for our children."

Voters turned out in record numbers on Tuesday, May 15, 2012, when district residents ultimately approved a 2012-13 school year budget that exceeded the state tax cap, even though the plan still contained significant cuts to district programming and staffing — including the phase-out of the relatively new Chinese language program, elimination of the gymnastics team and a 20 percent reduction to clubs at the middle and high

schools.

Nearly 63 percent of voters approved the \$88.2 million spending plan, which carried a 3.99 percent increase to the property tax levy, an \$81 increase on a home assessed at \$100,000. The budget passed with a final count of 4,035 voters in favor of the plan and 2,405 voters opposed.

"We are greatly appreciative to the voters of Bethlehem for recognizing that a BC education is one worth investing in," said Superintendent Thomas Douglas in a statement the night of the vote. "There were difficult decisions made during this budget process, and we thank the community for their support."

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From page 1 ... Character Actor

Doemel soon had the opportunity to fill an open position at the school, teaching English and Global Studies. "I fell right in," he said. "And fell in love with it." He soon realized that what he really liked was working with students outside of the classroom, "with the issues that they dealt with or helping them move on and advance to college." So he enrolled in Sage Graduate School to earn his master's degree in counseling. There, he fulfilled his internship working in the Counseling Center at BCHS, the school he will be running next year.

"When I left, I always said I would love to be back at Bethlehem," he said. "I wasn't even thinking in terms of administrative at that point." After years spent working as a counselor, Doemel went back to school to get his administrative Educational Leadership Certification from the College of St. Rose. In 2013, he returned to BCHS — this time as an administrative dean working with freshmen and juniors.

"The counseling that I've done," he said, "has helped me to meet kids at their level, find out what their interests are, what motivates them and what's getting in the way. I feel like it just kind of comes naturally to me."

"Anyone who has had the opportunity to work with Dave Doemel here in Bethlehem knows that he not only has a passion for education but for the community as a whole," said BCSD Superintendent Jody Monroe. "What makes him stand out is that he demonstrates this passion in an easy, understated way making those around him — students, colleagues or parents — feel comfortable turning to him for input or advice. He is a natural leader."

It was Monroe who approached Doemel about filling in as interim principal of the middle school when the

resignation of BCHS Principal Scott Landry necessitated administrative repositioning.

Going into the new position at the middle school, Doemel said that his biggest tasks were relationship-building and providing support to the school's many existing programs. One program he clearly favors is the school's Character Education program, conceived in 2009 by a Character Education Committee comprising both staff and students. The program rewards students who display positive character traits, such as kindness, cooperation, fairness or honesty and works to instill those traits by incorporating them into classroom and school-wide activities.

"We've done different activities throughout the year," said Doemel, adding that he invited Jared Campbell, an award-winning songwriter whose message focuses on overcoming obstacles, anti-bullying, respect, leadership and having a positive outlook, to perform his tween-targeted program for the student body.

BCMS has identified 24 "character strengths" that are displayed on banners hanging in the school's hallways. "Everyone has different strengths," said Doemel. "We use those to highlight

"Testing is important, it provides you with benchmark data to assess how your instruction is. I think parents are really questioning what the [standardized] tests are being used for and whether the pressure is necessary. I'm certainly not going to argue with a parent who is doing what they think is best for their child."

— David Doemel, future BCHS principal, on opting out of state testing

positive character strengths in kids that might have a harder time with other things. Their strength might be humor or it might be perspective or kindness. It gives teachers another way to positively connect with the students."

Pointing to the wall behind him in his office, he drew attention to a pencil drawing taking shape on the wall. "This is something one of our students working on," he said. "He was really having trouble connecting with what he was doing in the classroom, but we found out that he was this amazing artist and so we tried to find a way to pull him back in and get him excited. Those are all historical figures."

Doemel's philosophy extends to those on his faculty, who he believes ought to be modeling the behavior they're trying to instill in their students. He began his brief stint at the middle school by asking teachers to make a list of words that they felt described positive things about the school. He compiled those words into a visual "wordle" (basically a word cloud) that now hangs in each teacher's room. "I told them when the days are tough and the kids aren't listening, look up there. That's what makes this place special." Last month the teachers presented Doemel with a larger, framed wordle with words like 'compassionate,' 'understanding' and 'friendly' that they said were descriptive of him.

Going back to the high school should be an easier transition, Doemel said, primarily because he has already established a rapport with the faculty and staff there. He thinks the most exciting thing — and the biggest challenge — during his first year will be the anticipated roll-out of the district's 1:1 program providing every student in grades 3 - 12 with their own Chromebook.

Recalling how he used to envy classmates who owned laptops, Doemel said, "For me to now look at my school and see every kid on a level playing field with technology is an amazing thing." He also said that it was going to require "a lot of communication and collaboration."

"We're going to be putting together a stakeholder group to provide feedback and assessment about the process throughout the year," he said, speculating that lack of communication could potentially diminish or doom the nascent initiative.

Regarding the \$32 million bond project approved by district voters in November, the cornerstone of which is a \$7.8 million upgrade to the high school auditorium, Doemel said, "Those kids really deserve it!" Pointing out that the current auditorium was built in 1952, he described it as "dark and run-down" and said he hoped the new facilities would encourage more students to become involved with fine arts programming.

"Our community is so supportive," he said when asked to identify the district's greatest strength. "I think that whatever we need, whatever we're asking for from parents — whether it's support at home, whether it's support with an initiative we're doing within the school district — they always respond." Praising BCSD faculty and staff, he said, "Having such talented people in the schools along with supportive people at home is really, I mean, that's the key with education."

At the high school, Doemel said he wants to continue to emphasize character education. "I want to continue that positive culture and community in the [high school] building. I mean, we really have all the rest: the academics; the kids that are willing to achieve at a high level; the work ethic; the educators; the parents. Now it's about maintaining focus on what the real purpose of education is — both as a student and as a person."

"What I would tell the community and the parents," Doemel said, "is that, to me, this is a dream job. I'm 100 percent invested in the community; I live here, my wife works here, my kids go to school here. I trust so many of the people within the district and so I'm going to give everything I have to the community and to the school to make it the best place possible for their students to get an education."

George W. Frueh

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■ COPS, COURTS AND EMERGENCIES

Two to four for breaking into cars

Suspect stole phones, laptops credit cards and more

ALBANY — District Attorney P. David Soares announced on Thursday, March 23, that Paul Mackey, 34, of Schenectady, was sentenced to two to four years in state prison before Judge Thomas Breslin in Albany County Supreme Court.

On Jan. 24, Mackey pleaded guilty to one count of criminal possession of stolen property in the fourth degree, a class E felony.

Between the dates of Nov. 4 and Nov. 9, 2016, Mackey stole credit cards, phones, laptops and GPS devices from multiple vehicles throughout Albany County, and made purchases using the stolen credit cards.

He was arrested after an investigation of the car break-ins and unauthorized credit card use led by the Colonie, Guilderland and Bethlehem police, and much of the stolen property was recovered from Mackey's home.



MACKEY

CO arrested for forcible touching

ALBANY — A 42-year-old corrections officer is under arrest for forcibly touching a female co-worker.

Green Island resident Thomas W. Bellow is charged with the misdemeanor and was arraigned in Colonie criminal court on Monday, March 27 at 6 p.m.

Sheriff Craig D. Apple Sr., said Bellow has been a CO at the Albany County jail since January, 2013.



BELLOW

■ COMMUNITY

GHS chamber groups to perform

There is a very special concert coming up at the Library:

On Sunday, April 2, at 2 pm, the Guilderland High School's Chamber Choir and Chamber Strings groups perform a Sunday concert, featuring selections from the Great American Songbook and so much more.

The Chamber Choir is a highly select group of mixed voices drawn from the Concert Choir. This talented ensemble makes frequent appearances within the community at various functions.

FSN Open House Science Fair

Over the past several months, Family Science Nights have brought local college science and engineering departments

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to GPL to share "great science!" with students in grades 3 – 6. It all comes to a head on Monday, April 3, at 6:30 pm, at the Open House Science Fair when these grade-school scientists show us what they've learned.

The Upside of Downloading

The great thing about downloading free library books or magazines to your iPhone or Kindle is that all these books or magazines go anywhere you take your device. Find out how easy it is to download by coming to GPL on Wednesday, April 5, from 2 pm to 4 pm, for Overdrive Office Hours. Devices we

can help you with include Kindle, Kindle Fire, Nook, iPhone, iPad, Android devices, and laptops.

Sign up today for a one-on-one session with a librarian expert. Please bring your library card and your device to the appointment. Register in-person, or call the library at (518) 456-2400 x 2.

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."

— Mark Curiale

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Grange throws chicken dinner

SELKIRK — The Bethlehem Grange #137 is holding a chicken and biscuit dinner, Saturday, April 1, from 4 to 7 p.m.

There is plenty of parking, and take out is available.

Dinners cost \$12 for adults, \$6 for children 10 and under, and free for kids under 5.

The Hall is located on 24 Bridge St. For info, call Carol at (518) 438-8862.

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Bad Mothers

The local four-piece 'groovy-grunge' band holds CD release party on Friday.

Page B13

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CULTURE

PICK OF THE WEEK



Pilobolus

Pilobolus Dance Theatre, the dance company that continues to transform the human body into another medium of communication, performs at The Egg, Friday, March 31, 8 p.m.

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INSIDE



Arts calendar

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Talking exercise

Wearable technology tells you how you're doing, and where you can improve

By MICHAEL HALLISEY

halliseym@spotlightnews.com

The latest in fitness technology has little to do about exercise and everything to do with how it speaks to you.

Wearable technology has been a thing since a Swiss clock maker by the name of Abraham-Louis Perrelet crafted the first pedometer in 1770. The concept didn't catch on with the masses for another 200 hundred years, and since then the practical use of the science has evolved astronomically. When people rushed to buy Fitbits a few holidays ago, they marveled at how much information it could retain — from each step and pace, to the amount of restful sleep you experienced.

Continues on page B18



The No. 1. trend in fitness is not what you're doing, but what you're wearing. And, what is that telling you? No. Really. What does your gadget say?

Photo by lumo bodytech



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RECENTLY ANNOUNCED

Fleck, Corea at the Palace

Bela Fleck and the Flecktones, Chick Corea Elektric Band, share bill, Aug. 5

ALBANY — Two of the most adventurous spirits and creative musicians of the day - with over 30 Grammy awards between them - reunite the members of their respective bands for a double bill of improvisational music, Saturday, Aug. 5, at 7:30 p.m. at the Palace Theatre.

Bela Fleck & The Flecktones — with its signature fusion of jazz, bluegrass, funk, rock and classical music features Bela Fleck (banjo), Victor Wooten (bass), Howard Levy (piano, harmonica) and Futureman (percussion). Pianist and jazz fusion pioneer Chick Corea is joined by his Elektric Band — Dave Weckl on drums, John Patitucci on bass, Eric Marienthal on sax, Frank Gambale on guitar.

Tickets are on sale

now at the Palace Theatre Box Office (located at 19 Clinton Ave). Box Office hours are Monday – Friday 10 a.m. to 5 p.m. and Saturday 10 a.m. to 2 p.m. as well as select days and hours for events and on sales. Tickets are also available for purchase via Ticketmaster Charge-by-Phone at 800-745-3000 or online at ticketmaster.com.



PACKED EVENING

Bela Fleck & The Flecktones and the Chick Corea Elektric Band.

Submitted photos

COMING SOON

Citizen Cope

Friday, April 21, at Troy Savings Bank Music Hall

TROY — Citizen Cope returns to the Troy Savings Bank Music Hall with an intimate, acoustic performance, Friday, April 21, at 8 p.m.

Dug deep into the rich soil of American music, Cope's roots are complex. You may think of Bill Withers or Neil Young or John Lee Hooker or Van Morrison or Willie Nelson or Al Green. Yet, listening to Cope, you also may think of none of the above. You may not think at all, but rather feel a man exposing stories that haunt his heart.

Tickets are on sale via phone (518) 273-0038, in person, or online at www.troymusichall.org. 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.

Zumbathon

Sunday, April 9, at Saratoga Springs High School

SARATOGA SPRINGS — Capital District residents interested in supporting the American Diabetes Association's June 4 Saratoga Tour de Cure are invited to attend a Zumbathon on Sunday, April 9 from 1:30 to 4 p.m. at Saratoga Springs High School,

The suggested donation for admission is \$20 and can be paid at the door. For more information and to register for the Saratoga Tour de Cure, visit diabetes.org/saratoga.

IN BRIEF

New dates for Selected Stories

TROY — The Troy Savings Bank Music Hall and WAMC presentation of Selected Shorts, postponed from the original Sunday, February 12 date due to a major snowstorm, has been rescheduled to Sunday, April 9 at 3 p.m.

The hit public radio series returns to the Troy Music Hall with an afternoon of spellbinding short stories by established and emerging writers, performed by stars of the stage and screen.

Host Sonia Manzano (Sesame Street), Michael Urie (Ugly Betty), and Jim True-Frost (The Wire) perform moving and comical stories about chance encounters, love, loss, and new beginnings.

For information, go to www.selectedshorts.org. Call (518) 273-0038 for tickets.

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■ PICK OF THE WEEK

Transformative dance

Pilobolus Dance Theatre at The Egg on Friday, March 31

ALBANY — Pilobolus Dance Theatre, the dance company that continues to transform the human body into another medium of communication, performs at The Egg, Friday, March 31, 8 p.m.

More than a dance company, Pilobolus Dance Theatre offers a spectacular, colorful display of movement, collaboratively creating, and continually exploring new ways of using the human body as a graphic and expressive medium. The internationally acclaimed collective presents a retrospective of its groundbreaking repertoire created since 1971.

Pilobolus began at Dartmouth College in New Hampshire in 1971. Moses Pendleton, an English literature major and cross-country

skier; Jonathan Wolken, a philosophy science major and fencer; and Steve Johnson, a pre-med student and pole vaulter were enrolled in a dance composition class taught by Alison Becker Chase. In that class, they created their first dance, which they titled “Pilobolus” — and a legacy of movement and magic was born.

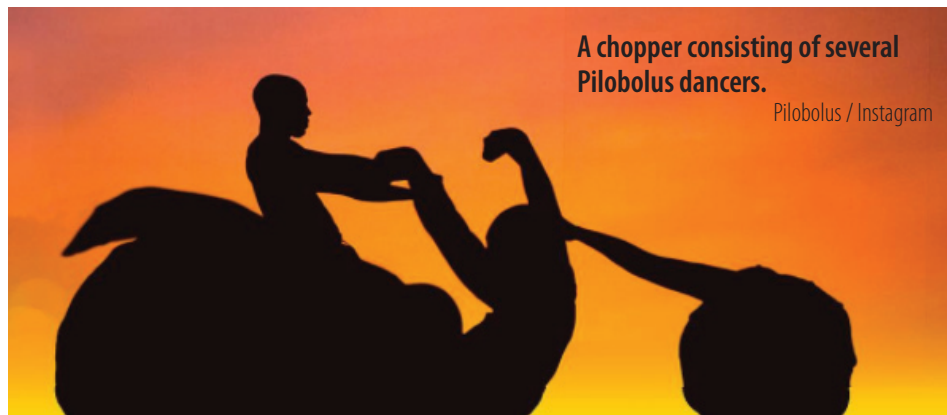
The group then went on to create dozens of dance

works with its founding members Robby Barnett, Alison Chase, Martha Clarke, Lee Harris, Moses Pendleton, Michael Tracy, and Jonathan Wolken. In the more than four decades since, Pilobolus has performed on Broadway, at the Oscars, and the Olympic games, and has appeared on television, in movies, in advertisements, and in schools and businesses and created over 120 dance works. The company continues to propel the seeds of expression via human

movement to every corner of the world, growing and changing each year while reaching new audiences and exploring new visual and musical planes.

This performance is part of the Dance in Albany Series created in cooperation with the University at Albany Performing Arts Center and the Massry Center at the College of St. Rose.

Individual tickets are available for \$34 each. For tickets or information, call The Egg Box Office at (518) 473-1845.



A chopper consisting of several Pilobolus dancers.

Pilobolus / Instagram

■ WHAT'S HAPPENING

Les 7 Doigts de la Main Cuisine and Confessions

Wednesday, March 29, at Proctors

SCHENECTADY — Les 7 Doigts de la Main returns to Proctors with Cuisine and Confessions, Wednesday, March 29, at 7:30 p.m.

It's storytelling through food: the sweet taste of childhood, of a summer breeze through a screen door or the hot-chocolate-dampened lips of a first kiss.

Life happens in the kitchen: late night confessionals over tisane and a pot of Nutella; elaborately choreographed family meals. Lessons learned, secrets exchanged, bonds forged—by our most visceral of senses. Accompanying The 7 Fingers' usual eye-popping flight of acrobatic choreography and pulsating music are the other three senses: the touch of hands in batter, the smell of cookies baking, the taste of roasted oregano, leading us through a span of times and countries, all the while a kitchen is our common meeting point.

All individuals are composed of ingredients, a unique recipe of blood memories. Cuisine & Confessions weaves the performers' first person memories about the comestibles that are a part of their lives, with The 7 Fingers' dazzling circus skills. And at the close, the audience leaves the theatre nibbling the banana bread that has been cooking all evening.

Founder Shana Carroll is also the creator of the acrobatics for Cirque du Soleil's brand new Broadway production, Paramour.

For tickets and information, visit www.proctors.org

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Night & Day

Night — Reverbicon

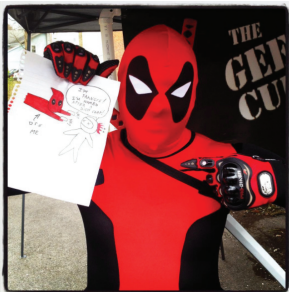
ALBANY — Reverbicon, the rock and metal expo show, takes over Lucky Strike Social in Crossgates Mall, Saturday, April 1, from 3 to 10 p.m.

It's a comic con with testosterone. The show promises vinyl, CDs, memorabilia, horror, comics and toys.

The Power, Frozen Sun, Mordwolf, Strike Against All, Let Go Daylight, The Broken, Smith Sonic Sacrifice and Virtue Falls are billed to provide live music.

Also scheduled to attend is The Geek Culture Podcast team, author and editor Phil Sawyer, author and director Bruce Hallenbeck, special make-up effects artist Jared Balog and more.

Admission is \$10 (\$8 pre-sale). For tickets and more information, visit www.jupiterhallalbany.com.



ROCK OUT

Comics and metal and horror! Oh, my!

Day — Albany Toy and Comic Show

ALBANY — The Radisson Hotel again plays host to the Albany Toy and Comic Show, Sunday, April 2, from 10 a.m. to 5 p.m.

The Albany Toy and Comic Show not only features comics and books, it will also feature some of the trade's artists and writers who inspired some of the toys and books you will see. And, cosplay is to be expected.

This year's show will also feature a charitable auction through The Comic Depot in Saratoga Springs to help Ollie Carrara. Ollie is the son of Darren Carrara, the owner of the comic book store who died suddenly last year. Ollie was recently diagnosed with Duchenne muscular dystrophy.

For more information, visit www.albanytoyshow.com.

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1118 Central Ave., Albany.
(518) 489-2990
Every Wed: **Salsa Night** | 8:30 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
Every Thur: **Edith's Amazing Jam** | 6 p.m.
Fri: **Kitchen Jazz** | 7 p.m.

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(518) 608-6400
Fri: **Michael Panza** | 7 p.m.

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47 Phila St., Saratoga Springs.
(518) 225-0882
Thur: **Brother Sun** | 7 p.m.
Fri: **Dan Bern** | 8 p.m.
Sat: **Darlingside** | 4 & 7 p.m.
Sun: **The Way Down Wanderers** | 7 p.m.
Every Mon: **Open Mic** | 7 p.m.
Tue: **Anais Mitchell** | 7 p.m.

Carney's Tavern
17 Main Street, Ballston Lake.
(518) 280-7959
Every Thur: **Matty Finn** | 6 p.m.
Fri: **Dos Amigos** | 7 p.m.
Sat: **Too Gone Daddies** | 7:30 p.m.

Castle Street Café
10 Castle St., Great Barrington, Mass.
(413) 528-5244
Fri: **Adams Brothers** | 7:30 p.m.
Sat: **Rob & Peter Putnam** | 7:30 p.m.

Centre Street Pub
308 Union St., Schenectady.
(518) 393-2337
Thur: **Rob Flemming** | 7 p.m.
Fri: **Good Time Charlies** | 9 p.m.
Sat: **Local 11** | 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
Fri: **Chuck Prophet and the Mission Express** | 9 p.m.
Sat: **Guilty Pleasure** | 8:30 p.m.
Sun: **Joseph Keckler** | 7 p.m.

ARTS CALENDAR



'Graeme of Thrones' to invade Proctors

Graeme, an avid "Game of Thrones" fan, wants to recreate his favorite fantasy saga on stage with a shoestring budget. This critically-acclaimed yet unauthorized parody of the international phenomenon graces the GE Theatre at Proctors for five performances this weekend, beginning Friday night. For tickets, call (518) 346-6204 or visit www.proctors.org.

Photo courtesy of Proctors

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

Diamond Club Grill
Embassy Suites, 88 Congress St., Saratoga Springs. (518) 886-1111
Sat: **Colaberayshen** | 7:30 p.m.

Dolce Vita
1727 State St., Schenectady.
(518) 357-3324
Every Fri & Sat: **Music and Dancing with Randy Loren** | 5 p.m.

Dukes Chophouse
Rivers Casino, 1 Rush St., Schenectady.
Thur: **David Gleason** | 5:30 p.m.
Fri: **Jecco** | 5:30 p.m.
Sat: **Michael Benedict** | 5:30 p.m.
Sun: **Chris Dollard** | 5:30 p.m.

Eden Cafe
269 Osborne Rd., Loudonville.
(518) 977-3771
Sat: **George Krakat** | 7:30 p.m.

Emack & Bolio's
366 Delaware Ave., Albany.
(518) 512-5100
Fri: **Hoot Owl Moon** | 7 p.m.

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

Fuze Box
12 Central Ave., Albany. (518) 703-8937
Thur: **Lowpoints, Somewhere To Call Home, Valatie Kills, Breathe the Skyline, Blind Threat** | 6:30 p.m.
Fri: **Tall Ass Matt, Steven G, Disco Naps, Sis** | 9 p.m.
Sat: **Derek DiScanio, Brandon John, Alex Magnan, Michael Cardinale (Emo Night)** | 9 p.m.
Sun: **Fixed Fate, Good Hair, iROD and the Auxiliary, Standby, Steadfast Son, The Solar Jypsys, Everything Bagel** | 6 p.m.

Gaffney's
16 Caroline St., Saratoga Springs.
(518) 587-7359
Fri: **The Schmooze, TJ Clancy** | 9 p.m.
Sat: **Pat Decker** | 6 p.m.
Every Tue: **Open Mic w/ Rick Bolton** | 8 p.m.

Ginger Man
234 Western Ave., Albany. (518) 427-5963
Fri: **Nat Phipps** | 7 p.m.

Grappa '72
818 Central Ave., Albany. (518) 482-7200
Wed & Thur: **Hamilton Street Jazz Company** | 6:30 p.m.

The Half Moon
48 S. Front St., Hudson.
thehalfmoonhudson.com
Thur: **Chops & Sauerkraut** | 9:30 p.m.

Hamlet and Ghost
24 Caroline St., Saratoga Springs.
(518) 450-7287
Wed: **Hot Club of Saratoga 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: **Bad Mothers, Sly Fox and the Hustlers** | 9 p.m.
Sat: **Wreckloose, School Bus Yellow, Hartley's Encore** | 8 p.m.
Tue: **NE-HI** | 9 p.m.

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

Every Wed: **Open Mic** | 7 p.m.

J.J. Rafferty's
847 New Loudon Rd., Latham.
(518) 783-6800
Every Fri & Sat: **DJ Billy** | 9 p.m.

Lanie's Café
471 Albany-Shaker Rd., Loudonville,
(518) 438-5005
Every Tue: **Dan Sherwin** | 6 p.m.

The Low Beat
335 Central Ave., (518) 432-6572
Every Wed: **The Deadbeats** | 10 p.m.
Thur: **Odd Body, Good Hair** | 8 p.m.
Fri: **Jouska, New Life, Bare Mattress, Neutron Rats, Silver Dagger, Prison** | 7 p.m.
Sun: **Hero Dishonest, Gun Candy, Male Patterns** | 7 p.m.

Lucky Strike Social
1 Crossgates Mall Rd., Albany.
(518) 556-3350
Fri: **Electric Empire Tour, feat. BAILO, Hazey, NGHTWRK, Ryutin, Y2J, B2B, more** | 7 p.m.
Sat: **Reverbicon: The Power, Frozen Sun, Mordwolf, Strike Against All,**

Let Go Daylight, The Broken, more | 3 p.m.

Madison Theater
1036 Madison Ave., Albany.
(518) 438-2094
Fri: **Elsa Nilsson, Rob Lindquist** | 7 p.m.

McGeary's
4 Clinton Square, Albany.
(518) 463-1455
Every Wed: **Best Damn Open Mic Ever with Mother Judge** | 7:30 p.m.
Every Sun: **Blues Jam** | 7:30 p.m.

Merry Monk Saratoga
84 Henry St., Saratoga Springs.
(518) 584-6665
Sun: **Hot Club of Saratoga Trio** | 12 p.m.

Moon & River Café
115 S. Ferry St., Schenectady.
(518) 377-5100
Wed: **John Slovacek** | 7 p.m.
Thur: **Francis Wilkin** | 7 p.m.
Sun: **Rockstar Open Mic** | 7:30 p.m.

Mouzon House
1 York St., Saratoga Springs.
(518) 226-0014
Thur: **Hot Club of Saratoga Trio** | 7 p.m.
Sat: **Joe Gitto & Dan Wancyk** | 6:30 p.m.

Nanola
2639 US Rte. 9, Malta. (518) 587-1300
Fri: **Funk Evolution** | 8 p.m.

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

Oh Bar
304 Lark St., Albany. (518) 463-9004
Thur: **Karaoke** | 10 p.m.

One Caroline Street
1 Caroline St., Saratoga Springs.
(518) 587-2026
Wed: **The Masters of Nostalgia** | 8:30 p.m.
Thur: **Cloud Lifter** | 8 p.m.
Fri: **Dylan Perrillo Orchestra** | 9 p.m.
Sat: **Graham Tichy Trio** | 9 p.m.
Sun: **Jazz Jam Session** | 7 p.m.

O'Slattery's Irish Pub
318 Delaware Ave., Delmar.
(518) 439-5634
Wed: **Dan Sherwin** | 6:30 p.m.
Sat: **Erin Harkes** | 8 p.m.
Tue: **DJ Trivia** | 7 p.m.

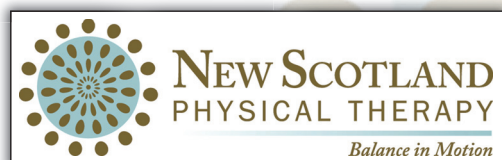
Parish Public House
388 Broadway, Albany. (518) 365-0444
Wed: **August is Ours, Evergreen, Tyler Samuels** | 8 p.m.
Tue: **Silver Arrow Band Showcase** | 7 p.m.

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.

Back Pain and Sciatica Workshop

Wednesday, March 29th • 6:30pm

Do you suffer with back or leg pain when you stand or walk?
Do you have pain when you sit for long periods or take long drives?
Do you experience pain, numbness, or tingling in your butt, groin or down your leg?
If yes to these or you have stubborn back pain, this is for you!!!!



Stonewell Shopping Plaza
1969 New Scotland Rd., Slingerlands

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serving vegans, vegetarians and carnivores alike

crossgates mall | lower level near the apple store | www.thehappycappuccino.com

The Parting Glass

40 Lake Ave., Saratoga Springs. (518) 583-1916
Fri: **Fenimore Blues** | 8 p.m.

Pauly's Hotel

337 Central Ave., Albany. paulyshotel.com
Thur: **Open Mic** | 8 p.m.
Fri: **Henry's Rifle, Coffin Salesman, County Mike, Mike Moak** | 8 p.m.
Sat: **Nightmares for a Week, Postage, Ferriday** (Meesh's Birthday Bash) | 8 p.m.
Every Mon: **Blue Monday Blues Jam** | 8 p.m.

Prime at Saratoga National

458 Union Ave., Saratoga Springs. (518) 583-4653
Every Sun: **Joe Sorrentino Trio (Jazz brunch)** | 10:30 a.m.

Putnam Den

63a Putnam St., Saratoga Springs. (518) 584-8066
Thur: **The Deadbeats** | 9:30 p.m.
Fri: **Start Making Sense** | 9:30 p.m.
Sat: **Crystal Garden, West End Blend** | 9 p.m.

Rustic Barn Pub

150 Speigletown Rd., Troy. (518) 235-5858
Fri: **The North & South Dakotas** | 8 p.m.
Sat: **Skeleton Keys** | 8 p.m.

Sake Japanese Steakhouse

611 Troy-Schenectady Rd., Latham. (518) 785-7215
Sat: **New Edge** | 7:30 p.m.

Savoy Taproom

301 Lark St., Albany. (518) 599-5140
Wed: **Way Out Wednesday** with **Thump Gospel** | 9 p.m.

Seven – An American Bistro

7 Northside Dr., Clifton Park. (518) 377-1777
Wed: **Russ Kennedy** | 6 p.m.
Thurs: **Marcus Rugerio** | 6 p.m.

Speakeasy 518

42 Howard St., Albany. (518) 449-2332
Wed: **Charles Cornell** | 8 p.m.
Thur: **Bryan Brundige Duo** | 9 p.m.
Fri: **Wayne Hawkins Trio** | 9 p.m.

Every Mon: **Joe Finn** | 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: **Carla Metz & Larry Acunto** | 7 p.m.
Fri: **Eileen Mack & Rob Hunt** | 7 p.m.

Troy Kitchen

77 Congress St., Troy. (518) 268-0068
Thur: **Jecco Trio** | 7 p.m.
Every Fri: **DJ Lounge** | 11 p.m.

Upstate Concert Hall

1208 NY 146, Clifton Park. (518) 371-0012 or upstateconcerthall.com
Tue: **Randy and Mr. Lahey** | 7 p.m.

The Van Dyck

237 Union St., Schenectady. (518) 348-7999
Wed: **SCCC Jazz Ensembles & Combos** | 7:30 p.m.
Fri: **Levin Brothers Quartet** | 7 & 9 p.m.
Tue: **Keith Pray's Big Soul Ensemble** | 9 p.m.

Van Slyck's at Rivers Casino

1 Rush St., Schenectady. (518) 579-8800
Wed: **DJ Trumastr** | 8 p.m.
Thur: **DJ Element** | 8 p.m.
Fri: **Last Left** | 9 p.m.
DJ Element | 1 a.m.

Sat: **Pulse** | 9 p.m. • **DJ Tomb** | 1 a.m.

Sun: **DJ Ketchup** | 8 p.m.

Mon: **DJ John Jamz** | 8 p.m.

Tue: **DJ Tomb** | 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: **New York Jazz Duo** | 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

Rocktopia

Performance fuses classical music with classic rock. Thurs., March 30, 7:30 p.m. Palace Theatre, 19 Clinton Ave., Albany. \$45, \$59 and \$99. (518) 465-4663 or www.palacealbany.org.

Eric Harland, Taylor Eigsti and Larry Gernadier

Jazz greats team up for a special night. Thurs., March 30, 8 p.m. Arthur Zankel Music Center, Skidmore College, 815 N. Broadway, Saratoga Springs. Adults, \$8; seniors, \$5. (518) 580-5321 or www.skidmore.edu/zankel.

Bryan Ferry

One of the most iconic and innovate artists to emerge in popular music, beginning in the 1970s with Roxy Music. With special guest Judith Owen. Thurs., March 30, 8 p.m. Proctors, 432 State St., Schenectady. \$30 to \$90. (518) 346-6204 or www.proctors.org.

SFJAZZ Collective

Band composed of eight of today's finest jazz performers/composers will perform new arrangements and original compositions by jazz legend Miles Davis. Fri., March 31, 7:30 p.m. Swyer Theatre, The Egg Performing Arts Center, Empire State Plaza, Albany. \$34. (518) 473-1845 or www.theegg.org.

Brubeck Brothers Quartet

Featuring Daniel and Chris Brubeck—this "straight-ahead" jazz quartet integrates funk, blues and world music influences. Fri., March 31, 7:30 p.m. Troy Savings Bank Music Hall, 30 2nd Ave., Troy. \$27. (518) 273-0038 or www.troymusicall.org

John Mayer

Singer-songwriter and guitarist will perform with a full band, acoustic and with a trio as part of his "The Search for Everything" World Tour 2017. Fri., March 31, 7:30 p.m. Times Union Center, 51 S. Pearl St., Albany. \$35.75, \$55.75, \$75.75 and \$89.75. (800) 745-3000 or www.timesunioncenter-albany.com.

Simone Dinnerstein

American pianist will perform Schubert's Impromptu op. 90/Sonata in B flat major and Glass' Metamorphosis/Etudes. Fri. March 31, 8 p.m. Arthur Zankel Music Center, Skidmore College, 815 N. Broadway, Saratoga Springs. Adults, \$8; seniors, \$5; (518) 580-5321 or www.skidmore.edu/zankel.

Reverbicon Rock & Metal Expo

Rock & metal expo featuring memorabilia, vinyl, CDs, guest appearances and live music Sat., April 1, 3 to 10 p.m. Jupiter Hall, Lucky Strike Social, 1 Crossgates Mall Rd., Guilderland. \$8 to \$10. www.ticketfly.com/event/1344085-reverbicon-rock-metal-expo-albany/.

Songfest '17

Local, original music with performances by Sawyer Fredericks, The Sea The Sea, Girl Blue and Sandy McKnight with special guest John Davidson. Sat. April 1, 7 p.m. Swyer Theatre, The Egg Performing Arts Center, Empire State Plaza, Albany. Advance, \$30; Day of show, \$35. (518) 473-1845 or www.theegg.org.

Tift Merritt

Americana artist is touring in support of her sixth and latest studio release, "Stitch of the World." With special guest Alexandra Sauser-Monning. Sat., April 1, 8 p.m. The Linda, 339 Central Ave., Albany. \$20. (518) 465- 5233 or www.thelinda.org.

Thibaut Garcia

Classical concert featuring the first prize winner of the Guitar Foundation of America's 2015 Competition. Sun., April 2, 3 p.m. Picotte Recital Hall, Massry Center for the Arts, College of Saint Rose, 1002 Madison Ave., Albany. Adults, \$20;

students \$10. (518) 337-4871 or www.brownpapertickets.com/event/2581172.

Julliard String Quartet

Final concert of the Friends of Chamber Music 2016-17 season. Sun. April 2, 3 p.m. Kiggins Hall, Emma Willard School, 285 Pawling Ave., Troy. Adults, \$25; students, \$15. (518) 833-1874 or www.friendsofchambermusic.org

Salif Keita

Influential and important artist in African music and his all-star band will perform the traditional griot music of his Malian childhood with other West African influences. Sun., April 2, 7 p.m. Sanctuary for Independent Media, 3361 6th Ave., Troy. \$41.50 (inc. fees), proceeds benefit the artist's foundation which advocates for the fair treatment and social integration of persons with albinism. www.mediasanctuary.org/salifkeita.

Celtic Woman

Multi-platinum international music sensation presents its new show, Voices of Angels. Wed., April 5, 7 p.m. Palace Theatre, 19 Clinton Ave., Albany. \$42, \$62 and \$102. (518) 465-4663 or www.palacealbany.org.

Old Songs Open Mic

Sign up to play for a 15 minute set. Wed., April 5, 7:30 p.m., Old Songs Community Arts Center, 37 South Main St., Voorheesville. \$3 cover charge. (518) 765-2815 or oldsongs.org.

New York Voices

Darmon Meader, Peter Eldridge, Kim Nazarian (a Loudonville native) and Lauren Kinhan bring their unmatched harmonies and inspired arrangements to jazz, Brazilian, R&B, classical and pop, mixing traditional sensibilities with a dash of the unexpected. Fri., April 7, 8 p.m. Swyer Theatre, The Egg Performing Arts Center, Empire State Plaza, Albany. \$34. (518) 473-1845 or www.theegg.org.

Keith Pray's 3 Bass Hit

Saxophonist leads this quartet which puts a twist on the funky, swingin' soul instrumentals in the vein of the organ

bands of the 60s and 70s. Fri., April 7, 7 p.m. The Patrizio Center for the Arts, 5 First Ave., Latham. Adults, \$15; students, \$10. (518) 713-4550.

Jane Voss & Hoyle Osborne

Dynamic juxtaposition of tradition and originality; rare old blues and vaudeville songs with their own compositions. Fri., April 7, 7:30 p.m. Old Songs Community Arts Center, 37 S. Main St., Voorheesville. Adults, \$20; children 12 and younger, \$5. (518) 765-2815 or oldsongs.org.

Electric City Chorus

Men's Barbershop style a capella group partners with pop singer/songwriter Kristina Lachaga for Electrify The Night: A Concert to Spark Harmony in Your Heart. Sat., April 8, 7 p.m. Schalmont High School, 1 Sabre Dr., Schenectady. General admission, \$15; seniors and children 17 and younger, \$10; VIP (first two rows), \$20. (518) 233-1366 or www.facebook.com/ElectrifyTheNight. Proceeds benefit Habitat for Humanity of Schenectady County and the Electric City Chorus' Music Scholarship Fund.

Albany Symphony Orchestra

Program features a world premiere performance of a new work by George Tsontakis and a towering performance of Beethoven's epic Symphony No. 9 with Albany Pro Musica. Sat. April 8, 7:30 p.m. Palace Theatre, 19 Clinton Ave., Albany. \$19, \$36, \$48 or \$60. (518) 465-4663 or www.palacealbany.org.

The subdues

The band is back with its signature blend of blues, folk, R&B, country, Cajun, funk, gospel and rock 'n roll, in support of its new album "Four on the Floor." Sat., April 8, 8 p.m. Swyer Theatre, The Egg Performing Arts Center, Empire State Plaza, Albany. \$34. (518) 473-1845 or www.theegg.org.

Saratoga Sings of Art and Inspiration

A concert of opera and song inspired by great artists and works of art. Sun., April 9, 3 p.m. The Hyde Collection,

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| 12 | | | | | 13 | | | | | 14 | | | | 15 |
| 16 | | | | | 17 | | | | | 18 | | | | |
| 19 | | | | 20 | | 21 | | | 22 | | 23 | | | |
| 24 | | | | 25 | 26 | | | | 27 | 28 | | | | |
| | | | 29 | | | | | | 30 | | | 31 | 32 | 33 |
| 34 | 35 | 36 | | | | | | 37 | | | | 38 | | |
| 39 | | | | | | 40 | | | | | 41 | | | |
| 42 | | | | 43 | 44 | | | | 45 | 46 | | | | |
| 47 | | | | 48 | | | | | 49 | | | | | |
| | | | 50 | | | | | | 51 | | | 52 | 53 | 54 |
| 55 | 56 | 57 | | | 58 | 59 | | | | 60 | 61 | | | |
| 62 | | | | 63 | | | | | 64 | | 65 | 66 | | |
| 67 | | | | | | | | | 68 | | | 69 | | |
| | 70 | | | | | | | | 71 | | | 72 | | |

ACROSS

- 1. Blue
- 4. Change states, in a way
- 8. Camping gear
- 12. "Buona ____" (Italian greeting)
- 13. Assortment
- 14. Met expectations?
- 16. Not straight
- 17. Beach shades
- 18. Romance, e.g.
- 19. Car dealer's offering
- 21. Makeup, e.g.
- 23. Copper
- 24. "Don't give up!"
- 25. Lying, maybe
- 27. "Dig in!"
- 29. Born's partner
- 30. Carry on
- 31. "Chicago" lyricist
- 34. Structure devoted to something holy
- 37. Exclusive
- 38. Compete
- 39. Booty
- 40. A.I.
- 41. Bundle
- 42. Matterhorn, e.g.
- 43. Bed board
- 45. Wastes times
- 47. ____ Dee River
- 48. Best seller

- 49. Actor's goal
- 50. Come together
- 51. Cracker spread
- 52. Not just "a"
- 55. "Unimaginable as ____ in Heav'n": Milton
- 58. Boris Godunov, for one
- 60. In-box contents
- 62. Roswell crash victim, supposedly
- 64. Above
- 66. Misfortunes
- 67. Beat
- 68. Fries, maybe
- 69. Lady Macbeth, e.g.
- 70. Convene
- 71. ____ bean
- 72. "____ calls?"

DOWN

- 1. Ratty place
- 2. Deck out
- 3. Quite a while
- 4. Bon ____ (witticism)
- 5. Flying high
- 6. Like composition paper
- 7. Chuck
- 8. What "it" plays
- 9. At attention
- 10. Opening time, maybe
- 11. Mountain pool
- 12. Preserve, in a way

- 15. Undertake, with "out"
- 20. Make, as money
- 22. Be a snitch
- 26. Drone, e.g.
- 28. Affirmative vote
- 29. It's boring
- 30. Ale holder
- 31. Axis of ____
- 32. Tab
- 33. Flower fanciers
- 34. High-five, e.g.
- 35. Burrow
- 36. Catch, in a way
- 37. Boozehound
- 40. Dracula, at times
- 41. Congratulations, of a sort
- 43. "Ain't ____ Sweet"
- 44. Bounce
- 45. Convened
- 46. Certain surgeon's "patient"
- 49. Make fun of
- 50. "Silly" birds
- 51. Place for a barbecue
- 52. Claw
- 53. Ravines, etc.
- 54. "... or ____!"
- 55. Accident
- 56. Astringent
- 57. Game piece
- 59. Back talk
- 61. Actress Sorvino
- 63. After expenses
- 65. ____ green

Answers on Pg. B25

161 Warren St., Glens Falls. Free; advance registration required at www.operasaratoga.org/saratoga-sings.

Dale & Ray

Dale Watson and Ray Benson will be showcasing their original songs as well as putting their own unique stamp on some country classics. Sun., April 9, 7 p.m. Swyer Theatre, The Egg Performing Arts Center, Empire State Plaza, Albany. \$34. (518) 473-1845 or www.theegg.org.

Sonny Ochs'

80th Birthday Concert

Sister of the legendary Phil Ochs will be feted by a troupe of folk performers. Sun., April 9, 4 p.m. GE Theatre, Proctors, 432 State St., Schenectady. Advance, \$28; day of show, \$30; Gold Circle, \$50. (518) 346-6204 or www.proctors.org.

Jackson Brown and Greg Leisz

Somewhat Acoustic Tour. Browne, who has written and performed some of the most literate and moving songs in popular music, will be joined by multi-instrumentalist and band member Greg Leisz. Sun., April 9, 8 p.m. Palace Theatre, 19 Clinton Ave., Albany. \$54.40, \$69.50, \$79.50 and \$99. (518) 465-4663 or www.palacealbany.org.

THEATER

National Theatre presents:

Saint Joan

Bernard Shaw's classic play depicts a woman with all the instinct, zeal and transforming power of a revolutionary. Running time: 2 hours, 45 mins. (inc. 20 min. intermission). Wed., March 29 at 2:30 and 6:30 p.m. GE Theatre, Proctors, 432 State St., Schenectady. \$15. (518) 346-6204 or www.proctors.org.

Les 7 Doigts de la Main:

Cuisines and Confessions

Feast on the newest creation by the Montreal-based circus company. Wed. March 29, 7:30 p.m. Proctors, 432 State St. Schenectady. \$20-\$50. (518) 346-6204 or www.proctors.org.

The Wizard of Oz

Bethlehem Central High School's STAGE 700 presents the L. Frank Baum Classic. Shows: Thurs., March 30 through Sat., April 1 at 7 p.m. and Sun., April 2, at 2 p.m. Bethlehem Central High School, 700 Delaware Ave., Delmar. Adults, \$12; students, seniors, military, \$6.

Field

Interactive-electronics artist Andrew Schneider and his collaborator, sound designer and artist Bobby McElver, create an immersive environment inside of a non-linear narrative that leads viewers to consider where they are and how they got there. Thurs., March 30, 8 p.m. Studio 1—Goodman, EMPAC, Rensselaer Polytechnic Institute, 110 8th St., Troy. Free. (518) 276-3921 or www.empac.rpi.edu.

Girls Night: The Musical

Touching and hilarious musical takes audiences on a journey into the lives of a group of female friends. Fri., March 31, 8 p.m. Proctors, 432 State St., Schenectady. \$20-45. (518) 346-6204 or www.proctors.org.

Graeme of Thrones

'Thrones' fan Graeme just wants to recreate his favorite fantasy saga on stage. He doesn't quite have the same budget as the TV show, or as many cast members, or the performance skill required, but he's sure George RR Martin would approve. Fri., March 31 at 7:30 p.m.; Sat., April 1 at 1:30 and 7:30 p.m.; Sun., April 2 at 1:30 and 6:30 p.m. GE Theatre, Proctors, 432 State St., Schenectady. \$35. (518) 346-6204 or www.proctors.org.

Into The Woods

James Lapine and Stephen Sondheim take everyone's favorite storybook characters and bring them together for a timeless, yet relevant, piece. Produced by Park Playhouse & The Palace Performing Arts Center, featuring the students of Park Playhouse II. Fri., March 31 through Sun. April 9. Showtimes: Fridays, 8 p.m., Saturdays, 2 and 8 p.m., Sundays at 2 p.m. Cohoes Music Hall, 58 Remsen St., Cohoes. Adults, \$25; 18 and younger, \$15. (518) 465-4663 or www.palacealbany.org.

The Met: Live in HD:

La Traviata

Encore performance. Sonya Yoncheva sings one of opera's most beloved heroines, the tragic courtesan Violetta, opposite Michael Fabiano as her lover, Alfredo, and Thomas Hampson as his father, Germont. Sun., April 2, 1 p.m. Auditorium, Clark Art Institute, 225 South St., Williamstown, Mass. Adults, \$25; students, \$18 (non-refundable). (413) 458-0524 or www.clarkart.org.

The Admirable Crichton

Both actors and audience members wanted for the final installment of the Shuster Series of Play Readings for the 2016-17 season, featuring this tongue-in-cheek comedy by J. M. Barrie. Sun., April 2, 1 to 4 p.m. Presented by Home Made Theater at the Spa Little Theater, Saratoga Spa State Park, Saratoga Springs. Free. (518) 587-4427 or www.homemadetheater.org.

An Iliad

Obie Award-winning adaptation spins the familiar tale of gods and goddesses, undying love and battles of The Trojan War. Through April 2. Shows: Daily, Tuesdays through Thursdays, 7:30 p.m., Fridays, 8 p.m., Saturdays, 3 and 8 p.m. and Sundays, 2 p.m. CapitalREP, 111 N. Pearl Street, Albany. \$20 to \$50. (518) 445-7469 or capitalrep.org.

Wait Until Dark

A blind woman plays a deadly game of survival. Presented by Circle Theatre Players. Through Sun., April 2. Shows: Thursday, Friday and Saturday at 8 p.m.; Sundays at 2:30 p.m. Sand Lake Center for the Arts, 2880 NY Route 43, Sand Lake. Adults: \$19.90; children younger than 18, \$11.50. (518) 674-2007 or www.SCLA-CT.org.

The Sound of Music

A brand new production of the beloved musical story of Maria and the von Trapp Family. Shows: Tues., April 4 and Wed., April 5, 7:30 p.m.; Thurs., April 6 1:30 and

8 p.m., Fri., April 7, 8 p.m., Sat., April 8, 2 and 8 p.m., Sun., April 9, 2 p.m. Proctors, 432 State St., Schenectady. \$20 to \$90. (518) 346-6204 or www.proctors.org.

COMEDY

The Funny Bone

Plastic Cup Boyz, Wed., March 29, 7:30 p.m., \$22. **Xxtreme Comedy Hypnosis with Rich Guzzi**, Thurs., March 30, 7:30 p.m. \$14. **Kevin Pollack**, Fri., March 31, 7:30 and 10 p.m., Sat. April 1, 7 and 9:45 p.m., and Sun. April 2, 7 p.m., \$22. **Matthew Broussard**, Thurs., April 6, 7:30 p.m., \$13; Fri., April 7, 7:30 and 10 p.m., and Sat., April 8, 7 and 9:45 p.m., \$15; Sun., April 9, 7 p.m., \$12. All shows 21+. Crossgates Mall, 1 Crossgates Mall Rd., Guilderland. (518) 313-7484 or Albany.funnybone.com.

The Comedy Works

Saratoga Springs

Craig Carmean and Cooter Douglas, Fri., March 31 and Sat., April 1, 7:30 and 9:30 p.m.; \$15 (show only) or \$39.95 (dinner + show); prices increase \$5 if purchased on show day. **AI Park & Dwayne Murphy**, Thurs., April 6, 7 p.m., \$10. **Eric McMahon & Joe Bublikewicz**, Fri., April 7 and Sat., April 8 at 7:30 and 9:30 p.m., \$15 (show only) or \$39.95 (dinner + show); prices increase \$5 if purchased on show day. **Open Mic**, Thursdays at 9 p.m.; sign ups begin at 7 p.m., free to attend or participate. 388 Broadway, Saratoga Springs. (518) 275-6897 or thecomedyworks.com.

Proctors

ChipandGus: A Comedy with Balls.

Daily, Thurs., April 6 through Sat., April 8 at 7:30 p.m. Fenimore Gallery at Proctors, 432 State St., Schenectady. \$20. (518) 346-6204 or www.proctors.org.

Shmaltz Brewery

Could Be Worse Comedy Show hosted by Nell Shanahan with Cody Montanye, Dee Watson, Seth Carr, Frank Gentile and headliner Tony Rogers with music by DJ Mo. Fri., March 31. Doors at 8 p.m.; show at 9 p.m. 6 Fairchild Square, Clifton Park. Advance, \$15; \$20 at the door. (518) 253-8974 or www.eventbrite.com/e/shmaltz-comedy-night-tickets-32290384409.

DANCE

Pilobolus Dance Theatre

The internationally acclaimed collective presents a retrospective of its ground breaking repertoire. Fri., March 31, 8 p.m.

Hart Theatre, The Egg Performing Arts Center, Empire State Plaza, Albany. \$34. (518) 473-1845 or www.theegg.org.

Community Barn Dance

Fun, simple dances from the U.S. and around the world for all ages and abilities. Music by Fennig's All-Stars; David Kaynor will call. Sat. April 1, 7 to 9:30 p.m. Old Songs Community Arts Center, 37 South Main St., Voorheesville. Adults, \$8; children 12 and younger, free. (518) 765-2815 or oldsongs.org.

FAMILY

Animal Spotlight

Learn more about the museum's inhabitants during this hands-on activity. Wed., March 29 at 3:30 p.m. and Sun., April 2 at noon. SUNY POLY CMOST, 50 Jordan Rd., Troy. Program free with paid admission (\$5 per person, ages 2+). (518) 235-2120 or www.cmost.org.

Sensory Play

Hands-on sensory science activity in the GE Junior Discovery Room. Wed., March 29 (Sponges) at 10 a.m. SUNY POLY CMOST, 50 Jordan Rd., Troy. Program free with paid admission (\$5 per person, ages 2+). (518) 235-2120 or www.cmost.org.

Northshire Bookstore

KIDS! Storytime. For children and their parents/caregivers. Friday, March 31, 10:30 a.m. 424 Broadway, Saratoga Springs. Free. (518) 682-4200 or www.northshire.com.

Tang Teaching Museum

Family Saturdays. Foster creative cooperation across generations through looking at artwork, discussing it, and engaging in a hands-on art activity. Sat., April 1 at 2 p.m. Best suited for children ages 5 and older accompanied by an adult companion. Materials provided.

Free; reservations required; call (518) 580-8080. Skidmore College, 815 North Broadway, Saratoga Springs. tang.skidmore.edu.

Golden Dragon Acrobats

A show that combines award-winning acrobatics, traditional dance, spectacular costumes, and theatrical techniques. Sat. April 1, 7:30 p.m. Hart Theatre, The Egg Performing Arts Center, Empire State Plaza, Albany. Adults, \$20; children \$12. (518) 473-1845 or www.theegg.org.

HVCC Summer Camp Fair

Find out what Capital District camps have to offer this summer. Sat., April 1, 10 a.m. to 2 p.m. McDonough Sports Complex, Hudson Valley Community College, 80 Vandenberg Ave., Troy. Free. (518) 629-7339.

Breakfast with the Easter Bunny

Visit with the Easter Bunny after enjoying a hearty breakfast prepared by executive chefs Edwin Nazario of Kingsway and AJ Jaupaul of Swiftys. Sponsored by the West Albany Fire Co. #1 Ladies Auxiliary. Sun., April 2, 8 a.m. to noon. West Albany Fire Co. #1, 131 Sand Creek Rd., Colonie. Adults, \$11; Seniors (60 and older) \$8; Children 4 through 10, \$5; children 3 and younger, free. For more info., call Nancy at (518) 795-0644.

All-you-can-eat

Pancake Breakfast

Presented by the Slingerlands Fire Department Auxiliary. Sun., April 2, 8:30 to 11:30 a.m. Slingerlands Fire Department, 1520 New Scotland Rd., Slingerlands. Adults, \$7; children ages 5 through 12, \$4; children 4 and younger, free.

The Gazillion Bubble Show

Step into an interactive bubble world and be dazzled by spellbinding lasers,

spectacular lighting effects, and jaw-dropping masterpieces of bubble artistry. Sun., April 2, 3 p.m. Proctors, 432 State St. Schenectady. \$20-\$45. (518) 346-6204 or www.proctors.org.

Easter Egg Decorating

Eggstravaganza

Decorate eggs with dye and decorations, along with a basket to carry them home in. Materials supplied. Sat., April 8, 1 p.m. Il Faro, 698 N. Pearl St., Albany. \$10 per child; RSVP by Fri., April 7. Proceeds will benefit Capital District Child Care Council's Sprout Scout Farm to Preschool program. (518) 463-2208 or www.ilfaroitalian.com.

FILM

Pillow Talk

1959 classic starring Rock Hudson and Doris Day. A man and a woman who share a party line cannot stand each other, but he has fun romancing her with his voice disguised. Sun., April 2, 2 p.m. Troy Public Library, Main Branch, 100 2nd St. Troy. Free; advance registration required. (518) 274-7071 or www.thetroylibrary.org.

Roman Holiday

Overwhelmed by her schedule, a touring European princess (Audrey Hepburn) escapes incognito for a night alone in Rome. Falling asleep on a park bench, she is found by an American reporter (Gregory Peck), who takes her back to his apartment for safety, but romance soon gets in the way. Not rated. 118 minutes. Mon., April 3 at 2, 4:30 and 7 p.m. GE Theatre, Proctors, 432 State St., Schenectady. \$5. (518) 346-6204 or www.proctors.org.

Cocoon

1985 sci-fi classic starring Don Ameche and Wilford Brimley in which a group of trespassing seniors find themselves renewed with youthful vigor when they

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March 31, 2017 | 9 pm

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SATURDAY

April 1, 2017 | 9 pm

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w/ COBBLESTONE



FRIDAY

April 7, 2017 | 9 pm

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SATURDAY

April 8, 2017 | 9 pm

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swim in a pool containing alien cocoons. Part of the Music Hall Movie Series. Tues., April 4, 1 p.m., Cohoes Music Hall, 58 Remsen St., Cohoes. \$5. (518) 465-4663.

1984

John Hurt portrays Winston Smith in this film based on George Orwell's classic novel. Rated R. 115 mins. Tues., April 4 at 4:30 and 7 p.m. GE Theatre, Proctors, 432 State St., Schenectady. \$5. (518) 346-6204 or www.proctors.org.

LECTURES

Lenten Parish Mission

Paulist father Frank Desiderio, who produced the 2004 movie "Judas," will present "The Church of Mercy: The Life and Thought of Pope Francis." Wed., March 29, 9:30 a.m. and 7 p.m. Church of the Immaculate Conception, 400 Saratoga Rd., Glenville. Free. (518) 399-9203.

When Performance and Philosophy Become Design Materials

Can the performative methods now used in human-computer interaction (HCI) design be refined and expanded using dance improvisation? Phenomenology and digital media scholar Susan Kozel will offer a counterpoint. Wed., March 29, 7 p.m. Theater, EMPAC, Rensselaer Polytechnic Institute, 110 8th St., Troy. Free. (518) 276-3921 or www.empac.rpi.edu.

The Kate Mullany National Historic Site Talk

P. Thomas Carroll, former executive director of the Hudson Mohawk Industrial Gateway, will discuss the Irish immigrant who organized the laundry workers of Troy into the nation's first truly all-female labor union. Fri., March 31, 6:30 p.m. Main Branch, Troy Public Library, 100 2nd St., Troy. Free. (518) 274-7071

or www.thetroylibrary.org.

What Can Apatite Tell Us?

Discover how apatite, the most common phosphate mineral on earth, is used in a variety of forms, during a 20-minute lunchtime lecture presented by historians and scientists. Q&A session follows. Part of the "2016-17 Brain Food for the Curious" lecture series. Tues. April 4, noon. Huxley Theater, New York State Museum, 222 Madison Ave., Albany. Free. (518) 474-5877 or www.nysm.nysed.gov.

Sunday Salons

A Painter's Paradise: Thomas Cole and his Transformative Experience in Florence, 1831-32. Join independent scholar John McGuigan as he explores the year Cole lived and worked in Florence where he produced some of the finest paintings of his career. Sun., April 9, 2 p.m. Thomas Cole National Historical Site, 213 Spring St., Catskill. \$12.65 (inc. fees). (518) 943-7465 or thomascole.org/events.

LITERARY

Talking Book and Braille Library Open House

Senior librarians will answer questions and provide summaries and demonstrations. Sat. April 1, 2 to 4 p.m. Seventh Floor Librarians' Room, New York State Library, 222 Madison Ave., Albany. Free, registration required. (518) 474-2274 or www.nysl.nysed.gov/programs.

Anthony Gero

Military history author will explore the contributions of New York's African Americans prior to the military's integration in "Black Soliers of New York State: A Proud Legacy 1750 - 1950." Presented as part of the "Together Until the End: Schenectady in the First World War" series. Sat., April 1, 2 p.m. Schenectady County Historical Society and Museum, 32 Washington Ave., Schenectady. \$5. (518) 374-0263 or schenectadyhistorical.org.

Chris Bohjalian

American novelist and bestselling author of both "Midwives" and "The Sandcastle Girls" will discuss his work and Armenian roots. Q&A session and book signing to follow. Mon., April 3, 6:30 p.m. Bush Memorial Center, Russell Sage College, 1st and Congress streets, Troy. Free. (518) 244-3178 or (518) 274-7071.

Nitty Gritty Poetry Slam and Open Mic

Albany's official poetry slam. Tues. April 4; sign up starts at 7 p.m., followed by open mic at 7:30 p.m. and slam at 8 p.m. 18+ only. The Low Beat, 335 Central Ave., Albany. \$3 before 7:30 p.m.; \$5 after 7:30 p.m. www.albanypoets.com/nittygrittyslam.

Caffè Lena Poetry Open Mic

Sign up begins at 7 p.m., followed by readings at 7:30 p.m. Five-minute maximum for each poet. All styles welcome, performers asked to refrain from excessive profanity or vulgarity. Wed., April 5, Northshire Bookstore, 424 Broadway, Saratoga Springs. \$5. (518) 682-4200 or www.northshire.com.

Writers workshop

Bi-weekly writers' get together. Eat, drink, schmooze and share, but, mostly write. Like mad. Thurs., April 6, at 6 p.m., Tech Valley Center of Gravity, Quackenbush Building, 30 3rd St., Troy. Free. www.tvcog.org.

Selected Shorts:

Lovers and Strangers

An afternoon of spellbinding short stories about chance encounters, love, loss, and new beginnings written by established and emerging writers. Hosted by Sonia Manzano, Michael Urie and Jim True-

Frost. Sun., April 9, 3 p.m. (rescheduled from Feb. 12). Troy Savings Bank Music Hall, 30 2nd St., Troy. \$25. (518) 273-0038 or www.troymusicall.org.

EDUCATION

History and Genealogy Resources at the state Library

Tour highlights include genealogies, local histories, church records, Daughters of the American Revolution (DAR) records, United States and New York State Census records, newspapers on microfilm and city directories. Sat., April 1, 11 a.m. New York State Library, 7th floor. 222 Madison Ave., Albany. Free; 15 participant limit. Registration required. www.nysl.nysed.gov/programs/.

Gallery Talk

Take a guided walk through the galleries with a member of the Clark's education team. Saturdays at 1 p.m., through May The Clark Art Institute, 225 South St., Williamstown, Mass. www.clarkart.edu.

First Sunday Free

Explore the sculpture and decorative arts collections. Learn more during gallery talks at 1:30 and 3 p.m., then make your own armature and sculpture in the Open Studio. Sun., April 2, 1 to 4 p.m. The Clark Art Institute, 225 South St., Williamstown, Mass. www.clarkart.edu.

MISCELLANEOUS

Downtown Albany Restaurant Week

Between Sat., April 1, and Fri., April 7, enjoy a delicious, 3-course meal valued at a minimum of \$35 for just \$20.17. For menus at participating restaurants, visit www.downtownalbany.org/news/restaurant-week-menus-announced.

Albany Toy and Comic Show

Sixth annual event features toys, comic books and collectibles of every kind. Plenty of vendors and special guests. Sun., April 2, 10 a.m. to 5 p.m. Radisson Hotel, 205 Wolf Rd., Albany. \$5. www.albanytoyshow.com.

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 parking lot. Tuesdays, 4 to 7 p.m., Delaware Branch, Albany Public Library, 331 Delaware Ave., Albany. (518) 463-0254.

Together Tuesday

Café is set-aside for groups to have a team building session. Become part of a movement. 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. Free. 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.

Troy Night Out

'Hustle into Health & Wellness' during this month's arts and cultural event. Fri., March 31, 5 to 9 p.m. Various venues throughout downtown Troy. www.downtowntroy.org/troy-night-out.

Global Fair Trade Market

Shop for fair trade items from various parts of the world. Proceeds will benefit artisans. Sat., April 1, 10 a.m. to 3 p.m. Albany School of Humanities, 108 Whitehall Rd., Albany. Free. (518) 475-6575 or albanychoolofhumanities.weebly.com.

Secret Stockade

Discover the secrets of Schenectady's Stockade section during a walking tour of the historic district. Includes lunch at Arthur's Market. Wed., April 5, 11 a.m. \$20, available at www.schenectadyhistorical.org/walking-tours, via phone at (518) 374-0263 ext. 4 or email curator@schenectadyhistory.org.

Friday Walk and Talk

Join members of the Albany Pine Bush Preserve Commission for a one hour, 1.2 mile hike at Kings Highway Barrens. Meet at the Kings Road trailhead (#9) by 11:55 a.m. Fri., April 7, at noon. Limited to 15 participants. Free, advance registration required. (518) 456-0655 or www.albanypinebush.org/events/detail.cfm?id=2118.

First Friday

Art Show & Wine Tasting
Menands artist Ryan Pooler will show work inspired by mark making, created using ballpoint pen and graphite, which trick the eyes into making certain aspects move forward and others backward. Fri., April 7, 5 to 7 p.m. Il Faro, 698 N. Pearl St., Albany. Free. (518) 463-2208 or www.ilfaroitalian.com.

EXHIBITS

Albany Institute of History and Art

"Captured Moments: 170 Years of Photography from the Albany Institute," through May 21; and "Wampum World: An Art Installation by Renée Ridgeway," through June 18. "Spotlight: Erie Canal" paintings, drawings, maps, photographs, books and more to mark the bicentennial of the project's ground breaking; through Aug. 20. 125 Washington Ave., Albany. (518) 463-4478 or www.albanyinstitute.org.

Albany International Airport

"Cloudlands," featuring structures and images by Naoe Suzuki, Edward Mayer, Julie Evans, Susan Meyer, Dana Filibert, Joshua Field and Gina Ruggeri. Through July 31; Gallery, third floor, 737 Albany Shaker Road, Latham. (518) 242-2241 or arts@albanyairport.com.

Albany Pine Bush Discovery Center

"National Natural Landmark:" New, special exhibit which guided you through the extraordinary world of the sand dunes from formation to impacts on the current landscape. Through June 30. 195 New Karner Road, Colonie. (518) 456-0655 or albanypinebush.org.

Arts Center of the Capital Region

"The Art of Seed: Hudson Valley Seed Co.," contemporary artists' interpretations of a selection of heirloom varieties found in the company's catalog through April 23. Also, "Troy River City, Living with Water in Troy," which explores Troy's past and possible future as a river city in the Hudson Valley; through April 14. Both exhibits open with a

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reception from 5 to 9 p.m. on Fri., March 31. 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; **"Looking North and South: European Prints and Drawings, 1500-1600,"** an exploration of the exchange between artists working in the Netherlands, Germany, and Italy, through May 29; **"An Inner World,"** features seven exceptional genre paintings by Dutch artists working in or near the city of Leiden in the 17th century, through Sept. 17; and **"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.

Collar Works

"Material Witness: The Object of Photography," Breaking from the tradition of photography as a passive truth machine, the nine artists featured in this exhibit instead let the idea and the image cultivate over time in the studio and beyond. Opening with reception on Fri., March 31, from 5 to 8 p.m. 621 River St., Troy. Free. www.collarworks.org.

Delaware Trolley House Cafe

New artwork by digital collage text artist George Guarino. Daily, 10 a.m. to 11 p.m., through April 6. 292 Delaware Ave., Albany. Free. (518) 256-6549 or www.deeptranceart.com

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 which reinterpret the natural world as an ethereal and poetic place. Through May 14. 161 Warren St., Glens Falls. (518) 792-1761 or www.hydecollection.org.

Mabee Farm Historic Site

"Changing Waters: The Story of the Mohawk River," through April 2017. Also, **"Seasons on the Farm: The Plein Air Works of Deborah Angilletta,"** paintings of the historic property by last year's artist-in-residence. Through Spring 2017. Admission: Self-guided, \$5; tour and exhibits, \$8. Tues. - Sat., 10 a.m. to 4 p.m. 1100 Main St. (Route 55), Rotterdam Junction. (518) 887-5073 or www.schenectadyhistorical.org.

Mandeville Gallery

"Branding the AfroFuture" by Stacey Robinson, whose multimedia work discusses "Black Utopias," as spaces of peace away from colonial influence by considering Black protest movements and the art movements that document them. Part of the Artist Installation Series. Installation, daily from 9 a.m. to 5 p.m. through Thurs., March 30. Artist Talk and Reception on Fri., March 31, at 12:55 p.m. On view through March 2018. Schaffer Library Learning Commons, Union College, 807 Union St., Schenectady. Free. (518) 388-6004 or muse.union.edu.

miSci

"Discover Butterflies," with hundreds of native butterflies fluttering around in an indoor butterfly house. Through April 23. **"Tinkering: Bring Out Your Inner Engineer,"** a hands-on exhibit from the San Francisco Exploratorium, through May 17. Plus ongoing exhibits. 15 Nott Terrace Heights, Schenectady. (518) 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. Plus ongoing exhibits. 99 South Broadway, Saratoga Springs. 584-2225 or www.dancemuseum.org.

New York Folklore Society

"Farm and Field: The Rural Folk Arts of the Catskill Region," black and white photographs by Benjamin Halpern which document and showcase the rural folk arts rooted in the agricultural heritage of New York State. 129 Jay St., Schenectady. (518) 346-7008 or www.nyfolklore.org.

New York State Museum

"Ice Ages in New York State," a 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. (518) 474-5877 or www.nysm.nysed.gov.

Sand Lake Center for the Arts

"Averill Park Central School District Student Art Show," highlighting the artistic development and achievements mastered by students in grades 1 through 12. Through March 31. Free. Open during performances and on Wednesdays until 6 p.m. Free. 2880 NY Route 43, Sand Lake. (518) 674-2007 or www.SCLA-CTP.org.

Saratoga Arts

"120" Intercollegiate Regional," a juried fine art exhibition for students attending an accredited college or university located within 120 miles of Saratoga Springs, Troy, or Glens Falls (Main Gallery). Through April 21. Also **"Fractured Lives"** by Jennifer Duke Antsey (Reception Gallery) and **"Faces"** by Benjamin Sugarman (Member's Hall Gallery). 320 Broadway, Saratoga Springs. (518) 584-4132 or www.saratoga-arts.org.

Saratoga Auto Museum

Opening Sat. April 1: **"The Gavel: Cars of the Saratoga Auto Auction,"** which takes a look at the history, process, popularity and potential of automobile collecting along with **"Auto Sketches by Robert Selkowitz,"** and **"Photography by Michael DiPlecco,"** through Sept. 17. Plus ongoing exhibits. 110 Avenue of the Pines, Saratoga Spa State Park, Saratoga Springs. saratogaautomuseum.org.

Saratoga Clay Arts Center

"Patter and Process" works by Erin Elizabeth and Dawn Dishaw. Through April 25. 167 Hayes Rd., Schuylerville. saratogaclayarts.org.

Schenectady County

Historical Society
"Together Until the End: Schenectady in World War I," through

2017. Plus ongoing exhibits. Admission: \$5. Weekdays, 9 a.m. to 5 p.m.; Saturdays 10 a.m. to 2 p.m. 32 Washington Ave., Schenectady. (518) 374-0263 or www.schenectadyhistorical.org.

Tang Teaching Museum

"Janine Antoni & Stephen Petronio: Entangle," collaborative works which combine action, video and installation: **"On the Table,"** April 6 through 30, and **"Honey Baby,"** May 13 through July 16; **"Inhabited Landscapes: Bougault's Algeria,"** a series of large, panoramic landscapes of Algeria, created during the late-19th and early-20th centuries by the French photographer Alexandre Bougault, through April 23; 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,

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

University Art Museum

"Conor Backman: A Clock and Map Minute," a solo exhibition featuring paintings, assemblages and sculptures 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. (518) 442-4035. www.albany.edu/museum/index.shtml.

University Club

Paintings by Ed O'Connell, through April 28. 141 Washington Ave., Albany. (518) 463-1151 or www.universityclubalbany.com.

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Bubble Show
April 2




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APRIL 1
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The Hollow Bar & Kitchen
7 pm

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

APRIL 8
Gratefully Yours
The Hollow Bar & Kitchen
9 pm

APRIL 13
The Felice Brothers
The Cohoes Music Hall
8 pm

APRIL 15
Eastbound Jesus w/ Elrod & Motherjudge and Grassroots Rebels
The Hollow Bar & Kitchen
7 pm

APRIL 20
An Evening With Cabinet
Putnam Den
8 pm

APRIL 21
Heavy Pets w/ Backup Planet
The Hollow Bar & Kitchen
8 pm

APRIL 22
Robert Randolph & The Family Band
Upstate Concert Hall
7 pm

APRIL 27
The Kitchen Dwellers w/ Let's Be Leonard
The Hollow Bar & Kitchen
8 pm

APRIL 28
Dr. Jah & the Love Prophets / Lynch / Eastern Highs
The Hollow Bar & Kitchen
7 pm

MAY 12
David Bromberg Quintet
The Cohoes Music Hall
8 pm

MAY 23
Ana Popovic
The Cohoes Music Hall
8 pm



Guthrie/Bell Productions

■ IN BRIEF

Emerald Dawn at Emack and Bolio's

ALBANY — Emerald Dawn will perform at Emack and Bolio's on Saturday, April 1 from 7 to 10 p.m. at 366 Delaware Ave. in Albany.

Emerald Dawn is a Celtic/Acoustic/Rock Duo.

For more information call (518) 512-5100 or visit www.ebalbany.com.

■ HEALTH AND FITNESS

This will make you mad

That "relaxing" glass of wine could be killing you

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

As a personal trainer and certified nutrition coach my job is to tell people the truth and hold them accountable for their actions.

As you can imagine there are times I tend to piss people off. If I'm doing my job, I'm telling them what they need to hear, and not what they want to hear. This contradicts what you see and hear in the media, where in an effort to get you to read their paper or to watch their television show, they'll tell you what you want to hear.

So, what topic of conversation am I approaching today, that will likely set you off?

Alcohol.

In this country, we have a serious problem with alcohol. Now, I'm not talking about being an alcoholic. (Although, in my opinion, that particular disease is far more prevalent than most people realize.) No, I'm talking about the average person who unwinds to "just one glass" of wine each night.

I can already see the blood starting to boil on some of you.

Here's the truth you don't want to hear: Most people are drinking far more than they'll admit. Our "just a glass" in most cases is actually two or three. The standard drink is roughly 14 grams of alcohol. At a restaurant or bar, that equates to one 12-ounce can of beer, four ounces of wine or one-ounce shot of distilled spirits.

At home, we're a little more liberal with our pours.

That "one glass of wine" most people pour is closer to 12 ounces. So, instead of filling our wine glass with just four ounces, we fill it to the top. That translates into an actual serving of three glasses. But, do we stop there? Nope. After enjoying a second glass of wine, we had something closer to six servings of wine.

How does this effect our diet? Let's take a moderately active, 120 lbs woman. Her caloric needs are somewhere between 1,200 to 1,500 calories a day. If we apply the drinking habits above, with a standard glass of wine is about 150 calories, she's drinking as many as 750 calories — more than half her recommended total caloric intake — in alcohol. And, getting zero nutritional value in return.

I think we can all agree that someone who is drinking half their calories each day in alcohol may have a problem. But, for someone trying to lose weight, that's not even the worst part. And, it's something I see on a daily basis.

Most people come to our studio because they want to lose weight and get in shape. The majority of them start in our beginner's program, which is designed for those who haven't worked out in a while and are looking to change their lives. As part of the program, we ask them to give up one bad nutritional habit for the following four weeks. Most give up cookies, chips, ice cream or some other treat.

We never hear someone say they'll give up alcohol, and when we ask, you'd think we'd asked them to drown a litter of kittens in the bathtub. Which speaks to how ingrained alcohol is in people's lives. It's the No. 1 reason people don't see real weight loss results. Most people

Continues on Page B19

SUDOKU

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Answers on Pg. B25

HOROSCOPES

March 2017
Week 5

CAPRICORN

December 22 – January 19

Shh, Capricorn. It's not your place to say what should or should not take place. Sit back, relax and let the drama unfold before you. A mistake is corrected.

AQUARIUS

January 20– February 18

Fool you are not, Aquarius, so why are you acting like one? Wise up and see the situation for what it is. Only then can real change occur.

PISCES

February 19 – March 20

You take pride in what you do, and it shows. The right people know this and are about to reward you for your efforts. Be humble and grateful, Pisces.

ARIES

March 21 – April 19

Eloquence eludes you this week, and you open mouth and insert foot time and time again. Not to worry, Aries. When the occasion rises, you will be spot on.

TAURUS

April 20 – May 20

Some needs outweigh others. Pinpoint those that matter most and do your best to fulfill them, Taurus. A toy reappears, making someone very happy.

GEMINI

May 21 – June 21

It's so obvious, yet your coworkers keep missing it. Speak up, Gemini. Many will thank you. Some promises were meant to be broken. Circumstances change.

CANCER

June 22 – July 22

Compassionate Cancer. You give your all, and you get frustrated when it isn't enough. Fortunately, it will be more than enough this week. Get ready to celebrate!

LEO

July 23 – August 22

Aw, Leo. Someone has a crush on you. Let them down easily. A treasured friendship begins to show signs of wear. Make amends now.

VIRGO

August 23 – September 22

Too little, too late. You miss an opportunity, but luckily for you, it will come around again very soon. Make plans now to capitalize on it, Virgo.

LIBRA

September 23 – October 22

Being reserved works in your favor this week, Libra, as many will follow your lead when a crisis erupts. Someone important will be watching and take note.

SCORPIO

October 23 – November 21

Go ahead, Scorpio. Push the envelope. You're the only one who can. A secret is just the tip of the iceberg as to what is bothering a young one.

SAGITTARIUS

November 22 – December 21

Bravo, Sagittarius. Tasks compound at the office, and you fulfill them without missing a beat. Travel plans come together with the help of a pro.

BAND PROFILE

Groovy grungy up and running

Bad Mothers holds EP release party at The Hollow, Friday with Sly Fox and The Hustlers, Lucy



Photo by Ralph Renna / TheSpot518

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

Obtaining the sound of a timeless recording is not an easy accomplishment. Writing those songs to make the heart flutter or trigger that emotion is another hill to climb. Rock 'n' roll always reinvents itself, but sometimes it's necessary to push as music gets watered down in the writing and recording process. Writing, without sounding contrived, is not easy.

Bad Mothers, a band who may be Albany's best kept secret, is about to step into the forefront. Its founding frontman Matt Dalton is pushing through that barrier with the band's new EP, "Why Bother."

"Well, I suppose that it started with me moving to Albany, said Dalton. "I had been living out in Boston for a few years and came here for school. I left my old band when I did and immediately became focused on finding a new one."

Guitarist Pat Flores was the first person to have a definite spot in the project. The two started working together, experimenting with different bassists and drummers. Out of the woodwork came drummer Brian Chiappinelli and Kevin Bohlen, on bass.

"I had been a fan of their style and technique," said Dalton, "but was under the impression they were musicians with their hands full as many musicians are. Nonetheless, after a few hangs and writing sessions the two offered to be full time members of the band. Brian's interest probably pulled Kevin in too since the two

of them are long time friends and have been in projects together before."

Before long, shows were lining up for Bad Mothers. Public reception was encouraging. Dalton was signed as a solo act to Rose Record Label. A meeting with the record label's board got the whole group signed on as a unit.

Rose Record Label Group is a student run record label based out of The College of Saint Rose in Albany.

"It's been a learning experience," said Dalton, "working with the label, for both the students involved as well as us as a band. Working through signing contracts. Meeting with the board to discuss album progress. Playing events for the label and working with their members to ensure recording sessions and release dates go smoothly, has shown us what it's like working with a label. We're happy to give the label a band to work with and we're grateful for all the help we've received from them over the past year."

Dedication is the motto which keeps these Bad Mothers locked into this project. At this point they're all friends. They have all played in multiple ensembles and continue to come back to Bad Mothers with a determination to further the band's progress into the future.

"The thought of anyone else filling in just seems so foreign," said Dalton. "Everybody brings their own element to the table and we all think we've found a blend that's unique and working well, and captivating the group. I feel like with anyone else stepping in we all would notice the change. Not only on a musical

Continues on Page B23

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IN BRIEF

Open Mic Night at Hudson River Music Hall

HUDSON FALLS — Hudson River Music Hall will host Wednesday Open Mic Night on March 29 from 7:30 to 9:30 p.m. at 10 Maple Street in Hudson Falls.

Sound, lights and a listening space will be provided for participants and listeners.

Admission is \$3. For more information, call (518) 832-3484.

Hamilton Street Jazz Co at Grappa 72

ALBANY — The Hamilton Street

Jazz Company will perform at Grappa 72 on Wednesday, March 29 and Thursday, March 30 from 6:30 to 9:30 p.m. at 818 Central Ave. in Albany.

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

Dan Sherwin at O'Slattery's

DELMAR — Dan Sherwin will perform at O'Slattery's on Wednesday, March 29 from 6:30 to 9:30 p.m. at 318 Delaware Ave. in Delmar.

Singer, guitar player and songwriter Dan Sherwin is known for his

interpretations of rock classics as well as his own original tunes.

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

The Deadbeats at the Low Beat

ALBANY — The Deadbeats will perform on Wednesday, March 29 at 10 p.m. at the Low Beat at 355 Central Ave. in Albany.

Founded in 1993, the Deadbeats play the music of The Grateful Dead, Phish, The Beatles, Bob Dylan, Bob Marley, Janis Joplin and more.

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

Open Mic Night at McGeary's

ALBANY — Mother Judge hosts Open Mic Night on Wednesday, March 29 at 8:30 p.m. at McGeary's Irish Pub at 4 Clinton Square in Albany.

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

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



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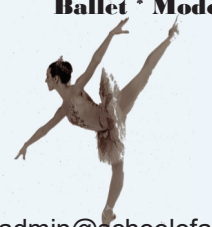
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■ IN BRIEF

Tunes and Tacos at City Beer Hall

ALBANY — City Beer Hall will hold “Tunes and Tacos” on Wednesday, March 29 at 5 p.m.

There will be \$2 tacos and a live Vinyl DJ for participants’ favorite vinyl.

For more information call (518) 449-BEER or visit thecitybeerhall.com.

Trivia and Ladies Night at the Rustic Barn Pub

TROY — The Rustic Barn Pub will host Trivia and Ladies Night on

Wednesday, March 29 at 8 p.m.

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

SCCC Jazz Showcase at the Van Dyck

SCHENECTADY — The SCCC Jazz Showcase will be held on Wednesday, March 29 at 7:30 p.m. at the Van Dyck.

The evening will feature performances by the Schenectady County Community College Jazz Ensemble directed by Dr. William Meckley as well two six-piece Schenectady County Community College

Jazz Combos directed by Brian Patneau.

Doors open at 6:30 p.m. For more information call (518) 348-7999 or visit www.vandycklounge.com.

Salsa Night at the Albany Rail yard

ALBANY — The Albany Rail yard will host “Salsa Night” on Wednesday, March 29 from 8:30 p.m. to 12 a.m.

Salsa lessons will be held from 8:30 to 10 p.m., followed by a Latin dance party until 2 a.m.

Entry is \$10. For more information call (518) 650-6499 or visit www.

albanyrailyard.com.

Performance, Philosophy and Design at EMPAC

TROY — Susan Kozel presents When Performance and Philosophy Become Design Materials on Wednesday, March 29 at 7 p.m. at 110 8th Street in Troy.

This talk emphasizes the applied qualities of performativity and phenomenology, exploring the potential for practical and material performances of bodies, memories, and data.

The event is free. For more information call (518) 276-3921 or visit empac.rpi.edu.



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the aforementioned FitBit, it's a pedometer that calculates the number of calories you've burned, and it's a sleep monitor, too. In order to view your progress while jogging on the track, you have to download a third-party application — an initial drawback, but it ultimately shows the hardware's availability to customize to the user's individual's wants and needs.

It also includes features that pertain more to the business realm, including a built-in microphone to dictate notes, and connectivity to texts, calls, events and more. Nonetheless, its plastic wristband leaves something to be desired for the fashion conscious, and it can't shake the comparison to toys. Though FitBit bought Pebble late last year, you can still find the Pebble 2.

Oakley Radar Pace

Oakley sunglasses surged in popularity in the early '90s, thanks in part to Major League baseball players like Jose Canseco, Rickey Henderson and Wade Boggs who wore them on the field. Durable, stylish and about as practical as a pair of shades can be described. But, with an asking



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spinali-design / Facebook

price of \$449, you won't find the Radar Pace on ZZ Top anytime soon.

Outside of their obvious use, the Radar Pace interfaces with your smartphone. Through bluetooth speakers, it provides audible feedback on your progress, whether that be through walking, running or biking. Reviewers have noted the frame is only slightly larger than your ordinary pair of Oakleys. Nonetheless, the frames still remain lightweight and comfortable for active use.

Spinali Design smart bikini

It was dubbed as the first internet connected bikini in 2015. Spinali Design is a computer company that messed around and got involved with wearable fashion. Bikini swimwear has been around for more than 70 years, and Spinali has done nothing to change its design. The technology, however, is stacked

Continued on Page 25

**From page B1 ...
Talking exercise**

In 2017, consumers have made it apparent they want wearable technology to assist them with their everyday workout. That demand is driving the latest, and most popular, trend in fitness. In fact, *Health Magazine* recently named wearables as the leading trend in health and fitness.

The amazing data retention of the Fitbit from just a few years ago is now the norm consumers expect to see in any given product. Today, there are products out there that serve as a virtual personal trainer that barks out encouragement as you run along the rail trail. The following is just a handful of some of the products available on the market, and the technology that can benefit you and your fitness routine.

Pebble 2

As an activity tracker, think of the Pebble 2 as the Tamagotchi pet you raised as a kid. As a smartwatch, it's a poorman's iPhone. It gives you the time of day, and like

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JUST ONE?

Alcohol often thwarts efforts to lose weight.

From page B12 ...
This will make you mad

know that they need to exercise more and eat better. And as our fitness family members can attest that goes a long way toward getting healthier. But, we also see many people who are killing it in their workouts and eating right, but not seeing any weight loss results.

And, the problem is not just the number of calories they are consuming. The real issue is the effect alcohol has on the body in other ways. Whenever we drink alcohol, our body immediately responds to get rid of it. In a manner of speaking, the body views it as a poison. It becomes our body's priority to digest and extract the alcohol. The acts of burning fat or digesting the carbs and protein you ate are turned off while the body focuses on burning off the alcohol. That process can take hours.

A standard drink can take as many as ten hours to be processed out of the body. For the average drinker, you have to extrapolate that number by the *real* number of drinks consumed. So, that person who's killing it in the gym and eating right, never sees results because his body is focused exclusively on burning off alcohol all day, every day.

Those who decide to give up alcohol often find themselves seeing results.

THE STRUGGLE?

Your body could be too busy burning alcohol.

They add lean muscle and feel better. So, if you're dieted and exercised, but have not seen the results you thought you would, take an honest account of how much alcohol you are drinking and then try to cut back. As much as you might hate hearing it, if you are overweight, out of shape and have other health issues, you need to reconsider that "relaxing drink." You may have an alcohol problem.

A standard drink can take as many as ten hours to be processed out of the body. For the average drinker, you have to extrapolate that number by the real number of drinks consumed. So, that person who's killing it in the gym and eating right, never sees results because his body is focused exclusively on burning off alcohol all day, every day.

The choice is yours. What's your priority?

Dan Romand is co-owner and operator of Full Circle Fitness-NY in Colonie, where he is also a certified personal trainer. You can often read his health and fitness column here in TheSpot518.



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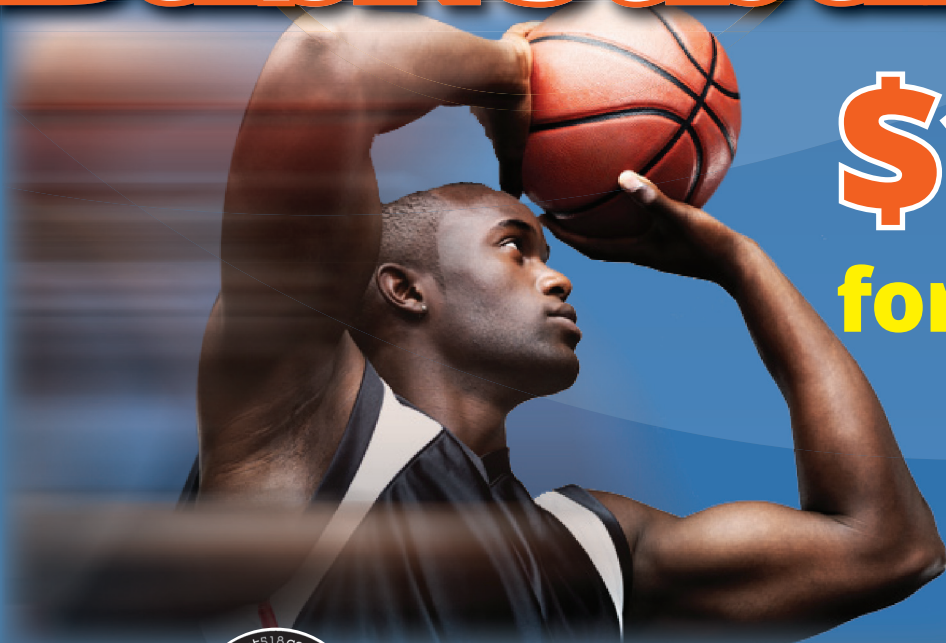
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PURE PSYCH
—
Consider The Source at The Hollow.

Photo by Tim Bopp / NYSmusic.com

■ **CONCERT REVIEW**

Psychedelic night in Capital City

Consider The Source, Felix Martin, Ampevene perform to crowd at The Hollow Bar + Kitchen

By **TIM BOPP**
nysmusic.com

ALBANY — It was a night of pure psychedelic/prog rock heaven at The Hollow in Albany Saturday, March 18, as the musical explorations of Ampevene, Felix Martin and New York City's Consider the Source took the stage to an enthusiastic crowd.

First to take the stage was Ampevene, a locally based quartet founded by guitarist Gabe Stallman. The band's roster includes Mack Hogan on bass, Darryl Kniffen on drums/percussion, and Ava Smith on keyboards. Their sound is a self-described eclectic mix of free form frenzy, jagged riffs, and hypnotic rhythms. Ampevene was formed in 2013 and since it's inception has played Albany's coveted Lark Street festival in 2015. They also have produced three EPs, the latest of which is entitled "Rometheu" which the band chose as the opener for the show. It was one of the only times throughout the night they blended lyrics with the incredible instrumental skills of the band. One of the high points of the hour long set in my opinion was the use of imaginative sounds that were crafted by talented keyboardist Ava Smith. They provided a beautiful sonic layer that enhanced the psychedelic musical experience that Ampevene created early in the evening.

After a brief break in the action the musical journey continued with the talent of Venezuelan guitarist Felix Martin whose claim to fame is being able to

simultaneously play two guitars at once. His website describes his amazing skill in this way, "Felix uses his self-designed 14 and 16-string guitars, which are two regular guitars in one, in a way never seen or heard before." Felix and his band which is comprised of bassist Killian Duarte and drummer Victor Carracedo are currently wrapping up their 10 date tour with Consider The Source while promoting their newly released album "Mechanical Nations."

Martin and his band started their show with "Carnat," which showcased the slap style guitar playing Felix is renowned for on an instrument that looks like it was cooked up in Frankenstein's lab. Two separate guitars attached together at the neck in a most unnatural way, but yet yields wondrous results at the hands of guitar virtuoso Martin. Up next was newly released "Bom," which illustrated how tight the band plays as an ensemble ever pleasing the crowd with it's upbeat hypnotic tempo. Midway through the show bassist Killian Duarte aptly stated to the energized audience "Let's keep things heavy and proggy" and they did not disappoint. The tone of the show was aggressive with the three piece creating a wall of sound that was reminiscent to Primus, featuring lots of chest cavity pumping bass with head bouncing percussion.

Last on the bill were headliners Consider the Source, the New York City power trio, whose credits since their formation in 2004 include playing

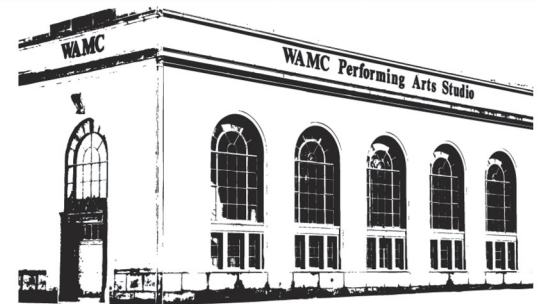
Burning Man, Gathering of the Vibes, Catskill Chill, and numerous other nationally renowned music festivals took the stage. CTS is comprised of Gabriel Marin on fretless doubleneck guitar, bassist John Ferrara, and drummer/percussionist Jeff Mann. Consider The Source's music showcases a Middle Eastern flair and features pieces with hypnotic melodies such as set opener "Aquarians." The sonic landscape that filled the room took the audience on a mystical journey into uncharted territory with pieces such as "Closer To Home" and "Abdiel." The enthusiastic crowd seemed transported to the desert with female spectators breaking out in impromptu belly dancing reminiscent of some ancient Bedouin tribe. The musical menagerie that is Consider The Source is

deceiving in its sound, with multi-layered and complex rhythms; it easily feels like these sonic sculptures could have been created by a band twice its size. The craftsmanship and camaraderie of the band was obvious and while CTS was playing early in the set, both previous opening frontmen Gabe Stallman from Ampevene and Felix Martin stood by appreciatively taking in the show in the nearby wings alongside the captivated audience.

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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From page B13 ... Groovy grungy up and running

level but on a personal one as well. We're happier when everyone's together, the input everyone has to offer from musicality, to business management, to humor in general is what helps us thrive."

Bad Mothers is a self-describe 'groovy-grunge' band, that tends to take interest in hard hitting and unique song arrangements — with the sliminess of grunge, but the melody and catchiness of a variety of genres.

"It's interesting, because although we are most definitely a rock band, all of us consistently listen to a wide variety of genres and artists," said Dalton. "From grunge, to jazz, folk/Americana, metal and hip-hop. I feel like we all pull from all the different genres and phases we've been through to bring new and refreshing approaches to the rock/grunge writing process."

The band's sound reveals apparent inspiration from

Soundgarden, Queens of the Stone Age and Incubus.

Bad Mothers is planning on touring throughout the Northeast this summer. The tour will promote the release of "Why Bother," and showcase new material since its recording.

"Why Bother" will be released Friday, March 31 with a release party at The Hollow Bar + Kitchen in Albany. Sly Fox and The Hustlers, and Lucy (formerly Better By Morning) will also perform.

"We're big fans of both of these bands so we're excited about a night of good music to help us celebrate our first release," said Dalton. "We're excited about the momentum that has been building these past few months and we're all excited to keep pushing it forward."

For more information, visit www.facebook.com/BadMothers/



Powerhouse of Metal

CLIFTON PARK — It was a night of heavy metal music at Trickshot Billiards Sports Pub, Saturday, March 25. The evening featured music from Carnivora, Inhumatus, Start the Reactor and The Final Step (above). It was the CD release show for The Final Step, which released its anticipated LP, "I." Overall, it was a showcase of heavy metal music from across the region. Inhumatus hails from Utica. Carnivora calls Boston home. Start the Reactor was another representative of the Capital District.

Photo by Robert Collins / TheSpot518

■ IN BRIEF

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It's a not-to-be-missed concert experience. Beethoven's Ninth provides a timeless message of humanity and brotherhood, including the monumental "Ode to Joy."

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FITBIT
How fun is it to compare your progress with a friend?
Photo by FitBit

From page B18 ...
Talking exercise

in a small medallion like sensor snugly hidden away. The smart bikini is meant to interface with either an iPhone or Android phone. It's not measuring steps, and not intended for exercise. Instead, it monitors the temperature, and warns users to apply more sunscreen or to get out of the sun altogether.

In the health and fitness world, this falls exclusively into the realm of the health conscious, and it's indicative of just where technology is going today. But, you're not going to pick this up at the mall just yet. Those interested in buying a Spinali Design smart bikini need to visit www.spinali-design.com

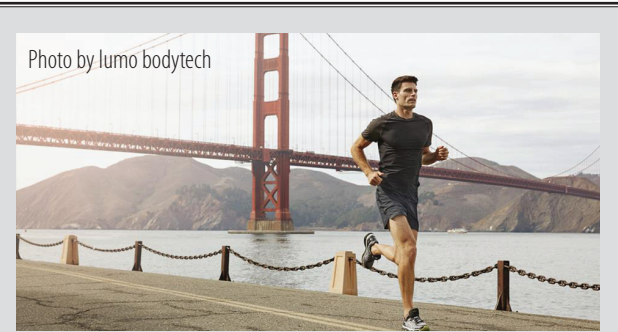
com and be willing to spend approximately \$200 (depending on the U.S. dollar to Euro conversion rate).

Lumo Run

So, we've learned that modern activity trackers are basically pedometers with GPS connectivity. Add a mathematical algorithm

or two, and it can calculate foot speed and the amount of calories burned. If we can agree to that definition, Lumo Run kicks it up a notch. With a sensor worn at the waist (and in tandem with a smartphone), the Lumo Run measures a user's cadence, time in contact with the ground, length of stride and pelvic rotation. This data is digested, analyzed and reported back in real-time with suggestions to improve the user's running form. As one Amazon.com reviewer noted, however, there is no treadmill mode for the application — so your foot speed will certainly suffer. Consumers have the option of purchasing shorts or capris for the Lumo, or to just go with the sensor and subsequent, free phone app.

Wearable technology touches upon a number of different needs — fitness, fashion and practical use. And, as each product aims to cater to all three, the demand for them is unlikely to wane anytime soon.



Shopping around

When shopping for wearables, you have to be conscious of the price tag. Most of the technology is new, and the driving demand for these products make them an expensive purchase. Ask yourself what is most important to you, and be honest with yourself. There are a wide variety of options at both ends of the cost spectrum from which to choose from.

Pebble 2

- Kohl's: \$129.99
- Newegg.com: \$79.99
- Amazon.com: \$74.95

Oakley Radar Pace

- Macy's: \$449.00
- Dicks: \$449.00
- Amazon.com: \$449.00

Lumo Run

- Rakuten.com: \$99.99
- TriSports.com: \$99.99
- Amazon.com: \$99.99

Spinali Bikini

spinali-design.com: \$214.15

All prices as of March 24



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

Super Crossword Answers

| | | | | | | | | | | | | | | | | | |
|----|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|---|---|
| 1 | S | A | D | 4 | M | E | L | T | 8 | T | E | N | T | | | | |
| 12 | S | E | R | A | 13 | O | L | I | O | 14 | A | R | I | A | 15 | | |
| 16 | A | W | R | Y | 17 | T | A | N | S | 18 | G | E | N | R | E | | |
| 19 | L | E | A | S | 20 | E | T | E | S | 22 | C | E | N | T | | | |
| 24 | T | R | Y | 25 | A | B | E | D | 27 | E | A | T | | | | | |
| | | | | 29 | B | R | E | D | 30 | P | L | Y | 31 | E | B | B | |
| 34 | S | H | R | I | N | E | 37 | S | O | L | E | 38 | V | I | E | | |
| 39 | L | O | O | T | 40 | B | O | T | 41 | P | I | L | E | | | | |
| 42 | A | L | P | 43 | S | L | A | T | 45 | S | T | A | L | L | S | | |
| 47 | P | E | E | 48 | H | I | T | 49 | P | A | R | T | | | | | |
| | | | | 50 | G | E | L | 51 | P | A | T | E | 52 | T | H | E | |
| 55 | H | A | T | E | 58 | T | S | A | R | 60 | E | M | A | I | L | | |
| 62 | A | L | I | E | 63 | N | 64 | A | T | O | P | 65 | I | L | L | S | |
| 67 | P | U | L | S | E | 68 | S | I | D | E | 69 | R | O | L | E | | |
| | | | | 70 | M | E | E | T | 71 | S | O | Y | A | 72 | A | N | Y |

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"8-Track Mind", the long-awaited debut album from Left Hand Shake (Blaze Sepowski & David Decker) is available on CD for \$10 each, exclusively at the River Street Beat Shop in Troy, or contact: LeftHandShake44@gmail.com. Digital Downloads available for \$7.99 at www.CDBaby.com/cd/LeftHandShake

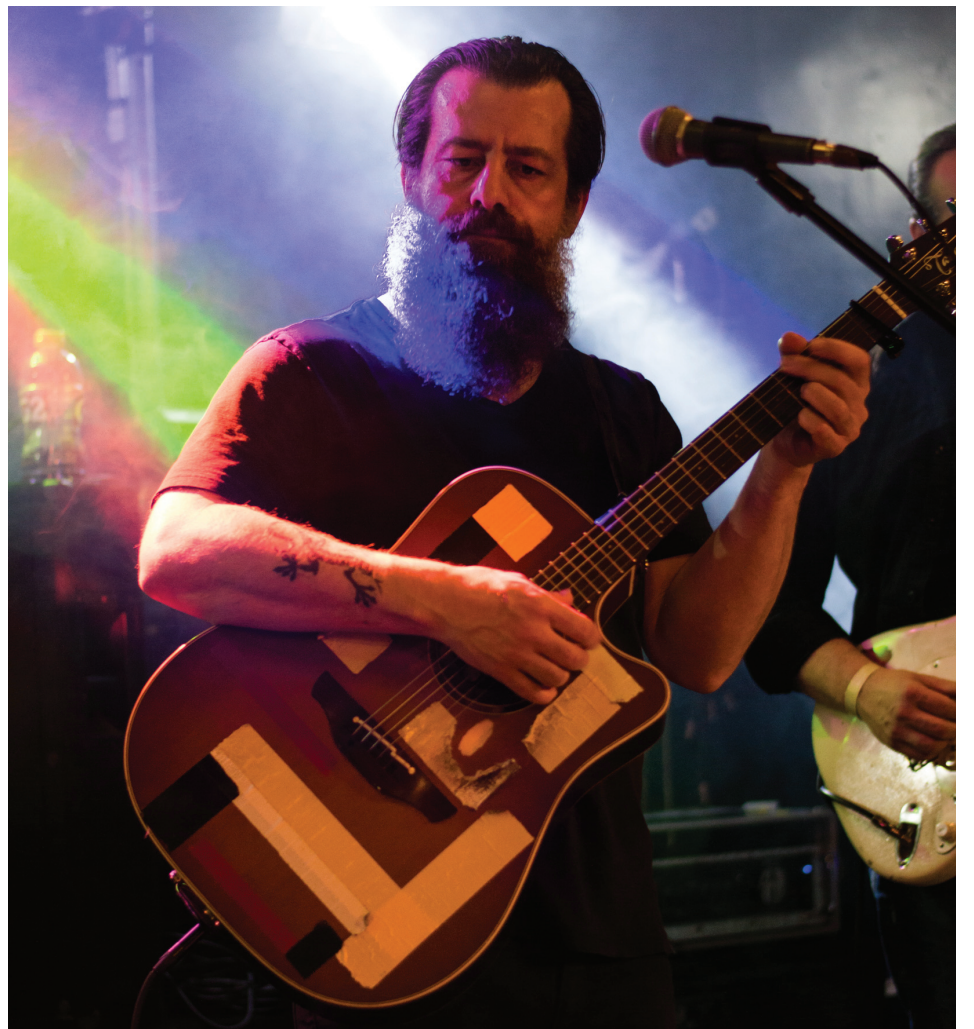
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Join us Friday April 7th (5-9pm) at IL FARO Restaurant & Bar 698 N. Pearl St in Albany (diagonal from WNYT Studios in Menands) for the 2nd in our series of CD Release / Listening Parties celebrating the release of the debut album by Left Hand Shake, titled, "8-Track Mind". This is a part of the monthly "First Friday" event at IL FARO featuring (from 5-7PM) an Art Show Opening w/ Ryan Pooler; Complimentary Wine Tasting, then from 7-9 PM, "8-Track Mind" will be played in its entirety. Meet the artists; see some great new art; listen to great new music; enjoy happy hour specials (both food & beverages). Don't miss this GREAT night of FUN!

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WHO'S WHO

Local music greats play in support of drummer Greg Nash, Thursday, March 23 at The Hollow. For more photos, go to TheSpot518/Spotted.

Photos by Garret Mac Aoidh & Amy Modesti / TheSpot518



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