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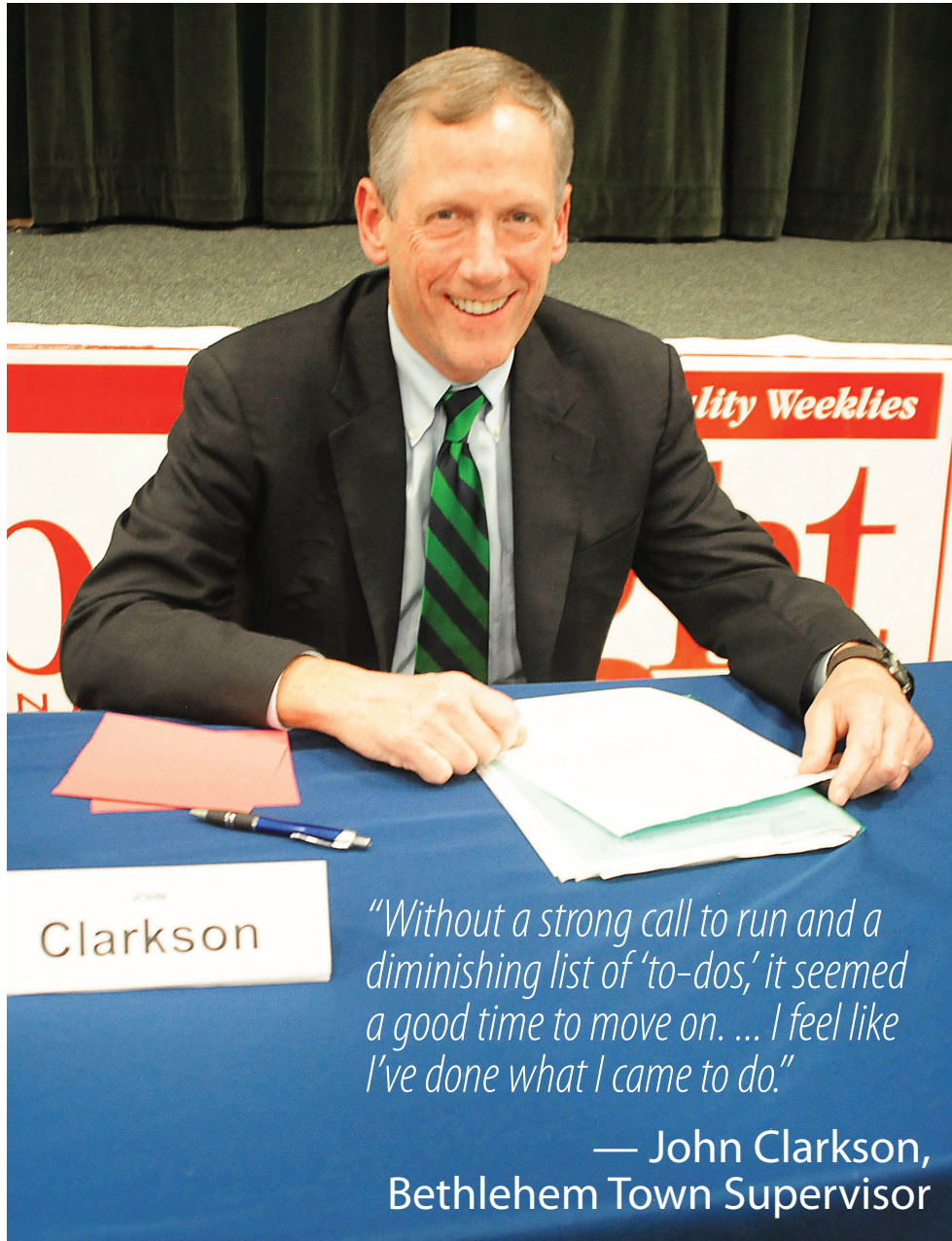
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"Without a strong call to run and a diminishing list of 'to-dos,' it seemed a good time to move on. ... I feel like I've done what I came to do."

— John Clarkson,
Bethlehem Town Supervisor

Spotlight file photo

TOP STORY

Whether in public or in personal life, Supervisor Clarkson is all about...

Moving Forward

By ALI HIBBS
hibbsa@spotlightnews.com

BETHLEHEM — "Anyone running for election or re-election should feel an inner call," said Bethlehem Supervisor John Clarkson, sitting behind his desk at Town Hall two days after formally announcing his decision not to seek re-election to the office he has occupied for more than five years.

Clarkson was first inspired to run for town supervisor in 2011, after spending four years on the town's 2020 Advisory Committee and becoming frustrated with what he perceived as a lack of action on the part of the town to address problems and achieve goals identified by the committee. He said that now, after being re-elected to two subsequent two-year terms, he feels he has accomplished most of the goals he set out to accomplish.

Continues on page 4

ENTERTAINMENT



Enjoyski Troyski

All joking aside, Dyngus Day is all about taking pride in the Polish heritage.

Story on Page B1

SPORTS



Crushing

The Guilderland girls lacrosse team went on the road and crushed the Lady Patriots 18-0.

Story on Page 7



Jules Ianniello
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LOCAL BUSINESS

Local bank to cross Delaware

Kinderhook Bank acquires structure previously owned by First Niagara

By MICHAEL HALLISEY
halliseym@spotlightnews.com

DELMAR — Kinderhook Bank is moving its local branch to the former First Niagara Bank location at 197 Delaware Ave. with a tentative re-opening scheduled in August.

The town assessed the 4,500 square-foot building at approximately \$1.4 million last year. First Niagara Bank occupied the building until its merger with KeyBank National Association last October.

Moving its Delmar branch from Delaware Plaza to a larger, stand alone structure will allow Kinderhook Bank to expand its services, from extended branch hours to drive thru services, safe deposit boxes, and in-lobby amenities.

“As a local community bank for over 163 years, we understand that convenient branch locations and a full-menu of services are very important to our customers,” said John A. Balli, Kinderhook

Bank’s president and CEO. “The need for a personal relationship with their bank, plus the expectation of class-leading technology benefits our customers by providing financial solutions in a comfortable environment.”

Senior Vice President Jeff Stone said the move enables the bank to build upon the success of its Delaware Plaza branch. The new location, however, will allow the bank to expand its customer service and provides the potential for additional jobs at the Delmar branch.

“The larger Delmar location gives us an opportunity to enhance our services with a state-of-the art facility after our significant renovations,” said Stone. “It will have our signature high-end open floor plan which encourages customer interaction with their banker, which Kinderhook Bank pioneered in the Capital Region in 2007 for our East Greenbush branch.”

Once the relocation is completed late this summer, patrons will walk into a bank lobby that resembles something akin to a cafe atmosphere, said Stone. Instead of teller lines, the lobby will have an open floor plan, and a round table manned by fully trained customer service



Patrons can expect the new Delmar Kinderhook Bank branch’s interior to look similar to that of its Latham location, above.

Submitted photo

representatives.

“There will be a relaxed lobby atmosphere where the staff builds one-on-one relationships with our customers, and offers conveniences such as iPads and Wi-Fi, free coffee/water and cookies for customers, and treats for their pets,” said Stone.

The new branch will also feature a coin counter and a 24/7 walk-up and drive-up full-function ATM which will dispense multiple note denominations, accept envelope-free cash and check deposits, and

produce smart receipts.

The Delaware Plaza branch will remain open until renovations to the new location are complete. The move is planned for late-summer and will be marked with a grand reopening celebration and special giveaways for account opening.

Established in 1853, Kinderhook Bank Corp. is the holding company of Kinderhook Bank, with eight current branch offices in the Capital District.

LOCAL GOVERNMENT

Town assessor to present

BETHLEHEM — Town residents who wish to ask questions or share opinions regarding a recently passed town wide initiative to re-collect residential property information, approved by the Town Board on March 22, can attend the April 12 Town Board meeting at 6 p.m.

On March 31, Bethlehem Sole Assessor Laurie Lambertsen walked back comments she made during the March 22 meeting, when she effectively said appraisers would be asking to enter homes to gather accurate property data in an effort to update and modernize the town’s records.

“I left the impression that the firm assisting with

the residential inventory recollection work would be asking to enter all houses,” she wrote in an email to *Spotlight News*. “That will not happen.”

Lambertsen said she will present a more complete description of the process at tonight’s Town Board meeting and that a written description will be made available online.

Parks and Recreation Dept. seeks summer volunteers

BETHLEHEM — Applications for summer volunteer opportunities with the Town’s Parks and Recreation Department are due Monday, May 1.

Volunteer applicants must be entering eighth grade in the fall of 2017. All volunteers are given extra consideration when applying for future employment with the Parks and Recreation Department. Pick up an application at the park office or download it from the department’s page on the town website (www.townofbethlehem.org/140/Parks-Recreation), under the Employment and Volunteer Opportunities link.

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■ EDUCATION

BCHS senior wins biotech award for cancer research

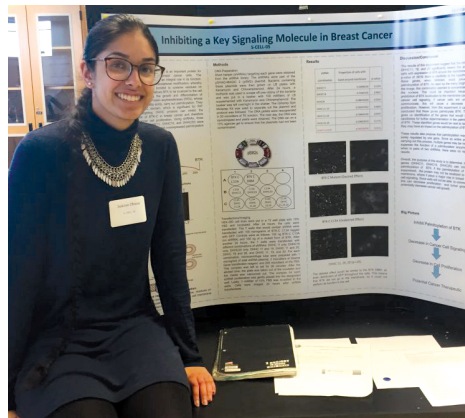
By **ALI HIBBS**
hibbsa@spotlightnews.com

BETHLEHEM —Jaskiran Dhinsa, a senior at Bethlehem Central High School, has spent almost three years working to inhibit a signaling molecule in breast cancer. Last month, she presented some of her findings to a panel of scientists and engineers at the Greater Capital Region Science and Engineering Fair at Rensselaer Polytechnic Institute in Troy, where her research work and presentation earned her its Regeneron Health Award.

Of more than 100 research projects presented during the event, biotechnology giant Regeneron identified Dhinsa's project as the one demonstrating the most creativity in improving or identifying health issues.

"It was pretty exciting," said Dhinsa. "They told me that after college I should come back to work for them."

Dhinsa, known to her friends as Kiran, is part of the Science Research program at the high school. She began her breast cancer research at the University of Albany Cancer Research Center in Rensselaer in the summer of 2015. There, she has been working under the guidance of researcher Dr. Douglas Conklin, who serves as Dhinsa's mentor and leads a team of researchers who are using a process called palmitoylation to indirectly inhibit a signaling molecule in breast cancer.



Bethlehem High School senior Jaskiran Dhinsa poses in front of a poster which summarizes her efforts to inhibit a breast cancer signaling molecule.

Photo courtesy of BCSD

The research is intended to help scientists better understand breast cancer tumor biology so targeted therapies can be developed to improve treatments for and outcomes in patients.

"As part of the Science Research program, Kiran was already connected with a researcher, Dr. Conklin," said BCSD Science Department Director Jennifer Gonyea, who noted that the science fair encourages students to work with mentors and conduct research. "Science Research gives students interested in STEM subject areas real-world opportunities to explore

careers, such as science and medicine, up close."

The Science Research course at BCBS is intended to be a two- to three-year program. In year one, students choose a research topic and are taught required skills and methods for conducting original research. Research topics may come from mathematics, physical sciences, life sciences, social sciences or psychology.

At the end of the first year, students are required to seek a scientist mentor to guide them. Students are expected to finalize a research topic by the end of sophomore year and begin research during the summer and continuing into the junior year. For third year Science Research students, senior year is used for writing the research and presenting it at science competitions, like the one at RPI.

The Greater Capital Region Science and Engineering Fair, in its 27th year, showcases student research in science, technology, engineering, and math (STEM).

"It is one of the top science fairs in New York state, attracting students from the Capital Region and beyond," said Gonyea. "What sets this science fair apart is that students must come up with their own research topic. They are not allowed to search the Internet for a project and simply demonstrate it as part of their presentation. They must be fully, and independently, invested in original research."

Dhinsa said when she began the Science Research course in her sophomore year, she was initially interested in researching skin cancer but had a hard time finding skin care research being done in the Capital Region. So she turned her attention to breast cancer and found a home in the state-of-the-art labs at the Cancer Research Center.

"At first, it was really intimidating being in the lab," said Dhinsa, who was the only high school student there last summer. "I slowly kept watching the work that was being done and soon I became more comfortable. I am looking forward to going back this summer to try to prove some of the findings we had in some of our preliminary trials."

Dhinsa will graduate in June and looks forward to studying public health and eventually attending medical school. She said Bethlehem's Science Research program has provided some unique opportunities for her to explore her interests while still in high school.

"In year one, there are about eight presentations you are required to give and these help you with confidence and skills that can be used anywhere," she said. "What I really like is the independence you have in years two and three, when you meet with your teacher every two weeks to discuss your research work. That kind of independence helps prepare you for working in a lab environment."

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From page 1 ... Moving forward

“After six years in office,” he said, “almost all of the major issues raised by 2020, my transition committee, or subsequent advisory groups have all been achieved or significantly moved forward. So, without a strong call to run and a diminishing list of ‘to-dos,’ it seemed a good time move on. While I very much enjoy serving, there are stresses and costs that come with it. It takes a lot out of you. I feel like I’ve done what I came to do.”

Describing the state of town government when he entered office as “a pattern of bad budgeting and deadlock,” Clarkson said he is most proud of placing an emphasis on planning for the future and helping to implement financial policies that can make those plans reality.

“Having prudent financial policies,” he said. “I mean, how boring is that? But it leads to being able to do these good things.” Many of those “good things,” he said, had already been identified by the bipartisan 2020 Advisory Committee, but were not acted upon until he took office.

“I like making plans,” Clarkson said. “But, even more, I like following through on them.”

“I was privileged to work with Supervisor Clarkson during my entire four years on the Town Board,” said Jeff Kuhn, now chairman of the Bethlehem Democratic Committee. “I learned quickly that John had a bias toward action, which I think allowed us to accomplish a great deal to improve our municipal government in a relatively short time. I think that John was always willing to make the tough decisions and take the resulting political heat if he believed what he was doing was in the best interests of the greatest number of Bethlehem citizens.”

“One of the things that I am proud of is that I have taken on the issues that have come up,” said Clarkson. “I’ve not avoided them. Some of them were difficult, some were not, but I’ve put them all on the list and tried to move them forward.”

Investments in infrastructure, particularly water and sewer infrastructure; civic improvements, such as the Delaware Ave. projects and sidewalk program; and planning initiatives involving open spaces, complete streets and the town’s waterfront are all things that Clarkson said he is proud of helping to implement during his time in office.

“We’re leading again,” he said, “as Bethlehem should.” He said that is true in the various areas of: ethics; financial policies; the town’s website and publicizing and webcasting of town agendas and meetings; sustainable energy; planning and zoning using smart growth tools; the conservation easement exemption program; sidewalks; parks; traffic; and bike



Clarkson sits at his office in Bethlehem Town Hall, days after he announced he will not run for a fourth term as town supervisor.

Photo by Ali Hibbs /
SpotlightNews

and pedestrian safety.

“We’ve had 12 citizen groups since I’ve been here,” said Clarkson, naming a few of the issues that have been addressed, such as local waterfront revitalization, complete street planning and parks planning. “We have been asking ourselves: what do we really want to become and what do we need to do to get there? I think that’s very important.”

It hasn’t all been successes, Clarkson admitted. He said that he often found himself frustrated by barriers — set at higher levels of government — that stood in the way of structural reforms he felt would have improved the efficiency and effectiveness of town government.

“We won a \$776,000 award for consolidating highway and parks maintenance and ambulance services, which was really done by the volunteers, and using bank lock-box services,” he said. “All great reforms, but there are much and bigger improvements/savings out there. To achieve them, you need a lot of push at a county or regional level, which isn’t happening. New York state really needs to do more to support municipalities and remove structural barriers in the myriad mandates we live under. I would like to see broader cooperation among local governments, but it takes a concerted effort and we’ll need more help from above.”

Clarkson also expressed regret about the way the effort to consolidate the Department of Public Works and the office of the Highway Superintendent played out. “I wish the referendum had been held on a regular election day. The dynamics of that special referendum weren’t good, and I think we missed a chance.”

The reassessment of police scheduling and overtime issues, he said, was another

one of the most difficult things he has dealt with. “Both were issues that had been around for at least three supervisors and boards and needed to be addressed,” said Clarkson. “We did address them during my tenure, and I have no regrets about that. To be a good public official, you have to be willing to take on difficult tasks and trying issues.”

Clarkson said that, while he will not miss some of the more contentious aspects of politics, he will miss those he has worked with at Town Hall. “They are wonderful, hardworking people,” he said. “They do a tremendous job, at a very high skill level, and work very hard. And, by comparison to some other jobs in the Capital Region, their pay isn’t that high. They do a heck of a lot for the town and I hope they and everyone else who works for this town are appreciated.”

Declining to speculate as to the upcoming election (party endorsements will be announced in coming weeks), Clarkson laughed as he said, “We should all be standing back!” Quickly becoming more serious, he continued, “There have been rumors, but I’m not going to engage in that. I intend to stand back from the process. It’s not up to me to decide who sits behind this desk next year. It’s up to the people who are willing and able to run, and parties will make their designations, but ultimately the people will make the choice among the choices they are given.”

Clarkson said that he and his wife

Connie are looking forward to the freedom they will have to pursue other adventures. His wife, who still teaches school in the district, will remain at her job for the time being, but the couple is considering their options. One thing Clarkson is sure of: he will hike the Pacific Crest Trail with his eldest son, Matt. “In a moment of weakness, he promised he would do that with me,” said Clarkson. “And I’m going to hold him to it.”

One word he refuses to use? Retirement. “I doubt very much whether that will really happen,” he said. “I don’t know whether I’ll work professionally again. I don’t know whether I’ll work in politics again. Or maybe I’ll come up

▶ Visit Spotlightnews.com to read reactions about Clarkson’s announcement

with a totally different plan. Having the freedom, and the time and energy, to make these choices is something that Connie and I are really looking forward to.”

Clarkson remains committed to serving the rest of his term and said that he expects to have finalized development guidelines for the town’s Local Waterfront Revitalization initiative and completed the vast majority of the Delaware Avenue Streetscape Enhancement project (not to be confused with the Delaware Avenue Complete Streets project,

Continues on page 16

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■ COPS, FIRE AND EMERGENCIES

Traffic stop leads to drug arrest

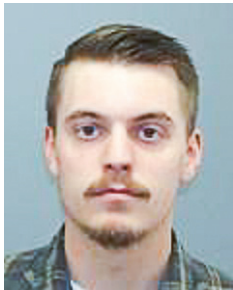


HINES

GUILDERLAND — On Wednesday, April 5, at approximately 9:21 p.m., state police stopped a vehicle on I-90 for an alleged traffic violation. During the traffic stop, the driver of the vehicle, Jamel L. Hines, 33, of Albany, was reportedly found to be in possession of more than six pounds of marijuana. He was taken into custody, transported and processed at the State Police's Albany station, where he was subsequently charged with: criminal possession of marijuana in the second degree, a class D felony; unlawful possession of marijuana, a violation; and a traffic violation.

Hines was arraigned before the Town of Guilderland Court and remanded to Albany County Jail without bail. He was scheduled to reappear in Town of Guilderland Court on April 6 at 5 p.m.

Man charged after violating order of protection



MICKLE

NEW SCOTLAND — On Wednesday, March 29, state police in New Scotland arrested James P. Mickle Jr., 25, of Sloansville, after troopers reportedly received a complaint about a female who was assaulted by her estranged husband. The troopers investigated and reported finding bruises on the arms and legs of the victim, as well as a black eye and hair allegedly pulled from her head during an altercation the night before. There was an active order of protection for Mickle to stay away from the victim. He was contacted and he turned himself in to the state

police. Mickle was arrested for first-degree criminal contempt, a felony; third-degree assault, a misdemeanor; and second-degree harassment, a violation.

Mickle was arraigned in the Town of Knox Court, posted bail and was scheduled to return to court on Wednesday, April 5.

Cats likely saved home owner's life in fire

GUILDERLAND — The owner of the home at 2973 Curry Road that was destroyed by fire on Tuesday, April 4, is lucky to be alive.

His many cats, frightened by the blaze that started sometime after 5 a.m., were scampering around the house and that's what woke him up, said Fort Hunter Fire Department Asst. Chief Greg Comparetta.

There were no working smoke alarms in the house.

"The homeowner was lucky to have been woken up by the cats and [he's] lucky he managed to get out," he said. "It's a good time to remind everyone to have working smoke alarms on every level of the home."

He said there were at least 10 cats living at the house, and that three or four may have died in the fire.

The homeowner, Tom Toth, was treated at the scene by the Western Turnpike Rescue Squad for smoke inhalation.

Efforts by firefighters were hampered by the lack of water.

Fort Hunter, the first at the scene, was making headway



A blaze which started during the early morning hours of Tues., April 4, destroyed this home at 2973 Curry Road in Guilderland.

Jim Franco / Spotlight News

battling the blaze but the tanker ran out of water and had to travel some three-quarters of a mile away to Morris Road to the nearest hydrant to fill up.

Other tankers from other departments were called, but as they were en route, the fire continued to burn.

"The first line got in and knocked it down but they ran out of water fairly quickly and the fire flared back up," Comparetta said.

While the fire started in a bedroom on the first floor, the cause will likely remain "undetermined," Comparetta said.

He said the house appears to be a total loss.

Fort Hunter was assisted by departments from Stanford Heights, Midway, Carmen Road, Rotterdam Fire District II, North Bethlehem, Guilderland, Altamont and others.

■ IN BRIEF

32nd Annual Awards Dinner at the Colonie Golf & Country Club

VOORHEESVILLE — The Bethlehem Chamber of Commerce will hold the 32nd Annual Awards Dinner on Friday, April 28 at the Colonie Golf & Country Club at 141 Maple Rd., Route 85A in Voorheesville.

The business and community networking event include a presentation by Town Historian Susan E. Leath and a surprise entertainment act.

To register, call (518) 439-0512 or email info@bethlehemchamber.com.

Brooks Chicken Barbecue

ALBANY — The McKownville United Methodist Church will host a Brooks Chicken Barbecue on Saturday, May 6 from 11 a.m. to 7 p.m. at 1565 Western Avenue in Albany.

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COMMUNITY

Healthy Kids Day, Healthy Parents Night

One of the most popular events at the Bethlehem YMCA is just around the corner. Our annual Healthy Kids Day will be held on Saturday, April 29, from 10 a.m. to 1 p.m. Healthy Kids Day is the Y's national outreach initiative to improve the health and well-being of children.

More than 1,300 Ys across the country are taking part in Healthy Kids Day, holding free community events that are open to all kids and families and filled with fun, active play and educational opportunities.

And, for the well-being of parents, later that night the Y will have a Parents' Night Out from 5 to 9 pm. For just \$10 for members (\$15 for community members), kids ages 6 months through 8th grade can enjoy fun and games at the Y.



Healthy Kids Day will have bouncy houses, crafts and coloring, police cars, fire trucks and an ambulance to tour, as well as soccer, floor hockey and basketball games. Please bring the family to the Y's Healthy Kids Day. There will be lots of fun and games for the whole family to enjoy.

So bring your kids to the Y for Healthy Kids Day, and bring them back at night to have more Y fun, and for mom and dad to have a great night out!

2017 Delmar Du

This year marks the sixth annual Delmar Du, an event that has grown in popularity each year. This

year the race will be held on Sunday, April 30, starting at 8 a.m. at the Elm Avenue Town Park. It's a two mile run, followed by a 10 mile bike course, followed by another two mile run. There are individual and team entries.

Proceeds from the Delmar Du are used for programs at the Elm Avenue Pool complex and to support the YMCA's Annual Campaign. Also, BlueShield of Northeastern New York is a partner in this event. The Capital District YMCA and BlueShield of Northeastern New York share a common belief that everyone wants to look better, feel better, and live better.

You can register online at Delmardu.com or at the Town Park on the day of the event, or, if you have any questions, you can call the Y at 439-4394 or stop by the YMCA front desk.

News, Notes and Thanks

Many thanks to everyone who participated in the Antiques Roadshow held recently at the Bethlehem YMCA sport court. Many treasures were appraised and deals made. It was a tremendous success that was enjoyed by many people and we plan to do it

again!

Also, thanks to all the kids who participated in the YMCA Swim For A Cause, which raised \$4,000 for the Y's Annual Campaign.... The Bethlehem Y sport court will host a special boxing event Saturday, April 22. Doors open at 4 p.m., the bouts start at 5 p.m... On Thursday, April 27, the Y will be hosting its 4th Annual Blood Drive

for the American Red Cross. Appointments are available every 15 minutes from 12 to 6 p.m. Celebrate life and make a difference by giving blood. Spots are filling up fast for Summer Camp at the Bethlehem Y. For the best summer fun ever, sign up your kids online or at the Y front desk.

— Mark Hansen

Hidden Figures at RCS Library

Academy Award nominated movie; the story of a team of African-American women mathematicians who served a vital role in NASA during the early years of the US space program. Monday, April 17, at 6 p.m.

Catapults Library Science Lab
Ready. Aim. Fire! Learn about physics as you build and modify your own catapult — and launch marshmallows through the air! How far can you make your soft missiles soar?

Thursday, April 20, at 4 pm.

Registration appreciated.

CPR Training
Learning CPR gives you the power to help save a life. Seventy percent of cardiac arrests happen in the home, but immediate hands-only CPR can triple the chance of survival. Quick and free CPR and AED training session. (This does not lead to certification). The class is on Saturday, April 22, at 4 p.m. Call (518) 756-2053 to register.

— Carol Melewski



ACTIVE Boomers & Seniors EXPO

Saturday, April 22 • Colonie Center • 10:00 am–3:00 pm

The Active Boomers & Seniors Expo is a free event showcasing the best products, services, and resources for Capital Region Baby Boomers, seniors, caregivers, veterans, family members and professionals all in one premier location.

Do you have 'Treasure in your Attic'?
Bring your family heirlooms and yard sale bargains to be appraised from 10:00 am–3:00 pm!



Special Guest
Deborah Rogal, from PBS 'Antiques Roadshow' will be appraising items from 12:00 pm–2:00 pm

The appraisal features local appraisers and antique experts from the Capital Region. Bring your antiques and collectibles and get a verbal approximation of value.

100% of the proceeds will benefit the JDRF. JDRF is the leading global organization focused on type 1 diabetes (T1D) research.

Appraisal Cost (verbal estimates-hand carried antiques and jewelry):
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April 12, 2017

Spotlight on Sports

www.spotlightnews.com PAGE 7



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■ HIGH SCHOOL LACROSSE

Guilderland crushes Schenectady

SCHENECTADY — The Guilderland girls lax team went on the road and crushed the Lady Patriots 18-0 on Thursday, April 6.

Kadi Futia led the Lady Dutch with five goals and an assist in what was a lopsided Suburban Council game.

Kerry Gerety had three goals and an assist for the Lady Dutch and Amanda Nieman had three goals.

Shea Thompson had two goals and an assist, Claire Thompson had two goals and Hayley Kmack, Alexis Nieman and Caitlyn Williams each had a goal.

Kmack had three assists and Williams had one.

Guilderland goalie Alexa Dicaprio only had to make one save while her counterpart from Schenectady, Kristin Berhaupt, made 17.



From left to right:
Kerry Gerety takes a shot against Schenectady.
Shea Thompson against Schenectady
Amanda Nieman against Schenectady

Photos by Jim Franco/Spotlight News

■ ONLINE



Galleries

Check us out online at spotlightnews.com for photo galleries of the girls Bethlehem and Guilderland lacrosse teams as well as other local sports action.

Bethlehem falls to Watertown



Top: Kathryn Sancilio against Watertown at UAlbany.
Right: Tessa Hughes makes a move against Watertown.

Photos by Jim Franco/Spotlight News

ALBANY — The Bethlehem girls lacrosse team lost to Watertown 11-8 in a non-conference game at the University at Albany on Friday, April 7.

Watertown standout Jill Girardi led all scorers with seven goals while also adding an assist.

Senior Sophie Powers led the Eagles with three goals and Tessa Hughes had three assists. Kathryn Sancilio added two goals and an assist while Katie Zito and Sophia Calabrese had a goal each.

Madisyn Exford had two goals and Samantha Clement and Ally Kilburn had a goal each to round out the scoring for Watertown.

Bethlehem goalie Katherine Chiarella had nine saves while her counterpart, Lauren Girardi had three.

Bethlehem (1-0, 1-1) was slated to play at Shaker (2-0) on Tuesday, April 11, in a Suburban Council matchup.



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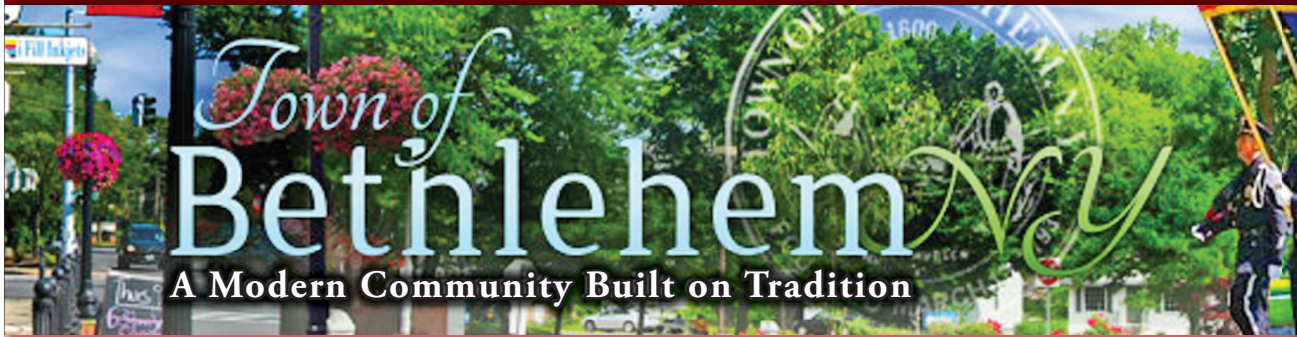
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LOOK FOR THESE PAGES THE 2ND WEEK OF EACH MONTH!

COMMUNITY

Spring fun at the library!

Spring break week is a busy time at the library, and we aim to keep everyone entertained with a full schedule of activities (including a visit with a llama)! You can pick up a schedule in the library or by visiting www.bethlehempubliclibrary.org. Drop by for a program and check out some books, magazines or movies while you're here to enjoy at home. We've also got karaoke machines and telescopes to borrow, or take home a museum pass and go on a day trip with the family.

Below are some of the week's highlights for kids and families.

Monday, April 17:
LittleBits Build Workshop



Make electric circuits that control lights, sounds, movements and more with LittleBits magnetic building blocks, 2-3 p.m. For grade 1-4. Sign up online or call.

Tuesday, April 18:
Llama Live!

Listen to stories with Teri Conroy and a llama guest from Wunsapana Farm, 10:30 a.m. For kids up to age 6 and families.

Tuesday, April 18,
Pokémon Go(es) to the Four Corners

Meet with your Pokémon Go app ready to play and get free WiFi using the library's mobile

hotspots as you walk to the Four Corners looking for Pokémon, 2-4 p.m. Adults must accompany children.

Wednesday, April 19:
Solve a Rubik's Cube

Learn to solve the original 3-by-3-by-3 Rubik's cube, the classic 1970s brainteaser. Rubik's cubes will be provided, 2-3:30 p.m. Grade 3 and up. Sign up online or call.

Thursday, April 20:
Green Screen Fun for Families

Superimpose your image on a funky new background using the library's green screen background and iPads! You can also bring your own cameras, 10-11:30 a.m. For all ages.

Thursday, April 20:
Green Screen for Teens

Drop in and try out the library's green screen background. Strike a pose and then superimpose your image on a custom background, 2-3 p.m. For grade 6-12.

Not just for kids

There are also plenty of programs in the coming week for adults.

On Friday, April 14, our second Coffee and Conversation of the month takes place from 1-3 p.m. Beck Krefling, an assistant professor in the American Studies Department and director of the Media and Film Studies Program at Skidmore College, will present "Theories of Laughter," a look at what makes something funny. Hear about the

history, theory and function of laughter using contemporary comedy as a backdrop. The hourlong program, which is co-sponsored by Bethlehem Senior Services, is followed by a coffee hour featuring beverages and light refreshments.

On Wednesday, April 19, Sarah McFadden with the Cornell Cooperative Extension of Rensselaer County will present "Free Resources for Job Seekers" at 7 p.m. in the Community Room. Learn about free alternatives to office software and where to find resume templates, along with other free resources that can help your application stand out. Sign up online or call the library at 439-9314.

Our Listening Parties are going strong. On Thursday, April 20, at 7 p.m. listen to and discuss Erik Satie, a French composer influential to jazz, pop and other classical composers.

Holiday hours

The library will be closed on Easter Sunday, April 16. Access the library catalog and other library services online anytime at bethlehempubliclibrary.org.

More events

Monday, April 17
Friends of the Library Meet

New members are always welcome, 6:30 p.m.

— Kristen Roberts

Screening: 'Requiem for the American Dream'

As part of its continuing American Perspectives initiative, GPL is screening Noam Chomsky's award-winning documentary, "Requiem for the American Dream" on Saturday, April 15, at 2 p.m.

The film's website calls it "...the definitive discourse with Noam Chomsky, widely regarded as the most important intellectual alive, on the defining characteristic of our time – the deliberate concentration of wealth and power in the hands of a select few.

"Through interviews filmed over four years, Chomsky unpacks the principles that have brought us to the crossroads of historically unprecedented inequality – tracing a half-century of policies designed to favor the most wealthy at the expense of the majority – while also



looking back on his own life of activism and political participation... Chomsky provides penetrating insight into what may well be the lasting legacy of our time – the death of the middle class, and swan song of functioning democracy..."

Mirror Magic with CMOST

Experts from the Children's Museum of Science and Technology (CMOST) will hold a class on Tuesday, April 18, at 2 p.m., that cause kids in grades 3 to 5 to "reflect" on the hows and whys of mirrors. The museum will also bring its collection of kaleidoscopes ... which are based on mirrors and are really fun to play with.

Each child will get to build a kaleidoscope to take home! Please register for this educational class by calling 456-2400 ext. 4.

Kids: Learn to Fly!

Young aspiring pilots, or any other child in grades 3 and up, should come to GPL on Tuesday, April 18, at 6 p.m., when the Empire State Aerosciences Museum will let them take "Flight!"

The museum's team will be at GPL with a workshop that explains basics of flight and how planes fly; they're also bringing two flight simulators that kids can "fly." Each simulation lasts about five minutes. On the day of the program,

youngsters will be asked to sign up for a timeslot with the simulators. Space is limited, so registration is mandatory. Please call 456-2400 ext. 4 to sign up.

Kids Get Creative with the Tang Museum

Educators from the Tang Teaching Museum are coming to GPL on Wednesday, April 19, at 10:30 am, to guide youngsters in creating their own works of art!

Tang's hands-on art projects offer children the opportunity to express their creativity in fun and inspiring ways while also providing opportunities for teaching, learning, and understanding issues raised by current and past exhibitions at the Tang. Registration required; please call 456-2400 x 4.

Teen Yoga at the Library!

Lisa Ginsburg Battisti, a local dietitian, personal trainer, and yoga instructor, will be at GPL on Friday, April 21, at 11 a.m., for a session of yoga just for teens in grades 6 and up. Be sure to wear comfortable clothing and bring a yoga mat or towel. Please register by calling 456-2400 ext. 4.

See it at GPL: "Audubon"

Showing at GPL on Saturday, April 22, at 2 p.m., is documentary that profiles a rare man and the creatures he loved: "Audubon: John James Audubon and the Birds of America" is the story of a rare man and the wild creatures he loved.

While Audubon's obsessions cost him and

his family dearly, his work influenced every generation of nature lover that came after him, from Thoreau to Teddy Roosevelt. His legacy of Audubon is as timeless and vital as his art, and this film is an effort to appreciate him as he deserves.

Save the date

Drug Take-Back Day @ GPL is Saturday, April 29, from 10 a.m. to 2 p.m.

Holiday Closing

The Guilderland Public Library will be closed Sunday, April 16, for Easter.

About GPL

The Guilderland Public Library is located at 2228 Western Avenue, Guilderland. Visit the Library's website at www.guilpl.org for information.

— Mark Curiale

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OBITUARY

Dempf Jr., Louis



ALBANY — Louis Dempf Jr., 87, of The Lodge at Avila, formerly of Delmar, passed away March 29, 2017, at the Teresian House. Mr. Dempf was born in Albany in 1929 to Louis and Victoria Fischer Dempf, who both emigrated from Germany. He was the brother of the late Alphons Dempf and the late Leona Dempf, a religious of the Holy Name. A 1947 graduate of Bethlehem Central High School, he attended Siena College while working in the family business, the Dempf Pastry Shop. He served his country in the U.S. Army. In 1952 he graduated from the University of Vermont, where he met the love of his life, Stella (Ostrowski) Dempf. They were married in 1954, and settled in the Albany area. Mr. Dempf graduated from Albany Law School, where he was Associate Editor of the Albany Law Review. He practiced law as a member of the Albany law firm Tobin and Dempf, formerly Tobin and O'Brien. He was a mentor to many young attorneys

and staff during his 62 years at the firm, practicing with the belief that the law was a profession and a calling, not just a business. Above all, he was a devoted husband and father. He encouraged the many educational, athletic, and artistic endeavors of his children and grandchildren. He is survived by his loving wife Stella and his seven children, R. Christopher Dempf (Lori), Melissa Ranaldo (Richard), R. Mark Dempf (Toni Marie), W. Michael Dempf (Michelle), Linda Dempf (Peter McKhann), Stephanie Sullivan (Timothy)

and Kathryn Dempf Aldrich (Seth); his eleven grandchildren, Clara, Peter, Anna, Jake, Michael, Katy, Emilie, Brianna, Zachary, Lily, and Hannah; his sister-in-law Jean Dempf and niece Susan Dempf; his cousin Emma Fischer Hein and nieces Susan Bailey and Mary Ellen Ben-David (Rene) and their children. The family wishes to thank the Religious Sisters of the Sacred Heart at Avila and the Avila community for their support, as well as the Carmelite Sisters, nurses and all of the staff at the Teresian House for their loving and professional care.

Relatives and friends called on Friday, March 31, and a Mass of Christian burial was held on Saturday, April 1, at St. Thomas the Apostle Church, Delmar, with interment at Our Lady of Help Christians Cemetery, Glenmont. Remembrances in his honor may be given to the New York State YMCA Foundation, 462 New Karner Road, Albany, NY 12205, nysymcafunds.org.

IN BRIEF

Presentation about Human Trafficking

NISKAYUNA — Edwina Gately and Melanie Puerto-Conte will give an Evening Presentation for Men & Women on Human Trafficking on Thursday, April 20, from 7 to 9 p.m. at The Dominican Retreat & Conference Center at 1945 Union Street in Niskayuna.

The cost is \$20. For more details or to make reservations, call (518) 393-4169, email dslcny@nybiz.rr.com or visit www.dslcny.org.

Thoughts on Death and Dying

ALBANY — Rabbi David Gordis will present "Accepting the Inevitable: Thoughts on Death and Dying" on Friday, April 21 after the Friday night worship service at B'nai Sholom Reform Congregation at 420 Whitehall Rd. in Albany.

The talk deals with issues surrounding death in a constructive and useful way.

For more information, call (518) 482-5283 or email office@bnaisholom.albany.ny.us.

Social Action Shabbat

ALBANY — Justin Harrison, chair of the Legal Committee for the Albany Chapter of NYCLU will speak at 6 p.m. on Friday, April 28, at B'nai Sholom Reform Congregation at 420 Whitehall Rd. in Albany.

Harrison will brief the congregation about peaceable assembly, first amendment rights, how to deal with police and counter-protesters as well as other issues relating to advocacy and protest. A question and answer session will follow.

For more information, call (518) 482-5283 or email office@bnaisholom.albany.ny.us.

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| <p>TRIMKE1, 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</p> <p>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</p> <p>NOTICE OF FORMATION of Upstate Dwellings, LLC. Filed with SSNY on 3/6/17. Office: Albany County. SSNY designat-</p> | <p>ed as agent for process & shall mail to: 92 Mason Road Delmar NY 12054. Purpose: Any lawful D-145823</p> <p>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</p> <p>VOORHEESVILLE CENTRAL SCHOOL DISTRICT</p> <p>NOTICE OF PUBLIC HEARING, BUDGET VOTE, AND ELECTION</p> <p>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.</p> <p>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</p> | <p>will proceed until 9:00 p.m. on the following:</p> <p>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.</p> <p>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 purpose.</p> <p>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:</p> <p>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.</p> <p>PROPOSITION #2: CAPITAL RESERVE FUND: RESOLVED, that the Board of Education approves the following</p> | <p>proposition and directs that it be placed before the voters at the May 16, 2017 District meeting:</p> <p>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.</p> <p>SCHOOLHOUSES / HOURS</p> <p>Voorheesville Elementary School 8:30 a.m. to 3:00 p.m.</p> <p>Voorheesville Middle School 8:30 a.m. to 3:00 p.m.</p> <p>Clayton A. Bouton High School 8:30 a.m. to 3:00 p.m.</p> <p>AND NOTICE IS ALSO GIVEN that the text of the foresaid proposition may appear on the ballot labels in the following abbreviated form:</p> <p>PROPOSITION RESOLVED, that 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</p> | <p>\$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.</p> <p>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 schoolhouses in which school is maintained during the hours designated:</p> <p>SCHOOLHOUSES / HOURS</p> <p>Voorheesville Elementary School 8:30 a.m. to 3:00 p.m.</p> <p>Voorheesville Middle School 8:30 a.m. to 3:00 p.m.</p> <p>Clayton A. Bouton High School 8:30 a.m. to 3:00 p.m.</p> <p>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</p> | <p>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.</p> <p>AND NOTICE IS ALSO 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 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.</p> <p>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:</p> <p>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.</p> <p>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.</p> <p>AND NOTICE IS ALSO GIVEN that letters requesting application for absentee ballots may be received by the District Clerk not earlier than the thirtieth (30th) day nor later than the</p> | <p>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</p> <p>NOTICE OF FILING OF ARTICLES OF ORGANIZATION IN NEW YORK BY A LIMITED LIABILITY COMPANY</p> <p>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</p> <p>NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC).</p> <p>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</p> <p>NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC).</p> <p>Name: WSA</p> | <p>WILTON LLC. Articles of Organization filed with NY Secretary of State, April 6, 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 Ave Ext, Albany, NY 12205. D-148749</p> <p>NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY.</p> <p>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</p> <p>NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC).</p> <p>Name: ZING CP LLC. Articles of Organization filed with NY Secretary of State, April 4, 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-148748</p> |

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April 12, 2017

Spotlight on Opinion

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■ FROM THE EDITOR'S DESK

Let's keep the politics out of politics

"I feel that partisan politics should end when you take this oath of office."

— John Clarkson, Bethlehem Town Supervisor upon taking the oath of office on January 3, 2012

A man who leads seldom steps forward without kicking up the opinion of others. Now in his sixth year in office, Bethlehem Town Supervisor John Clarkson certainly has not fallen short of that.

Clarkson's professional career was in state government. He and his family moved to Slingerlands more than 20 years ago, and later, he worked with the town through involvement with a local citizen group. It sparked an interest in local government that coaxed him to run for supervisor in 2011. A race he would win.

Clarkson first earned residents' confidence on a campaign emphasizing

the need for ethical government, sound fiscal planning and an update to the town's business practices — all of which he cited as successes in last week's written statement announcing that he'd had enough.

As a neophyte supervisor, Clarkson acknowledged there would be tough choices ahead of him. He said the town would succeed by listening to its residents, and without partisan politics. How successful his administration has been with the latter goal depends on where your allegiance lies. For half a dozen years, Clarkson has been a Democrat supervisor in a town with a long history of Republican leadership. Those Republicans never did go away. In 2015, Clarkson's challenger, Republican Jim Foster, came within a handful of votes of taking a two-year residency in Town Hall.

Now, residents are wondering who will be the next to step forward. It's still too early to say. Both parties continue to accept submissions from those interested

in running for office this year. We speculate voters will see familiar faces announcing their intent very soon.

Foster, who has continued to maintain the same social media channels he opened two years ago, will likely surface again for the Republicans. And, for the Democrats, current town board member David VanLuven is expected by many to make an attempt this year, too. This kind of prognostication has less to do with the proverbial reading of the tealeaves, and more with listening to the rumblings already audible throughout town.

The odd numbered year usually marks an odd political season, and 2017 is already shaping up to fit the bill. Bethlehem residents are going to have to think about who they want to lead this town. An ethical government with sound fiscal planning and efficient business practices should be the standard for any administration — regardless of what color tie you wear.

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■ WHAT HAPPENED IN 2012 ...

Five years ago: NanoCollege expands yet again

ALBANY — The New York state Department of Transportation announced construction begun on a much-anticipated project aimed at easing traffic congestion and accommodating the growth stemming from the University at Albany NanoCollege's \$366 million expansion project on Washington Avenue at Fuller Road.

The \$18 million project included the installation of a two-lane roundabout at the Fuller Road/County Road 156 intersection, which averaged 30,000 cars a day, and the realignment of Washington Avenue Extension to the north. A flyover bridge, already under construction at the time, was expected to remove about 20,000 cars daily

from the intersection and provide better access to the NanoTech Complex — now known as SUNY Polytechnic Institute (SUNY Poly) Colleges of Nanoscale Science and Engineering (CNSE).

Actual construction costs were estimated at \$14.5 million, with the rest of the remaining \$3.5 million coming from design, construction inspection and utility work.

"Since taking office, Gov. Andrew Cuomo has made infrastructure investment and, notably, transportation infrastructure that links with economic development one of the cornerstones of his policy to regenerate New York," NYSDOT Commissioner Joan McDonald said at the

time.

New sidewalks were added to improve access for pedestrians and bicyclists, and a 10-foot bicycle lane connecting to existing bike trails. New bus bays on Washington Avenue Extension were intended to provide safer stopping areas for riders.

The traffic project was a three-way partnership between NYSDOT, Albany County and Fuller Road Management Corporation (FRMC), SUNY Poly's development arm. FRMC funded 45 percent of the project.

"This is a great example of a partnership between public entities to improve our transportation infrastructure for motorists, pedestrians, bicycles and transit users," said

McDonald.

At the time, Albany County Executive Dan McCoy said the project would help keep Albany County in the limelight and was a sign of things to come (presumably not the indictments, more than four years later, of former SUNY Poly President and CEO Alain Kaloyeros and seven others for allegedly participating in what federal prosecutors characterized as a wide-ranging effort to illegally influence a number of upstate development projects much like the CNSE expansion.)

"To be part of a project of this magnitude, make no mistake about it, there's more to come." said McCoy.

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■ LETTER TO THE EDITOR

'Taste of Bethlehem' a success, thanks to you

Dear Editor, *The Spotlight*:

Thank you to our participating restaurants, attendees, volunteers and local elected officials who once again made our "Taste of Bethlehem" event on April 6 such a success. Nine Bethlehem restaurants including 333 Café, Akira, Restaurant at Normanside, Romo's Pizza, Roux, Shalimar, Shogun and Twisted Vine generously donated food so our guests could sample the fabulous food our great town has to offer.

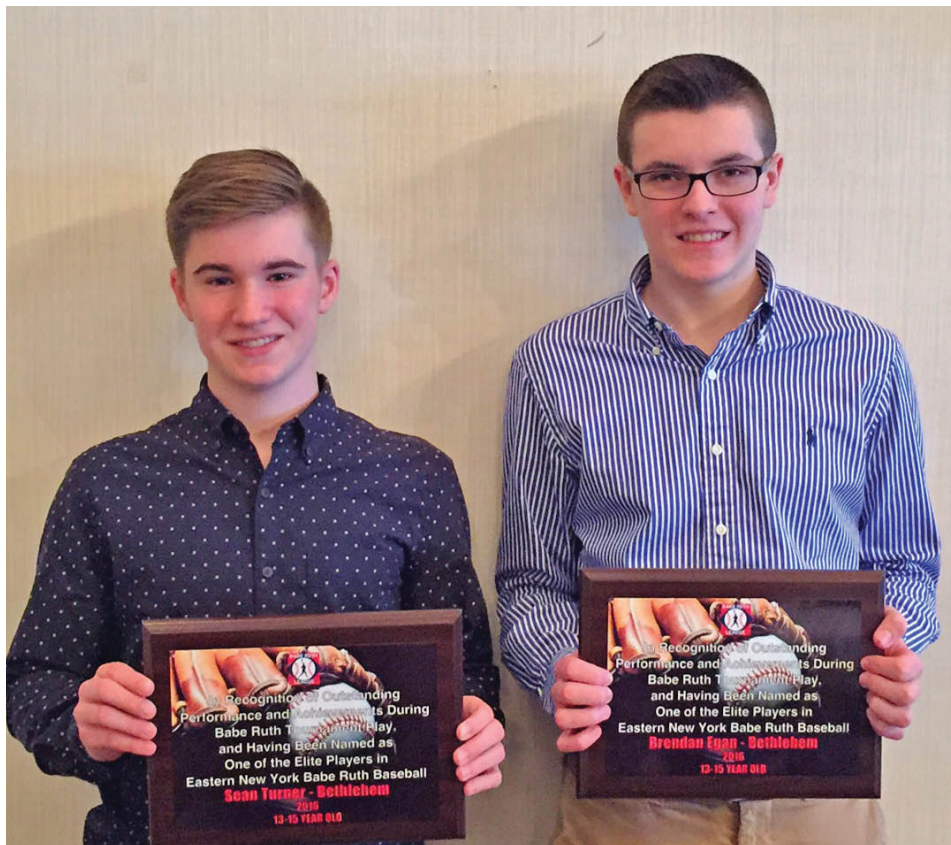
A downpour of rain outside did not dampen the enthusiasm of the standing room only crowd in attendance at Normanside Country Club. The event gave everyone a chance to meet new people,

discuss issues of concern with local elected officials and thank Supervisor Clarkson for his six years of dedicated service.

As with our prior two "Taste" events, a portion of the proceeds will be donated to the Bethlehem Community Fund, which helps provide support to needy Bethlehem families. We are truly blessed to live in such a wonderful, generous community. We are looking forward to the fourth taste event next April, and hope to see you there!

Sincerely,
The Fundraising Committee of the
Bethlehem Democratic Committee

■ ACHIEVEMENT



Good sports

The awards luncheon for the All State Teams of Eastern New York Babe Ruth Districts 3 and 5 took place Sunday, March 26. All State teams are chosen by tournament managers who choose players observed playing with pride, dedication and good sportsmanship. Bethlehem Babe Ruth was represented at the 15-year-old level by Brendan Egan and Sean Turner.

Submitted photo

■ IN BRIEF

Women's Retreat with Edwina Gately 'Soul Sisters' at Dominican Retreat & Conference Center

NISKAYUNA — Edwina Gately directs "Soul Sisters" at Dominican Retreat & Conference Center from Friday, April 21 through Sunday, April 23 at 1945 Union St. in Niskayuna.

The event costs \$225 and \$210 for age 65 and older. There is a \$50 deposit. For more information or to make reservations call (518) 393-4169, email dslcnny@nybiz.rr.com or visit www.dslcnny.org.

'You Raise Me Up!' at Proctors

SCHENECTADY — The Ring of Hope Boxing Club presents "You Raise Me Up!" on Thursday, April 13 at 6:30 p.m. at Proctors at 432 State St. in Schenectady.

Tickets are \$50. To reserve seats call 229-5865 or email Judith.decker@aol.com.



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From page 4 ... Moving Forward

which is still in planning phases) before leaving office. While he expects that open spaces planning will take longer, he feels confident that the conversation is underway and options are being actively explored.

"I leave knowing the town's in great shape," he said, "and very happy with what I've accomplished."

"I would like to thank Supervisor Clarkson for the time he has dedicated to the community and wish him and his family the best in all of their future endeavors. I very much hope they remain involved in the community," said Jim Foster, the Republican who ran against Clarkson in 2015 and lost by only a handful of votes. While Foster's campaign Facebook page is still active, he declined any formal announcements until the Bethlehem Republican Committee endorses a candidate. "I will not speculate as to committee endorsements of either party," he said. "However, I will say that I think the community is ready to build upon the momentum and excitement we saw in the last race for Town Supervisor."

"John's service as Town Supervisor has been exceptional," said Town Board member David VanLuven, widely seen as the likely Democratic candidate for the

office. "He's shown the creativity to solve tough problems and the courage to tackle hard challenges. Bethlehem is better today because of his leadership, and this is a legacy that will not be soon forgotten."

"We have the best suburban town in the Capital Region," said Clarkson. "I feel that strongly. The schools; the town itself; the park; the proximity to Five Rivers; our own nature preserves; the downtown center. Those were the things that brought us here." He will leave office, he said, with the hope and faith that those are things the next supervisor will also work to preserve and improve.

"I've done what I came to do," he said.

More on 2017 Political Season

Deputy Supervisor Julie Sasso has announced that she will also be leaving her seat on the Town Board at the beginning of next year and newest Board member Giles Wagoner, who replaced William Reinholdt, will be running to retain his seat. Kuhn said that Democratic endorsements for all open town-wide elected positions will be announced at the committee's public meeting at Bethlehem Public Library on May 11; Bethlehem Republican Committee Chairwoman Melissa Kermani said GOP endorsements will be made public via press release in coming weeks.

Bethlehem Town Supervisor John Clarkson, right, stands with Jim Foster, then Republican supervisor candidate, before a 2015 political forum. The race for town supervisor would become the closest the town has seen in recent memory.

Spotlight file photo



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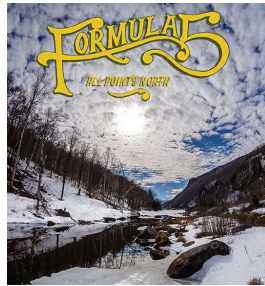
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Coming out party
Formula 5 hosts CD-release party at Putnam Den on Saturday.

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COMING NEXT WEEK...



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■ **ENTERTAINMENT**

■ **PICK OF THE WEEK**



Beautiful

The Tony Award-winning musical depicting the life of singer/songwriter Carole King opens at Proctors Theatre stage on Thursday, April 13.

Page B5

enjoyski troyski.

Enjoyski Troyski

All joking aside, Dyngus Day is all about taking pride in the Polish heritage

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

“Dyngus Day is like Saint Patrick’s Day, but with a lot of crazy Polish stuff,” said Adam Siemiginowski of The Hill at Muza. “It’s a big party with friends and family the Monday after Easter, when Lent is finally over and you can just let loose.”

A Polish beer garden and restaurant in Troy, The Hill at Muza (along with parent restaurant Muza) is boasting that it has the best Dyngus Day around and will be celebrating the Polish-American holiday all day long this Easter Monday, April 17, with live Polka music, unlimited kielbasa and Polish beer.

“There is a saying that ‘Everyone is Polish on Dyngus Day,’” said Siemiginowski, a first generation



■ **INSIDE**



Arts calendar

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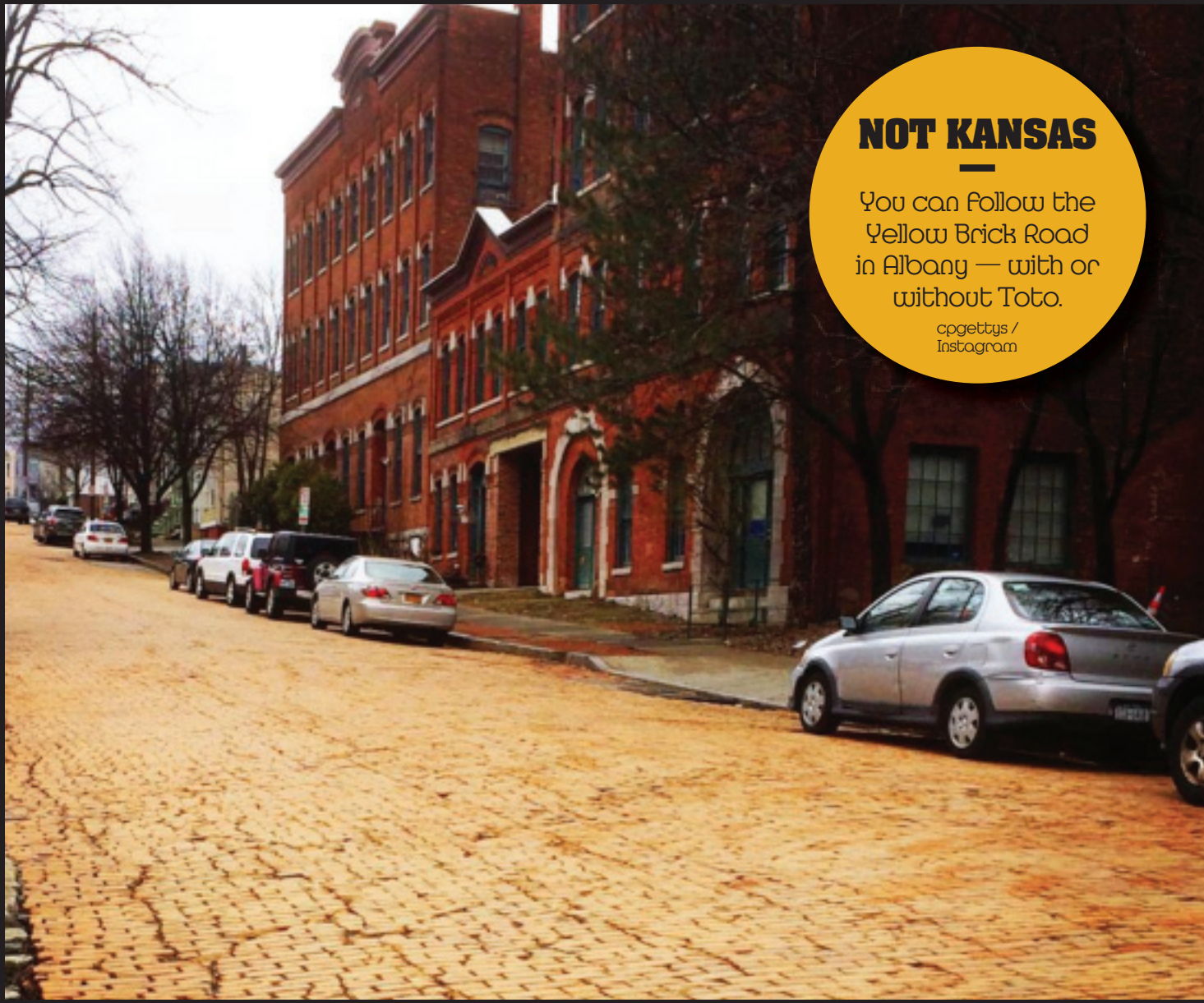


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- 4/21 FRIDAY** - We will be featuring Particle City from Empire Brewing.
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■ AUTISM AWARENESS MONTH FEATURE

Aging Out 101

An introduction to the sometimes confusing process of helping a child with ASD transition to the adult world

By **LIANNE WEBSTER-KIM**
kiml@spotlightnews.com

Parents know that at one point or another, they will have to ask – and answer – some tough questions regarding their child’s future: education, finances, health and otherwise.

For parents of children with autism spectrum disorders (ASD), such questions and decisions arise with greater frequency and complexity, especially as their son or daughter reaches the age (21 here in New York) at which he or she is no longer eligible to receive school-based services, a phenomenon commonly referred to as “aging out.”

If this is the first time you have heard the term, it certainly won’t be the last, as more children are being diagnosed with ASD, and, in due time, will be transitioning into adult services themselves. In a 2011 New York Times article titled “Autistic and Seeking a Place in an Adult World,” it was noted that “some 200,000 autistic teenagers [were] set to come of age in the United States over the next five years alone.”

Frequently asked questions with ever-changing answers

“What is my child going to need? Is she going to be able to live on her own? Will she have to live in a [group] home? How is she going to be able to communicate her needs and wants? Will she have enough money for food? What happens if I’m not there?”

These are just a few of the questions that Laurie Frey of Colonie has been asking and trying to answer ever since her daughter, Brittany, now 25 with the developmental age of a 15- or 16-year-old, was first diagnosed with ASD when she was 15 months old. Frey, a registered nurse, is the author of “My Puzzled Angel: A Mom’s Journey with Autism,” a narrative of her experiences before and after Brittany’s diagnosis.

While the questions surrounding “aging out” issues themselves may be the same, Frey says that the answers will vary widely both from person to person and day to day.

“Everybody is so different on the

spectrum,” she says. “[The] answers will be different for everyone. ... Every day is new and exciting.”

Frey says the needs of an adult child with ASD are constantly changing. As a result, the questions need to be asked and answered on a regular basis.

“No two children on the spectrum are the same. Some are non-verbal, some are high functioning, while others fall into a moderate category,” says Debbie Provost, whose 11-year-old grandson, Eric, is non-verbal with severe to moderate ASD.

Provost, author of the “Keep it Simple” blog published on spotlightnews.com, adds that “the very unpredictability of a child with autism” also contributes to those ever-changing answers.

Early and ongoing discussions

Frey had already started to think about her daughter’s future, when at 5 years old, Brittany had yet to utter an actual word. While she remembers asking other family members questions (What are we going to do when she becomes of age? Are we going to be able to be able to provide for her? What is her future going to be?), she says that more formal discussions with Brittany’s teachers didn’t begin until sometime between fourth and sixth grade.

Provost, on the other hand, believes that it’s best for parents to start those formal discussions with educators, social workers, extended family members and close friends — anyone actively involved with day-to-day care — “when the child is very young.” In fact, she suggests that the dialogue about

a child’s future should begin as soon as the parents start to evaluate schools, stating that “not all schools have the resources/staff needed to help make that decision and head in that direction.”

“Ideally, the child will be enrolled in a school/program which has a complete program from toddler to adult,” she says.

While selecting the appropriate school or program is certainly a crucial component to discussions about a child’s future, there is an even more compelling reason to start talking early and often. Frey says it best: “What happens if I get killed in a car accident tomorrow? If something happens to me, we have to make it so that she’s going to make it.”

Frey made this stark realization about two years ago, several years after her intense determination — “I’m a nurse; I can do this!” — that she alone could figure out what Brittany really needed.

Her determination was so intense that she cancelled all services when Brittany was in sixth grade. She now admits that decision was a big mistake.

“Please, never stop services,” she says. “Never.”

Frantically, Frey not only applied to a variety of adult programs for her daughter, she also put in requests for a coordinator to help “direct” her as she continues to make decisions about Brittany’s future. Her persistence has paid off. Brittany has adult services in place, while Frey has selected a coordinator whom she believes has Brittany’s best interests in mind and will advocate on her behalf to make certain she continues to get the services she needs.

Continues on Page B23

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PICK OF THE WEEK

Beautiful pioneers

Proctors' newest production celebrates not just one, but two women

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

SCHENECTADY — The written song often transcends the name of the author who pens it. As a songwriter and, later, a singer, Carole King wrote the soundtrack for her generation. And, she remains a household name.

This week, theatre patrons will be introduced to King's life story through "Beautiful: The Carole King Musical," when the production's tour hits Proctors Theatre for a five-day stint starting today Wednesday, April 12.

More than half a century after starting her musical career, King remains relevant. Her music continues to resonate within the lives of people, whether they be children of the 70s or today's millennials. King pushed herself into a male-dominated music industry at the age of 16 in 1958, earning a place among the venerable staff songwriters at the Brill Building in New York City. King persevered and established herself as a prolific songwriter before the age of 30.

Accolades aside, it's a black and white picture of those Brill Building songwriters that caught actor Erika Olson's eye while researching her role. A group shot of a bunch of men, and just two women.

One of the women, obviously, is King. The second, Olson's character, is that of fellow songwriter Cynthia Weil. Weil, in her own right, could have a musical based off her life. Her career accomplishments, shared with her husband of more than 50 years, includes accolades and a playlist of songs that nearly rivals King's, her friend.

Olson, playing in her first major production since graduating from Carnegie Mellon, has been described as a "firecracker" playing Weil. "She says what she feels," said Olson. "And, she's a career driven woman who is just so passionate about her writing and her lyrics, and making great songs. She's competitive, but also a great friend to Carole. I just like her grit... she's such a spitfire." The California blond admits she feels spoiled by the role — her first outside of an ingénue — gifted with witty lines and providing the musical with comic relief.

"Like most people who come to see the show, I totally knew their songs, but I didn't know who they were," said Olson,



OLSON



KING
—
Learn about the woman who wrote your life's soundtrack.
Photo by Joan Marcus

who shared she was blown away by King's and Weil's careers after seeing the show for the first time. "But, not only that. It's this strong, powerful woman who has been writing all

these songs. So that really, really attracted me to her in the first place." Olson refers back to the photo from the Brill Building. "... you see Gerry Goffin and Barry Mann, writers and Donny Kirshner, and then there's two women in the picture. There's 15 or 20 people, and these two women, Carole and Cynthia. ... They were not only powerhouse writers and composers, they were also really strong, driven women of their time."

Unlike King, Weil and her husband, Mann, wrote hundreds of songs for others to perform. Tony Orlando, Linda Ronstadt,

Dolly Parton, Elvis Presley and Barbra Streisand are a few of just among the many stars who hit the Billboard charts with their songs. In 1987, the couple was inducted into the Songwriters Hall of Fame. In 2011, the two received its highest honor — the Johnny Mercer Award.

"The deceptively simple lyrics that they wrote are so universal and can speak to anybody," said Olson. "They resonate with so many different people and bring the sense of nostalgia and an overwhelming sense of emotion. ... I think ["Beautiful"] carries a powerful voice." Olson recalls performing in Hartford on the day of a women's rally in the city. The actors went outside to watch the demonstrators, and upon returning backstage, "then put on this show that celebrates women. It's a really cool time to be performing this piece of work, specifically."

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■ AROUND TOWN

Dan Navarro and Darden Smith at Caffe Lena

SARATOGA SPRINGS — Dan Navarro and Darden Smith will perform at Caffe Lena on Thursday, April 13 at 7 p.m. at 47 Phila Street in Saratoga Springs.

Los Angeles-based folk rock musician Navarro has written, sung, played and acted his way through a rich and varied career. Smith is a singer-songwriter based in Austin, TX and is the founder and creative director of Songwriting With Soldiers.

Tickets are \$20 for adults and \$10 for students and children. For more information or to buy tickets call (518) 583-0022 or visit www.caffelena.org.

Hamilton Street Jazz Duo at Yono's

ALBANY — The Hamilton Street Jazz Duo will perform at Yono's Restaurant on Friday, April 14 and Saturday, April 15 from 6:30 to 10 p.m. at 25 Chapel Street in Albany.

For more information call (518) 436-7747 or visit www.yonos.com.

DJ Frankie Ramos at Newberry Music Hall

SARATOGA SPRINGS — Newberry Music Hall will host Latin Night with DJ Frankie Ramos on Friday, April 14 from 9 p.m. to close at 388 Broadway in Saratoga Springs.

There will be dance lessons by Tango Fusion starting at 7 p.m. for an additional charge as well as Mojito and Sangria Specials and music.

For more information call (518) 275-6897 or visit newberrymusichall.com.

Vinyl Nite at Pauly's Hotel

ALBANY — Pauly's Hotel will host Vinyl Nite on Thursday, April 13 from 8 to 10 p.m. at 337 Central Ave. in Albany.

Participants should bring their own records to enjoy classics from all eras aided by exuberant drink specials.

The event is 21+. There is no cover charge. For more information call (518) 426-0828 or visit www.paulyshotel.com.



Night — Formula 5 CD-release party

SARATOGA SPRINGS — Formula 5 hosts a CD-release party Saturday, April 15 at the Putnam Den at 8 p.m.

The popular jam out of the Capital District has grown in popularity in recent years, as demonstrated through the crowdfunding of the band's third album, "All Points North." Formula 5 is accompanied by the night's opening act, The Other Brothers.

The Putnam Den is located at 63 Putnam Street in Saratoga Springs. Tickets and information are available at putnamden.com.

Formula 5 / Facebook

Day — Children's Star Sighting

ALBANY — The Albany Visitors Center hosts a children's star sighting program on Saturday, April 15 at 11 a.m.

This interactive program explores the stars, planets, comets and constellations in the night sky and is geared to children ages 3 to 7 years old and their families.

The Albany Visitors Center is located at 25 Quackenbush Square in Albany. The event costs \$3 per seat. For more information, call the Albany Visitors Center at (518) 434-1217.



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677 Prime
677 Broadway, Albany. (518) 427-7463
Thur: **Tyler Giroux** | 6 p.m.

9 Maple Avenue
9 Maple Ave., Saratoga Springs.
www.9mapleave.com
Fri: **Darren Lyons Trio** | 9 p.m.
Sat: **Nelson Esposito Quintana** | 9 p.m.

Albany Rail Yard
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
Fri: **Saucy Pots & Arthur Berry** | 7 p.m.
Sat: **Saucy Pots & Hoot Owl Moon** | 7 p.m.
Sun: **James Gang** | 2 p.m.

Athos
1814 Western Ave., Albany.
(518) 608-6400
Fri: **Jeanne O'Conner** | 7 p.m.

Black Cat Ale House
25 White St., Cohoes. (518) 238-3445
Every Fri: **DJ** | 8 p.m.

Caffè Lena
47 Phila St., Saratoga Springs.
(518) 225-0882
Wed: **Carol Carroll's Piano All-Stars** (recital) | 7 p.m.
Thur: **Dan Navarro & Darden Smith** | 7 p.m.
Fri: **Pierre Bensusan** | 8 p.m.
Sat: **South Carolina Broadcasters** | 8 p.m.
Every Mon: **Open Mic** | 7 p.m.

Carney's Tavern
17 Main St., Ballston Lake. (518) 280-7959
Every Thur: **Matty Finn** | 6 p.m.
Fri: **E.J. Hoepke** | 8 p.m.
Sat: **Dave Porter** | 7:30 p.m.

Castle Street Café
10 Castle St., Great Barrington, Mass.
(413) 528-5244
Fri: **Ted Perry Trio** | 7:30 p.m.
Sat: **Colby Band with Bev Rohlehr** | 7:30 p.m.

Centre Street Pub
308 Union St., Schenectady.
(518) 393-2337
Thur: **Josh & Justin** | 7 p.m.
Fri: **Grand Central Station** | 9 p.m.
Sat: **Good Time Charlies** | 9 p.m.

Chrome Food & Spirits
405 Hudson River Rd., Waterford.
(518) 326-2725
Sat: **British Steel, Dr. Feelgood** | 8 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.

ARTS CALENDAR



Performing close to home

Hailing from the Catskill Mountain region, The Felice Brothers will bring their unique, earthy sounding blend of folk, Americana and roots rock to the Cohoes Music Hall Thursday night at 8 p.m. For more details or to purchase tickets, call (518) 465-4663 or visit www.palacealbany.org.

Courtesy Tony Margherita Management

(518) 828-4800 or helsinkihudson.com
Thur: **Helsinki Blues ProJam** | 8 p.m.
Fri: **The Roughouts** | 9 p.m.

Daily Grind
46 Third St., Troy. (518) 272-8658
Sun: **Sheiks of Third Street** | 12 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.
(518) 579-8850
Thur: **Lecco Morris** | 5:30 p.m.
Fri: **Jeff Nania** | 5:30 p.m.
Sat: **David Gleason Duo** | 5:30 p.m.
Sun: **Kevin Carey** | 5:30 p.m.

Eden Cafe
269 Osborne Rd., Loudonville.
(518) 977-3771
Sat: **Kevin Wayne & the Retrobilleze** | 7:30 p.m.

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

Jesse's Girl | 8 p.m.
Sat: **Forever Young** | 7 p.m.
Every Tue: **Open Mic** | 7 p.m.

Fuze Box
12 Central Ave., Albany. (518) 703-8937
Fri: **Selector David Normal, DJ Tall Ass Matt** | 9:30 p.m.
Sat: **Before the Betrayer, King Pariah, Territory, A Mirror's Embrace** | 6:30 p.m.

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

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

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

The Half Moon
48 S. Front St., Hudson.
thehalfmoonhudson.com

Thur: **Showtime Goma & Nancy Feast, Annie Bielski, Jennifer Vanilla** | 8 p.m.
Sat: **Michael Hurley, Willy Mason, Tom Carter** | 7 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
Wed: **The Districts** | 9 p.m.
Sat: **Eastbound Jesus, Elrod & Motherjudge, Grassroots Rebels** | 9 p.m.

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

The Low Beat
335 Central Ave., (518) 432-6572
Wed: **Hamell on Trial** | 7 p.m.
Every Wed: **The Deadbeats** | 10 p.m.
Thur: **The Abyssmals, The Rizzos, Rechorduroys** | 8 p.m.

Fri: **Coal Palace Kings** | 6 p.m.
Zex, Capitle | 9 p.m.
Sat: **Nixon's Spirit, Smittix, Society High, Jesse Calhoun** | 8 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: **Jamie Gilliland** | 7 p.m.
Thur: **Dave Kitchen** | 6 p.m.
Fri: **Arya Chowdhury** | 7 p.m.
Sat: **Travelin' Bob** | 7 p.m.
Sun: **Rockstar Open Mic** | 7:30 p.m.
Tue: **Dave Kitchen Trio** | 7 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: **Master Cylinders** | 8 p.m.
Sat: **Wylder** | 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: **Masters of Nostalgia** | 8:30 p.m.
Thur: **Rodeo Barons** | 8:30 p.m.
Fri: **Beautiful Losers** | 9 p.m.
Sat: **Rick Bolton Band** | 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.
Fri: **Sticks and Stones** | 7 p.m.
Sat: **Brian LaPoint** | 7 p.m.
Tue: **DJ Trivia** | 7 p.m.

Parish Public House
388 Broadway, Albany. (518) 365-0444
Mon: **Desafinado, Horse Mode, County Mike, Sigma Sound Project** | 7 p.m.

Panza's
510 NY Rte. 9P (on Saratoga Lake), Saratoga Springs. (518) 584-6882
Sat: **Artie Mozeik** | 7 p.m.

The Parting Glass
40 Lake Ave., Saratoga Springs.
(518) 583-1916
Wed & Thur: **Irish Celtic Session** | 7 p.m.
Fri: **Tempest** | 8 p.m.
Sat: **Hair of the Dog** | 8 p.m.

Pauly's Hotel
337 Central Ave., Albany. paulyshotel.com
Thur: **Open Mic** | 8 p.m.
Fri: **Problem With Dragons, It's Not Night: It's Space, Grimer** | 8:30 p.m.
Sat: **Spring Break Disaster: Nemesis Poe, Payn, If That Betrays, Drama Man, The Oven Party, Simply The Rabbit** | 7:30 p.m.
Sun: **SkullShitter, Radiation Blackbody, Psytoxia** | 8 p.m.
Mon: **Empty Vessels, Hundreds of Au, Hill Haints** | 7:30 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
Sat: **Formula 5, The Other Brothers** | 9 p.m.

Rustic Barn Pub
150 Speigletown Rd., Troy. (518) 235-5858

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COMEDY

The Comedy Works

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WWE Hall of Famer Hacksaw Jim Duggan. Sat., April 22, 8 p.m. 58 Remsen St., Cohoes. \$25. (518) 465-4663 or www.palacealbany.org.

The Comedy Works

Saratoga Springs
Max Dolcelli & Guests. Thurs., April 13, 7 p.m.; \$10; Fri., April 14 and Sat., April 15, 7:30 and 9:30 p.m., \$15 (show only) or \$39.95 (dinner + show). **The Amazing Kreskin.** Fri., April 21, 7:30 p.m., \$25 (show only) or \$49.95 (dinner + show). **Tom Briscoe & Guests.** Sat., April 22, 7:30 and 9:30 p.m. \$15 (show only) or \$39.95 (dinner + show). Friday and Saturday 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.

The Egg

Sommore: The Queen of Comedy & Friends, featuring Chris Thomas, Rayzor and Mark Viera (artists subject to change, mature audiences only). Sat., April 22, 8 p.m. Hart Theatre, Empire State Plaza, Albany. Advance: \$39, \$49 and \$62; Day of show: \$44, \$54 and \$67. (518) 473-1845 or www.theegg.org.

The Funny Bone

Damon Williams. Wed., April 12, and Thurs., April 13, 7:30 p.m., \$12; also Fri., April 14, 7:30 and 10 p.m., and Sat., April 15, 7 and 9:45 p.m., \$15. **Chicks are Funny.** Wed., April 19, 7:30 p.m., \$10. **Clash of the Comics.** Thurs. April 20, 7:30 p.m., \$10. **Michael Blackson.** Fri., April 21, 7:30 and 10 p.m., and Sat., April 22, 7 and 10 p.m., \$25. All shows 21+. Crossgates Mall, 1 Crossgates Mall Rd., Guilderland. (518) 313-7484 or Albany.funnybone.com.

Proctors

Pretty Much The Best Comedy Show: Mike Lebovitz. Equal parts lovable and absurd, Lebovitz's act careens from topic to topic with the force of a runaway freight train with a loose wheel and some questionable couplings. Audiences have described the experience as "spontaneous," "joyful" and "slightly terrifying." Sat., April 22, 8 p.m. Underground Stage, Proctors, 432 State St., Schenectady. Advance, \$15; \$20 day of show. (518) 346-6204 or www.proctors.org.

DANCE

From Feldenkrais to Go Pro

Choreographer Mary Armentrout, media artist Ian Winters, composer Evelyn Ficara and performer Chris Evans will lead a workshop in which participants explore the intersections of bodily experience and technology. Wed., April 12, 5 p.m. Theatre, EMPAC, Rensselaer Polytechnic Institute, 110 8th St., Troy. Free, limited space. (518) 276-3921 or www.empac.rpi.edu.

Dance Heginbotham

Contemporary dance company acclaimed for its vibrant athleticism, humor and theatricality. Presented by The Egg as part of the Dance in Albany series. Thursday, April 20, 7:30 p.m. Performing Arts Center, Uptown Campus, University at Albany, 1400 Washington Ave., Albany. \$15. (518) 473-1845 or www.theegg.org.

FAMILY

Animal Spotlight

Learn more about the museum's inhabitants during this hands-on activity. Wed., April 12 at 3:30 p.m. SUNY POLY CMOST, 50 Jordan Rd., Troy. Program free with paid admission (\$5/person, ages 2+). (518) 235-2120 or www.cmost.org.

Sensory Play

Hands-on sensory science activity (Land animal Explorers) in the GE Junior Discovery Room. Thurs, April 13, 10 a.m. SUNY POLY CMOST, 50 Jordan Rd., Troy. Program free with paid admission (\$5/person, ages 2+). (518) 235-2120 or www.cmost.org.

KIDS! Storytime

For children and their parents/caregivers. Fri., April 14, 10:30 a.m. Northshire Bookstore, 424 Broadway, Saratoga Springs. Free. (518) 682-4200 or www.northshire.com.

"Egg"stravaganza Egg Hunt

Performance by Skeeter the Clown will be followed by an egg hunt. Best for children ages 2 through 10. Sat., April 15, 10 a.m. to noon. Large pavilion, Elm Avenue Park, 261 Elm Ave., Delmar.

Children's Star Sighting

Interactive program exploring the stars, planets, comets and constellations in the night sky. For children ages 3 – 7 and their families. Sat. April 15, 11 a.m. Albany Visitors Center, 25 Quackenbush Square, Albany. \$3 per seat. (518) 434-1217 or www.albany.org/visitors-center.

Wild and Wacky World of Pond

Explore and observe the many creatures that live in a Pine Bush pond. Sat., April 15, 11 a.m. Albany Pine Bush Discovery Center, 195 New Karner Rd., Albany. \$3/person or \$5/family, pre-registration required. (518) 456-0655 or www.albanypinebush.org/events/calendar.cfm.

Deb Cavanaugh

Sing, dance to or play an instrument along with familiar and new songs. Sat., April 15, 3 p.m. Emack and Bolio's, 366 Delaware Ave., Albany. Free. (518) 512-5100

Easter Egg Hunt

Children ages 12 and younger are invited to participate in Parkside Church's annual Easter Egg hunt. Event will take place rain

or shine on Sun., April 16, at 11:30 a.m. 14 Jarose Pl. (off of Grooms Road), Clifton Park. Details, directions and registration at www.parksidecc.org/events/easter-egg-hunt.

Turtle Time

Come and see a turtle up close. Tues., April 18, or Thurs., April 20 at 2 p.m. Albany Pine Bush Discovery Center, 195 New Karner Rd., Albany. Free, pre-registration required. (518) 456-0655 or www.albanypinebush.org/events/calendar.cfm.

The Little Mermaid

It's a family fun day sponsored by Sunmark Federal Credit Union. Face painting, games and other fun activities and the chance to meet Ariel before watching Disney's modern classic, in which a young mermaid princess dissatisfied with life under the sea makes a bargain with an evil sea witch in order to meet a human prince on land. All children ages 12 and younger will receive a free popcorn. Tues., April 18; doors open at noon; screening begins at 1 p.m. Palace Theatre, 19 Clinton Ave., Albany. \$5. (518) 465-4663 or www.palacealbany.org.

North/South Drawing Day

Pick up a complimentary sketch pad with paid admission for drawing in the galleries, self-portrait studio, or figure drawing workshop. Wed., April 19. The Clark Art Institute, 225 South St., Williamstown, Mass. (413) 458-2303 or www.clarkart.edu.

Animals and WWI

Discover the bond between soldiers and animals during World War I, while making connections to our furry friends today and creating a craft to take home. Wed., April 19, 10 a.m. Schenectady County Historical Society, 32 Washington Ave., Schenectady. \$7/child. Details and advance registration (required) at schenectadyhistorical.org/families.

American Girl Tea with Molly McIntire

Step back in time to explore the homefront during both World Wars while enjoying tea and goodies and making a Victory Garden craft. All dolls welcome! Thurs., April 20, or Fri., April 21, 2 p.m. Schenectady County Historical Society, 32 Washington Ave., Schenectady. \$8/person. Details and advance registration (required) at schenectadyhistorical.org/families.

FILM

Godzilla Kaiju Battle 2017

It Came From Schenectady's popular, annual giant monster double feature. Films will be announced the day of the show. First film will be in English for the whole family; second film will be in Japanese with English subtitles. Fri., April 14, 7 p.m. GE Theater, Proctors, 432 State St., Schenectady. \$9. (518) 346-6204 or www.proctors.org.

After Spring

Follow two families in transition and an aid worker fighting to keep the largest Syrian refugee camp running. Fri., April 14, 7 p.m. Presented by Women Against War. First Unitarian Universalist Society, 405 Washington Ave., Albany. Free. (518) 527-7110.

Fire and Ice

Concert featuring three world premieres by Norwegian and American composers Bjorn Bolstad Skjelbred, Torstein Aagaard-Nilsen and Conrad Kehn, with a solo by Magnar Am. Sat., April 22, 1 p.m. Main Branch, Troy Public Library 100 2nd St., Troy. Free. (518) 274-7071 or www.thetroylibrary.org.

Funny Face

In this 1957 film, a shy, small town bookstore clerk (Audrey Hepburn) gets discovered by a NYC fashion photographer (Fred Astaire), who

convinces her to travel to Paris with him, where they start to fall in love. Not rated. Running time: 103 mins. Mon., April 17, at 2:30, 4:45, and 7 p.m. GE Theatre, Proctors, 432 State St., Schenectady. \$5. (518) 346-6204 or www.proctors.org.

The Love Witch

In this 2016 film directed by Anna Biller, Elaine (Samantha Robinson) is a beautiful young witch who uses spells and magic to make men to fall in love with her. Her spells work too well, however, causing her to end up with a string of hapless lovers and a wicked desperation that drives her to the brink of insanity and murder. Presented by It Came From Schenectady with an introduction by local filmmaker Tracy Nicole Cring. Tues., April 18, 7 p.m. GE Theater, Proctors, 432 State St., Schenectady. \$9. (518) 346-6204 or www.proctors.org.

Raw + Born of Woman

Screening begins with "Born of Woman," the acclaimed international short film showcase curated by Mitch Davis, followed by Julia Ducournau's award winning debut "Raw," which follows a young vegetarian student whose sexual awakening coincides with the growth of a sickening hunger inside her after she undergoes a grotesque carnivorous hazing ritual at her veterinarian school; Rated R. In French w/English subtitles. Local filmmaker Tracy Nicole Cring will introduce the short film Total running time approx. 4 hours. Presented by It Came From Schenectady. Wed., April 19, 7 p.m. GE Theater, Proctors, 432 State St., Schenectady. \$9. (518) 346-6204 or www.proctors.org.

My Italian Secret: The Forgotten Heroes

The story the clandestine Italian resistance movement whose members defied the Nazis and Fascists to hide, rescue and protect thousands of innocent Jews, artisans and refugees. La Rabinessa

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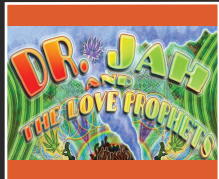
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PARKWAY MUSIC Broadway Plaza LIQUOR DesignStudio OUR TOWN COLONIE Hudson Primos Blues printing

Not rated. Running time: approx. 2 hours. Liora Kelman of Congregation Beth Israel will share her family's story of survival. Thurs., April 20, 7 p.m. GE Theatre, Proctors, 432 State St., Schenectady. \$5. (518) 346-6204 or www.proctors.org.

FCL International Film Festival

A showcase of films, including feature length documentaries, animated and short films, from Persian-speaking communities and beyond. Sat., April 22, and Sun., April 23 beginning at 10 a.m. Proctors, 432 State St., Schenectady. \$40, full festival pass; \$25 for single-day pass, or \$10 for individual sessions. (518) 346-6204 or www.proctors.org.

LECTURES

Master Plan for Public Art in Troy

As the Plan for Public Art in Troy is launched, art consultant Todd Bressi will discuss how cities are implementing art projects and programs that support civic engagement, economic development, neighborhood revitalization, tourism and workforce development. Wed., April 12, 6 p.m. Arts Center of the Capital Region, 265 River St., Troy. Free. (518) 2736-0552 or www.artscenteronline.org.

Healthy Food/Healthy Finance

Brothers Paul and Joe Ventura will guide you through a menu of food and finance that will show how following tried and proven recipes for success can profit your body and bank balance. Seating limited to 10 couples. Thurs., April 13, 6 p.m. Eden Cafe, 269 Osborne Rd., Loudonville. (518) 977-3771.

Journalism in Challenging Times

Times Union editor Rex Smith will explore the role of journalism in Trump's America. Co-sponsored by The Rensselaer County League of Women Voters. Mon., April 17, 6 p.m. Main Branch, Troy Public Library,

100 2nd St., Troy. Free, registration required. (518) 274-7071 or www.thetroylibrary.org.

The Construction of Beauty: Music and Math

Johannes Goebel, founding director of EMPAC, will center on the question of whether music and mathematics are bonded in an intrinsic relationship or if culturally driven concepts establish their marriage. Wed., April 19, 7 p.m. Theater, EMPAC, Rensselaer Polytechnic Institute, 110 8th St., Troy. Free. (518) 276-3921 or www.empac.rpi.edu.

Science Symposium

Researchers will highlight current projects being conducted in the preserve. Ages 15+. Thurs., April 20, 6 to 8 p.m. Albany Pine Bush Discovery Center, 195 New Karner Rd., Albany. Free. (518) 456-0655 or www.albanypinebush.org/events/calendar.cfm.

LITERARY

Gregory Pardlo

Pulitzer prize-winning poet will read from his work during the awards ceremony for Rensselaer Polytechnic Institute's 75th annual McKinney Writing Contest. Wed., April 12, 8 p.m. Biotech Auditorium, Biotechnology and Interdisciplinary Studies Building, Rensselaer Polytechnic Institute, 15th St., Troy. Free. (518) 442-5620 or www.albany.edu/writers-inst.

Nitty Gritty Poetry Slam and Open Mic

The Haiku Battle returns to Albany's official poetry slam. Tues. April 18; 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.

Third Thursday Poetry Night

A reading by poet Kathleen McCoy followed by an open mic for community poets; part of the 2017 Albany Word Slam. Thurs., April 20, 7 p.m. Albany Social Justice Center, 33 Central Ave., Albany. \$3 donation requested. (518) 482-0262 or dwlxc@earthlink.net.

2017 Word Fest Slam

Sat., April 22, doors open at 6:30 p.m., with opening acts from 7 to 7:30 p.m., followed by Invitational Team and Indie slams. Troy Kitchen, 77 Congress St., Troy. Team slam, \$7 advance; \$10 at the door; Indie slam free; donations appreciated. https://albanypoets.com/2017/03/2017-albany-word-fest/

Writers workshop

Bi-weekly writers' get together. Eat, drink, schmooze and share, but, mostly write. Like mad. Thurs., April 20, at 6 p.m., Tech Valley Center of Gravity, Quackenbush Building, 30 3rd St., Troy. Free. www.tvcog.org.

EDUCATION

Albany Star Sighting

Interactive program identifies stars, planets, comets and constellations in the night sky and the tools and techniques for becoming an amateur astronomer. Geared for skywatchers 8 and above. Sat. April 15, 1 p.m. Albany Visitors Center, 25 Quackenbush Square, Albany. \$3 per seat. (518) 434-1217 or www.albany.org/visitors-center.

Advance Directive: Your Voice, Your Choice, Your Decisions

Patricia A. Spreitzer, community nurse liaison with Community Hospice will help attendees explore the advance care planning process. Wed. April 19, 5:30 p.m. Main Branch, Troy Public Library, 100 2nd St., Troy. Free, advance registration required. (518) 274-7071 or www.thetroylibrary.org.

Historical Newspapers Online

Lean about the online databases that contain full-text historical newspapers and how to find and access New York State digital newspapers for free on the Internet. Sat., April 22, 10:30 a.m. 7th Floor Computer Classroom, New York State Library, 222 Madison Ave., Albany. Free; limited seating, registration required. (518) 474-2274 or 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.

MISCELLANEOUS

Quiz for a Cause

A fun night of trivia and prizes with Scot Mumford of "Catch the Mania- Upstate NY" to benefit the Troy Public Library. Thurs., April 13, 6 to 9 p.m. Revolution Hall, 417 River St., Troy. \$20 per person; includes trivia and appetizers. Cash bar. (518) 274-7071 or (518) 235-5310.

American Woodcock Training

This species, while on the decline since the 1960s, is one of the first birds back to the Albany Pine Bush in the spring. Learn how to become a Citizen Scientist and help monitor American Woodcock in the preserve. Ages 15+. Thurs., April 13, 7 p.m. Albany Pine Bush Discovery Center, 195 New Karner Rd., Albany. Free, registration required. (518) 456-0655 or www.albanypinebush.org/events/calendar.cfm.

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.

2.6-mile Hike

Take in the sights, sounds and smells of the spring season. Ages 8+. Mon., April 17, 1 p.m. Albany Pine Bush Discovery Center, 195 New Karner Rd., Albany. \$3/person or \$5/family, pre-registration required. (518) 456-0655 or www.albanypinebush.org/events/calendar.cfm.

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

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

Social Media:

Make Art, Make Friends

Learn basic cake decorating skills while sipping on cake batter-flavored martinis! Tues., April 18, 5:30 to 7:30 p.m. Arts Center of the Capital Region, 265 River St., Troy. \$35, registration required. (518) 273-0552 or artscenteronline.org.

Veteran Meet-Up

All veterans welcome to free coffee every Tuesday from 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.

Blueberry Hill West Hike

Join education staff for a 1.4-mile hike through a portion of the preserve undergoing restoration. Ages 8+. Wed., April 19, 11 a.m. Albany Pine Bush Discovery Center, 195 New Karner Rd., Albany. \$3/person or \$5/family, pre-registration required. (518) 456-0655 or www.albanypinebush.org/events/calendar.cfm.

The Price Is Right LIVE

Interactive stage show which gives eligible individuals the chance to "Come on Down" to play classic games from TV's longest running game show and win prizes. Thurs., April 20, 7:30 p.m. Palace Theatre, 19 Clinton Ave., Albany. \$32.50, \$42.50, \$52.50 and \$92.50. (518) 465-4663 or www.palacealbany.org.

Earth Day in the Pine Bush

Volunteer on a conservation project and participate in activities for the whole family. Equipment and lunch provided for volunteers, bring drinking water and wear weather/outdoor appropriate attire. Sat., April 22, 9 a.m. to noon. Albany Pine Bush Discovery Center, 195 New Karner Rd., Albany. Free, pre-registration required. (518) 456-0655 or www.albanypinebush.org/events/calendar.cfm.

Dock Brown's Car Show

Car show with a Girl's Day Out theme with door prizes exclusively for ladies. Sat., April 22, 11 a.m. to 3 p.m., weather permitting. Brown's Beach on Saratoga Lake, 511 Route 9P, Saratoga Springs. \$15 to register; free for spectators. (518) 664-7466 or www.capitalcarshops.com/2017/DocBrownsShow.html

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 The Cohoes Music Hall
 8 pm</p> <p>APRIL 15
 Eastbound Jesus w/ Elrod & Motherjudge and Grassroots Rebels
 The Hollow Bar & Kitchen
 7 pm</p> <p>APRIL 20
 An Evening With Cabinet
 w/s/g Adam Brockway (Eastbound Jesus)
 Putnam Den
 8 pm</p> <p>APRIL 21
 Heavy Pets w/ Backup Planet
 The Hollow Bar & Kitchen
 8 pm</p> <p>APRIL 22
 Robert Randolph & The Family Band
 Upstate Concert Hall
 7 pm</p> <p>APRIL 27
 The Kitchen Dwellers w/ Let's Be Leonard
 The Hollow Bar & Kitchen
 8 pm</p> | <p>APRIL 28
 Dr. Jah & the Love Prophets / Lynch / Eastern Highs
 The Hollow Bar & Kitchen
 7 pm</p> <p>MAY 6
 Tragedy: The All Metal Tribute to The Bee Gees
 The Hollow Bar & Kitchen
 8 pm</p> <p>MAY 12
 David Bromberg Quintet
 w/s/g Austin Shaw
 The Cohoes Music Hall
 8 pm</p> <p>MAY 12
 Mister F
 The Hollow Bar & Kitchen
 8 pm</p> <p>MAY 12
 Kat Wright and the Indomitable Soul Band
 The Hollow Bar & Kitchen
 8 pm</p> <p>MAY 19
 Flyday Ho-Down
 Blackthorne Resort
 May 19 - May 21</p> <p>MAY 23
 Ana Popovic
 The Cohoes Music Hall
 8 pm</p> |
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EXHIBITS

Albany Institute of History and Art

"Captured Moments: 170 Years of Photography from the Albany Institute," through May 21; **"Wampum World: An Art Installation by René Ridgeway,"** through June 18; and **"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 which are then turned into seed packets, that celebrate the beauty, diversity and cultural importance of the seeds enclosed within; 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. 265 River St., Troy. (518) 273-0552 or artscenteronline.org.

The Clark Institute

"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. Through Fri., April 28. 621 River St., Troy. Free. www.collarworks.org.

Eden Cafe

April's Featured Artist: Leah Ketchen. Fri., April 14, 6 to 9 p.m. 269 Osborne Rd., Loudonville. Free. (518) 977-3771

Esther Massry Gallery

"Senior Art Exhibition," featuring works by 30 students in the art education, graphic design and studio arts program. Opening with reception on Fri., April 7, from 5 to 7 p.m. Through Fri., April 18. Massry Center for the Arts, 1002 Madison Ave., Albany. Free. (518) 485-3902.

First Unitarian

Universalist Society

"Humanize, Not Militarize: A Poster Exhibit," featuring works created by created by individuals and groups to stimulate thinking about how militarism affects our everyday lives – in the environment, economy, treatment of refugees, education, and safety and security framework. Weekdays, 9 a.m. to

3 p.m. through April 16. Channing Hall, 405 Washington Ave., Albany. Free. (518) 463-7135 or http://albanyuu.org/events/humanize-not-militarize/

Hilton Garden Inn - Troy

"Celebrate Quilting," 40th anniversary quilt show presented by Quilters United In Learning Together (Q.U.I.L.T., Inc.) of Delmar. Sat., April 22, 10 a.m. to 5 p.m. and Sun., April 23, 10 a.m. to 4 p.m. 235 Hoosick St., Troy. \$8, \$12 for two-day pass. www.quiltinc.org.

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. 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," featuring 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 renowned photographer Paul Kolnik. 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.

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

"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

"Art Forms of Dimensions Tomorrow: Sound, Black Study and the Multidisciplinary Artist,"

which pairs the early art and archives of Sun Ra, best known for evoking the outer spaceways in his music, with contemporary sonic and sound-inspired artworks, in the atrium Thurs., April 13 through Sun., April 16; **"Janine Antoni & Stephen Petronio: Entangle,"** collaborative works which combine action, video and installation: "On the Table," Through April 30, and "Honey Baby," May 13 through July 16. Also, **"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, and **"Africa Pop Studio,"** senior thesis project for Art History major Hannah Traore, which looks at the power of Afro-Pop across disciplines; both through April 23. Plus **"Elevator Music 33: Up = Out: A Sun Ra Mixtape,"** featuring seven tracks from the artist, through Aug. 27, and **"Liz Collins — Energy Field,"** a long-running installation created as a lounge and social space for visitors and students, through Sept. 10. Upcoming: **"If I Had Possession Over Judgement Day: Collections of Claud Simard,"** featuring art and objects from across centuries and continents; opens Sat., April 22, with a public reception from 6 to 8 p.m. Skidmore College, 815 North Broadway, Saratoga Springs. Free; donations suggested. tang.skidmore.edu.

University Club

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

CALL FOR ARTISTS

Mabee Farm Historic Site

Seeking artists, crafters and vendors for its Canalfest (July 15), Arts & Crafts Festival (Aug. 26) and Fall Foliage Festival (Oct. 15). (518) 887-5073 or www.schenectadyhistorical.org.

Saratoga Arts

Artists are invited to schedule a month-long exhibit as part of the Art in Public Places program. Exhibitions are held at a variety of locations. For program details visit www.saratoga-arts.org/exhibitions/publicplaces. To schedule an exhibit, e-mail Emma Huneck, exhibitions coordinator, at ehuneck@saratoga-arts.org with your top two choices of location and month. Exhibitions are scheduled on a first-come, first-serve basis.



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Clean Eating

Lemon Custard

By **STACEY MORRIS**
news@spotlightnews.com

CULINARY ARTS

Like me, this Paleo, almost-keto dessert doesn't fit into a category.

It's gluten-free and cow-dairy-free to be sure, but I'm not sure it's entirely Keto or Paleo because of the sugar it contains, minimal as it is.

Sometimes a sweetness compromise is necessary because I'm not a major fan of Stevia, though I've tried and TRIED to like it.

This refreshing dessert has a richness-from-within quality. It's warm, comforting, and contains a generous amount of fat. You really don't need to top it with anything, though Chef Bill admits to spritzing it with a bit of canned whipped cream.

And the dessert can easily be made kosher for Passover by using margarine or coconut oil instead of the butter.

Ingredients

2 cups almond flour

zest of 1 lemon

1/3 cup lemon curd (available at most supermarkets and specialty food stores)

3 egg yolks

four eggs

1 can full-fat coconut milk

1 teaspoon vanilla

1 stick unsalted butter, room temperature

Instructions

Preheat oven to 350. Blend all liquid ingredients in a Vitamix or blender. Pour into mixing bowl and add liquid from the blender. Whisk gently until blended. Whisk in lemon curd, followed by softened butter. Blend thoroughly. Spray a round casserole dish with non-stick cooking spray. Pour batter into casserole and cook uncovered for 30 minutes. Turn oven off and let sit in cooling oven for 10 minutes. Serve warm.

Stacey Morris is a Loudonville-based author, yoga instructor, and health coach. Through clean eating and DDPYOGA, she maintains a 180-pound weight loss. Her books are available through Amazon and at www.staceymorris.com.



HOROSCOPES

April 2017
Week 2

CAPRICORN

December 22 – January 19

Some people never learn, Capricorn. Save your breath for what you can change. The nest egg grows with a windfall and careful spending.

AQUARIUS

January 20– February 18

Get ready to mix it up, Aquarius. There will be a lot of different things on the agenda this week. A friend refuses to compromise, halting progress.

PISCES

February 19 – March 20

Wait a minute, Pisces. You've been through this before. Why are you taking the same approach when clearly there is a better choice? Why indeed?

ARIES

March 21 – April 19

Victory will be yours this week, as a decision is made in your favor. Don't gloat, Aries. You might not be so lucky next time. Reservations are made.

TAURUS

April 20 – May 20

By George, Taurus, you've got it! Months of diligence finally pay off, and you have the solution everyone has been seeking. Celebrate with a night out.

GEMINI

May 21 – June 21

Your finances have taken a real beating as of late, but that is all about to change with a new source of revenue. Feel the stress ease away, Gemini.

CANCER

June 22 – July 22

Conservation is never a bad idea, so when given the chance, do it, Cancer. Trade some bad habits for new ones, and set up a recycling center at home.

LEO

July 23 – August 22

You can run, but you can't hide. Confront the situation head on, Leo. A loved one makes a grave error at an event. Do what you can to patch things up.

VIRGO

August 23 – September 22

Love it or leave it, Virgo. There is no middle ground on this one. You're either in, or you're out. A persistent money matter is cleared up.

LIBRA

September 23 – October 22

No, no, no! You must not take on other people's problems. You have neither the resources nor the time. You can't be a crutch forever, Libra.

SCORPIO

October 23 – November 21

Choose, Scorpio, just choose. Your indecision is creating frustration at all levels. Review the pros and the cons again if you must and then choose.

SAGITTARIUS

November 22 – December 21

Squirrely describes someone near and dear to your heart this week. Give them a break, Sagittarius. They've been through hard times lately.

HEALTH AND FITNESS

The best diet

Learn how to identify a diet from a gimmick

By DAN ROMAND
news@spotlightnews.com

Have you ever noticed how when it comes to dieting people always want to tell you the one they follow is the ONLY one that works?

Paleo, Low Carb, Low Fat, Ketogenic, Gluten Free — the list is endless.

As a trainer and nutrition coach there isn't a day that goes by that someone doesn't try to convince me that their way of eating is the only way that works.

And, they can get downright angry when you say to them, while it may work for them it doesn't necessarily mean it is guaranteed to work for everyone. I face this a lot. Especially when I deal with

those that push their weight loss products.

What they are conveniently forgetting to mention is that the "proof" they are showing you in the form of before and after photos has a little blurb on the bottom that often says, "results not typical" and that the person "followed a sensible diet and exercised."

The truth is, anyone who knows anything about nutrition knows, when it comes to getting the weight off, there is only one thing that matters:

You have to burn more calories than you eat.

It really is that simple. So simple, in fact, people don't want to believe it. Worse, the weight loss industry will go out of its way to try to disprove it.

Folks, no matter what program you follow — even if you decide to spend the hundreds of dollars on those "weight loss gimmicks" — the bottom line is, you need to eat less than you burn off. Anyone who argues against that either doesn't know what they are talking about or is outright lying to you.

They'll argue it's the time of day your eating, what you're eating when (i.e. you can only eat carbs in the morning) or the types of macronutrients (carbs, fat, protein) that you should be eating usually with a comment to eliminate one or two of them from your diet. All too often they'll suggest the aforementioned magic pill (raspberry ketones anyone?) they just happen to be selling.

Now, I won't argue that some of these diets won't work in some way. I've followed some of them in a way. But, I do so after have learned what my body needs and how I need to feed into it to ensure it works. And, I would never recommend to someone that they eliminate an entire macronutrient from their diet.

What to do:

If you want to be healthier, get rid of the fat,

shed some pounds or just plain feel better than you should find a program that will work for you in the long run.

If you want to follow the Paleo program go for it. If you think intermittent fasting will help you to succeed. Have at it. But, whatever you choose, remember that in the end its calories in versus. calories out.

It comes down to eating

the right foods in the right amounts for you. No gimmicks, no fads, no magic pills just real food in the right amounts. And, did we mention most people end up spending less, far less, on

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

| Diet Name | Short Description | How it Works |
|----------------------|---|-------------------------------|
| Low Carb | Eat fewer carbs and more foods rich in protein and fats | By creating a caloric deficit |
| Ketogenic | Eat almost no carbs, some protein and mostly fats | By creating a caloric deficit |
| Low Fat | Avoid foods high in fats and eat mostly protein and carbs | By creating a caloric deficit |
| Intermittent Fasting | Restrict your eating period to only a few hours every day | By creating a caloric deficit |
| Weight Watchers | Points based system to help with portion control | By creating a caloric deficit |
| Paleo | Eat only minimally-processed "paleolithic" foods | By creating a caloric deficit |

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Answers on Pg. B25

■ CHARITY

Will walk for books

Grassroot Givers teams with Albany Tulip Queen Adaviah Ward to organize upcoming walkathon for literacy

By JILL RIFKIN
news@spotlightnews.com

ALBANY — The Capital District will celebrate springtime with a Walkathon and Guided Tour for a most unusual beneficiary - literacy!

Grassroot Givers, a non-profit organization at 274 Washington Avenue, Albany, whose chief goal is to promote literacy and book ownership, is joining forces with Albany Tulip Queen Adaviah Ward and her court, whose yearlong objective is also to encourage reading, to stage the event.

The two-mile Walkathon will be held on Saturday, April 29th. Participants, who collect pledges ahead of time, will meet at Thomas O'Brien Academy of Science and Technology (Toast), an Albany elementary school at 94 Delaware Avenue. They will then walk to several of the numerous Little Free Libraries, small structures stocked with donated books and built by Grassroot Givers in front of many Albany public schools. Books are free for all to take home.

Grassroot Givers took over part of

the closed downtown Albany YMCA in 2011 and transformed the space into a gigantic, brightly colored and comfortable free library filled with thousands of top quality books available for residents of all ages to take home and to keep. Many can't afford to purchase books for their homes, which adversely impacts children's success in school. Co-director Mary Partridge-Brown remarked, "Children proudly skip out of our library with books in the hands, knowing they can come to take home even more." Often, these are the first books they've ever owned, and they read them over and over again."

Grassroot Givers also staffs a free Community Store stocked with beautiful new or near-new clothing and small household items. Partnering with over 50 non-profit organizations, the store provide these and other basic necessities to individuals and families living on a fixed income, transitioning out of shelters,



GRASSROOT GIVERS
—
Promotes literacy at its Albany location.
Submitted photo

or participating in other supportive programs. Co-director and founder Roberta Sandler said, "We began this organization with a simple idea: sharing resources in a dignified way. That concept is reflected in everything we do, from the upscale community store to the next-to-new hardback books displayed on the shelves."

The organization recently reached a long desired milestone: the donation of its 10,000th book. Partridge-Brown and Sandler hope to double that number to 20,000 by the end of 2017. All proceeds

from the Walkathon will benefit Grassroot Givers' programs, all of which help to empower residents of the Capital District.

Meeting and registration: Saturday, April 29th, Thomas O'Brien Academy of Science and Technology parking lot, 94 Delaware Ave. Registration begins at 10 a.m.; Registration starts at 11 a.m. Distance: approximately two miles.

Pledges: \$5 per mile for each of the two miles. \$35 flat pledge for the total walk. Participant who raises the most money in pledges wins a \$50 gift certificate from I Love Books in Delmar. Contact info@grassrootgivers.org or (518) 542-1276 for information.



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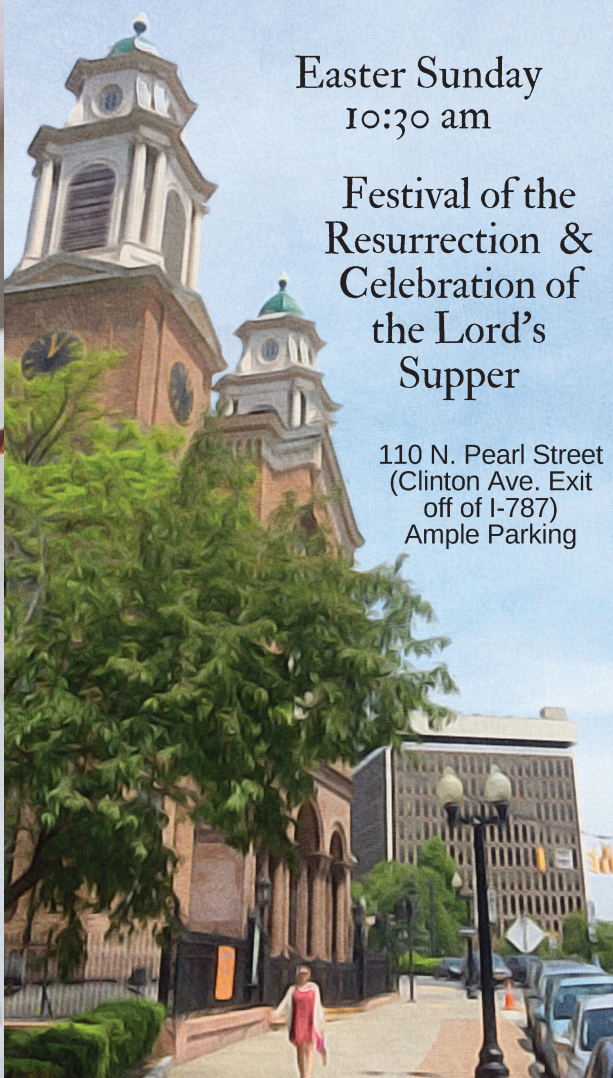
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■ IN BRIEF

Open Mic Night at Hudson River Music Hall

HUDSON FALLS — Hudson River Music Hall will host Wednesday Open Mic Night on April 12 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.

Sign up is at 7:00 pm. Admission is \$3. For more information, call (518) 832-3484.

Hamilton Street Jazz Company at Grappa 72

ALBANY — The Hamilton Street Jazz Company will perform at Grappa 72 on

Wednesday, April 12 and Thursday, April 13 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, April 12 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, April 12 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, April 12 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.

Tunes and Tacos at City Beer Hall

ALBANY — City Beer Hall will hold "Tunes and Tacos" on Wednesday, April 12 at 5 p.m. at 42 Howard Street in Albany.

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

For information call (518) 449-BEER.

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NEWS FEATURE

Keeping faith in Lark Street

Proposed zoning changes would persuade potential developer

By ALI HIBBS
ahibbs@spotlightnews.com

ALBANY — When Ali Celik first looked at purchasing the Lark Street property that was most recently home to DeJohn's Restaurant and Legends Sport Lounge — more than three years ago — his initial reaction was to pass.

"I said no, just like 100 other people that had looked at it," he said, explaining that the building has essentially been gutted of anything of value. "I went into the building and I said, 'No way.'"

Celik, who is a licensed commercial realtor, also co-owns both Mercato's Pizzeria and Restaurant and Extra Napkin Grill Restaurant on Delaware Avenue in Delmar with his brother and sister. He and his family have been looking for an opportunity to expand into Albany, where Celik said he already has a considerable customer base. The easy commute down Route 443 to the location at 286-288 Lark is one of the reasons that he said he

reconsidered the property and whether it might serve his purposes after all.

Ultimately, it wasn't the condition of the connected buildings that deterred Celik; Instead, it was the hoops through which

"We will put our hearts and souls into this project and make it as nice as possible. I have my faith in the neighborhood. That they will embrace us and support us."

— Ali Celik
potential Lark Street
property investor

he would be required to jump in order to realize his mixed-use intentions for the property. Under current zoning law, it would require Celik to obtain six special

use permits and one zoning variance to open the Mediterranean food restaurant he envisions for 286 Lark, the erstwhile Legends.

"With the zoning difficulties," he said, "it was just not possible."

City of Albany zoning law, essentially unchanged since the late 1960s, has been undergoing a review and revision process for the last two years with the aim of simplifying rules which have become a difficult-to-navigate morass of restrictions that Mayor Kathy Sheehan characterized as "antiquated."

After more than 100 meetings and public hearings on the subject, the city finally released a final draft of its Rezone Albany proposal early last month.

"When we look throughout the city at some of the challenges that we have in our neighborhoods," said Sheehan at an event at city hall for the draft's release, "particularly challenges with vacant and abandoned buildings, particularly commercial, sometimes we found the enemy and the enemy was us." Antiquated zoning, she said, is making it difficult

Continues on next page



Photo by Ali Hibbs / TheSpot518

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SWEENEY'S BOXING AND FITNESS

From page B19 ... Keeping faith in Lark...

for potential business owners to move forward with development plans that could benefit Albany neighborhoods.

The proposed zoning changes would bring nearly half of an estimated 35,000 non-compliant properties into compliance and dramatically reduce the amount of variances and special use permits required by developers like Celik, who said he won't close on the Lark Street property until Albany Common Council passes the new zoning plan. He currently has a contract to purchase the property — for \$675,000 less than the original asking price of \$970,000 — pending the Common Council vote, which, according to Councilman Richard Conti, is expected to take place on either Monday, April 17 or Monday, May 1.

"After two years of work and discussion and the planning department's dialogue and solution with the neighborhood on some of the issues with closing time," said Dan Atkins, chairman of the Lark Street BID, co-owner of Savoy Taproom across the street from 286-288 Lark and manager of two other Lark businesses. "I think rezone will encourage new development on the street by simplifying expectations and reducing the unknowns that go into opening a new business."

Celik already has a name for the wine and craft beer tavern he envisions for the ground floor at 288 Lark, formerly DeJohn's — he's going to call it Lark Wine & Tap. There, he will not only highlight regional wines and craft beers



ANTIQUATED

Zoning laws dating back a half century has posed an uphill battle for City Hall.

Michael Hallisey / TheSpot518

but also offer a light fare/tapas menu. Since the only variance he needs to open that concept is one that he will still require under the proposed zoning, a tavern variance, Celik said that he will start construction on that right away and wait until the new zoning is in effect to begin on the

family restaurant next door. Ultimately, he plans to have both businesses, as well as apartments on the top two floors at 288, completed and in use by the end of the year.

Both local businesses and neighborhood associations have been receptive to Celik's ideas for the property; he said he has obtained letters of support from the Center Square Neighborhood Association and the Hudson Park Neighborhood Association and met with a number of neighboring business owners.

"They have been very supportive," he said of the neighborhood associations, speculating that they are

appreciative of the fact that the apartments would reduce the commercial aspect of the property and the restaurant would be family-oriented. "What I'm proposing to do is a win-win for everybody."

"The redevelopment of 286-288 Lark Street is a big piece of the puzzle when it comes to revitalizing Lark Street", said County Legislator Chris Higgins (D-5), who represents the area.

"I think rezone will encourage new development on the street by simplifying expectations and reducing the unknowns that go into opening a new business."

— Dan Atkins
Chairman of Lark Street BID and
co-owner of Savoy Taproom

"Not only will this project renovate two vacant buildings, but it will also create local jobs and increase foot traffic in the Lark St corridor which will be beneficial to the other small businesses on the street."

Celik and his siblings are from Istanbul, Turkey, where their father is a commercial developer. His brother, Ayhan, is a certified chef and his sister, Aynur, an artist. They have owned Mercato's for more than a decade and opened Extra Napkin in December 2015. The menu they intend to serve at their new restaurant on Lark would be a combination of the fare offered at those two restaurants.

"We will put our hearts and souls into this project and make it as nice as possible," said Celik, hopeful that the city and the neighborhood will work with him to accomplish that goal. "I have my faith in the neighborhood," he said. "That they will embrace us and support us."

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■ IN BRIEF

Salsa Night

ALBANY — The Albany Rail Yard will host "Salsa Night" on Wednesday, April 12 from 8:30 p.m. to 12 a.m. at 1118 Central Ave. in Albany.

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

Entry is \$10. For information visit www.albanyrailyard.com.

The Masters of Nostalgia at One Caroline Street

SARATOGA SPRINGS — The Masters of Nostalgia will perform at One

Caroline Street in Saratoga Springs on Wednesday, March 12 at 8:30 p.m.

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

For information visit onecaroline.com.

The Districts at the Hollow

ALBANY — The Districts will perform at the Hollow on Wednesday, March 12 at 8 p.m. at 79 North Pearl Street.

The Districts are an American rock band formed in 2009 while its members were in high school.

Doors open at 7 p.m. Cover is \$12 in advance and \$15 at the door. For more information or to buy tickets call (518) 426-8550 or visit www.thehollowalbany.com.

Guest Speaker Gregory Pardlo at RPI

TROY — Gregory Pardlo will speak at RPI as part of the McKinney contest on Wednesday, April 12 at 8 p.m. in the Biotech Auditorium at 110 8th Street in Troy.

Pardlo is a Pulitzer-prize winning poet with fellowships from the National Endowment for the Arts and the New

York Foundation for the Arts.

For more information call (518) 276-8121 or visit www.cm.rpi.edu.

DJ Playground at Van Slyck's


SCHENECTADY — DJ Playground will perform on Wednesday, April 12 at 8 p.m. at Van Slyck's in Rivers Casino at 1 Rush Street in Schenectady.

DJ Playground has played in nightclubs both nationally and internationally and has opened for Grammy award winners like Snoop Dogg, Big Sean and Lil Kim.

For information call (518) 579-8800.



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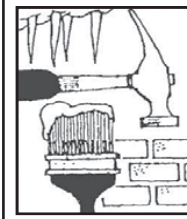
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From page B4 ...

Aging Out 101

Required "aging out" navigation tools

In fact, having a service coordinator who has the child's best interests in mind is essential for a successful "aging out" transition.

Tammy Conte, a Medicaid service coordinator with Community Living & Advocacy Supports, Inc., says that "having a service coordinator to help with the process is a must, [as] adult services and transitioning to them has changed a great deal over the past few years."

A service coordinator is one of two components to ensure, when applicable, the child's parents have the final say in what happens. Conte says the other is 17A guardianship.

After trying to tackle the transition on her own, Frey is grateful to have a service coordinator to help. However, she strongly

encourages parents and other family members to stay involved and also serve as advocates for the child.

Provost says her grandson's service coordinator has been working with the family since Eric was diagnosed at 18 months old

"We are so very grateful for our service coordinator," she says. "We would be lost without her and her knowledge of autism and special needs."

If a parent doesn't feel their child is getting the very best from their service coordinator, Frey offers this simple suggestion: "Move on."

Another must: "Life insurance for [a] guardian to care for the child," says Provost.

The most important piece of this puzzle is 17A guardianship.

"Without that in place," says Conte, "legally, once your child turns 18, you cannot make decisions for them anymore."

According to New York State Unified Court System's website, "In New York state, when a person becomes 18 years old, they are assumed to be legally competent

to make decisions for themselves. This means no other person is allowed to make a personal, medical or financial decision for that individual. If a person is 'intellectually disabled or developmentally disabled,' has difficulty making decisions for themselves and [is] over 18 years old, you can ask the Surrogate's Court to appoint a guardian for him or her."

Parents can either start the process online or by contacting the Surrogate's Court in their county of residence to request an Article 17A Guardianship Packet.

So why should all parents become familiar with this concept even though they may never have to concern themselves with their own children "aging out?"

The prevalence of ASD continues to grow. Back in 2000, the Autism and Developmental Disabilities Monitoring Network of the Centers for Disease Control estimated that only one in every 150 children had been identified as having ASD; by 2010, its estimate rose to one in every 68 children.

In the coming years, more and more

parents will either have to wrestle with the questions and issues that come with "aging out" themselves, or will they know someone else who will.

Aging out online resources:

- **Autism After 16**
www.autismafter16.com
- **Autism Society of the Greater Capital Region New York**
www.albanyautism.org/Home.aspx
- **Autism Speaks**
www.autismspeaks.org
- **Center for Autism and Related Disabilities at the University at Albany**
www.albany.edu/autism/about_card.php
- **Center for Disability Services**
www.cfdsny.org/htmlweb/Services-Autism.html
- **Child Mind Institute**
childmind.org
- **Community Living & Advocacy Supports, Inc.**
clasinc.org/about-us/our-services/

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Spotlight NEWS

From page B1 ... Enjoyski Troyski

Polish-American. His parents, Jan and Alicja Siemiginowski, immigrated together from their native Poland to the United States almost 40 years ago. For the past decade, the husband and wife team have owned and operated Muza, a Polish restaurant, with their daughter Agata. Siemiginowski opened The Hill at Muza beer garden in late 2015, adjacent to Muza.

Dyngus Day revelers will be able to move freely between Muza and The Hill at Muza, with Muza restaurant transformed into a beer hall with the same live music as the beer garden.

While Buffalo is widely recognized for hosting the largest Dyngus Day celebration, Siemiginowski said Troy has

enough spirit to hold its own in “pound-for-pound partying.”

Last year, Muza on the Hill made headlines in Buffalo for starting a healthy Dyngus Day rivalry between the two cities at either end of the Erie Canal. This year, Siemiginowski plans to continue the traditional rivalry with special t-shirts and track jackets by a neighborhood screen printer, Screen-It, commemorating Troy as “the nation’s fastest growing Dyngus.” On the back of the t-shirt there is an oval “enjoyski troyski.” symbol and a good-natured jab at Buffalo.

“Everybody knows Buffalo is the Dyngus Day Capital of the World, but Troy is the fastest growing Dyngus,” Siemiginowski said. “Around here, we say ‘Enjoyski Troyski.’”

About 500 revelers attended last year’s Dyngus Day festivities at The Hill at Muza. Siemiginowski hopes to top those numbers this year, with additional parking

and a block party street closure adding more room for the event.

The celebration begins at noon with live music in the indoor/outdoor beer garden by Eddie Forman Orchestra from Hadley, Mass., playing from noon until 4 p.m., and DJ Podeswa “spinning” Polka hits from 4 p.m. to 8 p.m. (There will be a \$3 admission fee from noon to 3:30 p.m., while The Eddie Forman Orchestra performs live.)

An a la carte menu will feature handmade pierogi, kielbasa rolls, stuffed cabbage, euro burgers and more at multiple food stations in Muza and The Hill at Muza.

Beer will include Zywiec lager, a Polish lager brewed with mountain water that comes in liter and half-liter pours, on draft and a selection of Eastern European and American beers in bottles and cans. Beer will be served at the bar, in the restaurant, by servers in the beer garden, and on the

street as part of the official block party. House red and white wine from The Hill’s new Spring wine menu will also be available.

Just as everyone is encouraged to wear green on St. Patrick’s Day, Dyngus Day revelers are encouraged to wear red, or red and white. The Hill at Muza will be selling special red track jackets embroidered with the “enjoyski troyski.” symbol. The jackets will be available for pre-order through The Hill at Muza Facebook page and website.

In addition to food, music, polka dancing and drink, the festivities include a few quirky romantic traditions, such as sprinkling water on a love interest or lightly tapping your crush with a pussy willow branch. This combination of funny sounding words and customs infamously sent media personality Anderson Cooper into an uncontrollable giggle fit on live television in 2012.

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

Super Crossword Answers

| | | | | | | | | | | | | | | | | |
|----|---|---|---|----|----|----|----|----|----|----|----|----|---|---|---|---|
| 1 | P | A | P | E | R | 6 | I | D | E | S | 10 | H | A | R | P | |
| 14 | R | E | A | V | E | 15 | S | O | A | P | 16 | A | S | I | A | |
| 17 | I | R | R | E | S | 18 | O | L | U | T | E | 19 | M | A | L | I |
| 20 | M | I | S | N | O | M | E | R | 21 | C | A | M | P | E | R | |
| 23 | S | E | E | 24 | L | E | T | 25 | M | I | L | E | | | | |
| 26 | E | N | S | 27 | I | M | P | R | 28 | E | S | S | | | | |
| 31 | L | U | T | E | S | 35 | A | R | E | 36 | T | A | U | T | | |
| 37 | E | P | O | S | 38 | P | A | T | E | N | 40 | O | R | E | O | |
| 41 | A | T | O | P | 42 | A | L | E | 43 | D | E | L | T | A | | |
| 44 | R | O | L | L | O | N | S | 46 | P | I | E | | | | | |
| 48 | A | U | T | O | 49 | A | L | I | 50 | P | S | I | | | | |
| 53 | P | O | I | N | T | S | 56 | C | R | I | C | K | E | T | S | |
| 58 | O | R | C | A | 59 | U | N | I | L | A | T | E | R | A | L | |
| 61 | S | E | E | D | 62 | I | O | T | A | 63 | I | N | D | I | E | |
| 64 | E | S | S | E | 65 | T | R | E | Y | 66 | C | O | U | N | T | |

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