



NEWS
BCMS play

Middle school's annual play opens this week.

Story on Page 3

INDEX

- Cops, courts and calls 5
- Sports 6
- Entertainment..... B1-B28
- Classifieds B24-B25
- Opinion 10
- Crossword B8
- Service Directory B22-B23

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TOP STORY



A call for recruits

Firehouses across the county open their doors

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

ALBANY COUNTY — There was a time when a volunteer fire department was known as more of a clubhouse, a place for the boys to watch the game with a keg always on tap and once in a while answer a call to put out a fire or pump out a flooded basement.

Nowadays, while the social aspect is still a component, just to become just a basic firefighter through the state requires 109 hours of in-class and hands on training. And Firefighter I training can lead to other training in preparation for automobile accidents

Lt. Michael Moon stands next to Wayne Johnson, a 56-year member of Elsmere Fire Department. Both were on hand as their firehouse opened its doors to the public to entice new recruits.

Photo by Michael Hallisey / Spotlight News

requiring extraction, search and rescue, confined space rescue, water rescue, hazardous material incidents and a host of other emergency situations.

The pay, though, hasn't changed.

"Personal satisfaction," said John D'Alessandro, the Firemen's Association of the State of New York secretary when asked what volunteers get in return for their time and energy. "There is a little bit of a tax break in some of the counties but there is nobody doing it for any economic gain. There is just the personal satisfaction of helping your family and friends."

Continues on page 9

SPORTS



BC beats Saratoga

Bethlehem softball served its visiting Saratoga opponents with the hits.

Story on Page 6

ENTERTAINMENT



E Street and the river

Eddie Angel comes back home, and brings The E Street Band's Garry Tallent for a show in Troy.

Story on Page B1

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■ EDUCATION

R-C-S residents to vote on \$45.8M budget

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

RAVENA — On Tuesday, April 18, the Ravena-Coeymans-Selkirk (RCS) Board of Education approved a proposed \$45.8 million budget for the 2017-18 school year. The proposal calls for a 2.99 percent spending increase and a tax levy increase of 1.25 percent, which is the district's calculated tax levy "cap."

If approved by district residents on Tuesday, May 16, RCS would continue all current programs and services for students. This includes an array of academic opportunities from career and technological education to college and advanced placement, as well as a host of counseling and academic intervention services, and co-curricular and athletic programs.

The proposed budget would also allow the district to expand on its initiative to offer students greater access to instructional technologies to prepare students for the demands of an increasingly digital world.

While building the budget, district leaders say they focused on creating an effective and efficient plan that would support students, staff and the community. According to officials, there were no contested issues and the budget is comparable to those passed in recent

years. Extra funding approved by the state Legislature, in addition to that proposed in Gov. Andrew Cuomo's Executive Budget, will go toward paying employee retirement benefits.

One noticeable difference for taxpayers will be increased tax rates for the 2017-18 year, due to a lowered tax assessment for local business Selkirk Cogen. The district does not control home or business assessments, however taxes collected from those assessments act as revenue for the district.

Three candidates are running for three seats on the Board of Education.

Tina Furst-Hotaling

Town of residence: Ravena
Family: Husband, Ronald and children, Savannah, Shane and Samuel

Employment: Aging Services Representative for NYS Office for the Aging

Education: Coxsackie-Athens High School, B.S. in human service administration from Empire College

Community and District Activities: Past Coeymans Hollow Auxiliary Treasurer, Past Pieter B. Coeymans PTO Treasurer and President, Past Little League Concession Commissioner, RCS Youth Soccer Coach, St. Patrick's Faith Formation ninth- and tenth-grade

Catechist

Statement: "I have been very impressed with the level of professionalism, cooperation and collaboration that I have encountered with all of the BOE members and school administration.

There is a wealth of background experiences with each member and a commitment to responsibly use our resources to invest in our staff and students while preparing both for the challenges that will present in the future. Regardless of educational, social or economic starting point, I believe that our every action as a Board should make the RCS experience better than it was the day before."

William McFerran

Town of residence: Selkirk
Family: Wife, Kim and children, Mollie, Jack and Katie

Employment: Project Manager for New York State

Education: Bethlehem High School, B.S. in Business Management from Springfield College

Community and District Activities: RCS Finance Committee, Vice President and Manager of Hudson Valley Little League, Board member and coach for Ravena Youth Basketball

Statement: "I have served on the Board since July 2014 and am looking to serve

another term. I believe that RCS needs to provide the children of our district the tools to succeed. As a Board of Education member, I would be both a voice for our community and our children."

Peter Ross

Town of residence: Feura Bush
Family: Wife, Nicole and children Tyler, Leah, Becker

Employment: Technology Education teacher, Averill Park Central School District

Education: Shaker High School, B.S. in Technology Education from Oswego State Univ., Masters in Education from Walden Univ.

Community and District Activities: Averill Park CSD Robotics Club, Builder's Club, Building Representative

Statement: "Because of my background in teaching and my dedication to my children's education, I would like to be a part of the RCS BOE. I have significant experience in dealing with school issues from a teacher's perspective as well as from a parental point of view. I am a strong leader who enjoys working with others to achieve community goals. I look forward to beginning my service to my community as my oldest child enters high school and my youngest starts pre-k!"

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■ EDUCATION

BCMS students take to the stage

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

DELMAR — Diane Henderson-Suker is a middle school math teacher by day, and a theatre director by 3 p.m.

While Bethlehem Central Middle School has neither a drama club nor offers any theater classes, it has been producing annual plays for as long as Henderson-Suker can remember. For the last ten years, she has been the faculty member to take on the additional responsibility of choosing, casting and directing the middle school's theatrical production and it's clear it's a responsibility she enjoys.

"They just need someone to help coordinate things and inspire them and get them going and it's all good," she said with a smile and small shrug, sitting on a bench outside of the school's auditorium where rehearsals were currently underway. "It's good for self-esteem. They have a good time and it's all student-generated."

While they have faculty supervision, Henderson-Suker

said that the students design and build the set, run lights and sound, figure out costuming and anything else the production requires. "I think kids like taking ownership," she said. "You know?"

Although Henderson-Suker may have chosen the play, "Hydrangea Albright: Comedy or Tragedy?," she clearly enjoys seeing her cast and crew bring their own unique brands of creativity to the project and talked about some of the creative choices that have been made as the 2017 production has evolved, such as the expansion of an introductory speaking role to include an imaginative stage design element. She laughed as she described a student playing the role of a mean teacher, "She even scares me!"

The play, written by Jeff Fluharty, portrays the life of the Albright family as told through the eyes of two opposing playwrights — one comic and one tragic. The tragic playwright portrays the life and curse of the Albright family in a negative light and the comic brings an opposing optimistic outlook. During the play within a play, the audience



From left: Bethlehem Central Middle School students Ella Kasper, Tyler Lippold and Kelley Walsh star as Vanessa Albright, Harley Albright IV, and Hydrangea Albright, respectively, in the upcoming production of "Hydrangea Albright: Comedy or Tragedy?"

Ali Hibbs / Spotlight News

encounters quirky characters, humorous plot twists and the constant turmoil that affects the family. In the end, our heroine Hydrangea decides that there is more than one way to look at life.

Henderson-Suker said that she tends to choose material with a good lesson embedded in the story. Her favorite, however, was the year BCMS put on a production of Dorothy Meets Alice, a tale that blends the well-

known worlds of Wonderland and Oz. "Because," she said, "it gave students the opportunity to be even more creative than ever. It was imagination at its best, allowing students to be so expressive with the artwork, sounds, lighting, makeup and acting."

The best thing about directing the play every year, said Henderson-Suker, is watching the students build self-confidence.

"They grow so much," she said. "I don't have any microphones, they need to project to the last seat in the last row. Some of them start off so quiet. Most of the quieter ones are sixth graders and they'll stay with me for three years. Each year they get more and more confident and it's so nice to see that."

Many of the kids who are involved with the middle school play go on to become involved with theatre in high school, according to Henderson-Suker. Sometimes they even return to help out as assistants, she said.

"I think they're all stars," she said of her cast. "The fact that they go out there and put their heart into it, that's all it takes. Really, it is."

Performances of Hydrangea Albright: Comedy or Tragedy? will take place on Friday and Saturday, May 5 and 6. Shows begin at 7 p.m. in the Bethlehem Central Middle School auditorium. Tickets will be available for purchase at the door; \$6 for adults, \$5 for students and seniors.

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COMMUNITY

A way to say thanks

By ALI HIBBS
hibbsa@spotlightnews.com

ALBANY COUNTY — Cindy Ferrari, of Delmar, said she became involved with student health advocacy seven years ago, in response to a concern that there weren't enough healthy choices available to her eldest daughter, who was in kindergarten at the time. As an employee at the state Department of Health who worked on student health issues, she said that she was particularly sensitive to the matter.

So, she became involved with the Bethlehem CSD Healthy Kids Committee, which she now co-chairs, an organization that works "with all levels of district administration and personnel, Bethlehem students and families, and the larger community to improve nutrition, physical activity, environmental health and overall wellness of all students in the Bethlehem Central School District with a goal of providing the best possible environment in which our students can learn."

It was through her involvement on the committee that Ferrari learned about Bethlehem Opportunities Unlimited (BOU), a not-for-profit school-affiliated fundraising organization that promotes prevention education and safe, healthy activities for the youth in the Bethlehem community with the purpose of preventing

drug and alcohol use and other risky behaviors among young people. Ferrari said she was attracted by the fact that, as a nonprofit, BOU is able to raise funds for health-based programming and initiatives. She now serves as BOU president. She said that her favorite aspect of the job, aside from helping to provide youth and the community with healthy and safe options, is organizing the BOU Spelling Bee each year.

In early April, Ferrari was honored along with five other Albany County residents by County Executive Dan McCoy, when he presented his annual County Executive Volunteer Awards to "a diverse array of county residents who have donated their time and energy to help others."

"We have so many inspiring individuals in Albany County and today we take time to celebrate those residents who have donated their time, skills and expertise so our community benefits," said McCoy. "The unique honorees this year serve a variety of organizations, showcasing how generous our volunteers are who are willing to dedicate countless hours of service to make the community a better place to live."

Recognizing the work that board member David DeCancio does at BOU, Ferrari said she was grateful he took the time to nominate her for the award. "I said to all the people who nominated recipients,



Pictured left to right: Chairman of the Albany County Legislator Sean Ward, Samira Ahmed, Claire Brandt, Cindy Ferrari, County Executive Dan McCoy, Susan McManus, David Rose, Valerie Wasilewski and Albany County Sheriff Craig Apple Sr.

Photo submitted

that you're really going above and beyond what you do in your busy day to take the time to fill out the paperwork to honor someone," she said. "And it is really appreciated."

Other winners included:

Samira Ahmed of Latham: Ahmed is an 11th grader at Shaker High School who is the vice president of the Key Club and has dedicated countless hours to setting up programs to reach out to the large membership. Ahmed also volunteers at Albany Memorial Hospital, Albany Medical Center, Colonie Youth Court, Adolescent Development Project, and student government.

Claire Brandt of Albany: Brandt has dedicated more than eight years to serving

the Make-A-Wish Foundation.

Susan McManus of Green Island: McManus' unique history to Albany County hails back to the 1980's when she created the Adopt-A-Family Program in Green Island. She is the current coordinator of the program.

David Rose of Albany: A lifelong resident of Albany County who dedicates his time to teaching children the importance of developing a healthy lifestyle through the Albany Police Athletic League (PAL).

Valerie Wasilewski of Albany: Wasilewski has been a volunteer with Albany County's Crime Victim and Sexual Violence Center for the 24-Hour Sexual Assault Crisis Hotline since 2014.

A tribute to Gold Star Families

ALBANY — The Gold Star Families Memorial Monument was dedicated in Albany's LaFayette Park on Saturday, April 29.

The monument honors the surviving family members of those who have died while on active duty.

In attendance was the family of Capt. Timothy Moshier, a Bethlehem resident killed in 2006 when his helicopter crashed in Iraq. They participated in the wreath laying ceremony.

Rev. Charlene Robbins - who lost her son, Thomas Robbins of Delmar, in a 2004 Iraq accidental explosion - gave the invocation at the ceremony.

Francis S. Currey of

Selkirk, a former Army sergeant who earned a Medal of Honor in World War II, was also in attendance.

Hershel "Woody" Williams, who earned a Medal of Honor for acts of bravery on Iwo Jima in World War II, spoke during the dedication as did retired U.S. Rep. Michael McNulty of Green Island. McNulty's brother William, a Marine, was killed in the Vietnam War.

Albany Mayor Kathy Sheehan also spoke.

Last year, the Gold Star Families of the Capital district and the Tri-County Council of Vietnam Era Veterans raised \$75,000 for the monument.



Above: Francis Currey and Hershel Williams.

Above right: The family of Timothy Moshier.

Lower right: Charlene Robbins with Albany High School ROTC.

Photos by Thomas Heffernan Sr.



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■ POLICE, COURTS AND EMERGENCY CALLS

One killed, one seriously injured in crash

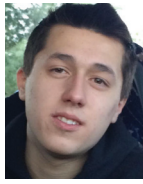
By SPOTLIGHT STAFF
news@spotlightnews.com

SELKIRK – One 18-year-old from Coeymans is dead and another is in serious condition after the 2001 Oldsmobile they were driving crashed head-on into a tractor trailer on River Road at around 9:19 a.m.

The 18-year-old driver, Logan Penzabene, was pronounced dead at the scene and his passenger, Matt Hamilton, was rushed to Albany Medical Center Hospital where he is listed in critical condition, said Adam Hornick, a commander with the Bethlehem Police Department.

Both men were extricated from the car by firefighters with the Selkirk Fire Department.

Penzabene and Hamilton graduated



PENZABENE



HAMILTON

from Ravena-Coeymans-Selkirk High School in 2016 and 2014, respectively. Both were studying at HVCC.

The driver of the 2013 Freightliner tractor trailer, John Norris, 40, of Clearfield Pennsylvania, was not injured. He was driving for ATS Specialized Inc., a trucking company based in Minnesota.

Hornick said the investigation showed Penzabene, who was headed northbound near Three Farms Dairy, crossed into the path of the southbound tractor trailer. It's unclear why it happened, though.

The crash is still being investigated by Bethlehem Police and the State Police Troop G Collision Reconstruction Unit. River Road between Clapper and Wemple roads was closed for six hours, Hornick said.

The state Department of Environmental Conservation was at the scene to mitigate fuel that spilled from the tractor trailer. No water sources were contaminated.

RCS Superintendent Robert Libby sent a letter to parents informing them of the



Selkirk firefighters begin the cleanup process on River Road.

Photo by Tom Heffernan, Sr.

accident.

“During this time of sorrow, anxiety and grief, we are offering counseling and bereavement support services to all our students and staff,” he wrote. “I also encourage you to talk with your child about what has happened. Discussing thoughts

and feelings about his situation is important I helping your child work through his or her grief.”

Bethlehem Police ask anyone who was in the area around the time of the crash or saw either vehicle traveling on the roadway prior to the crash to call (518) 439-9973.

Delmar woman caught with more than a pound of pot

ALBANY – On April 24, around 10:21 p.m., State Police stopped a vehicle on Route 9W in the city of Albany for multiple vehicle and traffic violations. While interviewing the driver, Jaime L. Greenfield, 39, of Delmar, troopers reportedly established enough evidence to conduct a probable cause search of the vehicle, during which Greenfield was allegedly found to be in possession of over a pound of marijuana. She was taken into custody and processed at the Albany station, where she was charged with second-degree criminal possession of marijuana, a class D felony, and multiple violations. Greenfield was later transported to Albany County Jail and was scheduled to be arraigned the next day.

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Three injured in Sunday crash

Three people were transported to area hospitals with non life-threatening injuries after their vehicles were involved in an accident on Route 9W in Glenmont around 9:30 a.m. Sunday, April 30. Firefighters had to remove the roof and driver's side door of one of the vehicles in order to free the driver. Bethlehem Police are investigating.

Info. and photo courtesy of Tom Heffernan Sr.

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May 3, 2017

Spotlight on Sports

www.spotlightnews.com PAGE 6



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■ HIGH SCHOOL SPORTS

BC beats 'Toga

BETHLEHEM — The Eagles jumped out to a 3-0 lead in the first inning against Saratoga on Friday, April 28 and that's all they would need.

With a solid defense behind her, hurler Aurora Legace allowed just one run on four hits as Bethlehem won the conference game at home 4-1.

Ashley Giles went two for three with an RBI and a run scored to lead the Bethlehem offense while Jenna Nimmer went two for four and scored twice.

Olivia Miranda, Kaitlyn Rarick and Sophia DeFrancesco each added a hit for the 4-4 Eagles.

Kayleigh Roeme went three innings for the Blue Streaks and allowed all four runs on five hits and Mckenzie Ebert went the remaining three and allowed two hits.

Olivia Jones led the Saratoga offense, going two for three at the plate and her teammate Danielle Priester went one for three with an RBI double.



Above: Eva Robinson takes a cut against Saratoga.
Above right: Bethlehem pitcher Aurora Legace.
Lower right: Jenna Bummer slides into third.

Photos by Jim Franco/Spotlight News



'Toga beats BC



Above: Andrew Kopplin muscles by a defender.
Above Left: Devon Halliday makes a move.
Lower left: Ben Reilly looks for an opening.

Photos by Jim Franco/Spotlight News

BETHLEHEM — The Eagles lost a home conference game to Saratoga 14-12 on Thursday, April 27.

Saratoga (6-2, 6-3) led 9-3 at the half and 13-8 after three periods. Bethlehem (3-4, 5-4) made a run in the fourth, outscoring Saratoga 4-1, but fell two goals short.

Saratoga's Adam Meswuita led all scorers with six and his teammate Dylan Honis had three goals and three assists in what was a high scoring, physical game.

For the Eagles, Ethan Sheraw had four goals and two assists while Ben Reilly had four goals and an assist.

Devon Halliday had two goals and two assists for Bethlehem and Chris Kennedy and Zack Nunez had a goal and an assist each. Hayes Meredith added an assist to round out the scoring for Bethlehem.

Tucker Pierce had two goals and an assist for Saratoga.

In goal, Saratoga's Griffin Rethern had 14 saves. For Bethlehem, Tyler Hull had six saves and allowed 10 and Matt Stento had three saves while allowing two.



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LEGAL

261 NS, LLC

Articles of Org. filed NY Sec. of State (SSNY) 4/4/2017. Office in Albany Co. SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 216 Shaker Park Dr., Albany, NY 12211. Purpose: Any lawful purpose. D-148647

Notice of Formation

of 419 HUDSON AVENUE, LLC. Arts. of Org. filed on 4/13/17 with the Secy. Of State of NY (SSNY). Office Location: Albany County, SSNY designated as agent of LLC upon whom against it may be served. SSNY shall mail process to PO Box 6632, Albany, NY, 12206. Purpose: Any lawful activity. D-149879

TOWN OF BETHLEHEM ZONING BOARD OF APPEALS**NOTICE OF PUBLIC HEARING**

Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a Public Hearing on Wednesday, May 3, 2017 at 7:00 PM, at the Town Offices, 445 Delaware Avenue, Delmar, New York, to take action on an application submitted by Chris and Dawn Garabedian for an Area Variance located at 43 Rotterdam Drive, Glenmont. The Applicant is proposing an addition to the existing house that does not meet the Town's Zoning Code requirement under Article V, Section 128-40 (G). Daniel W. Coffey Chairman Board of Appeals C-150675

Notice of Formation

of 554 WASHINGTON AVENUE, LLC Art of Org. filed with NYS Dept. of State 4/20/17. Office Location: Albany Co. SSNY is designated as agent upon whom process against LLC may be served. SSNY shall mail copy of process to: The LLC, PO Box 6632, Albany, NY, 12206. Any lawful purpose. D-150554

6 CHD, LLC

Articles of Org. filed NY Sec. of State (SSNY) 4/4/2017. Office in Albany Co. SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 216 Shaker Park Dr., Albany, NY 12211. Purpose: Any lawful purpose. D-148645

TOWN OF BETHLEHEM ZONING BOARD OF APPEALS**NOTICE OF PUBLIC HEARING**

Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a Public Hearing on Wednesday, May 3, 2017 at 7:20 PM, at the Town Offices, 445 Delaware Avenue, Delmar, New York, to take action on an application submitted by Roby George and James Fitzgerald for an Area Variance located at 70 Darroch Road, Delmar. The Applicant is propos-

LEGAL

ing an addition to the existing house that does not meet the Town's Zoning Code requirement under Article XIII, Section 128-100, A. Daniel W. Coffey Chairman Board of Appeals C-150673

Notice of Formation

of 818 MYRTLE AVENUE, LLC. Arts. of Org. filed on 3/28/17 with the Secy. Of State of NY (SSNY). Office Location: Albany County, SSNY designated as agent of LLC upon whom against it may be served. SSNY shall mail process to PO Box 6632, Albany, NY, 12206. Purpose: Any lawful activity. D-149873

Notice of Formation

of A Pinch or a Pound Albany LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 04/06/2017. Office location: County of Albany. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: Corporate Filings of New York, 90 State Street, STE 700, Office 40, Albany, NY 12207. Purpose: any lawful purpose. D-148796

Notice of formation of

Al Basha Express Bay Ridge LLC. Articles of Org. filed with NY Secretary of State (NS) on April 14, 2017, office location: Albany County, NS is designated as agent upon whom process may be served, NS shall mail service of process (SOP) to: SSSJ Law Group, 200 Centennial Ave., Suite 200, Piscataway, NJ 08854, purpose is any lawful purpose. D-150082

Notice of formation

of AlexTec LLC. Articles of Org. filed with NY Secretary of State (NS) on 04/22/2017. Office location: Albany County, NS is designated as agent upon whom process may be served, NS shall mail service of process (SOP) to Registered Agent at 90 State Street STE 700 Office 40 Albany, NY 12207. LLC is designated as agent for SOP at 90 State Street STE 700 Office 40 Albany, NY 12207 purpose is any lawful purpose. D-150520

SUPPLEMENTAL SUMMONS

Index No.: 900594/2016 Date of Filing: November 17, 2016 SUPREME COURT OF THE STATE OF NEW YORK

COUNTY OF ALBANY U.S. BANK TRUST, N.A., AS TRUSTEE FOR LSF9 MASTER PARTICIPATION TRUST, Plaintiff, -against- ALFRED GIBSON, if living, or if either or all be dead, their wives, husbands, heirs-at-law, next of kin, distributees, executors, administrators, assignees, lienors and generally all persons having or claiming under, by or through said ALFRED GIBSON, by

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purchase, inheritance, lien or otherwise, of any right, title or interest in and to the premises described in the complaint herein, and the respective husbands, wives, widow or widowers of them, if any, all of whose names are unknown to plaintiff; CAPITAL ONE BANK (USA), N.A.; "JOHN DOES" and "JANE DOES", said names being fictitious, parties intended being possible tenants or occupants of premises, and corporations, other entities or persons who claim, or may claim, a lien against the premises. Defendants.

TO THE ABOVE-NAMED DEFENDANTS:

YOU ARE HEREBY SUMMONED to answer the complaint in this action and to serve a copy of your answer, or, if the complaint is not served with this summons, to serve a Notice of Appearance on the Plaintiff's attorney(s) within twenty (20) days after the service of this summons, exclusive of the day of service, where service is made by delivery upon you personally within the State, or within thirty (30) days after completion of service where service is made in any other manner, and in case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the complaint.

NOTICE

YOU ARE IN DANGER OF LOSING YOUR HOME If you do not respond to this summons and complaint by serving a copy of the answer on the attorney for the mortgage company who filed this foreclosure proceeding against you and filing the answer with the court, a default judgment may be entered and you can lose your home. Speak to an attorney or go to the court where your case is pending for further information on how to answer the summons and protect your property. Sending a payment to your mortgage company will not stop this foreclosure action.

YOU MUST RESPOND BY SERVING A COPY OF THE ANSWER ON THE ATTORNEY FOR THE PLAINTIFF (MORTGAGE COMPANY) AND FILING THE ANSWER WITH THE COURT.

YOU ARE HEREBY PUT ON NOTICE THAT WE ARE ATTEMPTING TO COLLECT A DEBT, AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE TO THE ABOVE-NAMED DEFENDANTS: The foregoing summons is served upon you by publication pursuant to an Order of the Honorable David A. Weinstein of the Supreme Court of the State of New York, signed on September 20, 2016, and filed with supporting papers in the Office of the Clerk of the County of Albany, State of New York. The object of this action is to foreclose a mortgage upon the premises described below, execut-

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ed by ALFRED GIBSON to MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC., AS NOMINEE FOR ALLIANCE MORTGAGE BANKING CORP., A NEW YORK BANKING CORPORATION, ITS SUCCESSORS AND ASSIGNS, bearing date February 12, 2007 and recorded in Liber Book 5419 of Mortgages at Page 1069 in the County of Albany on February 22, 2007. Thereafter said mortgage was assigned to JPMORGAN CHASE BANK, NATIONAL ASSOCIATION by assignment of mortgage bearing date November 29, 2012 and recorded under Liber Book 6572 of Mortgages at Page 118 in the County of Albany on January 4, 2013. Thereafter said mortgage was assigned to LSF9 MASTER PARTICIPATION TRUST by assignment of mortgage bearing date June 19, 2015 and recorded under Liber Book 6993 of Mortgages at Page 227 in the County of Albany on August 27, 2015. Said mortgage was further assigned to U.S. BANK TRUST, N.A., AS TRUSTEE FOR LSF9 MASTER PARTICIPATION TRUST, by assignment of mortgage bearing date March 21, 2016 and recorded under Instrument Number R2016-7933 in the County of Albany on April 14, 2016. Said premises being known as and by 77 3RD AVENUE, ALBANY, NY 12202, which is more fully described in the attached Schedule "A." Date: June 24, 2016 Batavia, New York Virginia C Grapensteter, Esq. ROSICKI, ROSICKI & ASSOCIATES, P.C. Attorneys for Plaintiff Batavia Office 26 Harvester Avenue Batavia, NY 14020 585.815.0288 Help For Homeowners In Foreclosure New York State Law requires that we send you this notice about the foreclosure process. Please read it carefully. Mortgage foreclosure is a complex process. Some people may approach you about "saving" your home. You should be extremely careful about any such promises. The State encourages you to become informed about your options in foreclosure. There are government agencies, legal aid entities and other non-profit organizations that you may contact for information about foreclosure while you are working with your lender during this process. To locate an entity near you, you may call the toll-free helpline maintained by the New York State Banking Department at 1-877-BANKNYS (1-877-226-5697) or visit the Department's website at www.banking.s-

tate.ny.us. The State does not guarantee the advice of these agencies. D-150872

LEGAL NOTICE OF PUBLIC HEARING, BUDGET VOTE AND ELECTION

NOTICE IS HEREBY GIVEN, that a Public Hearing on the proposed 2017-2018 Budget for the Bethlehem Central School District shall be held at the Bethlehem Central High School located at 700 Delaware Avenue, Delmar, Albany County, New York, on Wednesday, May 3, 2017 at 7:00 p.m., prevailing Time. The budget will be available for review commencing on April 26, 2017 at the Bethlehem Central High School, Business Office, 700 Delaware Avenue, Delmar, New York, and the offices of each Elementary School, the Middle School and the High School of the District.

AND NOTICE IS FURTHER GIVEN that the election of candidates to the Bethlehem Central School Board of Education and the budget vote will be held on Tuesday, May 16, 2017 between the hours of 7:00 a.m. and 9:00 p.m., prevailing time, in the upper gymnasium of the Bethlehem Central High School, 700 Delaware Avenue, Delmar, Albany County, New York, at which time the polls will be opened to vote by voting machine on the following items:

PROPOSITION #1

To adopt the annual budget of the Bethlehem Central School District for the fiscal year 2017-2018 and to authorize the requisite portion therefore to be raised by taxation on the taxable property of the District.

PROPOSITION #2

To elect three (3) members of the Board of Education as follows: three at-large seats to a three (3) year term commencing on July 1, 2017, and expiring on June 30, 2020, for the seats held by Mrs. Christine Beck, Ms. Joanne Cunningham and Mr. Matthew Downey, whose terms expire on June 30, 2017.

PROPOSITION #3

Resolved, that the Board of Trustees of the Bethlehem Public Library be authorized to expend for the operation of such library for the fiscal year July 1, 2017 to June 30, 2018, the sum of \$4,100,652 and that the Board of Education of Bethlehem Central School District of the Towns of Bethlehem and New Scotland, County of Albany, New York, be authorized to levy the necessary tax therefor.

PROPOSITION #4

To elect one (1) trustee to the Board of Trustees of the Bethlehem Public Library for a five (5) year term commencing on July 1, 2017 and expiring on June 30, 2022.

PROPOSITION #5

RESOLVED, that the Board of Education of the Bethlehem Central School District, is hereby authorized to (1) ac-

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quire school vehicles at a cost not to exceed \$1,595,000 which is estimated to be the maximum cost thereof, (2) expend such sums for such purpose, (3) levy the tax necessary therefor, to be levied and collected in annual installments in such years and in such amounts as may be determined by the Board of Education, taking into account state aid received, and (4) in anticipation of the collection of such tax, to issue bonds and notes of the District at one time or from time to time in the principal amount not to exceed \$1,595,000, or enter into a lease-purchase agreement at a principal amount not to exceed \$1,595,000 to acquire such vehicles.

To transact such other business as may properly come before the meeting pursuant to the Education Law of the State of New York.

The election and budget vote shall be by voting machine or absentee ballot. The hours during which the polls shall be kept open shall be from 7:00 a.m. to 9:00 p.m. prevailing time or for as long thereafter as necessary to enable qualified voters who are in the polling place at 9:00 p.m. to cast their ballots.

AND FURTHER NOTICE IS HEREBY GIVEN that a copy of the statement of the amount of money which will be required to fund the School District's budget for the 2017-2018 school year, exclusive of a public monies, and Basic STAR exemption impact report may be obtained by any taxpayer in the District during the fourteen days immediately preceding the Annual Meeting except Saturdays, Sundays or holidays, at the Bethlehem Central High School, Business Office, 700 Delaware Avenue, Delmar, New York, and the offices of each Elementary School, the Middle School, the High School of the District, the School District Website and the Bethlehem Public Library between the hours of 8:30 a.m. and 4:00 p.m., prevailing time and also at said District Election.

AND FURTHER NOTICE IS HEREBY GIVEN that petitions nominating candidates for the office of member of the Board of Education and for the office of Trustee of the Bethlehem Public Library shall be filed with the District Clerk at the Bethlehem Central High School, Superintendent's Office, 700 Delaware Avenue, Delmar, New York, not later than April 17, 2017 at 5:00 p.m. Each petition must be directed to the District Clerk, must be signed by at least fifty-two (52) qualified voters of the District and must state the name and residence of the candidate.

A copy of such petitions may be obtained at the Office of District Clerk in the Bethlehem Central School District during

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regular school hours. AND FURTHER NOTICE IS HEREBY GIVEN that applications for absentee ballots will be obtainable between the hours of 8:00 a.m. and 4:30 p.m. Monday through Friday, except holidays, from the District Clerk. Completed applications for absentee ballots must be received by the District Clerk at least seven (7) days prior to the vote if the ballot is to be mailed to the voter, or the day before the election, if the ballot is to be delivered personally to the voter. Absentee ballots must be received by the District Clerk not later than 5:00 p.m. on May 16, 2017.

A list of all persons to whom absentee ballots shall have been issued will be available in the office of the District Clerk from 8:00 a.m. until 4:30 p.m. prevailing time on each of the five days prior to the day of the election, except Saturday, May 13 and Sunday, May 14, 2017, and on the day set for the election. Any qualified voter may challenge the acceptance of the ballot of any person on such list, by making his/her challenge and reasons therefore known to the Chief Election Inspector before the close of the polls.

AND FURTHER NOTICE IS HEREBY GIVEN that the qualified voters of the School District shall be entitled to vote in said annual vote and election. A qualified voter is one who is (1) a citizen of the United States of America, (2) eighteen (18) years of age or older, and (3) resident with the School District for a period of thirty (30) days preceding the annual vote and election. The School District may require all persons offering to vote at the budget vote and election to provide one form of proof of residency pursuant to Education Law section 2018-c. Such form may include a driver's license, a non-driver identification card, a utility bill, or a voter registration card. Upon offer of proof of residency, the School District may also require all persons offering to vote to provide their signature, printed name and address as per School District Policy 2120.2.

AND FURTHER NOTICE IS HEREBY GIVEN, that pursuant to a policy adopted by the Board of Education in accordance with Sections 2035 and 2008 of the Education Law, any referendum or propositions to amend the budget, or otherwise to be submitted for voting at said vote and election, must be filed with the Board of Education at the Bethlehem Central School on or before April 17, 2017 at 5:00 p.m., prevailing time; must be typed or printed in the English language; must be directed to the Clerk of the School District; must be signed by at least One Hundred Thirty (130) of the qualified voters of the Dis-

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trict; and must state the name and residence of each signer, except for any referendum or propositions pursuant to Section 1804 of the Education Law, which must be signed by at least One Thousand One Hundred Twenty Eight (1,128) of the qualified voters of the District. However, the School Board will not entertain or place before the voters any proposition if its purpose is beyond the power of the voters or is illegal, or any proposition requiring the expenditure of moneys which fails to include specific appropriations for all such expenditures required by the proposition or any proposition which must be included in this notice of the annual meeting and was not received at least 60 days prior to the annual meeting.

Date: April 1, 2017 Delmar, New York Brittany L. Barrett District Clerk, Bethlehem Central School District D-149292

NOTICE OF FORMATION

B & L 138 LLC, Arts. of Org. filed with SSNY on 01/20/17. Off. Loc.: Albany County, SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of process to: The LLC, 39 Kunker Ave., Latham, NY 12110. Purpose: to engage in any lawful act. D-148447

NOTICE OF FORMATION

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

Notice of formation

of Bloomingrove Properties Associates, LLC, a domestic limited liability company, the purpose of which is to engage in any lawful activity. Articles of Org. were filed with NY Secretary of State ("NYSS") on March 22, 2017 Offices are located in Albany County. NYSS is designated as agent upon whom process may be served. NYSS shall mail service of process to Bloomingrove Properties Associates, LLC, c/o Morgan Ruthman, 1 Juniper Drive, Delmar NY 12054. The LLC shall exist in perpetuity unless dissolved by its members. D-148296

NOTICE OF FORMATION

of Brookridge Homes, LLC. Filed with SSNY on 7/26/16. Office: Albany County. SSNY designated as agent for process & shall mail to: 911 Central Ave Ste 24 PMB 255 Albany NY 12206. D-149309

Notice of Formation of Limited Liability Company CRUDEN & COMPANY, CPA'S PLLC Arts. of Org. of Cruden

To place your Legal Notice: Call 439-4949

LEGALS

& Company, CPA's PLLC ("PLLC") filed with NY Dept. of State on 4/13/17. Office location: Albany County. Sec. of State designated agent of PLLC upon whom process against it may be served and shall mail process to: 12 Corporate Woods Bl., Albany NY 12211, principal business address. PLLC does not have a specific date of dissolution. Purpose: public accountancy. Filer: Lavelle & Finn, LLP, 29 British American Bl., Latham, NY 12110. D-150401

CRYSTAL CLEAR CONVERSATIONS, LLC

Notice of Formation of Limited Liability Company

Articles of Organization filed with the Department of State of New York on February 14, 2017. Office location, Albany County. Secretary of State of New York State is designated as agent of LLC upon whom process against it may be served. Secretary of State may mail a copy of any process to CRYSTAL CLEAR CONVERSATIONS, LLC, 276 County Route 101, Selkirk, New York 12158. No reported agent.

Latest date of dissolution of LLC: None. Purpose: All legal purposes. D-147995

NOTICE OF FORMATION OF CTI-DONLON, LLC

CTI-Donlon, LLC filed Articles of Organization with NYS on April 20, 2017. (1) Its principal office is in Albany County, New York. (2) The Secretary of State has been designated as its agent and the post office address to which the Secretary of State shall mail a copy of any process against it is: the LLC, 51 Maplewood Ave., Albany, New York 12205. (3) Purpose: Any lawful purpose. D-150126

DUST TO DUST PRODUCTIONS LLC

Articles of Org. filed NY Sec. of State (SSNY) 1/25/17. Office in Albany Co. SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 117 Woodpoint Rd., Brooklyn, NY 11211, which is also the principal business location. Purpose: Any lawful purpose. D-150467

NOTICE OF FORMATION of EdMetric LLC.

Arts. of Org. filed with the SSNY on 01/17/17. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 120 N. Brunswick, Marshall, MO 65340. Purpose: Any lawful purpose. D-148610

Notice of Formation of EP PREFERRED LLC,

a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 03/24/17. Office location: County of Albany. SSNY is designated as agent of

LEGALS

LLC upon whom process may be served. SSNY shall mail copy of process to: 416 3rd Ave, Watervliet, NY 12189. Purpose: any lawful purpose. D-148288

ERIKA RAE LLC

Articles of Org. filed NY Sec. of State (SSNY) 4/21/2017. Office in Albany Co. SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail copy of process to c/o Corporate Service Bureau, Inc., 283 Washington Ave., Albany, NY 12206, which is also the registered agent upon whom process may be served. Purpose: Any lawful purpose. D-150188

NOTICE OF FORMATION of Excel Electric LLC.

Filed with SSNY on 3/2/17. Office: Albany County. SSNY designated as agent for process & shall mail to: 595 Wemple Road Glenmont NY 12077. Purpose: Any lawful D-148150

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC).

Name: FALLON WELLNESS LLC. Articles of Organization filed with NY Secretary of State, March 16, 2017. Purpose: to engage in any lawful act or activity. Office: Albany County. Secretary of State is agent for process against LLC and shall mail copy to 1057 Troy Schenectady Rd, Latham, NY 12110. D-146945

Notice of Formation of F1LM LLC,

a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 03/23/17. Office location: County of Albany. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: 73 Gullane Drive, Slingerlands, NY 12159. Purpose: any lawful purpose. D-147419

NOTICE OF FORMATION

Flounder Development, LLC. Arts. of Org. filed with the SSNY on 03/09/17. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 13 Green Mountain Drive, Cohoes, NY 12047. Purpose: Any lawful purpose. D-148452

Notice of Formation of Hale's Quality LLC,

a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 03/10/2017. Office location: County of Onondaga. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: 1 Ruth Court, Watervliet, NY 12189. Purpose: any lawful purpose. D-147804

LEGALS

NOTICE OF FORMATION of HAPPYFUNNYS-MART, LLC, Arts. of Org. filed with the SSNY on 02/15/2017. Office loc: Albany County. SSNY has been designated as agent upon whom process against the LLC may be served. SSNY shall mail process to: The LLC, P.O. Box 38253, Albany, NY 12203. Purpose: Any Lawful Purpose. C-148672

NOTICE OF FORMATION HEALTH BUSINESS SERVICES CONSULTANTS LLC

Articles of Org. filed NY Sec. of State (SSNY) 1/26/17. Office in Albany Co. SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 80 Madison Ave, Ste. 2B, NY, NY 10016, which is also the principal business location. Purpose: Any lawful purpose. D-147617

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC).

Name: HP II LLC. Articles of Organization filed with NY Secretary of State, April 5, 2017. Purpose: to engage in any lawful act or activity. Office: Albany County. Secretary of State is agent for process against LLC and shall mail copy to c/o Mgmt Office, 587 Broadway, Menands, NY 12204. D-148747

Notice of Formation of Jacob Emerson Designs LLC,

a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 03/10/2017. Office location: County of Albany. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: 232 Hansen Ave, Albany, NY 12208. Purpose: any lawful purpose. D-149118

LEGAL NOTICE

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

NOTICE OF FORMATION

of Manor Industrial LLC, Arts. of Org. filed with the SSNY on 04/06/17. Office: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC, 12 Tivoli St., Albany, NY 12207. Purpose: Any lawful purpose. D-149025

NOTICE OF FORMATION of MARCELLOUS TRENT LLC

Art. of Org. filed with the SSNY on 3/9/17. Office: Albany County. SSNY designated as agent of the LLC

LEGALS

upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 90 State Street, Suite 700 Office 40, Albany, NY 12207. Purpose: Any lawful purpose. D-148684

Notice of Formation of MIGSO PROPERTY HOLDINGS, LLC,

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

Notice of Qual. of MOTOR ACCEPTANCE COMPANY, LLC,

Authority filed with the SSNY on 02/27/2017. Office loc: Albany County. LLC formed in DE on 06/25/2013. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to: Business Filings Inc., 187 Wolf Rd Ste 101, Albany, NY 12205. Address required to be maintained in jurisdiction of its formation: 2 Easton St, Ste 800, Hampton VA 23669. Cert of Formation filed with DE Div. of Corps, 401 Federal St., Suite 4, Dover, DE 19901. Purpose: Any Lawful Purpose. D-149782

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY.

NAME: MYZ TRANSPORTER LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 10/02/2014. Office location: ALBANY County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 3 Grapevine Pl, Latham, NY 12110. Purpose: For any lawful purpose. Ad#147335

Notice of Formation of Nasma Of New York Cultural Center, LLC,

a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 12/1/2016. 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: 90 State Street STE 700 Office 40 Albany, NY 12207. Purpose: any lawful purpose. D-147535

Notice of Qual. of NATIONAL HOME & AUTO INSURANCE AGENCY, LLC

Authority filed with the SSNY on 11/23/2016. Office loc: Albany County. LLC formed in MD on 01/30/2015. SSNY is designated as agent

LEGALS

upon whom process against the LLC may be served. SSNY shall mail process to: 11350 McCormick Road Executive Plaza 3 Suite LL9, Hunt Valley, MD 21031. Address required to be maintained in MD: 11350 McCormick Road Executive Plaza 3 Suite LL9 Hunt Valley MD 21031. Cert of Formation filed with MD Dept. of Assessments & Tax, 301 W. Preston St., Baltimore, MD 21201. Purpose: Any Lawful Purpose. D-147571

NOTICE OF FORMATION of Northeast Mobile Analytix LLC

Arts. of Org. filed w/ SSNY 3/22/17. Off. in Albany Co. SSNY desig. as agt. of LLC whom process may be served. SSNY shall mail process to the LLC, 10 Ormond Street, Albany, NY 12203. Purpose: any lawful activity. D-149113

NOTICE TO BIDDERS TOWN OF BETHLEHEM VLY CREEK RESERVOIR DAM AND DIKE IMPROVEMENTS

TOWN OF BETHLEHEM ALBANY COUNTY, NY

Notice is hereby given that the Town of Bethlehem (Town) hereby invites sealed bids for the Vly Creek Reservoir Dam and Dike Improvements Project. The work sites are located in the Town of New Scotland, Albany County, New York; the Vly Creek Reservoir Dam is accessed from Clipp Road, approximately 1.3 miles north of New York State Route 443, and the Vly Creek Reservoir Dike is located off Rockhill Road, approximately 0.2 miles south of the intersection of New Salem South Road and Rockhill Road.

Sealed bids will be received by the Town of Bethlehem Town Clerks Office, 445 Delaware Avenue, Delmar, NY 12054 until 11:00 a.m., on May 23, 2017, at which time they will be publicly opened and read. Bids shall be addressed to Ms. Nanci Moquin, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054.

Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. All bids must be made on the official bid form or an exact copy by reproduction thereof and enclosed in a sealed envelope. Original and One Copy shall be submitted. This is a lump sum bid as described in the Instructions to Bidders. No Bidder may withdraw his bid within forty five calendar days after the actual date of the opening thereof. Each bid must be accompanied by a bid security in the amount of five percent of the base bid in accordance with the Instructions to Bidders.

The Work will be completed under a General Construction Contract. The work includes

LEGALS

providing all labor, materials, machinery, tools, equipment and other means of construction necessary and incidental to the completion of the work shown on the plans and described in these specifications including, but not necessarily limited to the following:

Construction of a drainage swale at the toe of the downstream embankment slope of the Vly Creek Reservoir Dam to be lined with light stone fill, construction of a cast-in-place concrete weir structure at the terminus of the swale, and placement of light stone fill on the downstream side of the weir structure.

Removal of the existing wooden flash-board system at the Vly Creek Reservoir Dam service spillway and installation of an inflatable gate system, including the prefabricated concrete building, conditioning systems for the support building, gate system equipment (all associated materials, including but not limited to the air control panel, air dryer, compressor, PLC cabinet), and gate assembly (all associated materials, including but not limited to abutment plates, straps, anchors, gate panels, bladder, air connections, condensate purge valve).

Replacement of the concrete Low Level Outlet discharge headwall at the Vly Creek Reservoir Dike.

A pre-bid meeting is scheduled for May 8, 2017 at 9:30 a.m. at Vly Creek Reservoir Dam, 269 Clipp Road, New Scotland, NY.

Drawings and Specifications may be examined at the office of CHA Consulting, Inc., III Winners Circle, Albany, NY and at the Town Clerks Office at the Town of Bethlehem Town Hall, 445 Delaware Avenue, Delmar, NY 12054.

Complete sets of the drawings, specifications and bid forms may be obtained from CHA Consulting, Inc. at III Winners Circle, Albany, New York 12205, in accordance with the Instructions to Bidders. Contract Documents will be provided electronically on a compact disc (CD) in PDF format and may be obtained at no cost. Contractors requesting CD's to be mailed shall provide a FedEx account number. Contractors that obtain Contract Documents from a source other than the Issuing Office must notify the Issuing Office in order to be placed on the official Plan Holders List, receive Addenda and other Bid correspondence. Bids received from Contractors other than those on the official Plan Holders List will not be accepted.

The successful Bidder will be required to furnish construction performance and payment bonds in the full amount of the contract price. The successful bidder will be required to comply with all provisions of the Federal Government Equal Employment Opportunity clauses issued by the Secretary of Labor on May 21, 1968 and published in the Federal Register (41CFR Part 60-1.33 F.2 7804).

The Owner reserves the right to waive any informalities in and/or to reject any or all bids and the right to disregard all nonconforming, non-responsive or Conditional Bids.

LEGALS

ENGINEER
CHA Consulting, Inc.
III Winners Circle
Albany, NY 12205
Phone: (518) 453-4500

OWNER

Town of Bethlehem
Town Hall, 445 Delaware Avenue
Delmar, NY 12054
Phone (518) 439-4955

BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETHLEHEM

Nanci Moquin
Town Clerk
D-150705

Notice of formation of NYM Merger Holdings, LLC,

a domestic LLC. Arts. of Org. filed with SSNY on 3/31/17. Office location: Albany County. SSNY has been designated as agent upon whom process against the LLC may be served and the SSNY shall mail a copy of any process to: Northwest Registered Agent LLC, 90 State Street, Suite 700, Office 40, Albany, New York 12207. Purpose: Any lawful purpose. D-148644

Notice of Formation of a Limited Liability Company (LLC):

Name: PAUL C. BROWN CONSULTING LLC, Articles of Organization filed with the Secretary of State of New York (SSNY) on 03/14/2017. Office location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to: C/O PAUL C. BROWN CONSULTING LLC, 3168 East Lydius St., Schenectady, NY 12303. Purpose: Any Lawful Purpose. Latest date upon which LLC is to dissolve: No specific date. D-147245

Notice of Formation of Limited Liability Company

Pursuant to Section 206 of the New York Limited Liability Law a. The name of the Limited Liability Company is Peak Music Productions, LLC. b. The Articles of Organization were filed with the Secretary of State on April 5, 2017. c. The office of the Limited Liability Company will be located in Albany County. d. The Secretary of State is designated as agent of the Limited Liability Company upon whom process against it may be served. The address to which the Secretary of State shall mail a copy of any process is 80 Alpine Drive, Latham, New York 12110 D-147838

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC)

The name of the LLC is R-GREENSCAPES, LLC. The filing date of the Articles of Organization is March 16, 2017. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is the designated agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process is 80 Alpine Drive, Latham, New York 12110 D-147838

R.K. BUSINESS DEVELOPMENT LLC

Articles of Org. filed NY Sec. of State (SSNY) 12/30/2016. Office in Albany Co. SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 117 Woodpoint Rd., Brooklyn, NY 11211, which is also the principal business location. Purpose: Any lawful purpose. D-150468

LEGALS

LLC
c/o Crystal Dea Moore
40 Johnson Road
Latham, New York
12210
e. The Limited Liability Company is formed for any lawful business purpose or purposes. D-149256

NOTICE OF FORMATION of Pier Development, LLC.

Arts. of Org. filed with Secy. of State of NY (SSNY) on 03/13/17. Off. loc.: Albany Co. SSNY des. as agent of LLC upon whom process may be served. SSNY shall mail process to the LLC, 12 Cape Road, Amity Harbor, NY 11701. Purpose: General. D-148974

Notice of Application for Authority of Foreign Limited Liability Company ("FLLC").

Name: Poseidon Renewable Project, LLC. Application for Authority filed with the Secretary of State of New York (D SSNY) on December 20, 2016. Jurisdiction of organization is the State of Delaware. Date of organization is April 29, 2016. Office location of the FLLC in this state: Albany County. SSNY designated as agent of FLLC upon whom process against it may be served. SSNY shall mail a copy of process to New York Registered Agent, LLC, 90 State St., Suite 700, Albany, NY 12207. The office required to be maintained in the FLLC's jurisdiction of formation or its principal office is Company Express (Delaware) Limited, 910 Foulk Road, Suite 201, Wilmington, DE 19803. The authorized officer in the FLLC's jurisdiction of formation where a copy of its articles of organization is filed is Secretary of the State of Delaware, 401 Federal Street, Suite 4, Dover, DE 19901. Purpose: any lawful purpose. D-147788

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC)

The name of the LLC is R-GREENSCAPES, LLC. The filing date of the Articles of Organization is March 16, 2017. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is the designated agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process is 80 Alpine Drive, Latham, New York 12110 D-147838

R.K. BUSINESS DEVELOPMENT LLC

Articles of Org. filed NY Sec. of State (SSNY) 12/30/2016. Office in Albany Co. SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 117 Woodpoint Rd., Brooklyn, NY 11211, which is also the principal business location. Purpose: Any lawful purpose. D-150468

From page 1 ... A call for recruits

That's basically the reason 24-year-old David Deyo gave for signing up at Midway Fire Department on Saturday, April 29, during a weekend long, statewide effort to get more volunteers called RecruitNY.

"I want to help the community and it seems like a very interesting job," said the Colonie native after interviewing with one of the assistant chiefs. "I thought about it in the past, when I was in college, but I really didn't have the time. Now that I've graduated I thought it would be a good thing to do. My fiancé is training to be a nurse so we both have an interest in helping people."

Calling volunteers

The initial training commitment and the ongoing requirements will be an issue for Deyo, and is the reason most give for the number of volunteers plummeting in recent years.

In the mid 1990s, D'Alessandro said, there were about 120,000 volunteers statewide. By the early 2000s, as state requirements became tougher, that number decreased to about 80,000. Last year, thanks to a federal grant that funded a four-year marketing effort to attract volunteers, the number was back up to 110,000.

But, while the number isn't bad on its face, volunteers are called on to do more than put out fires and rescue cats from trees.

In the post 9-11 world, our firefighters spend more time training than ever before, learning how to respond to large scale incidents and how to handle complicated rescue scenarios in addition to house and business fires," said FASNY Vice President

John Farrell. "More firefighters are needed to meet the 21st century challenges."

Volunteers don't just run into burning buildings with hose in tow, they are called on for hazardous material remediation, water rescues, car accidents and EMS calls and answer a host of other calls as well.

There are two sides to that coin, though. A volunteer can take as much training as offered, or he or she could volunteer when time permits and help out with the never ending menial - but none-the-less necessary - tasks like washing trucks or cleaning the fire house which doesn't require the Firefighter I course.

"It's getting more difficult, the training requirements are harder and the time commitments are more challenging," said Midway Fire Department Chief Robert Sammons, who has about 50 active and auxiliary members in the Central Avenue fire house that answers about 360 calls a year. "In addition to the calls you expect, we get calls for all sorts of things that nobody realizes. When someone doesn't know who else to call they call us."

The department held a grand opening of its new station to coincide with RecruitNY weekend.

Lt. Michael Moon, of the Elsmere Fire Department, said when he took the basic firefighter class in 2005 it was 78 hours compared to the 109 hours Deyo will have to take. Once FFI is completed, Elsmere firefighters are required to make at least 20 of the 52 training sessions a year, six of the 12 monthly meetings and 10 percent of the annual calls.

"You do these things for free and there are a lot of challenges in terms of what classes and requirements you need and it becomes a struggle to maintain and retain your membership," he said while at the Delmar fire station. "It is a lot of hours, and it's a commitment and it is tough but once you do it once you are certified and you can



A young boy gets a tour of a squad truck at Midway Fire Department.

Photo by Jim Franco / Spotlight News

take it with you."

Moon's father in law has been a firefighter since 1961 and his son is currently going through FFI training. He said Delmar is lucky to have four strong fire departments that all work well together while taking an average of just four minutes to get a truck out of the station once a call comes in.

"We are volunteers. We get a call when we are at home or grocery shopping and if a call isn't answered in that time, it will get dispatched again," he said.

By the numbers

Statewide, D'Alessandro said, if municipalities had to pay salaries and benefits for each of the some 110,000 volunteers it would cost about \$3.2 billion. That represents, on average, a 26 percent tax hike, he said, adding 70 percent of the

state's fire departments are volunteer.

Colonie has 12 fire departments and some have their own taxing districts while others have contracts with the town. The taxes go for equipment and fire houses but not salaries or benefits. It would be impossible, said Supervisor Paula Mahan, to put a number on staffing all 12 stations with paid firefighters since they are an entrenched part of each community within the town that covers 57 square miles and has about 84,000 people.

"It would be awful hard to cover our entire town the way we do without the volunteers," she said. "Years ago they were very much social areas but each year they take on different roles and are very much a part of our culture and our history and our community as well as a large part of how we provide public safety."

LEGALS
ROMI RIPA LLC
Articles of Org. filed NY Sec. of State (SSNY) 4/24/17. Office in Albany Co. SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 204 14th St., #3, Brooklyn, NY 11215. Purpose: Any lawful purpose. Principal business loc: 713-2 4th Ave., Brooklyn, NY 11215. D-150451

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

LEGALS
NOTICE OF FORMATION
Sundown Construction and Property Services, LLC, a domestic LLC, Articles of Organization filed with the SSNY on 3/6/2017. Office Location: Albany County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to: The LLC, 48 South Main Street, Coeymans, New York, 12045. General Purposes. D-148370

Notice of formation
of Ten Utica Avenue LLC, a NYS Ltd. Liability Co. (LLC). Formation filed with SSNY on 3/30/2017. Off. Loc: Albany Co. SSNY designated as agent of LLC, upon whom process may be served. SSNY shall mail copy of process to: Vinciguerra Law

LEGALS
Firm, 10 Utica Ave., Latham, NY 12110. Purpose: all lawful purposes. D-149249

Notice of formation
of The Stop at Tint Star 2 LLC, a domestic LLC. Arts. of Org. filed with SSNY on 4/12/17. Office location: Albany County. SSNY has been designated as agent upon whom process against the LLC may be served and the SSNY shall mail a copy of any process to: The LLC, 101 Citation Way, Ballston Spa, New York 12020. Purpose: Any lawful purpose. D-149698

RESOLUTION AND PUBLIC NOTICE
NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem in the County of Albany, State of New York has on the 26th

LEGALS
day of April 2017, duly adopted, subject to a permissive referendum, a resolution as follows: WHEREAS, the Town utilizes a pickup truck and tractor for work at the Wastewater Treatment Plant; and WHEREAS, the current pickup truck and tractor are both in poor condition and it is no longer cost effective to make repairs on the equipment; and WHEREAS, it is estimated that the costs of said work will not exceed \$100,000; and WHEREAS, in recognition of these needs, funds for such purpose are in the Sewer Fund Capital Reserve Fund; and

NOW, THEREFORE, BE IT RESOLVED that it is in the public interest to complete the purchase of the pickup truck and tractor as de-

LEGALS
scribed above; and, BE IT FURTHER RESOLVED, that the Town Board authorizes the expenditure of the reserve moneys to fund this project up to a maximum amount of \$100,000 and,

BE IT FURTHER RESOLVED, that the Town Comptroller is authorized to expend from the Sewer Fund Capital Reserve Fund the funds necessary up to \$100,000 in said reserve fund; and

This resolution shall be subject to a permissive referendum, as permitted by law. The motion to adopt the resolution was made by Councilwoman Sasso, was seconded by Councilman VanLoven and approved with the following vote:

AYES: Supervisor Clarkson, Councilwoman Becker, Councilwoman

LEGALS
Sasso, Councilman VanLoven, Councilman Wagoner
NAYS: none
ABSENT: none
DATED: April 26, 2017
D-150866

NOTICE OF FILING OF ARTICLES OF ORGANIZATION IN NEW YORK BY A LIMITED LIABILITY COMPANY
Name: Wilton Square Associates, L.L.C. Articles of Organization filed with sec. of state of NY (SOS) on 3/22/17. Office location: Albany County. SOS is designated as agent of LLC for service of process. SOS shall mail copy of process to c/o Nigro Companies, 20 Corporate Woods Blvd, Albany, NY 12211. Purpose: Any lawful act or activity. D-147361

LEGALS
NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC).
Name: WSA 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

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY.
NAME: ZEESHA REALTY LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on 11/13/2014. Office location: ALBANY County. SSNY has been designated as agent of the LLC upon whom pro-

LEGALS
cess 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

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC).
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

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May 3, 2017

Spotlight on Opinion

www.spotlightnews.com PAGE 10

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■ FROM THE OFFICE OF THE TOWN SUPERVISOR

County-wide service sharing is an opportunity

This year's state budget includes a County-wide Shared Services Initiative that requires a property tax savings plan to be developed by the County Executive, working with municipalities. The goal is to save money by identifying collaborative opportunities among local governments, identifying shared or consolidated services that can achieve recurring savings.

While the legislation gives responsibility to County Executive Dan McCoy for assembling the plan, he is to work with a panel comprised supervisors and mayors, as well as school district leaders that choose to participate. This "shared services panel" must approve the plan – a change from the initial proposal was to require County Legislature approval prior to public referendum. Having supervisors and

mayors at the table will ensure municipal input and approval, and multiple hearings and input from civic and labor leaders are also required. One-time matching state aid is provided as an incentive and to help defray start-up costs.

The new law mandates that a shared services plan be put together, but what that plan includes is completely at local discretion. It can include any mix of initiatives, and each locality can choose to be involved in only those sharing initiatives that work for them. Really, it's a blank slate, premised on the idea that there are still some duplicative, overlapping or inefficiently scaled services. While some have questioned the mandated approach, it's hard to be against the goals.

The timeframe is tight: the plan is to be put together by August 1 and finalized

by September 15 (this year). While that deadline may be short for really big initiatives, there's no reason not to pursue a robust discussion to see if we can jointly identify savings opportunities and garner state funds to help implement them.

Bethlehem has done very well through savings initiatives like combining Highway and Parks maintenance, restructuring tax collections and consolidating ambulance districts. These actions helped reduce town expenditures by more than \$2 million annually and were rewarded by a \$776,000 performance award from NYS, which we applied to tax relief, community improvements and technology upgrades.

Two years ago Albany County municipalities working together identified more than \$15 million in efficiency savings, but we shouldn't stop there. That

study, pursued with the assistance of the Benjamin Center at SUNY New Paltz (formerly CRREO), also identified areas for further local action, as well as for state mandate relief. There is always more to do. The mandated Countywide Shared Services Initiative, while by no means perfect, provides an opportunity for local leaders to make improvements, develop new ideas and also to engage state government on mandate relief.

Let's not miss this important opportunity.

John Clarkson is serving his third term as Bethlehem Town Supervisor. During the Spitzer-Paterson years, he served as executive director of the NYS Commission on Local Government Efficiency.

■ REMEMBER WHEN...

County Legislature sued over discriminatory district lines again

On May 9, 2011, county residents spoke out at a meeting of the Albany County Legislature, criticizing the body for the way it redrew district lines following the 2010 U.S. Census — the first rumblings in what became a years-long fight over district lines that were eventually found by the federal government to be overtly discriminatory, making this the third consecutive decade that the county lost an expensive lawsuit for its redistricting practices.

About half a dozen commenters largely focused on district lines in the City of Albany, but also panned the process as a whole. Among the loudest critics was local minority and environmental advocate Aaron Mair, who said he had been a vocal opponent of the last redistricting effort. He argued the new map was unfair to minority communities and that the public was not given enough information or opportunity to comment.

"This is the third time that I've been involved in this process and the county has a lot of shame to make up," he said.

Mair suggested the public had been "hoodwinked" by the commission.

Legislator Shawn Morse, who was Redistricting Commission chairman, stood to object to that characterization. "I believe that I did everything that I could do," he said. "I think we did the absolute best that we could."

Morse and several other legislators pointed out that the commission had held seven public meetings around the county. Records show those were sparsely attended, with one drawing no members of the public at all.

Albany City Councilman Anton Konev said the meetings should have been better advertised and the process should have been more clearly presented to the public. "It's all about perception," he said. "And the perception is the members of this body got together and manipulated districts to eliminate their opponents."

The county revisits its district lines every 10 years following the results of the U.S. Census. The county increased in population by about 3.3 percent between 2000 and

2010 — to 304,204 residents. That means each of the 39 districts should have about 7,800 residents.

In late April 2015, U.S. Judge Lawrence Kahn approved a new map over the objections of the leadership of the Bethlehem Democratic Committee, who argued that the county used the court-ordered reapportionment to gerrymander at least one Democratic challenger out of an incumbent's district.

In the amended plan, then-Bethlehem Town Board member and current town Democratic Party chairman Jeffrey Kuhn, who had planned to run in a primary against incumbent Delmar Legislator Thomas Cotrofeld, then-chairman of the legislature's powerful Audit & Finance Committee, was moved into the district of political ally Charles Dawson of Glenmont.

The commission said the changes in the suburbs were necessary to accommodate the creation of the new mandated majority-minority district in the city of Albany and noted that three of the four candidates running with Kuhn were not

affected.

In a letter to the county and the plaintiffs on Friday, April 17, 2015, Kuhn and Daniel Coffey, second vice chairman of the Bethlehem Democratic Committee, wrote, "It is clear that the wholesale revisions of the legislative district lines in Bethlehem are in no way necessary to comply with the Court's Order." The men characterized the move as "a transparent attempt to improperly hold onto political power by the same legislative leaders responsible for violating the [Voting Rights Act] in the first place."

In all, the lawsuit took four years and nearly \$2 million to ultimately settle, residents and caused reform-minded legislators intensify their call for an independent redistricting body. After several efforts to pass legislation that would provide for the creation of such a body, county residents may well have the opportunity to vote on a ballot initiative before the next redistricting process gets underway following the upcoming 2020 Census.

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COMMUNITY

Kicking it in Portugal

Local girls soccer team scores good will abroad

By ALI HIBBS

hibbsa@spotlightnews.com

COLONIE — Colonie Soccer Club, a local soccer organization comprising junior and high school female students from the Voorheesville, Berne-Knox-Westerlo, Guelderland, and Colonie school districts, has just returned from a fourth “good will” trip to Portugal, where they played local teams and learned about the Portuguese culture.

“I started planning this trip last August with our coach, Joe Santos,” said Katy Bogart, the mother of two daughters who have played on Santos’ team and a two-time veteran of the Portugal trip. “Coach is a native of Portugal and loves to share his passion of Portugal and soccer with his players. He arranged all the soccer games, hotel accommodations, and other events for the team.”

Santos, who has coached soccer for more than 40 years, said he was inspired to plan the international soccer excursions while he was traveling the country with his mother while she was still alive. It was during one of those trips that he discovered a beachside hotel with a soccer field; a hotel that often played host to international professional soccer teams. “And so I thought about it and I came back and told the parents and the players,” he said. “And now it’s every three or four years another group wants to go.”

Santos developed a relationship with the hotel, which gives him a good deal, he said. And he has another contact who arranges the games against local teams and where the games are played. “So,” he said, “it’s just a matter of getting the players and the parents, and off we go.”

With the exception of the games, a ceremony and an event planned for their



Members of the Colonie Soccer Club shake hands with rival team, Balasar, before the game begins. Photo submitted

last night in the country, families are left largely to their own devices. Each girl travels with a family member or guardian and families are free to rent cars to visit local locations. This year, said Santos, the weather cooperated and the trip went “exceedingly well.”

The team certainly competed well, winning against each of the three women’s teams they played: 7-0, 3-0, and 2-1.

Bogart’s daughter, Jenny Bogart said she thought the other teams were friendly and played a fair and skilled game, especially the third game they played against a team called Balasar. “It seemed like they had been playing together for a long time,” she said, “and they had good passing and good foot skills.”

Her favorite experience of the whole trip was playing the games. “It was fun to play on a beautiful field in a large stadium

under the lights,” she said. “The third game was the best because the other team was very good.”

The whole team met the mayor of Povia de Varzim, the city the team visited. “We presented seven proclamations to the mayor from US Congressman Paul Tonko, NY State Senator George Amedore, NY State Senator Jim Tedisco, County Executive Dan McCoy, the Town of Scotland, and the Village of Voorheesville,” said Katy Bogart.

Calling the games “a treat,” Bogart said she enjoyed visiting Peneda-Geres National Park, where they hiked, climbed a waterfall and saw wild horses. “The mountains are spectacular and the people are warm and friendly,” she said.

Jenny Bogart enjoyed visiting the Shrine of Fatima where they toured the shrine and attended a mass. She said she also

liked the folk dance the team attended on the final evening, where local people performed Portuguese folk dances and invited players and parents to participate in the dances. “The traditional Portuguese music and women’s dresses were beautiful,” she said. “There are a lot of promotional packages that kids can sign up for to go play in Europe or South America,” said Santos. “But it’s exorbitant prices. And I thought, ‘Well, we could do this for much less.’ And so we do do it for much less.”

Travel costs are split evenly between the families and funds raised or donated by local sponsors such as Family Danz Heating and Cooling, DeNooyer Chevrolet, the Capital Region Labor Management Committee, the NY State Correction Officers Union, JCB Specialties, Soccer Unlimited and Pellegrinos.

LETTER TO THE EDITOR

One vote for Moriarty

To the Editor:

I just want to fill in some of Meredith Moriarty information for voters who are not familiar with her.

She is a graduate of the Bethlehem Central School District.

She graduated from Hobart William Smith College and Albany Law School and was a clerk for the Supreme Court of Maine in Portland, Maine.

Meredith then worked in New York City — Cahill Gordon Reindel LLP Law Firm and in particular she worked at the Children’s Law Center as a representative for children in custody lawsuits.

She now works for Smith Hooke LLP in Albany, NY.

She is married to Eric Sugar and has 3 daughters — one in the Elsmere School and 2 in preschool.

Meredith has the energy and interest to be an excellent candidate for the School Board.

Don’t forget to vote.

— Kathy Sullivan

Our letters policy

The Spotlight welcomes letters of local and regional interest. Letters are subject to editing and are limited to 500 words. All letters must include the writer’s name, address and phone number. *The Spotlight* reserves the right to limit the number of letters published from a single author. Submissions can be emailed to news@spotlightnews.com. The deadline for all letters is noon Friday prior to publication.

The Spotlight also welcomes longer opinion pieces for the Point of View section.

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COMMUNITY

Egg-cellent fun at the library

At Bethlehem Public Library, we're counting our chickens before they hatch. And carefully tending to the eggs and learning about chick embryo development, too.

We're hatching a brood of chicks inside the library this spring with guidance from environmental educator George Steele.

On Sunday, May 7, he returns for "Inside the Egg" at 2:25 p.m., where he will show everyone how to "candle" the eggs to take a look at how the embryos are developing.

Once they hatch, the



chicks will hang around for a week or so before heading to the farm. Everyone is invited to record the progress of and post photos on Twitter and Facebook using #bplchickens.

For more information, visit bethlehempublib.org or call 439-9314.

Budget review

The proposed 2017-18 budget will be presented at the library during the Monday, May 8, Board

of Trustees meeting at 6 p.m. The trustee election and budget vote will take place Tuesday, May 16, at Bethlehem Central High School from 7 a.m. to 9 p.m. Board President Mary Redmond is running unopposed for a second five-year term on the board.

New website coming soon

The library website will be getting an updated look in the coming weeks. We've kept all of your favorite features and packaged them in a new, user-friendly online format. Stay tuned!

UAlbany students help us go green

We are excited to be teaming up with students in the UAlbany G3: Going Green Globally initiative to identify green practices that also benefit our bottom line.

The students, who are wrapping up their first year of the full-time MBA program at UAlbany, recently toured the library to get a preliminary sense of the space and our sustainability goals. They will be returning the second week in May for an intensive look at ways to make green practices an economically viable

part of our future. A final presentation on May 17 will outline their findings and their best practice suggestions resulting in an expected \$50,000 to \$100,000 in savings.

Resources for job seekers

Our Job Seekers career series continues this month with "Art and Science of Getting a Job," presented by Evelyn Neale, president of Successful Change, Inc., on Tuesday, May 9, at 7 p.m. Participants will learn the importance of networking and research, and get some tips on working in public

service and being prepared for a job offer.

On Wednesday, May 10, at 7 p.m., Sarah McFadden with the Cornell Cooperative Extension of Rensselaer County will share tips, tricks and one-on-one help formatting a resume and cover letter during her "Resume Tools" presentation.

To sign up for one or both of these programs, call 439-9314 or visit www.bethlehempublib.org. These programs are supported by funds from the state Library's Adult Literacy Library Services Program.

— Kristen Roberts

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PICK OF THE WEEK



World Premier

"Some People Hear Thunder," a musical that tackles the strong subject of the Armenian Genocide of the early 20th century. It's a topic with ties to the Capital District, and one Albany native comes back home to star in it.

Page B5

INSIDE



Arts calendar

Pages B7-B12



The purchase of a bicycle

Five things to consider before going out to buy a bike.

Page B17

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ENTERTAINMENT



E Street and the river

Eddie Angel comes back home, and brings The E Street Band's Garry Tallent for a show in Troy

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

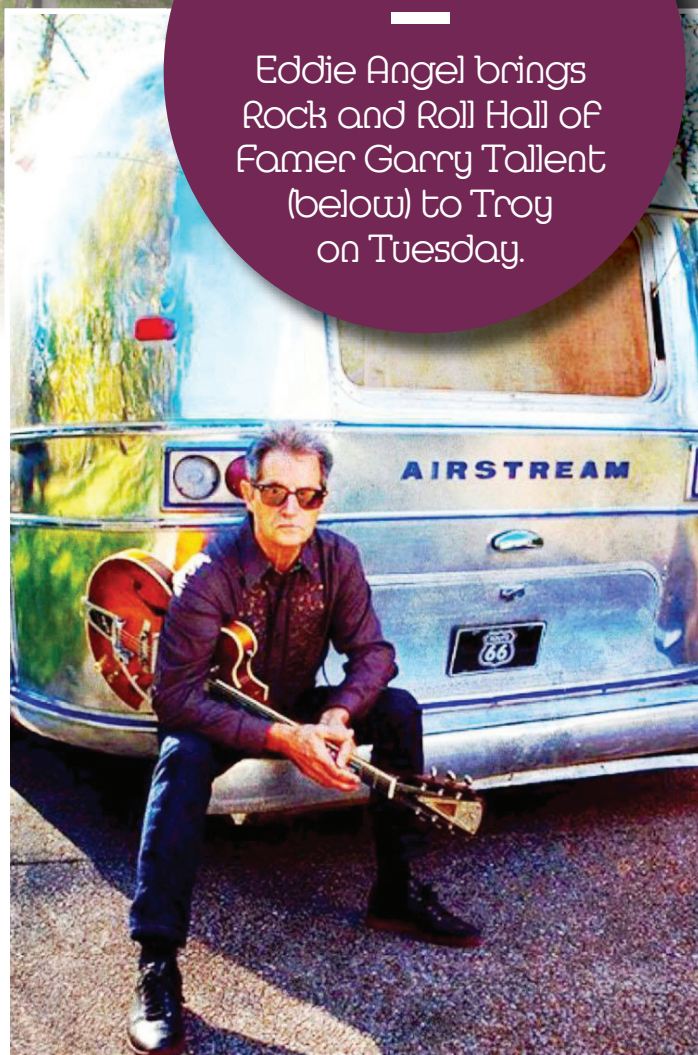
TROY — Rensselaer native Eddie Angel is coming back home, and he's bringing along a guest.

The former Star Spangled Washboard Band guitarist has not been a stranger to the Capital District since he moved down to Nashville in 1984. When he's not performing with his band, the Los Straitjackets, he still gets together with Johnny Rabb to tour regularly as members of The Neanderthals. But, Angel's recent plans don't involve getting pre-historic on a local audience. He will, however, be tipping a hand to his familiar rockabilly roots.

Continues on page B18

COMING HOME

Eddie Angel brings Rock and Roll Hall of Famer Garry Tallent (below) to Troy on Tuesday.



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Speaking of Bob Dylan, he's to play a concert in Kingston. But, you won't likely get tickets.




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contents

| | |
|-------------------|---------|
| What's Happening | B3 |
| Feature | B4 |
| Night & Day | B6 |
| Crossword Puzzle | B8 |
| Arts Calendar | B7-B12 |
| Sudoku Puzzle | B12 |
| Health & Fitness | B17 |
| Reviews | B20 |
| Service Directory | B22-B23 |
| Classifieds | B24-B25 |

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RECENTLY ANNOUNCED

YES/ARW adds Albany to tour

2017 Rock and Roll Hall of Fame inductees will play at The Palace in October

By **MICHAEL HALLISEY**

halliseym@spotlightnews.com

ALBANY — YES Featuring Jon Anderson, Trevor Rabin, Rick Wakeman, have added additional dates to its anticipated North American tour.

The trio was inducted into rock's hall of fame as members of YES back in April, along with Chris Squire, Bill Buford, Tony Kaye, Steve Howe and Alan White.

Until recently, the line-up to be featured in Albany in October had toured under the name Anderson, Rabin and Wakeman. The curious timing of

the name change draws attention to the confusion over who owns the name of the original band.

"It's very simple," said Anderson about the recent decision to change the band's name from ARW to YES Featuring Jon Anderson, Trevor Rabin, Rick Wakeman. "The fans want it, we want it and it's our right to use the

name. YES music is in our DNA!"

(Howe and White currently operate under the name Yes, with Geoff Downes, who first joined the band in 1980, Billy Sherwood, who joined in 1994, and Jon Davison, who joined in 2012.)



"Yes Featuring Jon Anderson, Trevor Rabin, Rick Wakeman have as much right — if not more so — to call themselves YES, since Jon Anderson, the co-founder of the group, has always had the rights to use the name and the trademark," Anderson's management team told Ultimate Classic Rock.com

Rabin, Wakeman and Anderson, Yes' original lead vocalist, gives Yes featuring AWR the boasting rights to bill itself as "the definitive line-up of the greatest progressive rock band ever."

YES featuring ARW plays at The Palace Theatre in Albany, Thursday, Oct. 5. For tickets, tour and VIP information, go to YESfeaturingARW.com.

WHAT'S HAPPENING

Remembering Bobby Sands

The Hangar on the Hudson — Friday, May 5

TROY — Kevin McKrell, Good Things, mikki Bakken, Battenkill, The 317 and Brian McCann are all getting together to pay tribute to Irish Freedom fighter, Bobby Sands on Friday, May 5, at 8 p.m., at The Hangar on the Hudson.

Billed as "An Evening of Rebel Songs," the evening pays tribute to Sands, who died along with nine others, while participating in a hunger strike to protest English treatment of its political prisoners. He died after 66 days.

Sands is credited with writing several letters, essays, books and songs, while serving time in prison for his actions as a member of the Irish Republican Army. Christy Moore recorded "Back Home in Derry," "McIlhatton." The melody of Gordon Lightfoot's 1976 hit "The Wreck of the Edmud Fitzgerald" was borrowed from "Back Home in Derry."

A portion of the night's proceeds will be donated to the Bobby Sands Trust and Amnesty International. For more information, visit the event's Facebook page under keywords: Remembering Bobby Sands.

Enter the Haggis

The Egg, Empire State Plaza — Saturday, May 6

ALBANY — Celtic-rock band Enter the Haggis comes to town in support of its latest release, "Broken Arms," with a performance at The Egg, Saturday, May 6, at 8 p.m.

Enter the Haggis weaves together a powerhouse rhythm section, rock and bagpipes, lending its signature Celtic-rock sound.

For tickets and information, call (518) 473-1845, or visit www.theegg.org.



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■ FEATURE

Timeless 'Cabaret' hits Proctors

Actor lends unique perspective on his role and how audiences react to the musical today

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

SCHENECTADY — “Cabaret” initially set musical patrons unnerved with its unorthodox production elements back in 1966. That, notwithstanding, the political overtone of its story line, with the plot set during the rise of Nazi power in Germany before World War II.

Set in 1931 Berlin as the Nazis are rising to power, this Broadway hit is based in nightlife at the seedy Kit Kat Klub, and revolves around young American writer Cliff Bradshaw and his relationship with the English cabaret performer Sally Bowles.

Now, more than 50 years later, the

musical continues to set musical patrons unnerved, but for all too different of a reason.

The National tour of John Kander’s and Fred Ebb’s “Cabaret” first opened last January. All the while, the political landscape of America’s general election was taking shape. By November, actor Patrick Vaill noticed a change.

Vaill plays the role of Ernst Ludwig, a German who befriends Bradshaw, and takes him under his wing. Vaill’s character ultimately plays a role in a pivotal point of the musical. The audience’s reaction to the unfolding plot has been more “raw,” said Vaill.

“I would say that it’s sort of one of those hinge moments in history,” said Vaill, “where you have this one thing, you have this Kit Kat Klub, and it’s swinging towards something that’s completely unknown. No one is aware of it because it’s happening so fast. All of a sudden, you find

yourself in this situation, that you didn’t know about.”

The Kit Kat Klub acts as a fun escape, a place for people to seek entertainment. Outside the club, however, the Nazis are rising rapidly into power, and creating sweeping changes to the way of life in Germany.

The musical is “exactly as it was” from when it was first performed. However, Vaill said he believes people are drawing comparisons — not to Nazi Germany — to singular acts today’s America is going through today.

“What has shifted, over the course of the run of this tour, has been the American political landscape. Where we see ourselves at this time,” said Vaill. “I wouldn’t say the production has been made contemporary, but it has become very, very timely.”

Vaill said that if he was allowed to place a moral to the story of “Cabaret,” it would be that a society needs to “pay attention.”

“As time has progressed, the reactions have become more raw,” said Vaill. “I think that people are shaken by this story. As they should be. It’s a horrible thing what happened in Germany. And, it’s a dangerous path. The show depicts people who are not paying attention.”

Last November’s general election results demonstrate a dramatic shift in political views in the United States. And, Vaill admits the divide between conservative and liberal often becomes evident in the world of theatre.

“I’m sorry,” Vaill said, admitting he didn’t want to be overtly political. This revival continues to retain the happy charms of previous productions. “But, Cabaret is political in nature.”

“Cabaret” is coming to Proctors with a production run from Tuesday, May 9 to Sunday, May 14.

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



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PICK OF THE WEEK

CapREP hosts premier

Smoger and Sorkin tackle Armenian Genocide

ALBANY — “Some People Hear Thunder” is a powerful, uplifting love story involving a young reporter, his true love in America, and Armenians fighting for dignity and survival in the face of brutality.

The world premiere of “Some People Hear Thunder” is brought to Albany by longtime Capital District and Broadway performer Kevin McGuire, who directs and stars.

Thunder is set in two locations, New York City and southern Turkey, at a time just prior to the breakout of World War I. Co-playwrights Gerson Smoger and Jeffrey Sorkin unfold the events of the Armenian Genocide, a topic Smoger first involved himself with while working in Geneva at the United Nations Commission on Human Rights.

“As a result, Gerson is uniquely invested in this topic and he uses his deep knowledge to make a complex story very clear and remarkably musical,” said McGuire, who has been involved in every aspect of “Some People Hear Thunder,” from an initial San Francisco workshop performance in 2015 to the seven weeks of New York casting leading to this production.

McGuire, who previously starred at the REP in *Man of La Mancha*, *Red*, *A Christmas Carol*, *Other Desert Cities* and *Hamlet* (which he also directed), met Smoger — a noted environmental and human rights lawyer



— nearly 30 years ago, and their decades-long artistic discussion helped result in the creation of “Thunder.”

“The play speaks to repression, it speaks directly to the global refugee crisis, it speaks to lost peoples looking for a home. It is very pertinent to our time.”

Remarkably, the play also has local roots—some of those fleeing the contested region early in the century arrived in Albany, Troy and the surrounding areas, creating a tightly-knit Armenian community.

McGuire plays Zoravar Der Kaloustian in “Some People Hear Thunder,” while Joan Hess (Broadway—*Mamma Mia!*, *Dirty Rotten Scoundrels*, *Kiss Me Kate*, *Crazy for You*—and TV—the “leggy blonde” in HBO’s *Flight of the Conchords*) plays his wife, Angelique.

Newsies tour star Alex Prakken plays reporter Jason Karras. Albany native Rachel Rhodes-Devey, who recently appeared at Proctors in the national tour of Irving Berlin’s *White Christmas*, is Karras’ love interest, Carole Chapin, who relates the story.

Opening night is Friday, May 5 and runs through to Sunday, May 21.

Tickets range from \$25 to \$55. Children 17 and under: \$15 all shows. For tickets and information, call Tickets By Proctors, (518) 445-SHOW (7469) or visit capitalrep.org.

Rachel Rhodes-Devey on Page B26

WHAT’S HAPPENING

The Wailin’ Jennys

Troy Savings Bank Music Hall — Thursday, May 4

TROY — The Wailin’ Jennys will perform at the Troy Savings Bank Music Hall on Thursday, May 4 at 7:30 p.m. at 30 Second Street in Troy.

This Canadian trio produces a folk-pop sound through three female voices.

Tickets start at \$29. For more information or to buy tickets call (518) 273-0038 or visit www.troymusicall.org.

Formosa Melody

The Egg at the Empire State Plaza — Sunday, May 7

ALBANY — The Formosa Melody Music Center will perform at the Egg on Sunday, May 7 at 7 p.m. in the Empire State Plaza in Albany.

The Center will perform *Sounding from the Heartstrings of Homeland* and will provide a Handcraft Demonstration from 6 to 7 p.m.

Admission is free with a ticket. For more information or to get tickets call (518) 473-1845 or visit www.theegg.org.

All About the Drum

Proctors — Saturday, May 6

SCHENECTADY — All About the Drum: Reggie Harris & Co. will be held at Proctors on Saturday, May 6 at 7:30 p.m. at 432 State Street in Schenectady.

Harris is joined by percussionists Cheryl Prashker and Brian Melick shine the spotlight on rhythm.

Tickets start at \$24. For more information or to buy tickets call (518) 346-6204 or visit www.proctors.org.

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Night & Day

NIGHT — Posion and Tesla

ALBANY — You don't have to be mamma's "Fallen Angel" to be a fan of good old fashioned hair metal.

Posion and Tesla are paired up to play Tuesday, May 9, at the Times Union Center. Each band represents a period of hard rock characterized in the mid to late '80s by Aqua Net hairspray and power ballads that continue to play here in the 21st century.

Posion headlines the show, promising an evening of hits that include "Talk Dirty to Me," "I Want Action," "I Won't Forget You" and "Every Rose Has Its Thorn."

GOOD TIME

Posion and Tesla are bringing the '80s back to Albany!

Posion/
Facebook

Both bands busted out into mainstream popularity with the aid of MTV. Tesla's 1989 release, "The Great Radio Controversy" produced five hit singles, perhaps most notably, "Love Song." The band followed with a live album in 1990, "Five Man Acostical Jam," a play on the band name Five Man Electrical Band, whose 1971 hit "Signs" Tesla featured as a cover.

For tickets and information, visit timesunioncenter-albany.com/posion-and-tesla.

DAY — Chris Perondi's Stunt Dog Experience

COHOES — Stunt Dog Productions presents Chris Perondi's Stunt Dog Experience on Sunday, May 7 at 2 and 5 p.m. at Cohoes Music Hall at 58 Remsen Street in Cohoes.

All of the dogs in the shows are trained using positive training methods like the use of a clicker and toy motivation. They each have unique talents and signature moves to showcase.

Tickets are \$19. For more information or to buy tickets call (518) 953-0630 or visit www.palacealbany.org.



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Sat: **Brian Patneude Quartet** | 9 p.m.

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25 S. Allen St., Albany.
Fri: **Annie & The Hedonists** | 8 p.m.

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1118 Central Ave., Albany.
(518) 489-2990
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426 State St., Schenectady.
(518) 579-3371
Tue: **Jecco** | 5:30 p.m.

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

Bier Abbey
613 Union St., Schenectady.
(518) 388-3597
Sun: **Giroux Brothers** | 11 a.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
Thur: **Harpeth Rising** | 7 p.m.
Fri: **Mary Gauthier** | 8 p.m.
Sat: **Franklin Quartet** | 7 p.m.
Every Mon: **Open Mic** | 7 p.m.

Carney's Tavern
17 Main St., Ballston Lake.
(518) 280-7959
Every Thur: **Matty Finn** | 6 p.m.
Fri: **Dos Crows** | 7:15 p.m.
Sat: **Jeff Brisbin** | 7:15 p.m.

Carson's Woodside Tavern
57 NY-9P, Malta. (518) 584-9791
Thur: **Justin Joyner** | 7 p.m.
Fri: **Franklin Micare Duo** | 7 p.m.
Sat: **Dave Porter** | 7 p.m.

Centre Street Pub
308 Union St., Schenectady.
(518) 393-2337
Thur: **Mike Thomas** | 6 p.m.
Fri: **The Schmooze** | 9 p.m.
Sat: **Errorsmith** | 9 p.m.

ARTS CALENDAR



Three's a charm...

The Wailin' Jennys—Nicky Mehta, Ruth Moody and Heather Masse—combine their three unique voices to create one achingly perfect sound, which will fill the Troy Music Hall on Thursday night. Details at www.troymusicall.org.

Courtesy www.thewailinjennys.com

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

Club Helsinki
405 Columbia St., Hudson.
(518) 828-4800 or helsinki.hudson.com
Sun: **Dust Bowl Faeries, Luis Mojica** | 8 p.m.

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Emack & Bolio's
366 Delaware Ave., Albany.
(518) 512-5100
Fri: **Hoot Owl Moon** | 7 p.m.
Sat: **Emerald Dawn** | 7 p.m.
Sun: **Jazz Connection** | 2:30 p.m.
Every Tue: **Open Mic** | 7 p.m.

Fuze Box
12 Central Ave., Albany.
(518) 703-8937
Fri: **Chrysalis: DJ Velloct, DJ R3CLU23, Mechno Sferatu** | 9 p.m.

Sat: **Wubson, MurMur, RyuJin, Moshington, Eko Bass** | 9 p.m.

Gaffney's
16 Caroline St., Saratoga Springs.
(518) 587-7359
Thur: **Wheel Decide** | 8 p.m.
Fri: **Megan Houde** | 6 p.m.
Under the Den | 9 p.m.
Sat: **Pat Decker** | 6 p.m.
Tony Platinvm & Kip Chapman | 9 p.m.
Every Tue: **Open Mic with Rick Bolton** | 8 p.m.

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48 S. Front St., Hudson.
thehalfmoonhudson.com
Fri: **TEEN, Miles Francis** | 8 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** | noon

The Hollow Bar + Kitchen
79 N. Pearl St., Albany. (518) 426-8550
Sat: **Tragedy: All-Metal Bee Gees Tribute** | 9:30 p.m.

Hudson River Music Hall
10 Maple St., Hudson Falls.
(518) 832-3484
Every Wed: **Open Mic** | 7 p.m.
Fri: **Hasty Page** | 8 p.m.
Sun: **Frank Palangi with Last Daze** | 3 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., Albany. (518) 432-6572
Every Wed: **The Deadbeats** | 10 p.m.
Thur: **Blank Slate, Brett Petersen, Henry's Rifle** | 8 p.m.
Fri: **Cinco de Mayo Disco Funk** | 4 p.m.

Utica 666 | 8 p.m.
Sat: **Shrapnel Warning, Caribbean Crisis** | 5 p.m.
The Orange, Haley Moley, S.E. Ward | 8 p.m.
Sun: **Marbin, Miss This, The Gazebo Effect** | 7:30 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** | noon


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

Nanola
2639 US Rte. 9, Malta. (518) 587-1300
Fri: **Dueling Pianos** | 8 p.m.
Sat: **The Refrigerators** | 8 p.m.

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


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

One Caroline Street
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Fri: **Sime Gezus & Friends** | 9 p.m.
 Sat: **Lou Barlow** | 9 p.m.
 Sun: **Lou Barlow** | 4 p.m.
 Mon: **Hill Haints** with
Ch Guevara T-Shirt | 10 p.m.

O'Slattery's Irish Pub

318 Delaware Ave., Delmar.
 (518) 439-5634
 Wed: **Dan Sherwin** | 6:30 p.m.
 Thur: **Laura Paigo** | 6:30 p.m.
 Fri: **Geo Doody** | 8 p.m.
 Sat: **Katsura** | 7 p.m.

Parish Public House

388 Broadway, Albany. (518) 365-0444
 Thur: **Binger, Sammich** | 8 p.m.
 Fri: **Hartley's Encore,**
The Late Shift | 8 p.m.
 Sat: **Morris Code, LD3** | 8 p.m.

Panza's

510 NY Rte. 9P (on Saratoga Lake),
 Saratoga Springs. (518) 584-6882
 Sun: **Charles Cornell Trio** | 7 p.m.

The Parting Glass

40 Lake Ave., Saratoga Springs.
 (518) 583-1916
 Wed & Thur: **Irish Celtic Session**
 Fri: **John & Orion Kribs** | 8 p.m.
 Sat: **Big Medicine** | 9 p.m.

Pauly's Hotel

337 Central Ave., Albany. paulyshotel.com
 Wed: **David Dondero** | 8 p.m.
 Thur: **Open Mic** | 8 p.m.
 Sat: **Apock, Metal Mike,**
Blood of Ares, Cyco Mico | 8 p.m.
 Every Mon: **Blue Monday Blues Jam**
 | 8 p.m.

Prime at Saratoga National

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

Provence

Stuyvesant Plaza, 1475 Western Ave.,
 Albany. (518) 689-7777
 Fri: **A3 Jazz Trio** | 6 p.m.
 Sat: **The Jazz Connection** | 6 p.m.

Putnam Den

63a Putnam St., Saratoga Springs.
 (518) 584-8066
 Fri: **Pink Talking Fish,**
Consider the Source | 9 p.m.
 Sat: **Steal Your Peach** | 9:30 p.m.

Rustic Barn Pub

150 Speigletown Rd., Troy. (518) 235-5858
 Every Thur: **Open Mic** | 8 p.m.
 Fri: **Moonshine Junkies** | 9 p.m.
 Sat: **Jocamo!** | 9 p.m.

Sake Japanese Steakhouse

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

Savoy Taproom

301 Lark St., Albany. (518) 599-5140
 Thur: **DJ Ephraim Asili** | 9 p.m.

Speakeasy 518

42 Howard St., Albany. (518) 449-2332
 Every Mon: **Joe Finn** | 8 p.m.

Stockade Inn

1 North Church St., Schenectady.
 (518) 346-3400
 Thur: **Tommy Verrigni Trio** | 7 p.m.
 Fri: **Peg Delaney Trio**
 feat. **Earl Davis** | 7 p.m.

Troy Kitchen

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

Twisted Vine

384 Kenwood Ave., Delmar.
 (518) 439-3241
 Fri: **The Standard Clams** | 7 p.m.

Upstate Concert Hall

1208 NY 146, Clifton Park.
 (518) 371-0012 or
 upstateconcerthall.com
 Fri: **Chase Rice** | 8 p.m.
 Sat: **Killswitch Engage, Anthrax,**
The Devil Wears Prada, Code Orange
 | 6:30 p.m.
 Sun: **Mayday Parade, Knuckle Puck,**
Milestone | 7:30 p.m.
 Mon: **I Prevail, Starset, Vamps,**
Cover Your Tracks | 7 p.m.

Van Slyck's at Rivers Casino

1 Rush St., Schenectady. (518) 579-8800
 Wed, Thur & Sun: **DJ Iroc** | 8 p.m.
 Fri: **Evolution X** | 9 p.m.
 Sat: **Pulse Party Band** | 9 p.m.

Waterworks Pub

76 Central Ave., Albany. (518) 465-9079
 Thur: **DJ Shawn Gillie** | 11 p.m.
 Fri: **Karaoke** | 10 p.m.
 Sat: **DJ David Barna** | 10 p.m.
 Mon: **Karaoke** | 10 p.m.

Wishing Well Restaurant

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

Yono's

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

MUSIC

Old Songs Open Mic

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

The Wailin' Jennys

Starting as a happy accident of solo
 singer-songwriters getting together for a
 one-time-only performance in Manitoba,
 the trio of Nicky Mehta, Ruth Moody and
 Heather Masse has grown into one of
 today's most beloved international folk
 acts. Thurs., May 4, 7:30 p.m. Troy Savings
 Bank Music Hall, 30 Second St., Troy. \$29,
 \$32, and \$39. (518) 273-0038 or
 www.troymusicall.org.

Cassie & Maggie Mc Donald

Cassie (fiddle) and Maggie (piano, guitar)
 stay true to their Celtic roots while
 exploring and testing the boundaries of
 traditional music, bringing a breath of
 fresh air to the genre with their original
 compositions and arrangements. Fri., May
 5, 7:30 p.m. Old Songs Community Arts
 Center, 37 South Main St., Voorheesville.
 Adults, \$23; children 12 and younger, \$5.
 (518) 765-2815 or oldsongs.org.

A Prayer Recital

Elizabeth Lehmann, contralto, and
 Michael Clement, pianist, present a
 program with music by Brahms
 (Vier Ernste Gesange), Schubert, Wolf,
 Meyerbeer, Poulenc, and Ravel.
 Sat., May 6, 2 p.m. Massry Center for the
 Arts, College of Saint Rose, 1002 Western
 Ave., Albany. Free. (518) 885-9921.

PROJECT Trio

YouTube sensation teams up with the
 exceptional youth musicians of Empire
 State Youth Orchestra Repertory and

String Orchestras for a night of music
 that spans genres and generations.
 Sat., May 6, 3 p.m. Troy Savings Bank
 Music Hall, 30 Second St., Troy.
 Adults, \$20; students, seniors (w/valid ID)
 \$10. (518) 273-0038 or
 www.troymusicall.org.

The Armed Man: A Mass for Peace

Albany Pro Musica's Masterworks Chorus,
 Orchestra Pro Musica and Capital District
 Youth Chorale will join forces to
 perform this moving work by Karl
 Jenkins. Presented by Troy Savings
 Bank Music Hall. Sat., May 6, 7:30 p.m.
 Concert takes place at EMPAC, Rensselaer
 Polytechnic Institute, 110 Eighth St.,
 Troy. \$35 and \$45. (518) 273-0038 or
 www.troymusicall.org.

Capital Community Voices

Make Mine Music: Songs of Stage and
 Screen. Four-part choral ensemble's
 spring concert will feature selections
 from Broadway musicals and Disney
 films. Sat., May 6, 7:30 p.m. Genet
 Elementary School, 29 Englewood Ave.,
 East Greenbush. Adults, \$10;
 or students/seniors \$8. (518) 370-5434
 or ccvsings.blogspot.com.

All About the Drum

A joyous celebration of song, rhythm
 and improvisation featuring songwriter/
 guitarist Reggie Harris, and percussionist
 Cheryl Prashker and Brian Melick.
 Presented by the 8th Step. Sat., May 6,
 7:30 p.m. Education Center, Proctors, 432
 State St., Schenectady. \$24, \$26 and \$35.
 (518) 346-6204 or www.proctors.org.

Enter the Haggis

Band returns with its signature Celtic-rock
 sound and instrumentation of bagpipes
 blazing over a powerhouse rhythm
 section in support of its latest release,
 "Broken Arms." Sat., May 6, 8 p.m. Swyer
 Theatre, The Egg, Empire State Plaza,
 Albany. \$29. (518) 473-1845 or
 www.theegg.org.

Garland Jeffreys

Brooklyn native The New Yorker calls "an
 explorer of the links between rock, race
 and rebellion," who continues to defy
 expectations, performs in support of his
 latest release, "14 Steps to Harlem." Sat.,

May 6, 8 p.m. The Linda, 339 Central Ave.,
 Albany. \$18. www.thelinda.org.

Octavo Singers

Choir of nearly 90 voices with soloists and
 an orchestra will perform J.S. Bach's St.
 John Passion. Sun., May 7, 3 p.m. St. John
 The Evangelist Church, 806 Union St.,
 Schenectady. Adults, \$25; seniors, \$20;
 and students, \$15. (518) 253-7088 or
 www.octavosingers.com.

Steve Ross

Noted singer and pianist presents
 a concert celebrating many of the
 composers and musicians who created
 the American popular songbook.
 Sun., May 7, 3 p.m. Auditorium,
 Clark Art Institute, 225 South St.,
 Williamstown, Mass. \$40. www.clarkart.
 edu/ImportedEvents/997-42515.

Kalichstein-Laredo-Robinson Trio

The Trio, celebrating its 40th Anniversary
 this season, is internationally known for
 its dazzling live performances and award-
 winning discography. Program features
 pieces by Rachmaninoff, Shostakovich
 and Tchaikovsky. Sun., May 7, 3 p.m.
 Troy Savings Bank Music Hall, 30 Second
 St., Troy. \$35 or \$45. (518) 273-0038 or
 www.troymusicall.org.

Taiwanese Folk Music

Live performance to mark Taiwanese
 American Heritage Week. Presented by
 the Taiwanese American Cultural
 Society of the Capital District. Sun.,
 May 7, 7 p.m. Preceded by handcraft
 demonstration beginning at 6 p.m.
 Swyer Theatre, The Egg, Empire State
 Plaza, Albany. Free with ticket.
 ticket@taccsd.org or (518) 473-1845
 (The Egg Box Office).

Findlay Cockrell

Pianist to perform as part of the 2016-17
 Music @ Noon Concert Series. Tues.,
 May 9; doors open at 11 a.m. for noon
 concert. Troy Savings Bank Music Hall,
 30 Second St., Troy. Free. (518) 273-0038
 or www.troymusicall.org.

Poison and Tesla

Two of the late 80s/early90s most
 popular hair bands roll into town to
 perform their greatest hard-rockin' hits

and ballads. Tues., May 9; doors at
 6:30 p.m. for 7:30 p.m. concert. Times
 Union Center, 51 South Pearl St., Albany.
 \$25, \$49.50, \$59.50, \$69.50 or \$85.
 (518) 487-2000, (800) 745-3000 or
 www.timesunioncenter-albany.com.

Lucinda Williams

Combining contemporary rock and
 country sounds, the Grammy Award-
 winning artist continues to build on her
 foundation of remarkably personal songs
 in her most recent release, "The Hosts of
 Highway 20." Tues., May 9. Doors open at
 7 p.m. for 8 p.m. concert. Hart Theatre,
 The Egg Performing Arts Center,
 Empire State Plaza, Albany. \$37.50,
 \$47.50 or \$55. (518) 473-1845 or
 tickets.theegg.org.

Washington County Line

A quintet of experienced bluegrass
 musicians from the Capital District make
 up this traditional bluegrass band with
 a solid reputation for performing both
 classic bluegrass songs and adaptations
 of early country, folk and contemporary
 numbers. Part of the Howlin' at the Moon
 American Music Series. Wed., May 10,
 7 p.m. Mabee Farm Historical Site,
 1100 Main St. (Route 55), Rotterdam
 Junction. \$5. (518) 877-5073 or
 schenectadyhistorical.org.

David Bramble Quartet

Continuing his musical journey of
 more than five decades, this American
 godfather who has mastered a variety
 of string instruments and musical styles
 returns to his blues roots accompanied
 by three of his longtime studio and road
 cohorts. Fri., May 12, 8 p.m. Cohoes
 Music Hall, 58 Remsen St., Cohoes.
 \$42, \$47 and \$52. (518) 465-4663
 or www.palacealbany.org.

The Kingston Trio

The band that first brought the rich
 tradition of American folk music into the
 mainstream five decades ago will bring
 back great memories while creating new
 ones by playing great songs that sound as
 good as they did the first time around.
 Fri., May 12, 7:30 p.m. Troy Savings
 Bank Music Hall, 30 Second St., Troy.
 \$29 or \$37. (518) 273-0038 or www.
 troymusicall.org.

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| 62 | | | | | | 63 | | | | | 64 | | | |

ACROSS

- Government agency ruling Soviet camps
- Boys
- Acad.
- Throat dangler
- Sundae topper, perhaps
- Jaywalking, e.g.
- OK, in a way
- Bill collector?
- Blockhead
- Weariness of body from strain
- Adjutant
- Drink from a dish
- A trader who deals with animals hides
- Mill output
- Static ____
- "You there?"
- Useful
- Biblical birthright seller
- "Cut it out!"
- Drag
- Structures created by worms
- Bluish gray
- Spoonful, say
- Blinds
- On dry land
- A.T.M. need
- Farm soil
- Causing to grow thin
- "Major" animal
- "... happily ____ after"
- Electric dart shooter
- Advanced
- Adam's apple spot
- Antipasto morsel
- A chorus line
- Cafeteria carrier
- Alter

DOWN

- Deceive
- Eye layer
- Big galoots
- "Ah, me!"
- Famous Italian astronomer
- Add
- Bone-dry
- Drop
- A turning point
- Not definite or clear
- Kind of situation
- Insinuating
- Schlepper
- Toni Morrison's "____ Baby"
- Queen, maybe
- 100 centavos
- Apple spray
- Oblong red vegetable
- Box
- "O, gie me the ____ that has acres o' charms": Burns
- Cabinet acronym, once
- Fly, e.g.
- Black shade
- Song and dance, e.g.
- "Malcolm X" director
- Window with sashes
- "Wheels"
- Daniel Webster, e.g.
- "Dear" one
- "Be-Bop-____" (Gene Vincent hit)
- The New Yorker cartoonist Edward
- Lacks, briefly
- Brisk
- Affirm
- Areas in which large intestines begin
- A fisherman may spin one
- Egyptian fertility goddess
- "Scream" star Campbell
- Got bigger

Answers on Pg. B25

Tom Paxton with the Don Juans

Legendary folk icon and fun topical songwriter teams up with friends and award-winning colleagues Don Henry and Jon Venzer in a new creative songwriting and performing experience. Presented by The Eighth Step. Fri., May 12, 7:30 p.m. GE Theatre, Proctors, 432 State St., Schenectady. \$25, \$30 or \$50. (518) 346-6204 or tickets.proctors.org.

Dwight Yoakam

Multiple Grammy Award-winning recording artist with five albums topping Billboard's Country Albums chart, performs in support of his most recent bluegrass influenced release, "Swimming Pools, Movie Stars." Elliot Root opens. Fri., May 12. Doors open at 7:30 p.m. for 8:30 p.m. concert. Hart Theatre, The Egg Performing Arts Center, Empire State Plaza, Albany. \$59.50, \$74.50 or \$99.50. (518) 473-1845 or tickets.theegg.org.

Spring into Uke

One-day intensive for ukulele players featuring classes and workshops led by Jim and Liz Beloff, Paula Bradley and Bill Dilloff, Ben Carr and Ron Garden, followed by an open mic and concert (6:30 p.m.). Sat., May 13, 11 a.m. to 10 p.m. Old Songs Community Arts Center, 37 South Main St., Voorheesville. All-day pass, \$48.24 (online sales end May 12); Concert only, \$16.74. (518) 765-2815 or oldsongs.org.

Young Musicians Forum

Music of Chopin, Schubert and Rachmaninoff performed by Yanran Li, piano, and Wenguan Li, viola. Sat. May 13, 2 p.m. Reception to follow. Niskayuna Branch, Schenectady County Public Library, 2400 Nott St. East, Niskayuna. Free. (518) 210-0975.

The Manhattan Transfer

American a capella, jazz fusion/pop music group with breathtaking vocal abilities, strong musicianship and exciting live shows that is best known for its version of "Birdland." Sat., May 13, 8 p.m. Arthur Zankel Music Center, Skidmore College, 815 North Broadway, Saratoga Springs. \$45 and \$55. (518) 580-5321 or www.skidmore.edu/zankel.

BoDeans

The band best known for its chart-topping songs such as "Fadeaway," "Only Love," and "Dreams," celebrates its 30th anniversary with a new show: "Stripped Down," featuring beautiful renditions of its classic hits. Sat., May 13, 8 p.m. Swyer Theatre, The Egg Performing Arts Center, Albany. \$29.50. (518) 473-1845 or tickets.theegg.org.

Slaid Cleaves

Twenty years into his career, this celebrated songwriter continues to spin stories with a novelist's eye and a poet's heart. His latest collection, "Still Fighting the War," delivers vivid snapshots as wildly cinematic as they are carefully chiseled. Sat., May 13, 8 p.m. The Linda,

339 Central Ave., Albany. \$22. www.thelinda.org.

Pickin' & Singin' Gatherin'

A sing-around for the whole family. Sun., May 14, 1 to 4 p.m. Old Songs Community Arts Center, 37 South Main St., Voorheesville. \$15. (518) 765-2815 or oldsongs.org.

Empire State Youth Orchestra

Joint performance featuring the Youth Orchestra and Youth Percussion Ensemble. Program includes Javelin by Michael Torke, Russell Peck's The Glory and the Grandeur, Quartz City by David Johnson, and Alexander Borodin's Symphony No. 2. Sun., May 14, 4 p.m. Arthur Zankel Music Center, Skidmore College, 815 North Broadway, Saratoga Springs. Adults, \$20; seniors/students, \$10. (518) 382-7581 or https://esysecure.force.com.

Mother Sings

A Mother's Day recital featuring Deborah Rocco, soprano, and Michael Clement, pianist, who will perform songs and arias depicting the many facets of motherhood. Includes "The Mystery," a song cycle by Carlisle Floyd, and works by Richard Strauss, Debussy, Verdi, Puccini, and Purcell. Sun., May 14, 4 p.m. Emmanuel Baptist Church, 275 State St., Albany. Free, donations requested. (518) 377-0930.

THEATER

Hedda Gabler

Hedda and Tesman have just returned from their honeymoon and the relationship is already in trouble. Trapped but determined, Hedda tries to control those around her, only to see her own world unravel. A modern production of Ibsen's masterpiece. Presented by National Theatre. 3 hrs., 30 mins. Wed., May 3, 2 and 6:30 p.m. GE Theatre, Proctors, 432 State St., Schenectady. \$15. (518) 346-6204 or www.proctors.org.

Macbeth

ADK Shakespeare Company performs the classic tragedy in its Shakespeare in the Raw style, inviting the audience to think about gender, its fluid nature and what it can mean to us both on and off stage. Production runs 95 minutes, plus a 15 minute intermission. Sat., May 6, 8 p.m. National Museum of Dance, 99 South Broadway, Saratoga Springs. Adults, \$20; Seniors, students, veterans, \$18; children 12 and younger, free. (518) 803-HARK (4275) or www.adkshares.org.

Some People Hear Thunder

Set between 1913 and 1915 in New York and southern Turkey, this new musical by Gerson Smoger and Jeffrey Sorkin tells the uplifting tale of a young reporter, his true love in America, and Armenians fighting for dignity and survival in the face of brutality. Shows: Wednesdays and Thursdays at 7:30 p.m., Fridays at 8 p.m., Saturdays at 3 and 8 p.m., Sundays at 2, and Tuesdays at 7:30 p.m. Through Sun.,

May 21. Capital Repertory Theatre, 111 North Pearl St., Albany. \$20 to \$55. (518) 346-6204 or www.proctors.org.

The Foreigner

Larry Shue's comedic play about Charlie Baker, a painfully shy Englishman who is terrified of conversing with anyone, who gets put in the awkward position of overhearing more than he should. Presented by Home Made Theater. Shows: Fridays and Saturdays at 7:30 p.m., Sundays at 2 p.m., through Sun., May 7. Spa Little Theater, Saratoga Spa State Park, 19 Roosevelt Dr., Saratoga Springs. \$21, \$24 and \$27. (518) 587-4427 or homemadetheater.org/box office. Call (518) 861-8862 for advance tickets.

Cabaret

'Willkommen' and leave your troubles outside! Direct from Broadway, the Roundabout Theatre Company presents its Tony Award-winning production of this timeless musical masterpiece about following your heart while the world loses its way. Shows: Tues., May 9, and Wed., May 10 at 7:30 p.m.; Thurs., May 11 at 1:30 and 8:30 p.m.; Fri., May 12 at 8 p.m., Sat., May 13 at 2 and 8 p.m.; Sun., May 14 at 2 p.m. MainStage, Proctors, 432 State St. Schenectady. \$20 to \$90. (518) 346-6204 or tickets.proctors.org.

Der Rosenkavalier

The final "Met: Live in HD" presentation of the season featuring Renée Fleming and Elina Garanča in the starring roles of Marschallin and Octavian in Richard Strauss' grandest opera. Run time is 4 hours, 50 mins. Sat., May 13, 12:55 p.m. Auditorium, The Clark, 225 South St., Williamstown, Mass. \$25. (413) 458-0524 or www.clarkart.edu/ImportedEvents/806-26581.

COMEDY

The Comedy Works

Cohoes Music Hall Gilbert Gottfried. Sat., April 13, 8 p.m. 58 Remsen St., Cohoes. \$25. (518) 465-4663 or www.palacealbany.org.

The Comedy Works

Saratoga Springs Earl David Reed, Thurs., May 4, 7 p.m., \$10; Fri., May 5 and Sat., May 6, at 7:30 and 9:30 p.m., \$15 (show only) or \$39.95 (dinner + show). **Nathan Macintosh and Rob Ryan,** Thurs., May 11, 7 p.m., \$10; Fri., May 12 and Sat., May 13, at 7:30 and 9:30 p.m., \$15 (show only) or \$39.95 (dinner + show). **Shut the Bronch Up! starring Nancy Timpanaro-Hogan,** Sun. April 23, 1:30 p.m., \$39.95. Friday and Saturday night shows and Sunday brunch 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 Funny Bone

Tony Hinchcliffe, Thurs., May 4, 7:30 p.m., \$12, Fri., May 5, 7:30 and 10 p.m., and Sat., May 6, 7 and 9:45 p.m., \$17. **Steve Gillespie,** Sun., May 7, 7 p.m., \$12. **NENE Leakes,** Wed., May 10, 7:30 p.m., \$25 to \$35. **Guy Torry,** Thurs., May 11, 7:30 p.m., \$12, Fri., May 12, 7:30 and 10 p.m., and Sat., May 13, 7 and 9:45 p.m., \$15, Sun., May 14, 7 p.m., \$12. All shows 21+. Crossgates Mall, 1 Crossgates Mall Rd., Guilderland. (518) 313-7484 or Albany.funnybone.com.

Mopco Improv Theatre

Happy Hour/Improv Jam, Thurs., May 4, 5:30 p.m./7 p.m. \$5. **What Could Go Wrong?** Fri., May 5, doors at 7:30 p.m.; show follows at 8 p.m., \$6 to \$10. **THEATRESPORTS!** Sat., May 6 and 13, doors at 7:30 p.m., show follows at 8 p.m., \$6 to \$15. **Sing Along with Mark S. Meritt,** Thurs., May 11, doors 6:30 p.m., show at 7 p.m. Free. **Storytime Time with Ethan Ullman, featuring**

Heidi Nathaniels, Robert Magee and Carlisle Carey. Fri., May 12, doors 7:30 p.m., performance at 8 p.m. \$6 to \$10. 10 North Jay St., Schenectady. (518) 577-6726 or mopco.org/shows.

DANCE

Ellen Sinopoli Dance Company

Company of compelling, athletic and versatile dancers will perform a mix of audience favorites and new works. Fri., May 5, 8 p.m. Hart Theatre, The Egg, Empire State Plaza, Albany. \$25. (518) 473-1875 or www.theegg.org.

Community "Barn" Dance

Spare Parts will provide music and Bob Nicholson will call fun, simple dances, including circles, contras and squares from around the world for all ages and abilities. Features dessert potluck during intermission. Sat., May 6, 7 to 9:30 p.m. Old Songs Community Arts Center, 37 South Main St., Voorheesville. \$8/person;

children ages 12 and younger, free. (518) 765-2815 or oldsongs.org.

FAMILY

Animal Spotlight

Learn more about the museum's inhabitants during this hands-on activity. Wed., May at 3 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.

KIDS! Storytime

For children and their parents/caregivers. Fri., May 5, 10:30 a.m. Northshire Bookstore, 424 Broadway, Saratoga Springs. Free. (518) 682-4200 or www.northshire.com.

Lauren Wolk

Newbery Honor recipient and author of "Wolf Hollow" will share her from her new novel, "Beyond the Bright Sea. Fri., May 5, 6 p.m. Northshire Bookstore,

MUSIC FOR MEALS ON WHEELS

JOIN EVEREST RISING



EDEN CAFE
SAT, MAY 13th • 7:30PM
 269 Osborne Rd. #3,
 Loudonville
 (Next to D'Raymonds)



TICKETS \$15.00
 Seats Limited ~ Reservations Suggested
 Advanced seating available thru EventBrite.com
 or, call the Cafe @ 518-977-3771

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424 Broadway, Saratoga Springs. Free. (518) 682-4200 or www.northshire.com.

I Love My Park Day

Join the Friends of Grafton Park for a morning of service on trails, shores and fields. Sat., May 6, 9 a.m. to noon; check in at the Deerfield Pavilion. Grafton Lakes State Park, 100 Grafton Lakes State Park Way, Grafton. Free. Register online at <http://www.ptny.org/events/i-love-my-park-day>.

Amazing Amphibians

Learn about native amphibians and gain experience in identifying, locating, capturing and releasing them. Sat., May 6, 1 to 3 p.m. Dyken Pond Environmental Education Center, 475 Dyken Pond Rd., Croseyville. \$1/child, pre-registration required either by phone or e-mail (dykenpond@gmail.com). (518) 658-2055 or dykenpond.org.

Woods and Waters Day

Explore plants, animals, streams and ponds and how they all tie together! Presented by the Schenectady County Historical Society in conjunction with ECOS: The Environmental Clearinghouse and the Schenectady Chapter of the Adirondack Mountain Club. Sun., May 7, 11 a.m. to 3 p.m. Free. (518) 887-5073 or curator@schenectadyhistorical.org.

Chris Perondi's

Stunt Dog Experience

High-energy show featuring dogs with unique talents and signature moves individually trained using positive methods (clicker, toy motivation). Sun., May 7, at 2 and 5 p.m. Cohoes Music Hall, 58 Remsen St., Cohoes. General admission, \$19; meet and greet package, \$29. (518) 465-4663 or www.palacealbany.org.

Treasure Hunt

After learning basic map and compass skills, venture out to discover a hidden treasure in the forest. Sun., May 7, 2 to 3:30 p.m. Grafton Lakes State Park,

100 Grafton Lakes State Park Way, Grafton. \$2/person or \$5/family; pre-registration required. (518) 279-1155.

69th annual Tulip Festival

Annual tradition rooted in the city's rich Dutch heritage, nearly 100 artisans selling handmade crafts, a fine arts show, delicious food, the KidZone family fun destination, two stages of world-class live entertainment and more than 140,000 tulips in 150 different varieties. Sat., May 13, and Sun., May 14, from 11 a.m. to 6 p.m. Washington Park (main entrance at the intersection of Madison and New Scotland avenues), Albany. Free. For a detailed schedule of live performances and entertainment, visit www.albanyevents.org and click on the MORE INFO button.

FILM

Greedy Lying Bastards

This 2013 film details the people and organizations casting doubt on climate science and claims that greenhouse gases are not affected by human behavior. Presented by Bethlehem Neighbors for Peace, Wed., May 3, 7 p.m. Bethlehem Public Library, 451 Delaware Ave., Delmar. Free. (518) 466-1192.

H20 mx

With over 20 million residents, can Mexico City avert disaster and become water sustainable? Part of the ongoing Planet Talk series with special introduction and post-film Q&A session. Thurs., May 4, 7 p.m. Madison Theater, 1036 Madison Ave., Albany. \$10. (518) 438-2094 or themadisontheater.com/planet-talk/

Beauty And The Beast

Scyfi Theatre presents a screening of Disney's animated classic. Daily, Thurs., May 4, through Sat., May 6, at 7 p.m.; also Sat., May 6, at 2 p.m. Cohoes Music Hall 58 Remsen St., Cohoes. \$17. (518) 465-4663 or www.palacealbany.org.

The Room

It Came From Schenectady's annual screening of the Tommy Wiseau film. Fri., May 5, 7 p.m. GE Theatre, Proctors, 432 State St., Schenectady. Adults, \$9; students w/ID, \$6. (518) 346-6204 or www.proctors.org.

In Search of Israeli Cuisine

In this Roger Sherman documentary, celebrity chef-restaurateur Michael Solomonov crisscrosses Israel's dynamic food scene beyond falafel and hummus to taste the food revolution and present a diverse portrait of the country's people. Part of the Jewish Film Festival. Sun., May, 7, 7:30 p.m. Schenectady Jewish Community Center, 2565 Balltown Rd., Niskayuna. \$10. (518) 377-8803 or www.schenectadyjcc.org.

Casablanca

The classic Oscar Award-winning film starring Humphrey Bogart and Ingrid Bergman in which a cynical American expatriate encounters a former lover with unforeseen complications. Tues. May 9, 1 p.m. Cohoes Music Hall, 58 Remsen St., Cohoes. \$5. (518) 465-4663 or www.palacealbany.org.

LITERARY

Caffe Lena Poetry Open Mic

Sign up begins at 7 p.m.; readings by Kate McNairy and Bernadette Mayer start at 7:30 p.m. followed by the open mic. Five-minute max for each poet. All styles welcome, performers asked to refrain from excessive profanity or vulgarity. Wed., May 3. Caffe Lena, 47 Phila St., Saratoga Springs. \$5. (518) 682-4200 or www.caffelena.org.

Writers workshop

Bi-weekly writers' get together. Eat, drink, schmooze and share, but mostly write. Like mad. Thurs., May 4, at 6 p.m., Tech Valley Center of Gravity, Quackenbush Building, 30 Third St., Troy. Free. www.tvcog.org.

A Bonded Friendship: Moses and Elphalet

Gretchel Hathaway, Ph.D., chief diversity officer and ADA compliance officer at Union College, will discuss and sign copies of her newly published book about how an escaped slave and college president became close friends. Saturday, May 6, 2 to 4 p.m. Schenectady County Historical Society, 32 Washington Ave., Schenectady. \$5. (518) 374-0263 or www.schenectadyhistorical.org.

Will Schwalbe

Author of the best-selling "The End of Your Life Book Club," shares his new book, "Books for Living, an inspiring and magical exploration of the power of books to shape our lives in an era of constant connectivity. Sun., May 7, 4 p.m. Northshire Bookstore, 424 Broadway, Saratoga Springs. Free. (518) 682-4200 or www.northshire.com.

Arthur Levy

Author of "Coda: A Tale of Tchaikovsky's Secret Love," will read, discuss and sign copies of this new historical fiction novel. Fri., May 12, 6 p.m. Northshire Bookstore, 424 Broadway, Saratoga Springs. Free. (518) 682-4200 or www.northshire.com.

Romance Author Spotlight

Conversations, brief readings and book signings with five local authors: Jean C. Gordon, Laura Heffernan, Tori Knightwood, Morgan Malone and Rachael Miles. Sat., May 13, 6 p.m. Northshire Bookstore, 424 Broadway, Saratoga Springs. Free. (518) 682-4200 or www.northshire.com.

EDUCATION

Silversmithing & Glass Enamel Jewelry

Matt Bailnt, a local silversmith and professional jewelry maker will lead this 4 session workshop in which participants will learn how to create powdered glass enamels and make their own colorful

earrings, pendant, or ring No prior jewelry making experience necessary. Fridays, May 5 through May 26, 1 to 4 p.m. Mabee Farm Historic Site, 1100 Main St. (State Route 55), Rotterdam Junction. \$75, includes tools and materials; pre-registration required. (518) 887-5073 or www.schenectadyhistorical.org/workshops.

Drawing Workshop with Monica Bill Hughes

Using the current exhibit at the Rensselaer County Historical Society, the archives, portraits, and ephemera related to the abolition and suffrage movement in Troy, you will participate in a variety of drawing exercises as a reaction to the collection. Program presented by the Troy Public Library. Sat., May 6, 10 a.m. At the Rensselaer County Historical Society, 57 Second St., Troy. Free, registration required. (518) 247-7071 or www.thetroylibrary.org.

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.

All God's Creatures:

The Shakers and their Animals

The Shakers were often ahead of their time, especially when it came to ideas about social welfare and the treatment of animals. They believed all living things should be treated kindly, from pigs to people. Learn about the Shakers' relationship with animals and how to help local four-legged friends. Thurs., May 11, 6 p.m. Eden Cafe, 269 Osborne Rd., Loudonville. Free. (518) 977-3771 or www.edenasc.com.

MISCELLANEOUS

Secret Stockade Tour

Discover the secrets of Schenectady's Stockade section during a walking

tour of the historic district. Includes lunch at Arthur's Market. Wed., May 3, 11 a.m. \$20, available at www.schenectadyhistorical.org/walking-tours, via phone at (518) 374-0263 ext. 4 or email curator@schenectadyhistory.org.

Giffy's BBQ

Enjoy a half-chicken dinner including potato, coleslaw, roll with butter, drink and dessert. Thurs., May 4, 4:30 to 6:30 p.m. Community Reformed Church of Colonie, 701 Sand Creek Rd., Albany. \$11. (518) 869-2111

Friday Walk and Talk

Join members of the Albany Pine Bush Preserve Commission for a one hour, 1.2 mile hike at Kings Highway Barrens. Meet at the Madison Avenue Pinelands trailhead (#7) by 11:55 a.m. Friday, May 5, at noon. Limited to 15 participants. Free, advance registration required. (518) 456-0655 or www.albanypinebush.org/events/detail.cfm?id=2133.

Sixth Annual Mastodon Challenge

15K Race (USATF certified) with 5K Run/Walk on routes which highlight the city's history and architecture. Also includes children's fun run. Sat., May 6. Check in at 7:30 a.m., followed by races at 8 a.m. (fun run), 9 a.m. (15k) and 9:15 a.m. (5k). Craner Park near Fallsview Park, Cohoes. Registration fees are \$5, \$35 and \$30, respectively, with proceeds benefiting the Cohoes Multi Service Senior Center and the Cohoes Universal Pre-K program. Details/registration at mastodonchallenge.com.

Bounce for Bark

Participants will take turns bouncing in a bounce house to complete the number of bounces they've received pledges for. Held in conjunction with the Bark For Life dog walk celebrating the caregiving qualities of our canine companions. Sat., May 6, 9 a.m. to noon. Sharon Drive Pavilion, Cook Park, Shambrook Pkwy., Colonie. Minimum of \$10 of pledges required. Information/registration: www.

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5/5 - Moonshine Junkies
5/6 - Jocomo
5/12 - The Refrigerators
5/13 - Tapestry
5/19 - Dr. Jah & The Love Prophets
w/s/g Knot Dead Duo
5/20 - Soul Provider

relayforlife.org/barkalbanycolonieny.

Gentle Conversation Circle
Using the concepts of gather, listen and respect, Germalyn McDowell will carve out a safe space for gentle, restorative conversation between participants. All are welcome; bring curiosity, an open mind, an open heart and playful spirit. Sat., May 6, 10 a.m. Main Branch, Troy Public Library 100 Second St., Troy. Free, registration required. (518) 247-7071 or www.thetroylibrary.org.

Basilica Farm & Flea Spring Market
Part timeless flea and farmers' market and part 21st-century craft and design fair, shop for handmade and vintage goods, farm-fresh food and locally made added value food products. Sat., May 6, 10 a.m. to 6 p.m., and Sun., May 7, from 11 a.m. to 5 p.m. Basilica Hudson, 110 S. Front St., Hudson. Adults, \$5 for general admission for the weekend; children younger than 12, free. Basilicahudson.org/farmandflea/

Schenectady Greenmarket Summer Market
Regional vendors selling groceries, take-away meals and artisanal items. Sundays, 10 a.m. to 2 p.m., around City Hall, 105 Jay St., Schenectady. schenectadygreenmarket.org.

Pop-up Fabric and Yarn Sale
Purchase fabrics, yarn, trim, thread, patterns, notions, tools and more for reasonable prices. Presented by Up-Stitch, the new nonprofit creative re-use organization. Sun., May 7, from 10 a.m. to 4 p.m. Albany Art Room, 350 New Scotland Ave., Albany. (518) 618-2825 or www.up-stitch.com

Wonder Walk
Using Rachel Carson as an inspiration, participants will look, listen and smell to explore the seasonal surprises of the Capital District. Sun., May 7, 1 to 2:30 p.m. Albany Pine Bush Discovery Center,

195 New Karner Rd., Albany. \$3/person; \$5/family; ages 5 and younger, free; limited to 23 participants. (518) 456-0655 or https://www.albanypinebush.org/events/detail.cfm?id=2134.

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 Rd., Loudonville. (518) 977-3771.

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 Third St., Troy. (518) 279-7863 or www.tvcog.net.

Eastern Whip-poor-will Survey Training
Learn how to help the Pine Bush Preserve monitor this nocturnal bird as it works to restore its habitat. Tues., May 9, at 7 p.m. Ages 15+; limited to 25 participants. Albany Pine Bush Discovery Center, 195 New Karner Rd., Albany. Free, pre-registration required. (518) 456-0655 or https://www.albanypinebush.org/events/detail.cfm?id=2135#register

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.

Full Moon Frog Watch
Listen to a summer chorus of frogs and

toads during a two-mile hike over rolling terrain. Wed. May 10, 7:30 p.m. Ages 10+; limited to 23 participants. Albany Pine Bush Discovery Center, 195 New Karner Rd., Albany. Free, pre-registration required. (518) 456-0655 or https://www.albanypinebush.org/events/detail.cfm?id=2136

518 Baby Boom & Mother-to-be-Expo
Exhibits, prizes, refreshments, free samples and raffles geared towards expecting parents and their families. Thurs., May 11, 5 to 8 p.m. Empire Room and Terrace, Albany Marriott, 189 Wolf Rd., Albany. Free, registration preferred. https://www.facebook.com/events/1848914852050424/

Garden Treasures and Other Pleasures
Learn about this year's gardening trends during a wine and cheese party to kick off ticket sales for the 2017 Secret Gardens Tour taking place on Sunday, July 9. Presented by the Soroptimists of Saratoga County. Fri., May 12, 5:30 to 8 p.m. Sunnyside Gardens, 345 Church St., Saratoga Springs. Free; RSVP with name and number of guests to secretgardensinfo@gmail.com no later than May 11. (518) 584-1034 or soroptimistsaratoga.org.

Birds and Bagels
Bring an appetite and a pair of binoculars for a two-hour walk along the trails of Karner Barrens East to see and watch the birds. Sat., May 13, 7:30 a.m. Ages 10+; limited to 23 participants. Albany Pine Bush Discovery Center, 195 New Karner Rd., Albany. \$3/person or \$5/family; pre-registration required. (518) 456-0655 or https://www.albanypinebush.org/events/detail.cfm?id=2137.

Cohoes Proud Car Show
Inaugural classed and judged show featuring cars, motorcycles, vendors and live music will take up a full city block.

Proceeds to benefit the Cohoes Veteran Memorial Fund. Sat., May 13. Registration at 9 a.m. Cohoes City Hall, 97 Mohawk St., Cohoes. \$15 to register (\$10 for veterans); spectators free. (518) 514-8193 or CohoesProudCarShow.com.

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 Renee Ridgeway," and "The Hudson River School," both through June 18; and "Spotlight: Erie Canal" which marks the bicentennial of the project's ground breaking; through Aug. 20. Plus ongoing exhibits. Hours: Wed.: 10 a.m. to 5 p.m.; Thurs.: 10 a.m. to 8 p.m.; Fri. and Sat.: 10 a.m. to 5 p.m., Sun.: noon to 5 p.m. Admission: Adults, \$10; seniors/students (w/ID), \$8; children ages 6 to 12, \$6; children 5 and younger, free. **Special exhibit: The City School District of Albany 2017 Elementary School Art Show.** Open Fri., May 5, 5 to 8 p.m., Sat., May 6, 10 a.m. to 5 p.m., and Sun., May 7, noon to 5 p.m. Free. 125 Washington Ave., (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. Open daily: 7 a.m. to 11 p.m. Free admission. 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 show focused on the sand dunes from their formation to their impacts on the current landscape,

through June 30. Open weekdays, 9 a.m. to 4 p.m., weekends/holidays 10 a.m. to 4 p.m. Free admission. 195 New Karner Rd., Albany. (518) 456-0655 or albanypinebush.org.

CapitalRep
"Humanize, Not Militarize," a traveling exhibit of posters from the American Friends Service Committee, which portray the effects of militarism and racism at home and abroad. Presented by the Capital District Women Against War. Access to exhibit opens two hours prior to "Some People Hear Thunder" performances. 111 North Pearl St., Albany. Free admission. (518) 527-7110 or www.womenagainstwar.org.

Carondelet Hospitality Center Artistry in Stitches: Needle Art Exhibit. Features work by members of the New York Capital District Chapter of the Embroiders' Guild of America, the original and a reproduction of the 1826 Jerusha Calkins Sampler. Thurs., May 4, from 10 a.m. to 6 p.m., Fri., May 5 through Sun., May 7, 10 a.m. to 4 p.m. 385 Watervliet Shaker Rd., Latham. Admission: Adults, \$5 (suggested); children 12 and younger, free. kathykuhrt@gmail.com or www.nycapega.org.

The Clark Institute
New: **Lauzon Glass Study Gallery**, which showcases the Institute's collection of American glass, most of which has never been on view. Continuing: "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. Open Tues. through Sun., 10 a.m. to 5 p.m. Admisson: adults, \$20; children 18 and younger, free. 225 South St., Williamstown, Mass. www.clarkart.edu.

Clement Art Gallery
Earth Day and Mother's Day Show. Celebrate the spring awakening of our beautiful Mother Earth and the annual special day in May when we express our love and appreciation for our beautiful Moms with a diverse selection of works, through May 26. Open weekdays, 10 a.m. to 6 p.m., Saturdays, 10 a.m. to 4 p.m. Free admission. 201 Broadway, Troy. (518) 272-6811 or clementart.com.

Collar Works
RPI Electronic Arts Graduate Exhibition. Spring semester show featuring works by students in the School of Humanities, Arts and Social Sciences' Master of Fine Arts and Ph.D. in Electronic Arts programs. Opens with a reception from 5 to 8 p.m.; with special performances beginning at 6 p.m., Thurs., May 4. Also features gallery tours, artist talks and an air-quality monitoring "Rover Walk," on Sat. May 6, from 1 to 3 p.m. Through Thurs., May 11. Open Thurs. and Fri., noon to 6 p.m.; Sat., noon to 4 p.m., or by appointment. Free admission. 621 River St., Troy. (518) 285-0765 or www.collarworks.org.

Dan Sekellick Gallery
Oil paintings by Bob Blackmon, featuring still lifes and pieces from his Ireland Collection. Through Mon., May 15. Sand Lake Center for the Arts, 2280 NY Rte. 43, Averill Park. Open by appointment only. Free admission. (518) 674-2007 or info@slca-ctp.org.

Delmar Reformed Church
"Humanize, Not Militarize," (see description under CapitalRep). Opens Fri., May 5, at 6 p.m. Held in conjunction with the Bethlehem Neighbors for Peace fundraiser. 386 Delaware Ave.,

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MAY 8
Cornell 77 40th Anniversary Celebration w/ Gratefully Yours 5/8
The Hollow Bar & Kitchen
8 pm

MAY 12
David Bromberg Quintet w/s/g Austin Shaw
The Cohoes Music Hall
8 pm

MAY 12
Mister F w/s/g Teddy Midnight
The Hollow Bar & Kitchen
8 pm

MAY 18
Kat Wright with special guests Hartley's Encore
The Hollow Bar & Kitchen
8 pm

MAY 19
Flyday Ho-Down
Blackthorne Resort
May 19 - May 21

MAY 22
Eric Johnson Electric Band
The Cohoes Music Hall
8 pm

MAY 23
Ana Popovic
The Cohoes Music Hall
8 pm

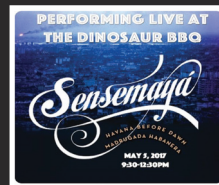
JUNE 6
John Mayall w/s/g Olivia Quillo
The Cohoes Music Hall
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FRIDAY
May 5, 2017 | 9 pm
SENSEMAYA
FEATURING JEFF NAVIN



SATURDAY
May 6, 2017 | 9 pm
EMERALD CITY



FRIDAY
May 12, 2017 | 9 pm
BAD MOTHERS
WITH SHOEBOX DOJO



SATURDAY
May 13, 2017 | 9 pm
THE WHEEL

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Delmar. (518) 527-7110 or www.womenagainstawar.org.

510 Warren Street Gallery

"InsideOutThere," a picture assemblage with blinds by George Guarino. Opens with reception on Sat., May 6, from 3 to 6 p.m. Through Sat., May 27. Open: Fri. and Sat., noon to 6; Sun. noon to 5 p.m. 510 Warren St., Hudson. Free admission. (518) 822-0510 or www.510warrenstreetgallery.com

The Hyde Collection

Upcoming: **The Juried High School Show,** 27th annual show featuring works

by students in Warren, Washington, Saratoga, Hamilton and Essex counties. Opens Sun., May 7. Through Sun., May 28. Ongoing: **"American Artists in Europe,"** featuring selections from the permanent collection that illustrate the lure and influence of European travel on 19th and 20th century American artists. Through June 11. Also, **"Lorna Bieber: Forces of Nature,"** photo murals and montages which reinterpret the natural world as an ethereal and poetic place. Through May 14. Plus permanent exhibitions. Open: Tues. through Sat., 10 a.m. to 5 p.m.; Sun., noon to 5 p.m.

Admission: adults, \$12; seniors (60+), \$10; children/students (w/ID)/active military and families, free. 161 Warren St., Glens Falls. (518) 792-1761 or www.hydecollection.org.

Mandeville Gallery

"Branding the AfroFuture" by Stacey Robinson. Multimedia work discusses "Black Utopias" as spaces of peace away from colonial influence by considering Black protest movements and the art movements that document them. Part of the Art Installation Series, through March 2018 at the Schaffer Library Learning Commons. Also **"Radical Kingdoms,"** through June 18. Union College, 807 Union St., Schenectady. Free. (518) 388-6004 or muse.union.edu/mandeville/home.

miSci

"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 works from photographer Paul Kolnik. Also **"The Dancing Athlete," "50 Years at SPAC," Hall of Fame Inductees Patricia Wilde and Gregory Hines.** Plus ongoing exhibits. 99 South Broadway, Saratoga Springs. (518) 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 state's agricultural heritage. 129 Jay St., Schenectady. (518) 346-7008 or www.nyfolklore.org.

New York State Museum

"A Spirit of Sacrifice: New York State in the First World War," featuring

artifacts, images, posters and documents from collections at the Museum, State Archives, State Library and other cultural institutions. Through June 3, 2018.

Also, **"The People's Art: Selections from the Empire State Plaza Art Collection,"** through Sept. 3; and **"Hudson Valley Ruins,"** through Dec. 31. Plus ongoing exhibits. Empire State Plaza, 222 Madison Ave., Albany. (518) 474-5877 or www.nysm.nysed.gov.

Oakwood Community Center

Final Capital District showing of **"Humanize, Not Militarize,"** (see description under CapitalRep). Opens Mon., May 8 at noon. On view weekdays and Saturdays through May 20. Hours vary; visit the website below for specific viewing times. 313 Tenth St., Troy. Free. (518) 527-7110 or www.womenagainstawar.org.

Opalka Gallery

13th Annual Bachelor of Fine Arts Exhibition, featuring student work from the Interior + Spatial Design, Fine Art, Graphic + Media Design, and Photography programs. Opens with reception on Fri., May 5, from 5 to 7 p.m. Through Sat., June 17. The Sage College of Albany, 140 New Scotland Ave., Albany. Free. (518) 292-7742 or opalka.sage.edu.

Photographic Expressions Studio & Gallery

"PHOTO21: We are of time," second annual juried group exhibition featuring works by David Aimone, Jeanne Finley, Alex Nye, Courtney Stannard, Lawrence White and Jennifer Wilkerson. Through June 30. 455 Broadway, Troy. Free. www.photographicexp.com.

Saratoga Arts

Open Spaces (Main Gallery), featuring works by Matt Chinian, Cheryl Horning, Kelly Schoonbeck and Takeyce Walter which explore the observance of beauty and change in our surroundings. Opens

with reception from 6 to 8 p.m. on Sat., May 6. Through Sat., June 17. Also **Paintings by Susan Beadle** (Reception Gallery) and **Paintings by Maria Tsai** (Member's Hall Gallery). 320 Broadway, Saratoga Springs. Free. (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.

Schenectady County

Historical Society

"Together Until the End: Schenectady in World War I," through Nov. 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

"If I Had Possession Over Judgement Day: Collections of Claud Simard," featuring art and objects from across centuries and continents, through Sept. 24. **"Janine Antoni & Stephen Petronio: Entangle,"** collaborative works which combine action, video and installation: "Honey Baby," May 13 through July 16. Also, **"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. Skidmore College, 815 North Broadway, Saratoga Springs. Free; donations suggested. tang.skidmore.edu.

University Art Museum

Upcoming: **Master of Fine Arts Thesis Exhibition.** Opens Fri., May 5, with an artists' reception from 5 to 7 p.m. Through Sun., May 21. Uptown Campus, University at Albany, 1400 Washington Ave., Albany. Hours: Tues., 10 a.m. to 7 p.m., Wed. through Fri., 10 a.m. to 5 p.m., Sat. noon to 4 p.m. Free. (518) 442-4035 or www.albany.edu/museum.

Upton Center for Women's Studies

"Humanize, Not Militarize," (see description under CapitalRep). Through Fri., May 5. Russell Sage College, 65 First St., Troy. Weekdays, 9 a.m. to 5 p.m. Free. (518) 527-7110 or www.womenagainstawar.org.

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. For 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.

Thursday Musical Club

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

SUDOKU

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Answers on Pg. B25

HOROSCOPES

May 2017
Week 1

CAPRICORN

December 22 – January 19

Why so sad, Capricorn? You have a lot to be thankful for. Your health is good, your family is happy, and this week, your bank account will be full due to a windfall of sorts.

AQUARIUS

January 20– February 18

Your glass is always half full, and people will appreciate your optimism this week when things get crazy. You will see the good in all, Aquarius, which will comfort many.

PISCES

February 19 – March 20

Tired of tiptoeing around a friend, Pisces? Stop it. Take a more direct approach. It is the only way you are going to get through to them.

ARIES

March 21 – April 19

Clarification is the name of the game this week, Aries. Articulate your wishes and provide all of the instructions necessary to ensure success.

TAURUS

April 20 – May 20

Of course, you want to, Taurus. Who doesn't? The question is can you afford to. Review your budget before you commit to the endeavor. Cutbacks may be in order.

GEMINI

May 21 – June 21

Some tales are worth repeating, so when the opportunity presents itself, take it, Gemini. Someone in attendance will appreciate what you have to say.

CANCER

June 22 – July 22

The evidence mounts against a loved one. Be there for them, Cancer. There is more to the situation than meets the eye. A special occasion draws near.

LEO

July 23 – August 22

Spring is in the air, leading to a host of changes in and around the house. Make a to-do list and learn how to delegate, Leo. You won't get far without either.

VIRGO

August 23 – September 22

Permission is granted, but funding is limited. Proceed with caution, Virgo. A lovelorn friend is teetering on the edge of obsession. Rein them in.

LIBRA

September 23 – October 22

Hush, Libra. Some arguments you cannot win, and this is one of them. Travel arrangements must be made in a hurry. Look to a trusted friend to help.

SCORPIO

October 23 – November 21

Your pursuit of knowledge is much to be admired, Scorpio. Keep at it, and you will be rewarded. A look at your calendar reveals the need to shop.

SAGITTARIUS

November 22 – December 21

Keep your eye on the prize, Sagittarius. It is yours for the taking. A presentation points the way to a new you. Baby steps are required.

■ IN BRIEF

Open Mic at Hudson River Music Hall

HUDSON FALLS — Hudson River Music Hall will host Open Mic Night on Wednesday, May 3 from 7:30 to 9:30 p.m.

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

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

Wednesday, May 3 and Thursday, May 4 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

DELMAR — Dan Sherwin will perform at O'Slattery's on Wednesday, May 3 from 6:30 to 9:30 p.m..

Sherwin will play 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, May 3 at 10 p.m.

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, May 3 at 8:30 p.m. .

Participants can stop in to enjoy the

performances, or share their own.

Sign-ups start at 7:30 P.M. 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, May 3 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 more information call (518) 449-BEER or visit thecitybeerhall.com.



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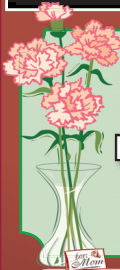
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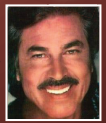
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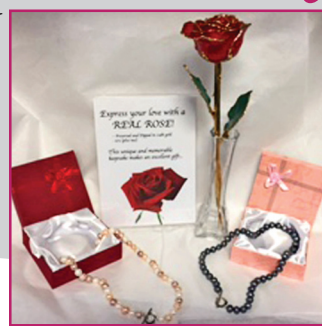
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Food & Vino

Tandoori chicken kebabs

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

CULINARY ARTS

Ingredients

- 5 ounces of low fat natural yogurt
- 3 tbsp tandoori curry paste
- 4 chicken breasts, cut into 1 inch cubes
- 1 tsp lemon juice
- 1 green pepper, chopped
- 1 red pepper, chopped
- 1 onion, chopped
- 1 tbsp oil

Directions

Mix the yogurt, tandoori paste and lemon juice together. Add the chicken and coat well before you cover and leave it all to marinate in the fridge. Marinate your chicken for at least two hours, but for best results, try leaving it in the fridge overnight.

Next, you want to prepare your peppers and onions. Heat the oil in a frying pan and fry the peppers and onions for about 10 minutes, or until soft. Next, take your marinated chicken out of the fridge and thread the pieces onto skewers alternating between meat, peppers and onions. Preheat the grill, then grill the kebabs for about 20 mins, turning once about halfway in. Serve immediately with pitta breads, salad and sour cream.

Pairing

Almaden Pinot Noir

Almaden Winery — California

The winery notes on this “soft and elegant” California wine suggests both a fruit and spicy character, which pairs well with the tandoori flavor and grilled elements of this dish.

IN BRIEF

‘The Room’ at Proctors

SCHENECTADY — It Came From Schenectady presents The Room on Friday, May 5, at 7 p.m. at Proctors at 432 State St. in Schenectady.

The film follows a successful banker’s fiancée’s attempts to manipulate his best friend. The event includes prizes, surprises, cheap custom cocktails, and comfy couch seating.

Tickets are \$9 for adults and \$6 for students with ID. For more information or to buy tickets call (518) 346-6204 or visit www.proctors.org.

Chase Rice at Upstate Concert Hall

CLIFTON PARK — Chase Rice will perform at Upstate Concert Hall on Friday, May 5, at 8 p.m. at 1208 New York 146 in Clifton Park.

Rice an American country music singer and songwriter who co-wrote the single “Cruise” performed by Florida Georgia Line.

Doors open at 7 p.m. Tickets are \$25 in advance and \$28 at the door. For more information or to buy tickets call 371-0012 or visit upstateconcerthall.com.

Ellen Sinopoli Dance at the Egg

ALBANY — The Ellen Sinopoli Dance Company will perform at the Egg on Friday, May 5, at 8 p.m. at the Empire State Plaza in Albany.

The program will feature two new works from this season as well as repertory pieces that highlight the company’s collaborative projects and its diverse selection of musical compositions. The evening will begin with a 7:15 p.m. prelude talk given by Artistic Director Ellen Sinopoli.

Tickets are \$25. For more information or to buy tickets call (518) 473-1845 or visit www.theegg.org.

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HEALTH & FITNESS

The purchase of a bicycle

This week, our Top Five falls conveniently under Health & Fitness, as our Jillian Crocetta broaches a topic many of us are dealing with this time of year: the purchase of a bicycle.

By **JILLIAN CROCETTA**
intern@spotlightnews.com

Winter dawdled on this year. It began with false hopes of warm weather, which was followed by a snowstorm and hours of backbreaking shoveling, with a grand finale of horribly monotonous and bleak rain.

Perhaps, now, spring has finally sprung.

This is the time of year we embrace, after those wintry months of drear.

And its commencement? It begins officially when we push our snow-blower into the tiniest nook of our garage where our bike had hibernated during those long months, and in turn, wheel our bike out to where it is more accessible (after giving its dust-coated surface a quick clean).

This is also the time of year for friendly reminders, as we pull an outdated, rusted bike from the garage. One glance at this sickly-looking structure reminds us that, reasonably, it may be time to purchase a new one.

Buying a bike can become quite the difficult task, especially upon entering a store full of complicated-looking bikes and daunting price tags. To lessen the stress of making this purchase, and

help us become fearless bike riders, Dave Endy, the local owner of Steiner's Sports Ski and Bike shop in Glenmont guided us in making a list of the top five most important things to consider when purchasing a bike.

5. Ask yourself what style of bike you'd like

There is no shame in ultimately deciding that a bike is right for you because of its particular look. All bikers, ranging from novice to advanced; from street-racers to mountain-bikers, carry a sense of pride in riding a bike that is uniquely theirs, whether they're attracted to the physical structure, or the vibrancy of the color. At Steiner's, Endy explains that once the employee gets a general

sense of what type of bike you want to ride, they can help you narrow down two or three different style options. Aside from the appearance-aspect, bike styles rely on the different body positions a rider may have; whether the rider settles into a more comfortable, upright position, or naturally arcs toward the handlebars. It is important to consider which physical style of bike will accommodate a relatively comfortable body position for you.

4. Inquire about maintenance and upkeep of the bike

Upon purchase, your bike will seem unyieldingly strong, though it is important to remember that eventually, it will need some tuning. It is your dutiful responsibility as a bike owner to ensure that its ailments will be fixed, therefore it is important to look into the bike's specific maintenance plan. Steiner's policy, as Endy indicated, is that general upkeep for the first service year

Continues on B26





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IN BRIEF

Harpeth Rising at Caffe Lena

SARATOGA SPRINGS — Harpeth Rising will perform at Caffe Lena on Thursday, May 4, at 7 p.m. at 47 Phila St in Saratoga Springs.

The trio consists of classically trained musicians Maria Di Meglio (cello), Michelle Younger (banjo) and Jordana Greenberg (violin) playing original music with three-part vocal harmonies reminiscent of both Appalachia and Medieval Europe, fusing folk, newgrass, rock and classical music.

General admission is \$22 and student/child tickets are \$11. For more information or to buy tickets contact Sara Craig at (518) 583-0022 or sales@caffelena.org.

Hamilton Street Jazz Duo at Yono's

ALBANY — The Hamilton Street Jazz Duo will perform at Yono's Restaurant on Friday, May 5 and Saturday, May 6 from 6:30 to 10 p.m. at 25 Chapel St. in Albany.

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

From page B1 ...

E Street and the river

Angel is currently touring with Garry Tallent, a Rock and Roll Hall of Famer and the only founding member of The E Street Band (sans Bruce Springsteen) still performing. It's Tallent's first solo tour since he started playing along with those kids from Asbury Park 46 years ago. And, he does so in support of the release of his "Break Time" LP.

"Fans always wonder what it is I do between E Street Band tours: This is my answer," Tallent told *Backstreets Magazine*, a quarterly periodical exclusive to news on Springsteen. The E Street Band has long been associated with Springsteen since the 1973 release of "Greetings from Asbury Park, N.J."

"Break Time" is the E Street bassist's first solo album, on the label he co-owns, D'Ville Record Group. Initially available only on vinyl and digital download, a CD edition is to be released later this month. The 12-track release serves as an anthology of American rock and roll in several different forms: from Cajun to honky-tonk, rockabilly, and rhythm and blues.

"They're my songs," said Tallent, "and I chose the ones that fit the mold of the album that I was trying to do, which is my tribute to the '50s. That's always been my favorite era of music."

"It's not a Bruce Springsteen record." Angel co-produced the album at Tallent's Moon Dog Studios in Nashville.

"When [Garry Tallent] called me up a few years ago... he asked me if I could help him produce and play on it, I was really thrilled. I was very flattered that he would think of me. Because, he could ask anyone, you know?"

— Eddie Angel
guitarist & co-producer on
Garry Tallent's "Break Time"

They are joined on the album by Johnny Cash's bassist Davie Roe, and the versatile Fats Kaplin on fiddle, mandolin, and banjo. Also appearing on the album is Jimmy Lester on drums, Dave Roe on standup bass, Randy Leago on accordion and Kevin Mckendree on piano. It should be noted that E Street band mate Nils Lofgren sings harmonies on one of the tracks, too.

Tallent has spent nearly half a century playing alongside Springsteen. In those years, there have been a handful of E Street Band members who have stepped out on their own to make a name for themselves. Before his death in 2011, Clarence Clemons released several solo albums, and was featured with Aretha Franklin, the Grateful Dead, and Jackson Browne, with whom he charted a hit single "You're a Friend of Mine" in 1985. Most recently Steve Van Zandt appeared prominently as an actor in the hit cable series "Sopranos." Despite his band mate's

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successes, Tallent has only now struck out on his own.

And, Angel is right along with him.

At first glance, one can't see how a Jersey boy and a Rensselaer kid managed to cross paths. But, it's a friendship that goes back more than 20 years. Angel said it's based upon a mutual love for good ol' rock and roll.

"We're both fans of '50s rock and roll," said Angel, who can recall his first love for music involving The Beatles and its 1964 release of "I Want to Hold Your Hand." "But, this is the first time we've done something like this. It's the first time Garry's ever done a solo tour. When he called me up a few years ago... he asked me if I could help him produce and play on it, I was really thrilled. I was very flattered that he would think of me. Because, he could ask anyone, you know?"

"Break Time" is Tallent's interpretation of rock and roll's roots. It's not Top 40, and not alternative. Tallent and his band play a sound that is steeped in rock's primordial soup that produced Chuck Berry, Buddy Holly and Lee Dorsey. Despite it not fitting into your typical radio format of today, it's still very popular.

"It's like asking why blues is still popular today," said Angel. "There's

"It's like asking why blues is still popular today. There's no time limit on it. When I hear on the radio, Chuck Berry or Jerry Lee Lewis, that never sounds dated. When I hear a Madonna song, it sounds dated. Something from the '90s? It sounds dated. So, I think there's something classic in that music. A timelessness."

— Eddie Angel
guitarist & co-producer
on Garry Tallent's "Break Time"

no time limit on it. When I hear on the radio, Chuck Berry or Jerry Lee Lewis, that never sounds dated. When I hear a Madonna song, it sounds dated. Something from the '90s? It sounds dated. So, I think there's something classic in that music. A timelessness."

Just a few days prior to the launch of the tour, Angel said he was looking forward to coming back home to the Capital District. Though Nashville was where he struck out to pursue his music career more than 30 years ago, he said he still won't see it in the same way he does Rensselaer.

"It's a great city but it'll never be home," said Angel. "My dream is when we become empty nesters, we'll come visit in the summer. We won't ever move back. We can't afford New York state taxes."

See Tallent and Angel perform cuts from "Break Time" at The Hangar on the Hudson, Tuesday, May 9, at 8 p.m. For tickets and more information, visit Brownpapertickets.com.

IN BRIEF

Latin Night with DJ Frankie Ramos at Newberry Hall

SARATOGA SPRINGS — Newberry Music Hall will host Latin Night with DJ Frankie Ramos on Friday, May 5, from 9 p.m. to close at 388 Broadway.

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 newberrymusicchall.com.

Mary Gauthier at Caffe Lena

SARATOGA SPRINGS — Mary Gauthier will perform at Caffe Lena on Friday, May 5 at 8 p.m. 47 Phila St.

Gauthier is a raspy voiced Americana singer-songwriter from Louisiana.

General admission is \$22 and student/child tickets are \$11. For more information or to buy tickets contact Sara Craig at (518) 583-0022 or sales@caffelena.org.

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CONCERT REVIEW

Soulful Sunday in Troy

TROY — Melissa Etheridge enchanted her audience at Troy City Music Hall on Sunday, April 23.

Every song was new by interpretation; she performed even her oldest hits with a newness that re-told the stories of her music with the wisdom of her years.

From shifting her emphasis in “Come to My Window” to slowing the beat to a bluesy rhythm during “If I Only Wanted To,” and even playing some music acoustically to test the hall’s sound, the concert was a delight for the seasoned Etheridge fans who may have thought they knew her music, but learned they had more to know.

Etheridge played non-stop for two hours, weaving folksy stories and flattery about Troy and its historic buildings into songs about young love and even more mature love as well. The audience was appreciative of her three new songs from her upcoming album “Memphis Rock and Soul,” especially the cover of “Born Under a Bad Sign.”

The best moments of the night, though, were when Etheridge was shaking her blonde hair and crooning her oldest songs with the audience clearly singing along.

Etheridge truly is the only one for Troy.

— Laura Denofio / NYSmusic.com

IN BRIEF

Killswitch Engage and Anthrax at Upstate Concert Hall

CLIFTON PARK — Killswitch Engage and Anthrax will perform at Upstate Concert Hall on Saturday, May 6 at 6:30 p.m.

Killswitch Engage is an American metalcore band formed in 1999 in Massachusetts. Anthrax is an American thrash metal band formed in 1981 in New York City, considered to be one of the leaders of the thrash metal scene.

Doors open at 6 p.m. Tickets are \$32.50 in advance and \$35 at the door. For more information or to buy tickets call (518) 371-0012 or visit upstateconcerthall.com.

PROJECT Trio with Empire State Youth Orchestra

TROY — PROJECT Trio will perform with Empire State Youth Orchestra at Troy Savings Bank Music Hall on Saturday, May 6 at 3 p.m. at 30 Second Street in Troy.

PROJECT Trio is a chamber group ensemble based in Brooklyn that got their start as a YouTube sensation.

General admission is \$20. Student/senior tickets are \$10. For more information or to buy tickets call (518) 273-0038 or visit www.troymusichall.org.

IN BRIEF

Salsa Night at the Albany Rail Yard

ALBANY — The Albany Rail Yard will host “Salsa Night” on Wednesday, May 3 from 8:30 p.m.

Entry is \$10. For more information call (518) 650-6499 or 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, May 3 at 8:30 p.m.

Dave Pedinotti and band perform classic rock and folk tunes.

For information visit onecaroline.com.

Yoga at Troy Public Library

TROY — The Troy Public Library’s Lansingburgh Branch with the Troy YMCA will offer Yoga class on Wednesday, May 3 at 5:30 p.m.

This is an all-level yoga class that will invigorate the body and reduce stress with yoga poses, stretching, breathing and relaxation techniques, which will improve your flexibility, balance, strength and overall wellness. Participants should bring

their own mat.

For more information or to register call (518) 274-7071 or visit engagedpatrons.org.

‘A Bold Peace’ at Oldcastle Theatre

BENNINGTON, Vt. — The Oldcastle Theatre Company will screen A Bold Peace on Wednesday, May 3.

The film follows Costa Rica’s decision to abolish their military in 1948 and the profound social consequences it has brought in the 68 years since abolition.

For more information call (802) 447-

0564 or visit oldcastletheatre.org.

Autistic Aware Adults Support Group

SCHENECTADY — A meeting of the Autistic Aware Adults Support Group will be held on Wednesday, May 3 from 6:30 to 8:30 p.m. at the Autism Society at 101 State Street in Schenectady.

The group provides networking, support, and socializing for adults with Asperger’s Syndrome.

Participants must RSVP. Anyone interested in attending should call the office at (518) 355-2191.



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MUSIC REVIEW

Big Mean Sound Machine 'Runnin' for the Ghost'

By **BEN BOIVIN**
nysmusic.com

Big Mean Sound Machine is an instrumental funk group which has been evolving since the summer of 2009. The adjectives in the band's name are normally used to describe a Godzilla-like monster and this 9-piece out of Ithaca has a sound that is far from gorgeous. While members have come and gone to aid in the experimental efforts, their urge to grow creatively never ceases to amaze the band's loyal fan base.

Known for throwing some of the sweatiest dance parties in the Northeast, Big Mean Sound Machine has been ambitiously touring and working hard to welcome

new followers with no plans of slowing down. The new fan-funded album, "Runnin' for the Ghost," is just one example of how relentless experimentation on the road can lead to something positive and fruitful in the studio.

The opening track, "Return of the March" begins with sound effects reminiscent of spaceship maintenance from a galaxy far away. The futuristic afro-beat introduction to the album peppers in the perfect amount of brass giving it a relaxing hookah lounge feel. "Runnin' for the Ghost" features haunting synthesizer-bass interplay with a worldly drumbeat acting as the powerful nucleus. The title track is the longest on the album, inviting listeners to embark on the meanest, craziest and biggest journey of all and is sure to become a staple of the band's already bustling live music repertoire. "Hired Guns" takes to the streets of New Orleans for a straight forward funk piece that would mix well with any Mardi Gras influenced cocktail. Extremely danceable and groovy, the track exits on the other side of the Earth with a tribal, West African percussion section.

Big Mean Sound Machine attempts to travel to all parts of the globe in terms of musical influences and in

"Burning Van" it cover the slums of Latin America. The tenor sax and trombone combine forces as other band members delicately weave in and out of the track to create a perfect theme song for any 1970's police detective TV montage. Every band has a song that can attract attention simply based on the name. On the band's newest release, "Triple Bacon" is that song. While the title may induce hunger for one of our planet's finest meat products, the gritty jazz will help you get your ass on the floor and burn some calories. The 11 tracks come to an end with "Another Grain of Sand" returning to the afro-beat and Jamaican dancehall influence that has appeared throughout the 44-minute album.

An Epcot-like adventure through many different cultures and influences proves that these talented musicians have studied the encyclopedias of sound. From James Brown to Fela Kuti, the ghosts of artists that have come before them are sure to be dancing wherever they may be.

This article appears as a special to TheSpot518 from NYSmusic.com.



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IN BRIEF

Matty Finn at Carvey's Tavern

BALLSTON LAKE — Matty Finn will perform on Thursday, May 4 from 6 to 9 p.m. at Carvey's Tavern at 17 Main Street in Ballston Lake.

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

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

Edith's Amazing Jam at Arthur's Market

SCHEENECTADY — Edith's Amazing Jam will perform at Arthur's Market on Thursday, May 4 at 6 p.m. at 35 North Ferry Street in Schenectady.

For more information visit arthursmarketandcoffeehouse.com.

The Hot Club of Saratoga Trio at Mouzon House

SARATOGA SPRINGS — The Hot Club of Saratoga Trio will perform at Thursday, May 4 at 9 p.m. at Mouzon House at 1 York Street in Saratoga Springs.

The Capital Region trio plays a repertoire that reflects the spirit and style originated by Django Reinhardt and Stephane Grappelli in The Quintet of the Hot Club of France, most prominent in the 1930's. For more information call (518) 226- 0014 or visit mouzonhouse.net.

SPOTLIGHT ON Careers

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 New Choices Recovery Center in Schenectady is pleased to announce the development of a new substance abuse prevention service program. We are actively recruiting for highly motivated candidates to provide prevention and education services to our community. The following positions are available:

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 Master's degree or Bachelor's degree in education/school social work or counseling and experience working with youth and staff in schools. Ability to deliver evidenced based prevention programming to youth and families.

Substance Abuse Prevention Coordinators (12 month, full-time),
 Associates degree, experience in schools or human services. Willingness to serve as an advocate and model in the community.

Support Staff (12 month, full-time)
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| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | 2 | 1 | 4 | 7 | 3 | 5 | 9 | 8 |
| 9 | 8 | 4 | 5 | 6 | 1 | 3 | 2 | 7 |
| 5 | 3 | 7 | 2 | 9 | 8 | 4 | 6 | 1 |
| 3 | 4 | 5 | 1 | 2 | 9 | 8 | 7 | 6 |
| 7 | 1 | 6 | 3 | 8 | 5 | 9 | 4 | 2 |
| 2 | 9 | 8 | 6 | 4 | 7 | 1 | 3 | 5 |
| 4 | 5 | 9 | 7 | 1 | 2 | 6 | 8 | 3 |
| 8 | 7 | 3 | 9 | 5 | 6 | 2 | 1 | 4 |
| 1 | 6 | 2 | 8 | 3 | 4 | 7 | 5 | 9 |

Super Crossword Answers

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|----|---|---|---|---|---|----|----|---|---|---|----|----|----|---|---|---|---|---|
| 1 | G | U | L | A | G | 6 | T | A | D | S | 10 | I | N | S | T | | | |
| 14 | U | V | U | L | A | 15 | O | R | E | O | 16 | N | O | N | O | | | |
| 17 | L | E | G | A | L | 18 | T | I | L | L | 19 | T | W | I | T | | | |
| 20 | L | A | S | S | I | 21 | U | D | E | S | 22 | A | I | D | E | | | |
| | | | | | | 23 | L | A | P | | 24 | T | A | N | N | E | R | |
| | | | | | | 26 | P | A | P | E | R | | 29 | C | L | I | N | G |
| 31 | H | E | L | L | O | | 32 | P | R | A | C | T | I | C | A | L | | |
| 36 | E | S | A | U | | 37 | C | E | A | S | E | | 38 | B | O | R | E | |
| 39 | W | O | R | M | | 40 | C | A | S | T | S | | 41 | S | L | A | T | E |
| | | | | | | 42 | T | A | S | T | E | | 43 | S | E | E | L | S |
| 44 | A | S | H | O | R | E | | | | | 47 | P | I | N | | | | |
| 48 | L | O | A | M | | 49 | M | A | C | E | R | A | 52 | S | I | N | G | |
| 56 | U | R | S | A | | 57 | E | V | E | R | | 58 | T | A | S | E | R | |
| 59 | L | E | N | T | | 60 | N | E | C | K | | 61 | O | L | I | V | E | |
| 62 | A | L | T | O | | 63 | T | R | A | Y | | 64 | R | E | S | E | W | |

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LOCAL CDS

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

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From page 17 purchase of a bicycle

is included in the purchase. This will likely include routine maintenance and adjustments. After this, a bike should be brought back to the store for a yearly "spring tune-up," which Endy defined as getting "...the bike adjusted, lubed, and checked over for wear on certain tires and cables." He estimated the price of this to be somewhere around \$59. Though this policy is limited to Steiner's, it is commonplace for bike shops to have the same, if not similar policies.

3. Test out a different variety of bikes

As Endy reasoned, just as you test-drive a car before making your purchase, you should consider testing a few, if not many bikes out at the shop. The more bikes you ride, the easier your decision will be, as you learn first-hand what type of bike feels right for you. He also added a bit of expertise, explaining that as a general rule-of-thumb, "The more comfortable the bike, the less the performance" and that, "Finding a bike is about finding a compromise between comfort and performance that you are looking for." Luckily, Endy assured us that no one will be placed on a drop-bar racing bike if he/she hasn't ridden in twenty years; his employees would place these less experienced riders on a more comfortable, upright bike.

2. Ask yourself how often you plan on using the bike

If you are honest with yourself, and give a reasonable estimate on how often you will be using your bike, the employees at Steiner's can help you choose a bike that has corresponding quality. Endy estimated that Steiner's sells bikes from \$390-\$400 to bikes that are well up into the high thousands (\$8,000, \$9,000, \$10,000), plus

everything in between. This, of course, is the consumer's choice, yet it seems rather apparent that someone who just wants to ride bikes with their kids around the neighborhood would not want to spend an outrageous sum of money on a bike that is made for more dedicated cyclists. Fortunately, Steiner's has a bike for all levels of dedication. It just takes some sincere consideration; we are all victims to this optimistic belief that we were have time and devotion for all we want to do.

1. Ask yourself how you plan on using the bike

Endy confirmed that the most important consideration to make while purchasing a bike is asking yourself how you will use the bike. When confronted by customers that are unsure of what type of bike they should be looking for, Endy answers by asking, "What is your end goal with that bike? Are you riding in the neighborhood with your kids? Are you planning on getting some fitness out of it? Are you rehabbing something? Are you trying to be more social?" Your answer to this question will serve as a guide for the employees helping you, as you will have narrowed down your broad search to one that is much more direct. This is when the purchase becomes fun: testing out different models, being shown different styles and colors.

As upstate New York has proven to us this year, its weather is rather unpredictable. Though we often detest this part about our state, we must remember that with all of these temperature fluctuations, we may find a day in the nearby future that seems deceptively like a summer day. And when that day inevitably occurs, we want to be ready to get out there and ride. Don't we?

Jillian Crocetta is a senior at Bethlehem Central High School, and an intern with Spotlight Newspapers.

INTERVIEW

Actor and Albany native:

Rachel Rhodes-Devey

Albany native Rachel Rhodes-Devey returns home to star in the Capital Repertory Theatre production of "Some People Hear Thunder." She's a self-professed, "badass," with a stage presense critics have learned to adore.

On being a "badass"

"[Laughs.] Oh, no. Oh, gosh. I think I probably put that as my description [on Instagram] many years ago, just trying to be cool. But, you know, as artists and activists in this time, we are badasses. And, I think we are badasses for trying to put on this show."

"Not a Day Goes By"

"That was one of my favorite roles to do. That was a very interesting role because that is the first time you see my character, Beth, in that show. It's not until about an hour into the show, and it's at the divorce court, on the steps where she's confronting her soon-to-be ex-husband. [I had] to come into the middle of the show, and in an extremely emotionally raw state, and convey some very uncomfortable feelings. That is a big part of what we do. That is what makes us engage emotionally with audiences. So, that was a big role for me to

tackle, and definitely one of my favorites, to date."

Today's world versus that of "Thunder"

"To be perfectly honest, like many people, I knew very little of the Armenian Genocide before I got this audition. Once I started researching it, I was really shocked that I never heard of this, that it hadn't been part of my history education. And, I was able to realize how important this [musical] is to the Armenian people that this is something that is recognized. How much it really does relate to many things that we are dealing with today. Certainly with the way we treat refugees. Certainly with the rise in nationalism, both in our country and in many places that we're seeing abroad. And, in how we treat people who are different than us. So, I think this is an important subject, because so much has been left unsaid. But, also, it's a good time for self-reflection for us as a nation, and as a people."



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Photos by Garret Mac Aoidh and Amy Modesti



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■ IN BRIEF

Cloud Lifter at One Caroline Street

SARATOGA SPRINGS — Cloud Lifter will perform at One Caroline Street on Thursday, May 4 at 8 p.m.

Cloud Lifter features Chris Carey and Mike O'Donnell on guitars and vocals.

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

Vinyl Nite at Pauly's Hotel

ALBANY — Pauly's Hotel will host Vinyl Nite on Thursday, May 4 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.

Therapy Thursday at Waterworks Pub

ALBANY — The Waterworks Pub will hold "Therapy Thursday" on Thursday, May 4 from 11 p.m. to 4 a.m. at 76 Central Ave. in Albany.

DJ Shawn Gillie will play great music along with drink specials, games, contests and more.

For more information call (518) 465-

9079 or visit www.waterworkspub.com.

Shakespeare workshop at Troy Public Library

TROY — The Troy Public Library will hold Session 3 of the Understanding Shakespeare Workshop on Thursday, May 4 from 6:30 to 7:30 p.m. at 100 Second Street in Troy.

The five-session program explains Shakespeare's play Henry V one act at a time, starting with Act One during Week One. Tom Bulger, Shakespeare Scholar and retired professor from Siena College will lead this workshop. Copies of Henry V are available at the circulation desk of

the Main Library.

This program is free and open to the public. Registration is necessary. For more information or to register, call the library at (518) 274-7071 or online at www.thetroylibrary.org.

Open Mic at Rustic Barn Pub

TROY — Talent Scout Jack Kelle will host Open Mic Night at Rustic Barn Pub on Thursday, May 4 at 8 p.m. at 150 Speigletown Rd. in Troy.

There is a full drum kit, lights and sound provided. All skill levels are welcome.



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Get out and walk

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Pages 3-4

Is an RV for you?

They have never gone out of style.

RVs have never gone out of style, and this form of travel is a world of its own. Are you interested? Here are a few things to consider about the RV lifestyle.

Page 8

The yin and yang of tai chi

This martial art is now sought for healing.

Tai chi quan, or tai jo quan as it is sometimes known, is on its way to becoming one of the most popular forms of exercise in the world.

Pages 10-11

Just because you like it

Whether you're 18 or 81, you need to budget.

You're in debt up to your ears! You're in the company of many people, and governments, too. Let's take a look at how we can get out of this hole.

Page 12

You've got this “adulthood” thing down, right?

Have you heard of “adulthood”? It's a term often followed by someone complaining about his or her monthly obligation to pay the bills, or the daily chores associated with maintaining a house, or simply waking up to go to work. You know, being a responsible adult.

So, here you are into your 50s. You've been an adult most of your life now, so you've got this whole thing figured out. Heck, you may even be confident enough to say you're doing this whole “adulthood” thing better than your parents.

Maybe.

Hey, if that's the case, all the power to you. And, you're not expecting a reward. Going to work. Maintaining your home. Paying the bills. It's called being a grown-up. Those who complain about it need to do some of that.

Well, being an adult these days has been a little more difficult. Perhaps more difficult isn't the correct phrase, but life in the 21st century has served unique challenges that were not there for our parents, or their parents before them. We work hard. When considering the smartphone at your hip, the long hours at the office, and the vacation time you have saved up, it's safe to say you work harder and longer hours than the average person a generation ago. You are at the beckon call of your employer every day, at nearly every hour.

To reward yourself, we're sure you give yourself a little “retail therapy.” A trip to the mall, or some time on the internet, shopping for something you certainly can live without. Drones look fun. That Swiss Army knife-belt-buckle-thing could come in handy. Or, look, a recreational vehicle!

Inside this edition, we have a few articles for you to read over. You have this “adulthood” thing down. But, you may want to find out a little bit more about the benefits of walking each day (Pages 3-4). Get away from your computer and just talk a walk around the block. It's going to do wonders for your cardiovascular health. If you're adventurous, maybe you want to learn more about tai chi and tap into a martial art that doesn't require you to break a board in two (Pages 10-11).

And, if you truly are considering an RV, read what we have to say about that (Page 8), but make sure you read about the importance of maintaining a budget (Page 12). Yes, you're a responsible adult and appreciate the importance of budgets and sound fiscal spending. Nevertheless, consider it a way to prevent yourself from complaining about the sticker price of that RV.

— Michael Hallisey,
Editor

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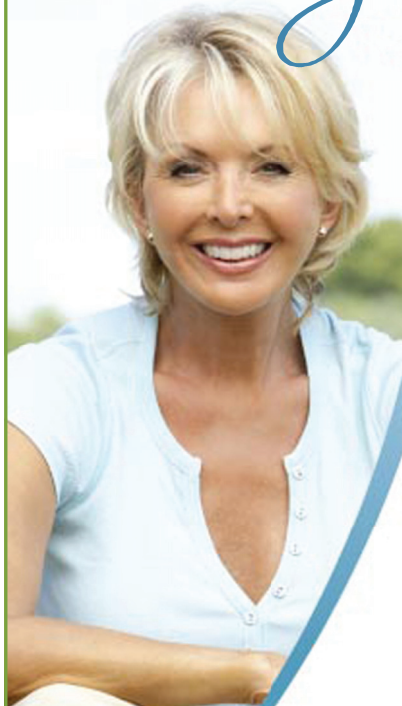
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By **MICHAEL HALLISEY
& TRESA ERICKSON**

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"I'm used to people telling me I'm doing it wrong," said Albany Mayor Kathy Sheehan, before a crowd of 300 people gathered in front of Albany Medical Center. "You should be taking a car, not walking."

The day was set aside for hospital employees, community leaders and members of the American Heart Association to take part in National Walking Day — a promotion to introduce the health benefits of walking each day. Something the 53-year-old avid walker already knows.

Sheehan said she makes an effort to walk at least 15 minutes every day. As busy as Sheehan is each day, she recognizes how each walk makes her feel better and healthier. But, for many Americans, as simple as walking may be for exercise, even this task is difficult to pencil into a busy work week.

Studies have suggested that moderate physical activity has many proven benefits for overall health, such as lowering blood



Albany Mayor Kathy Sheehan

pressure, increasing HDL, or "good," cholesterol and controlling weight. All these changes help to reduce the risk of cardiovascular disease and stroke, the nation's No. 1 and No. 5 killers.

**"I'm used to people telling me I'm doing it wrong.
'You should be taking a car, not walking.'"**

Healthy steps

Start with your diet. Keep a journal of what you eat for one week and then sit down and analyze it. How much fat do you consume? Your fat caloric intake should not exceed more than 30 percent of your total diet in a week's time. What kind of fats do you consume? Keep saturated fats to a minimum and make sure you include some polyunsaturated fats in your diet, such as those found in margarine or cooking oil.

Eat a variety of foods and pay attention to portion sizes, especially protein. You shouldn't eat more than six ounces of protein per day. Although a good source of protein, egg yolks are high in cholesterol. Keep the cholesterol down by substituting whole eggs with one egg yolk and two or three egg whites, depending on the number of eggs called for.

Watch your salt and sugar intake. High salt intake can lead to hypertension, a

The American Heart Association recommends adults participate in at least 150 minutes of moderate intensity aerobic activity or 75 minutes of vigorous intensity aerobic activity or a combination of both each week. Kids should get at least 60 minutes of physical activity every day.

precursor to heart disease. Think twice before reaching for the saltshaker and try to limit your consumption of processed foods, which usually contain a lot of salt. Although sugar isn't directly related to heart disease, a diet high in it often translates to a diet high in calories and low in complex carbohydrates, fiber, vitamins and minerals. Grab a banana or apple instead of a snack cake.

Choose healthier foods when shopping, cooking or eating out. Look for words that might signal a food is high in fat, such as "battered, fried, creamed, au gratin or scalloped." Purchase the reduced-fat, low-fat or fat-free version of your favorite foods. Be wary of the calorie count, though. Some foods may be low in fat but high in calories. If possible, ask that any dressings or sauces be put on the side when dining out and replace ingredients high in fat and calories with reduced versions when cooking.

Pay attention to your weight. Eat healthy and exercise regularly to maintain your weight. If you are overweight, do your best to shed the extra pounds.

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Albany Medical Center Cardiologist Dr. Mandeep Sidhu (right) leads a group of 300 walkers for a “walk in the park,” Wednesday, April 5 for National Walking Day at Albany Medical Center.

Photo by Michael Hallisey / Spotlight News

From page 4 ... Get out and walk

Stay away from fad diets, though. They are dangerous and any weight you lose will probably return as soon as you stop the diet. Remember, the best way to lose weight is through proper diet and exercise.

More walking

The American Heart Association recommends adults participate in at least 150 minutes of moderate intensity aerobic activity or 75 minutes of vigorous intensity aerobic activity or a combination of both each week. Kids should get at least 60 minutes of physical activity every day.

“[Walking is] a tremendous benefit,” said Albany Medical Center Cardiologist Dr. Mandeep Sidhu. “For seniors in particular, it’s important to maintain mobility, and for a cardiovascular perspective as well. For an overall health perspective, it’s really important. There’s no doubt that that loss of mobility can lead to other issues, but from a cardiovascular standpoint, activity and walking alone can help towards overall health.”

People often loss mobility as they grow older. Sidhu still suggests some form of activity for each day. Whereas younger generations are asked to walk for a certain amount of time each day and week, those who find it difficult to walk should simply set a goal to walk each day, regardless of time or distance.

“It’s more about fitting that daily walk in to form a habit,” said

Sidhu. “For them, I think it’s more critical around company. Having a social network during that walking process. I think it makes it more enjoyable for any of us.”



Before changing your diet or introducing exercise into your daily routine, you should first consult your physician. For more healthy life-style tips and information on medical warning signs, visit the American Heart Association at www.heart.org.

“[Walking is] a tremendous benefit. For seniors in particular, it’s important to maintain mobility, and for a cardiovascular perspective as well. For an overall health perspective, it’s really important. There’s no doubt that that loss of mobility can lead to other issues, but from a cardiovascular standpoint, activity and walking alone can help towards overall health.”

— Dr. Mandeep Sidhu
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Fulfilling a need

King Thiel Senior Community serves an aging Capital District

In May 2016, Colonie Senior Service Centers celebrated a groundbreaking ceremony to publicly announce the construction of the newest affordable independent living community for adults 55+ in the Capital District. Just one year later, in the same field that hosted the ceremony, sits the beautiful King Thiel Senior Community, which is now home to 96 adult families.

Colonie Senior Service Centers has nearly 20 years' experience managing senior housing communities, owning and operating two senior living communities: The Beltrone Living Center (2000) and Sheehy Manor (1997). These communities serve seniors of differing lifestyles and economic circumstances. Both deliver high quality independent living and services. The communities have experienced managers and staff who are on-site to assist residents as needed. They are consistently at capacity with lengthy wait lists.

"We have the Beltrone Living Center, market-rate housing, and Sheehy Manor, serving low-income seniors. It didn't take long for us to realize that we were lacking a middleman, something that the average person could qualify for and afford," said Ed Neary, Executive Director, Colonie Senior Service Centers.

The King Thiel Senior Community, located at 11 Elks Lane in Latham, NY is the only new senior housing project focused on middle income seniors in development in the Cohoes, Green Island, Watervliet, and Colonie areas. This senior community was designed to fill an affordability gap in the market for seniors who wish to continue to live in Colonie.

The need for affordably priced apartment homes

was proven years ago when Colonie Senior Service Centers first proposed the idea to the Town of Colonie Planning Board. After years of architectural and development planning, the vision of Colonie Senior Service Centers was finally realized, and relief was felt among seniors and their families living in Latham and around the Capital District when the plans were approved.



According to an April 2013 article in Long Term Living magazine, "one in three working Americans has no retirement saving other than Social Security and 35 percent over the age of 65 rely almost entirely on Social Security alone."

In addition to this, Colonie's senior population is a vast 30.3 percent of the overall population, and that number is only growing as the population ages and people are living longer and independently.

What Colonie Senior Service Centers, and other senior organizations in the Greater Capital District, have found is that the need for this type of housing still exists, even after the King Thiel Senior Community's opened. Just months after announcing applications would be accepted, the King Thiel Senior Community was

fully leased with a wait list of over 100 families. This waitlist continues to build each day.

To fund the King Thiel Senior Community, Colonie Senior Service Centers' Board of Directors and staff launched the \$2 million "Caring for Those Who Cared for Us" Capital Campaign. Funds raised help cover costs such as furnishing the community rooms and offices, landscape design and installation, and other enhancements to ensure a senior-friendly, home-like environment that appeals to, and meets the

needs of, seniors today and tomorrow. \$1.5 million has been raised to date thanks to corporate and individual support. There are a variety of commemorative opportunities still available.

"Thanks to the many supporters of our organization, we have reached the first goal of 'Caring for Those Who Cared for Us'," said Neary, "but we are looking for that last surge to help us complete the campaign. We hope to raise the last \$500,000 by September 2017."

An aerial photo of the King Thiel Senior Community taken in April 2017, nearly one year after the Groundbreaking Ceremony.

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Along with owning a home with a white pickett fence, traveling the country in an RV is something most Americans dream of doing. But, who has the spare time — and spare change — to afford such a vacation? These are the questions one has answer before making such plans.

Is an RV for you?

They have never gone out of style

By **CRAIG W. ARMSTRONG**
news@spotlightnews.com

There are many forms of travel. You can travel by air, sea or land. If you choose land, there's a way to travel with all the comforts of home — by recreational vehicle (RV).

RVs have never gone out of style, and this form of travel is a world of its own. Are you interested? Here are a few things to consider about the RV lifestyle.

Probably the first thing to consider is cost. RVing is something that requires a commitment and with that commitment comes cost. Like most things in life, you get what you pay for with RVs. Prices can range from thousands of dollars to millions. Set your budget and do your homework.

Talk to people who own an RV and are familiar with the lifestyle. If you don't know one of these folks, the Internet can lead you to local groups. Again, RVing is a lifestyle and has its own community.

Like most communities, members are willing to share their knowledge and experiences. Once you have an idea of what you are looking for, considering renting a similar model. This is a good way to try out the model before making

a major investment.

When you are ready to buy, inspect every model carefully. RVs have thousands of moving parts, and some are fairly easy to check. Inspect the doors, the slide-out functions, and the awnings. These are basic but important functions.

Things get a little more mechanical from here. Once you reach your destination, you will need to power your electronics with a generator. Hook up

the generator, let it run for a while, and make sure everything that needs power is getting power. Your water and propane systems

are crucial. Make sure they are working as well. The last thing you want is to be without water and a toilet.

Next comes the engine. If you're not a mechanic, have someone who is take a look under the hood. Not all mechanical issues can be predicted, but having a mechanic give the engine a good "once over" is crucial. Buttons, switches, knobs—check them all. This is especially important if you are buying used.

These are just a few suggestions for buying an RV. The RV lifestyle is vast, and it will take time to learn it. Many people would rather travel by RV than any other way. If you think you would enjoy it, start your search now.



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Tai chi is an exercise enjoyed by all walks of life. The low-impact on one's joints appeals to older bodies, while the meditation aspect that often accompanies can benefit everyone.

The yin and yang of tai chi

Rooted in combat, this martial art is now sought for healing

By **MICHAEL HALLISEY & RONDA ADDY**
news@spotlightnews.com

"I've been doing this for so long, that it's always a part of everything that I do," said Mark Tolstrup, an instructor at the Tai Chi Center in Saratoga Springs. "It's never not a part of everything that I do. The real benefit, day-to-day, is being alive."

Tai chi quan, or tai ji quan as it is sometimes known, is on its way to becoming one of the most popular forms of exercise in the world.

Tai chi is a form of qi gong that combines movement with breath. It is also a form of martial arts with movements that have applications toward self-defense. While qi gong is used specifically for healing and general health, tai chi is a group of movements that promote health as well as provide some offensive/defensive techniques.

The popularity of this martial art has little to do with self defense, because tai chi gives one the benefits of aerobics with-

out the dangers of joint damage. It is common to see classes taught at assisted living centers throughout the Capital District.

Tolstrup, 59, has been teaching tai chi for more than 25 years. He said most who take interest in tai chi are in it for the health benefits. "It's low impact. It's slow. But, it does get them moving."

The endorphin rush is similar to running. A 20-minute or more workout provides someone with the same benefits as running for 20 minutes but with less stress on the heart and less damage to the joints. Tai chi teaches balance, which reduces the number of falls especially among participating senior citizens. Falling is the sixth leading cause of death among senior citizens.

Balance

Tolstrup said a "huge" component to Tai Chi teachings is the emphasis on balance.

"Where's your base? Is your weight on the right foot, or is it on your left foot?" he said. "Frankly, most people have no idea. This is something that I see in teaching. The whole idea of balance is predicated on

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knowing where your base is. If you don't have that, you're compromised."

Tai chi is rooted in the feet, issued through the legs, controlled through the waist and expressed through the hands. The main energy center in the abdomen, called the t'an t'ien (pronounced don chien), is where all the moves originate. Practitioners of tai chi work from a low center of gravity, softening the knees and using only the amount of energy needed to execute movements.

Tai chi is one of the oldest forms of martial arts, dating over 1,500 years. The tai chi of today was started by Zhang San-Feng. Zhang wanted some form of self-defense to protect himself as he traveled across China. Because he was 70 years old, he needed something that would work against stronger and faster opponents. His solution was to concentrate on four basic principles: calm against action, soft against hard, slow against fast and single against a group. According to Zhang, if fighting does not include these four principles, it is not tai chi combat.

Meditation

"Tai chi is a martial art," said Tolstrup. "It's a healing art, and a meditative art. That's the way I learned it."

When practicing tai chi the emphasis is on posture and breathing which are important to proper body positioning. The back is straight with the head held erect. Vision is focused straight ahead but sometimes follows the hands' movements. Breathing is deep and relaxed. The joints of the arms are relaxed, with the shoul-

ders sunk and elbows slightly flexed.

"I get all kinds of people, with all kinds of background," said Tolstrup. "Some are versed in these kind of things, some never really gave it thought. Meditation is something you've heard your whole life: Relax. Take a deep

breath. It's common understanding of what it means to be in a human body. If you're angry, you're upset, nervous — your breathing becomes really shallow. ... If you relax your breathing, it helps your mind and body to relax. If you get your mind and body to relax, it helps the breathing to relax."

Part of tai chi is the concept of yin and yang, two opposing types of energy. Yin is calm and static, while yang is active and dynamic. Chi flows only when these two forces are in balance. The chi refers

"You're not going to have a stress-free life. What you are going to have is a situation in which you're going to have to manage the stress. Whether it's some personal thing, some business thing or some political thing, it will get you nervous and uncomfortable or unhappy. Learn to manage that and learn to navigate through that is a huge key in life."

— Mark Tolstrup, Tai Chi instructor,



At first glance, tai chi looks like a hip mixture of slow, choreographed movements. But, imagine speeding the pace of those movements, and one see the defensive moves of an ancient martial art.

to the vital force of energy that is said to flow through the meridian channels of the body. Regular practicing of tai chi helps the body's meridians stay open and flowing with chi.

The emphasis of flow and balance, both in mind and body, helps people circumvent the impact of stress. Tolstrup said there's no avoiding stress, but there is a way to escape it temporarily.

"Sorry to tell you, but stress is here to stay," he said. "You're not going to have a stress-free life. What you are going to have is a situation in which you're going

to have to manage the stress. Whether it's some personal thing, some business thing or some political thing, it will get you nervous and uncomfortable or unhappy. Learn to manage that and learn to navigate through that is a huge key in life. Meditation gives you a little bit of a break from the day-to-day stress."

Tai chi's early roots are steeped in folklore and imagination. It is believed that an ancient Taoist priest had a dream about a rattlesnake and a crane in combat and was therefore inspired to create the first movements of tai chi.

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Just Because You Like It

Whether you're 18 or 81, you need to budget

By ANN M. BARE
news@spotlightnews.com

The idea of preparing a budget finally makes sense. You have watched money go out at a rate faster than it is coming in. Something has to change. You must take control of those dollars and cents.

Taking the process seriously, you are now ready to face some facts. Sure it might hurt, but sometimes truth does hurt.

You have mismanaged money. Many people do; in fact, most people do. Yes, individuals carelessly spend, families do, governments do too. Have you noticed the national debt lately? That didn't skyrocket because of wise money management. You are in good company.

But you don't have to stay in their corner.

There are expenses nearly everyone must pay: housing, utilities, food, miscellaneous, transportation, clothing,

medical, personal, insurance. And there are optional expenses: giving, phone, education, entertainment, vacation, retirement account, child support, alimony, savings. And if all of this sounds terribly overwhelming, add psychiatric counseling to the options category.

Life was a bit easier when Dad and/or Mom paid the expenses and your needs were met. Maybe your clothes weren't as stylish as your classmates', but you had clothes. Maybe your lunch was jelly sandwiches while theirs were bought prepackaged from the refrigerated section; you were fed. The car started and you arrived safely — three blocks from your destination so no one saw the dents, rust and hanging side mirrors. But you didn't have to walk far.

You determined that you and your kids weren't going to live the way you did, so you now buy name-brand clothes, your car is less than five years old, your home is in an upscale neighborhood, you eat lunches in restaurants with your coworkers.

And you're in debt up to your ears. Welcome to the world of foolish spenders.

Assuming you are employed and have



Save your pennies for a rainy day.

a livable income, budgeting is a must-start to getting a handle on where your income meets expenses. Save all your receipts and charge card statements for a three-to-six-month period. You will be amazed.

Those super-sized drinks (always a bargain), designer coffee drinks, manicures, haircuts, shopping sprees (even in discount stores), gas for unnecessary mileage, frequent dining out, specialty foods in the grocery store, sale-priced clothes — they all add up. And what do you have to show for all those purchases? An empty checking account and credit card balances that can't be paid off at the end of the month

— again.

But you like those bargain drinks. And the jacket is stylish and fits perfectly. And you love the specialty cheeses. And the latest phone just came out ... and ... and ...

Just because you like it doesn't mean you have to buy it!

Now, for the next month buy only essentials. Put a moratorium on purchasing everything but absolute necessities. For just one month. Let your sensibility, not your desires, control your spending. Break the habit of buying something just because you like it.

Now, you're ready to prepare a budget.

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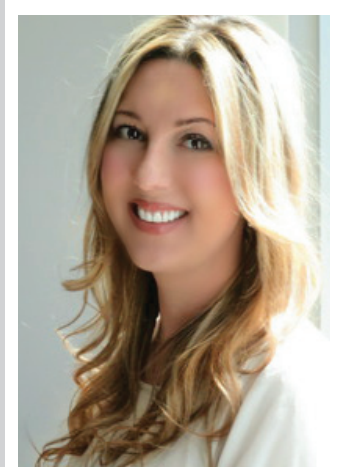


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Brain Games

Challenging games help aging adults retain their ability to create new pathways in the brain

By **CRAIG W. ARMSTRONG**

news@spotlightnews.com

As we age, things change. This is not news to anyone, but many of these changes can be frustrating. Take your memory for instance.

Have you ever heard someone say that children are like sponges, because they absorb everything? That's because their little brains haven't been filled with things yet. By the time we hit our mid 50's, our brains are crammed with things. In scientific terms our brains have developed millions of neural pathways. These well-worn paths allow us to do many things without even thinking, so to speak. But they make our brains complacent. Something else people are fond of saying is that "you can't teach an old dog new tricks." In essence they are saying you can't create new neural pathways. Science has proven that this is not true. With the right stimulus, the brain can create new neural

pathways. This ability is called neuroplasticity.

So how do you create new neuro pathways and thus improve your memory and brain function? There are many ways, both physical and mental. Let's start with the obvious. Your brain needs to be stimulated. There are millions of brain games available and with the advent of smart phones; they can be right at your fingertips. There are just a few things that these games need to include.

First, make sure that it is a challenge. It needs to be something that requires your full attention, not something that you can do halfheartedly. It should also be something that teaches you something new. Learning is stimulating to your brain. Make sure it is something with levels. You need to keep the challenge alive. Make it something where you can work your way up and advance. Finally make sure you are enjoying it. If you're not having fun, you probably won't stick with it.

Along with exercising your brain, you need to exercise your

body. They are connected and physical health has a direct effect on mental health. Exercise wards off disease, keeps your heart healthy, reduces stress, aids in digestion and helps with sleep. There is no downside to exercise.

Of course along with exercise goes a healthy diet. Make sure you are getting your omega-3s. Research has shown that they are very beneficial to brain health.

Make sure you are getting enough sleep. As we grow older, we don't sleep as well. But this doesn't mean we shouldn't try. Get on a regular sleep schedule and stick with it.

Being social can also improve brain function. This means getting off the couch and spending time with friends and attending

social events. The more interaction with people, the more your brain is forced to function and adapt.

What was I saying? Oh yeah, not being as mentally sharp as you once were, is a normal part of

aging. But with the right stimulus and maintaining your body, you can improve your brain function and create new neuro pathways. We have to age, but we can put up a fight.



While the notoriously difficult Rubik's Cube can be mentally challenging, Armstrong recommends stimulating Smartphone apps that offer the opportunity for reward and advancement



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