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NEWS Police bust pot growers

A sophisticated operation is found in Elm Estates.

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DETOUR

Help wanted

Improvement inconvenience impacting Delaware Avenue

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

DELMAR — While businesses on Delaware Avenue, between Elsmere Elementary and the Four Corners in Delmar may be facing challenges as the roadway is under construction over the next several months, their owners are hoping loyal customers will help them keep their doors open.

“It’s one of those things that’s concerning because we don’t know what’s going to happen,” said Libby Thomas, an owner of 333 Cafe at 333 Delaware Ave. Thomas said that, so far, 333 Cafe has been only moderately affected as they’re open during the evening when traffic flow has been restored. But, she said, some businesses may ultimately be looking at as much as a 40 percent loss in revenue.

“We’ve all realized that, while this is something that needs to be done, it’s going to be hard on our businesses,” she said, noting that when a section of Delaware in Albany was under construction, it became “an area to avoid.” She mentioned a nascent restaurant that did close during that time.

“I don’t know if that was the reason,” said Thomas. “But I’m sure it played a huge part. I know that I avoided that area of Delaware.”

Continues on page 10

SPORTS



Softball action

More details from the U16 Tomboys softball tournament last weekend.

Story on Page 9

CULTURE



2nd St. Style

Couple’s jewelry and decor business is finding success in Troy and beyond.

Story on Page B1

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TOWN NEWS

County approves conservation tax exemption for Bethlehem residents

By ALI HIBBS

hibbsa@spotlightnews.com

BETHLEHEM — The Albany County Legislature narrowly passed Local Law B concerning Bethlehem's Conservation Easement Exemption, allowing Bethlehem residents with more than five acres to reduce their county property taxes by as much as 90 percent as long as they agree not to develop their properties for an agreed-upon amount of time.

"I'm very, very happy with the passage of Local Law B by the Albany County Legislature," said Bethlehem Town Supervisor John Clarkson. "It took several years, but was well worth the effort."

The law was passed earlier this month by the Legislature.

Clarkson pointed out that Bethlehem is one of only four towns in the state to be authorized by the Legislature to offer the exemption, which already applied to Bethlehem town, fire district and Bethlehem Central School District property taxes since 2014. Both of the other school districts within the town, Gunderland and Ravena-Coeymans-Selkirk, have the option to approve the exemption as well.

"That will make it a much stronger incentive for conservation of open space," he said, noting the development pressure on many suburban towns. "We hope and expect it to spur more interest among landowners willing to forgo development in exchange for a property tax reduction. It's really a win for the region, because everyone benefits from open space preservation."

Under the exemption program, landowners wishing to preserve their undeveloped lands can apply to the town's Conservation Easement Review Board. To be approved, the land parcel must meet certain criteria and the owner must agree to certain conditions, as outlined in the Bethlehem Conservation Easement Agreement Exemption Information Booklet, found on the town's website at the bottom of the CERB page.

If approved, the Town Board then votes on whether to grant the exemption. Property owners with five or more acres of undeveloped land (neighboring landowners may join their lands to reach the minimum acreage) who commit to conserving their land as open space for a minimum of 15 years can receive a partial exemption

CERB seeks new member

The Town of Bethlehem Conservation Easement Review Board (CERB) is seeking a new member. CERB members serve in a volunteer capacity and are not compensated for their service. They must be town residents and should have at least general knowledge of open space conservation. Additional specific experience in planning, preservation and related fields is preferred. Community involvement and other information applicants believe is relevant for consideration should also be submitted.

Interested applicants should email a cover letter and resume to Robin Nagengast at rnagengast@townofbethlehem.org by August 3.

depending on the length of the commitment. A 15-year commitment qualifies for a 50 percent exemption on taxes, a 30-year commitment for 75 percent, and a perpetual easement would receive a 90 percent property tax exemption.

After Legislator Paul Miller (D-32), of Albany, argued against the legislation on July 10, Legislators Bill Reinhardt (D-33) and Joanne Cunningham (D-34), both from Bethlehem and sponsors of the bill, rose in its defense. Pointing out that Miller was erroneously conflating the easement program with the recent controversial issues of property value recollection

and the proposed conservation preservation fund, they also argued that the impact on taxpayers has not proven to be significant. Legislators Gary Domalewicz (D-10) and Paul Burgdorf (R-23) also spoke in favor of the exemption.

The law passed by a mere two votes, 18-20, followed by a round of applause in the courtroom.

"I should note," said Clarkson later, "that our conservation easement exemption is but one tool to help the town conserve open space." Other tools, he said, include: planning and zoning, as in conservation subdivisions; the state agricultural and forestry exemption programs; preservation through private actions,

including those funded by land conservancies and nonprofits; and more.

He went on to explain that the establishment of a conservation preservation fund by the town, which would require and has not yet received state approval, would not necessarily result in new taxes, even though the legislation would allow for that possibility. Of the 36 towns that have been approved for the program, only seven have implemented taxes to generate preservation funds, and none of those have levied the full two percent allowed. In each case, the tax required a town-wide vote.

A real estate lobby has launched a campaign against the law, however, claiming that the potential new tax, which would be levied against property purchases, would make participating towns less attractive to potential investors, and it failed to make it to the floor in the Senate during the last legislative session after passing in the Assembly.

More information on existing methods and on Bethlehem's development of a formal open space plan are available on the town website's Open Space Planning page.

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■ POLICE, FIRE AND EMERGENCY CALLS

Cops raid pot growing operation

SELKIRK — Bethlehem police seized a sophisticated marijuana growing operation from within an Elm Estates home on Tuesday, July 11.

Bethlehem Police arrested two people connected with both drug and weapons possession charges after a two-month investigation that included the State Police Community Narcotics Enforcement Team.

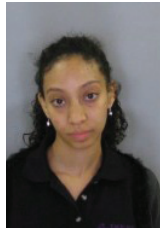
David W. Smith, 37, and Siara L. Ramos, 27, both of Selkirk, were attested after Bethlehem police executed a search warrant on the Esplande Street townhouse. Inside the residence, police reportedly located a multi-room marijuana growing operation with plants in various stages of growth, as well as 4.5 pounds of marijuana. Police also located an unregistered, loaded, Glock 10 mm handgun, and an FN PS90 assault rifle.

Bethlehem police said Smith is a convicted felon from a prior drug-related conviction, which forbids him from possessing any firearms. Smith was

charged with one felony count of criminal possession of a weapon in the second degree, four felony counts of criminal possession of a weapon in the third degree, one felony count of criminal possession of marijuana in the second degree and one misdemeanor count of unlawfully growing cannabis.

Ramos was charged with three felony counts of criminal possession of a weapon in the third degree, one felony count of criminal possession of marijuana in the second degree, one misdemeanor count of criminal possession of a weapon in the fourth degree and one misdemeanor count of unlawfully growing cannabis.

An Esplande Street address under Ramos' name was found through 411.com. That address is located in the townhouse section of the residential development off of Elm Avenue in Selkirk. The property is listed on Zillow.com as a 1,300-square-foot, two-bedroom, two-bathroom townhouse.



RAMOS



SMITH

DWI arrests

GUILDERLAND — On Monday, July 17, state troopers New Scotland stopped 25-year-old Dallis W. Mahoney, of Altamont, for a traffic infraction on Western Avenue in the town of Guilderland.



MAHONEY

While interviewing Mahoney, troopers detected an odor of alcohol emanating from his breath.

Subsequent to standard field sobriety tests, he was arrested for DWI.

Mahoney was processed

at the Guilderland State Police station, where he was allegedly determined to have a 0.13 percent BAC.

He was charged with misdemeanor DWI and released on tickets.

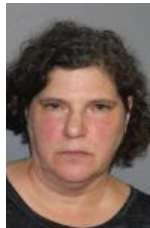
He is due to appear in Guilderland Town Court on July 27.

NEW SCOTLAND — On Sunday, July 16, state troopers from New Scotland stopped 53-year-old Jennifer E. Schulaner, of Troy, for a traffic infraction on Indian Fields Road in the Town of New Scotland.

While interviewing Schulaner, troopers reportedly detected the

odor of alcohol on her breath and, subsequent to standard field sobriety tests, she was arrested for DWI.

Schulaner was processed at the New Scotland State Police station, where she was allegedly determined to have a 0.09 percent BAC.



SCHULANER

She was charged with misdemeanor DWI and released on tickets.

She is due to appear in New Scotland Town Court on July 27.

Animals seized in Westerlo

WESTERLO — A 64-year-old woman faces a host of animal cruelty charges after law enforcement received an anonymous tip on Wednesday, June 12, about horses that appeared to be living in inadequate conditions with no food and minimal shelter.

On Thursday, June 13, deputies from the Albany County Sheriff's Office, representatives from the Mohawk Hudson Humane Society and a veterinarian from OakenCroft executed a search warrant at 646 Route 401 and found 56 dogs, 27 chickens, 16 horses, one llama and 27 goats all living in "deplorable conditions."

According to Sheriff Craig Apple,

Tanja Morse voluntarily turned over 16 dogs to the humane society and the remainder were seized in place by deputies. She also voluntarily turned over to investigators seven horses, the goats and the llama while the remainder are seized in place.

A seizure in place is a court order giving the Sheriff's Office authority to go on the property to care for and feed the animals for 10 days with an option to extend if necessary.

Morse stands charged with three counts of failure to provide sustenance in violation of the state Agriculture and Markets Law and is slated to appear in Westerlo Town Court on Aug. 9.



One of the horses seized from a Westerlo Home.

Photo provided by the Albany County Sheriff's Office.

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■ TOWN NEWS

Expansion adds 1.4 miles of pipeline in Bethlehem

By ALI HIBBS
hibbsa@spotlightnews.com

BETHLEHEM — The Tennessee Gas Pipeline Company, LLC, a subsidiary of Kinder Morgan, closed Meads Lane from state Route 32 to Van Dyke Road on Wednesday, July 12, and Thursday, July 13, to install a little less than one and a half miles of new pipeline that will connect existing pipelines as part of the larger Tennessee Gas Connecticut Expansion project.

According to Supervisor John Clarkson, the town had no approval authority over the project, which is the province of the federal government. However, it was discussed during Town Board meetings in August 2015 and June 2016, and the town granted an easement for crossing the town's Department of Public Works yard on Fuera Bush Road at the August meeting. The 3-1 decision was opposed by Bill Reinhardt, who now represents the town on the county legislature, and supported by Clarkson after the motion to adopt the resolution was made by former Board member Joann Dawson and seconded by Board member Jeffrey Kuhn, who is now the chairman of the Bethlehem Democratic Committee.

Kinder Morgan received federal

approval for the \$93 million project on April 12 of this year, after first filing an application with the Federal Energy Regulatory Commission in July of 2014. It is expected to be complete by Nov. 1.

Connecticut Natural Gas Corporation, Yankee Gas Services Company and Southern Connecticut Gas Company have all signed long term agreements with Tennessee Gas for the additional transportation capacity that the new pipelines will add to their system — approximately 72,100 dekatherms per day.



Contractors install new gas pipelines off of Meads Lane Thursday afternoon.

Jim Franco / Spotlight News



An aerial view of the Indian Ladder Trail at Thacher State Park.

Spotlight File Photo

■ COMMUNITY

Ladder Trail remains closed

Trail remains closed for safety inspections, hiker hurt by falling rocks on July 2

By ALI HIBBS
hibbsa@spotlightnews.com

— VOORHEESVILLE
— Indian Ladder Trail

at John Boyd Thacher State Park remains closed, following an incident in which a woman was injured by a rock while hiking the trail on July 2.

The woman, who has not been identified, was carried off the trail by the New Salem Fire Department and taken to the hospital for evaluation.

According to park authorities, it is unclear what happened as the woman's family was walking ahead of her and did not see the event take place.

In spite of signage and other safety measures, accidents occasionally occur on the trail, but are rare, occurring most often when visitors stray off the designated path.

According to the visitor's center, safety inspections are underway and the trail is unlikely to be reopened for another few weeks.

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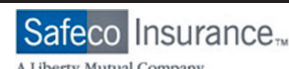
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SPOTLIGHT ON FINANCE

4 steps toward financial independence

By Ruth Mahoney,
President, Capital Region,
KeyBank

It is common for people to mistake income for wealth and wealth for independence. However, having just celebrated the 4th of July, we are reminded that independence is really about freedom. The fact is, financial independence is having confidence in your financial decisions so you can do the things you enjoy.

Financial freedom is relative—different to different people. For some, it is a release from worrying about living paycheck to paycheck. For others, it is not worrying about shrinking savings and retirement balances... or how to pay for a child's college expenses. For a few, it means early retirement.

Regardless of what financial independence may mean to you, you don't need to be wealthy to achieve it. You just need to take the first small steps—define your goals, apply some common-sense money management basics to your daily life and have an executable plan.

Here are four steps that can move you toward financial independence and, along the way, improve your financial wellness.

Think small, save big, then save without thinking

The secret to saving large amounts of money is to save

small amounts on a regular basis over time. To put it another way: to save large amounts of money over time, save small amounts all the time.



Ruth Mahoney

Develop and work toward savings goals that you set at specific dollar amounts and time frames, and break your overall savings goals down into manageable chunks. For example, save a set number of dollars over a week or a month.

Finally, automate your savings through direct deposit. By directly depositing a specified amount of your paycheck into a savings account—essentially paying yourself first—you can save automatically, without having to think about it.

Plan for the future

Conventional wisdom is full of cautionary axioms about planning for the future. Fail to plan and you plan to fail. It wasn't raining when Noah built the ark. All risk is not equal. The greatest impediment to a successful plan is an inflexible plan.

These sayings are true. It's never too early to start planning for the future, and it's never too early to take action. Start by maximizing contributions to your 401(k). Invest regularly in your own IRA and/or Roth IRA plans; it will help build your nest egg. Take on reasonable investment risk...based upon your own situation. Also, automate deposits into savings and retire-

ment accounts. It's great way to save without thinking about it.

When it comes to your 401(k), make sure you:

- Always contribute so you can take advantage of employer matches. About 25 percent of American employees fail to sign up for available 401(k) plans, missing an opportunity to save for the future.
- Know when you would like to retire so you can have a plan for reaching financial goals and a timetable for when you will need to access funds.
- Don't cash out early. Use other means of accessing short-term capital in cash crunches so you are not wasting money on penalties and fees.

At work, check to see if your employer automatically enrolls employees in the company 401(k) plan. Also, many companies automatically roll over the 401(k) plans of departing employees into IRAs, a good strategy to keep investment momentum and protect assets. However, other companies leave these choices to employees. Review your options carefully as you consider these choices.

Make a budget, and stick to it

Planning and sticking to a budget was something previous generations did very well. Current generations...not so much. However, the recession has changed a lot of people's behaviors, and as a whole Americans are doing a better job with their money.

Budgeting is a great tool for families and managing income. The only way to put your money

to work by investing it is to have money to invest. Live beneath your means, and you will spend less than you earn.

Consolidate debt

Combining existing debts into one lower-interest-rate loan can help people with debt reduce the amount of interest owed—and help them pay down debt faster.

For some, consolidation can be done by refinancing a home mortgage at a lower interest rate than before, while borrowing additional money to pay down credit card balances or other high-interest loans. Other options are home equity lines of credit, credit cards with long-term zero percent APR and unsecured loans. Check with

your banker to see which option makes the most sense for your specific situation. Reducing interest payments can be as positive and productive a step as increasing savings.

The most important thing to know if you want to become financially independent is this: there is nothing you can say that will get you there. You have to work these four steps. Equally important, you must break financial bad habits, including:

- Impulse spending
- Late payment fees
- Overspending
- Overpaying
- Ignoring accounts

Changing behaviors and breaking habits is not about pain and misery. It's about

creating desired outcomes. Make the pursuit of financial independence fun. Create incentives or challenges, and find your motivation. The more success you can create for yourself the more motivated you will be—and the more financially independent you will become.

Ruth Mahoney is president of KeyBank's Capital Region. She may be reached at either 518-257-8619 or ruth.mahoney@keybank.com. This material is presented for informational purposes only and should not be construed as individual tax or financial advice. Please consult with legal, tax and/or financial advisors. KeyBank does not provide legal advice. ©2015 KeyCorp. KeyBank is Member FDIC.

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Five bad financial habits...and how to break them

If you're really serious about saving more money and improving your financial wellness, you need to identify what keeps you from doing so. Let's face it—most of us are not trying to save because we are good at it—rather because somewhere along the line we mismanaged our money or we are currently spending disproportionate to our earnings. The following are five common reasons people get into financial trouble and tips for making change.

- Impulse spending – Make a list of what you need to purchase and stick to it. There's no such thing as a deal that's too good to ignore. And if you see something you absolutely must have, walk away (leave the store or browse to another website) and think about it. Chances are, you'll change your mind.
- Late payment fees – Add bill due dates to your calendar or set up automated online payments. If you're going to send a check in the mail, schedule to send it at least seven days before the due date.
- Overspending – Start tracking your spending. A daily spending diary or spreadsheet

that documents what you purchase, when and why will help you get a handle on where your money is going. Once you know what you spend you can start working on a budget.

- Overpaying – Comparison shop. Go to other stores or look online for better deals. Read reviews to ensure that you're getting the value you're paying for. If you're shopping online, consider shipping and restocking fees.
- Ignoring your accounts – Monitor your account activity on a regular basis and track your budget, transactions and account balances. Knowing this information will allow you to avoid any unnecessary fees, such as overdraft. It will also ensure that unauthorized purchases get detected and addressed.

Saving is really about breaking bad habits and changing behaviors. The tips above will help primarily because they are manageable. So instead of setting a goal to save money, resolve to identify what bad habit keeps you from achieving the goal of saving money. Then make breaking that habit your goal.

TOWN NEWS

Bethlehem Dem Committee revisits endorsements

Revises slate of candidates following current Highway Supervisor's announcement that he will not seek another term

By ALI HIBBS
hibbsa@spotlightnews.com

BETHLEHEM
— Chairman of the Bethlehem Democratic Committee (BDC) Jeffrey Kuhn announced on Wednesday, July 12, that current town board member Giles Wagoner has been selected by the “committee

to fill vacancies,” pursuant to state election law, to replace Brent Meredith as a candidate for highway superintendent in the Democratic primary on Sept. 12. BDC First Vice Chairman Dan Coffey will run for his seat on the Town Board. Meredith announced in late June that he has

accepted a job with SUNY Albany and will leave his position as highway superintendent in early September, therefore he will not be a candidate for the position this fall. “After an open and transparent interview process, we have selected Councilman Giles Wagoner to fill the vacancy in



New Democratic Slate, from left: Andy Kirby, Dan Coffey, Maureen Cunningham, David VanLuven, Nanci Moquin, and Giles Wagoner.

Photo provided by BDC

our Democratic slate of candidates,” said Kuhn. “We are thrilled to have Giles step into this position and know that with his tremendous talents and experience he will bring leadership skills, technical know-how, and business acumen to our town’s Highway Department.”

Giles Wagoner is a retired lieutenant colonel in the U.S. Army (including service in the Corps of Engineers), long-time commercial airline pilot, and local farmer who has also owned a construction and excavation business and served as Commissioner of the Selkirk Fire Department.

“As a lifelong resident of Bethlehem with a love of our town and nation, I am thrilled to step up to run for highway superintendent,” said Wagoner. “I believe that my decades of business, military and community service experience will allow me to use my skills and technical know-how to ensure that the residents of Bethlehem receive top notch services that will make our roads and sidewalks safe and secure.”

According to Coffey, Wagoner had expressed interest in the position in the past and, of four other applicants, had the best experience necessary to do the job well.

Wagoner will be challenged in the Sept. 12 primary by Dan Morin, an employee of the Highway Department who sought the Democratic endorsement earlier this year. Morin, who ran for the highway supervisor position two years ago, has done his own signature gathering

and declined to go before the committee again after Meredith’s announcement prompted BDC to call for a new round of resume submissions, requiring Morin to re-submit his.

While he said he supports Bethlehem’s Democratic candidates, Morin characterized Wagoner as an “outsider,” saying he “would struggle to understand the problems, let alone know the solutions.” He went on to criticize BDC for going outside of the department with their endorsement of Meredith four years ago, expressing displeasure with the way things have been run during his tenure.

With the selection of Wagoner, who had been endorsed by the BDC for reelection to the Bethlehem Town Board, a vacancy was created that required selection of a new Democratic candidate for town board and Kuhn announced that Coffey has been selected to fill that vacancy.

An attorney, Coffey has served as the chair of the Bethlehem Zoning Board of Appeals since January 2010 and is the immediate past-president of the Albany County Bar Association. He will be running with Maureen Cunningham, who received the BDC’s endorsement for town board earlier this year.

“As an active participant in town government, I am honored to join the Democratic slate, which includes smart progressive Democrats seeking office to continue the work to make our town the best place to live, work and raise a family,” Coffey said.

Coffey, who was also one of the three members on the committee to fill vacancies, said that he had also been considering a run for a number of years, and, with the short time frame the committee had to choose a replacement after Meredith’s exit, it seemed that now was the right time. He said his seat on the committee did not present any procedural issues, but that he did not sign his own endorsement. That was signed by the other two members, Kuhn and BDC Second Vice Chair Pam Skripak.

“Now that my two daughters are a little bit older and this situation occurred with Brent moving on, and Giles wanted to move into Highway, it just sort of opened it up for me,” Coffey said.

Coffey lives in central Delmar with his wife Eileen and their two teenage daughters. In addition to his service on the town ZBA, he has previously served on the Bethlehem Planning Board and the Comprehensive Plan Assessment Committee. Coffey is the founding member of Bowitch & Coffey, LLC, an Albany-based law firm practicing in the areas of municipal/land use, environmental law and insurance-related litigation. He is an officer of the BDC and currently serves as its first vice-chair. He is also a volunteer for Bethlehem Youth Court and a member of the American Legion-Blanchard post.

The current slate of endorsed Democratic candidates in this fall’s town-wide election is as follows:

- Supervisor: David Van Luven
- Town Board: Maureen Cunningham & Dan Coffey
- Town Clerk: Nanci Moquin
- Highway Superintendent: Giles Wagoner
- Town Justice: Andy Kirby

Congratulations 2017 GRADUATES!



- Norvella Billingslea - Certified Nursing Assistant and HSD
- James Brenneisen - Facilities Maintenance
- Jada Brown - Culinary and TASC
- Justin Byard - HSD and Security
- Diamond Cain-Palmer - Security
- Ariel Carlton - Certified Nursing Assistant
- Yariana Centeno-Roman - Medical Administrative Assistant and HSD
- Muriel Crawford - Certified Nursing Assistant
- Kahron Denham - Auto and HSD
- Jazmyn Dennis - Certified Nursing Assistant and HSD
- William Dudley - Facilities Maintenance and HSD
- Robert Elmendorf - Certified Nursing Assistant and HSD
- Fufenah Evans - Culinary and HSD
- Tyler Fair - Facilities Maintenance
- Tirina Fayzi - Certified Nursing Assistant and HSD
- Sheanna Felton - Certified Nursing Assistant and HSD
- Destiny Fitzgerald - Security and TASC
- Deja Griffin - Certified Nursing Assistant and HSD
- Destany Grosvenor - Medical Administrative Assistant
- Kayhanja Gumbs - Medical Administrative Assistant and CNA
- Dasia Hamilton Harrison - Facilities Maintenance and TASC
- Jesse Hayes - Security
- Marvett Hooks - Certified Nursing Assistant
- Diamond Jackson Strothers - Auto and TASC
- Celeste Jean-Baptiste - Medical Administrative Assistant and TASC
- Arhema Jefferson - Medical Administrative Assistant
- Patricia Jermon - Auto
- Raymond Jordan - Facilities Maintenance and HSD
- Ramesh Karan - Facilities Maintenance, Auto and HSD
- Brandon Keith - Facilities Maintenance
- Kishana King - Certified Nursing Assistant
- Brandon Krenzer - Security and TASC
- Chevonnte Krenzer - Facilities Maintenance and HSD
- Alesha Lamarr - Security
- Chad LaMountain - Auto and TASC
- Derick Mason - Medical Administrative Assistant and HSD
- Jeniya McLeod - Medical Administrative Assistant
- Jahmeer Middleton - Security

- Jair Miles - Facilities Maintenance and HSD
- Kenney Milord - Medical Administrative Assistant
- Scott Mitchell - Culinary
- Joy Nance - Medical Administrative Assistant
- Aimable Ndihamo - Certified Nursing Assistant and HSD
- Kiron Nelson - Auto and HSD
- Justine Pacheco - Certified Nursing Assistant and HSD
- John Pareds-Astitimbay - Security and HSD
- Ryan Partain - Facilities Maintenance
- Carlos Polance - Auto and HSD
- Keyshaw Ray - Facilities Maintenance and HSD
- Seven Richards - Security and HSD
- Sharolyn Richards - Certified Nursing Assistant
- Louie Jose Roberts Jr. - Facilities Maintenance and HSD
- Reina Rodriguez - Security
- William Rodriguez - Auto and TASC
- Darren Joseph Rosa - Auto and TASC
- Elias Santiago - Facilities Maintenance and TASC
- Samantha Schafer - Medical Administrative Assistant and TASC
- Naomi Sierra - Security and TASC
- Mitchell Simon - Security
- Nazsheir Simon - Facilities Maintenance and TASC
- Kashara Smith - Certified Nursing Assistant and HSD
- Shanel Stewart - Certified Nursing Assistant and HSD
- Shanice Stokes - Certified Nursing Assistant and HSD
- Amy Suazo - Certified Nursing Assistant and HSD
- Jimmy Surliel - Facilities Maintenance and TASC
- Sharif Thornton - Security and TASC
- Tahjarel Tyner - Facilities Maintenance, Certified Nursing Assistant and HSD
- Jayleen Vasques - Medical Administrative Assistant
- Antwone Weatherspoon - Certified Nursing Assistant and HSD
- Chrishate Williams - Culinary
- Princess Williams - Culinary and HSD
- Savannah Williams - Security and HSD
- Takia Williams - Culinary and HSD
- Cassandra Wilmot - Security and HSD
- Gregory Wilson - Facilities Maintenance and HSD
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■ IN BRIEF

Digital photography forum

GUILDERLAND — The Guilderland Public Library will host a digital photography forum on Thursday, July 20, from 7 to 8:30 p.m.

Digital photographers gather to share tips and tricks and to share their work. Special guests occasionally join us.

Participants in the forum have an annual show in September.

For information, call (518) 456-2400.

Free hot dogs!

GUILDERLAND — It's National Hot Dog Month and the Guilderland Public Libaray is celebrating on Saturday, July 22, from 12 to 2 p.m.

In honor of National Hot Dog Month,

the library is serving hot dogs in the Literary Garden.

For information, visit the library's website at guilpl.org.

Philosphoers welcomed

VOORHEESVILLE — The Voorheesville Public Library welcomes your opinion of the world, and you can speak on Thursday, July 20, from 7 to 8:45

p.m.

People with opinions are welcome to follow where the conversation leads. It's a casual discussion with no homework required.

For more information, email Larry Repant at 1repant@nycap.rr.com or call the library at (518) 765-2791.

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COMMUNITY

MHLC event offers more than hiking

Third annual Summer Hike-a-Thon takes place this Saturday

By ALI HIBBS
hibbsa@spotlightnews.com

DELMAR — Mohawk Hudson Land Conservancy will be offering 11 guided outings showcasing nine different Capital District areas protected by the organization on Saturday, July 22, during its third annual Summer Hike-a-thon, a special event also celebrating MHLC's 25th year.

The outings will be led by naturalists and experts versed in the history, flora, and fauna of each trail. This year's event goes beyond hiking to include other recreational opportunities such as cycling, mountain biking, yoga, treasure hunting, and more. All activities are located within the Capital District, three of which will be different hike/bike events on the Albany

County Helderberg-Hudson Rail Trail, including a wheelchair-accessible hike along the paved trail.

"We are thrilled to highlight these preserves for the Summer Hike-a-thon," said MHLC Executive Director Mark King. "The nine locations which we have chosen represent a sampling of our 18 public preserves covering 2,500 acres that are located across the Capital Region. Last year, these preserves hosted over 15,000 visitors, with many people returning again and again for a rewarding nature experience. Visitors can enjoy outdoor recreation such as hiking and trail running, and many also enjoy painting, photography, reflection, and birding in our preserves."

The Summer Hike-a-thon provides unique, guided opportunities to learn more about the preserves: frequent users of these trails will be able to

gain insider information about their favorite spots from MHLC staff and volunteers, and those visiting the preserves for the first time can discover new hiking spots across the Capital Region.

The event is free, but donations are welcome, and is open to the public. Free t-shirts will be given to the first 100 hikers. To sign up, visit mohawkhudson.org.

Most hikers will meet at 9:30 a.m. in the municipal parking lot at 125 Adams Street in Delmar, which is located directly behind the Mohawk Hudson Land Conservancy's main office. At that time, participants will receive their t-shirts and carpool to their respective hike locations. Detailed instructions will be provided upon registration. Outings this year range from easy to moderate in difficulty. Below is a comprehensive list of hike options.

The following hikes take place on the Albany County Helderberg-Hudson Rail Trail in Delmar:

Botany and History Accessible Hike

This wheelchair accessible, flat course is on the railroad bed of the original Delaware and Hudson railroad line which brought travelers into Albany in the late 19th and early 20th centuries. We will explore the botany and history of the trail with Miles Garfinkel, local science teacher and Friends of the Rail Trail volunteer. Starts at 10 a.m. at Adams Street and Hudson Avenue, Delmar, heading westbound; Distance: 0.25

miles round trip; Difficulty: Easy)

Fun Ride (Bikes, skates, boards & more)

The Albany County Helderberg-Hudson Rail Trail has become a popular venue for walking, jogging, bicycling, and more. Bring your favorite set of wheels and helmet and join your community for a family fun ride where you set your own distance and pace. This fun ride will start at 11 a.m. and includes coupons for the whole family for free ice cream cones at Stewart's Shops (while supplies last).

Starting point: Adams Street and Hudson Avenue, Delmar, heading eastbound; Distance: You decide; Difficulty: Easy, wheelchair accessible)

Bike-Hike

This guided Bike-Hike will encompass the entire length of the Rail Trail, officially stopping at the end of the pavement, and providing the opportunity for participants (with appropriate bikes and tires) to continue to the Voorheesville Pavilion. The pavement ends at the Slingerlands parking lot (a five-mile ride), and the Pavilion is at nine miles. (In future months, as Albany County continues to pave the Rail Trail, the actual length of the official ride will be somewhere between five and nine miles.) There will be numerous stops to learn about the history and structure of the Rail Trail and riders are invited to explore the many sights along the trail as they return to South Pearl Street. This Bike-Hike is appropriate for ages 16+. Starts at 9:30 a.m.; at the Downtown Albany trail head (722 S. Pearl Street, Albany, NY); Distance: 10+ miles round trip; Difficulty: Moderate)

Other hikes include: **Bennett Hill Preserve, Clarksville**

One of MHLC's most popular preserves, Bennett Hill offers moderately challenging trails with mostly steep hills. A guide will speak about the history of this trail, which offers views of the Helderbergs from its summit and beautiful wildflowers along the trail. Trekking poles and hiking boots recommended.

Starts at 10 a.m. Bennett Hill Road, Clarksville; Distance: 2.77 miles round trip; Difficulty: Moderate **Bozen Kill Preserve, Altamont**

This self-guided hike is great for kids of all ages! Pick up your Bozen Kill Treasure Map at the kiosk and head off to explore the fields, forests, and streams of this beautiful preserve at your own pace. From 10 a.m. to noon, hikers are invited to explore the preserve. Along the way, interact with Preserve Docents who will share preserve "treasures" with you while you complete the activities listed on your treasure map. Complete the map and return to the kiosk to receive your prize. Starts at 10 a.m. at Westfall Road, Altamont; Distance: 1.5 miles; Difficulty: Easy)

Huyck Preserve, Rensselaerville

The Huyck Preserve and Biological Research Station is a non-profit partner of MHLC. Located in the hamlet of Rensselaerville, the Huyck Preserve has been connecting people to nature for more than 80 years. Enjoy a guided wildlife hike on a portion of the 12 miles of trails which ramble through 2,000 acres of forest, field, and wetlands, and past the 120+ ft. Rensselaerville Falls.

After your hike, stay for the afternoon and enjoy Lake Myosotis, which is open to the public for kayaking and canoeing as well as fishing.

Starts at 10 a.m. at 5052 Delaware Turnpike; Rensselaerville; Distance: 2 miles; Difficulty: Easy) **Keleher Preserve Voorheesville**

Join mountain bikers from across the Capital Region to explore the Conservancy's first preserve open to mountain biking. The varied terrain, perfect for all riders, offers something for everyone. From 10 a.m. until 11 a.m., advanced bikers can enjoy the loop at a faster pace. Casual bikers are invited to begin at 11 a.m.

Starting point for both rides is Gulf Hill Road, Voorheesville; Distance: 4 miles of trails; Difficulty: Moderate)

Normans Kill West Preserve, Delmar

Dave Muska of Ondatra Adventures will lead a family-friendly workshop in Wilderness Crafts at the Normanskill West Preserve in Delmar. In this class, make a small melon basket from local and wild-harvested vines, learn the art of making cordage from natural fibers, and how to make stone necklaces. Hear stories, learn natural history, and have fun outdoors.

Starting time: 10 a.m. - 1 p.m.; Starting point: Normanskill Boulevard, Delmar; Distance: 1 mile round trip; Difficulty: Easy) **Swift Preserve, Delmar**

This hike is great for children. Explore a wetland with a guide who will talk about the indigenous animals who make this site their home, and how their bodies have adapted to thrive in a wet, wild environment! Waterproof footwear recommended.

Starts at 10:30 a.m.; t the end of Evelyn Drive, Delmar; Distance: 1 mile round trip; Difficulty: Easy) **Van Dyke Preserve, Delmar**

This Watercolor Plein Air Painting Workshop with art educator Kevin Kuhne will take place along the Phillipin Kill stream. This session includes a short hike, demonstration and individual sketching and watercolor with instruction and critique. Any level of experience is welcome, but some basic, previous use of watercolor is needed. The workshop will focus on design and composition in a woodland interior, making a value plan in your sketchbook, basic watercolor techniques, and executing one or two small watercolor sketches. The four-hour workshop will include a 30-minute break for lunch.

Participants are required to supply and carry their own folding chair or stool, backpack, portable easel, painting supplies and a bag lunch. A more formal supply list will be emailed upon registration. Limited to 10 participants. Register at mohawkhudson.org.

Starts at 10 a.m.; on Van Dyke Road, Delmar; Distance: 1 mile round trip; Difficulty: Easy)

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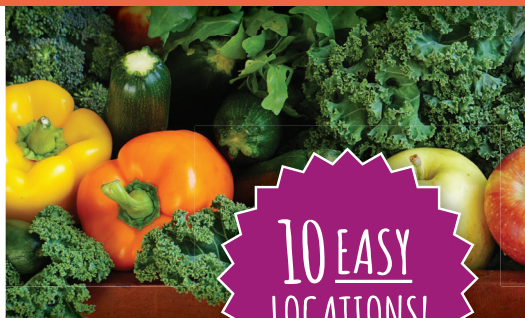
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July 19, 2017



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■ YOUTH SPORTS

Miss Scotties win Tomboys tourney



BETHLEHEM — Miss Scotties squad won the U16 Tomboys Tournament that ran from Friday, July 14, through Sunday, July 16.

The team from Ballston Spa beat the Collar City Fastpitch of Troy 3-2 in the championship game.

These photos are from the game in which the home team, the Bethlehem Blitz, beat the Xplosion of Bennington, Vt., 13-9 on Saturday, July 15.

For more photos, check out our website at spotlightnews.com.

— Jim Franco



The Helderberg 5K

VOORHESSVILLE — Michael Austin, a 35-year-old from Delmar, won the Helderberg 5K at Voorheesville Elementary School on Sunday, July 16 with a time of 17:36. Todd Smith, 43, of Voorheesville finished second with a time of 19:10 and 34-year-old Sean Hannon, of Guilderland, finished at 20:23.

The top woman finisher was Dana Peterson, a 46-year-old from Voorheesville, with a time of 22:31.

The top 20 are:

1: Michael Austin — M, 35, Delmar 17:36

2: Todd Smith — M, 43, Voorheesville, 19:10

3: Sean Hannon — M, 34, Guilderland, 20:23

4: Daron Lasher — M, 16, East Durham, 21:23

5: Bob Eckels — M, 41, Slingerlands, 21:28

6: Dave Glass — M, 70, Glenville, 21:34

7: Greg Aidala — M, 43, Loudonville, 21:55

8: Eric Bode — M, 25, Scotia, 22:16

9: Dana Peterson — W, 46, Voorheesville, 22:31

10: Penny Tisko — W, 48, Voorheesville, 22:38

11: Rachael Austin — W, 33, Delmar, 22:54

12: Joseph Santamaria — M, 33, Altamont, 23:08

13: Meaghan Rohan — W, 17, East Durham, 23:35

14: Milo Gifford — M, 40, Gloversville, 23:47

15: Phillip White — M, 41, Malta, 23:54

16: Jackie Chromczak — W, 29, Rensselaer, 24:22

17: Kacey Sornberger — W, 42, Albany, 24:35

18: John McCarthy, M, 45, Albany, 25:28

19: AmiJo Benny-Rielly — W, Rotterdam, 25:37

20: Kimberly Sack — W, 60, Niskayuna, 25:42

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Issue Date: **August 9**

Ad Deadline: **July 26**

NEW FORMAT - BIGGER SIZE!!

From page 1 ... Help wanted

“My main concern is that people are going to assume that traffic is horrible and that they won’t be able to get to the businesses,” said David VanLuven, a Town Board member who is running for Town Supervisor in the fall. “Right now, traffic is moving really well and businesses are still open.”

According to VanLuven and Thomas, the biggest challenge seems to have been getting information about the project to every resident.

“I think the town did a good job with outreach and working with the Chamber of Commerce,” said VanLuven. “Unfortunately, no communication scheme is ever perfect, so there may be things we can learn from, but I think the town did a good job.”

Calling it surprising that many of her patrons were unaware of the project, Thomas guessed it was due to the myriad media sources available and said that she understands how it must be difficult to reach 35,000 residents — even through the multiple avenues that have been employed, such as the town website, the town newsletter and *Spotlight News*.

She did say that, as a business owner, she was invited to a number of Town Board meetings at which the project was discussed. While her business hours did not allow her to attend those meetings, she said, “But we knew this is something that was going to happen either way, because it’s something that needs to be done.”

“The town has been great in terms of preparing us for what to expect from the Delaware Avenue construction,” said Liam Slattery of O’Slattery’s. “The Facebook group ‘FoCo’ has also been a great advocate for reminding customers the importance of continuing support of local businesses during construction. At O’Slattery’s we have an additional entrance on Oakwood Place, off of Kenwood, so we aren’t too concerned and we know it’s all for the better good of the town and community.”

While the traffic has been kept moving since construction began in earnest in early June, Thomas is worried about how businesses, particularly those with no alternate routes to their location such as hers, will be affected once the street is actually torn up to widen the thoroughfare and replace a water main.

Noting that 333 Cafe is likely to sustain less losses due to their hours and the fact that they will be closed during the first two weeks of August, Thomas said she is more concerned about smaller businesses that are less likely to be able to withstand even a 25 percent loss. She said that she spoke to Jim Vinci, owner of Delmar Wine and Liquor, and he indicated that he would be limiting his purchasing until he sees what effect the construction will have.

Both Thomas and VanLuven expect that, when the project is completed in the fall, it will benefit those same businesses by encouraging more pedestrian and bike traffic, improving parking, and generally making the area more attractive. VanLuven noted that the replacement of the water main, which he said was installed just after



Traffic is reduced to one lane on Delaware Plaza, creating a line of motorists waiting to continue east towards Albany.

Photo by Ali Hibbs / Spotlight News

World War II, would significantly reduce the threat of a water main break.

“I would never begrudge the town for making improvements,” said Thomas. “It’s just about surviving a period of less income at this point.”

Calling the obstacles to traffic flow that will be caused by the construction project

an “inconvenience” to himself, VanLuven said, “For businesses, it could be a lot more serious than that, even though it’s going to generate long-term benefits. I think we, as residents, if we want to keep these local businesses, we need to make a special effort to get out and go to them.”

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LEGALS

NOTICE of Form. of AB IMMUNOLOGY SOLUTIONS LLC. Arts of Org. filed on 06/26/2017. Office: Albany County. SSNY designated as agent for process and shall mail it to: 90 State St. Ste 700 Office 40 Albany NY 12207. Any Lawful Purpose. D-157852

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: 165 Remsen Street, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on June 6, 2017. Office Location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC: 241 Remsen Street, Cohoes, NY 12047. Purpose: For any lawful purpose D-156376

Notice of formation of 1SMART Services, 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 June 23, 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 1SMART Services, LLC, c/o Sean Martin, 10 Harding Avenue, Latham, NY 12110. The LLC shall exist in perpetuity unless dissolved by its member (s). D-156639

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC) The name of the LLC is 28 KAKELY STREET LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on July 5, 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 designated as the 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 against the LLC is 14 Dowers Way, Delmar, New York 12054. D-157434

PUBLIC HEARING NOTICE. TOWN OF BETHLEHEM, ALBANY COUNTY, NY. Notice is hereby given that the Planning Board will conduct a Public Hearing as part of its regularly scheduled Board Meeting on Tuesday, 07/18/2017 at 6:00 p.m., at the Town Offices, 445 Delaware Ave., Delmar, NY regarding a Site Plan / Special Use Permit Application, submitted by Richard Seegal to establish an Accessory Apartment at 324 Elm Avenue, Delmar. Documentation related to the application can be viewed in the Planning Dept. at Town Hall, M-F, 8:30 a.m.-4:30 p.m. Notice of

LEGALS

Public Hearing was mailed to property owners within 200' of the subject property. Said notice will also be published in the 07/12/2017 issue of the Spotlight Newspaper. All interested persons are invited to attend and be heard. D-157565

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY NAME: 4 BAB LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on JUNE 2, 2017. Office location: 19 British American Boulevard, Town of Latham, County of Albany, State of New York. 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, 19 British American Boulevard, Latham, New York 12110. For any lawful purpose. D-155412

Notice of formation of 462 ASR LLC. Articles of Organization filed with the Secretary of State of New York SSNY on May 24, 2017. Office located Albany County. SSNY has been designated for the service of process. SSNY shall mail a copy of any process served against the LLC to 6633 Joanna Circle, Fort Myers, FL 33919. Purpose: Any lawful purpose. D-155680

NOTICE OF FORMATION of 555MyrtleAve LLC. Arts. of Org. filed with the SSNY on 03/24/17. 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, c/o Elizabeth Mahoney, 1 Washington Street, Glens Falls NY 12801. Purpose: Any lawful purpose. D-154653

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. Name: 713 Union Street, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 07/07/2017. Office Location: Albany County. SSNY has been designated as agent of the LLC upon whom process may be served. SSNY shall mail a copy of process to 713 Union Street, LLC, 104 Dedham Post Drive, Schenectady, New York 12303. Purpose: For any lawful purpose. D-157849

NOTICE OF FORMATION OF ARISTA EQUESTRIAN, LLC On 06/14/17, Articles of Organization of Arista Equestrian, LLC were filed with the SSSNY. The office of the NY limited liability company is located in Albany County. The SSSNY is designated as the agent of the limited liability company upon whom process against it may be served and the post office address within New York State to which the SSSNY shall mail a copy of any process against it

LEGALS

served upon him or her is Arista Equestrian, LLC, 49 Upper Wedgewood Lane, Voorheesville, NY 12186. The purpose of the limited liability company is for any lawful business purpose or purposes. D-156067

NOTICE OF FILING OF APPLICATION FOR AUTHORITY IN NEW YORK BY A LIMITED LIABILITY COMPANY Name: Automotive Lift Accessories, LLC. Application for Authority filed with sec. of state of NY(SOS) on 6/1/17. Office location: Albany County. SOS is designated as agent of LLC for service of process. SOS shall mail copy of process to c/o Leslie M. Apple, Esq., One Commerce Plaza, Albany, NY 12260. Purpose: Any lawful act or activity. D-154642

NOTICE OF FORMATION OF AVANTONIO PROPERTIES, LLC The name of the Limited Liability Company is Avantonio Properties, LLC. The Articles of Organization were filed with the New York State Secretary of State on July 6, 2017. The office of the LLC is located in Albany County, New York. The New York State Secretary of State is designated as agent of the LLC upon whom process against it may be served. The Secretary of State shall mail a copy of such process to Avantonio Properties, LLC, P.O. Box 11092, Loudonville, NY 12211. The LLC is organized to engage in any lawful act or activity within the purposes for which limited liability companies may be organized pursuant to New York State Limited Liability Company Law provided that the limited liability company is not formed to engage in any act or activity requiring the consent or approval of any state official, department, board, agency, or other body without such consent or approval first being obtained. D-157961

Certificate of Publication of Briotix, Limited Partnership (Foreign Limited Partnership) Under Section 121-902 of the Partnership Law the undersigned is the Vice President of General Partner Briotix Management GP, LLC of Briotix, Limited Partnership. The Application for Authority was filed by the New York Department of State which is located in Albany County on March 10, 2017. Its registered agent for service of process is Corporation Service Company, 80 State Street, Albany, NY 12207-2543. The address of the principal office of the foreign limited partnership and its authorized officer Richard Binstein is 1300 W. Sam Houston Parkway South, Suite 300, Houston, TX 77042. The published notices contain all of the information required by Sec-

LEGALS

tion 121-902 of the Partnership Law. The purpose of the partnership is to provide ergonomics and prevention services for companies. Richard Binstein D-157964

Notice of formation of BSI Realty & Capital Advisory, LLC. Art. of Org. filed with the SSNY on 06/22/17, office: Albany County, SSNY is designated as agent of the LLC upon whom process against it may be served. SSNY shall mail service of process (SOP) to Registered Agent Inc. @ 90 State St. STE 700 Office 40, Albany, NY 12207. Registered Agent Inc. is designated as agent for SOP at 90 State St. STE 700 Office 40, Albany, NY 12207. Purpose is any lawful purpose. D-156496

NOTICE OF FILING OF ARTICLES OF ORGANIZATION IN NEW YORK BY A LIMITED LIABILITY COMPANY Name: Bush Controls, LLC. Articles of Organization filed with sec. of state of NY(SOS) on 6/22/17. Office location: Albany County. SOS is designated as agent of LLC for service of process. SOS shall mail copy of process to P. O. Box 38259, Albany, NY 12203. Purpose: Any lawful act or activity. D-156409

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. Name: Claims Prep., LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 07/11/2017. Office Location: Albany County. SSNY has been designated as agent of the LLC upon whom process may be served. SSNY shall mail a copy of process to Claims Prep., LLC, 4 Executive Park Drive, Suite 5, Albany, New York 12203. Purpose: For any lawful purpose. D-157851

NOTICE ON FORMATION OF LIMITED LIABILITY COMPANY Name: Connor's Care Landscaping, LLC. Articles of Organization filed with the Secretary of State's Office on June 21, 2017. Office location: Albany County. The Secretary of State has been designated as agent of the Limited Liability Company upon whom process against it may be served. The Secretary of State shall mail a copy of the process to the Limited Liability Company at 125 Wolf Road, Albany, New York 12205. Purpose: for any lawful purpose. D-156767

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC) Name: Crown Towing & Recovery Service, LLC - Articles of Organization filed with Secretary of State of New York (SSNY) on June 14, 2017. Office location: Albany County. SSNY Designated as agent of LLC upon whom process

LEGALS

against it may be served. SSNY shall mail a copy of process to: The LLC, 93 Bridge Street, Selkirk, New York 12158. Purpose: any lawful purpose. C-156627

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: DB Property Development LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on September 26, 2016. 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: 241 Remsen Street, Cohoes, NY 12047. Purpose: For any lawful purpose D-156385

NOTICE OF FORMATION of limited liability company (LLC). Name: DK VENTURE HOLDINGS LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 06/14/2017. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: THE LLC 255 PATROON CREEK BLVD, APT 2417, ALBANY, NY 12206. Purpose: Any lawful purpose. D-157251

Notice of Formation of Drip Castles, LLC. Articles of Org. filed with SSNY on 5/4/17. Office location: Rensselaer County. SSNY designated as agent of the LLC upon whom process may be served. SSNY shall mail process to PO Box 183, Troy, NY 12181. Purpose is any lawful purpose. D-157356

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY (LLC) The name of the LLC is EML Property Development 787 LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on June 19, 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 designated as the 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 against the LLC is c/o 596 New Loudon Road, Latham, New York 12110. D-156823

Notice of Formation of Empire Neuropsychological Services, PLLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on August 19, 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: PO Box 1223 Albany, NY 12201. Purpose: any lawful purpose. D-154809

LEGALS

copy of process to: PO Box 536 Delmar NY 12054. Purpose: any lawful purpose. D-156190

NOTICE OF FORMATION of ESTHERJ LLC, Arts. of Org. filed with the SSNY on 07/13/2017. Office loc: Albany County. SSNY has been designated as agent upon whom process against the LLC may be served. SSNY shall mail process to: Esther Jmal, 1324 Avenue T, Brooklyn, NY 11229. Purpose: Any Lawful Purpose. D-158108

FADE 2 FAMOUS LLC Articles of Org. filed NY Sec. of State (SSNY) 6/5/17. Office in Albany Co. SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 59-63 56th Rd., Apt 2L, Brooklyn, NY 11378, which is also the principal business location. Purpose: Any lawful purpose. D-154700

Notice of Formation of Hoyt Electrical Contracting LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 6/16/17. Office location: County of Albany. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: 1018 New Scotland Rd, Albany, NY 12208. Purpose: any lawful purpose. D-156835

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name: IDS 915 LLC. Articles of Organization filed with NY Secretary of State, June 13, 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 40 Beaver St., Albany, NY 12207. D-155609

Notice of formation of J & J Enterprizes LLC. Articles of Organization filed with the Secretary of State of New York SSNY on May 23, 2017. Office located Albany County. SSNY has been designated for the service of process. SSNY shall mail a copy of any process served against the LLC to 26 Dogwood Lane, Albany, NY 12211. Purpose: Any lawful purpose. D-155679

Notice of Formation of Kate Jenna Holding, LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on August 19, 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: PO Box 1223 Albany, NY 12201. Purpose: any lawful purpose. D-154809

LEGALS

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY. NAME: KENNEDY APARTMENTS SARATOGA LLC. Articles of Organization filed with NY Department of State, June 23, 2017. Purpose: to engage in any lawful act or activity. Office: Albany County. Secretary of State is agent for process against LLC and shall mail copy to c/o Goldman Attorneys PLLC, 210 Washington Ave. Ext., Albany, NY 12203. D-157581

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name: KENSINGTON DHC LLC. Articles of Organization filed with NY Department of State, June 14, 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 Dawn Homes Management, LLC, 20 Corporate Woods Blvd., Albany, NY 12211. D-155616

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name: KENSINGTON DRI LLC. Articles of Organization filed with NY Department of State, June 19, 2017. Purpose: to engage in any lawful act or activity. Office: Albany County. Secretary of State is agent for process against LLC and shall mail copy to 20 Corporate Woods Blvd., Albany, NY 12211. D-156109

KINGS COUNTY BARBERS LLC Articles of Org. filed NY Sec. of State (SSNY) 5/30/17. Office in Albany Co. SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 59-63 56th Rd., Apt 2L, Brooklyn, NY 11378, which is also the principal business location. Purpose: Any lawful purpose. D-155171

NOTICE OF FORMATION of LANDMARK ASSETS, LLC, Arts. of Org. filed with the SSNY on 05/31/2017. Office loc: Albany County. SSNY has been designated as agent upon whom process against the LLC may be served. SSNY shall mail process to: Gordon Graham and Jill Crozier, 10 Elmwood St., Albany, NY 12203. Purpose: Any Lawful Purpose. D-157721

LEGAL NOTICE MARK HENRY HEMMERDINGER. This is a formal notice that Albert B. Hemmerdinger died 12/8/2016. You are entitled to information about his estate. Please contact Anthony Smith at: smithworks13@gmail.com D-154917

NOTICE OF FORMATION of Living Healthy Matters LLC Articles of Organization were filed with the Secretary of the State of

LEGALS

New York (SSNY) on 6/14/17. Office located in 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: 29 Dover Dr Delmar NY 12054. Purpose: Any lawful act or activity. D-157144

Notice of Formation of Mach1134, LLC, Art. of Org. filed with SSNY on 6/29/17. Office Location: Albany County. SSNY designated as agent of the LLC upon whom process against may be served & shall mail process to LLC, 5 West St., Voorheesville, NY 12186. Any lawful purpose. D-158043

MAGNA TRANSPORTATION LLC Articles of Org. filed NY Sec. of State (SSNY) 6/15/2017. Office in Albany Co. SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 207 Bedford Ave., Brooklyn, NY 11211, which is also the principal business location. Purpose: Any lawful purpose. D-155791

Notice of Formation of Metabomb Design LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 6/24/15. 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: 22 Dutch Village Apt 3L Albany, NY 12204. Purpose: any lawful purpose. D-155890

NOTICE OF FORMATION of limited liability company (LLC). Name: NOIREAST LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 06/05/2017. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: THE LLC 255 PATROON CREEK BLVD, APT 2417, ALBANY, NY 12206. Purpose: any lawful purpose. D-157256

SECTION 001116 NOTICE TO BIDDERS A Sealed bid for the: TOWN OF BETHLEHEM DINMORE ROAD WWTP CLARIFIER REHABILITATION will be received at the following address: Town of Bethlehem Attn: Town Clerk 445 Delaware Avenue Delmar, New York 12054 until 11:00 am local time on August 15, 2017. The project generally consists of the following work: DEMOLITION, DISPOSAL AND REPLACEMENT OF THE MECHANICAL SCUM AND SLUDGE COLLECTION COMPONENTS WITHIN THE TWO (2) EXISTING NORTH AND SOUTH CIRCULAR CLARIFIERS INCLUDING ACCESS BRIDGES; REPLACE-

■ COMMUNITY

Summer reading going strong

Summer Reading at the library is off to a great start! Sign-up continues apace among kids, teens and adults, and there's still plenty of time to join the growing ranks of summer readers. Our librarians and teen volunteers are available in the Children's Place to assist those new to the program, and participants can set goals and track their progress through our website. Adults can sign up online at bethlehempubliclibrary.org and take part in a Bingo-inspired summer reading challenge. We've got great weekly prizes and goal prices, as well as some fantastic raffle collections for adults. Let's Build a Better World together!

We're also holding some exciting events in the coming week to support our Summer Reading Program.

Build something amazing out of fuse beads on Thursday, July 20, from 2-3 p.m. Ages 9 and up are invited to bring their imaginations and leave with some cool fuse bead art.

On Monday, July 24, our friends from Fiver Rivers will be at the library at 2:30 p.m. to show us how everyday actions can have a positive effect on the animals and environment around us. The "Five Rivers at the Library: You Can Make a Difference" program is for kids and families. That evening, teens are invited to "Breakout!" at 7 p.m., where they can use their code-breaking skills to open a locked box and save Summer Reading. Sign up online at www.bethlehempubliclibrary.org



bethlehempubliclibrary.org or call 439-9314.

On Tuesday, July 25, from 11 a.m. - noon, we'll be hosting some of the Winterberry Farm animals at a traveling petting zoo at the library.

The following day, Wednesday, July 26, Dyer Switch will perform at the Evenings on the Green summer concert series. Enjoy some hard-driving traditional and original bluegrass and acoustic tunes beginning at 7 p.m.

Board of trustees 2017-18 officers

On Monday, July 12, the Bethlehem Public Library Board of Trustees selected the following officers for 2017-18: Mary Redmond, president; Mark Kissinger, vice president; Brian Sweeney, treasurer; and Joyce Becker, secretary. Lisa Scoons will continue to serve on the Upper Hudson Library System board.

At the same meeting, Mary Redmond was sworn in to her second five-year term on the board. Mary is a Delmar resident of 30 years and has served as a trustee since 2012 and president of the board since 2015. Her goals for the coming term include addressing much-needed building maintenance projects, such as the upcoming HVAC update, as well as working with staff to deliver quality programs and services to

the community.

August meeting rescheduled

The board of trustees meeting originally scheduled for Monday, Aug. 14, has been rescheduled. The meeting will now take place Monday, Aug. 21, at 6 p.m. Board meetings are open to the public.

Summer hours reminder

During the summer, the library is closed on Sundays, with regular Sunday hours resuming in September. You can access the library catalog and other library services online anytime at www.bethlehempubliclibrary.org.

Other upcoming events

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

Friday, July 21

Story Walk at the Park

Meet at Elm Avenue Park to hear some stories and take a walk to exercise your mind and body. Gather at the head of the Fit Trail and wear appropriate footwear, 10 a.m. For kids and families.

Coffee and Cinema

Enjoy popular films geared toward adult audiences, 10 a.m. Today's

feature: "Queen of Katwe" (PG, 124 min, Disney). Coffee, tea and light refreshments will be available.

Summer Cinema

Bring a blanket or pillow; we'll supply the popcorn as you watch "Ice Age: Collision Course" (PG, 94 min, 20th Century Fox), 2:30 p.m. For kids and families.

Monday, July 24

Kids Builder

Association

Take your building skills beyond Legos with the launch of a brand-new club that incorporates all of the library's cool construction toys. Kids and families can let their imaginations run wild as they engineer fun and create fantastic structures using our Legos, Snap Circuits, 3D puzzles, blocks, Strawbees and K'nex, 10-11:30 a.m. For kids and families.

Daywriters

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

Tuesday, July 25

Book Buddies

Sign up to partner with a teen book buddy to practice your reading skills, 10-10:45 a.m. For grades K-5.

The Marshmallow

Incident

Hear the story, then make marshmallow shooters and play some games, 2-2:45 p.m. Sign up online or call. For grades K-5.

Wednesday, July 26

Chalk It Up to Fun

Join us on the sidewalk

for some chalk fun. Will move inside if it rains, 10 a.m. For kids and families.

Pokémon Goes to the

Four Corners

Meet with your Pokémon Go app ready to play and get free wi-fi as you walk to the Four Corners looking for Pokémon. Adults must accompany children, 1:30-3:30 p.m. For kids and families.

Thursday, July 27

Book Buddies

Sign up to partner with a teen book buddy to practice your reading skills, 6-6:45 p.m. For grades K-5.

— Kristen Roberts

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Really local

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agent of the LLC for whom process against it may be served. SSNY shall mail copy of processes to the LLC, 265 Osborne Road, Albany, NY 12211. Purpose: Any Lawful. D-154909

Notice of formation of Van Hoesen Station, 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 June 5, 2017. Offices are located in Albany County. NYSS is designated as agent upon

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whom process may be served. NYSS shall mail service of process to Van Hoesen Station, LLC, c/o Morgan Ruthman, Esq., 1 Juniper Drive, Delmar NY 12054. The LLC shall exist in perpetuity unless dissolved by its members. D-154789

Notice of Formation of Whitestone Settlements, LLC, a Foreign Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 06/09/2017. Office location: County of Albany. URS Agents, Inc. is des-

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ignated as agent for service of process at One Commerce Plaza, Suite 805A, Albany, New York 12210. Purpose: Any lawful purpose. D-156152

NOTICE OF FORMATION OF WSL REALTY LLC On 06/14/17, Articles of Organization of WSL Realty LLC were filed with the SSNY. The office of the NY limited liability company is located in Albany County. The SSNY is designated as the agent of the limited liability company upon whom process against it may be served and the post office address with-

LEGALS

in New York State to which the SSNY shall mail a copy of any process against it served upon him or her is WSL Realty LLC, 1676 New Scotland Rd, Slingerlands, NY 12159. The purpose of the limited liability company is for any lawful business purpose or purposes. D-156066

To place your Legal Notice: Call 439-4949



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July 19, 2017

Spotlight on Opinion

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FROM THE EDITOR'S DESK

Don't desert Delaware

Delmar's Four Corners continues to be the heart of Bethlehem, and Delaware Avenue it's main thoroughfare. As it was at the turn of the last century, so it is today. But, both have been left relatively neglected compared to the timely upgrades observed as neighborhoods are continuously developed outside of Olde Delmar.

However, we're now in the midst of seeing the hard work of the Delaware Avenue Improvement Group and the ideas shared by residents to update the look and accessibility of this town square. The \$3.1 million dollar project focuses on improving sidewalks, new crosswalks, curbing and on-street parking. It also enhances the overall aesthetics

with planting street trees and installing decorative lighting. When accompanied by the resounding success of the Albany County Rail Trail, this should prove to be the much deserving face lift residents have demanded for years.

But, with such changes come growing pains.

Detour signs and construction vehicles have been ever-present on the old Delaware Turnpike — in some cases, the infrastructure dates back to when it was once called that. That old turnpike continues to be a lifeline for local businesses, and the prospect of construction impeding traffic has worried owners. Those who go in business for themselves follow a dream of being his

or her own boss, and following through with personal ideas on how to run a successful business. It's a dream shared by many, but attempted by few. There are, of course, sacrifices to be made when you call yourself the boss. For one, there is no such thing as a day off. Vacations, often times, costs twice as much as your Everyday Joe. There's the cost of the vacation, and the money lost from closing the shop. There is little joy to be had in a slow day at the office. One Delaware Avenue shop owner, looking at the construction equipment outside her window, asked for ideas on how to keep her business from losing what she estimated to be 40 percent of her income. That type of loss can sink a business.

The town has done a good job in informing residents and shop owners of potential delay. But, as we write this editorial, the potential has appeared to be far worse than what has been realized. Traffic continues to flow through both lanes of the Delaware. Once or twice,

the traffic has been cut down to one lane. Nonetheless, people are able to access their favorite shops and restaurants.

You've long read the importance of supporting local business over that of big box stores or the internet. Money spent here, reports suggest, stays here. Your local shop owner tends to be your neighbor, and often shares the same concerns about the community as you do. Look at local banks who support blood drives, storefronts with collection jars for families in need and the donations gifted towards causes here in town. You don't see that on Amazon.

We all wanted to see improvements in town, now, our local businesses need our help. Quiet their concerns and continue to frequent those beloved stores as often as you had in the past. For those of us who have not shopped locally, take the time to consider a purchase here instead of at Crossgates Mall. Or, stop in for a bite. The last thing we all want to see is beautiful sidewalks leading to empty retail windows.

WHAT HAPPENED IN 2008 ...

Comptroller: DA's office mismanaging money

ALBANY COUNTY — County Comptroller Michael Connors released the findings of an audit on the Albany County District Attorney's Office, stating there were several financial discrepancies involving the office's petty cash fund, as well as other bookkeeping errors.

Connor's office conducted the audit on the district attorney's petty cash fund of \$5,000, managed by District Attorney David Soares' director of administration, in May of that year. The critical audit condemned several areas of financial management by Soares' office and cites a lack of proper paperwork.

"The findings of this audit illustrate that in the case of fiscal management of its petty cash fund, the director of administration of the Office of the District Attorney has routinely ignored attempts to properly and accurately maintain this account," Connors wrote in the audit's conclusion. "The director of administration of the Office of the District Attorney has demonstrated a total disregard for fiscal management, a

complete lack of compliance with county guidelines for the use of the petty cash fund and exhibits a sense of entitlement that is dangerous to the fiscal matters of the District Attorney's Office."

Connors recommended that the Albany County Legislature suspend Soares' petty cash account "until someone capable of administering this account is in place in the Office of District Attorney."

Soares released a statement saying that although he respects the comptroller's work, he disagreed with the audit's findings.

"I have reviewed the audit of the petty cash account done by the county comptroller and agree with some of his findings as they relate to process and accounting issues," Soares stated. "Although I respect the comptroller, there are also some conclusions with which I emphatically disagree, particularly those which might lead to the conclusion that funds have been misused or misappropriated in any manner."

The audit included a three-page list of issues including missing receipts; not

implementing previous recommendations on petty cash transactions; poor handling of paperwork; inappropriate reimbursements and expense write-offs; and the depositing of a \$351,117 victim restitution check in the petty cash account from a jeweler convicted of bilking customers.

The account was not supposed to exceed \$5,000, according to Connors, and he said that victims in the crime were over-compensated with taxpayer money by Soares' office.

The jeweler, Peter Spinelli, a New Scotland resident and former Colonie Jewelry shop owner, was caught selling fake diamonds and swiping his customers' gems with fakes. One of the defendants in the case alleged that Spinelli replaced a 73-year-old family stone with moissanite when it was given to him for resetting.

Spinelli pleaded guilty to two counts of felony third-degree grand larceny and was sentenced in March of 2007 by Albany County Judge Thomas Breslin to the state maximum of three to nine years in prison

and was required to pay full restitution to his victims in the amount of \$391,117.56.

Connors said the restitution money eventually made its way into the petty cash account. Soares' responded that he would conduct his own investigation into the matter, but accused the criticism of being politically motivated in an election year. he appears to have made no subsequent statement regarding the outcome of any investigation.

A second audit performed in August of that year found thousands of dollars missing from a safe. The director of administration, Richard Arthur, was fired from his position after Soares claimed he "delegated job responsibilities without authorization and failed to comply with a directive to resume those duties, misrepresented his job duties in a letter to the United States Department of Justice, and mismanaged financial transactions." Arthur was reinstated, with back pay, in 2012 after a decision by the Appellate Division of the state Supreme Court.

THE
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■ BUSINESS

Tax Man takes video game store

Crossgates location only store impacted by state seizure

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

ALBANY — A popular retro-gaming retail store in Crossgates Mall was closed last week over alleged taxes owed to the state.

Jay Street Video Games, which has several location including Colonie Center, Wilton Mall and Berkshire Mall, was closed Wednesday, July 12. It's doors closed with an orange "seized" sign and a letter the New York state Department of Taxation and Finance.

A statement on the Jay Street Video Games Facebook page on Friday, July 14 explained that the popular gaming store chain is owned by different entities. The

Crossgates Mall location was the only local store effected by the seizure.

"In light of the recent situation that the Crossgates Mall store has found itself in we thought it would be prudent to openly discuss our business," stated a press release on the chain's Facebook page. "Not all Jay Street video games locations are owned or operated by the same people.

Jay Street Video Games specializes in the buying and selling of previously owned video games and gaming systems. In other locations, the store has hosted gaming competitions as well. Consumers have been buying back into older gaming systems in recent years, as shown by the immense popularity of Nintendo's Classic Mini system that sold out last year. Individual games are sold both for playing and for collecting. A popular game in working condition and with all of it's original packaging can garner prices



An orange 'seized' sign issued by the Department of Taxation and Finance hangs from the entrance of Jay Street Video Games in Crossgates. According to a press release issued by the owner of a different location, the store front is expected to re-open.

Michael Hallisey / Spotlight News

higher than \$100.

"We have also been informed that the Crossgates Mall location will be open and operational sometime within the week," continued the statement. "The tax issue that is being addressed with that company affects only one location out of many, and is simply an unfortunate oversight. The

amount of money that was reported that they owe was an assessed amount which is vastly inflated and the amount owed is significantly less. We wish them all the best, and would love to see them open this weekend."

As of the writing of this article, the store had yet to reopen.



■ COUNTYWIDE NEWS

Replicas of Columbus voyage make visit

The Nina and Pinta return to the Americas

ALBANY — We all know the poem.

"In fourteen hundred ninety-two,
Columbus sailed the ocean blue.
He had three ships and left from Spain..."

Those three ships were the Nina, the Pinta and the Santa Maria. And, on Wednesday, July 12, replicas of two of those ships made anchor here in Albany.

The Nina and the Pinta are two replicas built by The Columbus Foundation currently touring through the United States with stops up the East Coast and down the Mississippi River.

According to The Columbus Foundation website, the Nina is a historically accurate replica of the ship famed explorer Christopher Columbus used during his three voyages to the Americas. As it was more than 500 years ago, the Nina is accompanied by the Pinta.

Today's Pinta is built slightly larger — 15 feet longer and eight feet wider — than the one used by Columbus, but it is still built in the same manner as the original caravel ship.

The relatively small ships have a shallow draft of only seven feet, allowing it to traverse up rivers like the Hudson and Mississippi.

The ships left Albany for Oswego on Monday, July 17.

— Michael Hallisey

◀ A true replica of Christopher Columbus' "Nina," accompanied by another model of the "Pinta" docked in Albany last week as the floating museums continues their voyage through the region.

Photo by Bill Hicks

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IN BRIEF

World of Beer reopens in Crossgates Mall

ALBANY — World of Beer, a craft beer haven known for more than 50 rotating taps and hundreds of global craft beers in the cooler, reopened its Crossgates Mall location in Monday, July 17.

The Crossgates World of Beer, located

at 1 Crossgates Mall Rd, is now under World of Beer corporate management.

“We look forward to bringing back all of our craft beer selections, tasty food menu and neighborhood feel to Crossgates and all of our neighbors in Albany. With the new ownership, patrons can explore the hundreds of options of beers and find their new favorites,” says Hannah Davis, Director of Brand Marketing at World of Beer.

The tavern is a spacious 5,772 square feet that can accommodate up to 135 patrons. It includes two patios and 86 outdoor seats.

The WOB infusion tower provides additional variety to an already extensive beer selection, infusing unique brewing ingredients to enhance your beer’s flavor. The Crossgates World of Beer has a host of weekly events scheduled including Tuesday Trivia Nights and Service

Industry Sundays.

World of Beer has grown to a global franchise with more than 75 taverns found in 23 states, China and South Korea, since it was founded in Tampa, Fla. in 2007.

For more information, store hours and a list of weekly events, visit www.worldofbeer.com/albany.

Crossroads Ford

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<p>2017 FORD FUSION SE</p>  <p>6 spd auto, EcoBoost, A/C, keyless entry. STK#N7758C. Was \$26,228 - NOW \$25,228</p>	<p>2017 FORD ESCAPE TITANIUM SUV</p>  <p>2.0L EcoBoost Engine, keyless entry. STK#N7962T. Was \$38,086 - NOW \$35,086</p>	<p>2017 FORD FIESTA</p>  <p>3.5L V6, auto, rear camera. STK#N8021T. Was \$42,830 - NOW \$40,330</p>	<p>2017 FORD FOCUS SE</p>  <p>Hatchback, A/C, rear camera. STK#N8058C. Was \$20,276 - NOW \$16,276</p>	<p>2017 FORD ESCAPE SE SUV</p>  <p>1.5L EcoBoost Engine, rear camera. STK#N8225T. Was \$30,097 - NOW \$26,597</p>
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No punchline here

A journalist describes walking into Cosmo as a plus-sized woman.

Page B4

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PICK OF THE WEEK



Saratoga

There's too much going during this coming week to pick just one event, and that's no more true than what's happening in Saratoga. We're willing to bet you'll find yourself up there this week.

Page B5

INSIDE



Arts calendar

Pages B7-B12



CULTURE

2nd St. Style

Couple's jewelry and decor business is finding success in Troy and beyond

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

TROY — Ashley Cooper and Carmen Agrusti are the most visible faces around these parts.

The 27-year-old proprietors of AMC Jewelry and Decor are regulars at Troy's Flea, Albany's Alive at Five, and nearly every outdoor festival selling their custom-crafted jewelry and art. They are constantly on the go. Pitching the tent, setting up displays, selling to the people who stop by. Then, they break it down and go on to the next.

Continues on page B17

Photo by Ashley Cooper



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quote of the week

"I think [the Capital City Shuttle] is a great way for people to enjoy the things that Albany has to offer, but we want to remind the public to be responsible, plan ahead and make sure everyone has a safe way home. Don't make a bad choice or a bad decision and get behind the wheel of a car after you've had a few drinks."




— Craig D. Apple, Albany County Sheriff



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RECENTLY ANNOUNCED

CDTA launches free shuttle

Pilot program runs through summer, connects Lark Street with Warehouse District, downtown

ALBANY — Call us late to the game, but did you know there's a free shuttle bus that drops you off at the best places in the Capital City?

The Capital District Transportation Authority (CDTA) partnered with several Albany organizations to launch the Capital City Shuttle last month. It's a service they all hope will provide a safe and convenient link to Lark Street, downtown Albany and the Warehouse District. It's a pilot program that operates on Thursday, Friday and Saturday nights, from now through Labor Day.

"Not only will the Capital City Shuttle provide safe transportation in the summer months, but it will highlight the vibrancy of Albany's downtown neighborhoods and encourage our residents and visitors to visit local businesses," said Albany Mayor Kathy Sheehan.

The free shuttle operates within a window of time between 5 p.m. and 12:30 a.m., with a shuttle arriving every 20 minutes. How you can find where that shuttle is in relation to you and your friends? Schenectady-based software and logistics company, Transfinder, has developed an app, CityFinder, that allows

CDTA's Capital City Shuttle will provide easy access to:

- Albany Capital Center
- Times Union Center
- State Capitol
- Palace Theatre
- Corning Riverfront Park
- Quackenbush Square
- Riverfront Garage
- Downtown's Entertainment District
- Lark Street
- Warehouse District
- Washington Avenue Armory

Graphic courtesy of CDTA

users to track shuttle location and detailed points of interest.

"We live in a time when people want more and more information: How long will it take for the shuttle to arrive? Where is the shuttle now? Do I have time to walk to the next stop?" said Antonio Civitella, President and CEO of Transfinder Corporation. "All this information is just a click away now with Transfinder's new Cityfinder app specifically designed for Albany."

The stops include the Albany Capital Center, the Times Union Center, the State Capitol, the Palace Theatre, the Corning Riverfront Park, Quackenbush Square, the Riverfront Parking Garage

and the Washington Avenue Armory.

Not only will the Capital City Shuttle provide visitors with a convenient transportation option, but it will also help to curtail drinking and driving. The Albany County Sheriff's STOP DWI Program and DeCrescente Distributing Co., Inc. have partnered on the initiative to promote the benefits of the new service and keeping our roads safe by offering vouchers for taxi rides.

"I think this is a great way for people to enjoy the things that Albany has to offer, but we want to remind the public to be responsible, plan ahead and make sure everyone has a safe way home," said Albany County Sheriff

Craig D. Apple. "Don't make a bad choice or a bad decision and get behind the wheel of a car after you've had a few drinks."

David M. Stackrow, CDTA Board Chairman, said the pilot program may ultimately expand throughout the Capital District.

"As the region's transportation leader, we look for ways to expand our services and meet the needs of the communities that we serve," said Stackrow. "The Capital City Shuttle... provides a new service that will attract customers who may not have experienced CDTA before. ... We are excited about this program and hope to expand it throughout the region."

— Michael Hallisey

WHAT'S HAPPENING NOW

The Refrigerators

Freedom Park — Wednesday, July 19

SCOTIA — One of the most popular local bands over the past several years hits the Freedom Park stage on Wednesday, July 19, at 7 p.m.

The Refrigerators, the high energy party band fueled with a kicking brass section, has been a staple to the area's live music scene for more than 20 years.

For more information, visit freedomparkscotia.com/schedule.

The Audiostars

Canal Square — Thursday, July 20

COHOES — The Rock the Block summer concert series continues with a lively cover band out of Malta.

The Audiostars is a kinetic, four-piece band that delivers know-'em-by-heart classic songs with an energy and passion that define live music at its very best. The band features former members of some of the top bands in the Northeast U.S., (including vocalist J Yager and guitarist Matt Pirog of The Burners U.K., drummer Chad Ploss of The Refrigerators, and bassist Bobbie Van Detta of City Rhythm, Doc Scanlon's Rhythm Boys and The Newports.

For more information, visit cohoes.com.

CORRECTION

The picture from last week's front page story, "Time Lapse" was submitted to us without information to properly credit the photographer. The story published with the photograph attributed as "submitted photo," however the picture was taken by photographer Dan Laroe.

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CULTURE

No punchline here

A 300-pound woman walks into the offices of Cosmopolitan magazine . . .

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

Oh...are you waiting for a punch-line? It wasn't the set-up to a joke. It's a scene from my life.

Picture it: New York City, March of 2000. There I am in the Hearst Building, otherwise known as the beehive of American magazine publishing. Clutching my reporter's notebook and a brand new pen, I stride into the marbled lobby, all 330 pounds of me. I'm coiffed, immaculately accessorized, city-chic in all-black, and I'm heading into the offices of *Cosmopolitan* magazine.

That's right. *Cosmo*. The home of wispy-thin cover models and pages of sage monthly sex tips on 'how to make your hot sex life even hotter!' Deep stuff sells. And *Cosmo* is certainly proof of that. For anyone who doesn't know, *Cosmopolitan* is all about women aspiring to be FAB-U-LUUUS. And that starts with looking flawless.

Did I mention that my 37th-floor-destination was the inner lair of this shrine to female perfection? I was granted an interview with the magazine's editor-in-chief and I was both excited and a little buzzed with anticipation since I spent my 20's worshipping *Cosmo* covers and contents within. Yes, I was about 200 pounds over the acceptable weight limit

Cosmo. The home of wispy-thin cover models and pages of sage monthly sex tips on 'how to make your hot sex life even hotter!' Deep stuff sells. And *Cosmo* is certainly proof of that. For anyone who doesn't know, *Cosmopolitan* is all about women aspiring to be FAB-U-LUUUS. And that starts with looking flawless. Did I mention that my 37th-floor-destination was the inner lair of this shrine to female perfection?

by *Cosmo*-standards, but the other truth at play in this scenario is, after a lifetime of berating myself, I'd decided I'd had enough. So why not embrace the polaric opposite of wispy-thin and not simply accept myself, but CELEBRATE who I am in all it's glory? I'm bigger than most women, so what? Is that a reason to cower in shame? For years I believed it was. Then one day I realized how ridiculous that was. I put the car of my mind-chatter in reverse and did a 180.

That sort of "Chappy Chutzpah" is how I got the gig to interview *Cosmo*'s editor-in-chief in the first place. As I stepped off the elevator, the first thing in my line of vision was a rack of clothing for a photo shoot, including

a pair of minuscule capri pants that I probably couldn't have fit my arm into. But I remained undaunted as a polite receptionist accompanied me to Kate White's corner office for what turned out to be a voluptuous and very interesting interview...for both parties.

There's something about being looked at as handicapped or less-than that makes one want, or perhaps *need* to try harder, do better, hit greater heights. I knew full well that I was judged by my appearance by my culture. Lazy, less-than-competent, slovenly, and dull-minded were some of the misconceptions people put on me because of my largeness. So, (and this turned out to be a gift) I had to work a little harder than the average reporter. I did whatever it took to prove that a fat

Continues on B18



TheSpot518 file photo

PICK OF THE WEEK

SPAC-tacular

By MICHAEL HALLISEY
halliseym@spotlightnews.com

SARATOGA SPRINGS — Forgive me if I come across as gushing too much over a well-known fact, but there's a lot happening at the Saratoga Performing Arts Center this week.

SPAC is busy during the summer. I understand this. But, while looking over the week's events for something to highlight in our Pick of the Week, we couldn't help but notice how it's scheduled to host five different shows over the next seven days.

That's a little more than usual.

Let's start with a unique night of music featuring Straight No Chaser and Scott Bradlee's Postmodern

Jukebox on Wednesday, July 19 (today). The bill pairs an accapella group and a band that deconstructs contemporary music and repackages them with a 1940s flavor.

Friday night, July 21, Kidz Bop Kids: Best Time Ever Tour kicks off at 6 p.m. However, it's she who bops, as in Cyndi Lauper and Rod Stewart, as the two are to perform the following Saturday night, July 22, at 7:30 p.m. The two share several Top 40 hits from the '80s and '90s. Lauper's "True Colors" was most recently introduced to a younger crowd when it appeared in the 2016 animated film "Trolls."

Florida Georgia Line arguably headlines the most anticipated show of the week on Sunday, July 23, with Nelly and Chris Lane. Then, it's back to the past with Chicago and The Doobie Brothers taking it to the streets on Tuesday, July 25.

(We could also add Kings of Leon with Nathaniel Rateliff and the Night Sweats open the venue the next night, Wednesday, July 26.)

In all, it made for an impossible task for me to choose just one show for this edition's Pick of the Week.

WHAT'S HAPPENING NOW

Elvis Costello & The Imposters

Brewery Ommegang — Friday, July 21

COOPERSTOWN — Elvis Costello & The Imposters stop in Leatherstocking Country with a performance at Brewery Ommegang on Friday, July 21, at 7 p.m.

For more information, visit dspshows.com.

Girl Blue

Riverfront Park — Wednesday, July 26

TROY — Girl Blue has made a name for itself in the past year, and continues to do so with a performance at Rockin' on the River on Wednesday, July 26, at 5 p.m.

Girl Blue is the alter ego of singer, songwriter and multi-instrumentalist Arielle O'Keefe. She debuted her first recorded release last October with an EP titled "I Am Not A Star," introducing a new sound that blends raw soul and rock with keen pop songwriting sensibilities.

Girl Blue shares the bill with Tiana Asilli y La Banda Rebelde.

For more information, visit downtowntroy.org.

Ajkun Ballet Theatre

The Egg — Wednesday, July 26

ALBANY — The Plaza's lunch crew will feast its eyes upon one a renowned dance troupe in the next installment of Made in the Shade at The Egg on Wednesday, July 26, at noon.

Ajkun Ballet Theatre is internationally renowned as one of the most comprehensive organizations serving the professional dance world and the community at large, currently under the artistic leadership of Chiara Ajkun.

Regarded as one of the country's most original for its trademark repertory, Ajkun Ballet Theatre keeps more than 35 classic and chamber ballets alive, and produces an average of five contemporary creations each year.

Touring engagements vary with annual performance tours in Europe, Australia and Asia.

For more information, visit TheEgg.org.

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Night & Day

NIGHT: Reeves Gabrels

TROY — Reeves Gabrels, an adventurous rock guitarist, is taking his band on the road in July to play small music clubs from Nashville to New York and back.

Reeves Gabrels & His Imaginary Friends stop to play the Hangar on the Hudson on Saturday, July 22, at 8 p.m.

The former David Bowie collaborator and guitarist for The Cure, pushes the boundaries of the power trio format, combining the visceral energy of rock, the harmonic sophistication of jazz, and the emotional honesty of blues.

Gabrels sings and plays other-worldly guitar, with Kevin Hornback on bass and Marc Pisapia on drums and harmony vocals.

These summer shows in small spaces are a rare treat, as Reeves Gabrels usually performs in arenas. Last year The Cure, the British alt-rock band of which he is a member and guitarist, played over 70 dates and sold out the Hollywood Bowl, Madison Square Garden, and Wembley in London each for three nights running.

For tickets and information, go to brownpapertickets.com.

DAY: Opening Day at Saratoga Race Course

SARATOGA SPRINGS — It's baaack!

The summer place to be is Saratoga Springs and nothing truly brings that to light better than the start of the horse racing season in upstate New York.

Saratoga Race Course Opening Day is Friday, July 21.

Live music will only add to the atmosphere brought on by summer dresses, big hats and exotic cars.

The day of competition is highlighted by two races: the Grade III Schuylerville and Grade III Lake George.

For information, visit SaratogaRaceTrack.com.

SUMMER IS HERE

With SPAC and the horses, Saratoga will be busy this week.

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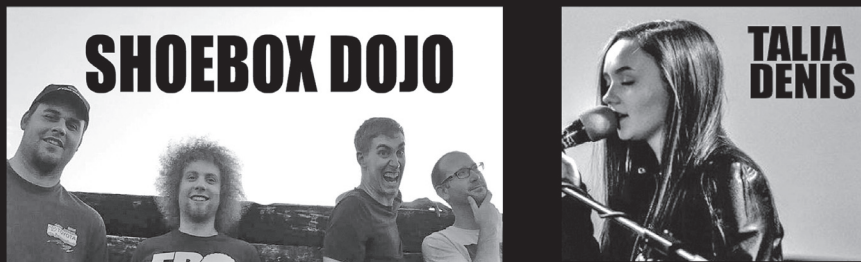
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July 31 The Further Unsound, Murma, Mark T Jones

Aug 7 Let Go Daylight, C.K. Flach, Two Guys

Aug 14 Noise Between Stations, Peter Anello, Tha Hard Luck Souls

Aug 21 Blind Crow, Maurizio Russomanno

Aug 28 Sly Fox & The Hustlers, Josh Casano, Margot Malia Lynch

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Thur: **Dave Kitchen Trio** | 7 p.m.
Fri: **Doug Chilton** | 7 p.m.
Sat: **Kitchen Jazz** | 7 p.m.
Sun: **Mike Kailas** | 2 p.m.
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Fri: **Roy Hurd Trio** | 8 p.m.
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Wed: **Acoustic Blues Open Mic & Jam** | 7 p.m.

Carney's Tavern

17 Main St., Ballston Lake. (518) 280-7959
Every Thur: **Matty Finn** | 6 p.m.
Fri: **Too Gone Daddies** | 7:15 p.m.
Sat: **The Bremners** | 7:15 p.m.

Carson's Woodside Tavern

57 NY-9P, Malta. (518) 584-9791
Thur: **Citizens Treasure Duo** | 7 p.m.
Fri: **Franklin Micare Duo** | 7 p.m.
Sat: **Steve Candlen** | 7 p.m.

Castle Street Café

10 Castle St., Great Barrington, Mass.
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Fri: **Wanda Houston Band** | 7:30 p.m.
Sat: **Alex Snyder Trio** | 7:30 p.m.

Centre Street Pub

308 Union St., Schenectady.
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Thur: **Rob Flemming** | 7 p.m.
Fri: **Stockade Kids** | 9 p.m.
Sat: **Grand Central Station** | 9 p.m.
Every Mon: **Open Mic** | 8 p.m.

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ARTS CALENDAR



It's time for the fair!

The Saratoga County Fair always marks the start of the Capital District's fair season, and it's happening right now. The county's 176th fair opened yesterday (July 18) and continues to Sunday, July 23

Saratoga County Fair / Facebook

Eden Cafe

269 Osborne Rd., Loudonville.
(518) 977-3771
Sat: **Izzy Singer** | 7:30 p.m.

Emack & Bolio's

366 Delaware Ave., Albany. (518) 512-5100
Fri: **Frank Porter w/ Paul Kurrey** | 7 p.m.
Sat: **The Crowd Pleasers** | 7 p.m.
Sun: **Leilah** | 6:30 p.m.
Mason & Corey | 7 p.m.
Every Tue: **Open Mic** | 7 p.m.

Fuze Box

12 Central Ave., Albany. (518) 703-8937
Fri: **Lauren Goulet / Lauren Murada,**
Tall A\$ \$ Matt, Rowdy | 10 p.m.
Sat: **Young Culture, Above It All,**
The Morning Sound, Cold Hands,
Benchmark | 6:30 p.m.
Wed: **Godmaker, Yoma, Hyborian,**
Grimer | 8 p.m.

Gaffney's

16 Caroline St., Saratoga Springs.
(518) 587-7359
Thur: **Rat Tail Jimmy** | 8 p.m.
Fri: **Rick Bolton & Jeff Walton** | 5 p.m.
Sat: **TJ Clancy** | 8 p.m. • **Cryin' Out Loud** | 9 p.m. • **Tony Platynvm** | 11:30 p.m.
Every Tue: **Open Mic w/ Rick Bolton** | 8 p.m.

Ginger Man

234 Western Ave., Albany. (518) 427-5963
Fri: **Geo Doody** | 7 p.m.
Grappa '72
818 Central Ave., Albany. (518) 482-7200
Every Wed & Thur: **Hamilton Street**
Jazz Company | 6:30 p.m.

The Half Moon

48 S. Front St., Hudson.
thehalfmoonhudson.com
Thur: **Luke Temple, Cassandra Jenkins** | 8 p.m.
Sat: **Deadly Dragon Sound** | 10 p.m.

Hamlet and Ghost

24 Caroline St., Saratoga Springs.
(518) 450-7287
Every 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
Fri: **Inertia** | 9 p.m.

J.J. Rafferty's

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

The Low Beat

335 Central Ave., Albany. (518) 432-6572
Every Wed: **The Deadbeats** | 10 p.m.
Thur: **Dephyant, Dan Dillinger, Oneword, Devin B, Emcee Graffiti** | 7:30 p.m.
Fri: **Backward Dreams** | 6 p.m.
Sat: **Blase Debris, Lovable Rejects** | 8 p.m.
Asa Morris and the Mess (as L7),
Bare Mattress (as Grace Jones),
Cannon the Brave (as Britney Spears),
County Mike (as Julian Baker),
Cloaca (as Bikini Kill), **Hill Haints**
(as The Ronettes), **Hospital Corners**
(as Garbage), **Off Hours** (as Rollerblade
Jamz Dance Party featuring Ace of Base),
and **Scum Couch** (as Sheryl Crow) | 6 p.m.

Lucky Strike Social

1 Crossgates Mall Rd., Albany.
(518) 556-3350
Sat: **Start the Reactor, Sigma Sound**
Project, SeaSpan, Outnumber the
Living | 6 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.
Mon: **Jecco Trio** | 7:30 p.m.

Moon & River Café

115 S. Ferry St., Schenectady.
(518) 377-5100
Wed: **Jamie Giliand** | 7 p.m.
Fri: **Harry Pelegrin** | 7 p.m.
Sun: **Rockstar Open Mic** | 7:30 p.m.
Mon: **Nancy's Hootenanny** | 7 p.m.
Wed: **Mike Burdick** | 7 p.m.

Mouzon House

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

Nanola

2639 US Rte. 9, Malta. (518) 587-1300
Fri: **Luken Band** | 8 p.m.
Sat: **Mason & Corey** | 8 p.m.

Newberry Music Hall

388 Broadway, Saratoga Springs.
(877) 565-3849
Every Fri: **DJ Frankie Ramos**
(**Latin Night**) | 9 p.m.
Sat: **Chris Duke Band** | 10 p.m.

Oh Bar

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

One Caroline Street

1 Caroline St., Saratoga Springs.
(518) 587-2026
Every Wed: **The Masters of Nostalgia**
| 8:30 p.m.
Thur: **Cloud Lifter w/ Brian Bassett**
| 9 p.m.
Fri: **Bob Capowski** | 6 p.m.
Sat: **Freddi Shehadi** | 6 p.m. •
William Hale Band | 9 p.m.
Sun: **Jazz Jam Session** | 7 p.m.
Mon: **Andrew Hassenger** | 10 p.m.
Tue: **Selector David Normal** | 9 p.m.

On The Patio

Rivers Casino, 1 Rush St., Schenectady.
(518) 579-8850
Thur: **The Chronicles** | 5 p.m.
Fri: **Bryan Brundige** | 5 p.m.
Sat: **Changing Lanes** | 4 p.m.
Sun: **Toga Boys** | 11 a.m.

O'Slattery's Irish Pub

318 Delaware Ave., Delmar. (518) 439-5634
Thur: **Katsura** | 7 p.m.
Fri: **Dan Sherwin** | 6:30 p.m.
Sat: **Brian LaPoint** | 7 p.m.
Wed: **Jim McArdle** | 7 p.m.

Panza's

510 NY Rte. 9P (on Saratoga Lake),
Saratoga Springs. (518) 584-6882
Fri: **Charles Cornell** | 7 p.m.
Sat: **Michael Panza & Charles Cornell Trio** | 7 p.m.
Sun: **Charles Cornell Trio** | 6 p.m.

The Parting Glass

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

Tue: **OTB Band** | 8 p.m.

Wed: **Irish Celtic Session** | 7 p.m.

Pauly's Hotel

337 Central Ave., Albany.
paulyshotel.com
Wed: **Scott Reynolds, Postage,**
Mystery Girl | 8 p.m.
Thur: **Call Shotgun, Mr. Doubtfire**
| 8:30 p.m.
Fri: **Guns 'N Roses cover band**
("Appetite for Destruction") | 8:30 p.m.
Sat: **Asa Morris and the Mess** (as L7),
Bare Mattress (as Grace Jones),
Cannon the Brave (as Britney Spears),
County Mike (as Julian Baker),
Cloaca (as Bikini Kill), **Hill Haints**
(as The Ronettes), **Hospital Corners**
(as Garbage), **Off Hours** (as Rollerblade
Jamz Dance Party featuring Ace of Base),
and **Scum Couch** (as Sheryl Crow) | 6 p.m.
Sun: **The Hempsteads, Girth Control**
| 7 p.m.
Every Mon: **Blue Monday Blues Jam**
| 8 p.m.

Prime at Saratoga National

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

Putnam Den

63a Putnam St., Saratoga Springs.
(518) 584-8066
Thur: **The Knotbeats** (Knot Dead
+ The Deadbeats) | 9:30 p.m.
Fri: **Backup Planet** | 9:30 p.m.
Sat: **North & South Dakotas,**
Folkfaces | 9:30 p.m.
Wed: **The Broken** (CD release),
Aggressive Reponse, Virute Falls,
Panzram, Tentacles | 8 p.m.

Roux

10-01 Vista Blvd., Slingerlands.
(518) 487-4358
Fri: **Skip Parsons' Trio** | 6:30 p.m.

Rustic Barn Pub

150 Speigleton Rd., Troy. (518) 235-5858
Every Thur: **Open Mic** | 8 p.m.
Fri: **The Hill Hollow Band** | 8 p.m.
Sun: **The John Kadleck Band** | 7 p.m.

Sake Japanese Steakhouse

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

Salt & Char

453 Broadway, Saratoga Springs.
(518) 450-7500
Sun: **Hot Club of Saratoga** | Noon

Saratoga Music Hall

474 Broadway, 3rd floor, Saratoga Springs.
(518) 587-5132
Fri: **Joey Thomas Big Band** | 7:30 p.m.

Savoy Taproom

301 Lark St., Albany. (518) 599-5140
Fri: **Crescente, Mixed Roots** | 9 p.m.
Sun: **The Hudson River Jazz Quartet**
| 10 p.m.

Speakeasy 518

42 Howard St., Albany. (518) 449-2332
Wed: **Mark Kleinhaut** | 8 p.m.
Thur: **David Gleason Duo** | 9 p.m.
Fri: **Tyler Giroux Trio** | 9 p.m.
Sat: **David Fisk Duo** | 9 p.m.
Every Mon: **Joe Finn** | 8 p.m.
Tue: **Mike Jenkins and The Fat Ties**
(swing night) | 8 p.m.
Wed: **Tyler Giroux** | 8 p.m.

Stockade Inn

1 North Church St., Schenectady.
(518) 346-3400
Thur: **Colleen Pratt & John Nazarenko**
| 7 p.m.
Fri: **Bronte Roman** | 7 p.m.



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Locally Owned and Operated

EMPIRE BROADCASTING CORP



1013thejockey.com

Troy Kitchen

77 Congress St., Troy. (518) 268-0068
Thur: **Phil Allen's Concert Jazz Band** | 7 p.m.
Every Fri: **DJ Lounge** | 11 p.m.

Upstate Concert Hall

1208 NY 146, Clifton Park.
(518) 371-0012 or upstateconcerthall.com
Wed: **Born of Osiris, Volums, Betraying the Martyrs, Widomaker** | 7:30 p.m.
Fri: **Aaron Lewis** | 8 p.m.
Sat: **Conor Oberst, Hop Along** | 8 p.m.

The Van Dyck

237 Union St., Schenectady.
(518) 348-7999
Fri: **Glye Bertoncini Trio** | 8 p.m.

Van Slyck's at Rivers Casino

1 Rush St., Schenectady. (518) 579-8800
Wed-Sun: **DJ Vito G** | 8 p.m.
Fri: **Kick Band** | 10 p.m.
Sat: **Vivid** | 10 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
Thur, Sat, Sun: **Rob Aronstein** | 6 p.m.
Fri: **Mike Purcell** | 6 p.m.
Mon: **Larry Finke** | 6 p.m.
Tue: **Noreen Pratt** | 6 p.m.

Yono's

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

MUSIC

Joe Louis Walker

Guitar virtuoso and modern blues icon. Made in The Shade at The Egg, Wed., July 19, noon. Outdoor stage adjacent to The Egg, Empire State Plaza, Albany. Free. www.theegg.org

Who's Bad: The Ultimate Michael Jackson Experience

Tribute band delivers a power-packed performance of the King of Pop's extensive catalog. Singer/songwriter/rock guitarist Kristen Capolino opens. Rockin' on the

River, Wed., July 19 at 5 p.m.; rain or shine. Riverfront Park, River and Front streets, Troy. Free. (518) 279-7997 or www.downtowntroyc.org

Soul Asylum

Alternative rock band that gained fame in the 1990s with hits "Runaway Train" and "Misery." Cracker opens with its unique blend of rock and a little bit of country. Summer at The Plaza Capital Concert Series. Wed., July 19, 5 p.m. Empire State Plaza, downtown Albany. Free. (518) 474-4759 or summer.empirestateplaza.org

Big Fez and The Surfmatrics

Classic surf and beach music from the 1960s. Malta Summer Concert Series, Wed., July 19, 6 p.m. Malta Community Center, One Bayberry Drive, Malta. Free. (518) 899-4411 or maltaparksrec.com

The Rymanowski Brothers

Polish-American polka band performs for Polish Night. Prunyn House Concerts in the Barn, Wed., July 19, 6:30 p.m. Prunyn House Complex, 207 Old Niskayuna Road, Latham. Adults, \$5; children ages 12 and younger, free. (518) 783-1435.

The Refrigerators

High-energy, horn-fueled party band. Freedom Park Concert Series. Wed., July 19, 7 p.m.; rain or shine. Freedom Park, Schonowee Avenue, next to Jumpin' Jacks, Scotia. Free. www.freedomparkscotia.com/schedule

Straight No Chaser and Scott Bradlee's Post Modern Jukebox

Double Feature tour features the a capella group which became an international phenomenon with its blend of musical brilliance and humor. Co-headlining is the pianist/arranger who takes contemporary rock and pop songs and rearranges them into jazz/ragtime tunes. Wed., July 19, 7:30 p.m. Saratoga Performing Arts Center, Saratoga Spa State Park, 108 Avenue of the Pines, Saratoga Springs. Amphitheater tickets only; start from: \$22.25 to \$79.50 (before fees); select Platinum, VIP and Meet & Greet packages also available; (800) 745-3000, livenation.com or in person at the SPAC Box Office.

Nat Phipps Quartet

Pianist performs jazz and be-bop. Thurs., July 20, noon. Jay Street Pedestrian Mall,

downtown Schenectady. (Rain location: Robb Alley at Proctors, 432 State St., Schenectady). Free. (518) 573-2922 or www.facebook.com/JazzOnJay/

Lindsay Ell

Tastefully bluesy, emotionally charged modern country full of empowering themes. Local country/rock/pop singer songwriter Anthony Fallacaro opens. Alive at Five, Thurs., July 20, 5 p.m. Jennings Landing, 1 Quay St., Albany. (Rain location: Corning Preserve Boat Launch, Colonie and Water streets, Albany.) Free. (518) 434-2032 or www.albanyevents.org

Audiostars

Kinetic four-piece band delivers know 'em by heart classics with an energy and passion that get the party started and keep it going. Rock the Block, Thurs., Jul. 20, 6 p.m. Canal Square, 72 Remsen St., Cohoes. Free. www.cohoes.com

The Lustre Kings

Critically acclaimed Albany-based rockabilly band that has matured into one of America's great roots rock combos, with a distinctive sonic stamp courtesy of guitarist/lead singer Mark Gamsjager. Concerts in the Park, Thurs., July 20, 6 p.m. Wiswall Park, Front St., Ballston Spa. Free. (518) 885-2772 or www.ballston.org/

New York Players

Popular party cover band known for its non-stop energy and enthusiasm. Anjo Construction Summer Concert Series. Thurs., July 20, 6:30 p.m.; rain or shine. The Crossings Park, 580 Albany Shaker Road, Loudonville. Free. (518) 456-2136.

The Nisky Dixie Cats

Seven-piece ensemble performs family-friendly, Dixieland-style music. Niskayuna's 2017 Summer Concert Series. Thurs., July 20, 7 p.m. Gazebo, Town Offices, One Niskayuna Circle, Niskayuna. Free. www.niskayuna.org/community-programs.

Alex Torres & His Latin Orchestra

Formed over 35 years ago in Amsterdam, this 12-piece orchestra is led by the Bronx-born bassist in performances of its original blend of Afro-Caribbean styles. Upbeat on the Roof, Rooftop, Tang Teaching Museum, Skidmore College, 815 North Broadway,

Saratoga Springs. Thurs., July 20, 7 p.m. Free. tang.skidmore.edu

CRUSH & Overture

Rotterdam-based 9-piece party band composed of Schalmont High and Middle School honor students and southern rock quintet will perform for Local Band Night at the Guilderland Performing Arts Center. Thurs., July 20, 7:30 p.m.; rain or shine. Tawasentha Park, 188 NY Route 146, Guilderland. Free. (518) 456-3150.

Ziggy Marley

Eight-time Grammy winner, Emmy winner, author, philanthropist and reggae icon performs. Thurs., July 20, 8 p.m. The Egg, Empire State Plaza., Albany. \$46 or \$56. (518) 473-1845 or tickets.theegg.org.

Elvis Costello & the Imposters

Award-winning singer, songwriter, and musician known for both his solo work and collaborative efforts with other artists marks the 25th anniversary of his "Imperial Bedroom" album with the "Imperial Bedroom & Other Chambers" Tour with support from singer/songwriter Amy Helm. Part of the 2017 Summer Concert Series. Fri., July 21; gates at 5 p.m., show at 7 p.m. Brewery Ommegang, 656 Co. Hwy. 33, Cooperstown. Show only advance, \$55. http://www.dspshows.com/event/1439888

Kidz Bop Kids

See Ahnya, Cooper, Freddy, Isaiah, Julianna and Sierra perform today's biggest hits live during the all-new Best Time Ever Tour. Fri., July 21. Saratoga Performing Arts Center, Saratoga Spa State Park, 108 Avenue of the Pines, Saratoga Springs. Tickets (Pavilion only): Standard admission, \$35, \$45, or \$55; platinum tickets, \$65 or \$85 (before fees); VIP and Meet & Greet packages also available. (800) 745-3000, livenation.com or at the SPAC Box Office.

Kyle Bourgault Band

Country singer performs alongside some of the Capital District's best musicians. Powers Park Concert Series, Sat., July 22, 6 p.m. Powers Park, 420 Second Ave at 110th St., Lansingburgh. Free. www.facebook.com/powersparkconcerts

Rod Stewart with Cyndi Lauper

Grammy-award winning British rock/pop singer/songwriter famous for songs he recorded both with the band Faces and solo tours with the songwriter responsible for penning "Time After Time," "She Bop," and, more recently, the music to the popular Broadway musical, "Kinky Boots." Sat., July 22, 7:30 p.m. Saratoga Performing Arts Center, Saratoga Spa State Park, 108 Avenue of the Pines, Saratoga Springs. Tickets: Individual lawn tickets start at \$30; special 4-pack of lawn tickets for \$90 (\$22.50/ticket); amphitheater tickets (availability extremely limited) start at \$29.95 to \$215 (all prices before fees). (800) 745-3000, livenation.com in person or at the SPAC Box Office.

Rattail Jimmy

80s rock cover/party band. Freedom Park Concert Series. Sat., July 22, 8 p.m.; rain or shine. Concert followed by fireworks display. Freedom Park, Schonowee Avenue, next to Jumpin' Jacks, Scotia. Free. www.freedomparkscotia.com/schedule

Reeves Gabriels & His Imaginary Friends

Guitarist for The Cure and former David Bowie collaborator, is joined by Kevin Hornback on bass and Marc Pisapia on drums and harmony vocals. The trio combines the visceral energy of rock, the harmonic sophistication of jazz and the emotional honest of blues for a night of smartly crafted songs, stellar musicianship and fearless improvisation. Sat., July 22, 8 p.m. Hangar on the Hudson, 675 River St., Troy. Ages 21+ only. \$20 (\$21.69 w/fees at www.brownpapertickets.com); tickets will be sold at the door if available. (518) 272-9740 or www.facebook.com/theHangarTroy

Dru Hill

Smooth and sexy R&B quartet sings in four-part harmony. V.I.C., Chubb Rock and Positive K are also scheduled to appear as part of the Super Summer Soul Fest. Sat., July 22, 8 p.m. The Egg, Empire State Plaza, Albany. \$46 to \$66. (518) 473-1845 or tickets.theegg.org.

Ronnie Spector & the Ronettes

Rock & Roll Hall of Fame inductee Spector is one of the artists who helped define

female rock and roll in the 1960s with her powerful trademark vocals, gutsy attitude and innocent but knowing sexuality. Sat., July 22, 8 p.m. Mahaive Performing Arts Center, 14 Castle St., Great Barrington Mass. \$30 to \$85. (413) 582-0100 or www.mahaive.org/RonnieSpector

Summer Carillon Concert Series

Friends of the Albany City Carillon present George Matthew, Jr. Sun., July 23, 1 p.m. Albany City Hall, 22 Eagle St., Albany. Free. (518) 937-2906 or http://albanyevents.org/events/Carillon-Concerts-albany-NY_59_event_other.htm

Brian Patenaude Jazz Quartet

Enjoy an evening of organic modern jazz styles performed by Patenaude, a saxophonist, with pianist Rob Lindquist, bassist Mike DelPrete and drummer Danny Whelchel; a combo repeatedly named the "Best Jazz Group" by the former Metroland magazine. Freedom Park Concert Series, Sun., July 23, 7 p.m.; rain or shine. Freedom Park, Schonowee Avenue, next to Jumpin' Jacks, Scotia. Free. www.freedomparkscotia.com/schedule

Septeto Santiaguero

Seven-member Cuban musical ensemble that developed its signature sound at the famous Casa de la Trova nightclub in Santiago heats up dance floors wherever it goes. Radio Jarocho opens with traditional son jarocho music from Veracruz, Mexico, and its own, contemporary repertoire. Music Haven Concert Series, Sun., July 23, 7 p.m. Agnes McDonald Stage, Central Park, 500 Iroquois Way, Schenectady (Rain site: Proctors, 432 State St., Schenectady). Free. Musichavenstage.org

Florida Georgia Line

Duo which broke out in 2012 with its mega hit "Cruise" continues to push the envelope with its fusion of country, rock, hip-hop and pop. Performs with rising country star Chris Lane and hip-hop/R&B artist Nelly. Sun., July 23, 7 p.m. Saratoga Performing Arts Center, Saratoga Spa State Park, 108 Avenue of the Pines, Saratoga Springs. Tickets: Individual lawn tickets start at \$30.50; amphitheater tickets (limited availability) range from \$71.25 to \$226 (all prices before fees); Collector tickets and VIP packages also available.

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57											58		
59						60					61		

ACROSS

- 1. Water carrier
- 5. Panhandles
- 9. Be an omen of
- 13. Persia, now
- 14. Pulsates rapidly from disease
- 16. Gold in color
- 17. Work mates
- 18. Amniotic ____
- 19. Locale
- 20. Ecological community
- 21. Caring
- 23. "Wheel of Fortune" choice
- 25. Contact, e.g.
- 26. Fall behind
- 30. Belittle
- 32. Drag
- 33. Cold and wet
- 34. ____ carotene
- 35. A quick raid
- 36. Decline
- 37. "Malcolm X" director
- 38. Affectedly creative
- 39. One who goes for the gold?
- 40. Final stages of any activity
- 43. Shiny on top?
- 44. Lying, maybe
- 45. Fatty tissue of animals
- 47. Cheerful
- 50. Baptism, for one
- 51. ____ de deux
- 53. Classic movie password
- 56. Allocate, with "out"
- 57. Vehicle scraping side of another
- 58. Length x width, for a rectangle
- 59. Sean Connery, for one
- 60. Donald and Ivana, e.g.
- 61. Actor's goal

DOWN

- 1. ...
- 2. Dickens's ____ Heep
- 3. Thought out
- 4. Discharge letters?
- 5. Butter up?
- 6. "... or ____!"
- 7. Mail place: Abbr.
- 8. Order to attack, with "on"
- 9. Sheep making noise
- 10. "Beetle Bailey" dog
- 11. Adjudge
- 12. "____ quam veridi" (North Carolina's motto)
- 14. Nuisances
- 15. Leg bone
- 19. All there
- 22. ____ Verde National Park
- 23. Digress
- 24. Hunted
- 26. Alphabetizes, e.g.
- 27. Serious, tragic opera
- 28. Channel
- 29. The America's Cup trophy, e.g.
- 30. ____-bodied
- 31. "____ here long?"
- 32. Blas 5. Notability
- 36. Hair lines?
- 39. Drone, e.g.
- 41. January's birthstone
- 42. Bottomless pit
- 43. Moderated
- 45. Multiplied by
- 46. End of the quip
- 47. Forest growth
- 48. "Beowulf," e.g.
- 49. Change
- 50. Seize or carry off by force
- 52. Accommodate
- 54. Female sheep
- 55. Half a dozen
- 56. Blueprint

Answers on Pg. B22

(800) 745-3000, livenation.com or in person at the SPAC Box Office.

Shoebx Dojo

Quartet performs an electric mixture of funk, rock, and jam tunes with a dash of reggae. With Talia Dennis (singer/songwriter and pianist who toured with the X Factor's Fifth Harmony).

Chicago and

The Doobie Brothers

Pair of legendary rock and roll bands share the stage. Tues., July 25, 7:30 p.m. Saratoga Performing Arts Center, Saratoga Spa State Park, 108 Avenue of the Pines, Saratoga Springs. Tickets: Individual Lawn tickets start at \$25; special 4-pack of lawn tickets for \$75 (\$18.75/ticket); amphitheater tickets start at \$39.50 to \$125 (all prices before fees).

Drive-By Truckers

Outspoken, alternative country-rock group boasts a mix of Southern pride, history, folklore, politics and character studies with story songs backed by sonic ambition and social conscience.

Taina Asily y La Banda Rebelde

Albany-based Puerto Rican singer, songwriter and activist fuses powerful vocals with Afro-Latin, reggae and rock sounds fueled by her dynamic eight-piece band.

Charles Bradley & His Extraordinaires

Singer dubbed "The Screaming Eagle of Soul" known for his riveting live performances. Summer at The Plaza Capital Concert Series. Wed., July 26, 5 p.m. Empire State Plaza, downtown Albany. Free. (518) 474-4759 or summer.empirestateplaza.org

The Zucchini Brothers

This band of brothers: Jack on guitar, Steve on keyboards, Sam on drums (each his own character, all of whom sing) offers up a musical stir-fry of styles, aimed at bridging the musical gap between kids and adults.

Get Up Jack

Six of the most energetic and charming performers in Irish music who combine soaring vocals and enthusiastic performances, which draw comparisons to The Dubliners and The Clancy Brothers.

The Joey Thomas Big Band

Award-winning 19-piece orchestra performs classic big band arrangements as recorded by their original hit makers. Freedom Park Concert Series. Wed., July 26, 7 p.m.; rain or shine.

Kings of Leon

Rock band known for its stunning melodies, ringing guitars and razor-sharp grooves is on tour in support of its latest release, Walls. With Nathaniel Rateliff & The Night Sweats the Denver, Co.-based folk rock, indie band.

Saratoga Spa State Park, 108 Avenue of the Pines, Saratoga Springs. Tickets: Individual lawn tickets start at \$30; special 4-pack of lawn tickets for \$90 (\$22.50/ticket); amphitheater tickets start at \$29.50 to \$79.50 (all prices before fees); VIP, platinum ad meet and greet packages also available.

Peter Van Keruen Trio

Capital District-based composer and arranger who performs in a variety of genres, including classical, easy-listening, rock, jazz and religious.

Marian Hill

Songwriting duo of Samantha Gangol and Jeremy Lloyd perform music that you've never heard, yet it's surprisingly familiar; blues harmonies blend with sparse hip-hop drums.

Hair of the Dog

Enjoy a night of your favorite Celtic songs performed by one of the Capital District's most popular bands.

The Bluebillies

This Hartford, N.Y.-based band doesn't just sing Country songs; it embodies them, performing its unique blend of country, bluegrass and folk music with traditional style, sound and spirit.

Park, Thurs., July 20, 6 p.m. Wiswall Park, Front St., Ballston Spa. Free. (518) 885-2772 or www.ballston.org

Body & Soul

Get ready to party with the Sister band of the New York Players, highly acclaimed for its non-stop energy and enthusiasm.

Joe's Boys

Quintet delivers good time rock 'n' pop from the 60s, 70s, 80s, 90s and beyond. Niskayuna's 2017 Summer Concert Series.

Heard

Ensemble combines jazz, classical and world instruments to form a unique arrangement of sound which blends global styles and influences in a way that takes listeners on unexpected journeys.

Big Fez & The Surfatics

Classic surf and beach music from the 1960s. Guilderland Performing Arts Center. Thurs., July 27, 7:30 p.m.; rain or shine.

Phantogram

Greenwich natives Joshua Carter and Sarah Barthel bring their dream pop, electronica and trip hop back to the Capital District for one night only.

Glass Animals

Four-man band from Oxford, England with a distinctly sexy and smooth sound, which is sometimes epic and upbeat or dark and beautiful.

Jacamo

Veteran musicians bring their old-school brew of funk, R&B, soul and rock to the 'Burgh with their heavy grooves on originals and popular covers.

The Australian Pink Floyd Show

Hailed as one of the most in demand touring entities currently operating, the band has been celebrating Pink Floyd worldwide since 1988.

Betsy & the ByeGons

Saratoga-based band delivers an authentic rendition of the 60s girl-group sound.

Summer Carillon Concert Series

Friends of the Albany City Carillon present. Rachel Perfecto and Jakob De Vreese.

Sun., July 30, 1 p.m. Albany City Hall, 22 Eagle St., Albany. Free. (518) 937-2906 or http://albanyevents.org/events/Carillon-Concerts-albany-NY_59_event_other.htm

The Route Fifty 5

Versatile Capital District-based brass quintet will perform selections from its extensive library of classical, Broadway, contemporary, Renaissance and rock n' roll pieces.

Beausoleil

Beausoleil with Michael Doucet has been making some of the most potent and popular Cajun music for the past 42 years.

The Lustre Kings

Bring your dancing shoes because this true-hearted rockabilly band with a country core is sure to get you out of your seat.

The Further Unsound

Albany-based experimental trio dedicated to creating a "genre-bending" live experience.

Advertisement for Buff O Matic II Transmissions. Features text: 'TOP-NOTCH SERVICE FOR EVERY VEHICLE & EVERY CUSTOMER', 'FREE Multi-check Road Test Estimates Towing with Major Repair', 'LARGEST TRANSMISSION FACILITY IN THE NORTHEAST', and contact information for three locations in Saratoga Springs, Glenmont, and Carlisle.

Advertisement for Dinosaur Bar-B-Que. Features text: 'AWARD WINNING BBQ & LIVE MUSIC!', 'KITCHEN OPEN UNTIL MIDNIGHT.', and a schedule of live music performances including 'UNDER THE DEN', 'SCHOOLS OUT', 'BLIND CROW', 'THE LATE SHIFT', and 'BLUE HAND LUKE'.

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unforgettable grooves. Dana Park Concert Series. Mon., July 31, 5:30 p.m. Dana Park, Delaware and Madison avenues, Albany (Rain location: Lionheart Pub & Lark Tavern, 448 Madison Avenue, Albany). Free. www.RalphRenna.com.

One Republic

Popular alternative rock quartet which hit it big in 2007 with "Apologize," tours in support of its latest release, Oh My My. With Fitz & the Tantrums (Soul, Indie and Pop band with a sound that continues to evolve) and James Arthur (British pop, R&B and soul singer/songwriter). Tues., Aug. 1, 8 p.m. Saratoga Performing Arts Center, Saratoga Spa State Park, 108 Avenue of the Pines, Saratoga Springs. Tickets: Individual lawn tickets start at \$25; special 4-pack of lawn tickets for \$75 (\$18.75/ticket); amphitheater tickets start at \$35 to \$115 (before fees); platinum and VIP packages also available. (800) 745-3000, livenation.com, or in person or at the SPAC Box Office.

THEATER

Aladdin Jr.

Musical based on Disney's award-winning animated film. When the street urchin, Aladdin, vies for the attention of the beautiful princess Jasmine, he uses a genie's magic power to become a prince in order to marry her. Iago, Jafar, and the Genie and other characters appear in this musical adventure filled with magic, mayhem and the power of love. Presented by the participants of this year's Not So Common Kids theatre camp. Fri., July 21, and Sat., July 22, 5 p.m. Stage (next to basketball courts) Clifton Commons, 7 Clifton Commons Blvd., off Vischer Ferry Road, Clifton Park. Free. (518) 371-6667 or www.cliftonpark.org

Ragtime

Park Playhouse presents this musical based on E.L. Doctorow's award-winning novel, which chronicles the lives of three different families from three different

worlds at the start of the 20th Century in pursuit of the American Dream. Through Sat., July 29. Daily shows, Tuesday through Saturday at 8 p.m. (weather permitting). *Please note: Contains racial language that some parents may find unsuitable for young children.* Lakehouse Amphitheater, Washington Park, Albany. Table seats, \$24; center section, \$18; side section, \$16; free lawn seating available first come, first serve. (518) 434-0776 or visit www.parkplayhouse.com/ragtime.

Saturday Night Fever

Disco inferno of a show with sizzling dancing and The Bee Gees biggest hits. Through Sun., July 23. Shows: Thursdays, 2 and 8 p.m.; Fridays, 8 p.m., Saturdays, 4 and 8 p.m.; Sundays 2 and 7 p.m.; and Wednesdays at 2 p.m. The Mac-Hadyn Theatre, 1925 NY Route 203, Chatham. Adults: matinee: \$33; evenings, \$36; Children ages 12 and younger accompanied by adult, \$15; prices do not include fees. (518) 392-9292 or www.

machaydntheatre.org/ticket-information/

Mamma Mia

Fall in love with this story filled with ABBA's greatest hits! Through Sun., Aug. 13. Shows: Fridays at 8 p.m.; Saturdays at 3 and 8 p.m., Sundays at 2 p.m., Tuesdays, Wednesdays and Thursdays at 7:30 p.m. (through Aug. 3, then 8 p.m. through Aug. 10; 2 p.m. Wednesday matinees through Aug. 2.) Capital REP, 111 North Pearl St., Albany. \$25 to \$70; **extremely limited availability for some dates.** (518) 445-SHOW (7469) or tickets.proctors.org

Legally Blonde: The Musical

Elle Woods appears to have it all. Her life is turned upside down, however, when her boyfriend dumps her so he can start getting serious about his life and attend Harvard Law. Determined to get him back, Elle uses her charm to get into Harvard Law. At school, she struggles, however with some help, she quickly realizes her potential and sets out to prove herself to the world. Presented by Consortium Actors. Through Sun., July 22. Shows: Daily, Thursdays through Saturdays at 8 p.m., Sunday at 3 p.m. Beaudoin Theater, Foy Hall, Siena College, 515 Loudon Road, Loudonville. Adults, \$20; seniors and students, \$15. Partial proceeds to benefit Susan G. Komen Breast Cancer Research and Screening. www.consortiumactors.com/showsevents/

Fiddler on the Roof

The Not So Common Players present their adaptation of the Tony award winning musical that centers on Tevye, a poor milkman and his five daughters. Runs Through Sun., July 23. Shows: Daily, Thursdays through Sundays at 8 p.m. Show held rain or shine. Clifton Commons, 7 Clifton Commons Blvd., off of Vischer Ferry Road, Clifton Park. Free. (518) 371-6667 or www.cliftonpark.org

production of the second season of Netflix's series LOVE, and previously appeared on NBC's Last Comic Standing. Fri., July 21, 7:30 and 10 p.m., and Sat., July 22, 7 and 9:45 p.m., \$15. **Bill Blank**, stand-up comedian with razor-sharp wit who refuses to resort to a cheap and easy laugh. Sun., July 23, 7 p.m. \$12. All shows 21+; doors open one hour before show time. Crossgates Mall, 1 Crossgates Mall Rd., Guilderland. (518) 313-7484 or Albany.funnybone.com

Mopco Improv Theatre

Improv Jam: A hybrid of class, show and party. Try out improv games, or sit back and enjoy the show. Ages 16+. Thurs., July 20, 7 to 9 p.m. \$20. **Monday Night Improv:** Drop-in Improv Class for improvisers, newbies, and old pros ages 18+ welcome. Mon., July 24, doors at 6:30 p.m.; event from 7 to 9 p.m. 10 N Jay St., Schenectady. \$5. (518) 577-6726 or www.mopco.org.

DANCE

Che Malambo

Powerhouse, all-male Argentinian dance company makes its SPAC debut, performing the traditional South American Malambo. Thurs., July 20, 8 p.m. Saratoga Performing Arts Center, Saratoga Spa State Park, 108 Avenue of the Pines, Saratoga Springs. Tickets (Pavilion only): \$27, \$37, and \$57. Prices listed do not include fees. (518) 584-9330 or tickets.spac.org

Ajkon Ballet Theatre

Company mixes contemporary repertory and traditional ballets, including an excerpt from Sleeping Beauty. Made in The Shade at The Egg, Wed., July 26, noon. Outdoor stage adjacent to The Egg, Empire State Plaza, Albany. Free. www.theegg.org

FAMILY

Mr. Twisty Super Silly Magic Show

A high-energy show that's jam packed with lots of magic and slap-stick comedy. Wed., July 19, 7 p.m. rain or shine. Clifton Commons, 7 Clifton Commons Blvd., off Vischer Ferry Road, Clifton Park. Free. (518) 371-6667 or www.cliftonpark.org

Student Interactive Performance

Young musicians exploring leadership and community service during this year's Decoda Chamber Music Institute, an intensive, two week study of chamber music, will perform an interactive concert designed for young children. Fri., July 21, 9 a.m. Ladd Hall, Zankel Music Center, Skidmore College, 815 N. Broadway, Saratoga Springs. Free. (518) 580-5321 or www.skidmore.edu/zankel

KIDS! Storytime

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

COMEDY

The Comedy Works Saratoga Springs

Jimmie McDermott Fundraiser featuring **Josh Kincade, Jen McMullen, Rich Williams and Ryan Denisco**, hosted by **Andy McDermott**. Thurs., July 20, doors at 6 p.m., followed by show at 7 p.m., \$20, with proceeds benefiting Jimmie McDermott's medical fund as he battles Stage 2 B Cell Lymphoma. **Comedy Works Local All-Stars.** Fri., July 21, and Sat., July 22, 7:30 and 9:30 p.m.; Advance, \$15 (show only) or \$39.95 (dinner + show). *Note: Prices for the Friday and Saturday night shows above increase \$5 if purchased on show day.* **Open Mic**, every Thursday 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

Chicks are Funny, all-female lineup headlined by **Carolyn Castiglia** from New York City. Thurs., July 20, 7:30 p.m., \$7. **Jordan Rock**, who recently wrapped

July 26 • 5-8 pm • Empire State Plaza • FREE

Empire State Plaza

Summer AT THE PLAZA CAPITAL CONCERT SERIES PRESENTED BY Coors LIGHT

CHARLES BRADLEY
and His **EXTRAORDINAIRES**
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2017 CONCERTS IN THE BARN AT THE PRUYN HOUSE
The Best Summer Concert Venue

Wednesday, July 26th
IRISH NIGHT with GET UP JACK
You will enjoy every bit of their energetic, traditional tunes!
MUSIC 6:30 - 8:30 p.m.
FOOD by Swift's Restaurant & Pub

DONATION: Adults \$5.00 • Children 12 & Under FREE

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For more information 518.783.1435 • www.pruynhouse.org

open Sat., July 22 and run through Sat., Aug. 26. 265 River St., Troy. Open Mon.-Thurs., 9 a.m. to 7:30 p.m., Fri., 9 a.m. to 4 p.m., Sat., 9 a.m. to 5 p.m. and Sun., noon to 4 p.m. Free admission. (518) 273-0552 or artscenteronline.org

Cedar Hill Schoolhouse Museum

Continuing: "Bethlehem 100 Years Ago" takes a particular look at what our town was like during World War I. Military memorabilia will also be featured. Presented by the Bethlehem Historical Association. Through Tues., Oct. 31. Open Sundays from 2 to 4 p.m. 1003 River Road, Selkirk. Free. BethlehemHistorical.org

The Clark Art Institute

Continuing: "Picasso: Encounters," which explores the artist's interest in and experimentation with large-scale printmaking throughout his career; through Aug. 27; also **"Orchestrating Elegance: Alma-Tadema and Design,"** which offers new insight into the artist's Greco-Pompeian style music room for Henry Gurdon Marquand's New York mansion; through Sept. 4.; **"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 permanent collection. Open Tues. through Sun., 10 a.m. to 5 p.m. Admission: Adults, \$20; children 18 and younger, free. 225 South St., Williamstown, Mass. www.clarkart.edu

The Hyde Collection

Continuing: To Distribute and Multiply: The Feibes & Schmitt Gift marks the opening of The Hyde's first gallery dedicated to Modern and Contemporary art with 40 abstract and nonrepresentational works selected from Warren Feibes and the late James Schmitt's collection donated to the museum last year. Also, **"Ellsworth**

Kelly: Slow Curve" which examines the artist's experimentation with curved fields of color, and **"Ellsworth Kelly: Fruits and Flowers,"** a selection of 26 lithographs featuring line drawn images from which his "Slow Curve" works are derived; both through Sun., Sept. 24. Plus permanent collection. 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 their families, free. 161 Warren St., Glens Falls. (518) 792-1761 or www.hydecollection.org

Mabee Farm Historic Site

Continuing: "Four by Four," features the creative vision of four artists, Deborah Angilletta, John Morrette, Tim Prendergast and Maureen Sausa, in four sets of four paintings, each based on a photograph. Through Tues., Oct. 31. Open Tuesday through Saturday, from 10 a.m. to 4 p.m. 1100 Main St. (State Route 55), Rotterdam Junction. Admission: \$5 per adult for self-guided access; or \$8 for a combined tour and access to exhibits; children and students (w/ID) free. (518) 887-5073 or schenectadyhistorical.org

Mandeville Gallery

Continuing: "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. Union College, 807 Union St., Schenectady. Free. (518) 388-6004 or muse.union.edu/mandeville/home

miSci

Continuing: MRI: Examining the Human Body; explore the science behind a landmark medical imaging system developed here in the Capital District. Plus ongoing/permanent exhibits. Open Monday through Saturday, 9 a.m. to 5 p.m.; Sunday, noon to 5 p.m. 15 Nott Terrace Heights, Schenectady. Adults

(13+), \$10.50; seniors (65+), \$9; children (3-12) \$7.50. Additional \$5/person charge for planetarium show. (518) 382-7890 or www.miSci.org.

National Museum of Dance

Continuing: "National Museum of Dance and Hall of Fame - Celebrating 30 Years," and **"Art in the Foyer: Design for Dance,"** highlighting the costume sketches of design and dance historian Malcolm McCormack; also **"The Dancing Athlete," "50 Years at SPAC,"** Hall of Fame Inductees Patricia Wilde and Gregory Hines. Plus ongoing exhibits. Open daily, Tuesday through Saturday, 10 a.m. to 4 p.m.; Sunday, noon to 4 p.m. 99 South Broadway, Saratoga Springs. Adults, \$6.50; seniors/students (w/valid ID) \$5; children ages 4 to 12, \$3; children ages 3 and younger, free; Free admission for all on Tuesdays. (518) 584-2225 or www.dancemuseum.org

New York State Museum

Continuing: "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. Open Tuesday through Sunday, from 9 a.m. to 5 p.m. Empire State Plaza, 222 Madison Ave., Albany. Free admission; suggested donation of \$5/person or \$10/family. (518) 474-5877 or www.nysm.nysed.gov

Pine Hills Branch

Albany Public Library
Continuing: "Illustrated," showcases illustration as a medium, featuring more than 80 works by more than a dozen artists, with a special focus on illustrators, Meg Sodano and Cara Hanley of Albany, and Marie Beebe of Chatham. Through Sat., Oct. 28. Open Mondays and

Wednesdays, noon to 8 p.m.; Tuesdays, 10 a.m. to 6 p.m.; Thursdays and Fridays, noon to 6 p.m., and Saturdays, noon to 5 p.m. Free. 517 Western Ave., Albany. (518) 482-7911 or www.albanypubliclibrary.org/locations/pine-hills/

Saratoga Arts

Continuing: 10x10, annual show featuring work created by artists of all ages and abilities, including works created by participants of the Saratoga Arts' Visual Arts Summer Camp Program (Main Gallery). Through Sat., Sept. 2. **Paintings by Susan Beadle** (Reception Gallery) and **Unfurled** by Karen Cummings (Members' Hall Gallery). 320 Broadway, Saratoga Springs. Free. Open weekdays, 9 a.m. to 5 p.m. and Saturdays from 11 a.m. to 5 p.m. (518) 584-4132 or saratoga-arts.org

Saratoga Auto Museum

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

Saratoga Clay Arts Center

Continuing: "Everything's fine" (Schacht Gallery), a solo exhibition by the center's artist in residence, Allora McCollough, who uses ceramic materials and mixed media to create narratives about overcoming challenges in life. Through Wed., Aug. 2. Open daily, 11 a.m. to 4 p.m. 167 Hayes Rd., Schuylerville. Free. (518) 581-2529 or saratogaclayarts.org

Schenectady County Historical Society

Continuing: "Together Until the End: Schenectady in World War I," through Nov. 2017. Plus ongoing exhibits. Open weekdays, 9 a.m. to 5 p.m.; Saturdays 10 a.m. to 2 p.m. 32 Washington Ave., Schenectady. Admission: \$5. (518) 374-

0263 or www.schenectadyhistorical.org

Dan Sekellick

Visual Arts Gallery
Continuing: Photographic artist Jay Freud. Through Tues., Aug. 15. Sand Lake Center for the Arts, 2280 NY Rte. 43, Averill Park. Free. (518) 674-2007 or info@slca-ctp.org

Tang Teaching Museum

Continuing: "The Young Years," celebrates the 30th anniversary of the Skidmore Jazz Institute by featuring recently acquired works of art which reflect various aspects of both the Institute and of its founder, Don McCormack. Through Sun., Aug. 27. **"If I Had Possession Over Judgement Day: Collections of Claud Simard,"** featuring art and objects from across centuries and continents, through Sept. 24. 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/social space for visitors and students, through Sept. 10. Skidmore College, 815 North Broadway, Saratoga Springs. Free. tang.skidmore.edu

Troy Summer Square

Pop-up pedestrian plaza on a city block temporarily closed to vehicle traffic, which includes a painted street, chairs, and a stage with ongoing diverse, cultural programming and fun public engagement activities designed to gather information about the arts in Troy to develop a Master Plan for public art. Presented by the Arts Center of the Capital Region and the City of Troy. Wed., July 19, through Sat. Aug. 5. Monument Square, downtown Troy. www.artscenteronline.org

University Art Museum

Continuing: Sara Greenberger Rafferty: "Gloves Off," a collection of recent video, sculpture and photography that furthers the artist's ongoing fascination with domesticity, the body, consumer culture,

fashion, violence and stand-up comedy in a kaleidoscopic view of contemporary culture on the edge, and Cameron Martin: "Abstracts," a new body of non-objective paintings that address current generative roles for abstraction by an artist best known for his large scale, photographically based landscape paintings. Through Sat., Sept. 9. Uptown Campus, University at Albany, 1400 Washington Ave., Albany. Summer hours (through Tues., Aug. 29): Tuesday through Saturday from 11 a.m. to 4 p.m. Free. (518) 442-4035 or www.albany.edu/museum.

CALL FOR ARTISTS

Albany Barn

Seeks visual art submissions utilizing any type of printmaking: etching, engraving, woodcut, lithography, etc. for its upcoming "Impressive: perspectives in printmaking" exhibit. The artists' reception will be held Friday, August 4, from 10 to 5 p.m. at The Barn (56 Second St., Albany) in conjunction with the city-wide First Friday arts walk. Show runs through Fri., Aug. 28. Submissions accepted via e-mail only to gallery@albanybarn.org through Fri., July 21, and must contain the word "Impressive" in the subject line, include the number of pieces being submitted for consideration with title, medium, dimensions, and price in the body and have high resolution photos of work clearly labeled to coincide with submission information. Artist will be notified by Monday, July 24, and must deliver ready to hang/show works no later than Mon., July 31. (518) 935-4858 or albanybarn.org/news/exhibitions

Mabee Farm Historic Site

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

HOROSCOPES

July 2017 Week 3

CAPRICORN

December 22 – January 19
Just because you dabble in the arts is not a reason to give up your day job, Capricorn. Keep working at it, honing your skills, until the right opportunity comes along.

AQUARIUS

January 20– February 18
Drastic times call for drastic measures, Aquarius. Do what you must to get the team back on track. A compromise proves lucrative for both parties.

PISCES

February 19 – March 20
Don't look now, Pisces, but the scales are tipping in your favor. Use it to your advantage to make the change that is needed. A report arrives.

ARIES

March 21 – April 19
A friend is feeling under the weather yet again. Give them the benefit of the doubt, Aries. There is much you do not know. A financial matter is rectified.

TAURUS

April 20 – May 20
Are you in, or are you out, Taurus? You can straddle the fence no more. A mission in organization comes to a screeching halt with the pleas of youth.

GEMINI

May 21 – June 21
Romance reaches an all-time high, and travels plans are made in a hurry. Ooh-la-la, Gemini. An architectural find revives interest in an old passion.

CANCER

June 22 – July 22
Feeling melancholy, Cancer? Snap out of it. You are not the only person to go through such an ordeal. Use what you learned to help others.

LEO

July 23 – August 22
Calm down, Leo. Hear out your loved one before you start making accusations. Their intentions are good. Their methods, on the other hand, could use some work.

VIRGO

August 23 – September 22
Slow and steady wins the race, Virgo. Take your time, work through each phase carefully, and you will succeed. A journey of personal discovery begins.

LIBRA

September 23 – October 22
Whispers grow loud at work, and anxiety grows. Pay them no heed, Libra. There is nothing you can do about what is going on behind closed doors.

SCORPIO

October 23 – November 21
Stand tall, Scorpio. You had no choice. People will soon realize that and leave you be. An increase in revenue allows for a big purchase.

SAGITTARIUS

November 22 – December 21
The tiniest of gestures make for a world of difference in the life of a senior. A tickle of the ivories gets a party off to a rousing start. Enjoy, Sagittarius.

■ CULINARY ARTS



Food & Vino

Cobb Salad

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

As the “dog days” of summer approach, we wanted to provide a recipe that’s a little more light on the stomach — and, perhaps a break from the unhealthy meals on the grill. The Cobb Salad is your garden variety dish, that includes bacon, chicken and egg to remain appealing to the meat-loving eater in your family.

Ingredients — Serves 4

3 tablespoons white-wine vinegar
 2 tablespoons finely minced shallot
 1 tablespoon Dijon mustard
 1 teaspoon freshly ground pepper
 1/4 teaspoon salt
 3 tablespoons extra-virgin olive oil
 10 cups mixed salad greens
 8 ounces shredded cooked chicken breast, (about 1 large breast half)
 2 large eggs, hard-boiled, peeled and chopped
 2 medium tomatoes, diced
 1 large cucumber, seeded and sliced
 1 avocado, diced
 2 slices cooked bacon, crumbled
 1/2 cup crumbled blue cheese, (optional)

Directions

Whisk vinegar, shallot, mustard, pepper and salt in a small bowl to combine. Whisk in oil until combined. Place salad greens in a large bowl. Add half of the dressing and toss to coat. Divide

the greens among four plates. Arrange equal portions of chicken, egg, tomatoes, cucumber, avocado, bacon and blue cheese (if using) on top of the lettuce. Drizzle the salads with the remaining dressing. To poach chicken breasts, place boneless, skinless chicken breasts in a medium skillet or saucepan and add lightly salted water to cover; bring to a boil. Cover, reduce heat to low and simmer gently until chicken is cooked through and no longer pink in the middle, 10 to 15 minutes. To shred the chicken, use two forks to pull it apart into long shreds. To hard-boil eggs, place in a single layer in a saucepan; cover with water. Bring to a simmer over medium-high heat. Reduce heat to low and cook at the barest simmer for 10 minutes. Remove from heat, pour out hot water and fill the pan with a mixture of cold water and ice cubes; let stand until the eggs are completely cooled.

Pairing

Almaden Pinot Grigio
 Almaden Winery — California

This salad deserves a light wine with a hint the tropics. Almanden’s Pinot Grigio is such a wine that is “crisp, refreshing,” and “full-flavored.” With aromas of tropical fruit, peach and pear, it pairs well with a salad that makes for a refreshing, and healthy meal for a hot, summer evening.

■ IN BRIEF

Soul Asylum at Empire State Plaza

ALBANY— Soul Asylum and Cracker will perform at the Empire State Plaza on July 19 from 5 to 8 p.m.

Soul Asylum has been a rock band since 1981 and continues to play today. Cracker’s music has been described to fit into many different genres, such as alt-rock, punk, and classic rock. The performances are a part of Summer at the Plaza, which hosts various events free of charge.

For more information, call (518) 474-4759 or visit summer.empirestateplaza.org.

www.TheSpot518.com

■ IN BRIEF

Full Circle Fitness-NY opens new gym

SARATOGA SPRINGS — Full Circle Fitness-NY a locally owned and operated Small Group and Personal Training Studio is pleased to announce the opening of its newest location located at 3257 Rte. 9.

Dan and Laurie Romand, certified personal trainers with the focus of helping those who are too intimidated or who feel out of place working out at other facilities, started Full Circle Fitness in 2013.

Their custom designed Beginner Bootcamp was to ensure those that have

struggled to get started on their fitness journey have the guidance, support and accountability they haven't received elsewhere.

Along with the unique Beginner Bootcamp program Full Circle Fitness-NY offers small group and personal training, nutritional consulting, yoga, massage, corporate wellness programs and more.

For more information, call (518) 955-6924 or email at info@fcfny.com.



JULY 20 | Presented by Bud Light and Saratoga Eagle
COUNTRY NIGHT
LINDSAY ELL

SUMMER THURSDAYS Series Presented by:
5-8PM | **KeyBank**
JENNINGS LANDING

Next Show: **JULY 27** | Presented by Hampton Inn & Suites
MARIAN HILL

■ HEALTH & FITNESS

Cruel summer fate

Neglect that summer bod you worked so hard to get back, and it will come back to bite you

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

Hard to believe but the days are already getting shorter and though it seems like we have a long time to go before fall and winter its not as far away as most people think.

With summer comes the inevitable parties, get-togethers and other fun adventures we all love to do.

And food, lots and lots of food.

Which leads to another inevitability for most people that comes with summer. What is it? Weight gain.

There is a common misconception that people tend to gain the most weight during the winter holiday season and to be fair it isn't all that uncommon for people to put on a couple pounds but in my 30 plus years of experience more people gain weight during the summer months than any other time. A LOT MORE!

Why? Well, let's be honest with ourselves for a moment. The gyms and fitness studios are barren waste lands this time of year. Back when I worked at a local Y you could throw a million balls around the fitness center and not have to worry about hitting a person. Many people claim to be "working out" outside, but most of the time working out consists of lifting 12 ounces of their favorite adult beverage while sitting on the deck or laying in the pool. We know that we tend to be lax with our eating habits during the summer, too. Salads dripping with mayo, burgers, dogs and other meats from the barbeque, and corn on the cob lying in vast pools of butter all add up when it comes to calories.

I've found it's not uncommon for folks to add 1,000 extra calories each summer day compared to what they eat during the rest of the year. And, let me tell you my friends, those extra calories add up quickly when you step on the scale. I've seen many people, who worked hard during winter and spring, gain ALL the weight back on — and more — during their summer "break."

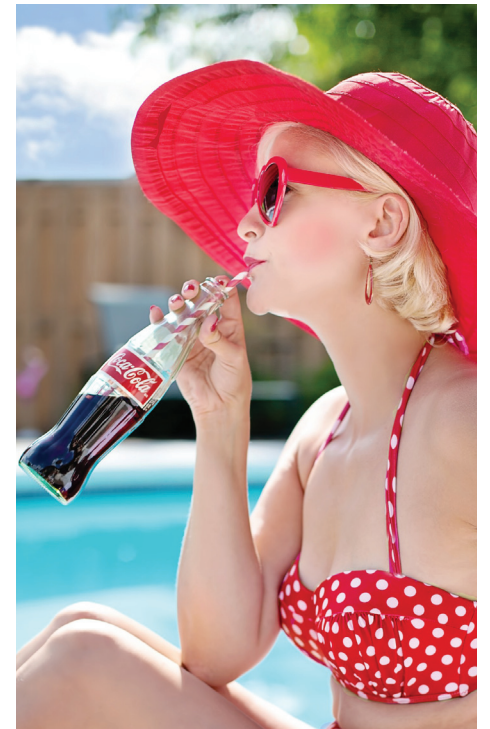
So What Can You Do?

We all want to enjoy the summer and there is no reason we can't. It just means we have to stay focused on the most important thing, which is our health.

First off, have a plan for those weekend get-togethers. Make sure you eat something before you go so you aren't starving and thus be tempted to overindulge.

Bring a healthy dish or make a healthier version of the summer time staples such as coleslaw or potato salad.

Give yourself permission to have that burger or dog but limit it to just one. That



way you aren't depriving yourself and still staying on track.

And, if you must have an adult beverage have one, and then switch to something else. Honestly if you define "fun" as getting drunk every weekend, well then you may have another problem.

As for exercising, there's no reason you can't find the time. No matter how busy your summer is, you have the time to get that workout in. With most people, it's that their priorities change. I get it. Who wants to be inside a gym in the middle of July? To be honest, I loved it. It was nice and cool, and I had the place to myself most of the time, especially when the inevitable heat wave came.

If you truly don't want to be in the gym during the summer, than make the commitment to get outside and do something. Go for a fast walk, go on a hike, do some laps in the pool, pick up your weights and take them outside.

Just Do Something

Sadly, I know for many this will fall on deaf ears. When September rolls around it's common for people step on the scale and see they've gained 10, 20, even 30 pounds. Those same people who didn't make their health a priority will suddenly panic and for many the self loathing will begin. It's truly a vicious cycle and one that doesn't need to have happen.

A few small changes and committing to working out throughout the summer will not only hold off those unwanted pounds, but help you stay on track not just for summer but for life.

And, a healthier life leads to being able to enjoy many more summers. Isn't that worth it?

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

THEATRE REVIEW

Long live disco!

'Mamma Mia!' brings ABBA to the Capital REP

By **DIEGO CAGARA**
intern@spotlightnews.com

ALBANY — The Mediterranean Sea became softly illuminated, entrancing the audience as the horizon welcomed them on the opening night of "Mamma Mia!" at Albany's Capital Repertory Theatre on July 11. The artificial sunlight served as ample foreshadowing of just how heartwarming and fun the production would be, despite some hiccups.

Based on the original West End 1999 production, the REP's adaptation follows 20-year-old Sophie Sheridan (Christina Carlucci) on the eve of her wedding to Sky (Patton Chandler) on the fictional Greek island of Kalokairi. Desperate to know the identity of her father, she invites three men without her mother, Donna's (Lyn Philistine) knowledge, whose names pop up in Donna's diary, thus ensuing quite the musical drama. They are Sam Carmichael (Gil Brady), Bill Austin (Brian Cali) and Harry Bright (Gary Lindemann), each eerily looking similar to the actors who portrayed them in the 2008 film adaptation, particularly with the latter two.

The casting was mostly a success, Carlucci portraying Sophie sometimes as too giddy or excitable while Philistine appears somewhat too young to realistically play her mother. The chemistry between Carlucci and Chandler was evident though, especially expressed by the fusion of Sophie's positive deposition and Sky's understanding nature.

Donna's best friends arrived at Kalokairi with a figurative luggage of humor. Kara Mikula plays Rosie, an implied sexually-driven woman who is unafraid to be eccentric around men, almost as if she came straight out of an SNL skit. Carla Woods plays Tanya, the sassy three-time divorcée who is slightly more reserved but still yearning for passion nonetheless. The three used to be Donna and the Dynamos together, a former girl group with a comically fantastical Las Vegas-esque wardrobe that can make Cher jealous.

Production-wise, the set looked simple, replicating Santorini with its blue-and-white livery, Greek-inspired patterns and



UNASHAMED GLEE

Kara Mikula, Lyn Philistine, Carla Woods star in the Cap Rep's 'Mamma Mia!'

Photo by Richard Lourich

architecture, and the overall coastal atmosphere. Notably, a blue mailbox—which Sophie used to mail the invitations to her three possible fathers—was built on one of the stage's columns and the actors made use of the aisles in several key scenes. Overall, the production fully knows how to make the most of its relatively petite stage. Hence, production stage manager Tara Kelly, set designer Brian Prather and choreographer Freddy Ramirez deserve praise. Although an orchestra was not visible, instrumentals of ABBA songs rang out during the various set changes, as extras in floral attire shifted things around, ensuring the musical remained kinetic and fast-paced.

The audience, mainly comprising of full-fledged adults, clearly was receptive

to how the musical was populated with multitudinous ABBA numbers, the famous Swedish pop group who dominated the music industry in the 1970s and early 1980s.

"Money, Money, Money" was an elaborate number as Donna, Rosie and Tanya sang about financial hardship while the three possible fathers arrived at its end, much to Donna's shock. Gary Lindemann also was impressive when dueting as Harry with Sophie on "Thank You For the Music" while playing the guitar.

"Chiquitita" was memorable where Tanya and Rosie comforted an emotional Donna, while yanking Donna and the Dynamos memorabilia from a just-discovered trunk. They would later officially reunite to perform for Sophie

Continues on B22

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■ ONLINE EXCLUSIVE

MOVIES

Spider Man: Homecoming

In case you missed it, Diego Cagara shared his thoughts on the latest Marvel Comics saga that brings Spider Man back into the fold (movie rights to the character are owned by SONY Pictures).

THEATRE

Opera Saratoga's "Cradle Will Rock"

An emotionally-driven and cathartic production at the Spa Little Theater, its intriguing commentary on corruption, greed and politics still holding up despite its setting in the early 20th century. These two topics still rock many countries today, including here.

— Diego Cagara



DANCE
 One music lover lost in the music by The Funky Meters.
 Michael Hallisey / TheSpot518

■ CONCERT REVIEW

Funky night under the bridge

By FRANKIE CAVONE
 nysmusic.com

ALBANY — Thursday's Alive at Five brought funk legends The Funky Meters to Albany on July 13.

The highly anticipated show was moved to the Corning Preserve Boat Launch do to rain. The location is a perfect second option due to the stage and crowd space being located under a bridge. The Funky Meters formed at the 1989 New Orleans Jazz and Heritage Festival during an informal jam with Art Neville, George Porter Jr and Russel Batiste, Jr.

Wurliday started the night off with their own signature sound of funk. The Albany native band brings together soul and funk creating an exciting blend of music. The group of dynamic musicians released their album, "Bedtime Blazer" which was recorded by Soulive's Alen Evans at Iron Wax Studio in Miller Falls, Mass.

Next week's Alive at 5 is country night bringing Lindsay Ell along with Anthony Fallacaro. Music starts right at 5 p.m. and goes until 8 p.m.

This article appears as a special from NYS Music.com. NYS Music.com is a web magazine focused on the coverage of all music across New York state.

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■ MUSIC REVIEW

Benn Rymon drops 'A Long Time'

By ALYSSA LADZINSKI
 nysmusic.com

A Pennsylvanian both by nature and at heart, rapper Benn Rymon and his beats are now based out of Plattsburgh, where he continues to record and perform just as he's been doing since the '90s. This time, his ideas were carefully crafted into his solo debut album, "A Long Time."

Normally, he'd be found lending an instrumental helping hand to an array of friends and artists to help complete their passion projects. Never releasing one of his own, "A Long Time," dropped on July 7 as his very first release. It chronicles a lifetime of friendships found and foraged through the gift of music, which led to Rymon joining forces with fellow rappers in the Plattsburgh community, eventually becoming the founding member of the Plattsburgh Home Team. Each song tells its own story, whether that includes hard-knock times, unexpected adventures and at times, dangerous happenings. Prominently using an "in-your-face" style of rap, paired with his blunt character and unwavering confidence on stage, Rymon brings an eclectic gathering of genres, featured artists and a branded style of hip-hop all his own.

The odyssey of an album explores Rymon's long-time background in the scene, how he's been brought up by others

and how he's in turn, doing the same and inspiring those to find their own musical passage. Making a musical cocktail combining obvious elements of rap and hip hop with some dance tunes stirred in, Rymon introduces a number of artists and their respective flavors.

Unraveling the story, Rymon kicks things off on "Out of Control" with Ms Adventure before jumping into the fun, high tempo track "Sensational," making a number of references to dancer/actor/singer Gregory Hines. Word play follows with "Pass or Pull," and "Hot Box Gondola" featuring Phen Yaqeen, which takes on a more rap-centered approach with traded verses and a simple beat layered behind it. "On the One" stands out as the hardest hitting rap track on the release with a spooky, perfectly fitting tune paralleling its equally eerie lyrics. "Town Center" shines with its tropical touch making it perfect for a summertime drive.

The second half of the album introduces record scratching on "W.I.S." and sees help from a number of collaborators like Epick, Craig Holmes, Lucid Lowell, Trixx, Phonix Dark and Symfoni. A Long Time gets put to bed with the hypnotizing "Sleepers" before closing out with "Dedications," with blaring horns and appropriate fade out lyrics "thats all, people."

From page B1 ... 2nd St. Style

Neither has gone to school for business, but both have shown enough savvy and hard work to succeed. Cooper is the yin to Agrusti's yang. She is the artist. He has the business mind. The business venture started three years ago, shortly after the two started dating.

"She's been artsy her whole life," said Agrusti. "She's been into different crafts and different types of art. Paints. Photography. Anything creative."

Cooper said it's something she picked up from her mother.

"My mom's super creative," she said. "Every week, she comes up with a new hobby. Stained glass. Reclaimed artwork, candles — I've always gotten that from her. Rather than buying it — she would never buy anything — she'd go out and make it."

Cooper started making jewelry as a means of grabbing enough cash to make it to the next music festival. "When I was a teenager, I'd go from music festival to music festival, I'd make [jewelry], sell it, and go to the next one," she said. Hemp braids and decorative glass beads that she could make at home, bring with her, and sell on the go. She said she enjoyed the process. But, through the years, she pushed it to the side and started to bartend. One day, she found a box full of them under her bed. Agrusti simply asked, why don't you pick it up again? "I started doing it more, and he turned it into a business," she said, with a smile.

AMC Jewelry and Decor started with a website. But, the hard work was only just about to begin. Starting a website is simple enough today. According to an article published by TekEye, a technology web magazine, there are more than 100 million website active on the internet. Making your website stand out enough to bring in customers, is the hard part.

Agrusti is not one to shy away from work, or an idea, no matter the obstacle. He's been working since he was 16. One of his first business ventures was running a kiosk in the mall, something he describes as a "Spencer's on wheels." He laughs now because, the first problem was having to compete against the Spencers Gifts already in the mall. But, he observes, learns and moves on.

Website business was generated from two fronts. First, there was the face-to-

face interaction. Naturally, the first stand they set up was at a concert outside of Albany's Washington Avenue Armory in 2014. The moment is captured on their Facebook page. It would be the first of many stops that take them throughout the Capital District, from Troy, Schenectady, Saratoga, and to as far as West Stockbridge. Next front, was social media, where Cooper picks up her Nikon DSLR and snaps photos of the product and displays them on Instagram. The image-centric medium serves as a perfect conduit to flow customers to the website. Sometimes the jewelry is shown alone on a display worthy of a big box catalog store. Other posts include testimonials, with pictures of customers wearing their favorite AMC Jewelry piece, with a watermark splashed across the picture to advertise the business. And, then there's professional looking video announcing where their next stand will be — like a good neighbor, showing off the scope of both the event, and their own display. In three years, their Instagram account has garnered nearly 11,000 followers. And, this past winter, AMC Jewelry established a storefront on Troy's Second Street, a shared space with another business that reclaims wood from refurbished properties in the Collar City.

The two are workaholics. As often as they are setting up stands at outdoor markets, there is the occasional weekend that they set aside for themselves, and the promise that neither one will speak of work. A peaceful drive to the Berkshires helps reset the mind. But, Cooper said, they both break each other's promise immediately pulling away from their home. And, as they hike through the trails, it's not long before someone is inspired by the scenery. A picture here, or a stone there, makes its way back home for another project to being.

Cooper has moved on from hemp and glass, to silver, gold and gemstones. Each piece is personally designed and often conveys a Zen-like spirit. Cooper said it's a way to connect back to nature. That same tranquility is displayed in the artwork she now sells, too. Another cathartic process that allows her to turn on music, sit at home, and let the paint take her where it's going to go.

"I never thought something like this could become a career for both of us," said Cooper. "But, it's taken off. The following we've built is absolutely phenomenal. Troy, alone, has been great to us. ... We've created such a good following of people that it's fantastic."



BUSINESS IS GOOD

Agrusti and Cooper share a laugh at their Second Street location in Troy.

Michael Hallisey / TheSpot518



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From page B4 ...
 No punchline here

woman can be searingly insightful and intelligent. Also hard working. And quick on her feet.

"Stacey, I want to tell you something," Kate White said when our 3 hours was up and she walked me back to the elevator. "This is the best interview I've ever had. You asked great questions...better than the reporters at the national morning show I was on last week." I stood there stunned, elated, and grateful. Ms. White was not only a gracious interview subject, she freely gave praise and credit when it was due. I thanked her profusely and as she waved goodbye, she made a promise to send off a note of praise to my boss. Kate White kept her word about the letter, but my boss (not the most nurturing knife in the drawer) ended up hiding it from me. And that's another show, Oprah, but my ensuing verbal scuffle with the less-than-encouraging boss was just another glowingly-won battle in the war I waged to repair my self-esteem and stick up for myself in a world that said I wasn't worth a heck of a lot.

I share all this with you to make a point: The diet industry misses the mark in ways that are too numerous to enumerate. But one of them is this: manipulating calories and



NO JOKE

Stacey Morris stands proud as she continues to live life in "Clean Comfort."

Submitted photo

losing weight won't cause a life-changing breakthrough for most people. For emotional eaters and escape artists like myself, focusing on getting the weight off is putting the cart before the horse. It was a far more urgent matter for me to address the non-existent self-esteem and start buttressing it from the subterranean level on up. Ground zero happened to be at a weight that exceeded most NFL linebackers. So what? I didn't murder anyone, or steal money, or hurt someone's children. In my estimation, those are the three valid reasons for bearing shame. Weight just isn't in that category and it never should have been to begin with.

Some of you who have read my cookbook-memoir "Clean Comfort" know the denouement of my life story. I continue on as a 300-pound woman for nearly 20 years. One snowy day in January 2009, life gives me a series of wake-up calls. I'm ready to listen. And back up that listening with taking sane and measured action on the wake-up calls. In the process, I give 180 pounds the pink slip.

I didn't just wake up one day and decided this should happen. It took years of steady work, healing my wounds, and honoring myself in a world that said I had no right to be honored. These are the brass tacks of transformation. They have nothing to do with sweating at a gym or adhering to a particular food plan. Those are simply ancillary mechanics that aid with the calories in-calories out equation.

Solid change from within is what it takes for an emotional eater to spring herself from the hamster wheel. And that requires all those wonderful intangibles most weight loss gurus don't go near because, well, it simply isn't profitable for them. But that's the good news-bad news moral of the story. The answers are within you. And only you can decide that the time has finally come to believe in yourself.

Oh yes, and PS: it's going to feel really weird at first. Please don't let that deter you.

Stacey Morris is a Loudonville-based food blogger, yoga instructor, and wellness coach. Her website is www.staceymorris.com.

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IN BRIEF

Phil Tippett, Lucy Raven: 'Starship Troopers' at EMPAC

TROY— Lucy Raven and Phil Tippett will give a preview from one of their latest projects and discuss the making of the classic film "Starship Troopers," on Thursday, July 20, at 7 p.m at EMPAC, which is located at 110 8th Street in Troy. "Starship Troopers," a sci-fi film, was made in 1997. Phil Tippett founded

Tippett Studio and specializes in visual effects. Lucy Raven, who recently published her book "Low Relief," is an artist who collaborated with Tippett on the creation of "Starship Troopers."

Tickets can be purchased online for \$6. For more information, call (518) 276-3921 or visit empac.rpi.edu.

Western Centuries at Club Helsinki

HUDSON— Western Centuries

will perform at Club Helsinki, which is located at 405 Columbia St. in Hudson, on Friday, July 21, at 9 p.m.

Western Centuries puts a rock and roll twist on traditionally country aspects of music to create a unique style and sound. The band consists of members from different musical backgrounds, such as Cahalen Morrison, a country musician, Jim Miller, who was in a jam band, and Ethan Lawton, an R&B and punk bluegrass musician, among others.

Tickets are \$15 and can be purchased

online. Doors open at 6:00 p.m. The event is 21 and older. For more information, call (518) 828-4800 or visit helsinkihudson.com.

Dru Hill at The Egg

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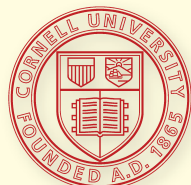
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From page B15 ...

Long live disco!

and her friends “in all their wrinkly glory” in the most ridiculous and hilarious outfits—which leads to the next point.

The humor was almost glaring, eliciting much laughs whenever one-liners dropped. An example was when Sophie was reading aloud how her mother encountered the three men from her diary to her friends, which each ended with a sinfully-teasing “dot dot dot.” One of her friends notably thrusted harshly as Sophie read that phrase, its hidden message barely unveiled. Another was when Sophie wished that all her possible fathers would walk her down

the aisle, to which a friend sarcastically replied, “Let’s hope it’s a wide aisle.” Also, when Donna was distraught about Sam showing up, the cast and extras all held cut outs of Sam’s face, bombarding her with them as she frantically tries to escape.

The overall joy did have a side-effect. The constant sexual humor and sight gags, especially on Rosie’s part, all cause it to come across as a high school production sometimes. It partially takes away the drama and conflicts the main characters face, like how Sophie is perceived as too young to marry, who her father actually is, and how Donna is secretly upset that her daughter is growing up. The musical’s overall lighthearted nature did pardon this uncomfortable sensation but the production still dangerously tiptoed between pure bliss and corniness.

The question of whether the production’s tone felt childish came to mind intermittently but when one is watching a musical filled with 1970s Swedish music, upbeat wardrobe designs and the ideally romantic setting of a Greek island, one simply has to go along with it.

One relatable sequence that yielded emotion, a much-needed break from the jokes and quips, was when Donna pondered how Sophie has come of age in “Slipping Through My Fingers.” The audience quieted down for this number, its universal message hitting home, as they watched Donna help Sophie into her wedding dress, reminding everyone of the musical’s central event—the wedding itself. The lines, “Schoolbag in hand, she leaves home in the early morning / Waving goodbye with an absent-minded smile,”

provided a heavy bout of poignancy.

The entire musical can perhaps be encapsulated with the lines, “I have a dream, a song to sing / To help me cope with anything,” which Sophie sings both at the beginning and conclusion of the performance. Slowing the perpetual humor and void of drama, these lines greeted and bid the audience farewell, projecting a juxtaposition of hope and pathos. Overall, the opening night mostly was an enormous triumph, evidenced by how the audience stood and waved their hands to the catchy ABBA music in unison amid thunderous applause.

Alone on the ceiling during the final number, hung an actively-lit disco ball, the epitome of unashamed glee which was the tone this production strove for.

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

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16	G	I	L	T	17	A	S	S	O	C	I	A	T	E	S	
18	S	A	C	19	S	I	T	E	20	B	I	O	M	E		
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37	L	E	E	38	A	R	T	Y	39	M	I	N	E	R		
40	E	N	D	41	G	A	M	E	S	43	B	A	L	D		
44	A	B	E	D	45	T	A	L	L	O	46	W				
47	M	E	R	R	Y	50	R	I	T	E	51	P	A	52	S	
53	O	P	E	N	S	54	E	S	A	M	E	56	M	E	T	E
57	S	I	D	E	S	W	I	P	E	D	58	A	R	E	A	
59	S	C	O	T	60	E	X	E	S	61	P	A	R	T		



PIG OUT!

The annual Troy Pig Out was Saturday, July 15. See more at TheSpot518/Spotted.

Photos by
Jim Franco /
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IN BRIEF

Poets in the Park at Washington Park

ALBANY— Poets in the Park will be held on Saturday, July 22, beginning at 7:00 p.m. in Washington Park at the Robert Burns statue. Poets Ian Macks and Liv McKee will be reading their work.

Macks has been reading his work since 2014 when he released his first chapbook entitled "A Loss and Gain of Comfort." McKee is a member of Albany's Nitty Gritty Sam team and competes at a regional and national level.

Admission is free to the public, but donations are accepted. The rain site is 33

Central Ave in Albany. Participants should bring their own chairs or blankets. For more information, call (518) 434-4524 or visit albanypoets.com.

Summer Carillon Concert Series at Albany City Hall

ALBANY— On Sunday, July 23, the carillon in Albany will be played. The public can listen beginning at 1 p.m. from Albany City Hall, which is located at 22 Eagle St. in Albany.

In America, there are only 116 concert class carillons; the carillon in Albany has 49 bells, each of which has its own clear

sound. H.H. Richardson is the architect who designed the carillon, and he made it so the tower is 202 feet tall. Citizens gave \$45,000 toward the creation of the building, as it was being built as a monument for the soldiers who were killed in WWI.

Admission is free to the public. For more information, call (518) 434-5075 or visit albanyny.org.

Drive-By Truckers at The Egg

ALBANY— Drive-By Truckers will perform at The Egg on Tuesday, July 25, at

7:30 p.m.

Drive-By-Truckers is an alternative country-rock band. They use their songs to tell stories, raise issues about society, and get across messages about America. Mike Cooley and Patterson Hood are the primary singers and songwriters of the group.

Tickets start at \$29.50 and can be purchased online. For more information, call (518) 473-1845 or visit theegg.org.

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