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Spotlight NEWS the spot



NEWS
Golden anniversary
Local grocer celebrates special milestone.

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The Spotlight (USPS 396-630) is published each Wednesday by Community Media Group LLC, 341 Delaware Ave., Delmar, N.Y. 12054. Postage paid at Delmar, N.Y., and at additional mailing offices. Postmaster: send address changes to The Spotlight, P.O. Box 100, Delmar, N.Y. 12054. Subscription rates: Albany County, one year \$30, two years \$55, elsewhere, one year \$40, two years \$73. Subscriptions are not refundable.

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TOP STORY

A proposal submitted by winning artist Andrea Hersh for Art on the Rail Trail.

Submitted photo



Bethlehem artist selected to paint mural along county's rail trail

By ALI HIBBS
hibbsa@spotlightnews.com

DELMAR — Art on the Rail Trail (ART), a committee of the Mohawk Hudson Land Conservancy, has chosen the finalist for the first piece of public art that will be created for the Albany County Helderberg-Hudson Rail Trail.

The process of choosing one artist to paint the trail's first mural spanned months of fundraising and garnering public support, and involved a lengthy selection process. Seventeen artists submitted work, from which three finalists were chosen.

Each of the finalists gave a public presentation at Bethlehem Town Hall on Thursday, Sept. 7, and Andrea Hersh, a Bethlehem resident and artist, was ultimately chosen to paint the mural at the corner of Adams Street and Hudson Avenue in Delmar. According to ART, the mural will be created to enrich the lives of visitors to the Rail Trail.

Hersh was selected over the other two finalists: Mike Conlin, a commercial artist who has painted a number of local

murals, such as the bluebirds that can be seen on the side of the Quackenbush Parking Garage in downtown Albany; and Dan Mehlman, a multi-media artist and Bethlehem resident who has been involved with the ART effort. Paying homage to the history of the trail and region, both artists submitted artwork depicting a locomotive.

"The mural site is the most travelled part of the trail," said Hersh. "With this in mind, I decided to create a landscape."

Describing her work and the plans for the mural, she said, "My work is based on imagined worlds with part human and part plant figures. The scale of the mural will allow the viewer to imagine walking directly into the landscape. The yellow, greens, and blues will blend into the actual landscape in the summer months and then the painting will burst with color when we so desperately need some in the winter months."

Hersh has an undergraduate degree in printmaking and painting from Skidmore College and an MFA in painting from the University at Albany. Her work has been shown throughout New York state and across the country. She is a longtime resident of Bethlehem.

Work on the mural is expected to start soon.

ENTERTAINMENT



'Under the Lights'

Midnight North talks of tour, latest album and more.

Story on Page B1

SPORTS



Red Friday!

Guilderland's football team hosted Ballston Spa on Friday, and the punishment started soon afterward.

Story on Page 7



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■ CANDIDATE PROFILE

It's an 'uphill battle' from Row E



Dan Coffey discusses his run for Bethlehem Town Board

By ALI HIBBS
hibbsa@spotlightnews.com

BETHLEHEM — Dan Coffey, the Democratic Town Board candidate who was ousted from his party's ballot line last month, will continue to campaign for election on the Working Families Party line — and says he's hopeful town residents will support his bid.

A law partner at Bowitch & Coffey in Albany, Coffey grew up in Plattsburgh and first came to the Capital District to attend Union College in

Democrat Dan Coffey runs for Bethlehem Town Board under the Working Families Party line.

Spotlight File photo

the early '80s. (He met his future wife, Eileen, while at Union, although the two did not date until years later.) After graduating with a political science degree in 1984, he attended Columbia University in New York City and earned his Master in Public Administration degree. He later attended Georgetown University in Washington D.C., taking night classes while working for the Congressional Budget Office, to earn his law degree in 1990.

Coffey moved back to the Capital District in 1992 and encountered his wife at happy hour two months later. The two married in 1995 and initially lived in Cohoes. In 1999, they moved to their present home in central Delmar with their oldest daughter, who was just a 2-year-old at the time.

"We were just so amazed that Bethlehem feels like a small town,"

he said, "and yet you're six miles from the heart of the state government, which is where I work in downtown Albany. So you have that closeness to Albany in a little town with 35,000 people." Coffey said he had been unhappy with the rate of development occurring in Colonie. "It didn't feel like there was heart or community."

Coffey has been involved with town government for more than a decade, serving as chairman of the Planning Board for a year and as chairman of the Zoning Board for more than seven years. He resigned his position on the Zoning Board last month, saying he wanted to focus on his candidacy.

Coffey has also been an officer of the Bethlehem Democratic Committee for the past five years, a position he resigned earlier this month to forestall any potential conflicts of

interest during the election.

While Coffey and Giles Wagoner will not be on the Democratic line in the general election this November, the overwhelming majority of committee members have chosen to support him on the Working Families Party line, rather than vote for George Harder or Dan Morin, the Democrats who filed the lawsuit that ejected Coffey and Wagoner from the ballot. After they voted on the matter during the Sept. 14 meeting, Coffey said he will campaign hard between now and November. He plans to walk neighborhoods and knock on doors six days a week, talking to residents about town issues, as well as how to cast their votes.

"We're calling it slalom voting," he said with a chuckle. "A vote on Row A, a vote on row E."

Coffey hopes to bring his experience on the Planning and Zoning



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Boards to the Town Board. He said his time on the Zoning Board, in particular, has given him a chance to visit “the far reaches” of Bethlehem and become familiar with the unique characteristics of its various hamlets and neighborhoods. He said he is concerned about open space preservation and feels the town could be doing more toward that goal.

“I think there’s a lot of concern that we’re becoming Colonie,” he said, “and that they’re just going to deforest this town and it’s going to be a patchwork quilt of different apartment complexes and condos going in.”

Coffey supports a fund that would enable the town to purchase properties, such as Kleinke’s Farm, to preserve as open space. He said he would not be opposed to a small transfer tax on property sales to augment any grant funding the town is able to secure. He said he would also like to look closely at other communities to see how they’re making open space programs work.

“You have to use some carrots,” Coffey said. “You can’t tell a property owner what to do with their property, but you can have tools available to try to enter the marketplace and bid on it.” Coffey, who was on the comprehensive plan committee more than a decade ago and on a review panel in 2013, said he would like to reexamine the plan. “I think we really need to revisit the comprehensive plan, which came out about 12 years ago, and do a full review. Update the zoning code to make sure it accurately reflects the neighborhoods, which do change over time.”

“We’re relying too

much on property tax revenues,” Coffey said as well, suggesting a revision of the comprehensive plan and town zoning laws could foster economic “smart growth” without dramatically changing the character of Bethlehem neighborhoods.

“Let me give a compliment to the current board that our fiscal situation is the best in the Capital Region and one of the best in the state, and for that they deserve a lot of credit,” he said. “But, I think the fact that we are in good fiscal shape gives us an opportunity to spend more, maybe long-term, to address some of these needs.”

He lauded the town’s efforts to improve Delaware Avenue and expand sidewalks, but added he feels other infrastructure improvements need to be considered; specifically, the Bethlehem Police station and town court, currently co-located at Town Hall. He also mentioned the possible addition of a bypass to exit 22 in Selkirk, “to help spur development and keep trucks out of residential areas.”

An avid runner and biker, Coffey said that he makes liberal use of the Helderberg-Hudson Rail Trail and would support efforts to augment and expand it. “I think the artwork is great and they’re talking about [more] at the American Legion on Poplar by the CVS, perhaps acquiring some of that land and putting up restrooms, which I think would be phenomenal. Restrooms and maybe an ice cream stand along the rail trail would be great.”

He also said he would like to see more community events, such as the Delmar Dash, which he organizes

every year. “I know people are concerned about closing the streets, but I would love if we could do more events like that.”

One criticism of town officials Coffey said he has heard from residents is that “they’re not good at listening.” He said that, whether or not the criticism is warranted, it needs to be addressed. One suggestion he had was holding the public comment period at meetings after the proposals had been discussed, rather than in advance of the proposals on which they are commenting, the way they do at the Zoning Board meetings. He also suggested holding annual public forums at each of the town’s fire stations, to solicit public feedback from each area of town.

Coffey spoke well of his opponent George Harder, despite the lawsuit he and Dan Morin filed that removed him from the ballot. The men served together on the Zoning Board for four years and go to the same church. “Ultimately our goal is to elect good Democrats,” he said. “That’s a goal George and I agree on.”

That being said, Coffey maintained that he still feels he is the best candidate for the Town Board seat and, with the support of the committee, will campaign for election on the WFP line, even though he acknowledged it will be an uphill battle without the Democratic line.

“I’m comparing it to what the Patriots did in the second half of the Super Bowl last year,” he said. “I can do this, but it’s going to take a lot of work and a lot of effort.”

■ COMMUNITY

Fire Prevention Storytime

What’s better than a storytime about fire trucks? A storytime where you get to see the fire engine in person! Come to the Elsmere Fire District at 15 West Poplar Ave., Delmar, on Thursday, Sept. 28, for a very special Fire Prevention Storytime. Listen to stories and make some cool crafts with the library and our firefighter friends. The fun begins at 10:30 a.m.



Library’s annual report for fiscal year 2016-17 is now available at the library and online at www.bethlehempublib.org. The numbers tell the story, but so does the summary of the year’s events and services. It was another great year! Printed copies – in the form of an easy-to-read brochure – are available in the literature rack at the information desk.

Annual report available
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of things to do, check out Mango Languages, a fun and easy-to-use, self-paced language learning program with more than 70 language courses. It’s easy to get started, just head to our website at www.bethlehempublib.org and click on Mango Languages on our Research page. You’ll be asked to create an account using your email address.

All events are free and take place at Bethlehem Public Library, 451 Delaware Ave., Delmar. For information, call (518) 439-9314 or visit bethlehempublib.org.

— Kristen Roberts

Pre-planning a funeral

The Albany Guardian Society will offer “Pre-Planning a Funeral: Things to Consider”, presented by Adam Schrom, CAE, Director, PreNeed Trust Services, NYS Funeral Directors Association, on Thursday, October 5, 1:30 to 3:30 p.m., at Delmar Reformed Church. Funerals can be planned in advance, allowing the opportunity



to make personal and specific arrangements. Call (518) 434-2140 to register.

‘The Color Purple’
Join us for “The Color Purple,” a musical about a young women’s journey to love and triumph in the

American South. It’s at Proctors on Tuesday, Oct. 11, at 7:30 pm. The cost is \$45.

Nature walks

Guided nature walks will be held on Thursday, Oct. 5, at the Holly Hock Hollow, and on Tuesday, Oct. 17, at Emma Treadwell Nature Center. Bring a lunch, a bottle of water and wear good walking shoes.

— Wilma DeLucco

■ CLARIFICATION

In last week’s edition of *The Spotlight* it was reported that Jared King, who was nominated for the leadership position as first chair of the Bethlehem Democratic Committee by committee member and Town Board candidate George Harder, was ineligible to run for that position. At the same meeting, BDC Chairperson Jeff Kuhn had said King was ineligible as he was not yet a committee member. However, a review of the committee’s by-laws has revealed no such restriction.

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LOCAL BUSINESS

Van Allen's Golden Anniversary

Vincent Spinosa on 50 years at Van Allen Farms

By ALI HIBBS
hibbsa@spotlightnews.com

GLENMONT — When Vincent Spinosa's father bought Van Allen Farms 50 years ago, Spinosa was just 7-years old. Every weekend, it was his job to burn boxes and other rubbish on the store's property.

"The first few years we had the store, we didn't have a garbage truck or anything," he recalled. "We burned the garbage out on the side of the store. Every Saturday, that was my job. We'd have a big fire and burn all the boxes."

Spinosa has worked in the store since his father purchased it as a simple farm stand in the summer of 1967. The elder Spinosa, also named Vincent but known to all as Jim, was born to a mason but ultimately became a butcher after helping to build his uncle's meat market in Delmar in the 1920s.

Jim Spinosa purchased the farm stand and about 20 acres from Kenneth Van Allen, a descendant of the old Bethlehem Van Allens who came to the area before the American Revolution. The farmstead on Route 9W goes back at least to Kenneth's grandparents, when it was known simply as the Stone Road.

According to town historian Susan Leath, Jim Spinosa was a skilled butcher who managed a number of meat markets in the region until finally purchasing Van Allen Farms, which he transformed into a store selling local produce, grocery mainstays and, of course, meats. That first summer, the store advertised ground chuck for 69 cents a pound, Heath Farms eggs for 43 cents a dozen and Hellmann's mayonnaise for 59 cents for a quart jar. According to Leath, the store could be found "200 yards north of Jericho Theater and a quarter mile south of Heath's Dairy Farm."

"I've been here since the day we moved in," said Vincent Spinosa, who is now 57 and, along with "Department Specialist" Michelle Arnold, is one of only two people who work at Van Allen Farms today. He said that his father originally planned to change the store's name, but "never got around to it."

"It was quite the store back then," he said of the store's early days. "There weren't any supermarkets around, so the store did huge business. My father used to have five or six people working here on the weekends."

The younger Spinosa eventually took over operation of the store from his father in 1984. Growing up working in the store, hauling groceries, stocking shelves and burning boxes, he learned all aspects of the



Vincent Spinosa

grocery and had become an accomplished butcher as well.

Some of his customers have been shopping at Van Allen since 1967, said Spinosa, noting that he has lost some long-time regulars in recent years as they've passed away due to old age. "We still have two who come in every day."

Spinosa still uses his grandmother's spaghetti sauce recipe and his dad's secret seasoning for the USDA prime steaks. He and Arnold are proud of the locally grown produce and hormone-free dairy products from Meadowbrook Farms they sell, as well as their quality, cut-to-order meats, like their home-made "best sausage in the world," and specialty items such as breakfast sandwiches and homemade soups from scratch. They offer lunch specials during the week and are available to cater parties and other events.

Grocery staples still line the shelves at Van Allen Farms. Customers can get a cold beer and visit with Spinosa and Arnold while they make pesto, pizza sauce, sausage or french onion soup. The pair clearly love what they do — and who they do it for.

"Vince always lets you know What Goes Good With This," commented one Facebook fan.

"The only place I buy my meat," said another.

Yet another characterized Van Allen Farms as "the home of Quality & Goodness."

When he's ready to retire, Spinosa imagines that he will put the store up for auction, as none of his three children are interested in taking over the business.

■ POLICE AND COURTS

Traffic stop leads to drug possession arrest

GUILDERLAND — On Sunday, Sept. 17, at approximately 9:30 p.m., state police stopped a vehicle on I-87, in the Town of Guilderland, for a speeding violation. While interviewing the driver for the traffic violation, troopers established probable cause to search the vehicle and its occupants. During the subsequent search of the vehicle, approximately 3.5 grams of marijuana, and approximately 31.3 grams of cocaine were located. The vehicle's passenger Robert D. Edwards, 30, of New York City, was taken into



EDWARDS

custody, transported and processed at the Albany state police station, where he was charged with criminal possession of a controlled substance in the third degree, a class B felony, and unlawful possession of marijuana, a violation.

Edwards was transported to Albany County jail and held until his arraignment Town of Guilderland Court on Sept. 18.

Man arrested for using forged license plates

GUILDERLAND — New York State Police investigators in Latham arrested a 25-year-old man from Glens Falls for the class D felony of criminal possession of a forged instrument in the second degree on Wednesday, Sept. 20.



BUTTERFIELD

Jeffrey E. Butterfield was arrested after a traffic stop in the Town of Guilderland when a state trooper noticed Butterfield had forged license plates on his vehicle.

Butterfield was processed without incident at the Latham state police station and arraigned by investigators in the Town of Guilderland Court on

Monday, Sept. 18. He was remanded to the Albany County jail on bail to return to court on Thursday, Sept. 21.

■ COMMUNITY

Raise money while saving money

SOUTH BETHLEHEM — Bethlehem Grange No. 137 is partnering with Boscov's Friends Helping Friends Program.

For \$5, you can purchase a coupon to receive 25 percent off most items at any Boscov's store during a special one-day-sale with extended shopping hours on Tues. Oct. 17, from 9 a.m. to 11 p.m.

Friends Helping Friends is another way the Grange can raise enough funds to continue its many projects within the community as a portion of each discount coupon directly benefits the organization.

For more information, or to buy your coupon, contact any Bethlehem Grange member or call Carol Carpenter at (518) 438-8862 or Vernon Starr at (518) 567-4294.

Area Chamber of Commerce events

Learn about NY's new Paid Family Leave Law

COLONIE — The Capital Region Chamber, located at 5 Computer Drive South in Colonie, will host a presentation about NY's Paid Family Leave Laws on Tues., October 3, from 8 to 10 a.m.

Rose Miller and Dan Colacino will discuss the state's new Paid Family Leave Laws that take effect on Jan. 1, 2018. They will provide answers to frequently asked questions, give an overview of how insurance will be affected, and explain how human resources departments will administer the new procedures.

Admission is free. To register, visit www.capitalregionchamber.com. For more details, call (518) 431-1400.

Ladies Night Out

ALBANY — The Guilderland Chamber of Commerce will host a Ladies Night Out at Treviso by Mallozzi's, located in the Italian American Community Center at 257 Washington Avenue Extension in Albany, on Tuesday, Oct. 3, from 5 to 7:30 p.m.

The evening is a kick-off for Breast Cancer Awareness month and will provide a night of fun for women in the Capital District.

For more information, call (518) 456-6611, or visit www.guilderlandchamber.com.

Trip to Iceland

BETHLEHEM — The Chamber of Commerce is hosting a 7 day trip to Iceland beginning on

January 25, 2018. Registering for the trip before October 13, 2017, will guarantee a \$200 discount.

Participants on the trip will experience Reykjavik and all it has to offer. There will be two optional excursions, one is a whale watching trip, and the other an evening trip to search for the Northern Lights. The Icelandic water of the Blue Lagoon is perfect to warm up, since its temperature ranges from 100-110°F, providing the perfect balance to the 25-55°F weather outside. There is also an optional 3-night extension to Bergen, Norway for an additional \$799 a person.

The trip costs \$3,399 a person (\$3,199 with the early registration discount). To register, visit www.bethlehemchamber.com. For more information, call (518) 439-0512.

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■ OBITUARY

Reid, Mary E.

SARANAC LAKE — Mary E. Reid, aged 89, passed away on September 12, 2017, at Saranac Village at Will Rogers, where she had made her home for the past ten years. Mary Carolyn Ehrcke was born on March 16, 1928, to parents William and Carol (Strohmaier).

Reid grew up in Albany in a little bungalow built by her father and uncle on Buell Street, back when the Pine Bush was all blue butterflies, purple lupine, and sand dunes. Mary was the eldest of six children and adored by all who knew her. She had a calm and gentle nature, kindhearted, curious, and intelligent. Mary graduated from Albany High School in 1946 and New Paltz State Teachers College in 1949.

She married John F. Reid of New Paltz in 1950, and the couple settled in Massapequa, Long Island. After the birth of their first child in 1954, they moved to Van Wies Point in Glenmont, where they raised a growing brood of kids and hordes of frolicsome pets. The family relocated to Delmar in 1972. Nature-loving and outdoor-living, they spent summers tent camping and canoeing in the Adirondacks, Vermont, and Cape Cod, and relished their time at the Reid family camp on Loon Lake.

Mary was a Girl Scout leader in Glenmont. She taught elementary school for nearly two decades in the



Mary E. Reid

Town of Bethlehem and was active in AARTA (Albany Area Retired Teachers Association). She enjoyed opera, choral singing, and attending various folk music festivals and coffeehouses. Mary was a lifelong learner who loved to say that “life begins at retirement.”

She was also quite the quilter (her gorgeous and meticulous work has charmed and warmed generations of loved ones) and she cherished the many friends she made in the Delmar Progress Club, Q.U.I.L.T. (Quilters United in Learning Together), and the QD’s (Quilters & Desserters). Supremely and

serenely supportive and open-minded, she encouraged all of her children to freely do their own thing and pursue their individual paths in life. Mom was great company, a great sport, and a great comfort to us all. She will be very fondly remembered and deeply missed.

Mary is survived by her daughters, Carol (Albany, N.Y.), Nancy (Burlington, Vt.), and Laura (Lake Clear, N.Y.); her grandchildren, Woody, Mary, Alex, Willa, and Julian; her sister Barbara Mollure (San Clemente, Calif.) and her brother William Ehrcke (Vancouver, British Columbia). She was predeceased by her husband and son, John D. Reid, and her siblings George, Joan, and Judith. Heartfelt gratitude to all her aides and the staff at Will Rogers, who provided Mom with such first-rate care and community.

There will be a memorial at St. Andrew’s Episcopal Church, 10 N. Main Ave., Albany, NY 12203 on Sunday, Oct. 8, at 2:00 p.m., followed by inurnment at St. Andrew’s Episcopal Church Columbarium. A reception in the church hall will follow services. Donations in Mary’s name may be made to St. Andrew’s at the above address and the Saranac Lake Rescue Squad, PO Box 431 110 Broadway, Saranac Lake, NY 12983.

Arrangements entrusted to Tebbutt Funeral Home, Albany, NY.

Send us your announcements

The Spotlight welcomes your engagement, wedding or anniversary announcements, as well as announcements of academic accomplishments.



There is a \$25 charge for each wedding, anniversary and engagement notice, with an additional \$10 fee to include a photo.



Academic notices cost \$25 and include a photo. Submissions are limited to 150 words.

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■ HIGH SCHOOL SPORTS

Guilderland gets first win

GUILDERLAND — In front of a large, loud boisterous home crowd, the Dutchmen won their first football game of the season by crushing Ballston Spa 46-0.

Guilderland (1-2, 1-3) scored in each of the four quarters and its hard-nosed defense kept the Scotties out of the end zone.

Joe Park scored three times for the Dutchmen, on a 7-yard pass from Mason Leto in the first, a 24-yard run in the second and a 30-yard pass from Leto in the third.

Brendan Hoffman caught a 7-yard pass for six from Leto in the second, and Jared Schwartz caught a 17-yard pass for a touchdown in the third.

Connor Traeger and Brad Igweike had touchdown runs of 38 and 4 yards, respectively.

Ballston Spa (1-2, 1-3) will host Saratoga and Guilderland will play in Niskayuna on Thursday, Sept. 28.

Photos by Jim Franco/Spotlight News



Voorheesville gets by Lansingburgh

VOORHEESVILLE — The Blackbirds girls soccer team got by the Knights of Lansingburgh 3-1 on Friday, Sept. 22.

Kaelyn Lawson got Voorheesville (5-1-1, 5-1-1) on the board first with an assist by Michelee Decker.

Amanda Gillenwalters scored Voorheesville's second goal, on an assist by Camille McDonnell with 30 seconds left in the half.

Lawson scored again on an assist by Rebecca Gregg at the 23:26 mark.

With under a minute remaining in the game, Madison Teta got Lansingburgh (1-5, 2-6) on the board with the assist going to Dimetria McIntyre.

Leah Weber had nine saves for Voorheesville while Jillian Currier had 15 for Lansingburgh.

Photos by Jim Franco/Spotlight News





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September 27, 2017

Spotlight on Opinion

www.spotlightnews.com PAGE 10

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LETTERS TO THE EDITOR

“Backroom Deals” torpedo Democratic Primary

Primaries are good; they stimulate debate and provide voters choice. Bethlehem Democrats have benefited from a series of compelling primaries for town-wide offices over the past eight years: the three-way for Town Board in 2015 between VanLuven, Becker and Dawson; Kirby-Kelly for Town Judge and Merideth-Zeoli for Highway Superintendent in 2013; Reinhardt-Cunningham for Town Board in 2012; and Clarkson-Kotary for Supervisor in 2011.

2017 marks the first time since 2011 there wasn't a Democratic Primary for a town-wide office. What happened? Let's review the timeline.

On May 11, on the recommendation of its 11-member Executive Committee (EXCOM), the Bethlehem Democratic Committee (BDC) endorsed five candidates for town-wide offices. These included incumbents Giles Wagoner for Town Board and Brent Meredith for Highway Supervisor.

On June 27 Chairman Jeffery Kuhn notified the BDC membership Meredith "...accepted a job at UAlbany and will not be seeking the Democratic nomination." Kuhn then convened a "Committee to Fill Vacancies" (CFV) consisted of himself, Daniel Coffey, and Pam Skripak.

On July 12, Kuhn, first addressing the Highway Supervisor vacancy, emailed BDC members to inform them "After an open and transparent interview process, we have selected Councilman Giles Wagoner to fill the vacancy in our Democratic slate of candidates." Open and transparent? The BDC at-large only learned of the decision a posteriori via email. Moreover, in substituting Wagoner for Meredith as candidate for Highway Supervisor, the CFV created a second vacancy, which they filled by selecting Coffey to replace Wagoner as a candidate for Town Board. The CFV did not re-interview any of

the five people the EXCOM previously interviewed for Town Board. That is puzzling.

The Harder/Morin lawsuit is not the principal reason why there wasn't a primary this year as the BDC leadership asserts. The reasons lie elsewhere. The first is poor vetting. Led by Chairman Kuhn, the EXCOM interviewed Meredith and recommended the BDC endorse him for re-election. Apparently, no EXCOM member (including his sister-in-law Maureen Cunningham) asked Meredith the "employment interview 101" question-- "Are you pursuing other employment opportunities?"

The second was a CFV—or perhaps more aptly—a "Committee to Create Vacancies" did things "on the fly." It created a second vacancy by swapping Wagoner from Town Board to Wagoner for Highway Superintendent, selected Coffey (a CFV member) to fill the new vacancy for Town Board, and then bungled the "swap-in-candidate" paperwork work they submitted to the Albany County Board of Elections.

Finally, Meredith was a completely non-committed candidate. He and his wife Joanne Cunningham (BDC member and Albany County Legislator) collected zero petition signatures for the Meredith candidacy.

BDC leaders, who came to office in 2012 on a platform of openness and transparency, set this whole thing in motion with a series of backroom deals; they are solely responsible for this fiasco. They didn't thoroughly vet candidates, and they used a provision of NYS election law, the spirit of which is to address medical incapacitation or death, to make dubious substitutions for two candidates.

Sean Raleigh

Bethlehem Democratic Committee member

Delmar

Candidate: 'Game of Thrones' in Bethlehem

Dear Editor / *Spotlight*:

While the latest season of "Game of Thrones" has just ended, the intriguing political season here in Bethlehem is just getting started.

For over eight years, I served our Town on the Planning Board and as Chair of the Zoning Board of Appeals. I also served on the Town's committee which reviewed our Comprehensive Plan. I presided over countless public hearings and was able to meet and learn from scores of our residents who sought or opposed a zoning variance request. Not everyone agreed with the ZBA's decisions, but everyone was given a full and fair opportunity to be heard and all points of view were always considered.

I am a lifelong Democrat and, until last week, served as First Vice-Chair of the Bethlehem Democratic Committee ("BDC"). When Brent Meredith advised the BDC in June that he had accepted a job at UAlbany and was declining his candidacy for Highway Superintendent, the committee voted to substitute Town Board member Giles Wagoner for the Highway position and substitute me for Giles' Town Board slot. Giles and I were sued by George Harder and Dan Morin and the court invalidated the substitution paperwork, denying the voters a chance to choose their party's candidate at a primary. Fortunately, Giles and I are still on the ballot on the Working Families Party line and have every intention of winning in November.

We live in a community where our services are first rate and our annual tax increases have been kept within the state-mandated tax cap. Bethlehem has the highest possible "fiscal stress" score. We have top rate parks

and services. We should never take for granted the hard work of our elected officials and town staff. To assure our continued success, we need to continue to elect strong, qualified individuals to positions of leadership.

There is more we can do. We need to address our aging infrastructure. We need more sidewalks to connect our communities. We need a bypass from Exit 22 in Selkirk to Route 9W to direct truck traffic away from residential neighborhoods and to spark business development. We need to fill Vista Tech Park with businesses paying taxes. We need a task force to address our town's growing opioid problem. We need to regularly review and update our Comprehensive Plan and zoning code to assure it is current given changes in our Town. We need to encourage open space preservation through tax incentives and the development of an open space fund.

I am committed to campaigning hard and look forward to meeting with as many residents as possible. I am confident the voters will choose the best candidate on Nov. 7 regardless of how far down the ballot his/her name appears. Please contact me with any issues or concerns you have at Dan@coffey4townboard.com.

Sincerely,
Dan Coffey,
Delmar

Last day for letters

The *Spotlight* reminds our readers the Oct. 25 edition will be the last edition in which letters pertaining to the upcoming Nov. 7 election will appear in print. No political letters will be run in the Nov. 1 edition.

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LETTERS TO THE EDITOR

Bylaws validate endorsement

At the Bethlehem Democratic Committee meeting on Sept 14, I endorsed Jared King for the position of First Vice-Chair of the committee. Immediately, without allowing a second or a vote on the nomination, BDC Chairman Kuhn stated that Mr. King was ineligible to be an officer of the committee because he was not yet a member of the committee, as reported in the September 20, 2017 edition of *The Spotlight*. Mr. King was not afforded the opportunity to address the committee.

In the Bethlehem Democratic Committee By-Laws, revised Feb. 24, 2015, there is no requirement to be a committee member and no prohibition against non-committee members to be an officer of the committee. In fact, the By-Laws do not require committee members to be enrolled Democrats and do not even require members to reside in

Bethlehem. The Rules of the Albany County Democratic Committee, as amended on April 26, 2006 (and as effective Sept. 25, 2008), specifically state, "All duly enrolled Democrats in Albany County shall be eligible for election to any office of the County Committee and none of the officers of the County Committee need be members of the Committee."

If Chairman Kuhn wishes to exclude all Democrats from participating in the Bethlehem Democratic Committee, he should have the By-Laws revised to say so.

*George T. Harder,
Bethlehem Democratic Committee Member
Democratic Party Candidate/
Endorsed Independence Party Candidate for
Town Council*

BDC has 'progressive' answers

The Bethlehem Democratic Committee (BDC) is stronger today, under the leadership of Jeffrey Kuhn, than it has been in recent memory. We are more diverse than ever before, with more women members than ever before. We believe in progressive, transparent government, support local business, engage in our community, take pride in our Town's efficient services, and value our open spaces.

Earlier this year, the BDC overwhelmingly supported a slate of candidates who share these beliefs. Four of these candidates—including David VanLuven for Supervisor and Maureen Cunningham for Town Board—will appear on the Democratic line in November. Due to an unfortunate procedural error, two others—Daniel Coffey for Town Board and Giles Wagoner for Superintendent of

Highways—will not. Dan and Giles will appear on the Working Families Party line, and if you share these beliefs, it will be worth the effort to look for them on the ballot in November.

If you are concerned about negative comments circulating through social media about our committee, or confusion about our nominating process, don't be. It is true that two individuals who were rejected by the BDC as candidates successfully sued to remove Daniel Coffey and Giles Wagoner from the Democratic line. While we regret the mistake that created this situation, our mistake in no way detracts from the Democratic bona fides of Dan and Giles.

Change is hard, and the BDC has gone through a major transformation over the last five years. We have gone from a closed

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| LEGALS | LEGALS | LEGALS | LEGALS | LEGALS | LEGALS | LEGALS | LEGALS | |
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LETTERS TO THE EDITOR

BDC's endorsements is a matter of principle

Editor, *The Spotlight*:

Thank you for your informative article "Dems: Go for Row E" *Spotlight*, Sept. 20 edition. I write in support of the excellent Town Board and Highway Superintendent candidates whom the Bethlehem Democratic Committee overwhelmingly endorses: Maureen Cunningham, Dan Coffey and Giles Wagoner and to explain how voters can support them and avoid being confused by the misleading statements and accusations of George Harder and Dan Morin, the

two unendorsed candidates now appearing on the Democratic line.

The Democratic Committee took a principled position when it chose to endorse Coffey and Wagoner, whose names will only appear on the Working Families Party line in the upcoming election. Coffey and Wagoner have strong records as people who have served the Town of Bethlehem well in other positions of authority. Neither Harder nor Morin have a record of such service. Although Harder and Morin both claim

to be Democrats who will work with Democrats, they baselessly accuse the Bethlehem Democrats of being a corrupt political machine, have repeatedly ignored the decisions of the overwhelming majority of the Bethlehem Democratic Committee and have eliminated the Democratic voters' opportunity to choose candidates through the primary process with their successful lawsuit based on a legal technicality. Harder and Morin also maintain close relationships with Republicans and were reportedly present

and seated at the table with Republican Town Supervisor candidate Gary Fish at his Sept. 14 fundraiser.

I urge all the voters of Bethlehem to look past party labels on Nov. 7 and vote for Maureen Cunningham on the Democratic line for Town Board, for Daniel Coffey on the Working Families line for Town Board, and for Giles Wagoner on the Working Families line for Highway Superintendent.

*John Sherman,
Slingerlands*

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From page 11 ...

'Progressive' answers

organization with power centralized in one man, to an open organization which welcomes diverse opinions and civil discourse on substantive and procedural issues. This openness exposes our disagreements, but disagreement is healthy in a democracy. What isn't healthy is petty bitterness and personal attacks. This we do not support. And to borrow a phrase from a Democratic icon, when they go low, we go high.

In the end, voters in Bethlehem have important choices to make this November about our local government. Research

each of the candidates carefully. Ask what they have done for the community and what they believe in. Do they approach difficult issues with a positive, problem-solving attitude? What is their vision for our community? How do they propose to balance our desire for open space with land owners' rights? How will they continue to provide high quality services in a fiscally responsible way? The candidates selected by the BDC have positive, progressive answers to these questions. On November 7, vote for David VanLuven and Maureen Cunningham on the Democratic line, and take the extra step and vote for Daniel Coffey and Giles Wagoner on the Working Families Party line.

*Cara J. Brousseau,
Bethlehem Democratic Committee Member*



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Here's a short list of what you should be eating for your health.

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INTERVIEW

PICK OF THE WEEK



Jammin' at the Falls

Queensbury's Wild Adriatic brings a weekend long music festival showcasing great regional acts to downtown Glens Falls starting Friday, Sept. 29.

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INSIDE



Arts calendar

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Midnight North talks of tour, latest album and more

'Under the Lights'

By **PETE MASON**
nysmusic.com

Midnight North has found followings on both the West and East coasts, forming a fanbase with a blend of classic rock, country rock and jam.

The band that calls San Francisco its home toured through New York just recently, with shows at The Hollow in Albany, Levon Helm Studios in Woodstock and Brooklyn Comes Alive in support of its latest release "Under the Lights," which came out in June.

Connor O'Sullivan, who plays bass and mandolin in Midnight North spoke with NYS Music prior to the band's recent string of local shows to talk about the album, the fanbase and how things have changed in the past year for them.

Photo courtesy of Madison House

Continues on page B26

women's health
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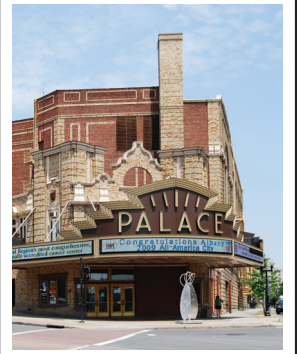
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quote of the week

"Rock n roll, you get on stage and you're essentially winging it. Your equipment might break, an amp might go down, you're putting yourself out there, standing on stage in a rock club where people are usually drunk and things are supposed to be a little wild, and if it's not, you're not doing it right..."




— Connor O'Sullivan, of Midnight North



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RECENTLY ANNOUNCED

Night of The Walking Red

Hundreds of red heads celebrate five years of autumn gathering

TROY — It's a fall tradition five years in the making: hundreds of naturally red haired people gather in a small upstate New York city to toast the season when the colors of the world turn to match their own — auburn, orange, ginger and strawberry blonde.

On Wednesday, Oct. 4, starting at 5 p.m., The League of Extraordinary Red Heads will present "Night of the Walking Red V" at Ryan's Wake Public House, located at 403 River St. in downtown Troy.

The fiery festivities feature an autumnal rite known as the "Toast of The Coppertops," during which members of the red-haired collective raise glasses of seasonal Pumpkin Ale (this year's batch is by Ithaca Beer Co.). Looming above them will be a 15-foot vinyl sign bearing the League's registered trademark logo and the concisely stated: "Agenda 1) Us. 2) Them."

There will be a sunset group photograph on the deck at 6:15 p.m. Entertainment will include a caricature artist, a photo booth, a t-shirt printing station provided by Troy Cloth & Paper and other fun activities. Admission is free. Children are welcome with supervision. The League gives special recognition to "Distinguished White Heads," such as Santa Claus, whose ginger hair has turned white. Un-red

heads are also welcome to witness the crimson jubilee.

Last October, more than 200 red haired folks came to the party, traveling from as far away as New Jersey, Buffalo, Saranac Lake and Vermont.

The League

The League of Extraordinary Red Heads formed in a flash in Troy on Jan. 30, 2013 and quickly earned the rank of No. 7 in the world for "Best Redheaded Gatherings of 2013" according to social media website, BuzzFeed. League gatherings typically attract more than 100 red-haired participants. Attendance for last year's Night of the Walking Red IV broke 200.

Though this highly visible group assembles suddenly in public spaces, not much is known of the inner workings or its true purpose. It purports to be "a social get-together for those with reddish hair and those who love them," but some suspect it may be a drinking club with vague plans for world domination. These conspiracy theories are bolstered by the fact that red heads comprise only 2 percent of the human population, and yet — for scientifically unexplained reasons — their ranks include a disproportionately high number of prominent figures, including world leaders, famous authors and celebrity actors. People of all types and backgrounds can have natural red hair.

For information, visit <https://www.facebook.com/LeagueOfExtraordinaryRedheads>.



Photo by Sarah Pezdek

WHAT'S HAPPENING NOW

Gratefully Yours

The Hollow – Friday, Sept. 29

ALBANY — Gratefully Yours will perform at The Hollow on Friday, Sept. 29 at 10 p.m.

Ever wish you could have written the set list for a Dead show? Well here's your opportunity. Patrons have the opportunity to submit their perfect set lists, and the winner's will be played live.

The Hollow is located at 79 North Pearl St. in Albany. For information, visit www.thehollowalbany.com/.

Big Eyed Phish

The Upper Room – Friday, Sept. 29

ALBANY — Big Eyed Phish will perform at The Upper Room on Friday, Sept. 29 at 7 p.m.

What sets Big Eyed Phish apart from other Dave Matthews tribute bands is not only its great selection of live Dave Matthews songs, but it also puts on a live show that is as close to a live Dave Matthews performance as you can get without actually seeing the band itself. From the "Dave dance" that Dave Matthews is known for, to the wailing saxophone solos, to its very own "Butch Taylor" on keys, and a drummer that is as close to the style of Carter Beauford as you can get, Big Eyed Phish brings it all to every show they do.

The Upper Room is located at 59 North Pearl St. in Albany. For information, call (518) 694-3100 or visit www.theupperroomalbany.com/event/big-eyed-phish/.

Sonic Spindle Experience

Cohoes Music Hall – Saturday, Sept. 30

COHOES — Sonic Spindle Experience will take place at Cohoes Music Hall on Saturday, Sept. 30 at 7 p.m.

A trio of high-energy bands – Backward Dreams, Stone Revival Band, and The Wheel – will perform creative yet faithful interpretations of the most influential songs from 1967 to 1977, the decade in which music changed everything.

For information, call (518) 465-4663 or www.palacealbany.org/events/detail/sonic-spindle-experience.

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■ WHAT'S HAPPENING NOW

YES featuring Jon Anderson, Trevor Rabin, Rick Wakeman

Palace Theatre – Thursday, Oct. 5

ALBANY — The Palace Theatre will host YES featuring Jon Anderson, Trevor Rabin, and Rick Wakeman on Thursday, Oct. 5 at 8 p.m.

The worldwide tour with YES featuring Jon Anderson, Trevor Rabin, Rick Wakeman is being produced by renowned concert promoter Larry Magid, who is considered an architect and leader of the modern concert business. With over 17,000 concerts and live events to his credit and still counting, he has produced national and international tours for YES, Billy Crystal, and many others.

For information, visit www.palacealbany.org.

Aquanett, featuring Nitefall

Jupiter Hall – Saturday, Oct. 7

ALBANY — Aquanett will perform featuring Nitefall at Jupiter Hall on Saturday, Oct. 7 at 9 p.m.

Aquanett has been labeled “New England’s most authentic tribute to the 80’s.” Their look, authentic sound to the original artists and dedication to their fans have been keeping people coming out again and again for over a decade. NiteFall features five talented musicians who cover bands such as Jefferson Airplane, Blondie, Judas Priest, Rob Zombie, KISS, Queen, Metallica, Alanis Morissette, Paramore, No Doubt, Halestorm and many more!

For more information, visit www.jupiterhallalbany.com/events/aquanett-feat-nitefall/.

The Psychedelic Furs

Upstate Concert Hall – Sunday, Oct. 8

CLIFTON PARK — The Psychedelic Furs will perform at Upstate Concert Hall on Sunday, Oct. 8 at 8 p.m.

Led by vocalist and songwriter Richard Butler, and his bass-wielding brother Tim, the Furs scored major hits with “Love My Way,” “Pretty In Pink,” “Heaven,” “The Ghost In You,” and “Heartbreak Beat,” quickly naming The Furs as one of the premiere bands on US college and modern rock radio.

For information, visit www.upstateconcerthall.com/calendar/the-psychedelic-furs/.







WELCOMES

“GROOVIN’ ..Ghostly Legends and Friends”

Alive in Concert Once Again

Saturday, October 28 - 7:00 PM

A VETERANS BENEFIT CONCERT

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Tribute Performers include:
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Additional fees apply with Ticketmaster

**The Spot 518 -
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Costume Contest
Over \$1500 Cash -
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60s Era**




PICK OF THE WEEK

Jammin' at the Falls

Wild Adriatic, Aqueous, Girl Blue and more to play two-day fest at Glens Falls

GLENS FALLS — Wild Adriatic comes back home, and the crew is bringing a few friends with them, to start up could be an annual two-day festival.

Wild Adriatic presents The Summit at the Queensbury Hotel for a two-day celebration of music and community. Music lovers will be showered with live music spread out over two different stages throughout the weekend.

The Summit is the brainchild of three founding members of the Queensbury based band, where the Adirondacks played a profound effect on the music they now play.

Wild Adriatic is slated to play two sets on the weekend. Joining the band is some of today's hottest rising live acts including Aqueous, Madaila, Girl Blue, Let's Be Leonard and more.

The Summit encourages collaboration amongst artists. Getting attendees and performers alike together under one roof, living together for a weekend.

Two stages of music will start the party each day at 5 p.m. and continue on to 1a.m.

Festival Schedule

Friday Sept. 29

Main Stage (Ballroom)

- 5 p.m. - Doors Open
- 6 p.m. - The Late Shift ▶
- 7 p.m. - Girl Blue
- 8 p.m. - Madaila
- 9 p.m. - Wild Adriatic
- 11 p.m. - Aqueous

Acoustic Stage (Fenimore's)

- 8 p.m. - Sun Satellites
- 10 p.m. - SAD

Saturday September 30th

Main Stage (Ballroom)

- 5 p.m. - Doors Open
- 6 p.m. - Chestnut Grove
- 7 p.m. - Paradox Saints
- 8 p.m. - Ramblers Home
- 9 p.m. - Angels on the Fourth
- 10 p.m. - Let's Be Leonard

Acoustic Stage (Fenimore's)

- 8 p.m. - Chestnut Grove
- 10 p.m. - Last Daze

For tickets and information, visit www.wildadriatic.com/ thesummit.com.

— Michael Hallisey



WHAT'S HAPPENING NOW

'Lost in Yonkers'

Curtain Call Theatre — Through Oct. 7

LATHAM — Curtain Call Theatre will perform 'Lost in Yonkers' through Saturday, Oct. 7.

Neil Simon's Tony Award and Pulitzer Prize winning play is set in Yonkers in 1942. As the play opens, we meet Bella, who lives at home with her mother, stern Grandma Kurnitz. Her ne'er-do-well son, Eddie, deposits his two young sons on the old lady's doorstep. He is financially strapped and taking to the road as a salesman. The boys are left to contend with Grandma, with Bella and her secret romance, and with Louie, her brother, a small-time hoodlum in a strange new world called Yonkers. Presented by Curtain Call Theatre.

For information, visit www.curtaincalltheatre.com.

'Sex with Strangers'

Capital Repertory Theatre — Through Sunday, Oct. 15

ALBANY — Capital Repertory Theatre will perform "Sex with Strangers," Friday, Sept. 22 through Sunday, Oct. 15.

When Ethan, a strapping 20-something blogger, ends up snowbound at a bed and breakfast with his literary idol, 40-ish novelist Olivia, sparks fly! One thing leads to another, as these two savvy writers give in to their mutual attraction. However, in the morning, things are not quite what they seemed to be the night before. Soon it becomes clear that this passionate weekend will turn into a life-altering experience. Note: Contains mature language and adult subject matter.

For information, visit tickets.proctors.org.

'Broadway Bound'

Oldcastle Theatre Company — Friday, Sept. 29 through Sunday, Oct. 15

WOODFORD, Vt. — Oldcastle Theatre Company will perform "Broadway Bound," Friday, Sept. 29 through Sunday, Oct. 15.

For more information, call (802) 447-0564 or visit oldcastletheatre.org.

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LB. |
| USDA CHOICE & HIGHER FLANK STEAKS
\$8.59
LB. | 3 LBS OR MORE EX-LEAN BACON
\$4.89
LB. | DELI-DEPT. OUR-OWN COOKED ROAST BEEF
\$6.99
LB. |
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Prices Good Thru 9/30/17 • Tuesday-Friday 9-6, Saturday 8-5, Closed Sunday-Monday

WHAT'S HAPPENING NOW

'This Is Not a Test'

Arts Center of the Capital Region – Friday, Sept. 29 through Sunday, Oct. 8

TROY — The Arts Center of the Capital Region will host the performances of "This is Not a Test" from Friday, Sept. 29 to Sunday, Oct. 8.

A one-man theatrical clown show featuring Aaron Marquise. In a war-torn era, inside a decrepit vaudeville theater, with nothing but a pile of shoes to sleep on, an isolated clown finds shelter. After having survived with inanimate objects as friends, he is shocked to awake one morning to see people staring back at him.

For more information, call (518) 944-1926.



The Chandler Travis Philharmonic

Chandler Travis Philharmonic / Facebook

NIGHT: Chandler Travis Philharmonic

The Hangar on the Hudson – Saturday, Sept. 30

TROY — The Chandler Travis Philharmonic will perform at The Hangar on Saturday, Sept. 30 at 8 p.m. Founded in 1970, The Chandler Travis Philharmonic is a nine-piece technicolor extravaganza from Boston that includes a horn section, string bass, mandocello, guitar, keys, drums, accordion, and valet. George Carlin and NRBQ are among their longtime supporters. Tickets are \$11.34 and can be purchased at brownpapertickets.com. The Hangar on the Hudson, 675 River Street, Troy. For more information, call (518) 272-9740.

DAY: Altamont Fall Festival

Village of Altamont – Saturday, Sept. 30

ALTAMONT — The heart of the village plays host to the Altamont Fall Festival on Saturday, Sept. 30 from 10 a.m. to 4 p.m. A free, family friendly event to celebrate the beauty of autumn in the Village of Altamont. There will be food vendors, artists, live music, a bounce house and so much more! Rain date Oct. 1. Free admission. For more information, visit www.altamontfallfestival.org.

Maggies Café & Sports Bar

Saturday KARAOKE

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OTHER EVENTS When you're out with friends and looking for something to do, get on your phone and visit our online calendar at www.TheSpot518.com. Find out who's playing, where and when at TheSpot518.com.

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BAD MOTHERS

SATURDAY September 30, 2017 | 9 pm
STRIPPED (Music of THE ROLLING STONES)

FRIDAY October 6, 2017 | 9 pm
DEALT THE BLUES

SATURDAY October 7, 2017 | 9 pm
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LIVE @ THE HANGAR

CHANDLER TRAVIS PHILHARMONIC

The Chandler Travis Philharmonic is a 9-piece ensemble from Boston. Let's welcome them back to Troy.

Saturday, Sept. 30 | 8 PM

REEVES GABRELS & His Imaginary Friends

World-Class Guitarist Reeves Gabrels (The Cure, David Bowie) is coming to Troy!

Saturday, Oct. 14 | 8 PM

THE HANGAR 675 RIVER ST., TROY

ON THE HUDSON ACROSS FROM THE ALE HOUSE

TICKETS AVAILABLE ON: **Brownpapertickets.com**

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SATURDAY, SEPTEMBER 30TH

10AM-4PM | RAIN DATE OCTOBER 1ST

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Fri-Sat: **Rob Aronstein** | 7 p.m.

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

MUSIC

Sonic Spindle Experience
A trio of high-energy bands – Backward Dreams, Stone Revival Band, and The Wheel – will perform creative yet faithful interpretations of the most influential songs from 1967 to 1977, the decade in which music changed everything.

Sat., Sept. 30, 7 p.m. Cohoes Music Hall, 58 Remsen St., Cohoes. All tickets, \$28. (518) 465-4663 or www.palacealbany.org/events/detail/sonic-spindle-experience

Chandler Davis Philharmonic
Boston-based nine-piece ensemble which includes a horn section, string bass, keyboard, mandocello, guitar, drums, accordion and singing valet returns to the Collar City. The Hangar on the Hudson, Sat., Sept. 30. 8 p.m. 675 River St., Troy. \$11.34 (inc. fees). www.brownpapertickets.com/event/3085701

Old Songs Open Mic
Sign up to play for a 15 minute set. Wed., Oct. 4, 7:30 p.m., Old Songs Community Arts Center, 37 South Main St., Voorheesville. \$3. (518) 765-2815 or oldsongs.org

Dyer Switch
Enjoy a night of hard-driving, traditional, original and unique bluegrass and acoustic music. Part of the Howlin' at the Moon Americana Music Series. Thurs. Oct. 5, 7 p.m. Dutch Barn, Mabee Farm Historical Site, 1100 Main St. (Route 55), Rotterdam Junction. \$5. (518) 877-5073 or schenectadyhistorical.org.

Yes
The most successful prog rock group of all time is back out on tour, featuring a trio of 2017 Rock and Roll Hall of Fame inductees, its cofounder, Jon Anderson, and longtime members Trevor Rabin and Rick Wakeman. Thurs., Oct. 5, 8 p.m. Palace Theatre, 19 Clinton Ave., Albany. \$49.75, \$59.75, \$69.75, \$79.95 and \$125. (518) 465-4663 or www.palacealbany.org/events/detail/yes-featuring-jon-anderson-trevor-rabin-rick-wakeman

Jackie Ryan-Shelly Berg Duo
West meets East as vocalist Jackie Ryan teams up with pianist Shelly Berg. A Place For Jazz Concert Series. Fri., Oct. 6, 7:30 p.m. Great Hall, Unitarian Universalist Society of Schenectady, 1221 Wendell Ave., Schenectady. Adults, \$20; students, \$10; children 12 and younger free with adult. To purchase tickets, call Tim Coakley at (518) 393-4011 or go to aplaceforjazz.org/Concert_Order_Form.pdf. For directions/other details, visit www.aplaceforjazz.org.

Tessa Lark
This exciting violin virtuoso returns for the opening performance of Troy Chromatic Concerts' 121st season! With her captivating youthful personality, passionate interpretations and rich tone, Lark has been consistently lauded by critics and audiences alike for her astounding technical agility and musical elegance. Program features one of her own compositions, along with works by Messiaen, Bach and Schubert. Fri., Oct. 6, 7:30 p.m. Troy Savings Bank Music Hall, 30 Second St., Troy. Adults, \$35; seniors/students, \$25. (518) 273-0038 or www.troymusichall.org

Jazz at Lincoln Center Orchestra w/ Wynton Marsalis
Marsalis is the managing and artistic director of this versatile orchestra, featuring 15 of today's finest jazz soloists and ensemble players, performs a vast repertoire, ranging from original compositions to masterworks by Jazz greats such as Duke Ellington, Count Basie and many more. Sat., Oct. 7, 8 p.m. Troy Savings Bank Music Hall, 30 Second St., Troy. \$49.50, \$59.50, \$69.50, and \$85.50. (518) 273-0038 or www.troymusichall.org

Stephen Stills and Judy Collins
Although Stills and Collins' tumultuous love affair was immortalized in the Crosby, Stills & Nash classic "Suite: Judy Blue Eyes," the two icons of folk music had never toured together – until now. Celebrating the golden anniversary of their formative time together, Stephen and Judy will perform separately, drawing music from their respective rich catalogs – and together – debuting songs from their forthcoming collaborative recording. Kenny White will open the concert. Sun., Oct. 8, 7 p.m. The Egg, Empire State Plaza, Albany. \$59 and \$69. (518) 473-1845 or tickets.theegg.org.

Albany Symphony
Enjoy a night of Hollywood Favorites including John Williams' "Star Wars" Suite, a pair of works by Korngold and a specially commissioned piece by Lioacono for the orchestra's 2017-18 opening night gala. Conducted by David Alan Miller with Simone Porter on violin. Sat., Oct. 14, 7 p.m. Palace Theatre, 19 Clinton Ave., Albany. \$19, \$36, \$48 and \$60 (before fees); annual gala follows concert; tickets for concert and gala sold separately. (518) 694-3300 or albanysymphony.com

THEATER

'Lost in Yonkers'
Neil Simon's Tony Award and Pulitzer Prize winning play is set in Yonkers in 1942. As the play opens, we meet Bella, who lives at home with her mother, stern Grandma Kurnitz. Her ne'er-do-well son, Eddie, deposits his two young sons on the old lady's doorstep. He is financially strapped and taking to the road as a salesman. The

boys are left to contend with Grandma, with Bella and her secret romance, and with Louie, her brother, a small-time hoodlum in a strange new world called Yonkers. Presented by Curtain Call Theatre. Through Sat., Oct. 7. Shows: Thursdays at 7:30 p.m., Fridays and Saturdays at 8 p.m., and Sundays at 3 p.m. Performances take place at 1 Jeanne Jugan Ln., Latham. \$25. (518) 877-7529 or www.curtaincalltheatre.com

'Sex with Strangers'
When Ethan, a strapping 20-something blogger, ends up snowbound at a bed and breakfast with his literary idol, 40-ish novelist Olivia, sparks fly! One thing leads to another, as these two savvy writers give in to their mutual attraction. However, in the morning, things are not quite what they seemed to be the night before. Soon it becomes clear that this passionate weekend will turn into a life-altering experience. **Note: Contains mature language and adult subject matter.** Through Sun., Oct. 15. 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. Capital Repertory Theatre, 111 North Pearl St., Albany. \$20 to \$55. (518) 445-SHOW (7469) or tickets.proctors.org

'Broadway Bound'
The poignant and funny conclusion of Neil Simon's semi-autobiographical Eugene trilogy. Eugene and his brother, Stanley, are trying to break into the world of professional comedy writing, while coping with their parents' messy and gut-wrenching split. When their material is broadcast on the radio for the first time, the rest of the family is upset to hear a comedic rendition of their own trials and tribulations. How will the brothers balance their loyalties to their family and to their art? Produced by Oldcastle Theatre Company. Opens Fri., Sept. 29. Runs through Sun., Oct. 15. Shows: Daily, Wednesday through Saturday at 7:30 p.m., with matinees on Thursdays and Sundays at 2 p.m. Oldcastle Theatre Company, 331 Main St., Woodfort, Vt. \$41.63 (inc. fees); premiere and VIP packages also available. (802) 447-0564 or oldcastletheatre.org

'This Is Not a Test'
One-man theatrical clown show featuring Aaron Marquise. In a war-torn era, inside a decrepit vaudeville theater, with nothing but a pile of shoes to sleep on, an isolated clown finds shelter. After having survived for a long period of time with only inanimate objects as friends, the clown is shocked to awake one morning to see an audience of people staring back at him. As if observing an animal in a zoo, the audience watches as he sings, dances, and celebrates parties. Comedic vignettes offer a balance for darker content throughout the show. Runs Fri., Sept. 29 through Sun., Oct. 8. Shows: Fridays at 8 p.m., Saturdays at 2 and 8 p.m., and Sundays at 4 p.m. Arts Center of the Capital Region, 265 River St., Troy. Adults, \$20; children 12 and younger \$11. (518) 944-1926.

'Life Under Water'
This Richard Greenberg play is set in the present-day Hamptons, that sun drenched stretch of expensive ocean frontage where two girls are looking for a good time. They find Kip, and highjinx ensue. While high comedy and sharp observation prevail, the play yields a lacerating portrait of a contemporary upper-middle-class that is, sadly and humorously, bored, self-indulgent and emotionally reckless. Part of Home Made Theater's 2017 Shuster Series Reading program. Actors sought to read and discuss the work; audience members welcome to participate in the discussion. Sun., Oct. 1, 1 p.m. Spa Little Theater, Saratoga Spa State Park, 19 Roosevelt Rd., Saratoga Springs. Free. (518) 587-4427 or https://homemadetheater.org/special-events/shuster-series-staged-readings/

'Always... Patsy Cline'
One of country music's most beloved artists, Patsy Cline catapulted to fame and sold over 10 million records in her short but legendary musical career. Based on the true story of Patsy's friendship with Houston housewife Louise Seger, with a story taken right from their pen-pal correspondence, this musical is not only filled with down home country humor and true emotion but also features many of Patsy's unforgettable hits such as "Crazy," "I Fall to Pieces," "Walking After Midnight" and many more! Presented by Park Playhouse, starring regulars Benita Zahn

SUDOKU

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Answers on Pg. B25

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ACROSS

1. Enrich, in a way
5. Express displeasure
10. C-worthy?
14. Again
15. Contents of some cartridges
16. ___-European
17. ___-___ bottles of beer...
19. "O Sanctissima," e.g.
20. Banana oil, e.g.
21. Nervous buildup
23. Carried
26. Convened
27. Picture device, for short
30. Directly
31. Deep, narrow ravine
35. ___-Wan Kenobi
36. "Welcome" site
38. Kind of oil
39. Occurring during the same period
43. In an arch or roguish manner
44. Average
45. Discharge letters?
46. Charger
47. Energy
49. Blue hue
50. Undertake, with "out"
52. Arrangement
54. Print in advance
58. Immobile stage of insect after larva
62. Arizona Indian
63. British government
66. Fishing, perhaps
67. Vomited
68. Cracker spread
69. Freshman, probably
70. Abominable snowmen
71. Berth place

DOWN

1. Channel
2. Cuckoos
3. Cost of living?
4. Dork
5. Chester White's home
6. Elephant's weight, maybe
7. Biscotti flavoring
8. Computer list
9. Iron
10. Adjust
11. Soon, to a bard
12. Bad day for Caesar
13. Lady Macbeth, e.g.
18. Put one's foot down?
22. Heathen
24. Card game
25. ___ tide
27. Shrub native to the Andes
28. Cancel
29. Chop finely
32. Steals
33. Blockhead
34. Hurried
37. Blouse, e.g.
38. Addition symbol
40. Pertaining to dramatic art
41. Church leader
42. Plunder
48. Insect stage
51. Blotto
52. Pompous walk
53. Gas station equipment
54. Excellent, in modern slang
55. Gift on "The Bachelor"
56. Fencing weapon
57. Back of the neck
59. Clap
60. The "A" of ABM
61. Increase, with "up"
64. "Fantasy Island" prop
65. Driver's lic. and others

Answers on Pg. B25

and Molly Rose McGrath. Opens Thurs., Oct. 5. Runs through Sun., Oct. 15. Shows: Thursdays Fridays and Saturdays at 8 p.m., with 2 p.m. matinee performances on Saturday and Sunday. Cohoes Music Hall, 58 Remsen St., Cohoes. All tickets, \$28. (518) 465-4663 or www.palacealbany.org/events/detail/always-patsy-cline

'Love's Labour's Lost'

The King of Navarre and all his gentlemen have dedicated themselves to study for three years, swearing not to get distracted by so much as talking with a woman. Naturally, that's just the moment that the Princess of France and her train of ladies arrive on a diplomatic mission. Packed with clowns, pranks, and pageants, Shakespeare's delightful "feast of languages" explores the enduring trials of friendship, courtship, and love. Presented by ADK Shakespeare Company. Fri., Oct. 6, 7:30 p.m. GE Theatre, Proctors, 432 State St., Schenectady. Adults, \$20; Seniors, students and veterans, \$17; children ages 12 and younger, free. Tickets: (518) 346-6204 or tickets.proctors.org. Info: (518) 803-HARK (4175) or www.adkshakes.org

'Cabaret'

In a Berlin nightclub, as the 1920's draw to a close, a garish Master of Ceremonies welcomes the audience and assures them they will forget all their troubles at the Cabaret. With the Emcee's bawdy songs as wry commentary, Cabaret explores the dark, heady, and tumultuous life of Berlin's natives and expatriates as Germany slowly yields to the emerging Third Reich. Please note: Production includes mature content; recommended for audience members age 16 and older. Presented by The Theatre Institute at Sage. Opens Fri., Oct. 6. Runs through Sun., Oct. 15. Shows: Fri., Oct. 6, and Sat., Oct. 7, 7:30 p.m.; Sun., Oct. 8, 2 p.m.; Thurs., Oct. 12, 7:30 p.m.; Fri., Oct. 13, 10 a.m. to 7:30 p.m.; Sat., Oct. 14, 7:30 p.m.; and Sun., Oct. 15, 2 p.m. James L. Meader Little Theater, Russell Sage College, 5 Division St., Troy. Adults, \$15; seniors/students/children, \$8. (518) 244-2248 or tickets.sage.edu/theatre

'In the Heat of the Night'

Regional premiere of Matt Pelfrey's adaptation of Schenectady native John Ball's novel of the same name. It's the story of Virgil Tibbs, a California homicide detective who, while passing through town is profiled and wrongly arrested for the murder of a prominent real estate developer in racially divided 1962 Argo, Alabama. Will the racist police department and Chief Bill Gillespie change quickly enough to collaborate with the brilliant detective to save their town from a murderer among them? Presented by the Sand Lake Center for the Arts and Circle Theatre Players. Opens Fri., Oct. 6. Runs through Sun., Oct. 15. Shows: Fri., Oct. 6; Sat., Oct. 7, Thurs., Oct. 12; Fri., Oct. 13; and Sat., Oct. 14 at 8 p.m.; Sun., Oct. 8 and Sun., Oct. 15 at 2:30 p.m. Sand Lake Center for The Arts, 2880 NY Rte. 43, Averill Park. Adults, \$18; children 17 and younger, \$10. (518) 674-2007 or https://slcactp.ticketleap.com/in-the-heat-of-the-night/

'The Color Purple'

The 2016 Tony Award® winner for Best Musical Revival! With a soul-raising score of jazz, gospel, ragtime and blues, don't miss this stunning re-imagining of an epic story about a young woman's journey to love and triumph in the American South. It's the musical sensation that New York Magazine calls "one of the greatest revivals ever." Runs Sat., Oct. 7 through Sat., Oct. 14. Shows: Sat., Oct. 7 at 8 p.m.; Sun., Oct. 8 at 2 p.m.; Tues., Oct. 10 and Wed., Oct. 11, 7:30 p.m.; Thurs., Oct. 12, 1:30 and 8 p.m.; Fri., Oct. 13 at 8 p.m. and Sat., Oct. 14, 2 p.m. MainStage, Proctors, 432 State St., Schenectady. \$25, \$50, \$60, \$70, and \$85. (518) 346-6204 or tickets.proctors.org

Tolkien & Lewis: Wardrobes, Rings, & The Last Goodbye

David Payne returns to the Music Hall as author C.S. Lewis with his new drama, joined by Marc Whitmore as J.R.R. Tolkien.

Set in Oxford's celebrated Eagle & Child pub (where the two met many times over their 30 year friendship), the play focuses on an encounter that takes place following Lewis's recent heart attack. Tolkien, who suggested the meeting, is acutely aware that there may not be many more opportunities for these lifelong friends to get together. Sun., Oct. 8, 2 p.m. Troy Savings Bank Music Hall, 30 Second St., Troy. \$15, \$25, \$35, and \$45. (518) 273-0038 or www.troymusichall.org

COMEDY

The Comedy Works

Wali Collins: Aspiring architect turned professional drummer and stand-up comedian, who is a regular at all of the main stream comedy clubs in the U.S. Also known for roles in television commercials, and appearances on major television networks, online streaming services and independent films. Fri., Sept. 29, and Sat., Sept. 30, at 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,** Thursdays at 9 p.m.; sign ups begin at 7 p.m., free to attend or participate. 388 Broadway, Saratoga Springs. (518) 275-6897 or thecomedyworks.com

The Egg

Demetri Martin: "Let's Get Awkward 2017 Tour." American stand-up comedian, director, actor, artist, musician, writer and humorist who is best known for his deadpan delivery, use of one-liners, and drawings on a large pad of paper, as well as accompanying his jokes with a host of musical instruments. Fri., Oct. 6, 8 p.m. The Egg, Empire State Plaza, Albany. \$35, \$45, and \$55. (518) 473-1845 or tickets.theegg.org.

The Funny Bone

Tom Segura: No Teeth, No Entry Tour: Cincinnati, Ohio native with numerous television and radio show appearances, who cohosts the noted podcast "Your Mom's House" with his wife, comedienne Christina Pazsitzky. Wed., Sept. 27, 7 p.m.; all seats \$35; also at 9:45 p.m., showroom seats, \$35; VIP seats (**extremely limited availability**) \$55. **Dov Davidoff:** Combining hyper attention deficit disorder, and audience connection, he puts on one of the most high-intensity stand-up comedy shows. A favorite at the Just for Laughs Festival in Montreal. Thurs., Sept. 28, 7:30 p.m., \$12. Also Fri., Sept. 29, at 7:30 and 10 p.m., and Sat., Sept. 30 at 7 and 9:45 p.m., \$17. **Matt Bergman:** A Nobodies of Comedy Tour coheadliner who regularly opens for "Last Comic Standing" winner John Heffron. Sun., Oct. 1, 7 p.m., \$12. **Chicks are Funny:** Local favorite Erin Harkes hosts this all-female line up of stand up comedians. Carolyn Castiglia headlines. Thurs., Oct. 5, 7:30 p.m., \$7. All shows 21+; doors 60 to 90 minutes before early show; 30 to 45 minutes before late shows. Crossgates Mall, 1 Crossgates Mall Rd., Guelderland. (518) 313-7484 or Albany.funnybone.com

Mopco Improv Theatre

Friday Night Fringe: Electric City Puppet Improv and Down the Rabbit Hole. They have fur, horns, corrective lenses and plaid shirts. Weirdos, whatnots and whatchamacallits performing improv comedy like you've never seen! Quickly becoming an audience favorite, the ECPI will be joined by Mopco's newest house team. Fri., Sept. 29, doors at 7:30 p.m. followed by show at 8 p.m. Adults, \$11.49; seniors/students \$7.29 (prices inc. fees). **Spontaneous Broadway:** After performers audition Broadway-style songs that they create on the spot based on song titles generated by the audience, the most popular song is turned into an hour-long improvised musical. Saturdays, Sept. 30, through Nov. 18; doors at 7:30 p.m. followed by show at 8 p.m. Adults, \$16.74; students/seniors, \$7.29 (prices inc. fees). 10 N. Jay St., Schenectady. (518) 577-6725 or www.mopco.org

Palace Theatre

Mike Epps: Stand-up comedian turned actor who got his first big break performing on HBO's "Def Comedy Jam," and soon parlayed his popularity into big screen success with co-starring roles in Ice Cube features like "Next Friday" and "All About the Benjamins." Most recently he has released two stand-up DVDs and starred in the hilarious comedy "The Hangover." Fri., Oct. 6, 8 p.m. \$49.50, \$58.50, and \$82. **Ron White:** The cigar smoking, scotch drinking funnyman from the "Blue Collar Comedy" phenomenon returns to Albany to perform his new stand-up show. Sat., Oct. 7, 8 p.m. \$46.75 and \$56.75. "200 Proof" and "100 Proof" VIP packages available at http://bit.ly/2tya0Eu. Palace Theatre, 19 Clinton Ave., Albany. (518) 465-4663 or www.palacealbany.org/events

Shmaltz Brewery

Giggles n Bits Comedy Show. Makenzi Berg hosts this night of laughs featuring Marty Caproni, Shafi Hossain, Seth Carr, Alan Fish and Jennifer McMullen with music by DJ MO. Fri., Sept. 29, doors at 8 p.m., show at 9 p.m. 6 Fairchild Square, Clifton Park. Advance, \$15; \$20 at the door. (518) 253-8974.

DANCE

Intermediate Line Dancing

Dance and lessons. Wednesdays, through Sept. 27, 7 to 10 p.m. Danceland, 638 Columbia St., Latham. Walk-ins welcome. \$9. (518) 785-3888 or dancelandboomers.com/Calendar.aspx

Dance Fever Thursdays

Cha-cha lesson with Amber Woerner followed by dancing to a lively ballroom mix by DJ Joe until 10 p.m. Thursdays, through Sept. 28., at 7:15 p.m. Danceland, 638 Columbia St., Latham. \$10; includes pizza and other goodies. (518) 785-3888 or dancelandboomers.com/Calendar.aspx

Tango Fire

Twelve spectacular dancers and a quartet of brilliant musicians from Buenos Aires combine the rawness and sophistication with the seductive and sultry sides of Tango, artfully tracing its origins from the streets of Argentina through its evolution into today's ballroom styles. Sat., Sept. 30, 8 p.m. The Egg, Empire State Plaza, Albany. \$34. (518) 473-1845 or www.theegg.org

English Country Dance

Caller Rosemary Hunt and musicians Jacqui Morgenstein and Steve Hunt, from England, will lead a session of English country dancing. Singles/new dancers are welcome. Please wear clean, flat, soft-soled shoes. Presented by the Capital English Country Dancers. Sun., Oct. 1, basic instruction at 1:30 p.m. followed by dance at 2 p.m. First Unitarian Universalist Church of Albany, 405 Washington Ave., Albany. \$12. (862) 400-7227 or www.danceflurry.org/show_event.php?id=17

FAMILY

Outdoors After School

Join us after school to get some fresh air, stretch your legs, and have fun outdoors. Meet at the visitor center to begin our adventure. Each week will have a different theme and will include time to explore outdoors. Come for as many sessions as you'd like, and dress for outdoor activity. For children in grades K-5 and their caregivers. Weekly on Thursdays through Oct. 26 from 4:30 to 5:30 p.m. Five Rivers Environmental Education Center, 56 Game Farm Rd., Delmar. Free, registration requested. (518) 475-0291, 5Rivers@dec.ny.gov or www.dec.ny.gov/education/

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

He(ART) of The Hill

Celebrate the arts in the North Swan Street Corridor during a block party presented by the Albany Housing Authority and the Albany Barn. Features live music, hands-on art projects for children and adults, food and beverages, yoga and dance classes and more! Fri., Oct. 6, 4 to 8 p.m. North Swan Street Park, 56 Second Ave., Albany. Free. (518) 935-4858 or albanybarn.org.

Annual Open House

Get an up-close view of fire apparatus, watch a live burn demonstration, and learn how to prevent fires. Lots of great food plus a Bouncy Bounce and climbing wall for children to enjoy. Sun., Oct. 8, 1 to 4 p.m.. Delmar Volunteer Fire Department, Station 1, 145 Adams St., Delmar. Free. www.delmarfire.com

FAIRS/FESTIVALS

September in the City Art Fair

This midday showcase for local art, music and culture features exhibits and work available for purchase from regional mixed media artists and crafters, with live music each week by Ragliacci. Thurs., Sept. 28, 11:30 a.m. to 2 p.m. Jim DiNapoli Park, Maiden Lane and Broadway, downtown Albany. Free. (518) 434-2032 or www.albanyevents.org

Altamont Fall Festival

The Village of Altamont celebrates the new season with its second annual Fall Festival. Family-friendly event with live music, food and beverages, farm-fresh goodies, homemade artisan goods, food demonstrations by Veronica's Tavern and a host of other activities and more. Sat., Sept. 30, 10 a.m. to 4 p.m. (Rain date is Sun., Oct. 1). Main Street, Altamont. Free. (518) 861-8554 or www.altamontfallfestival.org

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Troy Irish Festival

Music, food, dancing and much more! Live performances by The New McKrells, The 317, Kilashandra, Hellcat Maggie, Three Irish Voices, Schenectady Pipe Band, Jennifer Wheland-Lanigan with headliners Glengarry Bhoys. Sat., Sept. 30, 11:30 a.m. to 9 p.m. Sage Field, corner of Front and Division streets, Troy. Advance tickets, \$16, purchase online at www.troyirishfest.com; price increases to \$20 at the gate; children ages 11 and younger, free, with partial proceeds benefiting The Wildwood Foundation. www.facebook.com/troyirishfest

Glenville Oktoberfest

Eighth annual family-friendly event featuring live music, German food and beer garden, cruise-in car show, harvest specialties, exhibitors, and plenty of children's activities, including a Kids' Parade, capped off by a fireworks display. Performances by Gregory and the Brauhaus Band, Herbie and His Accord-A-Tones, Alpine Squeeze, and the Bavarian Barons. Sat., Sept. 30, noon to 9 p.m. Maalwyck Park, 300 Maalwyck Park Rd., off of NY Rte. 5, Glenville. Free parking and admission. www.glenvilleoktoberfest.com or www.facebook.com/GlenvilleOktoberfest/

FILM

'Eames: The Architect and The Painter'

Though Charles and Ray Eames are best known for their ubiquitous furniture and the signature innovation of the classic Eames chair, this essential documentary shows Charles and Ray applying the same process of inquiry to architecture, exhibitions and their quirky, beautiful films. Thurs., Sept. 28, 6:30 p.m. Opalka Gallery, Sage College of Albany, 140 New Scotland Ave., Albany. Free. (518) 292-7742 or opalka.sage.edu

'Telepathic Improvisation'

Filmmakers Boudry/Lorenz present their film produced at EMPAC in Spring 2017, which attempts to disrupt historical narratives surrounding agency and action by elevating the technical, non-human actors to the equal status of their human counterparts. Thurs., Sept. 28, 7 p.m. Theater, EMPAC, Rensselaer Polytechnic Institute, 110 8th St., Troy. \$6. (518) 276-3921 or tickets.empac.rpi.edu

'Black Sabbath: The End of The End'

Film chronicles the final tour from the band who forged the sound of metal. On February 4, 2017, the band took to the stage in Birmingham, the city where it all began, to play the 81st and final gig of The End tour - bringing down the curtain on a career that spanned almost half a century. The sold out show marked the culmination of a tour that had seen them play to well over a million fans in arenas across the globe. Since their beginnings in 1968, they created a sound that would form the basis of heavy metal, going on to influence bands all over the world - an influence which is still felt to this day. Part of the Dr. John's 30th Anniversary Film Series presented by PXX 106. Thurs. Sept. 28, 7 p.m. GE Theatre, Proctors, 432 State St., Schenectady. Adults, \$9; students w/ID, \$6. (518) 346-6204 or tickets.proctors.org.

'Billy Elliott'

The life of 11-year-old Billy Elliot, a coal miner's son, is forever changed when he stumbles upon a ballet class during his weekly boxing lesson. Demonstrating the kind of raw talent seldom seen by the class' exacting instructor, Mrs. Wilkinson - with her tart tongue and a never-ending stream of cigarettes in her hand - finds her zest for teaching revived when she sees Billy's potential. Unfortunately, no-one else, least of all his family, is likely to go along with the boys desire to dance. Rated PG-13 for some thematic material. 110 minutes. Mon., Oct. 2, at 2:30, 4:45, and

7 p.m. GE Theatre, Proctors, 432 State St., Schenectady. \$5. (518) 346-6204 or tickets.proctors.org.

'Pearl Jam: Let's Take Two'

Concert film that chronicles Pearl Jam's legendary performances at Wrigley Field during the Chicago Cubs historic 2016 season With Chicago being a hometown to Eddie Vedder, Pearl Jam has forged a relationship with the city, the Chicago Cubs and Wrigley Field that is unparalleled in the world of sports and music. From "Ten" to "Lightning Bolt," the concert film shuffles through Pearl Jam's ever-growing catalog of originals and covers - spanning the band's 25-year career. Not Rated. Running time approximately 120 minutes. Part of the Dr. John's 30th Anniversary Film Series presented by PXX 106. Wed, Oct. 4, 7 p.m. GE Theatre, Proctors, 432 State St., Schenectady. Adults, \$9; students w/ID, \$6. (518) 346-6204 or tickets.proctors.org.

'All the President's Men'

Dustin Hoffman, Robert Redford and Jack Warden star in this multiple award-winning 1976 political thriller based on true events. Bob Woodward and Carl Bernstein, a pair of reporters from The Washington Post, uncover the details of the Watergate scandal that leads to President Richard Nixon's resignation. Screening followed by discussion with Harry Rosenfeld, editor-at-large of the Albany Times Union and former Metro Editor at The Washington Post who was in charge of the daily coverage of the Watergate expose. Presented by the New York State Writers Institute as part of its Telling the Truth in a Post-truth World series. Fri., Oct. 6, 7 p.m. Hawley Library, Page Hall, University at Albany Downtown Campus, 135 Western Ave., Albany. Free. (518) 442-5620 or www.albany.edu/writers-inst/webpages4/programpages/vws.html

LECTURES/ WORKSHOPS

Monday Night Improv

A monthly class for improvisers of all skill levels! Maybe you are improv-curious, a newly netted newbie, or an old pro looking to pick up a quick improv power boost—or visiting: perhaps you're the cream of the Peekskill improv crop—whatever the case, a Mopco Drop-In has the pop you need to stop your flop and prop your top! Or something very much like that... Mon., Oct. 2, 7 to 9 p.m. The Mopco Improv Theatre, 10 N. Jay St., Schenectady. \$15. (518) 577-6725 or www.mopco.org

Nina Buxenbaum

Using a traditional figurative painting style, the bi-racial artist frequently uses her work to explore her personal sense of self while playing with the metamorphosis of identity, focusing on creating honest and personal depictions of women, especially women of color, as a means to provide an alternative to the stereotypes prevalent in our culture. Thurs., Oct. 5, 6:30 p.m. Opalka Gallery, The Sage Colleges of Albany, 140 New Scotland Ave., Albany. Free. (518) 292-7742 or opalka.sage.edu

LITERARY

Madeleine Thien and Peter Ho Davies - Seminar

Pair of award-winning novelists of Chinese historical fiction/Chinese-American culture will present an informal seminar. Tues., Oct. 3, 4:15 p.m. Standish Room, Science Library, University at Albany Uptown Campus, 1400 Washington Ave., Albany. Free. (518) 442-5620 or www.albany.edu/writers-inst

Madeleine Thien and Peter Ho Davies - Reading

Pair of award-winning novelists will read from their latest works; Thien, from "Do

Not Say We Have Nothing," (receiving Canada's highest literary honor and shortlisted for the Man Booker prize) and Davies' from "The Fortunes" (receiving the Anisfield Wolf Award and Chautauqua Prize, along with several designations as a Best Book of 2016). Tues., Oct. 3, 7 p.m. Huxley Theatre, New York State Museum, 222 Madison Ave., Albany. Free. (518) 474-5877 or www.nysm.nysed.gov.

Nitty Gritty Poetry Slam

Albany's official poetry slam. Tues., Oct. 3. Sign up at 7 p.m.; open mic at 7:30 p.m. and slam at 8 p.m. 18+. The Low Beat, 335 Central Ave., Albany. \$3 before 7:30 p.m.; \$5 after 7:30 p.m. www.albanypoets.com/nittgritty slam

Poetry Open Mic

All styles welcome. Each poet reads two short poems (less than one page) or one longer poem with a limit of 5 minutes. Readers are asked to refrain from using excessive profanity or vulgarity. Wed., Oct. 4, sign-ups begin at 7 p.m. followed by featured poet's reading at 7:30 p.m. Caffe Lena, 47 Phila St., Saratoga Springs. \$5. (518) 883-6394 or www.caffelena.org

Writers workshop

Bi-weekly writers' get together. Eat, drink, schmooze and share, but, mostly write. Thurs., Oct. 5 at 6 p.m., Tech Valley Center of Gravity, Quackenbush Building, 30 Third St., Troy. Free. www.tvcog.org

Matteo Farinella

The scientist and visual artist who illustrated "Neurocomic," (2013), an accessible "neuroscience comic book, and teaches at Columbia University, will talk about his work in investigating the role of "visual narratives" in science communication, education, and literacy. Fri., Oct. 6, 3 p.m. D'Amra Auditorium (LSRB 2095), Life Sciences Building, University at Albany, Uptown Campus, 1400 Washington Ave., Albany. Free. (518) 442-5620 or www.albany.edu/writers-inst

MISCELLANEOUS

Schenectady Suds

This one hour walking tour of Schenectady's historic Stockade District will examine the history of brewing and the impact on both the city and county's history, from the Colonial era to today's craft brew revival. Concludes with a pint and a tour with the brewers at Mad Jack Brewery/The Van Dyck Restaurant. Must be 21+ to participate. Thursday, Sept. 28 at 6 p.m. \$15 (includes pint of beer at Mad Jack); advance registration required. www.schenectadyhistorical.org/walking-tours

Delaware Community Farmers Market

Offering local, fresh-picked fruits, vegetables, herbs, eggs, jams and baked goods. Tuesdays, 4 to 7 p.m. through November. Delaware Branch, Albany Public Library, 331 Delaware Ave., Albany. Free to attend. (518) 432-0516 or DelawareAreaNA@gmail.com

Together Tuesday

Tuesday nights in Eden Café are set-aside for groups to have a time of team building. Safe, non-alcoholic environment where trust can be fostered. Tuesdays, 4:30 to 9 p.m., 269 Osborne Rd., Loudonville. (518) 977-3771.

Veteran Meet-Up

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

Social Night/Potluck/ Open House tours

It's the perfect night to come by and get a feel for this amazing creative community. Free. Tuesdays, 6:30 to 8:30 p.m., Tech Valley Center of Gravity, 30 Third St., Troy. (518) 279-7863 or www.tvcog.net.

Geeks Who Drink

A quiz show with eight rounds of eight questions each, including a music round,

DEALS OF THE WEEK

2011 MERCURY MARINER SUV

Image of 2011 Mercury Mariner SUV. 3.0L V6, Auto, AWD, Leather, Pwr Windows/Locks/Mirrors, SYNC Nav, Back Up Camera, Moonroof, 70K Clean Miles! take home for \$12,500

2014 FORD FOCUS SE

Image of 2014 Ford Focus SE. 2.0L I4 Heated Seats, Auto, Heated Pwr Mirrors, Pwr Windows/Locks, Alloy Wheels. 59K miles. take home for \$12,981

2016 FORD FIESTA SE

Image of 2016 Ford Fiesta SE. 1.6L I4 Auto, Pwr Windows/Locks and Mirrors, SATT Radio, Alloy wheels, 29K Clean Miles! take home for \$12,995

2015 BLACK FORD FUSION S

Image of 2015 Black Ford Fusion S. 2.5L I4, Auto, Alloy Wheels, Pwr Windows/Locks/ Mirrors, 60/40 Split Fold Rear Seat, Only 37K Miles! take home for \$13,102

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Tickets on sale now at www.jupiterhallalbany.com

REVERBERICON HAUNTED HARVEST SATURDAY OCTOBER 14, 2017. "HONORING THE 50TH ANNIVERSARY OF 'NIGHT OF THE LIVING DEAD' A DEDICATION TO THE LIFE AND MUSIC OF PETER STEELE & TYPE O NEGATIVE WITH COSPLAY - VENDORS, ATTRACTIONS - GUEST APPEARANCES - HORROR - CDS COMICS - FREAK SHOWS - VINYL - MOVIES - MEMORABILIA - SPECIAL EFFECTS MAKEUP ALL AGES WELCOME 3:00PM - 10:00PM. LIVE MUSIC: THE EROTICS, CHEERS FROM THE EASY EASY, TOTALLY CANNIBY, MORE THAN HUMAN, start the reactor, NICE, CRIMSON TIPS, COSPLAY, LENN ODDITY, MORGAN ALYSSA ROUCHE, EXPEDITION YETI. HOSTED BY RALPH RENNA & MIKE THE ENFORCER. SPONSORED BY FULL EFFECT TATTOO TROY - SOME OF THIS - N - SOME OF THAT COHOES CORPSE-FX - BLOOD LAKE CUSTOMS - MWA RECORDS

an audio round and a picture round. Free to play, with prizes for the top two teams and bonus prizes throughout the game. Tuesdays, 8 p.m., Olde English Pub, 683 Broadway, Albany.

Troy Night Out

Partake in the Traveling Circus in Troy during this month's arts and cultural event. Fri., Sept. 29, 5 to 9 p.m. Various venues throughout downtown Troy. www.downtowntroy.org/troy-night-out.

Secret Stockade

Discover the secrets of Schenectady's historic Stockade section during a walking tour, which includes lunch at Arthur's Market, a peek inside an 1820's home and a visit to the Schenectady County Historical Society's Museum and Library. Oct. 4, 11 a.m. Tickets: \$20, available at www.schenectadyhistorical.org/walking-tours, via phone at (518) 374-0263 ext. 4 or email curator@schenectadyhistory.org

Magicians' meeting

Capitaland Conjurers, the local group of The Society of American Magicians, Assembly #24, invites adults age 18 and older with any interest in the art of magic, including performance, history, collecting or pure entertainment for a fun evening. Tues., Oct. 10, 7:30 p.m. S.W. Pitts Hose Co., Old Loudon Road, Latham. Free. www.SAM24.org

State Education Building Tour

Take a guided tour through the state's historic Education Building in downtown Albany. The 45-minute tour, led by a member of the New York State Museum staff, includes opportunities to explore Chancellors Hall, the Regents Room and the rotunda, adorned with murals by Albany native Will H. Low. Sat., Oct. 14, at 12:30 and 2:30 p.m. Meet on the front steps of the Education Building, 89 Washington Ave., Albany. Free, registration required; tours limited to 25 participants each. To register, call (518) 474-2418 or visit ogs.ny.gov/ESP/CT/Tours/Capitol.asp

State Capitol Tour

Take a guided tour through the state's historic Capitol Building in downtown Albany. The 1-hour tour is led by a member of the New York State Museum staff. Sat., Oct. 14, 11 a.m. and 1 p.m. Meet at the Plaza Visitor Center and Gift Shop located on the North Concourse of the Empire State Plaza. Free, registration required; tours limited to 25 participants each. To register, call (518) 474-2418 or visit ogs.ny.gov/ESP/CT/Tours/Capitol.asp

Social Media

Meet new people and make art in a new medium. Each event will feature a signature cocktail or seasonal beverage pair with the art form that participants will be experimenting with (descriptions online). First and third Tuesdays of the month (Oct. 17; Nov. 7 and 21; and Dec. 5 and 19), 5:30 p.m. Arts Center of the Capital Region, 265 River St., Troy. \$35; includes materials and nibbles; other beverages available for purchase. Registration required. (518) 273-0552 or www.artscenonline.org/social-media/ **Note: Tues., Oct. 3 event is sold out.**

Troy Historic District Food Tour

A leisurely 3 hour, 1.5 mile walk with five refreshing stops, a progressive brunch that helps guests experience Troy's evolution into a foodie paradise. Presented by Taste of Troy Food Tours. Saturday, Oct. 21 and 28, from 9:45 a.m. to 1 p.m.; meet at 275 River St., in downtown Troy by the Troy, NY, sign. Adults, \$49 + tax and fees. www.tasteoftroyfoodtours.com

Blue Mountain Lake, 9097 NY Route 30, Blue Mountain Lake. Adults, \$20; seniors, \$18; youths and students w/valid ID, \$12; children ages 5 and younger and active military personnel, free. (518) 352-7311 or www.theADKX.org

Albany Center Gallery

Continuing: "Then & Now: Robert Cartmell:" Annual exhibit features paintings, drawings and prints by an artist whose works have not only been previously shown in the gallery, but who has also made a significant contribution to the local art community through his/her career. Through Oct. 20. Hours: Tuesday through Saturday, noon to 5 p.m. or by appointment. 488 Broadway, Albany. Free admission. (518) 462-4775 or albanycentergallery.org

Albany Institute of History and Art

Continuing: "Spotlight: Albany and Anti-Suffrage," tells the story of the women who first met in 1894 before the New York Constitutional Convention convened, organized the Albany branch of the New York State Association Opposed to Woman Suffrage, lobbied to make their views heard in 1915, and lost their fight in 1917. Also, **"The Fashionable Portrait"** brings together 14 paintings and four miniature portraits from the Institute's collection to specifically highlight 19th century fashion as depicted in the work of portrait painters. Through Sun., March 18, 2018. Also **"The Hudson River School: Landscape Paintings from the Albany Institute:"** Reinstallation of nearly 90 paintings featuring works by Thomas Cole and Frederic Church, among others. On view indefinitely. Plus ongoing exhibits. Hours: Wed.: 10 a.m. to 5 p.m.; Thurs.: 10 a.m. to 8 p.m.; Fri. and Sat.: 10 a.m. to 5 p.m.; Sun.: noon to 5 p.m. Admission: Adults, \$10; seniors/students (w/ID), \$8; children ages 6 to 12, \$6; children 5 and younger, free. 125 Washington Ave., (518) 463-4478 or www.albanyinstitute.org.

Albany International Airport

Continuing: "Chasing the Tale," features work by Jason Blue Lake Hawk Martinez, Kenny Harris, Ira Marcks, Fernando Orellana, Amy Podmore, Jeff Starr, and Gerda van Leeuwen. Each of the artists is engaged in a pictorial expression of storytelling cross personal mythology with collected narratives from historical, folk and popular culture. Through Feb. 26, 2018. Open daily: 7 a.m. to 11 p.m. Free admission. Gallery, third floor, 737 Albany Shaker Rd., Latham. (518) 242-2241 or arts@albanyairport.com

American Italian Heritage Association and Museum

Continuing: "Reflections by Lucia Sirco," a photojournal that captures the people, food and hidden places of Venice, a place that holds a special space in the artist's heart. Through Sept. 30 in the Special Exhibit Room. Open Mon., Thurs., and Friday, 11 a.m. to 2 p.m.; and Sat., and Sun., 1 to 4 p.m., or by appointment. 1227 Central Ave., Albany. Adults, \$5; seniors (65+), \$4; students, \$3; children 12 and younger, free. (518) 435-1979 or www.americanitalianmuseum.org

Arts Center of the Capital Region

Continuing: "Collective Charm," in the Wallace and Foyer Galleries, features works created by the entrepreneurial artists who recently graduated from the Nuts, Bolts + Beyond program: Monica Church, Megan Culhane Galbraith, Betsy Gorman, Cara Hanley, Sarah Haze, Brenda Kilianski, Amanda Melinger, Patrick Pigott, Tyswan Stewart, Victoria Van Der Laan and Harry Wirtz. Through Sat., Oct. 7. Also **"Something Familiar"** a sculpture and installation by James A. Van Duyn and Roger Bisbing. Through Sun., Oct. 15. Receptions for both to be held during Troy Night Out on Fri., Sept. 29, from 5 to 9 p.m. 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:" A look at what our town was like during World War I. Presented by the Bethlehem Historical Association. Through Tues., Oct. 31. Open Sundays, 2 to 4 p.m. 1003 River Road, Selkirk. Free. BethlehemHistorical.org

The Clark Art Institute

Continuing: Helen Frankenthaler: "As In Nature," featuring 12 of the American artist's large abstract paintings, through Oct. 9; also **"An Inner World,"** features seven exceptional genre paintings by Dutch artists working in or near the city of Leiden in the 17th century, through Oct. 1; and **"Thomas Schutte: Crystal,"** the artist's first full-scale architectural work in the U.S., through Oct. 31. 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

FunCycled

Special Event: "At The Circus Photo Exhibit and Sale." It's a special Troy Night Out tribute to the Traveling Circus, featuring popcorn, balloons and more, while viewing photographs by Richard Ruotolo. Proceeds from photo exhibit sales will be donated to the Children's Hospital at Albany Medical Center. 272 River St., Troy. Free admission. (518) 629-5386 or funcycled.com.

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. On view indefinitely. 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. Also **"Erie Canal Re-Imagined"** Working with historical photos of the Erie Canal from the Schenectady County Historical Society's Library, Dana Hatchett provides a great visual adventure in pencil, Conté crayon, and charcoal that explores the structural grace of the canal and what was built around it. Intrigued by natural landscapes modified by the canal and its aqueducts, bridges, and locks, the artist strives to inspire understanding and appreciation of the past. Both through Oct. 31. Open Tuesday through Saturday, from 10 a.m. to 4 p.m. 1100 Main St. (NY 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: "Laini Nemett: When We Lived Here." Using a combination of cardboard models, collage, and large scale oil paintings, Nemett creates architectural environments that explore the idea of home. Nott Memorial. Also **"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. Schaffer Library Learning Commons. Hours: daily, from 10 a.m. to 6 p.m. Union College, 807 Union St., Schenectady. Free. (518) 388-6004 or muse.union.edu/mandeville/home

EXHIBITS

Adirondack Experience

"Life in the Adirondacks:" Interactive gallery installation exploring the spirit, history, culture, and people of the Adirondack region, featuring more than 300 artifacts. Plus other permanent and temporary exhibits. Hours: Daily, 10 a.m. to 5 p.m., through Oct. 9. The Museum on

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miSci
Continuing: Wind and Solar: The Renewable Energy Revolution: Interactive exhibit sponsored by GE Renewable Energy encourages visitors' understanding of renewable energy technology and climate change factors, while inspiring advocacy for renewable solutions to society's ever-increasing energy needs. Also **MRI: Examining the Human Body;** explore the science behind a landmark medical imaging system developed here in the Capital District. Both on display indefinitely. 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. 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: "Enterprising Waters: New York's Erie Canal (Phase One). In honor of the Bicentennial of the Erie Canal's construction, the state's Office of Cultural Education in collaboration with other organizations on the canal corridor, will present this rich story with unique objects, documents, and images. Through Oct. 20, 2019. Also **"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, **"Hudson Valley Ruins,"** through Dec. 31. Plus ongoing/permanent 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

Opalka Gallery
New: "Paper is Part of the Picture." An exhibition about the evolution of paper promotion over the last 125 years as seen through the Strathmore Archives (now at Mohawk paper), and how those promotions reflect the changing trends in American graphic design. Opens Fri., Oct. 6; on view through Fri., Dec. 15. Hours: Tues. through Fri., 10 a.m. to 7 p.m., and Sat., noon to 4 p.m. Sage College of Albany, 140 New Scotland Ave., Albany. Free. (518) 292-7742 or opalka.sage.edu

Photographic Expressions Studio & Gallery
Continuing: "Objects of Simplicity: Solo exhibit by Jason van Staveren." By photographing and cataloging, what van Staveren terms as "overlookables", we begin to see everyday items take on an inexplicable exquisiteness. His work is equally as concerned with the grandiose as it is with the mundane. Insignificant within the context of our daily lives, these small found objects, such as hair and dryer lint, become magnificent, sterile landscapes when presented in large format (60" x 44"). Through Fri., Oct. 27. Open Tuesday, Thursday and Friday from noon to 5 p.m. 455 Broadway, Troy. Free admission. (518) 621-5360 or www.photographicexp.com.

Pine Hills Branch Albany Public Library
Continuing: "Illustrated," showcases illustration as a medium, with a special

focus on illustrators, Meg Sodano and Cara Hanley of Albany, and Marie Beebe of Chatham. Through 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. 517 Western Ave., Albany. (518) 482-7911 or www.albanypubliclibrary.org/locations/pine-hills/

Saratoga Arts
Continuing: "Intangible Roots," featuring artwork by Kevin Cieplensky, Greg Cuda and Andrew Dines. Using architectural and geometric forms, the artists create work with unclear narratives, attempting to make sense of humanity and its intervention with the world around. They capture a sense of memory and absence within these environments and challenge our understanding of the relationship between the human and natural and the geometric and structural. Through Sat., Nov. 4. Also, **Paintings by Raj Kang** (Reception Gallery) and **A Mardi Gras Ballet by Carol Caruso** (Members' Hall Gallery). 320 Broadway, Saratoga Springs. Free. Open weekdays, 9 a.m. to 5 p.m.; Saturdays, 11 a.m. to 5 p.m. (518) 584-4132 or saratoga-arts.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

Scarlet Seven Fine Art Gallery
New: "By the Skin of Your Teeth." Anatomically-themed exhibit featuring works by Kathleen Benton, Susan Spencer Crowe, Karen Gerstenberger, R.L. Gibson, Sally Hewett, Cheryl Horning, Jilian Platt, Sergio Sericolo, Phil Spaziani and Christy Turner. Opens with reception during Troy Night Out beginning at 6 p.m. Through Sun., Oct. 22. Hours: Mon. and Tues., by

appointment, Wed., 3 to 7 p.m., Thurs. and Fri., 3 to 8 p.m.; and Sat. and Sun., 11 a.m. to 3 p.m. 137 4th St., Troy. Free. (518) 378-6583, (518) 312-1564 or www.scarletsevengallery.com

Schick Art Gallery
Continuing: "Selected Faculty Exhibition," featuring new works by art professors Michael Bonadio, Sangwook Lee, Trish Lyell and Paul Sattler. Through Mon., Oct. 8. Saisselin Art Building, Skidmore College, 815 North Broadway, Saratoga Springs. Hours: Mon.-Thurs., 10 a.m. to 6 p.m.; Fri., 10 a.m. to 4 p.m.; Sat., and Sun., noon to 4 p.m. Free. (518) 580-5049 or www.skidmore.edu/schick

Tang Teaching Museum
New: "Birthing Bodies," an exploration of childbirth through a feminist lens, representing the female body, pregnant body or birthing body as a site of strength and power. Opens Sat., Sept. 30 in the Winter Gallery. Through Sat., Dec. 30. **Continuing: "Other Side:—Art, Object, Self,"** selected pieces from the Tang Collection that showcase the use of paint, glass, marble, fabric, found objects and even artists' bodies to force a critical examination of national, cultural and self identity. Through Dec. 30. Also, **"States of Incarceration,"** a traveling exhibit that explores the history and future of mass incarceration, with a focus on the now closed Mount McGregor prison. Through Wed., Oct. 11. Also, **"Elevator Music 34: Tony Oursler: Talking Light."** A single incandescent light bulb hangs from the ceiling of the Tang Museum's elevator; its intermittent flickering correlates to the sounds of the artist's voice emanating from a hidden speaker. The work is one of several "talking lights" he made in the 1990s, which explore his fascination with imitation, repetition, magic, mystery, and that which is beyond ordinary human understanding. Through Dec. 30. Skidmore College, 815 North Broadway, Saratoga Springs. Hours: Tues.-Sun., noon to 5 p.m.; until 9 p.m. Thursdays. Free admission;

suggested donations of \$5/adult; \$3/child 13+; seniors, \$2. (518) 580-8080 or tang.skidmore.edu

Troy Innovation Garage
Special Event: New York State of Design. Statewide curated show presented by The AIGA of Upstate New York created to not only highlight professional communication design work while celebrating the design and thinking of creatives in upstate New York, but also to engage both the design and business communities. Opens Fri., Sept. 29, with a reception during Troy Night Out between 6 and 9 p.m. Panel discussion featuring four of the Capital District's creative professionals begins at 6:30 p.m. 24 Fourth St., Troy. Facility info.: (518) 326-6407 or troynnovationgarage.com. Exhibit info.: newworkstateofdesign.com.

University Art Museum
Upcoming: When We Were Young: Rethinking Abstraction from the University at Albany Art Collections (1967 – present). Exhibit looks back at highlights from the earliest years of the university's art collections, while shining a fresh light on late-Modernist abstraction as it related to current trends in contemporary art. Opens Fri., Oct. 6; on view through Sat., Dec. 16. Uptown Campus, University at Albany, 1400 Washington Ave., Albany. Hours: Tuesday, 10 a.m. to 7 p.m.; Wednesday through Friday, 10 a.m. to 5 p.m. and Saturday, noon to 4 p.m. Free. (518) 442-4035 or www.albany.edu/museum

CALL FOR ARTISTS

Arts Center of the Capital Region
BraVa: Third annual fundraiser seeking to provide new bras to women at the YWCA of the Greater Capital Region will take place on Fri., Nov. 3. Features writers from around the region who will read jury-selected poems and essays

or perform songs and monologues on the subject of bras in their lives, ranging in viewpoints from poignant to hilarious. Spoken/read pieces must be 750 words or less; songs will need to be 5 mins. or shorter. Submissions due Mon., Oct. 16. Details/instructions at artscenterofthecapitalregion.submittable.com/submit (scroll down to opportunity) **Nuts, Bolts + Beyond III:** FREE, seven-month program developed to help artists learn new ways to advance their economic self-sufficiency through education and access to resources to build and sustain self-employment. Selected artists form a cohort throughout this period, from mid-November to May 2018, participating in weekly classes tailored to their specific needs and mediums. Application deadline is Friday, Oct. 20. Additional details at artscenterofthecapitalregion.submittable.com/submit (scroll down to opportunity) **DEC Grant Program:** Earn up to \$5,000 for Community Arts, Arts Education and Individual Artist Commissions. Intents to Apply are due by Fri., Nov. 17; final grant submission deadline is Sun., Dec. 3. For more details, visit www.artscenonline.org/earn, call (518) 273-0552 ext. 231 or stop by the center.

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

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

HOROSCOPES

**September 2017
 Week 4**

CAPRICORN
December 22 – January 19
 Giddiness sets in at the office with the arrival of guests. Join in the fun, Capricorn. The break will do you good. A meeting brings praise all around.

AQUARIUS
January 20– February 18
 Too little, too late. Sometimes it's best just to break ties, Aquarius. A home improvement project gets off to a rocky start but ends with a flourish.

PISCES
February 19 – March 20
 More money? It can't be! It can be, and it will be, if you are willing, Pisces. Weekend activities bring many new faces into the fold. Welcome them all.

ARIES
March 21 – April 19
 Wine and dine is the name of the game, Aries. Cater to all involved, and you will come out smiling. Respect grows for a superior when a tough choice is made.

TAURUS
April 20 – May 20
 What's your take on it, Taurus? You better determine that before you speak, else you might open mouth and insert foot. A mission is completed.

GEMINI
May 21 – June 21
 To err is human, Gemini, so give yourself a break. Make amends and move on. A stranger's random act of kindness leaves you speechless.

CANCER
June 22 – July 22
 Love is all around, setting the stage for a beautiful reunion. An idea tanks, only to rebound at the suggestion of a superior. Be grateful, Cancer.

LEO
July 23 – August 22
 All hopes are dashed with a shift in management. Not to worry. Leo. More changes are to come, which will revive interest in the cause.

VIRGO
August 23 – September 22
 Goodness gracious, Virgo. How much more can a senior stand? Plenty, as it turns out, and you would do well to take a page from their book.

LIBRA
September 23 – October 22
 Learn all you can about an upcoming project. The more you know, the less likely you are to make a grave mistake, Libra. A special occasion draws near.

SCORPIO
October 23 – November 21
 Eat up, Scorpio. Your calorie-counting days are coming to an end as a new fitness regime is put into place. A tryst kicks the rumor mill into high gear.

SAGITTARIUS
November 22 – December 21
 At long last, a loved one returns home. Welcome them with open arms, Sagittarius. What's done is done. A frank comment gets the creative juices flowing.

IN BRIEF

Spontaneous Broadway

SCHENECTADY — Mopco Improv Theater will host a Spontaneous Broadway event each Saturday through Nov. 18 at 8 p.m.

After performers audition Broadway-style songs that they create on the spot based on song titles generated by the audience, the most popular song is turned into an hour-long improvised musical. Doors at 7:30 p.m. followed by show at 8 p.m. Adults, \$16.74; students/seniors, \$7.29 (prices inc. fees). Mopco Improv Theater, 10 N. Jay St., Schenectady.

For more information, call (518) 577-6725 or visit www.mopco.org

Tango Fire

ALBANY — The Egg will be hosting a performance of Tango Fire on Saturday, Sept. 30 at 8 p.m.

Twelve spectacular dancers and a quartet of brilliant musicians from Buenos Aires combine the rawness and sophistication with the seductive and sultry sides of Tango, artfully tracing its origins from the streets of Argentina through its evolution into today's ballroom styles.

The Egg, Empire State Plaza, Albany. \$34.

For Information, call (518) 473-1845 or visit www.theegg.org.

English Country Dance

ALBANY — The First Unitarian Universalist Church of Albany will be hosting an English Country Dance event on Sunday, Oct. 1 at 1:30 p.m.

Caller Rosemary Hunt and musicians Jacqui Morgenstein and Steve Hunt, from England, will lead a session of English country dancing. Singles/new dancers are welcome. Please wear clean, flat, soft-soled shoes. Presented by the Capital English Country Dancers.

Sun., Oct. 1, basic instruction at 1:30 p.m. followed by dance at 2 p.m. First Unitarian Universalist Church of Albany, 405 Washington Ave., Albany. \$12. For

information, call (862) 400-7227 or visit www.dancefurry.org/show_event.php?&id=17.

KIDS! Storytime

SARATOGA SPRINGS — Northshire Bookstore is hosting a weekly KIDS! Storytime event each Friday at 10:30 a.m.

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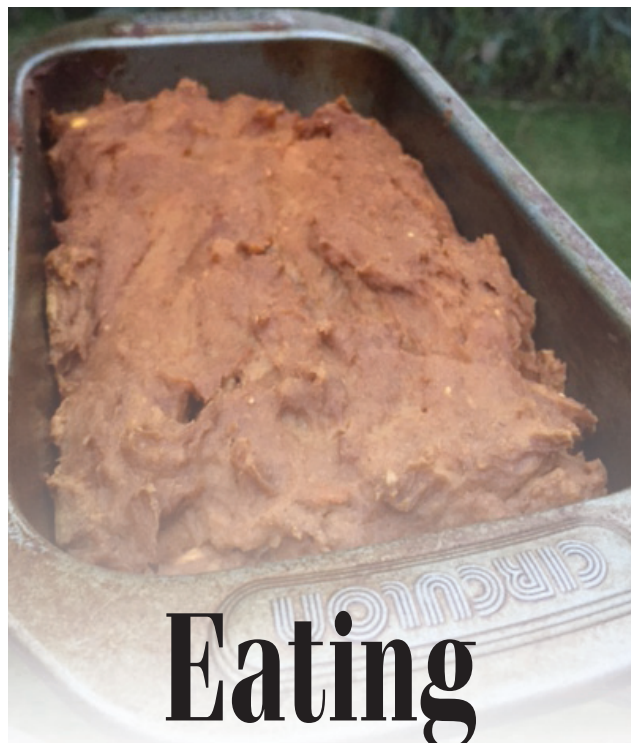


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CULINARY ARTS



Eating Clean

*Gluten-Free Pumpkin Bread

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

As I write in all of my cookbooks, sugar consumption has gotten alarmingly out of hand in our country. So much so that even food writers are taking notice – not just the medical industry.

I'm not trying to take away all of your fun, but it's time to start looking at what's thrust onto the supermarket shelves and restaurant menus with a more discerning eye. Sure it tastes good, but what about what happens during and after digestion? Even moderate amounts of sugary drinks are enough to start the production of fat-depositing enzymes into the liver, according to a study published this year by the American Liver Foundation.

And if this news weren't sobering enough, there's research linking sugar to Alzheimer's disease. *New York Times* writer Mark Bittman did a brilliant and descriptive essay on the subject in 2012 titled "Is Alzheimer's Type 3 Diabetes?" Google it only if you're ready to wake from the culture-induced trance that sugar is just harmless fun. And if you didn't know that back in 2005 doctors and scientists began categorizing Alzheimer's as the Type 3 Diabetes, well, wake up and smell the unsweetened iced coffee!

I'm not even suggesting that you ditch the candy corn completely. Just eat a little less of it this season, and try a healthier sweet instead. So what better way to welcome autumn than a fragrant loaf of pumpkin bread? This is moist and delicious and full of beta carotene and fiber, thanks to a can of pumpkin puree. Please note: this is a gluten-free pumpkin bread, which means a different texture and therefore a different baking process. Gluten-Free breads and the like tend to be gummier than their wheat-based counterparts. Add a can of pumpkin into the mix (literally) and you've got some serious goo to contend with. This bread requires extra baking time because of it.

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My first loaf was quite hard and crusty on the outside, but still a little soft and mousse-like on the inside. So I had to up the baking time and round things out by letting the bread sit in a cooling oven. This way it still continues to cook but the exterior doesn't get charred!

Definitely let this cool before slicing into it. You want it as set as possible. As always, the sugar content is cut way back. The effect is a slight sweetness, not an overpowering one. Besides, it pairs perfectly with a little butter-honey mixture, apple butter, or your favorite jam. Don't decide it's too bland right off the bat. Give your taste buds time to adjust to not being assailed with an avalanche of white sugar.

Ingredients

- 2 cups of all-purpose gluten-free baking mix
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 tablespoon pumpkin pie spice
- 1 teaspoon all-spice
- 1 teaspoon cinnamon
- 1 15-ounce can pumpkin puree
- 1/2 cup light olive oil, grapeseed, or sunflower oil
- 2 eggs, room temperature
- A generous 1/2 cup coconut palm sugar
- 2 tablespoons molasses

Instructions

Preheat oven to 350°F. Whisk dry ingredients (except the sugar) together in a small bowl. In a larger bowl, mix the pumpkin, oil, eggs, sugar, and molasses with an electric beater on low. Increase to medium after a minute until completely smooth. Add dry ingredients, 1/3 cup at a time until blended. Batter will be extremely thick. Spray a loaf pan with cooking spray and scrape batter into pan. Bake for 45 minutes. Turn off oven and let the bread cool in the oven for at least a half-hour. Remove from oven and let cool to room temperature or just slightly warm before slicing. Enjoy plain or with the topping of your choice – mine is unsalted butter!

Stacey Morris is a Loudonville based wellness blogger, cookbook author and health coach. Her website is www.staceymorris.com.

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HEALTH & FITNESS

Top 3 foods you should be eating...

... and, you probably aren't

By **DAN ROMAND**

news@spotlightnews.com

In my role of helping my clients with their nutrition I've found some common issues that most of them face.

Let's face it. There's a lot of information out in the media, some good, some bad, some downright false, but one thing that I think most people would agree on is that we could eat better than we do.

And when I have that conversation with folks it usually leads to a discussion on what exactly does it mean to eat "better"?

The truth is, there is no one set answer. It all depends on the person and their current eating habits. While not universal, it's pretty safe to say most Americans eat far too many carbohydrates (especially sugar) and don't focus on their overall nutrition and health needs. In other words, too much junk food and not enough real food.

A recent study I read from the University of North Carolina found nearly 60 percent of older adults who were admitted to the hospital were found to be either malnourished or at least showed some signs of it.

The study didn't find that they weren't eating enough necessarily but that they weren't eating enough of the right foods. In short, they were eating enough calories but the food they were consuming didn't actually nourish the body. In my experience that's true for many American adults. Sadly, it's true also for many children.

In working with folks I've identified three things most people don't consume enough of in their diet, things that can help them not only live longer but have a happier and healthier life.

Protein — When I work with folks this is one of the biggest nutrition weaknesses I see. Protein is essential to our

health and well-being. It helps us to build muscle, maintain our bones, and skin and helps us make the enzymes, hormones and other things we need to survive.

The USDA recommends the average person to get between 10 to 35 percent of their calories in protein each day. Yet, I see many who don't even hit five percent.

Most people I have found build their meals around carbohydrates.

Instead most Registered Dieticians I know recommend that you build your meals (including snacks) around protein.

What kinds of protein? Things like lean meats, fish, beans, lentils, and eggs. For those that struggle to meet their needs perhaps it's appropriate to add a protein smoothie or shake.

Fiber — Several studies have shown that Americans don't consume anywhere near enough fiber in their diet. This is problematic as fiber is crucial to our digestive process and a lower risk of heart disease.

Generally it is recommended that men eat 30 to 38 grams of fiber each day and women about 25 grams. Yet on average most Americans eat less than 15 grams each day according to the Institute of Medicine.

And with our, eat on the go mentality and tendency to snack it only seems to be getting worse.

How can you add more fiber to your diet? The best way is to consume real food especially fruits and vegetables (no juicing). Choose whole grains such as brown rice, oatmeal, bulgur and quinoa instead of refined things like white rice. And when buying bread skip the processed white bread and opt for one that is made from those whole grains.

Water — Yes. Water. But wait you say, water is something we drink it's not a nutrient. *Au contraire!*

The truth is water is THE most important part of our diet. Without it we die. In fact we can survive for as many as three weeks without food but if you have no water for three days you're a goner.

And many studies have shown that Americans are dehydrated, chronically dehydrated with as many as 75 percent of us not drinking enough fluid and water.

This can lead to a host of problems including: fatigue, headaches, joint pain, ulcers and high blood pressure just to name a few.

So, how much should you drink?

Again it depends on the person, there is no set number but a generally accepted rule of thumb is to consume half your body weight in ounces of water each day.

In other words a 200-pound person should be drinking 100 ounces of water each day.

And to answer the question many of you are thinking.... Yes you'll be in the bathroom every hour at first but your body

will adapt and ultimately thank you with better health.

There are a host of other things we American's could do to improve our health and well being by eating better but start with these three.

They can go a long way toward giving your body what it needs to survive and thrive and once you've done that you can focus on improving in those other areas.

Dan Romand is co-owner and trainer at Full Circle Fitness-NY in Albany and Saratoga Springs.

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■ CONCERT REVIEW

County Night at the Rustic Barn

The Kyle Bourgault Band with special guests The Coveralls bring the country back to the Collar City

By **AMY L. MODESTI**
news@spotlightnews.com

TROY — It was Country Night at The Rustic Barn Pub Friday, Sept. 8. It was the first time these local country music acts, The Coveralls, and The Kyle Bourgault Band united to perform for an audience that was ready to line dance their way onto the Rustic Barn Pub stage for one great evening of live music.

“The Coveralls,” featuring band members Peter Bearup (electric guitar,

harmonica, vocals), Kyle Esposito (electric bass), Kevin Maul (guitar, pedal steel, vocals), Charlie Morris (acoustic guitar, vocals), and Bob Resnick (drums, percussion), opened up for “The Kyle Bourgault Band.” Focusing on Americana, classic country, Texan artists, and roots rockers, The Coveralls kicked off its set performing a series of 12 cover tunes from various artists, ranging from Guy Clark (“Baby Took A Limo To Memphis”), Midland (“Drinkin’ Problem”), Fred Eaglesmith (“Time To Get A Gun”) Travis Tritt/Marty Stewart (“The Whiskey Ain’t Workin’ (It’s All About To Change)”), Billy Joe Shaver (The Hottest Thing In Town), Joe Ely (“All Just To Get To You”), Jason Isbell (“Super 8”), Ray Wylie Hubbard (“Snake Farm”), The

Rolling Stones (“Dead Flowers”), and Hank Williams Jr. (“Family Tradition”). A highlight of its set was the addition of their new cover tune, Drinkin’ Problem, with Morris on the lead vocals. A tune that has been receiving air play on modern country radio, Morris and company put their own unique, Americana spin on this hit. Listening to the band’s version reminded me of something I could listen to on a jukebox while eating lunch and having a drink at a country-western bar or a saloon.

The Kyle Bourgault Band featuring Kyle Bourgault (vocals), Paul Brassard (piano/vocals), Kevin Maul (vocals, banjo, mandolin, pedal steel), Joe Mele (guitar), Rich Romano (guitar), Stephen Seney

(drums), and Frank Valenti (bass/vocals), closed out the evening with two sets of Contemporary and Classic Country cover songs and select original tunes from Bourgault’s album, “Absofreakinlutley.” Not only did they perform two entertaining sets of music, they were also out to celebrate their one year anniversary of their formation and debut as a band.

Lead vocalist Kyle Bourgault stepped up to the plate to sing and mix in his own original songs, “Another Round of You,” “Made to Be a Country Boy,” “Sensitive Kind,” “Little Red Dress” and “Better Every Beer”, with popular country tunes. During the first set, Bourgault took the time to dedicate Montgomery Gentry’s “Hillbilly Shoes” to Troy

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of Montgomery Gentry who had just died in a helicopter crash that day, with a moment of silence from the audience. Another touching moment of the first set was when Bourgault tipped off his country hat in salute and dedication to the veterans that are serving our country during Cole Swindell's song, "Ain't Worth the Whiskey." A supporter of local veterans, the band is currently raffling off a fiddle that was signed by Charlie Daniels at this year's New York State Food Festival held at the Empire State Plaza. All of the proceeds from the \$5 raffle will go towards a disabled veteran. Winner of the raffle will be announced once the raffle ends on Saturday, Dec. 9. Participants can enter the raffle by attending the band's gigs at other performance venues where they will be performing within the next few months.

The second set was short and satisfying. The crowd was on their feet with excitement as the band sang the introduction of "Better Every Beer" *a cappella*. "Better Every Beer" was the first single that has been made into a music video, coincidentally shot at the Rustic Barn Pub back in May. Listening and dancing along to the song that evening brought the patrons that had participated in the video back to when the video shoot had took place. Closing out the end of the evening after the conclusion of "Wagon Wheel," the band moved from an instrumental of "Friends in Low Places" by Garth Brooks to Bourgault's "Absfreakinlutley" to close out the double featured event that successfully intertwined their musical styles of Americana with today's Classic and Modern Day Country perfectly to their fan's delight.



Photos by Amy Modesti



■ IN BRIEF

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WHAT'S HAPPENING NOW

Sip and stomp



Submitted photo

The Hill At Muza presents Grape Stomp - 800 Lbs of grapes in one giant vat on Sept. 28

TROY— The Hill at Muza Polish bar and beer garden in Troy will host its second annual vineyard grape stomp, this year featuring an even bigger vat.

On Thursday, Sept. 28, from 5 p.m. to 10 p.m., The Hill at Muza will unveil its fall wine list with a Vineyard Grape Stomp and “speed tasting.”

Guests are invited to jump into a 400 gallon steel vat to stomp on thousands of ‘crushable’ sangiovese grapes courtesy of the Musto Wine Grape Co. LLC of Connecticut.

Patrons can stomp the grapes barefoot or with rubber boots provided by The Hill at Muza. There will be a foot washing station.

The evening will also feature a “speed tasting” of 17 wines being poured by the glass this fall — three sparkling, six white, two rose, six reds.

Admission and stomping grapes are free. The cost for speed tasting is \$10 for up to 10 one-ounce tastes per ticket.

This is a 21 and over event.

The Hill at Muza will be open normal hours, 4 p.m. to 11 p.m.

SPOTLIGHT ON Careers

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The Department of Anesthesiology at Albany Medical College is currently recruiting for an Anesthesiologist. Responsibilities include: patient care, didactic and clinical instruction for residents and medical students. Participation in clinical research is encouraged. Candidates must be board-certified, or board eligible and actively pursuing board certification. Competitive salary and incentive programs; rank commensurate with experience.

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|---|---|---|---|---|---|---|---|---|
| 5 | 6 | 3 | 4 | 7 | 8 | 2 | 1 | 9 |
| 1 | 9 | 8 | 6 | 3 | 2 | 4 | 7 | 5 |
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| 9 | 8 | 6 | 1 | 2 | 4 | 3 | 5 | 7 |
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| 17 | N | I | N | E | 18 | Y | N | I | N | E | 19 | N | O | E | L | | | |
| 20 | E | S | T | E | R | 21 | S | U | S | 22 | P | E | N | S | E | | | |
| 23 | B | O | R | 24 | N | E | 25 | S | A | T | 26 | S | A | T | | | | |
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From page B1 ... Midnight North

NYS Music: What can fans in the Northeast who are venturing out to see you the first time expect in a live setting?

Connor O'Sullivan: For fans who've never seen us, it's maybe rock n roll with a bit of twang, with a little jam thrown in there. It's not a classic rock show, but it's maybe a classic rock kind of sound with what we're trying to do — write songs that will become classics, with a few covers sprinkled in here or there from the 60s or 70s — Dead or Dylan or CSNY — but it's gonna be a rock show focused on classic songs and a lot of singing. We have three very powerful harmony singers in the band and every once in a while I'll throw my voice in as a fourth. We try to keep it balanced between vocals, harmony, and soloing. I think the focus is on new classic rock songs and that's what you're going to hear.

We've been able to grow our fanbase in the Northeast after playing

nationally for the past couple years, but the New York area is sort of a second home to us. We have super fans who travel two to three hours to see us and we are able to borrow gear from other bands. Sometimes the shows on the East Coast are even better than the West Coast and we feel that love. It's a grind — you gotta stick to it and keep your head up and slowly build it up and that's the philosophy behind us.

NYS Music: Under the Lights is a fantastic album about the road, touring, traveling and the life of a band. How have the experiences since the album's release compared to those that were reflected on the album?

O'Sullivan: I think it's similar — we've taken a very small step up. Those songs were written last summer. Since then, the shows are slightly bigger, and sometimes we still worry that we might not have a crowd. We know that we're still a band building it up and growing, but because

we've put in the work, the experience on the road is a bit easier and we're more used to it. We are only a year and a half removed from the album, but we're a little bit more experienced.

NYS Music: At Brooklyn Comes Alive, you'll perform a CSNY tribute. What is the influence of CSNY on your sound, and what will the set will be like?

O'Sullivan: The set is going to be awesome. We started the idea at Terrapin Crossroads in the early days of the venue, even before there was a stage — there was no stage in the bar, no music every night, and we were one of the first bands to play there every night, so we would play there once or twice a week. We did the entire Grievous Angel album by Gram Parsons. Grahame (Lesh) would do the Gram parts and Elliott (Peck) did the Emmylou Harris parts, and there are few albums like that with male and female parts. It was great and we got a great response, right at the beginning of the band.

CSNY came about when we decided to spitball some new cover ideas, and we wanted a folk rock opus like "Suite Judy Blue Eyes." There are different feels, difficult harmonies, tempo changes, and it took a couple months to learn it and people were losing their shit the first time we played it. That was one of the big covers we did for a number of years. From there, we left Gram



Parsons at Terrapin and we ended up learning more than a whole set of CSNY songs and we did a show at Slim's in San Francisco a year ago that was all CSNY. Phil Lesh played with us at Slim's along with a bunch of other guests — Jay Lane (Primus, Furthur) and Lebo (Dan Lebowitz, ALO) on guitar. Brooklyn Comes Alive asked us to do the same. We also had a Terrapin Crossroads show with Mike and Phil on bass to start second set, just bass solo, and I sat back and played mandolin along with Grahame's brother Brian and Rob James — this was sort of the original Terrapin musicians lineup playing all together.

NYS Music: Has there been a moment where the band, or you individually have gone 'Wow, this is... this is what we've been working for,' throughout

your career?

O'Sullivan: There's definitely been some shows on the East Coast — The Acoustic in Bridgeport, Conn. — it was close to a sell out show and it really felt good — a place we hadn't played before, where the room was full, it was our show only, and everyone was there to see us. It felt like it was starting to work.

Same feeling came when we toured with Twiddle and started opening for them. They draw a ton of people across the country, and they packed the Westcott Theater. We had the thought "This is a good band, this is gonna work," and going on tour with them paid off and playing with them helped a lot, on top of being some of the nicest people in the world.

NYS Music: What role does improvisation have

in the live performance?

O'Sullivan: Well, it depends on what kind of live performance. I grew up playing a lot of classical music and there is no improv there. Rock n roll, you get on stage and you're essentially winging it. Your equipment might break, an amp might go down, you're putting yourself out there, standing on stage in a rock club where people are usually drunk and things are supposed to be a little wild, and if it's not, you're not doing it right, and getting the real essences of rock n roll. It plays a big part in rock n roll, even if you're not a jamband, you're still up there with an anything goes attitude and I'd call that improvisation.

This article appears as a special from NYSMusic.com. NYSMusic.com is a web magazine focused on the coverage of music around New York state.

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