

THE Spotlight

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NEWS

Waiting for a sign

Lawsuit between RCS and the Town of Bethlehem has more at stake than just a sign.

Story on Page 2

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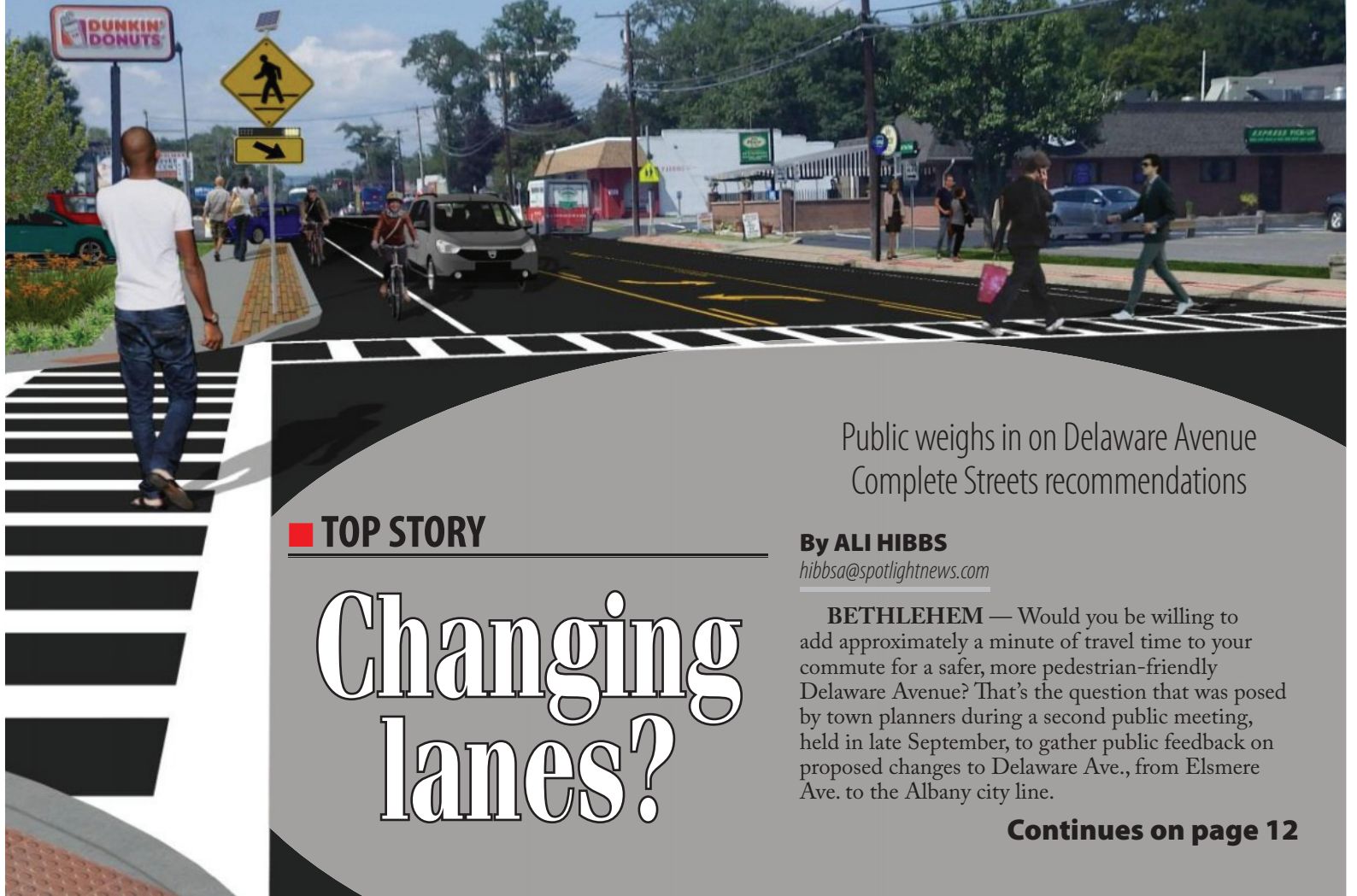
The Spotlight (USPS 396-630) is published each Wednesday by Community Media Group LLC, 341 Delaware Ave., Delmar, N.Y. 12054. Postage paid at Delmar, N.Y., and at additional mailing offices. Postmaster: send address changes to The Spotlight, P.O. Box 100, Delmar, N.Y. 12054. Subscription rates: Albany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

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How Delaware and Lincoln avenues would appear under a proposed diet that includes a bike path and turn lane, reducing the four-lane roadway to only two for automobiles.

Creighton Manning Engineering



Public weighs in on Delaware Avenue Complete Streets recommendations

TOP STORY

Changing lanes?

By ALI HIBBS

hibbsa@spotlightnews.com

BETHLEHEM — Would you be willing to add approximately a minute of travel time to your commute for a safer, more pedestrian-friendly Delaware Avenue? That's the question that was posed by town planners during a second public meeting, held in late September, to gather public feedback on proposed changes to Delaware Ave., from Elsmere Ave. to the Albany city line.

Continues on page 12

SPORTS



Cross-country victory

Bethlehem boys and Guilderland girls won the Albany County Cross County Championships on Friday, Oct. 20.

Story on Page 7

ENTERTAINMENT



Crazy for Moriah

'Pint-sized powerhouse' Moriah Formica is still just a Shaker student.

Story on Page B1

Working for all of Bethlehem



VOTE NOVEMBER 7 FOR DEMOCRATS ON TWO LINES

Democrats on Row A: **VanLuven, Cunningham, Kirby, Moquin**

Democrats on Row E: **Coffey, Wagoner**

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■ POLICE, EMERGENCY CALLS & COURTS

G'land bicyclist killed by SUV on way to work

GUILDERLAND — Roger Sawyer, a 31-year-old Guilderland resident, was struck by an SUV at around 5:30 a.m. on Thursday, Oct. 19, on Washington Ave. Ext. near Crossgates Commons. Sawyer was bicycling to work at Marcella's Appliance Center in Schenectady at the time of the incident.

Sawyer was taken to Albany Medical Center,

where he died later that day. The driver of the SUV is reportedly cooperating with police and an investigation is underway.

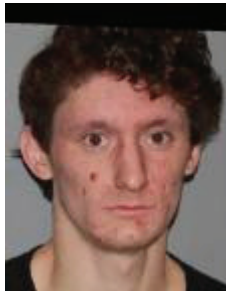
A Gofundme page has been established to raise money for Sawyer's family. "Roger was an energetic, hardworking, and all around good person who was loved by his family, friends and coworkers," reads the page, organized by Emily Marcella.

Saratoga Springs man arrested for hate crime

GUILDERLAND — In the early morning of Oct. 20, 2017, state police arrested a Saratoga Springs man for the felony charge of aggravated harassment in the second degree as a hate crime.

Investigators from the Bureau of Criminal Investigation in Latham arrested Nacoda E. Meredith, age 20, after an investigation revealed that he was responsible for making racially motivated threats via social media.

On Thursday, Oct. 19, 2017 at approximately 10:00 p.m., campus security from Siena College contacted law enforcement regarding a report of an employee receiving racially motivated threats through a Facebook account. The threats specifically referenced the employee of Siena



MEREDITH

College and contained derogatory and racial statements as well as death threats to the employee

and his family.

Officials located Meredith at his home in Saratoga Springs, where he was taken into custody without incident.

He was arraigned in the Town of Guilderland Court before Judge Denise Randall and remanded to the Albany County jail in lieu of \$15,000 cash bail. An order of protection was put

into place at the arraignment and Meredith was ordered to receive a mental health evaluation.

This investigation was conducted in consultation with the State Police Hate Crimes Unit, one of the initiatives created by Governor Cuomo last year in response to an increase in reports of bias-related crimes.

New Yorkers who have experienced bias or discrimination are encouraged to call the state's toll-free hotline at (888) 392-3644 weekdays from 9 a.m. to 5 p.m. or text "HATE" to 81336. Anyone who believes he or she has been a victim of a crime or is in immediate danger should always dial 911. The state offers a \$5,000 reward to information leading to the arrest and conviction of a hate crime.

Waiting for a sign

A.W. Becker sign still dark as school district awaits written decision of another appeal

By **KAITLIN LEMBO**
intern@spotlightnews.com

SELKIRK — More than two years after its installation, the sign that was donated for the front of A.W. Becker Elementary School remains dark.

Ravena-Coeymans-Selkirk Central School District Board of Education members are still waiting on word from the Appellate Division, Third Department about whether they can finally turn on the sign.

According to RCS Superintendent Brian Bailey, the school district had a date

for an oral appeal in front of the court on Thursday, Oct. 12. A written decision is expected in December.

"The decision from this case will be a precedent-setting case for all schools in [New York State]," Bailey said in an email. "A decision against the district would open the door to other municipalities throughout [the state] to attempt to apply local ordinance over districts within their domain."


The appeal to the court comes after almost two years of litigation in Albany County.

Continues on 5



This digital sign at the entrance to A.W. Becker Elementary School is the subject of an ongoing lawsuit between the Town of Bethlehem and the Ravena-Coyemans-Selkirk Central School District.

Kaitlin Lembo/Spotlight News



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NOTICE

TOWN OF BETHLEHEM

WATER MAIN FLUSHING PROGRAM

Fall 2017

AREA #1 – 10/2 to 10/13
Slingerlands, North Bethlehem,
Town of New Scotland

AREA #2 – 10/9 to 10/26
Delmar, Elsmere

AREA #3 – 10/22 to 11/8
Glenmont, Selkirk

Some discoloration may be seen during this flushing program, which could result in staining of laundry.

Run water until it clears before doing laundry.

Please post near washing machine.

Clip and Save

VOTE NOVEMBER 7

The BDC is proud to support these endorsed Democrats on **Row E (Working Families Party):**



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FOR
TOWN BOARD



GILES WAGONER
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See the BDC ad below for a full list of endorsed candidates.



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102805_4

Maureen Cunningham

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Go with Mo!
on Tuesday,
November 7th

Vision

- ✓ Has a vision for future growth that preserves our open space, quality of life & community character while respecting individual property rights
- ✓ Believes in a transparent & accountable government that listens to our residents
- ✓ Supports our local businesses & economy
- ✓ Will work to ensure continued fiscal management & quality town services

Community Leadership

- ✓ Nonprofit leader with experience helping communities plan for the future
- ✓ Master's degree from Yale University & Bachelor's from The American University
- ✓ Raising two boys in Bethlehem Central School District with husband, Paul
- ✓ Active volunteer and advocate for social & environmental causes

- ★ Problem solver
- ★ Proven leader
- ★ Effective communicator

Endorsed by the Bethlehem Democratic Party and the Working Families Party of New York State

To learn more and support Maureen, go to:
ElectMaureenCunningham.com & [Facebook@ElectMaureenCunningham](https://www.facebook.com/ElectMaureenCunningham)

Paid for by the Friends of Maureen Cunningham

101345_4

Hello again!

Do you like open spaces? Excellent town services?
Thoughtful development? Walkable and bike-able streets?
So do we.

Vote for Democrats November 7!

Let's be awesome together.

These Progressive Democrats are on Democratic Row A & Working Families Party Row E

Town Supervisor: David VanLuven (D, WFP)

Town Board (pick 2): Maureen Cunningham (D, WFP) & Dan Coffey (WFP)

Highway Superintendent: Giles Wagoner (WFP)

Town Justice: Andy Kirby (D, WFP)

Town Clerk: Nanci Moquin (D)



Working for all of Bethlehem

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102795_4

■ COUNTY GOVERNMENT

Legislature passes pay equity law unanimously

Measure bans employers from requiring job applicants to provide prior, current salary information

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

ALBANY COUNTY — According to a 2016 U.S. Census Bureau report, women are paid 79.6 cents for every dollar a man makes in full-time and year-round jobs. Women of color make even less, 70.6 cents, and Hispanic women

make less than that, 60.7 cents. Asian women make the most — 94.6 cents for every dollar a man makes. When factoring in part-time workers, the 79.6 cents drops to 72.7 cents.

Asserting that the practice of requiring job applicants to provide previous salary information only serves to perpetuate

the wage gap, the Albany County Legislature has passed Local Law P for 2016, amending the county ‘Omnibus Human Rights Law’ to make it unlawful for any employer within the county to:

Screen job applicants based on previous wages, benefits, salary history or other compensation, including asking for minimum or maximum salary requirements;

Request or require that an applicant disclose such information as a condition of being interviewed or remaining in consideration;

Seek salary information from current or former employers (an applicant may provide written authorization to a prospective employer to confirm prior wages, but only after an offer of employment with compensation has been made to the applicant.)

“The Legislature

further finds that salary offers should be based on the job responsibilities of the position sought and not based upon the prior wages earned by the applicant,” reads the legislation. “Therefore, the purpose of this Local Law is to help address the wage gap between women and men...”

Legislator Bryan Clenehan (D-30), chair of the Law Committee and sponsor of the legislation, called it a new tool. The state of Massachusetts, the New York City Council and the City of Philadelphia are the only other governments in the nation to have passed similar legislation.

Many legislators stood up and spoke before the roll call vote. Many pointed out that the new law will benefit more than just women, noting that minorities and those who have spent time out of the work force due to personal



Albany County Legislator Lynne Lekakis (D-District 8), speaks before the dominantly male governing body ahead of the vote on Local Law P.

Video still courtesy Albany County Legislature

or health reasons would also be able to negotiate more equitable compensation.

Legislator Mark Grimm (R-29), a business owner in Guilderland, said the law would benefit everyone equally, regardless of sex, color or creed. “If they know how much you’re making, the employer has an advantage,” he

said, characterizing that advantage as unfair. “The first person to put a number on the table loses the negotiation.”

However, some still expressed concerns about specific situations. Legislator Peter Crouse (R-24) raised a question about how prospective employers would gauge

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■ COUNTY & TOWN GOVERNMENT

the performance of commission-based applicants without prior earnings information. Several other legislators quickly addressed his concerns, offering alternative means by which to measure professional success, such as asking for the number of units the applicant was able to sell or how he or she affected market share at his or her previous job.

Legislator Paul Bergdorf (R-23) said that while he is generally opposed to telling businesses how to operate and had voiced concerns about how to apply the law to various business models, he was encouraged by the fact that similar legislation was passed by the New York City Council. Given the complexities of the finance industry and the sheer size and diversity of businesses in New York City, he said he was comforted that the county will be able look to them to see how potential complications are resolved. Legislator Todd Drake (R-19) wondered how the county was going to ensure that employers have been made aware of the new legislation, noting that he receives most of his labor news through postings from the state. "How are we going to going to make people aware that this is out there," he asked.

Outreach efforts, traditional media sources and the use of social media were all mentioned as potential vehicles for disseminating the information to county employers and their prospective employees.

A roll call vote was taken and the legislation passed

unanimously.

After taking effect in November, the law will be enforced by the Albany County Human Rights Commission.

The Legislature passed a number of other measures this month, including:

- Authorizing the purchase of two parcels of land in Bethlehem, at 1538 New Scotland Road and 839 Kenwood Ave., for the purpose of improving "accessibility and amenities" along the Hudson Helderberg Rail Trail;
- Scheduling a second public budget hearing for Tuesday, Nov. 21 (at 7:15 p.m. in the County Legislative Chambers at the Albany County Courthouse), to solicit feedback on changes that are made to the proposed 2018 spending plan after this week's initial public hearing on Tuesday, Oct. 24;
- And, authorizing the acceptance of amenities for the Rail Trail in Delmar and the Ann Lee Pond in Colonie — donated by two local Boy Scouts, Andrew Nelson with Troop 3010 at Colonie Central High School and Aiden Savage with Troop 75 in Delmar. Nelson and fellow troop members will construct three benches and two Adirondack chairs for placement at Ann Lee Pond, while Savage, with fellow scouts, will upgrade an existing pocket park along the Rail Trail by constructing and adding a picnic table, bike rack and raised flower bed.

From page 2 ...

Waiting for a sign

According to Bethlehem Zoning Board of Appeals Attorney Michael Moore, Bethlehem rejected the district's request for a variance in December 2015. The district then filed a lawsuit with the Supreme Court, Albany County for the right to turn the sign on.

In May 2016, the Supreme Court upheld the town's decision, stating that because the sign is actually on state property and not RCS property, the district must adhere to town zoning codes.

The sign, which was installed during a district-wide makeover in May 2015, was turned off just

weeks after its initial debut after the zoning board claimed it violated town ordinances.

According to Bethlehem zoning laws, internally lit signs are against zoning code if they show anything other than date, time or temperature. The sign is also allegedly in a state right of way.

The New York State Department of Transportation was not immediately available for comment.

According to a release from the school district, school officials were told by representatives from the State Offices of Facilities

Planning that the school district was not subject to zoning requirements in regards to the signage. The Bethlehem Zoning Board denies this, stating that the district was told that the sign would violate zoning codes before it was put up. The town maintains the district ignored their warnings and put it up anyway.

Section 1201.2 (e) of Title 19 in New York State Law states, "The State Education Department shall be accountable

for administration and enforcement of the Uniform Code with respect to buildings, premises and equipment in the custody of, or activities related thereto undertaken by school districts and boards of cooperative educational services."

Moore said the district is allowed to keep the sign erect, but turned off, until litigation is complete due to a law that grants them a "statutory stay."

Public hearing tonight on 2018 town budget



BETHLEHEM — A formal public hearing on the proposed 2018 town budget will be held at Town Hall tonight, Wednesday, Oct. 25, at 6 p.m.

The proposed \$41.8 million budget would increase spending by 1.8 percent, or \$741,000, over 2017. About 59 percent of that growth, \$435,000, will pay down debt on capital projects that are either underway, such as the Adams Street garage and Delaware Avenue Streetscape Project, or have already been completed, such as the purchase of new highway equipment and the sidewalk on Krumkill Road.

It would also include a 2 percent cost of living increase for all town employees, add two new full-time police officers and eliminate a mechanic position.

Details on the proposed budget can be found on the town website by accessing the agenda packet for the Sept. 27 Town Board meeting at <http://bethlehemtownny.iqm2.com/Citizens/Calendar.aspx>

—Ali Hibbs

NY Progressive Action Network

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&



Maureen Cunningham
Vote Row A or Row E

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■ OBITUARY

Wheatley, Regine S.

DELMAR — Dr. Regine Sartaine Wheatley passed away on October 16, 2017, in Delmar, N.Y.

Regine is survived by her daughter, Diane Wheatley Betts, and Diane's husband, Chris Betts, of Delmar; and her son, Richard Wheatley, and his wife, Adrienne Rosenberg, of Sharon, Mass. Regine's grandchildren include Joseph, Henry and Sidney Betts and William Wheatley. Regine is the daughter of Joseph and Bertha Sartaine. She was predeceased by her husband, Patrick Wheatley, in 2012.

Born in Okuniew, Poland on June 27, 1927, Regine moved with her parents to Paris, France in 1929. She then emigrated with her parents to New York City in 1949 and entered the doctoral program in dentistry at New York University in 1950.

Traveling back and forth to school on the subway from Queens to Manhattan Regine became close with her fellow dental student and commuter, Patrick Wheatley. They graduated and were married in 1954. In 1957, Regine and Patrick moved to Islip, N.Y. and set up a dental practice in their home. After retirement, they moved to Bridgehampton, N.Y. where they lived until moving to Delmar in 2004 to be closer to their daughter and grandchildren.

A graveside tribute was held on October 20 at Gerald B. H. Solomon Saratoga National Cemetery. Memorial contributions may be made to the Regional Food Bank of Northeastern New York, 965 Albany-Shaker Road, Latham, NY 12110. www.applebeefuneralhome.com.

■ COMMUNITY



Bethlehem YMCA unveils its new wellness center

DELMAR — The Bethlehem YMCA officially opened its new wellness center with a ceremonial ribbon cutting on Friday, Oct. 20. The state-of-the-art fitness center features new equipment that includes 22 Selectorize training machines, 11 free-weight benches, a Smith weight training machine, a cable crossover machine, and four squat racks with two Olympic lift platforms.

Photo by Michael Hallisey / Spotlight News

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October 25, 2017

Spotlight on Sports

www.spotlightnews.com PAGE 7



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for more sports photos

■ HIGH SCHOOL SPORTS

The Albany County x-country championship

COLONIE — The Bethlehem boys and the Guilderland girls won the Albany County Cross County Championships on Friday, Oct. 20.

The Bethlehem boys finished with a total time of 1:22:11 and an average of 16:26.2 for the 3.05 mile track over the fields and through the woods of the Mohawk River Park off Route 9.

Guilderland placed second with a total time of 1:23 and an average of 16:36. Colonie finished in third with a total time of 1:26:11 and an average of 17:14.20

The Guilderland girls finished with a total time of 1:38:14 and an average of 19:38.8. Bethlehem finished second with a total of 1:37:11 and an average of 19:26.2. Shaker came in third with a total of 1:42:48 and an average of 20:33.6.

The top five boys finishers:

1. Noah Tindale, a junior from Guilderland - 16:00
2. Cameron Davis a senior from

Bethlehem - 16:13

3. Jack Huber, a senior from Bethlehem - 16:12

4. Nick Soldevere, a junior from Guilderland - 16:13

5. Riley Grossman, a senior from Bethlehem - 16:17

The top five girls finishers:

1. Rachel Hodge, a sophomore from Bethlehem - 18:24

2. Kathryn Tenney, a junior from Colonie - 18:50

3. Riley Davis, a seventh grader from Bethlehem - 18:56

4. Alexandria Vellekoop, a freshman from Guilderland - 19:18

5. Olivia Fanshawe, a junior from Guilderland - 19:39

For a complete listing of results, visit www.Section2Harrier.com.

Photos by Jim Franco/Spotlight News



The Dutch beat The Eagles

GUILDERLAND — The Lady Dutch ended Bethlehem's field hockey season by beating the Eagles 3-1 in the first round of the Section 2, Class A tournament on Tuesday, Oct. 17.

Three different players scored for the No. 4 seed Guilderland: Caitlyn Mooney, Courtney Rafferty and Madison Macciarella.

Moeka Suzuki scored the lone goal for the No. 5 seed Bethlehem.

Each of the keepers, Frances McDonough for Bethlehem and Jazlyn Jimenez for Guilderland, had a save.

The Lady Dutch had 10 corners and took five shots while The Eagles had seven corners and took six shots.

Guilderland traveled to Clifton Park to play the No. 1 seed Shenendehowa on Tuesday, Oct. 24.

Photos by Jim Franco/Spotlight News



CBA ends The Eagles season

COLONIE — CBA earned a spot in the Section 2 Class AA semifinals by beating Bethlehem 2-0 on Saturday, Oct. 21.

CBA, the No. 4 seed, will now play top-seed Saratoga on Friday, Oct. 27, at Colonie High School.

On Saturday, Gustavo Rigatos and Brady Van Epps scored goals for CBA while Robert Amore and Danny Kelly had three saves.

Photos by Jim Franco/Spotlight News



LEGALS

1776 28St, LLC
App. for Auth. filed NY Sec. of State (SSNY) 9/12/2017. LLC was organized in WY on 8/17/2017. Office in Albany Co. SSNY desig. as agent of LLC whom process may be served. SSNY to mail copy of process to Northeast Registered Agent, LLC., 90 State St., Ste. 700, Office 40, Albany, NY 12207. Required office at 1712 Pioneer Ave., Ste. 500, Cheyenne, WY 82001. Cert. of Org. filed with SSNY, Ed Murray, 2020 Carey Ave., Ste. 600, Cheyenne, WY 82002-0020. Purpose: Any lawful purpose. D-165483

215 Chrystie Park LLC
App. for Auth. filed NY Sec. of State (SSNY) 10/16/2017. LLC was organized in FL on 7/31/2014. Office in Albany Co. SSNY desig. as agent of LLC upon whom process may be served. SSNY to mail copy of process to George D. Perlman, PA, 1441 Brickell Ave., Ste. 1400, Miami, FL 33131, which is also the required office and principal business location. Cert. of Org. filed with SSFL, R.A. Gray Bldg., 500 South Bronough St., Tallahassee, FL 32399. Purpose: Any lawful purpose. D-166707

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC)
The name of the LLC is 270 MT HOPE, LLC. The filing date of the Articles of Organization is August 2, 2017. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is the designated agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process is 270 Mount Hope Drive, Albany, New York 12202 D-164072

TOWN OF BETHLEHEM Albany County - New York ZONING BOARD OF APPEALS NOTICE OF PUBLIC HEARING
Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a Public Hearing on Wednesday, November 1, 2017 at 6:00 PM, at the Town Offices, 445 Delaware Avenue, Delmar, New York, to take action on an application submitted by Matthew Gokey for area variance (s) located at 63 Salisbury Road, Delmar. The Applicant is proposing installation of a fence and pool that does not meet the requirements of the Town Code under Article VI, Section 128-47, Fences and Free-standing Walls, and Article VI, Section 128-60, Swimming Pools, Spas and Hot Tubs, E. location of a swimming pool may not be located in the front yard of the

LEGALS

property. David Devaprasad Chairman Board of Appeals D-166739

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC).
Name: 6630 FSR LLC. Articles of Organization filed with NY Secretary of State, September 21, 2017. Purpose: to engage in any lawful act or activity. Office: in Albany County. Secretary of State is agent for process against LLC and shall mail copy to 6630 Fuller Station Road, Altamont, NY 12009. D-165286

TOWN OF BETHLEHEM Albany County - New York ZONING BOARD OF APPEALS NOTICE OF PUBLIC HEARING
Notice is hereby given that the Board of Appeals of the Town of Bethlehem, Albany County, New York will hold a Public Hearing on Wednesday, November 1, 2017 at 6:10 PM, at the Town Offices, 445 Delaware Avenue, Delmar, New York, to take action on an application submitted by Maureen Young for area variance (s) located at 67 Orchard Street, Delmar. The Applicant is proposing a construction of a carport addition to the existing single family dwelling that will not meet the requirements of the Town Code under Article XII, Section 128-100, Schedule of Area, Yard and Bulk Requirements, A. David Devaprasad Chairman Board of Appeals D-166743

Notice of formation of 720 Sixth Ave Properties, LLC pursuant to NY Limited Liability Law 203, Art of Org. filed with Secy. of State of NY (SSNY) on 05/14/2013. Office location: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of any process to: c/o the LLC, 18 Peachtree Lane, Albany, NY 12205. Purpose: To engage in any lawful act or activity. D-166637

Notice of Formation of Advantage Fitness Training, LLC
Arts. of Org. filed w/ SSNY 10/3/17. Office in Albany Co. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: PO Box 308 Latham, NY 12110. Purpose: Any lawful purpose. D-165434

Albany County Board of Elections GENERAL ELECTION TUESDAY, NOVEMBER 7, 2017 HOURS: 6:00 A.M. TO 9:00 P.M. PUBLIC OFFICES TO BE VOTED FOR WITHIN ALBANY COUNTY

STATE
Supreme Court Judge, 3rd Judicial District, 14-year term

COUNTY

LEGALS

County Clerk, 4-year term
County Legislator 38th District, 2-year term, to fill a vacancy
County Coroner, 4-year term (2)

CITIES

ALBANY
Mayor, 4-year term
Common Council President, 4-year term
Common Council Member, 4-year term (15)
City Court Judge, 10-year term (3)
Treasurer, 4-year term
Auditor, 4-year term

COHOES
None

WATERVLIET
Councilman, 1-year term, to fill a vacancy

TOWNS

BERNE
Town Supervisor, 4-year term
Town Clerk, 4-year term
Town Board Member, 4-year term (2)
Highway Superintendent, 4-year term
Tax Collector, 4-year term
Assessor, 4-year term
Assessor, 2-year term, to fill a vacancy
Town Justices, 4-year term (2)

BETHLEHEM
Town Supervisor, 2-year term
Town Clerk, 2-year term
Town Councilman, 4-year term, (2)
Superintendent of Highways, 2-year term
Town Justice, 4-year term

COEYMANS
Town Supervisor, 2-year term
Town Clerk, 4-year term
Town Councilman, 4-year term (2)
Highway Superintendent, 4-year term
Town Justice, 4-year term

GREEN ISLAND
Town Supervisor, 2-year term
Town Clerk, 2-year term
Town Council person, 4-year term (2)
Town Justice, 4-year term

VILLAGE OF GREEN ISLAND
Village Mayor, 2-year term
Village Trustee, 2-year term (3)

GUILDERLAND
Town Supervisor, 2-year term
Town Clerk, 2-year term
Town Board, 4-year term (2)
Receiver of Taxes, 4-year term
Town Justice, 4-year term (2)

KNOX
Town Supervisor, 2-year term
Town Clerk, 2-year term
Town Council, 4-year term (2)

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Highway Superintendent, 2-year term
Tax Collector, 2-year term
Town Justice, 4-year term

NEW SCOTLAND
Town Supervisor, 2-year term
Town Clerk, 2-year term
Town Councilperson, 4-year term (2)
Highway Superintendent, 2-year term
Town Justice, 4-year term

RENSSELAERVILLE
Town Supervisor, 4-year term
Town Clerk, 4-year term
Town Councilperson, 4-year term (2)
Highway Superintendent, 4-year term
Assessor, 4-year term, (2)

WESTERLO
Town Councilman, 4-year term (2)
Highway Superintendent, 2-year term, to fill a vacancy
Town Justice, 4-year term

ATTENTION VOTERS
For your convenience, a facsimile ballot will be available for your review on Election Day at all polling places. A sample ballot may also be obtained by calling (518) 487-5060, or at the office of the Albany County Board of Elections. For up-to-the-minute unofficial election night results, visit our web site at: www.albanycounty.com/electionresults. Rachel L. Bledi Matthew J. Clyne Commissioner of Elections Updated 9/18/2017 Ad # 166366

NOTICE OF FILING OF ARTICLES OF ORGANIZATION IN NEW YORK BY A LIMITED LIABILITY COMPANY
Name: Apple Valley Holdings, LLC. Articles of Organization filed with sec. of state of NY(SOS) on 10/18/17. Office location: Albany County. SOS is designated as agent of LLC for service of process. SOS shall mail copy of process to 88 Alcove Rd, Coeymans Hollow, NY 12046. Purpose: Any lawful act or activity. D-166564

NOTICE OF FORMATION of B & L Professional Business Services LLC.
Arts. of Org. filed with SSNY on 06/28/17. Off. Loc.: Albany County, SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of process to: The LLC, 39 Kunker Ave., Latham, NY 12110. Purpose: to engage in any lawful act. D-163951

Notice of Formation of Bar Malverde Central & Botana, LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 2/10/2017. Office location: County of Albany. SSNY is

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designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: 253 Central Avenue Albany, NY 12206. Purpose: any lawful purpose. D-164170

BELMONT JUL GROUP LLC
Articles of Org. filed NY Sec. of State (SSNY) 10/5/2017. Office in Albany Co. SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 2643 Larch Dr., Sterling Heights, MI 48314. Purpose: Any lawful purpose. D-165615

BETHLEHEM CEMETERY ASSOCIATION, INC. ANNUAL LOT OWNERS MEETING - November 6, 2017, at 7:00 p.m. at the Delmar Reformed Church, 386 Delaware Ave, Delmar, NY. Those wishing to vote must contact the Cemetery office at 518-439-2394 for ownership verification by Oct. 30, 2017. D-165916

Notice of Formation of Bush Dunbar Hamann Company, LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 07/31/2017. Office location: County of Onondaga. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: 695 Myrtle Avenue, Albany NY 12208. Purpose: any lawful purpose. D-164021

NOTICE OF FORMATION OF CAPITAL POINT PREMIER MANAGEMENT, LLC
On 09/15/2017, Articles of Organization of Capital Point Premier Management, LLC were filed with the SSNY. The office of the NY LLC is located in Albany County. The SSSNY is designated as the agent of the LLC upon whom process against it may be served and the address within NY State to which the SSSNY shall mail a copy of any process against it served upon him is Scheuermann & Scheuermann, LLP, 2 Wall Street, Ste 3, Albany, NY 12205. The purpose of the LLC is for any lawful business purpose or purposes. D-166095

Notice of Formation of CIGAR STATION AND LOUNGE, LLC.
Arts. of Org. filed with the Sect'y of State of NY (SSNY) on 09.27.17. Office location, County of Albany. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 805 19th St., Watervliet, NY 12189. Purpose: any lawful act. D-164817

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Notice of Formation of an LLC
Color 89, LLC
Articles of Organization were filed with the Secretary of State of New York (SSNY) on October 3, 2017. Office Location: Albany County. The Secretary of State is designated as agent of the limited liability company upon whom process against it may be served. The address within or without this state to which the Secretary of State shall mail a copy of any process against the limited liability company served upon him or her is: Miller Young, 222 Van Wies Point Rd., Glenmont, NY 12077 D-165889

NOTICE OF LLC FORMATION
Name: CP CROSSING, L.L.C. Articles of Organization filed with NY Department of State, September 8, 2017. Purpose: to engage in any lawful act or activity. Office: Albany County. Secretary of State is agent for process against LLC and shall mail copy to c/o Nigro Companies, 20 Corporate Woods Blvd., Albany, NY 12211. C-163213

NOTICE OF FILING OF ARTICLES OF ORGANIZATION IN NEW YORK BY A LIMITED LIABILITY COMPANY
Name: CP Crossing, L.L.C. Articles of Organization filed with sec. of state of NY(SOS) on 9/8/17. Office location: Albany County. SOS is designated as agent of LLC for service of process. SOS shall mail copy of process to c/o Nigro Companies, 20 Corporate Woods Boulevard, Albany, NY 12211. Purpose: Any lawful act or activity. D-163621

NOTICE OF LLC FORMATION
Name: CROSSING II KINGS LLC. Articles of Organization filed with NY Department of State, September 8, 2017. Purpose: to engage in any lawful act or activity. Office: Albany County. Secretary of State is agent for process against LLC and shall mail copy to 255 Washington Avenue Ext., Albany, NY 12205. C-163212

NOTICE OF LLC FORMATION
Name: CROSSING II M LLC. Articles of Organization filed with NY Department of State, September 8, 2017. Purpose: to engage in any lawful act or activity. Office: Albany County. Secretary of State is agent for process against LLC and shall mail copy to 255 Washington Avenue Ext., Albany, NY 12205. C-163210

NOTICE OF FORMATION OF D & D IT, LLC
On 10/5/17, Articles of Organization of D & D IT, LLC were filed with the Secretary of State of the State of New York. The office of the NY limited liability company is located in Albany County. The SSSNY is designated as the agent of the limited liability company upon whom process against it may be served and the post office address within New York State to which the SSSNY shall mail a copy of any process against it served upon him or her is D & D IT, LLC, 15 Swatling Rd, Apt 22, Latham, NY 12110. The

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agent for process against LLC and shall mail copy to 255 Washington Avenue Ext., Albany, NY 12205. C-163207

NOTICE OF LLC FORMATION
Name: CROSSING KINGS LLC. Articles of Organization filed with NY Department of State, September 8, 2017. Purpose: to engage in any lawful act or activity. Office: Albany County. Secretary of State is agent for process against LLC and shall mail copy to 255 Washington Avenue Ext., Albany, NY 12205. C-163211

NOTICE OF LLC FORMATION
Name: CROSSING M LLC. Articles of Organization filed with NY Department of State, September 8, 2017. Purpose: to engage in any lawful act or activity. Office: Albany County. Secretary of State is agent for process against LLC and shall mail copy to 255 Washington Avenue Ext., Albany, NY 12205. C-163208

NOTICE OF LLC FORMATION
Name: CROSSING WSA LLC. Articles of Organization filed with NY Department of State, September 8, 2017. Purpose: to engage in any lawful act or activity. Office: Albany County. Secretary of State is agent for process against LLC and shall mail copy to 255 Washington Avenue Ext., Albany, NY 12205. C-163205

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC)
The name of the LLC is CURRY MANOR, LLC. The filing date of the Articles of Organization is September 19, 2000. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is the designated agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process is 1395 Kings Road, Schenectady, New York 12303. D-164131

NOTICE OF FORMATION OF D & D IT, LLC
On 10/5/17, Articles of Organization of D & D IT, LLC were filed with the Secretary of State of the State of New York. The office of the NY limited liability company is located in Albany County. The SSSNY is designated as the agent of the limited liability company upon whom process against it may be served and the post office address within New York State to which the SSSNY shall mail a copy of any process against it served upon him or her is D & D IT, LLC, 15 Swatling Rd, Apt 22, Latham, NY 12110. The

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purpose of the limited liability company is for any lawful business purpose or purposes. D-165499

E & K EXPRESS, LLC, Arts. of Org. filed with the SSNY on 09/26/2017. Office loc: Albany County. SSNY has been designated as agent upon whom process against the LLC may be served. SSNY shall mail process to: The LLC, 434 Hackett Blvd, Albany, NY 12208. Purpose: Any Lawful Purpose. D-166840

Notice of formation of GET STRONG LLC.
Articles of Organization filed w/ Secretary of State New York (SSNY) on 6/12/17. Office location: Albany County. SSNY designated as agent for service of process & shall mail same to Metro Legal, 911 Central Ave. #344, Albany, NY 12206. Purpose: Any lawful activity. D-163203

GUARDIAN STRENGTH AND CONDITIONING, LLC
Articles of Org. filed NY Sec. of State (SSNY) 10/3/2017. Office in Albany Co. SSNY designated Agent of LLC whom process may be served. SSNY shall mail copy of process to the LLC 79 Chancellor Dr, Guilderland, NY 12084. Purpose: Any lawful activity. D-165427

Notice of Formation of an LLC: Guidarelli Construction Development Company, LLC
Articles of Organization were filed with the Secretary of State of New York (SSNY) on September 18, 2017. Office location is in Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served, SSNY shall mail a copy of process to the LLC, at 399 Consaul Road, Schenectady, NY 12304. Purpose: for any lawful purpose. D-165597

NOTICE OF LLC FORMATION
Name: HM CROSSING, L.L.C. Articles of Organization filed with NY Department of State, September 8, 2017. Purpose: to engage in any lawful act or activity. Office: Albany County. Secretary of State is agent for process against LLC and shall mail copy to c/o Nigro Companies, 20 Corporate Woods Blvd., Albany, NY 12211 C-163214

Notice of formation of Innovation Remodeling LLC
Articles of Org. filed with NY Secretary of State (NS) on 7/10/17, office location: Albany County, NS is designated as agent upon whom process may be served, NS shall mail service of process (SOP) to NW Registered Agent LLC @ 90 State Street Suite 700 Office 40, Albany, NY 12207. Purpose is any lawful purpose. D-163537

■ TOWN GOVERNMENT

Candidates for town office face off at political forum



Gary Fish



David VanLuven



From left: John "Tiger" Anastasi, Dan Morin, and Giles Wagoner

BETHLEHEM — Town Board and Supervisor candidates came together last Thursday to answer questions posed by town residents in a two-hour forum at Bethlehem Town Hall. The forum began with brief statements by the three candidates for Highway Superintendent, John "Tiger" Anastasi, Dan Morin and Giles Wagoner, and was followed by a one-hour segment dedicated to Town Board candidates Dan Coffey, Maureen Cunningham, Jim Foster and George Harder, then another hour for Supervisor candidates Gary Fish and David VanLuven.

The candidates answered questions on everything from development and open space preservation to hate speech and sanctuary cities. To see the full forum, please visit our website at: <https://www.spotlightnews.com/towns/bethlehem/2017/10/23/bethlehem-candidate-forum-oct-19/>.

— Ali Hibbs with photos by Michael Hallisey



Maureen Cunningham



Jim Foster



Dan Coffey



George Harder

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JMC FUND LLC
App. for Auth. filed NY Sec. of State (SSNY) 9/7/2017. Fictitious name in NYS: JMC FUND NY LLC. LLC was organized in DE on 8/28/2017. Office in Albany Co. SSNY desig. as agent of LLC upon whom process may be served. SSNY to mail copy of process to c/o Stiefel Cohen & Foote, P.C., 770 Lexington Ave., NY, NY 10065. Required office at 28 Old Rudnick Ln., Dover, DE 19901. Cert. of Org. filed with SSDE., John G. Townsend Bldg., 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: Any lawful purpose. D-164976

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

1. The name of the Limited Liability Company is KEM MEDICAL SOLUTIONS, LLC
2. The Articles of organization of the Limited Liability Company were filed on 9/28/2017 with the New York Secretary of State.
3. The office of the Limited Liability Company is located in Albany County.
4. The Secretary of State is designated as agent of the Limited Liability Company upon whom process against it may be served.
5. The Secretary of State shall mail a copy of process served to the Limited Liability Company to 18 Albright Place, Delmar, NY 12054
6. The latest date to dissolve is indefinite.
7. The purpose of the Limited Liability Company is to conduct all lawful activity. D-165507

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Notice of Formation of Latham Auto Sales & Service LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 09/28/2017. Office location: County of Albany. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: 644 Pawling Ave., Troy, NY 12180. Purpose: used cars sales & service. D-166786

Notice of formation of LLC

LDA, LLC has filed an Articles of Organization with the Secretary of State of New York on 10/17/2017. Its office is located in Albany County. The Secretary of State has been designated as agent upon whom process may be served. A copy of any process shall be mailed to 12 Avallon Way, Altamont, NY 12009. Its business is to engage in any lawful activity for which limited liability companies may be organized under Section 203 of the New York Limited Liability Company Act. D-166624

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC).

Name: LDFT V LLC. Articles of Organization filed with NY Secretary of State, September 19, 2017. Purpose: to engage in any lawful act or activity. Office: in Albany County. Secretary of State is agent for process against LLC and shall mail copy to 302 Washington Avenue Ext., Albany, NY 12203. D-165297

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NOTICE OF FORMATION of LKT Properties, LLC. Arts. Of Org. Filed with the Secretary of State of NY (SSNY) on 04/10/17. Office location: Albany Co. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 1 Deerwood Dr., Albany, NY 12205. Purpose: any lawful activities. D-165479

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

1. The name of the Limited Liability Company is M PARK MANAGEMENT LLC
2. The Articles of organization of the Limited Liability Company were filed on 9/29/2017 with the New York Secretary of State.
3. The office of the Limited Liability Company is located in Albany County.
4. The Secretary of State is designated as agent of the Limited Liability Company upon whom process against it may be served.
5. The Secretary of State shall mail a copy of process served to the Limited Liability Company to 747 Madison Avenue, Suite 201, Albany, NY 12208
6. The latest date to dissolve is indefinite.
7. The purpose of the Limited Liability Company is to conduct all lawful activity. D-165506

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC).

Name: MM SRS LLC. Articles of Organization filed with NY Department of State, Oct. 10, 2017. Purpose: to engage in any lawful act or activity. Office: Albany County. Secretary

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of State is agent for process against LLC and shall mail copy to 255 Washington Ave. Ext., Albany, NY 12205. D-165884

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC).

Name: MT. Pleasant Acquisitions LLC. Articles of Organization filed with NY Department of State, September 19, 2017. Purpose: to engage in any lawful act or activity. Office: Albany County. Secretary of State is agent for process against LLC and shall mail copy to 1 Mill Road, Latham, NY 12110. D-164832

MTR1 LLC

Articles of Org. filed NY Sec. of State (SSNY) 9/12/2017. Office in Albany Co. SSNY desig. agent of LLC whom process may be served. SSNY shall mail copy of process to 576 3rd Ave., Brooklyn, NY 11215. Purpose: Any lawful purpose. D-163947

MTR2 LLC

Articles of Org. filed NY Sec. of State (SSNY) 9/12/2017. Office in Albany Co. SSNY desig. agent of LLC whom process may be served. SSNY shall mail copy of process to 576 3rd Ave., Brooklyn, NY 11215. Purpose: Any lawful purpose. D-163948

MTR3 LLC

Articles of Org. filed NY Sec. of State (SSNY) 9/12/2017. Office in Albany Co. SSNY desig. agent of LLC whom process may be served. SSNY shall mail copy of process to 576 3rd Ave., Brooklyn, NY 11215. Purpose: Any lawful purpose. D-163949

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NOTICE OF LLC FORMATION
New York City's e-Hub, LLC. Art. of Org. filed with the SSNY on 08/28/17. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 90 State Street, STE, 700 Office 40, Albany, NY 12207. Purpose: Any lawful purpose. D-163273

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

The name of the LLC is NSV Capitol LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on 9/18/2017. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is designated as the agent of the LLC upon whom process against the LLC may be served. The address to which the Secretary of State shall mail a copy of any process against the LLC is 595 New Loudon Rd, #307, Latham, NY 12110. D-163975

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC)

The name of the LLC is PREMIUM EXPOSURE, LLC. The filing date of the Articles of Organization is October 16, 2014. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in Albany County. The Secretary of State is the designated agent of the LLC upon whom process against the LLC may be served. The address to which the Sec-

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retary of State shall mail a copy of any process is 15 Cobbee Road, Latham, New York 12110 D-164075

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

Articles of Organization of Roll the Dice Thoroughbreds, LLC ("LLC") filed with the Secretary of State of New York ("SSNY") on August 30, 2017, effective on the date of filing. Office Location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY may mail a copy of any process to the LLC at 33 Wade Road, Latham, NY 12110, which shall be the principal business location. The purpose for which the LLC is formed is to engage in any lawful act or activity for which limited liability companies may be organized under the NYS Limited Liability Company Law. D-163444

SAN JOSE BROOKLYN LLC

Articles of Org. filed NY Sec. of State (SSNY) 10/5/2017. Office in Albany Co. SSNY desig. agent of LLC whom process may be served. SSNY shall mail copy of process to 6344 Forest Ave., Ridgewood, NY 11385, which is also the principal business location. Purpose: Any lawful purpose. D-165487

SARAH K COVERT NURSE PRACTITIONER IN PSYCHIATRY PLLC

filed Articles of Organization with the Department of State of NY on 9/6/2017. Office Location: County of Albany. The Secretary of State of NY ("SSNY") has been designated as agent of

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the PLLC upon whom process against it may be served. SSNY shall mail a copy of any such process served to: c/o Sarah K. Covert, 36 British American Blvd., Latham, NY 12110. Purpose: Nurse Practitioner in Psychiatry. D-163855

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY NAME:

SKC ELECTRIC LLC
Articles of Organization were filed with the Secretary of State of New York (SSNY) on October 17, 2017. Office location: The Mailing Address of the limited liability company's office is 1561 Indian Fields Road, Feura Bush, New York, 12067, County of Albany. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC at 22 Clinton Avenue, Albany, New York 12207. For any lawful purpose. D-166609

Notice of Formation of Teas n' Tapas, LLC, a Domestic Limited Liability Company (LLC).

Articles of Organization filed with the Secretary of State of New York (SSNY) on October 2, 2017. Office location: County of Albany. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: 8 Marian Lane, Loudonville, NY 12211. Purpose: any lawful purpose. D-166530

NOTICE OF FORMATION OF THE POINT 199 NEW SCOTLAND, LLC

On 09/15/2017, Articles of Organization of The Point 199 New Scotland, LLC were filed with the SSSNY. The of-

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file of the NY LLC is located in Albany County. The SSSNY is designated as the agent of the LLC upon whom process against it may be served and the address within NY State to which the SSSNY shall mail a copy of any process against it served upon him is Scheuermann & Scheuermann, LLP, 2 Wall Street, Ste 3, Albany, NY 12205. The purpose of the LLC is for any lawful business purpose or purposes. D-166094

WILLIAM MCINTYRE, PH.D., PSYCHOLOGY, PLLC Notice of Formation of Limited Liability Company

Arts. of Org. of William McIntyre, Ph.D., Psychology, PLLC ("PLLC") filed with NY Dept. of State on 9/20/17. Office location: Albany County. Sec. of State designated agent of PLLC upon whom process against it may be served and shall mail process to: 18 Corporate Woods Bl., Ste. 120, Albany NY 12211, principal business address. PLLC does not have a specific date of dissolution. Purpose: psychology. Filer: Lavelle & Finn, LLP, 29 British American Bl., Latham, NY 12110. D-165134

NOTICE OF FORMATION ZAKO DEVELOPMENT LLC, Arts. of Org. filed with the SSNY on 09/12/2017. Office loc: Albany County. SSNY has been designated as agent upon whom process against the LLC may be served. SSNY shall mail process to: The LLC, 15 Fairview Avenue, Great Neck, NY 11023. Purpose: Any Lawful Purpose. D-163443



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October 25, 2017

Spotlight on Opinion

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LETTERS TO THE EDITOR

Highway dept needs leader not admin

To the Editor:

It is high time for our Highway Department to be led, not solely managed. Certainly there are planning, human resource and fiduciary responsibilities that are critical functions in keeping the operations of the department running (setting schedules, maintaining equipment, balancing budgets against the service demands necessitated by a town of Bethlehem's size, etc.). But we should not forget the core of the services provided by the Highway Department — the people providing the services.

Mr. Meredith rightly recognizes the hard work of these town employees in his Oct. 18 letter. The more obvious question then becomes, why so many problems still remain year after year. If we are all acknowledging the hard work of the team, a simple person such as myself might assume it was the leadership, or lack thereof, that is the problem. So despite his smoke screen around the complexities of submitting budgets, prioritizing needs and making middle-of-the-night decisions (apparently infinitely more challenging than making middle-of-the-day decisions), what

we have lacked at the Highway Department is an emotionally intelligent leader.

John Anastasi is just that leader. He was born and raised in Bethlehem and you will be hard pressed to find someone who cares more about the town and more about the people. "Tiger" does not see just in the colors of Democrat vs. Republican vs. Independent; he recognizes everyone as part of the community regardless of party affiliation.

Tiger has been in the construction business for over three decades and in that time has led extremely large projects that involve all of the same attributes as the infrastructure projects done by the town — dealing with budgets, aggressive schedules, disgruntled customers, managing the acquisition and maintenance of heavy equipment and every human resource issue imaginable. There are no aspects of the Highway Supervisor role that Tiger has not faced previously, on countless occasions. And the unyielding loyalty of the people that have worked for Tiger over the years is proof positive of his leadership.

It is quite true that

Tiger-- like the other two candidates-- does not currently have all of the direct experience that will be required to run the Highway Department. (Just like Mr. Meredith did not have all of the experience when he took over the job.) And as Mr. Meredith conveniently leaves out of his overly subjective narrative, there are processes and procedures in place to support all of the necessary functions of the role. And I am quite sure the new Highway Supervisor will leverage these support mechanisms just as Mr. Meredith did when he took over.

If history has shown us anything (and the piles of leaves we see peeking out from underneath the snow the last few years will quite readily agree), we need more leadership and less politically-oriented administration in the role of the Highway Department Supervisor. There is only one person uniquely suited for that role — John "Tiger" Anastasi.

Chris Manuel
Slingerlands

Town is poised for smart growth

I believe the future is bright for Bethlehem. While we certainly face challenges like other upstate communities, we are poised not only to address them, but to be a regional leader for developing smart growth and sustainable land use solutions.

Bethlehem has a comprehensive plan that can keep us focused on our strategic goals. Our plan, created in 2005 with community input and reviewed two times since, asks the critical question: What kind of community does Bethlehem want to be in the future? The plan attempts to strike a balance between urban, suburban, and rural perspectives; economic growth and tax base expansion; stewardship of natural resources and the health, safety and welfare of the community. Bethlehem has adopted a Conservation Easement Exemption, one of only a handful of such programs statewide, giving participating landowners a tax reduction based on the number of years (greater than 15) land is conserved. We have a planning department and professional town employees, who are implementing open space and waterfront revitalization planning, as outlined in the

comprehensive plan and with public meetings this month, in collaboration with landowners and residents with expertise in those areas.

What we have is a solid foundation on which we can continue to improve. I believe we need to review and update the comprehensive plan, with a new round of community discussions, priorities, and a new target date (currently it's 2020) for our future vision. It's time to conduct an audit of the town's growth and land use changes since 2005, when the plan was created, to see if the plan is doing what it set out to do in balancing growth with other needs. The audit should also look at our town code and zoning and subdivision regulations to ensure that they are providing the necessary guidance for our planning and zoning boards. I believe we need to further explore grant funding, private donations and partnerships to enable the town to purchase land or development rights at market value for open space protection, and to look for additional economic options for property owners.

We need to ensure that changing climate predictions and threats such as flooding and

drought are incorporated into our planning, to build our resilience. We need to look for innovative ways to attract and keep businesses and industry in town. We need to upgrade our water and sewer infrastructure by looking for financing, increase our energy efficiency, and promote the use of renewable energy, all of which will help us succeed in the long term. And finally, we need to prioritize our quality of life and community character, including our important history, in the next community vision statement and any revisions to the comprehensive plan.

There is no easy answer to finding a balance between growth and sustainability. Having worked with communities on similar issues for over 20 years, I believe that Bethlehem does have the foundation in place to lead the way in finding sustainable, forward-thinking solutions.

Maureen O.
Cunningham
Candidate for Bethlehem
Town Board

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LETTERS TO THE EDITOR

GOP: Tiger best man for job

Dear Editor:

Outgoing Highway Superintendent Brent Meredith's endorsement of Giles Wagoner to replace him should come as no surprise to voters. Aside from it being an attempt by Meredith to stop his slide into political obscurity and relevancy, they both find common ground in having taken part in the "bait and switch" scheme to dupe Democratic voters during the petition process. It is a match made in political heaven.

Sadly, it is also a stark reminder that as the season changes and the leaves start to fall, our town has a desperate need to turn over our highway department to more competent leadership. The untimely pickup of leaves and snow removal underscores the sad reality in Bethlehem that while taxes have steadily increased, services have gone down. I can assure you, neither Meredith, Wagoner, or any of their associates have built our confidence in their abilities to properly manage our town. Their political shenanigans during this campaign season confirmed that.

The poorly managed highway department, typifies the problems facing a town under one-party rule. In Bethlehem:

nepotism, cronyism and politics have supplanted necessity and demand. Brent Meredith is married to County Legislator Joanne Cunningham and is brother-in law to Maureen Cunningham, Democratic candidate for town board. For them, politics has become a family affair. For the taxpayers, it has become a losing proposition. They all lack self-awareness and, more importantly, a plan to fix our town.

The Nov. 7 election is an opportunity for Bethlehem residents to restore integrity and competency to our highway department. The hard-working employees in the department deserve to be led by someone who can manage efficiently. The taxpayers deserve to receive the services they pay for. For that job, Tiger Anastasi is the right guy.

As the owner of a family construction business, Tiger Anastasi knows what it's like to work hard. He gets his boots dirty every day doing manual labor, balancing budgets, supervising workers and supporting his family. He has the leadership abilities and skill set needed to get the job done.

He has also publicly outlined a plan to fix the problems plaguing the

highway department. He advocates timely and efficient removal of leaf pickup and snow, effective paving and maintenance of roadways, greater accountability and responsiveness to residents, reevaluating town roadways and sidewalk conditions and utilizing current town employees for town projects.

At the end of the day, the only endorsement that counts is that of the voters'. Tiger Anastasi is the best candidate for the position of highway superintendent. His years of experience are unmatched in the race. On Tuesday, Nov. 7, I hope you consider voting Tiger Anastasi for highway superintendent.

Thank you.

Melissa Kermani

Chairwoman of the
Bethlehem
Republican Committee

Earn confidence in candidates by talking to them

To the Editors:

In every election cycle voters are faced with the same decision: voting for the best candidates. This year we need to set aside the naysayers and malcontents and focus on the candidates that are

sincere, promote teamwork, have experience, expertise and the demeanor to keep our town on the much awarded cutting edge of municipal governments. We see David VanLuven, Maureen Cunningham, Dan Coffey (Row E),

Andy Kirby, Nanci Moquin and Giles Wagoner (Row E) as the team that will not only lead our Town but take us to a new level of governance and financial stability. Talking to them will give you the confidence of their leadership; voting for them will ensure the community we all want.

John Smolinsky
Ellie Prakken,
Delmar

Editor's Note: John Smolinsky is chairman of the Bethlehem Planning Board

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.

COMMUNITY

BCN-TV survey

In recent months, library trustees have been discussing potential changes to BCN-TV, the public access cable station and studio at the library. Your input is important, and we'd like to learn more about the audio/visual services you'd like to see us offer. You are invited to share your thoughts through a short survey on our website at www.bethlehempubliclibrary.org/bcn-tv-survey.



enjoy Halloween in a safe, dry place. This "freestyle" trick-or-treating format is a change from years past in order to accommodate more people. Drop by the Children's Place at any point during the above times to pick up a free treat bag and get started on some library trick-or-treating fun.

This annual event at the library is a favorite among staffers, so don't be surprised if you see some of them getting into the spirit of things, too!

All grown up

"Adulthood" is loosely defined as the practice of behaving in a way characteristic of a responsible adult - mortgage, 9-to-5 job, cooking your own food. Those who have been "adulthood" for a while may

forget that those skills aren't acquired overnight, but on Monday, Oct. 30, from 6-7:30 p.m., we're holding a crash course to help young adults (and those who are just young at heart) get up to speed quickly. Learn about money skills, home DIY and more. College-bound and independently minded teens are also welcome! Sign up online at www.bethlehempubliclibrary.org or call (518) 439-9314.

Footnotes mailed

Coming up in the next two months, Joe Bruchac returns to the library for two storytelling sessions, A Little Sunday Music is back to warm your winter, and Hamilton's Federalist Papers are the topic of a new discussion series.

— Kristen Roberts



William R. Tetreault, MD
Francois M. Vachon, DO
Brian S. Navarro, MD
Nasrene Yadegari-Lewis, MD
Cary Vachon, DO

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From page 1 ... Changing lanes?

Working with consultant Creighton Manning Engineering, as well as the Capital District Transportation Committee, the state Department of Transportation and two working town committees, the town has identified the existing conditions along that corridor and developed a handful of alternatives that could improve safety for pedestrians and bicyclists, as well as for drivers.

Delaware Avenue was widened to four lanes in the early 1960s. At that time, little consideration was given to the impacts on neighborhood livability, as conventional street design was primarily focused on moving cars rather than people. According to planners, there was also an existing assumption that the corridor would remain rural and be used primarily as a through route, serving vehicles traveling at higher speeds. The development of the hamlets of Delmar and Elsmere, however, and corresponding increased

demand for frequent left turns, has changed the nature of the roadway.

Re-envisioning that part of Delaware Avenue as more of a community main street has caused the town to look for ways to improve safety for all users, and increase access to other forms of transportation.

Since early this century, a growing number of state and local governments have increasingly rejected outdated street design paradigms in favor of roadways that can safely accommodate all types of travel. The concept, known as "complete streets," is a policy and design approach that includes bike lanes, sidewalks and room for mass transit. Often it will involve implementing a "road diet," in which the number of lanes is reduced, along with the speed limit, to make room for a dedicated turning lane, bike lane, buffer medians or better sidewalks.

Complete streets, which are promoted as offering improved safety,

health, economic, and environmental outcomes, have attracted a diverse national alliance of supporters, including advocates for senior citizens and the disabled.

At the Town Board meeting on Wednesday, Oct. 11, Mark Sargent, an associate from Creighton Manning, presented board members and town residents with a progress report on the 'Delaware Avenue Complete Streets Feasibility Study.'

During a first public meeting in February, residents indicated that their top three priorities for the corridor are traffic calming, access to businesses and non-vehicular access. Following closely behind, safety, corridor beautification and room for bicycles came out well ahead of increased transit, traffic operations for cars, gateway improvements and enhanced liveability.

"There are trade-offs," said Sargent. "And that's what this study is all about. Is the community willing to accept the trade-offs, which come down to travel time, quite frankly."

When developing alternatives, he said, to achieve at least some the goals identified as priorities, some kind of road diet surfaced as the best solution. Of the five options presented during the September public meeting, one was simply doing nothing. Other options were:

Full Road Diet: Reducing traffic to one lane in both directions for the entire length of the corridor, adding a center turning lane and dedicated bike lanes in both directions and a buffer between the roadway and the sidewalk.

Half Corridor Road Diet: Essentially the same as the Full Road Diet, except that it would only extend from Delaware Plaza to the Normanskill Bridge.

1-1-2 Eastbound: The Half Corridor Road Diet + the addition of a middle turn lane between Delaware Plaza and Elsmere Ave, reducing Delmar-bound traffic to one lane and leaving two lanes for traffic heading into Albany. There would be no bike lanes between the plaza and Elsmere.

Westbound 2-1-1: The Half Corridor Road Diet + the addition of a middle turn lane between Delaware Plaza and Elsmere Ave., reducing Albany-bound traffic to one lane and leaving two lanes for traffic heading into Delmar. There would be no bike lanes between the plaza and Elsmere.

All diet options also include the addition of signalized pedestrian crossings.

"During peak hours, the corridor will essentially be moving at capacity," Sargent said of the Full Road Diet option. "So traffic will move more slowly." He also noted that longer lines at intersections, such as at Delaware Ave. and Elsmere Ave., would occasionally make it more difficult to turn onto side roads such as Herrick Ave. during peak commute hours.

While a majority of responding residents have indicated that they prefer the Full Road Diet option, a significant 30 to 40 percent of respondents entirely oppose or have concerns about the project. One concern that has been raised by residents is why there was no alternative plan to

simply improve pedestrian crossings without meddling with traffic lanes. Several doubted that the study was correct about the additional travel and queuing times at intersections, and there is concern that the safety benefit is being overstated.

Any changes to that portion of Delaware Avenue are unlikely to get underway for another few years, as the town intends to piggyback on state-funded repaving of the corridor, which is not

immediately expected. The planning study, however, is expected to wrap up by the end of this year.

More information about the project can be found at <http://www.delawareavecompletestreets.com/>. Questions and comments can be emailed to DelawareAveStudy@cmellp.com; emails sent to this address will go directly to the consultant team, the Town of Bethlehem and the CDTC project manager.

SENIORS

Coffee talk at Tool's

Donations to Bethlehem Senior Projects support the Senior Transportation Service, Emergency Heating Fund, Food Pantry and other programs. Donations can be made in memory of someone special. Donations through PayPal can now be made to bethlehemsenioproject.org, or via check payable to Bethlehem Senior Projects, Inc., 445 Delaware Ave., Delmar, NY 12054.

Coffee talk

Coffee and Conversation at the Library will be held on Friday, Nov. 3, with "Talking with Susan B. Anthony," by Phyllis Chapman of Vintage Visitors.

The program is at 1 p.m. and we'll have lunch beforehand at Tool's, cost on your own.

Flu shots

Flu shots are now



Town of Bethlehem

available at your local pharmacy, from your physician or at the Albany County Health Dept., (518) 447-4589.

Closed

Election Day is Tuesday, Nov. 7. Town Hall Offices are closed on that day and there will be no senior transportation.

Food Pantry needs help

The Food Pantry is in need of cleaning supplies, deodorant, toilet paper, coffee, mustard, and canned vegetables and fruit. Bring your items to the pantry at Town Hall. If you would like to access the food pantry, call (518) 439-4955, ext. 1176, to make an appointment.

— Wilma DeLucco

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PICK OF THE WEEK



Cry Cry Cry

The folk 'Super Group' of Lucy Kaplansky, Richard Shindell and Dar Williams is back playing together at select venues, including the Troy Bank Music Hall on Friday, Oct. 27.

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INSIDE



Arts calendar

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Path to success

Our Health & Fitness columnist shows us where we are failing.

Page B14

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ENTERTAINMENT

Crazy for Moriah

'Pint-sized powerhouse' Moriah Formica is still just a Shaker student

By **KAITLIN LEMBO**
intern@spotlightnews.com

COLONIE — While her talent was called "unfair" by Blake Shelton and she's currently being mentored by Miley Cyrus on NBC's "The Voice," her fifth grade music teacher, Camille Wing remembers Moriah Formica before she became the rock star she is today.

Continues on page B26

Shaker High School's Moriah Formica is electrifying prime time television with her performances on NBC's 'The Voice.'

Photo courtesy of NBC

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LOOKING BACK

To her, it's only yesterday. For some of us, it's years ago.

rts2346 / Instagram

quote of the week

"While Moriah has such tremendous natural talent, I don't think people realize the amount of time and work that goes on behind the scenes. She works so hard and we are very proud of her. We watch 'The Voice' every week and root her on. She's our hometown hero. Watching her perform with such power at only 16-years-old is so inspiring."




— North Colonie Central School District Superintendent Joseph Corr on Shaker High student and star of NBC's "The Voice," Moriah Formica



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RECENTLY ANNOUNCED

Change of guard at Palace

Holly Brown announces she's stepping down as executive director of Palace Performing Arts

By MICHAEL HALLISEY
halliseym@spotlightnews.com

ALBANY — The curtain is rising on exciting changes for the Palace Theatre, but its top executive is exiting stage left at the end of the month.

In a prepared statement released Thursday, Oct. 19, Holly Brown stated she will move on from her position after five years at the helm of the Palace Performing Arts Center. Susan Rosko Fogarty will step in as executive director.

"It has been my privilege and my pleasure to run this beautiful and beloved theatre," stated Brown, adding praise to the Palace staff. "There is a saying in this industry that you are only as good as 'what walks on the stage.' My goal has been to not only increase the number of event nights at the theatre, but to bring in some of the biggest names in the business."

The Palace has more than doubled its featured events, from 77 in 2009-10 to 170 in 2015-16, during Brown's five years as executive director. The move comes just months following the PPAC's acquisition of the 86-year old theatre from the City of Albany, which paves the way for a \$65 million expansion and renovation project for the Capital City venue.

PPAC Chairman Alan Goldberg credited Brown for the Palace's reputation for its "diverse, outstanding and high-caliber programming."

"Under Holly's direction, the [PPAC] is known for its diverse, outstanding and high-caliber programming which has translated into financial success."

Fogarty has already been named as Brown's replacement. Goldberg cited Fogarty's 25-plus years of arts and business experience within the same statement. Fogarty previously served in various sales and marketing roles for V2 Records and Sony/BMG. She has also worked as a leader in the financial district, and most recently as senior vice president of the Capital District YMCA.

WHAT'S HAPPENING NOW

Benefit Concert for Puerto Rico The Egg – Friday, Oct. 27

ALBANY — The Puerto Rico Disaster Relief Team of the Capital Region will host a Benefit Concert at The Egg on Friday, Oct. 27 from 7:30 p.m. until midnight.

This concert will feature Alex Torres and His Latin Orchestra, Tana Asili y La Banda Rebelde, Bronte Roman and Orchesta Sabor Caribe. There will be food, t-shirt vendors, a photo booth and donation tables from the Red Cross. One hundred percent of the proceeds from the concert will go to Centro Civico in an effort to help with humanitarian aid in Puerto Rico.

Tickets range from \$25 to \$45 and can be purchased by calling (518) 473-1845 or by visiting theegg.org/events.

CORRECTION

The #TheSpot518 feature photo on page 2 of last week's edition attributed photo credit to the wrong photographer. Proper credit for last week's photograph "Street Art" should be applied to connor_nicoles on Instagram.

What's Brewing

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WHAT'S HAPPENING NOW

Rickie Lee Jones

Cohoes Music Hall – Wednesday, Oct. 25

COHOES — Rickie Lee Jones will perform at Cohoes Music Hall on Wednesday, Oct. 25 at 8 p.m.

The two-time Grammy winner exploded onto the pop scene in 1978 with hits like “Chuck E.’s In Love” and has made a career of fearlessly experimenting with her sound and persona over 15 critically acclaimed albums. A cultural phenomenon, Rolling Stone magazine put her on its cover twice in two years and Saturday Night Live gave her an unprecedented three songs for her second appearance.

Tickets are on sale for \$47 to \$67. Cohoes Music Hall, 58 Remsen St., Cohoes. For more information, call (518) 953-0630 or visit <https://www.palacealbany.org/>

events/detail/rickie-lee-jones.

Flying Rob and His Friends

The Low Beat – Thursday, Oct. 26

ALBANY — Flying Rob and His Friends will perform at The Low Beat on Thursday, Oct. 26 at 7 p.m.

Add 60s and 70s folk, rock, country, blues and press blend! The top five artists in their tool bix include Bob Dylan, The Kinks, Pink Floyd, The Byrds and The Black Crowes.

Free and open to the public. The Low Beat, 335 Central Ave., Albany. For more information, call (518) 432-6572 or visit <http://www.thelowbeat.com/show/1704>.

Primus

Palace Theatre – Friday, Oct. 27

ALBANY — Primus will perform at the Palace Theatre on Friday, Oct. 27 at 8 p.m.

A Grammy nominated and multi-platinum selling band, Primus has toured with some of rock’s biggest names (Jane’s Addiction, Public Enemy, Rush, U2, etc.) and headlined the third-ever Lollapalooza Festival. They are excited to announce their ninth studio album, “The Desaturating Seven.”

Tickets range from \$29.50 to \$59.50. The Palace Theatre, 19 Clinton Ave., Albany. For more information, call (518) 465-4663 or visit <https://www.palacealbany.org/events/detail/primus>.







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PICK OF THE WEEK

Cry Cry Cry again

Powerhouse folk trio is back together playing at Troy Music Hall and other select venues

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

TROY — Despite the years, having established herself as a solo artist, releasing more than a dozen albums — even penning a few books — Dar Williams could not escape the oft-asked question: Is Cry Cry Cry ever coming back?

“Sadly, I don’t think so,” she told Glide Magazine’s Peter Zimmerman, nearly 15 years after the trio stopped performing together. The band, consisting of Williams, Richard Shindell and Lucy Kaplansky, was meant to be a one off. An album of folk songs harmonized between the three of them was followed by a successful tour. It led to their eponymous album earning generous playtime on the radio. It was the fifth most popular folk album on the radio in 1999, according to Richard Gillmann of

KBCS-FM in Seattle. It remained within the Top 250 for another three years. But, the three stuck to their original plan and continued on with their own careers.

“It was what it was,” Richard Shindell told The Morning Call’s Geoff Gehman in 2000. “I don’t know, 100 years from now we may get back together. But we always intended to go back to our regular lives.”

The prospect of the three performing together seemed an unlikelihood just five years ago. Though Williams’ and Kaplansky’s paths crossed often enough, Williams cited Shindell’s life in South America as a certain obstacle.

“But, maybe, if there’s some big terrible disaster that needs a fundraiser, then maybe. But, yeah.”

But, then the three were asked to perform in June at the Hudson River Clearwater Festival in Croton-on-Hudson. They agreed. Shindell said, “we were called back into existence by Clearwater. They floated the idea of a reunion and we thought, if not now then when?” Four days after sharing the stage together, Kaplansky took to

Continues on B24

WHAT’S HAPPENING NOW

James McMurtry

The Hangar on the Hudson – Saturday, Oct. 28

TROY — James McMurtry will perform at The Hangar on the Hudson on Saturday, Oct. 28 at 8 p.m.

McMurtry, 53, has been making records since the late 80s, writing vividly observed songs that are often compared to the work of his father, Larry McMurtry, author of the 1985 Pulitzer Prize-winning Western novel Lonesome Dove and the screenplay for Brokeback Mountain.

This is not a kid friendly event. Tickets are \$21.69 and can be purchased at <https://www.brownpapertickets.com/event/3090520>. Tickets will raise on day of show. For more information, call (518) 272-9740.

Mike Zito

The Upper Room — Saturday, Oct. 28

ALBANY — Mike Zito will perform at The Upper Room on Saturday, Oct. 28, at 6 p.m. as a part of his “Make Blues not War” tour.

Zito’s album, “Make Blues not War,” is a fun, upbeat record with lots of blues and guitar. Blues is designed to make the listener feel happy, and help them forget about their worries, which Zito masterfully achieves in this album.

Tickets range from \$20-\$150. For more information, call (518) 694-3100, or visit <https://www.theupperroomalbany.com>.

Super 400

The Newberry Music Hall — Saturday, Oct. 28

SARATOGA SPRINGS — Super 400 will perform at The Newberry Music Hall on Saturday, Oct. 28, at 9 p.m.

The trio of Kenny Hohman, Joe Daley and Lori Friday has a fanbase both in America and in Europe and have toured up and down the East Coast as well as in London and a music festival in Spain.

Admission is free. Must be 21 or older to attend. Doors open at 8 p.m. For more information, call (518) 275-6897, or visit <https://newberrymusic hall.com>.



Pro Musica starts now

Ola Gjeilo is one of the most frequently performed composers in the choral world and Albany Pro Musica is thrilled to have him as Composer-In-Residence now through its 2019-20 season. The Artist Series opens Albany Pro Musica’s 37th season with an evocative concert featuring the composer’s work on Sunday, Oct. 27, at 3 p.m.

Submitted photo

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Chris Pratt's Annual Halloween Party

Jennings Landing – Friday, Oct. 27

ALBANY — Chris Pratt's Annual Halloween Party will be held at Jennings Landing in downtown Albany on Friday, Oct. 27, from 9 p.m. to midnight.

This year's theme is Down By The River: Halloween Under the Big Top in relation to the SNL skit. As always, costumes are MANDATORY. There will be complimentary beer (Miller Lite), cider (Angry Orchard) and wine (sorry no liquor, different permit), great throwback music and a costume contest.

Tickets are \$30 and can be purchased at www.eventbrite.com. All proceeds after expenses will go to the Downtown Albany Bid. For information, call the Pearl Street Pub at (518) 694-3100.

Halloween Bash

Roux – Saturday, Oct. 28

SLINGERLANDS — Shmaltz Brewing Company will host its first Halloween Bash at Roux on Saturday, Oct. 28, from 7 to 11 p.m.

The first ever Spirit's and Brews Halloween at Roux will feature some beers from Shmaltz Brewing Company, including our EQX Independent Ale. Prizes will be given out for best costume and EQX's Jeff Morad will be playing some tunes.

Free event and open to the public. For more information, call (518) 457-4358.

The LateShip II

Dutch Apple Cruises and Tours – Saturday, Oct. 28

ALBANY — The LateShift will host a Halloween party called The LateShip II on Dutch Apple Cruises on Saturday, Oct. 28, from 7 to 10 p.m.

Prepare yourselves now for a three hour boat cruise, live music by The LateShift, live music by Dark Honey, full bar, costume prizes, giveaways and plenty of surprises!

Tickets are \$30 and can be purchased at www.eventbrite.com. For more information, call (518) 463-0220.

Groovin'

Palace Theatre – Saturday, Oct. 28

ALBANY — The Palace Theatre will host Groovin'... Ghostly Legends and Friends on Saturday, Oct. 28, at 7 p.m.

You will hear the biggest hit songs of the '60s, '70s and more. So grab hold of your GROOVE and prepare for a trip back in classic rock history.

Tickets range from \$28 to \$33 and can be purchased at www.ticketmaster.com. For information, call (518) 465-3334 or visit <https://www.palacealbany.org/events/detail/groovin-ghostly-legends-and-friends>.



Jimkata / Facebook

NIGHT — Jimkata Farewell Tour

The Hollow — Thursday, Oct. 26

ALBANY — Jimkata will perform for the last time at The Hollow on Thursday, Oct. 26, at 8 p.m.

Say goodbye to the electronic rock trio, Jimkata. These boyhood friends out of Utica announced earlier this year they would be walking away, but not before having developed a strong following in upstate New York. The band is now in the midst of a seven-stop farewell tour across New York, with a final show in New York City Saturday, Oct. 28.

The Late Shift starts the evening off. This Albany band reached the finals of WEQX's Battle of the Bands in a summer competition to open Pearlpalooza.

Tickets are \$15 at the door. For information, call (518) 426-8550, or visit <https://www.thehollow.com>.

DAY — Annual Festival of Nations

Empire State Plaza Convention Center – Sunday, Oct. 29

ALBANY — The annual Festival of Nations returns Sunday, Oct. 29, from 11:30 a.m. to 5 p.m. at the Empire State Plaza Convention Center

The 46th Annual Albany Festival of Nations represents 25 countries, with each country celebrating their culture through food, crafts and performances. The festival is presented by ethnic groups from Argentina, Armenia, Bangladesh, Burma, China, Dominican Republic, Ethiopia, Greece, India, Indonesia, Israel, Korea, Liberia, Lithuania, Mexico, Nepal, Nigeria, Pakistan, Poland, Puerto Rico, Russia, Scotland, Taiwan, Turkey, and Ukraine.

Admission is \$5 for adults, and \$2 for children ages 3 through 12. For more information, visit <http://www.albany.com/event/albany-festival-nations-65896/>.

HOT SPOTS EVENTS CALENDAR

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THIS WEEK'S LIVE MUSIC EVENTS

- WED., 10/25 - Dan Sherwin - 6:30-9:30pm
- THURS., 10/26 - Jm McArdle - 7-10pm
- FRI., 10/27 - Little Jack - 7-10pm
- SAT., 10/28 - Katsura - 7-10pm

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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, 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.

State Education Building Tour

Take a guided tour through the historic Education Building in downtown Albany. The 45-minute tour, led by a New York State Museum staff member, includes opportunities to explore Chancellors Hall, the Regents Room and the rotunda, adorned with murals by Albany native Will H. Low. Sat., 28 at 12:30 and 2:30 p.m. Meet on the front steps of the Education Building, 89 Washington Ave., Albany. Free, registration required; 25 participant limit. 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 (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.artscenteronline.org/social-media/

EXHIBITS

Albany Institute of History and Art

Continuing: "Well-Dressed in Victorian Albany: 19th Century Fashion from the Albany Institute Collection," features 50 mannequins dressed in clothing made of luxurious, vibrantly colored fabrics once worn by residents of the Capital District. Through Mon., Feb. 19, 2018. **"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; and **"The Fashionable Portrait"** brings together 14 paintings and four miniature portraits from the Institute's collection highlight 19th century fashion as depicted in the work of portrait painters. Both 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. 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 6-12, \$6; children 0-5, free. 125 Washington Ave., Albany. (518) 463-4478 or albanyinstitute.org.

Albany International Airport
Continuing: "Chasing the Tale,"

FRIDAY, OCT. 20

Nasty Women of the North Exhibition
Collar Works Gallery, 5 to 9 p.m.
Features work by both local and international artists. Curated by Angel Bellaran, who curated the original "show" at the Knockdown Center in NYC.

Feminist Love Letters

Collar Works Gallery, 5 to 9 p.m.
Participate in this project developed by social engagement artist Melissa Sarris.

SATURDAY, OCT. 21

Sewing Bee for The MoonCatcher project
Collar Works Gallery, 11 a.m. to 1 p.m.
Sew reusable, washable, menstrual pads to be worn by girls in the poorest communities around the world.

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 Museum
Continuing: "Celebrating Italian Americans in Cinema and Theatre: Actors and Directors." Special Exhibits

Nasty Women of the North

The Nasty Women of the North will descend upon a pair of artistic spaces in Troy this weekend for a visual art exhibition, live musical and theater performances, roundtable discussions and other activities surrounding the ever-growing threats to roll back women's rights, individual rights and abortion rights.

This three-day event, organized by The Feminist Art Project of Upstate NY, will serve not only as a demonstration of solidarity among artists who identify with being a Nasty Woman, but also as a fundraiser to support the work of Upper Hudson Planned Parenthood: 100 percent of sales from artwork sold during the event will be donated to

the organization.

The art exhibit gets underway at 5 p.m. on Friday, Oct. 27, at The Collar Works Gallery, located at 621 River St., in Troy. All other events will take place inside either Collar Works Gallery or at the Arts Center of the Capital Region, the latter of which is located at 265 River St. in downtown Troy. While admission to all of the events is free, attendees are asked to donate what they can.

For more detailed descriptions of all activities, visit the event's Facebook page at https://www.facebook.com/events/1869772166637620/?active_tab=about

Schedule of events:

What's Race Got to Do with Me and My Creative Work?

Collar Works Gallery, noon.
An open discussion about the presence— or absence—of race in creative work. Organized by Dawn Marar.

The Magdalens

Arts Center of the Capital Region, 1 p.m.
Performance by this Albany-based female fronted feminist alt-folk/rock band.

"Women Art Revolution"

Arts Center of the Capital Region, 3 p.m.
Screening of Lynn Hershman Leeson's film, "Women Art Revolution," which depicts how the Feminist Art Movement fused free speech and politics into an art that

radically transformed the art and culture of our charms. Screening will be followed by a roundtable discussion.

SUNDAY, OCT. 22
"Our Now"

Arts Center of the Capital Region, 2 p.m.
Documentary theater performance which focuses on issues of class, race gender, inequality, equity and balance. Presented by Creative Action Unlimited

"Rite of Passage"

Arts Center of the Capital Region, 3 p.m.
Participatory performance piece that explores death, liminality, and rebirth through the lens of performance artist Erin Helfert's five-year rape trial in a Moroccan court. Features music by composer and sound artist Nina C. Young.

Room. Plus ongoing and permanent installations. Open Mon., Thurs., and Fri from 11 a.m. to 2 p.m.; Sat. and Sun. from 1 to 4 p.m. through Dec. 31. 1227 Central Ave., Albany. Admission: Adults, \$5; seniors (65+), \$4; students, \$3; children age 12 and younger, free. (518) 435-1979 or www.americanitalianmuseum.org

Arts Center of the Capital Region

Upcoming: "Nasty Women of the North." Fri., Oct. 27 through Sun. Oct. 29. See box at right for details. 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 Sunday, 2 to 4 p.m. 1003 River Road, Selkirk. Free admission. BethlehemHistorical.orgs

The Clark Art Institute

Continuing: "Thomas Schutte: Crystal," the artist's first full-scale architectural work in the U.S., through Oct. 31. Plus permanent collection. Open Tues.-Sun., 10 a.m. to 5 p.m. Admission: Adults, \$20; children 18 and

younger, free. 225 South St., Williamstown, Mass. www.clarkart.edu

Clement Art Gallery

Continuing: "Best of Both Worlds:" Features new oil paintings of Troy's city scapes and architectural details by regional artist Elizabeth Apgar-Smith. Through Sat., Nov. 18. Open: Weekdays, 10 a.m. - 6 p.m.; Saturday, 10 a.m. to 4 p.m. Free admission. 201 Broadway, Troy. (518) 272-6811 or clementart.com

Collar Works

Upcoming: "Nasty Women of the North." Fri., Oct. 27 through Sun., Oct. 29. See box at right for details. 621 River St., Troy. Open Thurs. and Fri. from noon to

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The Hyde Collection
Continuing: "A Shared Legacy: Folk Art in America," a celebration of the vibrant traditions in the era before the rise of professionally trained artists. Through Sun., Dec. 31. Also, **"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. -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 Tues., Oct. 31. Open Tues.-Sat., 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

miSci
New: "Inside Edison's House of Magic: 125 Years of Innovation at GE." Learn more about GE's founding, its inventions, its scientific pioneers who led the field and the employees who made the company run. Through Sun., May 6, 2018. **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 Mon.-Sat., 9 a.m. to 5 p.m.; Sun., 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 for planetarium show. (518) 382-7890 or www.miSci.org

National Museum of Dance
Continuing: "Art in the Foyer: Design for Dance," highlighting the costume sketches of design and dance historian Malcolm McCormack. Plus ongoing exhibits. Open daily, Tues.-Sat., 10 a.m. to 4 p.m.; Sun., 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 everyone 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 Tues.-Sun, 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
Continuing: "Paper is Part of the Picture." An exhibition focuses on 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. Through Fri., Dec. 15. Hours: Tues.-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. 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 Tues., Thurs., & Fri., noon to 5 p.m. 455 Broadway, Troy. Free admission. (518) 621-5360 or photographicexp.com

Pine Hills Branch Albany Public Library
Continuing: "Illustrated," showcases illustration as a medium, focusing on illustrators, Meg Sodano and Cara Hanley of Albany, and Marie Beebe of Chatham. Through Oct. 28. Open Mon. & Wed., noon to 8 p.m.; Tues., 10 a.m. to 6 p.m.;

Thurs. & Fri., noon to 6 p.m., and Sat., noon to 5 p.m. 517 Western Ave., Albany. (518) 482-7911 or 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.; Sat., 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 Thurs., Nov. 30. Plus ongoing exhibits. Open weekdays, 9 a.m. to 5 p.m.; Sat., 10 a.m. to 2 p.m. 32 Washington Ave., Schenectady. Admission: \$5. (518) 374-0263 or schenectadyhistorical.org

Scarlet Seven Fine Art Gallery
New: "Loving Beauty More Than Efficiency." Features work by Niki Haynes, T. Klacsmann, Jon Segan and Audrie Sturman. Hours: Mon. & Tues by appointment, Wed., 3 to 7 p.m., Thurs. & Fri., 3 to 8 p.m.; Sat. & Sun., 11 a.m. to 3 p.m. 137 4th St., Troy. Free. (518) 378-6583, (518) 312-1564 or www.scarletsevendgallery.com

Schick Art Gallery
New: "Woven World: Selections from Cavin-Morris Gallery." Works using weaving, wrapping, knotting, and assembling methods by 20 mainstream, self-taught, and indigenous artists.

Runs through Sun., Nov. 19. 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. & Sun., noon to 4 p.m. Free. (518) 580-5049 or www.skidmore.edu/schick

Dan Sekellic Visual Arts Gallery
Continuing: Traditional Chinese brush paintings by Zhong-hua Lu. Through Wed., Nov. 15. Sand Lake Center for the Arts, 2880 NY Rte. 43, Averill Park. Open Wed. & Fri., 10:30 a.m. to 1 p.m., by appointment, and any time the building is open. Free admission. (518) 674-2007 or slca-ctp.org

Tang Teaching Museum
Continuing: "Opener 30 Njideka Akunyili Crosby: Predecessors," known for her large-scale paintings, this exhibition unites works from the artist's "Predecessors" series, which celebrates her family and Nigerian background. Through Sun., Dec. 31. **"Birthing Bodies,"** an exploration of childbirth through a feminist lens, representing the pregnant/birthing body as a site of strength and power. **"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, **"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.; Thurs. until 9 p.m. Free admission; suggested donations of

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

Union College Galleries
Continuing: "Stories: Sophie Rosen." Series of simple portraits taken by junior psychology major Sophie Rosen, which focus on subjects' facial expressions. Wickoff Student Gallery, Nott Memorial. Through Mon., Nov. 27. Also, **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. Mandeville Gallery, Nott Memorial. Through Sun., Dec. 3. Also **"Concinnitas Portfolio,"** ten fine art aquatint prints featuring equations, expressions or formulas transcribed by ten notable mathematicians and physicists in response to the prompt to record their "most beautiful mathematic expression." Castrucci Gallery, Nott Memorial. Through Summer 2018. 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 Sat., March 31, 2018. Schaffer Library Learning Commons. Hours: daily, 10 a.m. to 6 p.m. 807 Union St., Schenectady. Free. (518) 388-6004 or muse.union.edu/mandeville/home

University Art Museum
Continuing: "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. Through Sat., Dec. 16. Uptown Campus, University at Albany, 1400 Washington Ave., Albany. Hours: Tues., 10 a.m. to 7 p.m.; Wed. - Fri., 10 a.m. to 5 p.m., and Sat., noon to 4 p.m. Free admission. (518) 442-4035 or www.albany.edu/museum

HOROSCOPES

October 2017 Week 4

ARIES - MAR 21/APR 20

Aries, embrace that others see you as a role model. There may be someone close to you who holds you in strong regard. Pay attention to the influence you have on others.

TAURUS - APR 21/MAY 21

Taurus, a difficult problem will ultimately prove very rewarding when you find the solution. Embrace this challenge and give it your best shot. You will be glad you did.

GEMINI - MAY 22/JUN 21

Gemini, attempt to connect with people on a deeper level for the next several days. Your home is a place of comfort and your personal sanctuary, and you can make it that for others, too.

CANCER - JUN 22/JUL 22

Cancer, slow down a little and take time to smell the roses. A breather can help you appreciate all the things you have and give time to show that appreciation.

LEO - JUL 23/AUG 23

Your focus this week will be on acquisitions. You may be renovating a home or business or simply updating a wardrobe. Keep track of your spending.

VIRGO - AUG 24/SEPT 22

Virgo, change is stirring things up in a way that should be beneficial for you. See where this excitement takes you and brace yourself for whatever comes your way.

LIBRA - SEPT 23/OCT 23

Libra, make an effort to be more financially prudent in the coming weeks. Some patience and discipline now will pay big dividends down the road.

SCORPIO - OCT 24/NOV 22

Someone you know is interested in picking up new skills, and you are just the teacher for the job, Scorpio. Embrace this chance to help others.

SAGITTARIUS - NOV 23/DEC 21

This is an excellent time to express your feelings, Sagittarius. Others will be receptive to your thoughts, and a new relationship may be on the horizon.

CAPRICORN - DEC 22/JAN 20

Capricorn, you may need to develop some thick skin as you begin taking on a new project. You're fully capable, so don't listen to any potential doubters.

AQUARIUS - JAN 21/FEB 18

Your motivation must come from within this week, Aquarius. Others are not around to be your cheer squad. Your inner drive is there; it just may need a boost.

PISCES - FEB 19/MAR 20

Pisces, keep to yourself this week if you feel unwanted conflict is coming. Enjoy some solitary time until the waters calm down.

CULINARY ARTS



Food & Vino

Roasted Baby Parsnips with Sherry-Maple Glaze and Chanterelles

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

People who do not adhere to vegan diets may assume that such diets are void of taste. But vegan foods can be just as flavorful as more traditional alternatives.

Such is the case with the following recipe for “Roasted Baby Parsnips with Sherry-Maple Glaze and Chanterelles” from Tal Ronnen’s “Crossroads: Extraordinary Recipes from the Restaurant That Is Reinventing Vegan Cuisine” (Artisan). When roasted, parsnips produce a sweet flavor, while the chanterelles provide a woody taste to prove that vegan foods can indeed be incredibly flavorful.

Ingredients — Serves four

- 24 baby parsnips, trimmed, or 8 regular parsnips, root ends trimmed and peeled
- 3 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- 1/4 cup pure maple syrup
- 2 tablespoons sherry vinegar
- 1/2 teaspoon red pepper flakes
- 2 tablespoons Earth Balance butter stick
- 1 shallot, minced
- 2 garlic cloves, minced
- 1/2 pound chanterelles, wiped clean, quartered if large
- 1 Finely chopped fresh flat-leaf parsley, for garnish
- 1 Flaked sea salt, such as Maldon

Instructions

Preheat the oven to 400° F. If using larger parsnips, peel and quarter them lengthwise so the pieces will be uniform in size and cook more evenly. Put the parsnips in a large mixing bowl, drizzle with 2 tablespoons of the oil, season with kosher salt and black pepper, and toss to

coat evenly. Spread the parsnips out in a single layer on a large baking sheet and roast for about 20 minutes, shaking the pan from time to time, until tender and slightly charred. Set aside. (The roasted parsnips can be prepared a couple hours in advance, covered and held at room temperature. Reheat before serving.)

Meanwhile, prepare the glaze. Combine the maple syrup, vinegar and red pepper flakes in a small saucepan and cook over medium-low heat, swirling the pan around occasionally, until the mixture is reduced and syrupy, about 10 minutes. Cover and keep warm.

To prepare the mushrooms, put a large sauté pan over medium heat and add the remaining 1 tablespoon oil and the butter substitute. When the butter substitute has melted, add the shallot and sauté until soft but not browned, about 1 minute. Add the garlic, tossing to combine. Add the mushrooms and sauté, stirring frequently, until they lose their moisture, soften and begin to brown, about 5 minutes. Remove from the heat. To serve, drizzle with the maple glaze and top with the mushrooms. Scatter chopped parsley on top and season with flaked sea salt.

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— Winery notes

IN BRIEF

Nitty Gritty Poetry Slam at The Low Beat

ALBANY — The Low Beat will host a Nitty Gritty Poetry Slam on Tuesday, Nov. 7 at 7 p.m.

Come put your poetry to the test and hear others! There will also be an open mic.

Free admission. The Low Beat, 355 Central Ave., Albany. For more information, call (518) 432-6572 or visit <http://www.thelowbeat.com/show/1712>.

Lois Lowry at Page Hall

ALBANY — Lois Lowry will speak at University at Albany’s Page Hall on Friday, Nov. 10 at 7 p.m.

Winner of the Newbery Medal, she is the author of “The Giver” and “Number the Stars,” two best-selling children’s books that are still read in schools across the nation today. Both works have been adapted into plays and movies.

Free and open to the public. Page Hall, 135 Western Ave., Albany. For more information, call (518) 442-5620 or visit <http://www.loislowry.com/>.

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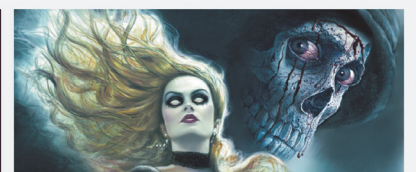
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■ HEALTH & FITNESS

Identifying the path to success

Tying together the words of Confucius and running a 5K

By DAN ROMAND
news@spotlightnews.com

From time to time, our center does group outings together and recently we decided to support the wonderful people at Saratoga Bridges and participate in the Great Pumpkin Challenge in Saratoga.

It was a great event for all of the our members who participated. In particular, a couple chose the event to run their first 5K. While that may not be a big deal to many of you, it was something they'll never forget. You see, for them, it was as big a challenge as climbing Mount Everest. But, climb it they did. The look of accomplishment as they crossed the finish line, and the obvious pride they felt was worthwhile to watch.

Now, speaking as their coach and trainer, this is why I do what I do. I call them "WOW Moments." Those moments when you overcome your fears, take a risk

and achieve things you never thought possible. Most people will go through life never achieving their dreams. Why is that? Because they aren't willing to take the risk to reach them.

For many, its that fear of failure. What if I don't make it? What if I put in all the effort, but don't get the job done? Those "What Ifs" paralyze people. They'll invest so much energy in the what if, they don't have the strength to get past it.

I get it. It's not easy. But, it's not as hard as we often make ourselves believe.

Struggles in Life

We will all face struggles in life. The hardest thing for most people is not getting past them but actually acknowledging they are there. We want to bury our heads in the sand and hope they'll just go away if we ignore them. Rarely do they. That refusing to face those issues takes energy. LOTS OF ENERGY.

Living in denial and fear saps us in so many ways and has a huge detrimental effect on our health. Acknowledging that we aren't perfect is a hard concept to deal



with. Many of us never allow ourselves the permission to be imperfect which leads to that paralyzing fear of failure that many of us deal with.

What to do?

Acknowledging that struggle is just one step in the process. The next is how to overcome it.

My friends, its not easy. Very few can just flip the switch. Yet, that's exactly how most people approach it. I call it the "all or nothing" approach. I'm going full bore,

at it 110 percent, until I overcome it. The problem is, as we mentioned, you will never be able to fully overcome it.

Life will inevitably get in the way, and when it does, the act of doing nothing will win out. Our original self doubt comes back, we give up and never try anything again.

Sound familiar?

Using fitness as an example, think about how many times you've been gung-ho to try a new diet. Maybe you had

Continues on page B24

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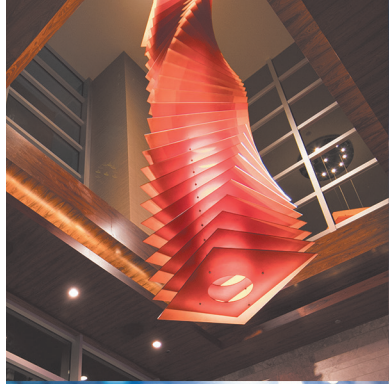
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IN BRIEF

“She Loves Me” at CapRep

ALBANY — Capital Repertory Theatre will host showings of “She Loves Me” from Friday, Nov. 24 to Sunday, Dec 24.

Fall in love this holiday season alongside Amalia and George, the feuding store clerks, who find solace in their secret lonely-hearts pen pals. Little do they know, they are actually writing to each other! A tangle of mistaken identity and hilarious encounters finally bring these soulmates together with a tuneful and witty score celebrated with numerous Tony, Olivier and Drama Desk Awards.

Shows are performed almost daily.

For tickets and showtimes, visit <https://tickets.proctors.org/TheatreManager/95/login?event=9929>. Tickets cost \$25-\$60. For more information, call (518) 445-7469.

Robert Kelly at Cohoes Music Hall

COHOES — Robert Kelly will perform at Cohoes Music Hall on Saturday, Oct. 28 at 8 p.m.

His one-hour special “Robert Kelly: Live at the Village Underground” debuted on Comedy Central and is now available on Netflix.

Tickets are \$25 in advance and \$30 on the day of the show. For more information, call (518) 465-4663 or visit <https://www.palacealbany.org/events/detail/robert-kelly>.

Open Mic Thursday at The Comedy Works

SARATOGA SPRINGS — The Comedy Works hosts a weekly Open Mic night each Thursday at 9 p.m.

Sign ups begin at 7 p.m. Free to attend or participate. For more information, call (518) 275-6897 or visit thecomedyworks.com.

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 they create on the spot based song titles generated by the audience, the most popular song is turned into an hour-long improvised musical.

Doors open at 7:30 p.m. followed by show at 8 p.m. Adults, \$16.74; students/seniors, \$7.29 (prices inc. fees).

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

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■ IN BRIEF

Country Line Dance Party at Chrome

WATERFORD — Chrome will host a Country Line Dance Party on Saturday, Oct. 28 all day long.

Free and open to the public. For more information, call (518) 326-2725.

Latin Night at Newberry

SARATOGA SPRINGS — The Newberry Music Hall hosts a weekly Latin Night each Friday at 7 p.m.

Attendees can learn various types of Latin dance, from Rueda to Salsa.

Everyone is welcome, from first time dancers to experienced. Lessons are sponsored by Tango Fusion Dance Company.

This is a 21-plus event. A trial class is available for \$5 and students may purchase single classes for \$12 or four classes for \$48. For more information, visit newberrymusichall.com or tangofusiondance.com.

'Letters to Juliet' at American Italian Heritage

ALBANY — The American Italian Heritage Association will host a pizza and

movie night, which will include a showing of "Letters to Juliet," on Friday, Oct. 27 at 6:30 p.m.

The comedy, drama, romance movie is about a young American who travels to Verona, Italy and inspires a woman to travel Italy in search of her long-lost love.

Admission is \$5 per person. Reservations must be made by Wednesday, Oct. 25. For more information, call (518) 435-1979 or visit <http://www.americanitalianmuseum.org/>.

'Quills' at Page Hall

ALBANY — The New York State

Writers Institute will sponsor a showing of "Quills" at Page Hall on Friday, Oct. 27 at 7:30 p.m.

The Marquis de Sade, notable French philosopher, writer, and sexual deviant, engages in a battle of wills with a doctor at the asylum where he is incarcerated. Doug Wright won an Obie award for "Outstanding Achievement in Playwriting" for his 1995 play, and wrote the screenplay for this Oscar-nominated film.

This event is not suitable for children. Free admission and open to the public. For more information, call (518) 442-5620 or visit <http://www.albany.edu/writers-inst/>.

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■ IN BRIEF

Troy Historic District Food Tour

TROY — Taste of Troy Food Tours is hosting a Troy Historic District Food Tour on Saturday, 28 from 9:45 a.m. to 1 p.m.

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.

Meet at 275 River St., in downtown Troy by the Troy, NY, sign. Adults, \$49 + tax and fees. For more information, visit www.tasteoftroyfoodtours.com.

Delaware Community Farmers Market

ALBANY — The Delaware branch of the Albany Public Library hosts a weekly Farmers Market each Tuesday from 4 to 7 p.m. through November.

Offering local, fresh-picked fruits, vegetables, herbs, eggs, jams and baked goods.

Delaware Branch, Albany Public Library, 331 Delaware Ave., Albany. For more information, call (518) 432-0516 or email DelawareAreaNA@gmail.com.

Geeks Who Drink

ALBANY — The Olde English Pub hosts a Geeks Who Drink event each Tuesday at 8 p.m.

■ CULTURE

Inside 'All the President's Men'

Popular film accurately paints the big picture surrounding Watergate

By **KAITLIN LEMBO**

intern@spotlightnews.com

ALBANY — Former Washington Post metropolitan editor Harry Rosenfeld visited Page Hall on Friday, Oct. 6 to talk about Watergate coverage, Woodward and Bernstein, and "All the President's Men."

"The film definitely caught the high points of that time period," he said. Rosenfeld was in charge of Bob Woodward and Carl Bernstein's daily coverage of the Watergate break-in and the events that led up to the only presidential resignation in American history.

"What the film showed you accurately was the hard work that took place," Rosenfeld said. "Woodward and Bernstein were working days, nights, weekends, holidays, etc. on this story. There were insane hours. Of course, they were both divorced at the time so they could dedicate the amount of time that they did to the story."

At the event, which was part of the New York State Writers Institute's

"Telling the Truth in a Post Truth World" series, Rosenfeld expanded on Woodward and Bernstein's work ethic, often calling them "Woodstein," their team name. Calling their work "smart and ferocious," he said that the duo were often chasing sources around and verifying information as vigorously as they were in the film.

Rosenfeld also mentioned how much of the important parts of the movie — obtaining the Committee to Re-elect the President member list from a fellow reporter, the resistance from the committee, the talks with the book-keeper and Bernstein's ability to sit with a source for hours before getting information he needed — were true to the story.

"[Carl] Bernstein has a gift for not letting a conversation end until he gets what he wants," Rosenfeld said.

While the high points of the film are accurate, Rosenfeld stressed that much of it was dramatized for Hollywood. For example, the famous First Amendment speech that Ben Bradlee gives to Woodward and Bernstein toward the end of the movie never actually happened. Also, much of the conversations between the editors were not as simple as the movie showed.

"There were heartfelt discussions,

particularly when "Woodstein" put out the story that Hugh Sloan had implicated [H. R.] Haldeman to the Grand Jury," Rosenfeld said. "These were not just simple conversations. We had debates, disagreements. There were plenty of reasons to go both ways. It wasn't just Ben [Bradlee] passing a note over saying we stood by the story. Some of these decisions took a while to figure out."

Rosenfeld said that in the thick of the coverage, Woodward, Bernstein, himself, Bradlee, Barry Sussman, Howard Simons and a few others would go to an unfinished Washington Post building to discuss business after Deep Throat had indicated the Post headquarters might be bugged. While the film touches on the characters' paranoia over potentially being watched, this shuffle is not shown in the film.

Despite these inaccuracies, Rosenfeld said this is a very powerful film and it just might be one of the most convincing political journalism films ever made.

"No film made about a time period in our country has the respect and admiration that [All the President's Men] does," he said. "There's good reason for that."

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CULTURE

Ironweed House for sale in Slingerlands

Renovated home was once known by local kids as the 'Haunted House'

By MICHAEL HALLISEY
halliseym@spotlightnews.com

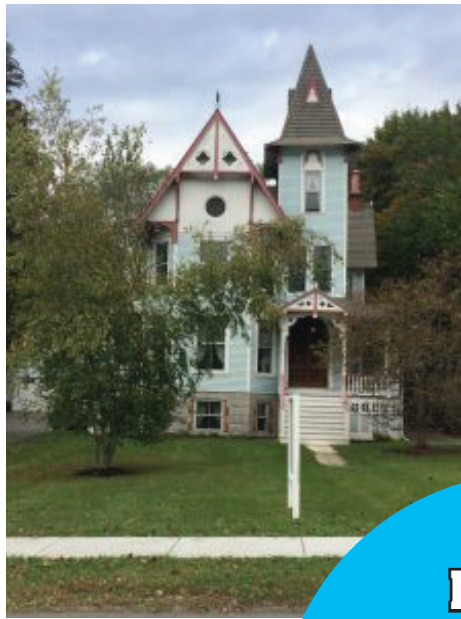
SLINGERLANDS — The New Scotland Avenue home affectionately known as the "Ironweed House" is up for sale.

The 3,179-square foot, three-story home was placed on the market earlier this month through Madison Park Real Estate in Albany for \$599,900.

"I think the whole family's consensus is that it's heartbreaking to see it go," said Peter Tryon, the son of homeowners Marc and Eileen Tyron. Peter said he and his siblings were raised in the Victorian Age home. Now, as his parents' real estate broker, he's tasked with finding a buyer.

"The timing is right. We've all moved out and it's too much house for both of them," he said.

The home is listed on the Slingerlands Historic District map as the "Ironweed House." It's the house that was used to film a scene in the 1987 Jack Nicholson-Meryl Streep film based on the eponymous Pulitzer Prize-winning novel by William Kennedy. Should you watch the movie today, however, you probably wouldn't recognize the house. Susan Leath, Bethlehem's town historian, said the house was chosen by film executives because of the dilapidated state it was in at that time. Prior to use as a movie set, neighborhood



children called it "the haunted house."

Welcome Home, Tyrons

Marc and Eileen Tyron were shopping for a home in 1993 and had been coaxed to see the Ironweed House before "it fell down," Eileen said. For what the mother of then three young children, there was no intention of buying the house. "Not even on the radar," she said. Nonetheless, warnings of the century-old home's condition by others were always

accompanied by wishes for her to see the beauty that remained.

Eileen Tyron remembers the house as a "tree-overgrown property" when she saw it for the first time in 1992. "We went in and looked up at the house, and I could see the upstairs light fixture because the wall was missing," she said. That was her first impression of the home she'd ultimately move her family into. "I'm not seeing what everybody else is telling me," she recalled. Then she walked through the kitchen and into an area off of the living room. It was the only room used in the film that lent the house its new name. Her

eyes were opened by the intricate woodwork of walnut and chestnut originally crafted just a few years removed from the Civil War. "You could just see the love and the work that was put into this house when it was first built."

The Tyrons closed on the house in September 1992 and, after a year of repairs and renovations, moved in one year later. It was during the family's first Christmas that they learned to appreciate their home's place within the community. Eileen recalls seeing flashes of light

"We went in and looked up at the house, and I could see the upstairs light fixture because the wall was missing,"

— Eileen Tyron, homeowner speaking of her first impression of the house in 1992

STAR POWER

Known as the "Ironweed House," as it was used in the filming of the 1987 film based on the Pulitzer Prize-winning novel by William Kennedy.

Photo by Michael Hallisey / TheSpot518

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MUSIC REVIEW

Lettuce's 'Witches Stew'

By ERIN CLARY
nysmusic.com

In the shadows beyond darkness and light, the ghost of Miles Davis begins to take flight. Swirling and blaring a trumpeter we know. A new face in the cauldron begins to show. With funk and synth and guitar riffs anew, out of the fire comes Lettuce's "Witches Stew."

On October 13, just in time for Halloween, funk powerhouse Lettuce will release a new live album that pays tribute to the late Miles Davis, one of the band's biggest and most beloved influences.

"Witches Stew" is Lettuce's eerie and psychedelic take on seven of Davis' songs. As did the breakthrough 1970 album, Bitches Brew, Lettuce pairs their own funky guitar riffs and electronic keyboard with improvisational trumpet and saxophone.

Recorded at the 2016 Catskill Chill Music Festival in Lakewood, PA, the album is a haunting mix of both jazz and funk that breathes new life into Davis' tracks. "Shhh/Peaceful" was released as a single on the 26th anniversary of his death.

A ghostly presence is felt throughout the album allowing the listener to lose themselves in the hypnotic and haunting grooves. A far cry from the days of Rage! and Fly, this album is more exploratory in nature with similarities to their most recent EP Mt. Crushmore.

"Witches Stew" is the perfect soundtrack to a crisp fall night, sure to cast a spell on listeners old and young.

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

The power of music

Diva and The Dirty Boys joined several local bands to play "A Benefit Concert For Richard Abbott on Sunday, Oct. 15, at The Hangar on the Hudson in Troy. The band was joined by Soul Sky, River Junction and Blue Hand Luke in a charity effort to help towards Abbott's kidney transplant.

Photos taken by Amy Modesti / TheSpot518



IN BRIEF

Anthony Fallacaro with Ricky Stein

ALBANY — Anthony Fallacaro will perform with Ricky Stein at the Savoy Taproom on Saturday, Oct. 28 at 9:30 p.m.

Anthony's new album, "Electric City (EP)" was released in April 2016. The new album showcases his fresh, soulful voice and his ability to blend genres with his songwriting. In January 2015, Anthony released the music video for the first single, "I Know You Know." Ricky Stein peddles a fresh brand of Americana and the laid-back traditional/progressive vibe of his hometown. Since moving to New York in August 2016, the guitar-

and-harmonica player has been booked at many of the city's premier venues while expanding his ever-growing catalog of original compositions.

Event is free and open to the public. Savoy Taproom, 301 Lark St., Albany. For more information, call (518) 599-5140.

Nobuntu at UAlbany

ALBANY — Nobuntu will perform at University at Albany Performing Arts Center on Sunday, Oct. 29 at 7:30 p.m.

For information, call (518) 442-3997.

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■ MUSIC REVIEW

Pigeons Playing Ping Pong's 'Pizazz'

By RYAN RANDAZZO
nysmusic.com

Once you fall down the rabbit hole and begin obsessively following the "Jam Scene" you quickly take note of which bands are the real deal and which ones will soon become another fourth-tier festival causality. Since their birth in 2009, Baltimore natives Pigeons Playing Ping Pong have quickly pulled themselves up the ropes and show no signs of slowing down. Progressing from simply a name you saw on the line-up of nearly a dozen festivals and hearing about them for Phish after-shows to headlining their own two-set shows and establishing an obsessive fan-base of their own (often referred to as "The Flock"), PPPP has secured a spot in the rank of bands you absolutely must see if they are within driving distance (eight hours is driving distance... right?). With the release of their new album, "Pizazz" on Oct. 20, the band solidifies that they are here to stay and only getting better with age.

If you've ever been fortunate enough to catch a show, then you

already know how much energy this band has at all times. For the right person, a PPPP show is the equivalent of running a 5K on acid. Prior to your first show I would recommend going to the gym three times that week to prepare for the number of funk-driven convulsions your body will encounter. While it is often difficult to translate what a band can achieve in a live setting to a studio album, "Pizazz" is about as close as it gets. This is the essential "dancing your ass off in the kitchen while cooking dinner and you're so into it you don't even notice your roast has burnt" kind of album. It is genuinely fun, with each track offering a different form of exhilaration to keep the listener engaged. It is often difficult to choose music that satisfies every guest's tastes when throwing a party, but with "Pizazz" you are guaranteed a bridge that will keep everyone satisfied and may even inspire a few hallway dance circles.

The album starts off hot with its first single "Fun in Funk" which epitomizes what the band and album are all about. The lyrics are playful and self-aware, but musically it is clear

that they are not messing around. While "Fun in Funk" has already debuted live, like many other tracks from the album, the studio version is cleaned up and polished while not at all overproduced. The second single "Something for Ya" follows keeping the energy going, but after listening through the album a couple of times you realize that they could have release almost any other song as their second single and it would fit. The album flows like a well-thought out 11-song set. As you reach the end of the final track, the mystical "Poseidon," you have the urge to let out a little yell and clap for a couple of minutes until they come out for an encore. While we will have to wait a bit for the encore, this album is certainly one you will listen to over and over until it comes.

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



For Puerto Rico

The local music scene is coming out in full force to help support the recovery effort in Puerto Rico. Here, the Holly & Evan Band performed at "For Puerto Rico With Love" at The Low Beat on Sunday, Oct. 15. On Friday, Oct. 27, The Egg will host another benefit concert through The Puerto Rico Disaster Relief Team of the Capital Region. See Page B3 for more details.

Photo by Kathy Conway

■ IN BRIEF

"Ghosts of War" at UAlbany

ALBANY — The Griffin Theatre Company will perform "Ghosts of War" at the University of Albany Performing Arts Center on Wednesday, Nov. 1 at 7:30 p.m.

The patriotism following 9/11, the author's experience of enlisting in the Army at the age of 17, the disciplinary harshness of basic training and the stress of combat are explored in this unflinchingly honest portrayal of the war in Iraq.

For more information, call (518) 442-5620.



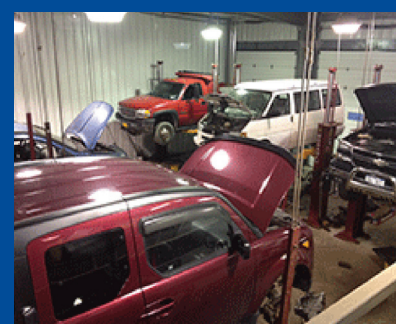
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IN BRIEF

'Bringing Out the Dead' at Page Hall

ALBANY — The New York State Writers Institute will host a screening of "Bringing Out the Dead" at Page Hall on Friday, Nov. 3 at 7 p.m.

Based on the bestselling autobiographical novel of the same name by Joe Connelly, "Bringing Out the Dead" follows a burned-out Manhattan ambulance paramedic working the

graveyard shift at the height of the crack epidemic in the early 1990s as he is haunted by the ghosts of the people he couldn't save.

Free admission and open to the public. Page Hall, 135 Western Ave., Albany. For more information, call (519) 442-5620 or visit <http://www.albany.edu/writers-inst/webpages4/programpages/vws.html>.

Ryan Smithson at UAlbany

ALBANY — Ryan Smithson will visit

the University at Albany Performing Arts Center on Thursday, Oct. 26 at 4:15 p.m.

Smithson is an Iraq war veteran whose highly-praised memoir, "Ghosts of War: The True Story of a 19-Year-Old GI" (2009), is a widely-assigned text at high schools and colleges across the country. Smithson received the Outstanding Master's Thesis Award for his play "Ten Klicks South of Whiskey," which premiered at Averill Park High School in 2015.

Free admission and open to the public. University at Albany, 1400 Washington Ave, Albany. For more information, call (518) 442-5620 or visit <http://www.albany.edu/writers-inst/>.

Doug Wright at UAlbany

ALBANY — "War Paint" author Doug Wright will visit the University at Albany Performing Arts Center on Monday, Oct. 30 at 4:15 and 8 p.m.

Call (518) 442-5620 for information.

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From page B5 ... Cry Cry Cry again

her website for another announcement:
“I’m so excited Dar Williams, Richard Shindell and I are going to do more shows this year and next after 19 long years apart!” she wrote.

The Troy Savings Bank Music Hall is to host Cry Cry Cry on Friday, Oct. 27, as part of a handful of shows the trio has scheduled throughout the Northeast.

Cry Cry Cry will perform selections from their eponymous debut, favorites from each of their individual albums as well as some choice new-to-the-band tunes. The group made its mark uncovering hidden gems, bringing attention to fellow songwriters, and continues that process with these new arrangements of songs composed since 2000.

Each has spoken about their belief in the power of songs and the power in singing in harmony. The timing seems particularly appropriate now.

“We certainly did not expect to be reuniting at this unique moment in time, when people are coming together giving

From page B14 ... Path to success

some success, too. But, that inevitable day comes along when you “slip up.” Next thing you know, you’re beating yourself up for not sticking to it and you give up. Conversely, if we acknowledge we are human and give ourselves the O.K. to have that slip up, we can commit to getting right back on track. Inevitably, we’ll have success.

Now, translate that to other things in life. Maybe there was that dream job you wanted but didn’t apply for because you didn’t think you could get it. Or, perhaps there was that perfect guy or girl for you that you were afraid

voice, partly through music, to what matters and to our collective values.” Kaplansky stated.

Williams added, “When you have a musical bond, it’s like siblings. You are always returning to that unspoken language and understanding. I love Richard’s and Lucy’s voices more than ever.”

to approach because he or she might reject you. We’ve all been there. Guess what? You didn’t get that job or that guy or girl did you? Why?

Because you never took the chance. Your lack of action assured yourself of failure. That my friends is the reality you need to face. Not trying is guaranteeing you to fail.

The fix

In my experience, the best way to approach it is with baby steps. Instead of trying to overcome every fear or challenge, pick one.

It doesn’t have to be the biggest one. It could be the smallest one of all. The old saying “A journey of a thousand miles begins with a single step.” Get the ball rolling and build up the momentum to tackle the next challenge. Whatever that step may be, take it. Otherwise, the only way to truly fail at anything is to not try.

That’s what made this 5K race in Saratoga so amazing. I watched as a member of our fitness family muster the strength to overcome self-doubt, and toed the starting line after having signed up for many such races before, yet never followed through. Not only did she start the race,

she finished it; beating her goal time by several minutes.

She wasn’t alone. Many members of our fitness family achieved personal bests. With it came joy, a feeling of success and perhaps, most importantly, confidence in themselves to overcome their fears and achieve their dreams.

You just have to TRY.

That’s what it’s all about. They took the risk, overcame their fear and just decided to GO FOR IT.

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How about you? Are you ready to achieve your wildest dreams?

Dan Romand is co-owner and trainer at Full Circle Fitness-NY in Albany and Saratoga Springs. He also appears in TheSpot518 as a regular contributor to its Health & Fitness section.

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From page B1 ... Crazy for Moriah

"She was very quiet," Wing said. Her talents on guitar were a secret until the chorus was preparing for a concert. Some of Formica's friends mentioned to Wing that Formica could play "Eye of the Tiger," a song they were rehearsing, on the guitar.

"I asked her if she would be willing to bring her guitar in and play it for us," Wing said. "Her dad brought it in before school and she played it perfectly. She definitely knew what she was doing."

Wing asked Formica to lend her ability at many points after that. Formica accompanied her sixth grade chorus in "Stray Cat Strut," and then sang a "beautiful" rendition of Alicia Keys' "Fallin'." Formica was even asked to sing a solo at her eighth grade graduation.

"I haven't asked many people to [sing solos]," Wing said.

Fast forward to now, and Formica is a strong contender on season 13 of "The Voice." Her blind audition performance of "Crazy on You" by Heart got the attention of all four judges, ultimately earning her a coveted spot on Team Miley Cyrus.

"I chose to play Heart because it is classic rock," Formica said. "One of the reasons why I decided to go on to 'The Voice' is because of the lack of true rock singers. Ann Wilson is one of my favorite

vocalists."

Formica has powered through each week of "The Voice" so far, impressing the judges with her range and vocal control. Despite the success, she's still at Shaker High School, taking classes and moving on with her education.

"I'm truly enjoying all of this, but it's so much work," she said. "I have school all day, but then I come home and there are so many opportunities that I have to address. I don't like ignoring anyone."

Her father and manager, Josh Formica, agrees with her.

"Sometimes it's hard for her. She gets home from school and I have to ask the typical dad questions—'how was your day,' 'did you learn anything,'" he said. "But then I have to follow up with things like 'you have 120 really nice comments that you should probably check out,' or 'we have received an opportunity from here, what would you like to do?' I then have to transition back into dad mode and make sure she's getting her homework done and keeping up with school stuff."

Luckily, Formica said that the school has been supportive of this journey since the beginning. They have helped the tutors get whatever material they needed and made sure that Formica's education stays as steady as possible.

"School definitely gets in the way sometimes, but I could not be more grateful for the support of Shaker and what they've done for me since the beginning," she said.

"Moriah comes alive when she performs. She has that special something that I believe will carry her far and make her dreams come true. I am thoroughly enjoying seeing it happen."

— Camille Wing,
Moriah Formica's
5th grade teacher

North Colonie Central School District Superintendent Joseph Corr said Formica's work ethic is indicative of what the district hopes to instill in its students.

"While Moriah has such tremendous natural talent, I don't think people realize the amount of time and work that goes on behind the scenes. She works so hard and we are very proud of her," Corr said. "We watch 'The Voice' every week and root her on. She's our hometown hero. Watching her perform with such power at only 16-years-old is so inspiring."

Shaker High School Principal Richard Murphy said Shaker has felt the craze around Formica's newfound fame.

"Moriah has always been known for

her voice, so it wasn't a surprise to see this happen," Murphy said. "She is a humble, polite young lady and it's nice to see her get attention. It's created a buzz in our school and it's wonderful."

Formica said her musical influences include Aerosmith, Evanescence, Halestorm and In This Moment. She has met the band members of In This Moment, as well as Lzzy Hale from Halestorm. Formica said Hale was supportive. While she's met a few members of Evanescence, she has yet to meet lead singer Amy Lee. She hopes to meet Steven Tyler someday.

"Aerosmith was my first true love," she said. "My room is called Aeroville because of how many posters I have around."

Although she won't know the results of "The Voice" until the rest of the world does in November, Formica said that a loss will not deter her from making music.

"I will continue doing what I'm doing; I want to make music, perform, release albums," she said. "'The Voice' has given me the exposure that I need to keep going."

And the proudest people of all? The ones who have coached her along the way.

"Moriah comes alive when she performs," Wing said. "She has that special something that I believe will carry her far and make her dreams come true. I am thoroughly enjoying seeing it happen."

Her father agrees.

"She's been performing, and I've been managing her, since she was 12," he said. "Seeing her have this huge stage is incredibly validating and rewarding."



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

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Michael Hallisey / TheSpot518



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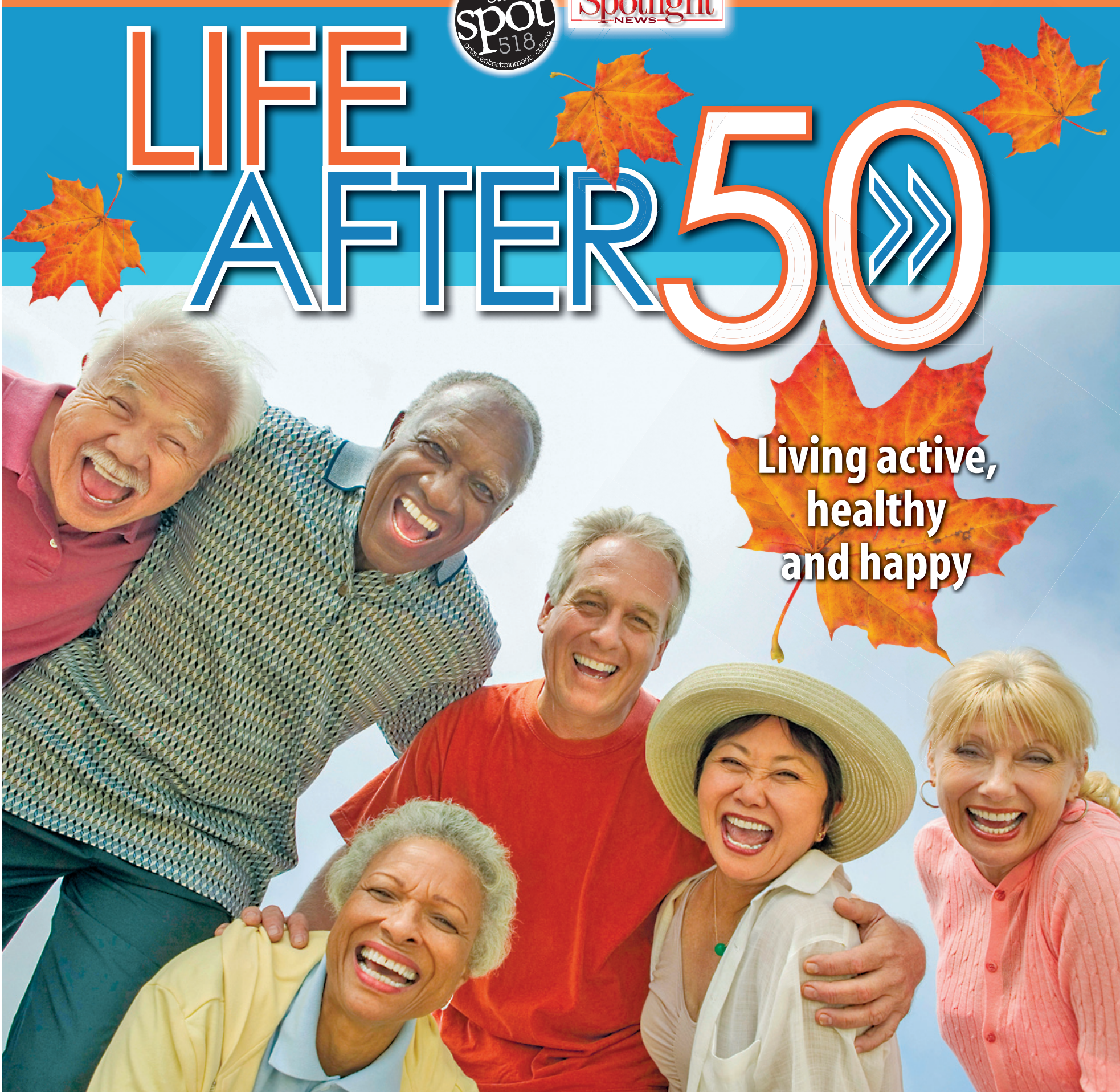
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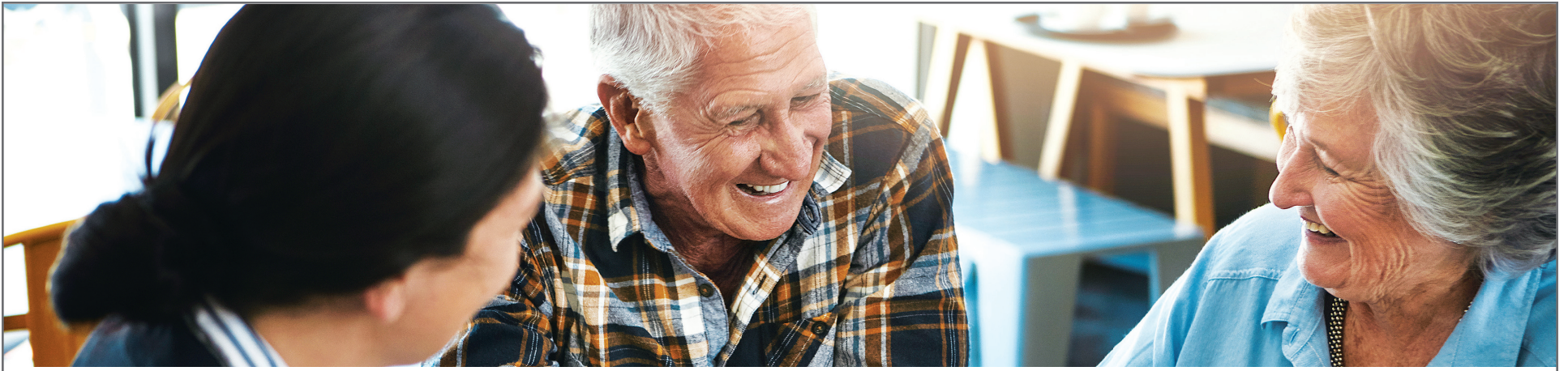
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Common causes of poor vision

Vision loss is a common condition, as the World Health Organization notes that more than 285 million people across the globe suffer some type of visual impairment. Many people can effectively counter their vision problems with prescription lenses, but others may have a more significant issue, such as low vision.

The Kellogg Eye Center defines low vision as a reduced level of vision that cannot be fully corrected with conventional glasses. Those with low vision have some useful sight and are not considered completely blind. However, low vision can interfere with performance of daily activities, and some people with this condition are classified as “legally blind.”

Symptoms of low vision include difficulty recognizing objects at a distance or problems with differentiating colors. Yet, not everyone dealing with these symptoms has low vision. Specialized testing can determine if a person has low vision or another condition.

Many conditions can impact sight and contribute to vision loss. Here’s a look at some of the more common

ones.

- **Glaucoma:** A person with glaucoma may gradually lose peripheral vision. Early symptoms, such as a subtle loss of contrast, may be unnoticeable. Eventually, glaucoma may cause tunnel vision, which occurs when a person can only see through a small window.

- **Macular degeneration:** Macular degeneration is the leading cause of vision loss, affecting more than 10 million people in the United States alone, according to the American



Macular Degeneration Foundation. The AMDF offers that macular degeneration is caused by the deterioration of the retina’s central portion, known as the macula. The macula is responsible for focusing central vision in the eye, and it contributes to one’s ability to read, drive a car, recognize faces or colors and see objects in fine detail.

- **Retinal detachment:** An increase of floaters or sudden flashes of light in vision may be indicative of retinal

detachment or a tear in the retina.

When caught promptly, a detached retina may be repaired. However, if left untreated and the detachment reaches the macula in the center of the retina, vision loss may be irreparable. The National Eye Institute says those with extreme nearsightedness, those who have had cataract surgery or those with a family history of retinal detachment are at a high risk.

- **Diabetic retinopathy:** Blurring or patchy vision loss can be a side effect of high blood glucose levels. Not all people with diabetes will develop vision problems, but it is common enough to warrant attention.

- **Cataracts:** According to The Mayo Clinic, a cataract is a clouding of the normally clear lens of the eye. Cataracts develop when aging or injury changes the tissue that makes up the eyes’ lenses. Clouded vision can make it more difficult to read or drive. Over time, cataracts may obscure vision so much that they require surgical repair.

Routine eye examinations can bring potential vision disturbances to light and facilitate faster treatment. Eye doctors also can make suggestions about lifestyle changes, including the use of optical devices to improve sight.



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According to the American Diabetes Association, as men and women age their risk for type 2 diabetes increases. Diabetes develops when the amount of sugar in a person's blood is too high. When a person has type 2 diabetes, his or her body does not respond to insulin, a hormone that regulates the amount of glucose, a type of sugar, in the blood. Aging makes the body less accepting of sugars, thereby making aging men and women more susceptible to type 2 diabetes. But just because aging is an uncontrollable risk factor for type 2 diabetes does not mean men and women over 50 cannot take steps to reduce their risk. The ADA advises that routine exercise and a healthy diet that is low in saturated and trans fat and moderate in salt and sugar can help men and women stay healthy and lower their risk for type 2 diabetes. A healthy meal plan should include lean protein, non-starchy vegetables, whole grains, healthy fats and fruit.



Did You Know?



Facts about menopause

Some of which potentially surprising

Menopause is a process nearly all healthy women will go through naturally. During menopause, women will begin to experience irregular menstrual cycles to the point where menstruation will cease altogether. WebMD states that most women will enter menopause — marked by not having a period for a duration of one year — on or around the age of 50. Some

women experience menopause in their 40s, while others experience it closer to 60.

Many women find they are apprehensive about menopause, which is one of the biggest hormonal changes women experience. Difficulty understanding menopause may be fueled by misinformation, including misconceptions about this time of life. Becoming educated about menopause can help women alleviate any anxiety they feel.

- Periods largely don't stop overnight. In many cases, a woman entering menopause will not cease menstruating all at

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of Health and Care Excellence recently changed its view of hormone replacement therapy, or HRT, which was once deemed dangerous due to the perception that it increased a woman's risk of developing breast cancer. In its review of the evidence, NICE found that if 1,000 women aged 50 were not undergoing HRT, around 22 would be expected to develop breast cancer over seven years. If the same number were put on combined estrogen and progesterone treatment, there would be around five more cases and the slightly increased risk only lasts as long as women are on the therapy.

Women can get the facts about menopause so they can make smart choices about lifestyle changes and possible treatment options.

once. According to the North American Menopause Society, ovary fluctuations occur gradually. It can take anywhere from three to five years before menstruation fully ceases. As ovary function fluctuates, so do hormone levels. This leads to periods being closer together or further apart, lighter or heavier.

- Weight gain can occur if women let it. Menopausal women may need to reassess their diets and exercise habits. During menopause, ovaries make fewer sex hormones, and one might experience a hormonal imbalance. As a result, the body may respond by trying to protect itself by storing fat, especially around the waist, hips and thighs. Working with a nutritionist and a doctor may help women develop a plan to maintain healthy weights throughout menopause.

- Hormone replacement therapy is an option. England's National Institute

- Everyone doesn't experience the same symptoms. Many women are prone to hot flashes and mood changes, while others may sail through menopause without noticing much difference. It's an unpredictable time of life, and women should adapt as their symptoms appear.

- Intimacy doesn't have to wane. While hormonal changes can affect libido, speaking with a doctor about symptoms, including vaginal dryness, can open up a discussion focusing on solutions.

- Be on the lookout for mental symptoms as well. Changes in emotions, memory and concentration during perimenopause and menopause due to sudden shifts in hormones are possible. Be aware that these conditions may be linked to menopause and that they, too, can be managed.

Menopause is an inevitability for women. By removing the mystery, women approaching and entering menopause can get the understanding and relief they need.



Everyone doesn't experience the same symptoms. Many women are prone to hot flashes and mood changes, while others may sail through menopause without noticing much difference. It's an unpredictable time of life, and women should adapt as their symptoms appear.

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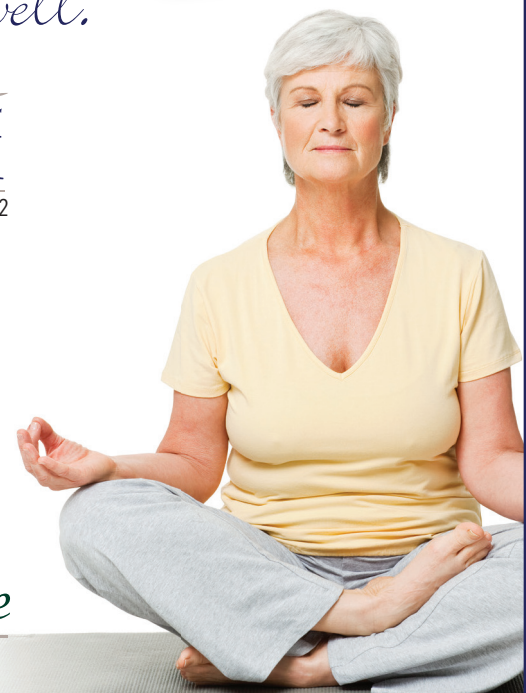
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Eating healthy at 50 and beyond




How many calories should I be consuming?

Women

- **Not physically active:** 1,600 calories
- **Somewhat active:** 1,800 calories
- **Active lifestyle:** roughly 2,200 calories

Men

- **Not physically active:** 2,000 calories
- **Somewhat active:** roughly 2,400 calories
- **Active lifestyle:** roughly 2,600 calories

According to the National Institute on Aging



A conversation about your daily diet should also include tips on how to avoid diabetes. Did you know your risk for type 2 diabetes increases as you age? Go to Page 6 to read more.

A balanced diet is an integral element of a healthy lifestyle for men, women and children alike. But while kids and young adults might be able to get away with an extra cheeseburger here or there, men and women approaching 50 have less leeway.

According to the National Institute on Aging, simply counting calories without regard for the foods being consumed is not enough for men and women 50 and older to maintain their long-term health. Rather, the NIA emphasizes the importance of choosing low-calorie foods that have a lot of the nutrients the body needs.

But counting calories can be an effective and simple way to maintain a

healthy weight, provided those calories are coming from nutrient-rich foods.

When choosing foods to eat, the NIA recommends eating many different colors and types of vegetables and fruits. Phytochemicals are substances that occur naturally in plants, and there are thousands of these substances offering various benefits. The Produce for Better Health Foundation notes that a varied, colorful diet incorporates lots of different types of phytochemicals, which the PBH says have disease-preventing properties.

The NIA also advises that men and women over 50 make sure at least half the grains in their diets are whole grains. Numerous

studies have discovered the various benefits of whole grains, which are loaded with protein, fiber, antioxidants and other nutrients. Whole grains have been shown to reduce the risk for diseases such as type 2 diabetes, heart disease and some types of cancer.

Another potential hurdle men and women over 50 may encounter is a change in their sense of smell and taste. A person's sense of smell may fade with age, and because smell and taste are so closely related, foods enjoyed for years may no longer tantalize the taste buds. That can be problematic, as many people instinctually add more salt to foods they find bland. According to the U.S. Office of Disease Preven-



Counting calories can be an effective and simple way to maintain a healthy weight, provided those calories are coming from nutrient-rich foods. When choosing foods to eat, the NIA recommends eating many different colors and types of vegetables and fruits.



tion and Health Promotion, older adults should consume no more than 1,500 milligrams of sodium per day. That equates to roughly 3/4 teaspoon of salt. Older men and women should resist the temptation to use salt to add flavor to foods, instead opting for healthy foods that they can still smell and taste. In addition, men and women should mention any loss of their sense of smell to their physicians, as such a loss may indicate the presence of Parkinson's disease or Alzheimer's disease.

Maintaining a healthy diet after 50 may require some hard work and discipline. But the long-term benefits of a healthy diet make the extra effort well worth it.

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Part-time consultant work may be just what retirees are looking for to fill their time and earn some extra money

Busy being 'retired'



Did You Know?

Maybe you're thinking about going to college and your friends think you're nuts. The idea isn't as crazy as they think. Many adults aged 50 years and older are going back to college. Did you know you could be eligible for financial assistance? Go to Page 12 to read more about it.

Upon retiring, many newly minted retirees find themselves looking for ways to fill their free time. Hobbies may not take up too much time, and travel can stretch retirees' budgets.

One way that retirees can make great use of their free time and make a little extra money is to find part-time employment. Part-time jobs can help retirees maintain their connections with their communities, whether it's their professional community or the community in which they live, while also providing a sense of purpose. Retirees interested in finding part-time work may want to consider the following jobs.

• **Consulting work:** Many retirees have long résumés, and that experience is still valuable even

after retirement. Consulting firms often hire experienced businesspeople on a project or contract basis, which can be great opportunities for retirees to fill their time



and make sizable amounts of money without having to commit to long-term employment.

• **Teaching:** Retirees can also put their professional experience to work in the classroom. Inquire about teaching opportunities at a nearby university or even the local high school. Such opportunities may only be available on a volunteer basis, but some might pay part-time salaries or small stipends. Either way, many retirees find that working

with young people helps them stay young, and passing on lessons learned to younger generations can provide a strong sense of purpose.

• **Seasonal work:** Seasonal work is another great way for retirees to fill their time and make a little extra money

along the way. Come the holiday season, retirees should have no trouble finding seasonal retail work at their local malls or shopping centers. In warmer months, retirees may find seasonal employment at area beaches, golf courses or parks.

• **Sports teams:** Retirees who live in cities with professional sports teams may be able to find work with their favorite franchise. Professional sports franchises often rely on retirees to staff in-game positions

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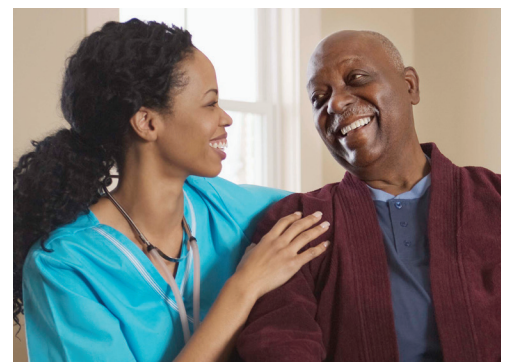
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like ushers and concessions employees, and some may even hire retirees to greet fans. While the pay might not be great, such positions are ideal for retirees who happen to be big sports fans.

- **Crafts:** Retirees with a love of crafting can turn their hobby into income. For example, Etsy.com makes it easy for creative entrepreneurs to post their creations and sell them to buyers all over the globe. Sellers often dictate how quickly they can make and ship products, so retirees need not feel worried about being rushed.

Many retirees still work even after calling it a career, and opportunities abound for men and women looking to fill their time and make a little extra money along the way.



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Men and women over 50 who are considering returning to school may be eligible for financial assistance through various programs. According to the American Association of Retired Persons, older men and women who want to go back to school do not necessarily have to bankroll that expenditure on their own. AARP notes that the Internal Revenue Service offers tax breaks such as the American Opportunity Tax Credit and the Lifetime Learning Tax Credit that older students can take advantage of to lessen the blow of tuition costs, which have risen considerably since today's men and women over 50 were in college. Older men and women may also be able to take advantage of 529 college savings accounts they opened for their children that their kids did not end up needing. AARP also notes that men and women over 50 who want to apply for financial aid must be prepared to enroll in more than one class and in more than just a continuing education program. More information is available at aarp.org.



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Older adults can overcome gym intimidation

Regular exercise and a nutritious diet are two of the best things seniors can do to maintain their health. Exercise can delay or prevent many of the health problems associated with aging, including weak bones and feelings of fatigue.

The Centers for Disease Control and Prevention says a person age 65 or older who is generally fit with no limiting health conditions should try to get two hours and 30 minutes of moderate-intensity aerobic activity per week, while also including weight training and muscle-strengthening activities in their routines on two or more days a week.

Individuals often find that gyms have the array of fitness equipment they need to stay healthy. But many people, including older men and women who have not exercised in some time, may be hesitant to join a gym for fear of

intimidation. Some seniors may avoid machines and classes believing they will not use the apparatus properly, or that they will be judged by other gym members. Some seniors may feel like gyms do not cater to their older clientele, creating an atmosphere that is dominated by younger members and loud music.

Such misconceptions are often unfounded, as many gyms welcome older members with open arms. But even if seniors find gyms intimidating, they should still sign up for memberships. In such situations, the following tips can help seniors shed their fears and adapt to their new gyms.

- Start the process slowly. Shop around for a gym that makes you feel comfortable. Get fully informed about which classes are offered, and the benefits, if any, afforded to older members.

- Get a doctor's go-ahead. Make sure to clear exercise and gym membership with your doctor prior to purchasing a membership. He or she also may have a list of gyms where

fellow senior patients have memberships.

- Build up gradually. Begin with exercises you feel comfortable performing. Spend time walking on the treadmill while observing other gym members. Tour the circuit of machines and other equipment. Find out if you can sample a class to see if it might be a good fit.

- Find a gym buddy. Working out with a partner in your age group may encourage you to keep going to the gym and increase your comfort level. You each can offer support and enjoy a good laugh through the learning process.

- Don't get discouraged. Anyone working out for the first time, regardless of age, will feel somewhat out of place until exercise becomes part of a routine. Give it some time before throwing in the towel. Once you catch on, you may discover you enjoy working out.

- Choose a senior-friendly gym. Some gyms cater to senior members. They may offer "Silver-Sneakers" classes at their facility. Other niche gyms

may only accept members of a certain age group. Investigate these gyms if working out with a younger crowd is proving too great a deterrent.

Fitness is important for healthy seniors. It can prolong life, help seniors maintain healthy weights and reduce their risk of injury.



Seniors can overcome feelings of apprehension about going to the gym.

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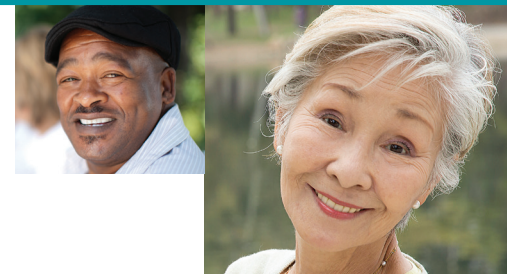
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