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NFWS

Your thoughts?

Bethlehem Central School District wants your help on its stategic planning process.

Story on Page 2

INDEX

Police, courts and calls 3	
Sports	6
Entertainment	B1-B28
Classifieds	B25
Opinion	10
Crossword	B8
Service Directory	R22

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TOP STORY

Knots in the line

Internal disputes evident in Delmar and Elsmere fire districts

By ALI HIBBS

hibbsa@spotlightnews.com

BETHLEHEM — Yesterday's fire district elections proved tense in at least two of Bethlehem's five districts, Tuesday, Dec. 12.

In the Elsmere Fire District, a ballot proposal to build a new station at the intersection of Wemple and Feura Bush roads was contested by those who believe there should be more collaboration with volunteers from the Selkirk and Delmar districts, where both houses have stations within a mile and a half of the proposed site.

A meeting held on December 6 to present the ballot proposal to residents got heated at points, as members of the town's various fire districts voiced their opinions on the matter.

Continues on page 4

ENTERTAINMENT



Can't let it go

Disney on Ice returns to the Times Union Center with 'Frozen!' starting Dec. 14.

Story on Page B1

SPORTS



Last minute shopping

A late offensive run in the last two minutes of the game proves the difference for BC.

Story on Page 6



www.spotlightnews.com **THE SPOTLIGHT** | December 13, 2017

COMMUNITY & COUNTY NEWS

BCSD solicits opinions on district priorities

BETHLEHEM — The Bethlehem Central School District invites community members, parents, staff and students to fill out a survey that will help guide the district's Strategic Planning Committee as it examines Bethlehem's mission and vision and identifies goals and strategies for district decision-making into the next decade.

The committee, which includes administrators, faculty and staff, parents, and representatives from the Board of Education, began its work in September and is expected to complete a five-year strategic plan for the district in early 2019. The group hosted a Community Forum in October, from which the committee developed questions for the community

The 11-question survey – available as an online survey or in paper format — is open to all residents of the school district. The district will collect community survey responses through Friday, Dec. 22. A similar survey is being shared with faculty and staff; students in grades 6-12 will be given an opportunity to complete the survey in school prior to the holiday

Community members, parents and staff can complete the anonymous survey online at the link below or download a paper copy of the survey and return it by mail. Completed paper surveys should be mailed to: Bethlehem Central School

District, 700 Delaware Ave., Delmar, NY 12054.

> According to District Superintendent Jody Monroe, the BCSD Strategic Planning Survey is an important step in the strategic planning process. "There was great discussion

and a good turnout at our Community Forum in October from a wide cross-section of our stakeholders" said Monroe. "Our goal is to reach even more district residents with this quick, anonymous survey that can be completed conveniently at home."

Monroe said survey results will be reviewed by the committee in January and will be released publicly in February.

The Strategic Planning Committee hopes to have drafted a district mission and vision statements by early next year, and specific action plans by next fall.

County Legislature passes \$678.6 million budget

By ALI HIBBS

hibbsa@spotlightnews.com

ALBANY COUNTY —The Albany County Legislature unanimously passed the 2018 budget on Monday, Dec. 4, making it the second unanimously approved budget in the more than two decades that Chairman Sean Ward has been a member of the body. Last year was the first.

After spending weeks making nearly \$2 million in adjustments to the budget proposed by County Executive Dan McCoy in October, county lawmakers voted to approve the \$678.6 million budget after considering three amendments offered by two Republican

The only apparent source of contention in the conversation that led up to the vote were several lines in the comptroller's budget — two new auditor positions for \$40,000/year and 12.4 percent raises for three assistant positions, bringing their annual salaries to more than \$108,000.

Legislator Mark Grimm (R-29), of Guilderland, offered amendments prior to the budget's passage that would have cut the additional positions and reduced the pay raises to the same two percent cost of living increase that other non-union

county employees are receiving, which is the same raise proposed in the county executive's budget.

'There was a part-time auditor position in the comptroller's office that went vacant for over a year," said Grimm. "So the suggestion now that there's a critical need for two auditor positions when there was a vacant position for over a year has little credibility in my view."

The amendment to cut the new positions failed, 25-13, and the amendment to reduce the raises was more narrowly defeated by a vote of 20-18. Legislator Gary Domalewicz (D-10), chairman of the Audit and Finance Committee, which held a series of four budget meetings during which legislators had the opportunity to question department and agency heads about their programs and budget requests, voted against both.

(The legislature did not approve the full 20.3 percent salary increases originally requested by the comptroller's office, which would have brought the three salaries to more than \$115,000 annually.)

"I would just like to say that we've probably had, we did have, the most open and transparent process in the state, any government in the state, as far as this budget," said Domalewicz.



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Welcome, Mackenzie!



www.spotlightnews.com December 13, 2017 | **THE SPOTLIGHT** 3

■ TOWN NEWS

Bethlehem property data recollection begins this month

By ALI HIBBS

hibbsa@spotlightnews.com

BETHLEHEM — This month, the Town of Bethlehem will begin re-collecting residential property data to ensure that the data — e.g., the size and number of structures on a property — used for purposes of tax valuation, which has not been re-evaluated since the early '90s, is accurate.

According to the town, a letter will be mailed to residential property owners where the data collection will take place to announce and describe the project, and to provide a telephone number to call for information. In addition, the town website will be updated with appraiser GAR Associates data collector locations on a regular basis, to provide advance notice of what neighborhoods the collectors will be in.

Data collectors will be starting in North Bethlehem in December, weather permitting. The Bethlehem Police Department, as well as the Assessment Office and the Town Clerk's office, will have a list of authorized data collectors with vehicle identification and all GAR staff will wear clearly visible photo identification at all times.

GAR Associates will also give property owners the ability to receive a call prior to the exterior on-site inspection of their property. Typically this call will occur a couple of days before the inspection and will give the property owner a general window of time in which the inspection will occur. Unless the property owner has called in advance to identify it as a Do Not Enter property, homeowners can expect GAR collectors to knock on the door, have a brief conversation with them if available, and proceed to collect parcel inventory from

the property's exterior — unless the property owner has called in advance to identify it as a Do Not Enter property. GAR's data collector will take a new photo, measure the house and all other structures and, at the conclusion of data collection, correspondence will be sent to property owners allowing them to review and make corrections identifying data discrepancies. A toll free number will be available to property owners throughout the project to obtain information, and the town's website will be updated weekly.

GAR, which was already under contract to do assessment work for the town and the only respondent to a Request for Proposals issued by the town for this project, is expected to complete the revaluation over four years in four regional phases, beginning in North Bethlehem, followed by Old Delmar, Glenmont and, finally, South Bethlehem/Ravena/Coeymans/Selkirk.



GAR Associates will soon be knocking on doors in North

Bethlehem. Photo by Michael Hallisey / Spotlight News

Local waterfront planning process nearing completion

By ALI HIBBS

hibbsa@spotlightnews.com

BETHLEHEM — The Planning Board presented the Town Board with a draft Local Waterfront Revitalization Plan in late November, taking the next steps in a voluntary, state-supported planning process to guide decisions regarding land use, economic development, population growth and environmental conservation along the 10-mile Hudson River waterfront in Bethlehem.

In the proposed draft plan, identified goals include: encouraging new economic activity; improving public access; increasing recreational use of the Hudson River; the protection and restoration of natural resources; evaluation of potentially changing water levels; and attention to climate change and sustainability.

According to Leslie, implementation of the various proposals in the LWRP will take place over time, as other variables fall into place. But he noted that the town already has tools, policies and laws in place to implement many aspects, such as zoning, parkland reservation and flood damage protection. He did point out that the town will need to adopt a "Local Consistency Law," which "identifies the process by which the Town evaluates any applicable action within the WRA for consistency with the LWRP," prior to approval by the Secretary of State.

Prior to submitting the draft LWRP to NYSDOS, the LWRP advisory committee, Planning Department and MJ Consulting will review the summarized input from the public and Town Board members and refine the plan. Another public workshop is also expected.

For more information, visit http://www. townofbethlehem.org/746/Local-Waterfront-Revitalization-Advisory and residents can email comments to LWRP@townofbethlehem.org

Guilderland to begin making video of town meetings available to public

GUILDERLAND — The Town of Guilderland has announced that, as of November, all Town Board, Planning Board and Zoning Board of Appeals meeting videos will now be available for review on the Town's website.

Supervisor Peter Barber and the Town Board have approved a partnership with Earth Channel and Virtual Towns and Schools to provide on-demand video that will adjust for viewing on smart phones, tablets and computers. "The recorded videos will be indexed which will allow a viewer to access video of an agenda item by clicking on

the requested item," said Barber. "As we move forward, recordings of prior meetings, as well as special events, will be added to the video library."

To access the video on demand feature, go to www. townofguilderland.org and click on Minutes and Agendas in the Action Center (on the left). Then click on: View On-Demand Video (View Past Meetings & Events Online).

For more information, please contact Linda Cure, Public Relations Officer, at (518) 456-3150.







THE SPOTLIGHT | December 13, 2017 www.spotlightnews.com

From page 1 ...

Knots in the line

John Brennan, chairman of the Elsmere Fire District Commission, pointed to the amount of residential and commercial development in the southern part of his district — which lies between Haswell Farms and Route 9W — and claimed residential and commercial growth has necessitated the proposed \$1.4 million station. Brennan claims the project will not raise district taxes, as \$1.3 million will be bonded, for which money has already been set aside in the budget to pay principal and interest payments.

The proposed station, which he called "no monstrosity," would be 4,608 square feet and have two truck bays, although it would initially only house one apparatus. A second truck, said Brennan, may be acquired in the future, as deemed necessary by continued growth.

The district published a report earlier this year identifying the area as in need of improvement in "quality level and response time service," and Brennan said that need will only be exacerbated as development

Pointing to a collaborative planning study performed by Manitou, Inc. in 2011, which was commissioned by all five districts, volunteer firefighters opposed to the new building noted that the report recommended consolidating down to two

Though the Manitou, Inc. report states the proximity of Delmar Station #1 to the Elsmere fire house is too close, it remained "adequate." As both houses were recently renovated, there was no suggestion to abandoned either house.

Arlie Hedges, First Assistant Chief of the Delmar Fire District, asked why the proposed building was necessary. "What's your benefit from getting there as opposed to us working together as fire districts and collaborating on expanded mutual aid and reconfiguring response

and running order to your portion of the district to work better with the current mutual aid routines that we have in place? Why aren't we doing that? Because that doesn't cost anyone any money."

While Hedges acknowledged the claim that district taxes would not be affected, he still asked whether \$1.3 million couldn't be put to better

Brennan pointed out that the Manitou study was done six years ago, and said none of the other departments have since reached out to discuss any further expansion of mutual aid. "There have been no discussions," he said. "Now we're planning on building a new fire station to protect our residents and all of the sudden we have new overtures. It's a little late."

Rick Root, Delmar's Second Assistant Chief and a resident of the Elsmere Fire District, said Delmar has attempted to reach out to Elsmere on certain occasions and never received a response. "I don't think you guys did your due diligence enough," he said. "I think you could have done more. We all could do

more together."

Root acknowledged the growth that has occurred in the Glenmont area, but questioned the accuracy of Elsmere's predictions for future growth, saying he doesn't believe town infrastructure would be able to sustain it. He also criticized the district, which claims it's been planning for this for more than three decades, for notifying district residents only weeks before the vote and presenting the proposal only six days in advance.

Delmar

In the Delmar Fire District, Fire Police Captain George Williams is running for commissioner against the daughter of sitting Commissioner Pat Dorsey, Heather Dorsey, to succeed outgoing Commissioner Robert Lemieux.

In an internal letter sent to members of his district, First Assistant Chief Arlie Hedges criticized Commissioner Dorsey for trying to install his daughter "to further a personal agenda against outgoing Commissioner Bob Lemieux" and gain control of the board. He

also claimed Dorsey has plans to install paid fire personnel and do away with the volunteer force.

"Her brief time with the department was not too remarkable and she did not meet any minimum participation requirements after the close of her first year as a member," said Hedges of Heather Dorsey, "she resigned in light of pending suspension from the department."

"George has the leadership experience, knowledge of our operation and genuine love of the Delmar Fire Department that Pat [Dorsey] will never have," he wrote, "nor will any of his cronies.

Commissioner Dorsey subsequently fired off a response to Hedges, stating, "The reasons my daughter is running for commissioner are many, which is her race to speak of, but I will elaborate on a few issues in response to your negligent and misinformed smear email."

Dorsey defended his life in public service; attacked Hedges, as a line officer, for dwindling volunteer numbers in the district; and said that he has no intentions of hiring paid

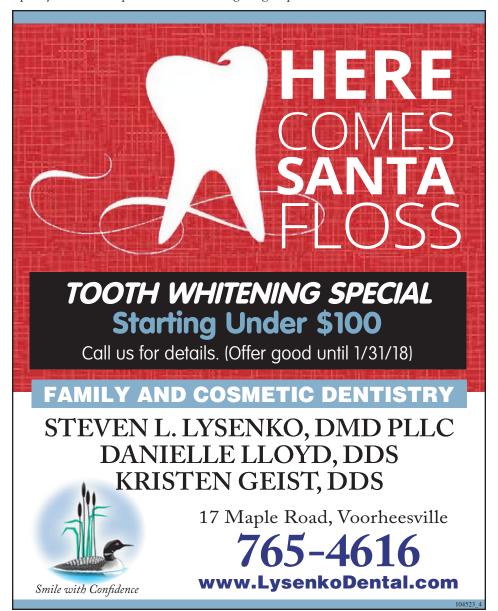
fire officials.

"I will not tolerate you, Arlie, minimizing my dedication to the people of our town," wrote Dorsey.

He then included a description of the powers and duties of fire commissioners in New York state, which can be found under New York Consolidated Laws, Town Law - TWN § 176.

On Sunday, Dec. 10, Heather Dorsey emailed her own response to Hedges, accusing him of misrepresenting her reasons for running. "Not only am I an independent voice concerned with public safety services who once served as a volunteer of the department and as an EMT, I am knowledgeable about local emergency procedures and operations, a local business owner responsible for budgeting and overseeing complex operations, and resident," she said.

Please refer to the Spotlight News website or Facebook page to find the results of last night's elections.



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December 13, 2017 | THE SPOTLIGHT 5 www.spotliahtnews.com

COPS, COURTS & EMERGENCY CALLS

Traffic stop yields DWI

GUILDERLAND — On Sunday, Nov. 26, troopers from New Scotland arrested George Bernhard, 20, of Voorheesville, for a DWI.

While on patrol in the Town of Guilderland, troopers reportedly stopped Bernhard for committing a traffic infraction. Subsequent to the traffic stop, troopers reportedly detected the odor of an alcoholic beverage emanating from the vehicle and administered standard field sobriety tests, which indicated Bernhard was intoxicated.

Bernhard was arrested for DWI and transported to the state police station in New Scotland, where he was allegedly found to have a BAC of 0.20 percent. He was charged with aggravated DWI and released on tickets returnable to the Town of Guilderland Court on Thursday, Dec.

Man charged with aggravated DWI

GUILDERLAND — On Monday, Nov. 27, troopers from New Scotland arrested Kerry Toole, 26, for an alleged DWI.

A trooper was reportedly patrolling the area of Western Avenue in the Town of Guilderland when he observed a vehicle traveling at a high rate of speed. Subsequent to a traffic stop and standard field sobriety tests, the trooper arrested Toole and he was transported to the state police station in Guilderland, where he was reportedly found to have a BAC of 0.21 percent and charged with aggravated DWI.

Toole was processed without incident and released on tickets returnable to the Town of Guilderland Court on Thursday,

Conn. man arrested on rape charges in G'land

GUILDERLAND —

Christopher L. Green, 31, of Hartford, Conn., was



morning of Thursday, Dec. 7, at the Days Inn at 1230 Western Avenue in the Town of

Guilderland, after police were called to investigate a

complaint. The investigation fact that the case is still led officers to arrest Green and charge him with the class D felonies of secondearly on the degree rape and committing a criminal sex act in the second degree, due to the fact that he was found with a companion under the age of 15. He was also charged with endangering the welfare of a child, a class A misdemeanor.

Because of the victims age and nature of this case, and due to the

under investigation, the Guilderland Police Department declined to release further information. There were, however, unconfirmed reports that the minor traveled to New York from Connecticut with Green and was locked outside of his motel room when police were called.

Green was arraigned the same evening in Guilderland Town Court.

NYSP cautions holiday shoppers

NEW YORK — State Police encourage New Yorkers to make safety a priority this holiday season.

"Criminals will look for any opportunity to steal and take advantage of their victims," said Superintendent George Beach II. "...always be aware of your surroundings. Be sure to park your vehicle in a well-lighted, well-traveled area. Always lock your car, and make sure your windows are rolled up and secured. If you see something suspicious, report

it to law enforcement or mall security immediately."

State Police also offered these tips:

- •Shop with a friend or in a group
- •If shopping alone, ask security to escort you to your car
- •Store purchases in the trunk of your vehicle, under a blanket or out of view
- •Do not leave valuables in your car, and
- •Avoid carrying large amounts of cash and keep your money and credit cards in a front pocket

Fugitive from justice arrested in Bethlehem

BETHLEHEM — On Friday, Dec. 1, at about 10:39 a.m., the Bethlehem Police Department arrested Geoffrey S. Wood, 62, of Connecticut, as a fugitive from justice. Officers were called to the area of River and Clapper roads to investigate reports of a suspicious person waving his harms erratically, as if trying to flag passing vehicles. Upon arrival they located Wood and interviewed him, determining that he was wanted by the Danbury Connecticut Police Department on charges of criminal



trespass and criminal mischief.

Wood was arrested and charged as a fugitive from justice. He was arraigned in the Town of Bethlehem Court by Judge Ryan Donovan, remanded to the Albany

County jail without bail, and will appear in Albany County Court at a later date for an extradition hearing.

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December 13, 2017





HIGH SCHOOL SPORTS

Bethlehem boys beat Mohon

BETHLEHEM — The Eagles won a Suburban Council matchup at home on Tuesday, Dec. 5, by going on a 10-2 run in the final two minutes to beat Mohonasen 73-65.

Bethlehem led the entire game, and at one point by as many as 10, but Mohonasen wouldn't go away and tied it up with 2:32 left on the clock.

The Eagles, though, hit 10 for 13 from the line in the fourth quarter to help put the Warriors away.

Bethlehem had five players in double digits, and were led by junior standout Michael Ortale, who had 17 points, including five three pointers. Erik Salo had 14 points and Patrick Ryan had 13, including four threes. Jake and Braden LaClair had a dozen each and together went seven for eight from the line in the fourth quarter.

Will Davis had three points and Eric Signor had two to round out the scoring for Bethlehem.

The Warriors had two with 21 points to lead all scorers – Duncan Tallman and Jalani Abdul-Aziz. Gregory VanEpps chipped in a dozen and Chase Monroe had eight.

— Photos by Jim Franco













G'land girls win at home

GUILDERLAND -

A tough, full-court press and hard-nosed defense, helped the Lady Dutch beat Mohonasen on Friday, Dec. 8, in a game that wasn't as close as the 65-51 score indicates.

Freshman standout Valencia Fontenelle-Posson led Guilderland on offense with a 31-point effort. Six other Guilderland players scored: Gracianna Serravillo had nine points, Jessie Fiori had six, Jamie Golderman and Graycen Dubin had five each, Aysia Pink had three and Empress Lee had two.

Bre Lott led the way for Mohonasen with 19 points while Jordyn Coldwell and Kayla Hopkins had 13 and nine points, respectively. Ava Fasolino chipped in six for Mohon.

— Photos by Jim Franco







The Shaker Invitational

COLONIE — Five schools competed in the 38th Annual Shaker Gymnastics Invitational tournament on Saturday, Dec. 9.

Students from Shaker, Guilderland, Bethlehem, Saratoga and FDR competed in floor exercises and on the uneven bars, the vault and the balance beam.

The top 10 finishers and allaround score are:

- Ava Dallas, Saratoga, 34.95
- Rachel Drislane, Guilderland,
 34.20
- Sophia Damiano, Saratoga,
 33.25
- Shea Thomson, Guilderland,
 2.55
- Brianna Morris, Shaker, 31.90
- Hanna Fraley, Shaker, 31.45
- Molly Russell, Saratoga, 31.20
- Kate Dellaratta, Saratoga, 31.15
 - Alison Gray, Bethlehem, 30.85
- Allison Rem, Guilderland, 30.65

— Photos by Jim Franco







LEGALS

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

10208 SCAGGSVILLE RD ALJ LLC Articles of Organization were filed with the Secretary of State of New York (SSNY) on October

Office location: County of Albany, State of New

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, 50 Chapel Street, Albany, NY 12208

For any lawful purpose. D-168691

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY

10208 SCAGGSVILLE RD RSG, LLC Articles of Organization

were filed with the Sec-retary of State of New (SSNY) on October 26, 2017. Office location: County

of Albany, State of New

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, 50 Chapel Street, Albany, NY 12208 For any lawful purpose.

NOTICE OF LLC

FORMATION 1104 LEXINGTON AV-ENUE LLC. Arts. of Org. filed with the SSNY on 12/01/17. 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, 203 Aldershot Lane, Man-hasset, NY 11030. Purpose: Any lawful purpose. D-170842

NOTICE OF LLC

GRANDVIEW LLC. Arts. of Org. filed with the SSNY on 11/22/17. 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, 21 New Lane, Staten Island, NY 10305. Purpose: Any lawful purpose.

NOTICE OF LLC FORMATION

E. 63RD STREET LLC. Arts. of Org. filed with the SSNY on 11/17/17. Office: Albany County. SSNY designated as agent of the LLC whom process against it may be served. SSNY shall mail copy of process to the LLC, 143 East 63rd Street, New York, NY 10065. Purpose: Any lawful purpose. D-170195

NOTICE OF LLC FORMATION

16 LENOX LLC. Arts. of Org. filed with the SSNY on 11/29/17. 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

LEGALS

LLC, 118 Sanford Street, Brooklyn, NY 11205. Purpose: Any lawful pur-EB-170519

NOTICE OF FORMATION DOMESTIC LIMITED LI-ABILITY COMPANY (LLC).

Name: 2011CentralAvenueAlbany, LLC. Articles of Organization filed Secretary of November 16, Purpose: to engage in any lawful act or activity. Office: in Albany County. Secretary of State is agent for pro-cess against LLC and shall mail copy to 2011-CentralAvenueAlbany, LLC, 920 Poeyfarre Street, PH15, New Orleans, Louisiana 70130. D-169577

NOTICE OF LLC FORMATION

22-19 42 STREET LLC. Arts. of Org. filed with the SSNY on 12/01/17. Office: Albany County. designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o lakovos Soumbasakis, 23-12 36th Street, Astoria, NY 11105. Purpose: Any lawful purpose. D-170783

NOTICE OF LLC

FORMATION 229 WEST 71st STREET, LLC. Arts. of Org. filed with the SSNY on 11/28/17. Office: Albany County. SSNY designated as agent of the LLC whom process against it may be served. SSNY shall mail copy of process to the LLC, 111 Broadway, Suite 901, New York, NY 10006. Purpose: Any lawful purpose. D-170472

NOTICE OF LLC **FORMATION**

3156 EAST TREMONT LLC. Arts. of Org. filed with the SSNY on with the SSNY on 11/17/17. Office: Albany County. SSNY designat-ed as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 3156 East Tremont Avenue, Bronx, NY 10461. Purpose: Any lawful purpose. D-170582

TOWN OF BETHLEHEM Albany County -New York **ZONING BOARD OF** APPEALS NOTICE OF PUBLIC HEARING

Notice is hereby given that the Board of Ap-peals of the Town of Bethlehem, Albany County, New York will hold a Public Hearing on Wednesday, December 20, 2017 at 6:10 PM, at the Town Offices, 445 Delaware Avenue, Delmar, New York, to take action on an application submitted by AJ Sign Company on behalf of Innovative Surface Solutions for an area variance located at 454 River Road, Glenmont. The applicant is proposing signage that does not meet the requirement of the Law Under Article VI, Section 128-59, I and

LEGALS

128-59, K. David Devaprasad Chairman Board of Appeals D-171208

NOTICE OF LLC FORMATION

FORMATION
4708 PARK AVENUE
LLC. Arts. of Org. filed
with the SSNY on
11/22/17. Office: Albany
County. SSNY designated as agent of the LLC whom process against it may be served. SSNY shall mail copy of process to the LLC, 21 New Lane, Staten Island, NY 10305. Purpose: Any lawful purpose.

NOTICE OF LLC **FORMATION**

629 EAST 28TH STREET LLC. Arts. of Org. filed with the SSNY on 11/28/17. Office: Albany County. SSNY designated as agent of the LLC whom process upon against it may be served. SSNY shall mail copy of process to the LLC, 2126 Flatbush Avenue, Brooklyn, NY 11234. Purpose: Any lawful pur-D-170500

NOTICE OF LLC **FORMATION**

817 CLASSON AVENUE LLC. Arts. of Org. filed with the SSNY on 12/01/17. Office: Albany County. SSNY designat-ed as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 138 Union Street, Suite 1B, Brooklyn, NY 11231. Purpose: Any lawful pur-<u>D-1</u>70790

NOTICE OF LLC **FORMATION**

908 19th STREET LLC Arts. of Org. filed with the SSNY on 12/04/17. 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, 2615 West 15th Street, Brooklyn, NY 11214. Purpose: Any lawful purpose. D-170976

NOTICE OF LLC

FORMATION WOODYCREST MEMBER LLC. Arts. of Org. filed with the SSNY on 11/22/17. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o SKF David ment LLC, 38 West 21st Street, 8th Floor, New York, NY 10010. Purpose: Any lawful purpose. D-170419

NOTICE OF LLC FORMATION

AAR LLC. Arts. of Org. filed with the SSNY on 08/16/11. 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, 3061 Brighton 5th 5th Street, Brooklyn, 11235 Purpose: Any lawful purpose. D-170338

NOTICE OF FORMATION OF LLC

Articles of Organization for Al Lam Builders, LLC was filed with the New

LEGALS

York Secretary of State

on April 3, 2014. The office of the company is located in Albany County. The Secretary of State has been designat-ed as Agent upon whom process may be served and a copy of process shall be mailed by the Secretary of State to Allan Lam, 8 Landor Lane, RD #1, Cohoes, NY 12047. Purpose: anylawful activity for which limited liability compa-nies may be formed under New York State Law. The latest date upon which the company is required to be dissolved 1/1/2089. D-171152

Notice of Formation of AEH REALTY LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 10/20/2017. Office location: County of Albany. SSNY is designated as agent of LLC upon whom promay be served. SSNY shall mail copy of process to: 199 Lee Avenue, Suite 807, Brooklyn NY 11211. Purpose: any lawful purpose. D-167787

ANGLO AMERICAN NYC 2 L.P.

Cert. of Limited Partnership filed NY Sec. of State (SSNY) 10/27/2017. Office in Al-bany Co. SSNY desig-nated as agent of LP whom process be served. SSNY upon may shall mail copy of process to 225 5th Ave., Apt. 5J, NY, NY 10010... Name and address of each general partner is from SSNY. Pur-Real Estate. avail. pose: dissolve date Latest 12/31/2095. D-167724

NOTICE OF LLC FORMATION

AVID READER LLC. Arts. Org. filed with the NY on 12/04/17. Of-SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-cess to the LLC, c/o Alicia Devins, 55 Monroe Boulevard, Apartment 6D, Long Beach, NY 11561. Purpose: Any lawful purpose. D-170947

NOTICE OF LLC

FORMATION TERSEA ADVISORY LLC. Arts. of Org. filed with the SSNY on 11/28/17. 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. 11 East 29th Street, Apt. New York, 18C, 10016. Purpose: Any lawful purpose.

Notice of Formation of Foreign qualification BBEW LLC Articles of Org. filed with NY Secretary of State (NY) on 7/26/2017, Albany Co. NY is designated as agent upon whom pro-cess may be served, NY shall mail service of process (SOP) to Registered Agents, Inc. at 90

LEGALS

State St. Albany NY. Registered Agents, Inc. is designated as agent for SOP at 90 State St Albany NY, purpose is any lawful purpose.
D-170539

LEGAL NOTICE

Beacon Colonial I LLC (the "LLC") filed Articles of Organization with the Secretary of State of New York ("SSNY") on 10/18/17. LLC office location: Albany County. The SSNY has been designated as agent of the LLC upon whom process against it may be served. The SSNY shall mail a copy of any pro-Cess serve Corporation cess served to LLC, c/o Service State Company, 80 State Street, Albany, New York 12207-2543. Purpose: any lawful activity. D-169055

NOTICE OF LLC FORMATION

BRACKLEY PROPERTIES 223 LLC. Arts. of Org. filed with the SSNY on 12/05/17. 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, 29 West 36th Street, Suite 1100, New York, NY 10018. Purpose: Any lawful purpose.

Notice of Formation of Limited Liability Company (LLC)

D-171141

Name: Brendan J. Criminal Justice Consulting LLC. Articles of Organization filed with New York Secretary of (SSNY) State on 11/8/17. Office Location: Albany County. SSNY designated as agent of LLC upon whom promay be served. SSNY shall be mailed a copy of process C/O Brendan Cox 30 San-tanoni Dr., Cohoes, NY 12047. Term: Indefinite Purpose: Any lawful act or activity for which limited liability companies may be organized. D-168770

NOTICE OF FILING OF ARTICLES OF ORGANI-ZATION IN NEW YORK BY A PROFESSIONAL LIMITED LIABILITY **COMPANY**

Name: Brittany Fitzmau-N.P. in Adult rice, Health, PLLC. Articles of Organization filed with sec. of state of NY(SOS) on 10/27/14. Office loca-Albany County. is designated as agent of LLC for service of process. SOS shall mail copy of process to 4174 State Route Hoosick Falls, Hoosick Purpose: Any 12090. lawful act or activity. D-167682

BRYANT PROPERTIES, LLC Notice of Formation of Limited Liability

Company Arts. of Org. of Bryant Properties, LLC ("LLC") Brvant filed with Dept. of State of NY on 10/30/17. Office location: Albany County. Sec. of State designated agent of LLC upon whom process against it may be served and shall mail process to: 20 Sycamore St., Apt. 2, Albany, NY

To place your Legal Notice: Call 439-4949

LEGALS

12208, principal business address. LLC does not have a specific date of dissolution. Purpose: All legal purposes. Filer: Lavelle & Finn, LLP, 29 British American Bl., Latham, D. 169100. D-168102

Notice of Formation of C&C ALBANY REALTY LLC, Arts of Org. filed with NY Secy of State (SSNY) on October 19 <u>2017.</u> Office location: Albany County. SSNY is designated as agent of upon whom process against it may be served. SSNY shall mail process to 450 E. Bogert Trail, Palm Springs, CA 92264. Purpose: any lawful activity. D-169277

NOTICE OF LLC FORMATION

C.R. AND ASSOCIATES REALTY LLC. Arts. of Org. filed with the SSNY on 11/17/17. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Christina Rieckehoff, 15 Pelican Road, Hauppauge, NY 11788. Purpose: Any lawful pur-D-170183

CAINE ENTERPRISE LLC Articles of Org. filed NY Sec. of State (SSNY) 11/9/2017. Office in Al-bany Co. SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 207-20 104 Ave., Queens Village, NY 11429. Purpose: Any lawful pur-<u>D-169</u>101

CAPITAL DISTRICT **FAMILY PROPERTIES**

LLC. Arts. of Org. filed with the SSNY on 10/31/17. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Joseph W Lennon, 447 Ontario Street, Albany, NY 12208. Purpose: Any lawful purpose. D-170002

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC) Name: CBR 101, LLC Ar-

ticles of Organization filed with the Secretary of State of New York (SSNY) on 7/18/2017 Office Location: Albany County. The SSNY is designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of any process to the LLC at: 39 Brookman Avenue, Del-mar, NY 12054. Purmar, NY 12054. Purpose: To engage in any lawful act or activity. 167668

CHANGES SALON, LLC NOTICE OF FORMATION OF LIMITED LIABILITY

COMPANY Articles of Organization filed with Secretary of State of New York (SSNY) on November 8, 2017. Office location: Albany County. SSNY is 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 to

LEGALS

Changes Salon, LLC. 510 Old Loudon Road, Cohoes, NY 12047. No registered agent. Purpose: for all legal purposes. D-168869

Notice of Formation of Cinque Chiropractic PLLC, a domestic PLLC. Articles of Organization filed with the SSNY on 10/16/17. Office: Albany County. SSNY designated as agent of the PLLC upon whom process against it may be served. SSNY shall mail copy of process to the PLLC, 252 Union St., Apt1, Schenectady, NY 12305. Purpose: Any lawful purpose D-168331

NOTICE OF LLC FORMATION

ESCAPES REALTY LLC. Arts. of Org. filed with the SSNY on 12/01/17. 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, 44-12 43rd Avenue, Sunny-side, NY 11104. Pur-Any lawful purpose: pose D-170775

LEGAL NOTICE

Colonial I Associates Limited Partnership (the LP") filed Certificate of Limited Partnership with the Secretary of State of New York ("SSNY") on 10/19/17. LP office lo-cation: Albany County. The SSNY has been designated as agent of the LP upon whom process against it may be served. The SSNY shall mail a copy of any process served to LP, c/o Corporation Service Company, 80 State Street, Albany, New York 12207-2543 Name and address of general partner available from SSNY. The latest date upon which the LP is to disis 12/31/2077. Purpose: any lawful activity D-169072

NOTICE OF LLC FORMATION FRESH 62 LLC. Arts.

of Org. filed with the SSNY on 11/17/17. Of-Albany County. SSNY designated as agent of the LLC upon SSNY whom process against it may be served. SSNY shall mail copy of pro-cess to the LLC, c/o S.T. Management Group Inc., 315 Madison Avenue, New York, NY 10017. Purpose: Any lawful purpose D-171174

Notice of Formation of CROWN OF ROSES LLC. Arts. of Org. filed with the Sect'y of State of NY (SSNY) on 11.28.17. 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: Crown of Roses LLC, 122 Old Stage Rd., East Berne, NY 12059. Purpose: any lawful act. C-170180

NOTICE OF LLC **FORMATION**

D'Orsay Condo HoldCo, LLC. Arts. of Org. filed with the SSNY on 11/17/17. Office: Albany County. SSNY designat-

LEGALS

ed as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Friedman LLP, 327 Cen-tral Avenue, Linwood, NJ 08221. Purpose: Any lawful purpose. D-170186

Notice of Formation

of DAA Express Trucking, LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on November 3, 2017. Of-fice location: County of Albany SSNY is design Albany. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of pro-cess to: 90 State St, Suite 700, Albany, NY 12207. Purpose: any lawful purpose. D-169427

Notice of Formation of DANZ DEVELOPMENT I, LLC.

Arts. of Org. filed with the Sect'y of State of NY (SSNY) on 11.02.17. Office location, County of Albany. SSNY has been designated as whom process against it may be served. SSNY shall mail process to: The LLC, 404 N. Pearl St., Albany, NY 12207. Purpose: any lawful act. D-168128

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY

COMPANY (LLC) The name of the LLC is DISORDA INTEG LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on 11/30/2017. The pur-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 107 Lawson Lake Road, Feura Bush, NY 12067. D-170417

NOTICE OF LLC FORMATION AGONFLY TOMP-

DRAGONFLY KINS, LLC. App. for Auth. filed with the SSNY on 11/21/17. Originally filed with Secretary of State of Delaware on 11/15/17. 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, 47 Thames Street, #304, Brooklyn, NY Purpose: Any lawful purpose. D-171138

Notice of Formation

Ellerbe lunlimited, LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York 04/20/2017. Office location: County Albany. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail

copy of process to: 90

LEGALS

State Street, Suite 700, Office 40, Albamy, NY 12207. Purpose: any lawful purpose. D-168746

NOTICE OF LLC FORMATION

EQUITY ACQUISI-TIONS LLC. Arts. of Org. filed with the SSNY on 12/04/17. 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, 9728 3rd Avenue, Suite NY Any Brooklyn, 11209 Purpose: lawful purpose. D-170958

Notice of formation of Equivisble, LLC. Articles of Organization filed with the Secretary of State of New York SSNY on September 20, 2017. Office located Albany County. SSNY has been designated for the service of process. SSNY shall mail a copy of any process served against the LLC to 16 Norwood Albany, Purpose: Any 12208. lawful purpose. D-167691

FIRED UP, LLC Notice of Formation of **Limited Liability** Company

Articles of Organization filed with the Department of State of New York on March 8, 2017. Office location, Albany County. Secretary of State of New York State is designated as agent of LLC upon whom process against it may be served Secretary of State may mail a copy of any process to FIRED UP, LLC, 1760 Central Avenue, Albany, NY 12205. No reported agent.

Latest date of disso-lution of LLC: None. Purpose: All legal pur-D-168805

NOTICE OF LLC FORMATION

FOUR SPOONS, LLC. Arts. of Org. filed with the SSNY on 11/20/17. Office: Albany County. designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-cess to the LLC, 130 Malcolm X Boulevard, #1104, New York, NY 10026. Purpose: Any lawful purpose. D-170199

Notice of Formation

of G&P Endeavors, LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 9/18/17. Office location: County of Albany. SSNY is desig-nated as agent of LLC whom process be served. SSNY shall mail copy of process to: 72 Baker Drive, Gansevoort, NY 12831 Purpose: any lawful pur-

D-167872

Notice of Formation

of Gorlich Partners LLC, a Domestic Limited Liaa Domestic Limited Liability Company (LLC).
Articles of Organization filed with the Secretary of State of New York (SSNY) on 10/05/2017.
Office location: County of Albany. SSNY is des-

LEGALS

ignated as agent of LLC upon whom process may be served. SSNY shall mail copy of pro-cess to: 2728 Thomson Avenue, apt 130, Long Island City, NY 11101. Purpose: any lawful pur-D-170198

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC).

Name: Gramar Partners, LLC. Articles of Organization filed with Secretary of State of New (SSNY) 11/17/2017. Office loca-Albany County. designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: 11 Long Shadow Drive, Latham, New York 12110. Purpose: to engage in any lawful act or activity for which a limited liability company may be formed under section 201 of the Limited Liability Company D-170158

LEGAL NOTICE

GREENYOND LLC, a Foreign Limited Liability Company (LLC). Application for Authority filed with Delaware Secretary of State on: APRIL 6, 2017. It was also registered with : Department of State. Office location: County of Albany. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of pro-cess to: New York Registered Agents LLC @ 90 State Street Suite 700 Office 40, Albany, NY 12207. Purpose: any lawful purpose.

NOTICE OF FORMATION OF Limited Liability Company (LLC) The name of the LLC

GrowRoom Technologies, LLC

2. The date of the filing of the Articles of Organization with the Secretary of State of the State of New York (SSNY) is: 11/14/2017

3. The office within New York State the LLC is located in is Albany County.

4. The SSNY is designated as agent of the LLC upon whom process against it may be served. The post office address to which the SSNY shall mail a copy of any process against the LLC served upon him or her is:

GrowRoom Technoloaies. LLC P.O. Box 218

Feura Bush, New York specific 5. The date upon which the LLC is

to dissolve is: NONE 6. The purpose of the business of the LLC is: Any lawful business of D-169128

NOTICE OF LLC FORMATION

HAI YAN LLC. Arts. of Org. filed with the SSNY on 12/05/17. 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

LEGALS

LLC, 131-05 40th Road, 8S, Flushing, NY 11354. Purpose: Any lawful pur-D-171143

HANDY N HELPFUL LLC,

Arts. of Org. filed with SSNY on 08/21/2017. Office loc: Albany County. SSNY has been designated as agent upon whom proagainst the be served. SSNY mail process to: may shall Double A Property Locating Services, Inc., 90 State St., Ste 700, Al-bany, NY 12207. Pur-pose: Any Lawful Purpose D-168122

Notice of formation of Hurlic Skin LLC.

Articles of Org. filed with the NY Secretary of State (NS) on 9/29/2017, office location: Albany County, NS is designated as agent upon whom\ process may be served, NS shall mail service of process to Registered Àgents Inc. at 90 State Street STE 700 Office 40 Albany NY 12207 purpose is any lawful pur-

D-170063 NOTICE OF LLC

FORMATION IMAGINE PARIS, LLC.
Arts. of Org. filed with the SSNY on 11/29/17. Office: Albany County. designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 41 Union Square West, Suite 1528, New York, NY 10003. Purpose: Any lawful purpose.

NOTICE OF FORMATION of Immaculate Consulting LLC. Art. of Org. filed with the SSNY on 11/15/17. Office: Albany County. SSNY designated as agent of the LLC whom process against it may be served. SSNY shall mail copy of process to the LLC, 153-. 50 89th Ave #633, Jamaica N.Y. 11432. Purpose: Any lawful pur-

D-169544

INDEPENDENT INTELLIGENCE, LLC.

Foreign registration filed with the SSNY on 10/16/2017. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copies of process to the LLC, 90 State St., Suite 700, Office 40, Albany, NY 12207, or principal address, 9034 San Leandro Dr., Dallas, TX

NOTICE OF LLC FORMATION

JAF ASSOCIATES, LLC. Arts. of Org. filed with 22 IN A ON 11/22/17 Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Daniels Norelli Scully & Cecere, P.C., 272 Duffy Avenue, Hicksville, NY 11801. Purpose: Any lawful purpose. D-170293

LEGALS

NOTICE OF FORMATION

OF LIMITED LIABILITY

COMPANY (LLC)
The name of the LLC
is JAIDEEP LLC. The Ar-

ticles of Organization of

the LLC were filed with

the NY Secretary of State on October 12,

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 222 Sand

Creek Road, Albany, New York 12205.

NOTICE OF LLC

FORMATION

JOSHUA TREE COMMUNITY ARTS, LLC. Arts. of Org. filed with the

SSNY on 11/30/17. Of-

agent of the LLC upon

whom process against it

may be served. SSNY

shall mail copy of pro-cess to the LLC, 99

NY 11237. Purpose: Any

lawful purpose.

D-170671

Albany County. designated as

Avenue, Brooklyn,

County.

D-169249

fice: SSNY

Scott

The purpose of

Harrison,

DOMESTIC LIMITED

Name: Ext., Albany, NY 12203. D-170047 NOTICE OF FILING OF

LIABILITY COMPANY

activity

NOTICE OF FORMATION OF A DOMESTIC LIABILITY COMPANY

(LLC)
The name of the LLC is
JVG HOLDING COMPANY LLC. The Articles of
Organization of the LLC were filed with the NY Secretary of State on 11/9/2017. The purpose of the LLC is to engage in any lawful act or activity. The office of the LLC is to be located in The office of the 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-168755

Notice of formation of Domestic Limited Liability Company of KA Woolworth Building,

LLC. Articles of Org. filed with NY Secretary of State (NS) on 11/08/2017, oflocation: Albany County, NS is designated as agent upon whom process may be served. NS shall mail service of process (SOP) to KA Woolworth Building, LC @ 9 Ponderosa Dr, Clifton Park, NY 12065. Purpose: any lawfull act or activity. D-170137

NOTICE OF LLC FORMATION

LANBERN INVEST-MENTS LLC. App. for Auth. filed with the SSNY on 11/22/17. Originally filed with Secretary of State of Delaware on 09/11/17. 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

LEGALS

LLC, 30 Bates Road, Purpose: Any lawful pur-D-170288

NOTICE OF FORMATION LIABILITY COMPANY

(LLC). LDFT VI LLC. Articles of Organization filed with NY Secretary of State, October 23, 2017. Purpose: to engage in any lawful act or activity. Office: in Al-bany County. Secretary of State is agent for process against LLC and shall mail copy to 302 Washington Avenue

ARTICLES OF ORGANIZATION IN NEW YORK

Name: Lia Group Services LLC. Articles of Organization filed with sec. of state of NY(SOS) on 11/10/17. Office location: Albany County. SOS is designated as agent of LLC for service of process. SOS shall mail copy of process to c/o Lia Auto Group, 1258 Central Avenue, Albany, NY 12205. Pur-Any lawful act or D-168974

Notice of Formation of LMH Enterprises, LLC. Articles of Organization filed with SSNY on 11/15/2017. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 16 Douglas Rd., Delmar NY 12054. Purpose: any lawful activity.

NOTICE OF LLC FORMATION

D-170132

M2M PROPERTIES LLC. Arts. of Org. filed with the SSNY on 12/04/17. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-cess to the LLC, c/o Mohammad Khan, 146-06 Hawthorne Avenue, Flushing, NY 11355. Purpose: Any lawful purpose. D-170968

Notice of Formation

of Maestro Snow and Lawn Services LLC, a Domestic Limited Liability Company (LLC). Arti-

cles of Organization filed with the Secretary of State of New York State of New York (SSNY) on 11/02/2017. 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: 17 Harold Ave Latham NY, 12110. Purpose: any lawful pur-

D-169006 Notice of Formation

of Magnolia Chiropractic PLLC, a domestic PLLC.
Articles of Organization
filed with the SSNY on
11/03/17. Office location: Albany County.
Pagistrated Agents Inc. Registered Agents Inc. designated as agent of the PLLC upon whom process against it may be served. SSNY shall

To place your Legal Notice: Call 439-4949

LEGALS

mail copy of process to 90 State St STE 700 Of-fice 40, Albany NY 12207. Purpose: Any lawful purpose. D-170850

Notice of Formation of Limited Liability

Company (LLC)
Name: MARTA'S DIAMOND ESTHETICS, LLC. Articles of Organization filed with Secretary of State of New (SSNY) on October 27, 2017. Office Location: 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. 34 Broadway, Latham, New York 12110. Purpose: Any lawful purpose. D-168501

NOTICE OF LLC FORMATION

METRO 35 LLC. Arts. of Org. filed with the SSNY on 11/17/17. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o S.T. Management Group Inc., 315 Madison Avenue, New York, NY 10017. Purpose: Any lawful pur-D-171177

NOTICE OF LLC FORMATION

MJG & BG LLC. Arts. of Org. filed with the SSNY on 12/05/17. Office: Albany County. Latest date to dissolve: 12/31/2099. designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Lawrence P. Giardina, Esq., 8212 Third Avenue, 11209. Brooklyn, Purpose: Any lawful purpose. D-171148

NOTICE OF FILING OF ARTICLES OF ORGANI-ZATION IN NEW YORK BY A LIMITED LIABILITY COMPANY

Name: MNM Realty Albany Associates LLC. Articles of Organization filed with sec. of state of NY(SOS) on 11/21/17. Office location: Albany County. SOS is designated as agent of LLC for service of process. SOS shall mail copy of process to 210 47th St #1C, New York, NY 10017. Purpose: Any lawful act or activity. D-1<u>69817</u>

NOTICE OF LLC FORMATION

MOCHITA, LLC. Arts. of Org. filed with the SSNY on 11/22/17. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Serpico, Serpico & Siddiqui P.C., 16 Court Street, Suite 2000, Brooklyn, NY 11241. Purpose: Any lawful purpose. D-170295

NOTICE TO BIDDERS

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Bethlehem hereby invites sealed bids for year-round e-waste recycling services from

LEGALS

the Town's Rupert Road Transfer Station, twice annual_collections at the Town Is Highway Garage

Bids will be received up to 11:00 a.m. on the 3rd day of January, 2018 at which time such bids will be publicly opened and read aloud the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Nanci Moguin, Town Clerk, Town of Bethlehem, 445 Delaware Avenue, Del-445 mar, New York 12054. Bids shall be in sealed envelopes which shall bear, on the face thereof, the name and address of the bidder and the subject of the bid. ORIGINÁL AND ONE COPY of each shall be submitted. Bid documents may be obtained at the Bethlehem Town Clerk's Office, Delaware Avenue, Del-

mar, NY 12054. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem. Purchasing Division.

The Town Board reserves the right to waive any informalities in or to reject any or all bids.
BY ORDER OF THE
TOWN BOARD
OF THE TOWN OF BETH-NANCI MOQUIN TOWN CLERK Dated: December D-171181

NOTICE TO BIDDERS

NOTICE IS HEREBY GIVEN that the Town of Bethlehem hereby invites sealed bids for the Town of Bethlehem Wastewater Treatment Plant for a Sludge Pump

. The Town of Bethlehem reserves the right to allow all municipal and not for profit organizations authorized under the General Municipal Laws of the State of New York, to purchase any goods and/ or services awarded as a result of this bid in accordance with the latest amendments to NYS GML 100 through 104. However, it is understood that the extension of such contracts are at the discretion of the vendor and the vendor is only bound to any contract between the Town of Bethlehem and the vendor. Additionally, the Town of Bethlehem reserves the right to purchase any goods or services included as part of this bid from any means legally available to it at any

up to 11:30 am. on the 22cd. day of December, bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Del-mar, New York. Bids shall be addressed to Ms. Nanci Moquin, Town Clerk, Town of Bethlehem, 445 Delaware Avenue, Del-mar, New York 12054. Bids shall be in sealed envelopes, which shall

Bids will be received

LEGALS

bear, on the face thereof, the NAME AND AD-DRESS OF THE BIDDER AND SUBJECT OF THE ORIGINAL AND ONE COPY of each bid shall be submitted

Bid documents may be obtained at the Bethlehem Town Clerk□s Office, 445 Delaware Avenue, Delmar, 12054. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem. org Purchasing Division.

The Town Board reserves the right to waive any informality in the bid and/or to reject any or all bids.

BY ORDER OF THE TOWN BOARD OF THE TOWN OF BETH-NANCI MOQUIN TOWN CLERK

D-171128 NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY

(LLC)
The name of the LLC is Out Of The Park Softball Training Center LLC. The Articles of Organization of the LLC were filed with the NY Secretary of State on 12/4/2017. The purpose of the LLC is to engage in any lawful act or ac-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 104 Sand Pine Lane, Albany, NY 12203. D-170758

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY.

Name: PraPri Consulting LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 11/29/16. Office loca-tion: Albany County. SSNY has been desig-nated a great of the nated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to the LLC, 53 Preston Dr, Co-hoes, NY 12047. Purpose: For any lawful pur-D-170620

NOTICE OF LLC **FORMATION**

RABIN-HARRIS HOLD-INGS LLC. Arts. of Org. filed with the SSNY on 11/28/17. 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, 229 Chrystie Street, Apartment 615, New York, NY 10022. Purpose: Any lawful purpose. D-170461

NOTICE OF LLC

FORMATION RAYLEE ENTERPRISE LLC. Arts. of Org. filed with the SSNY on 11/20/17. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of

December 13, 2017 | THE SPOTLIGHT 9 www.spotlightnews.com

OBITUARY

Geurtze, John B.

SELKIRK - John Becker Geurtze, 88, passed away peacefully on Friday, December 1, 2017, at his home on Woodridge Farms (The Property).

John was born in Albany on May 4, 1929, the son of the late Harold H. and Ruth Rose Geurtze. He was a graduate of Bethlehem Central H.S. Class of 1947, received an Empire Farmer Degree in 1947 and attended Cornell University - School of Agriculture from 1948-1950. He was a Boy Scout in his youth, and established Woodridge Farms at age 14. Farming was John's life. In 1951, John went to Germany as an International Farm Youth Exchange Delegate. Over the years he held many positions, serving as New York Farm Bureau Director for six years, President of the Albany County Farm Bureau for three years and Director of NYS Pork Producers Council. He raised registered Yorkshire swine from 1961 to 1986 and also raised pigs used for heart research for the Albany Medical Center Pathology Dept. In 1954, John established Geurtze BBQ which is still operated today by his family.

John was very active civically, as well. As a youth



John B. Geurtze

and adult, he was a member and leader with 4-H, receiving its NYS Poultry Person of the Year award in 1947, and serving on the 4-H Extension Service Committee from 1952-1969. John served three terms on the Town Board for the Town of Bethlehem, and as a Town of Bethlehem Committeeman, representing the Elsmere and Glenmont areas. He worked as director of field operations for the Town of Bethlehem Public Works, secretary of Water District #1 Board of Commissioners and Chairman of Adirondack Water Works. He was a

longtime member of the Delmar Kiwanis Club, 60+ years, and served as president in 1960 and 1991. He also served 20 years as an Army Reservist.

John is survived by his children, John B. Geurtze, Jr. (Theresa), Gretchen Geurtze, Elisa Peters (Joseph) and Sara Geurtze; stepsons, E. Daniel Wakeman (Micki) and William S. Wakeman (Cindy); ten grandchildren, fourteen great-grandchildren and several nieces and nephews. John was predeceased by his wife, Kay Keel Geurtze, brother, Harold H. Geurtze, Jr., and sister, Jayne Geurtze Clarke. The family would like to thank the doctors and staff at Albany Medical Center D-5, John's caregivers, Bruce, Joleen and Deb, and special friend, Barry Joslyn, for all of their help.

A memorial service was held at 1 p.m. on Saturday, December 9, at Woodridge Farms, 939 Route 9W, Selkirk. In lieu of flowers, contributions in John's memory may be made to Delmar Kiwanis Foundation, P.O. Box 121, Delmar, NY 12054.

www.applebeefuneralhome.

IN BRIEF

INSIGHT with John Batise

LATHAM — John Batiste will give a members only presentation to members of the Capital Region Chamber at The Century House on Thursday, Dec. 14, from 7:30 to

Batiste, a retired U.S. Army officer after 31 years of service, co-founded Batiste Leadership, where he focuses on serving as president and CEO of

multiple businesses. He will share his tips on finding the right team, leadership principles, setting goals, and staying focused.

Tickets are \$32. For more information, call (518) 431-1400, or visit www.capitalregionchamber.org.

The Century House is located at 997 New Loudon Rd. in Latham.

Workshop on project management strategy

COLONIE — The Tech Valley Nonprofit Business Council of the Capital Region Chamber Foundation will present a program about productivity on Thursday, Dec. 14, from 8 to 10 a.m.

This program is designed to help non-profit organizations increase their productivity and get the most out of the resources they have available. It will teach things like how to do more with less, reduce "scope creep" in projects, limit cost overruns, reduce risks and surprises,

identify project procedures and improve processes, and establish project management standards for future projects. The event will be led by Mary Beth Imbarrato of MBI Consulting, LLC.

Tickets are \$25 for members and \$40 for non-members. For more information, call (518) 431-1400, or visit www.capitalregionchamber.org.

The Capital Region Chamber is located at 5 Computer Dr. in Colonie.

Early-historic social networks in Iroquoia

ALBANY – The New York State Museum will host a lunchtime talk about pre-contact and early-historic social networks in Northern Iroquoia on Tuesday, Dec. 19, from 12:10 to 12:30 p.m.

Dr. John P. Hart will discuss how recent discoveries relating to Iroquoian pottery is helping researchers gain a better understanding of Iroquoian social interactions in New York and southern Ontario. The presentation will be followed by a brief Q & A period.

Admission is free. For more information, call (518) 474-0575, or visit www.nysm.nysed.gov.

The New York State Museum is located at 222 Madison Ave. in Albany.

LEGALS

process to the LLC, c/o Band, Rosenbaum Martin, P.C., Certified Public Accountants, 440 Mamaroneck Avenue, Suite 508, Harrison, NY 10528. Purpose: Any lawful purpose. D-170200

Notice of formation

of Ross and Fifth Press. LLC, a domestic Limited Liability Company(LLC). Articles of Organization filed with the Secretary State of New York (SSNY) on date September 26, 2017. Office location of Albany New York. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to 1488 Deer Park Avenue #289 Babylon Purpose: lawful purpose. D-167729

NOTICE OF LLC FORMATION

SB EQUITY GROUP LLC. Arts. of Org. filed with the SSNY on 12/01/17. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-cess to the LLC, 347

LEGALS

Pleasant Avenue, Suite 1A, New York, 10035. Purpose: lawful purpose. D-170777

ignated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, One Commerce LLC, One Commerce Plaza, 99 WASHINGTON Ave., STE 805-A BANY, NY 12210. Purpose: Any lawful purpose. D-169623

NOTICE OF LLC FORMATION

SOX PLUS LLC. Arts. of Org. filed with the SSNY on 12/04/17. Latest date to dissolve: 12/31/2070. 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, 418 Quentin Road, Brooklyn, NY 11223. Purpose: Any lawful purpose. D-171040

Notice of Formation STREAMBURG IN-Any TERNATIONAL Arts. of Org. filed with the Sect'y of State of NY (SSNY) on 11.08.17. Office location, County of Albany. SSNY has NOTICE OF LLC FORMATION SKIP FITNESS, LLC Art. Of Org filed with SSNY on 5/10/17. Office: Al-bany County. SSNY desdesignated as been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: c/o SATEC, Inc., 10 Milltown Court, Union, NJ 07083. Purpose: any lawful act

Notice of qualification of Summit Technical Solutions, LLC.

lawful act.

D-168747

LEGALS

Application for Authority, filed with the NY Secretary of State (NS) on 9/1/2011, Formed in NV. Office Location: Albany County. NS is designated as agent upon whom NS shall mail service of process (SOP) to NW Registered Agent LLC @ 90 State Street Suite 700 Office 40, Albany, NY 12207, NW Regis-tered Agent LLC is designated as agent for SOP at 90 State Street Suite 700 Office 40, Albany, NY 12207, purpose is any lawful purpose. D-168313

LEGALS

NOTICE OF FORMATION OF PROFESSIONAL SERVICE LIMITED LIABILITY COMPANY

Name: The Piscitelli Law Firm, PLLC. Articles of Organization filed with the NY Department of State: October 31, 2017. Office Location: Albany County. NY Secretary of State (SOS) is designated as agent of PLLC for service of process. SOS shall mail copy of pro-cess to: 595 New cess to: 595 New Loudon Road, Suite 207, Latham, NY 12110. Purpose: The practice of law and any lawful act or activity. D-168204

NOTICE OF FORMATION of Limited Liability

Company ("LLC")
Name: The Sap Bucket
Properties, LLC Articles of Organization filed with the Secretary of State of 9/22/2017 Office Location: Albany County. The 'SSNY" is designated as agent of the "LLC" upon whom process against it may be served. "SSNY' shall mail a copy of any process to the LLC at: 191 Maple ave. Selkirk, NY 12158 Purpose: To engage in any lawful act or activity. D-168944

LEGALS

NOTICE OF PLLC **FORMATION**

THERALYMPIC SPEECH THERAPY PLLC. Arts. of Org. filed with the SSNY on 11/17/17. Office: Albany County. SSNY designated as agent of the PLLC upon whom process against it may be served. SSNY shall mail copy of process to the PLLC, 172 Avenue B, Holbrook, NY 11741. Purpose: For the practice of the profession of Speech Language Pathology D-170187

NOTICE OF LLC FORMATION

TOMA REALTY, LLC.
Arts. of Org. filed with
the SSNY on
04/28/1999. Office: Albany County. SSNY designated as agent of the ignated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 95 Morton St, Grd FIr, New York, NY 10014. Purpose: Any lawful purpose. D-170418

Notice of Formation of TREPS JOURNEY, LLC, a Foreign Limited Liability Company (LLC) formed in DE. Application for Authority filed with the Secretary of State of New York

LEGALS

(SSNY) on 10/26/2017. Office location: County Albany. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: 4 Cushing Hingham, Street, 02043. Purpose: lawful purpose. D-16829

NOTICE OF LLC FORMATION

LLC. Arts. of Org. filed with the SSNY on 11/22/17. Office: Albany County. SSNY designated as agent of the LLC whom process upon against it may be served. SSNY shall mail copy of process to the LLC, c/o Lorelei Partners, 1780 Green Bay Road, Suite 205, Highland Park, IL 60035. Purpose: Any lawful purpose. D-170298 Notice of formation

of Foreign qualification WEBB Rentals LLC Arti-cles of Org. filed with NY

Secretary of State (NY) on 7/26/2017, Albany Co. NY, is designated as agent upon whom process may be served, NY shall mail service of process (SOP) to Registered Agents, Inc. at 90 State Št. Álbany NY. Registered Agents, Inc

LEGALS

is designated as agent for SOP at 90 State St. Albany NY, purpose is any lawful purpose. D-170538

TOWN OF BETHLEHEM Albany County -New York ZONING BOARD OF AP-PEALS 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, December 20, 2017 at 6:00 PM, at the Town Offices, 445 Delaware Avenue, Delmar, New York, to take action on an application from Elsmere Fire District, for the construc-tion of a satellite fire station proposed on Fire District property located on Wemple and Feura Bush Roads, Glenmont (97.00-1-16.2). suant to Zoning Law Article X, Section 128-90 (B) the Zoning Board of Appeals is to apply the "Balancing of Interests" test when determining the applicability of the Zoning Law to quasipublic projects and, if said provision is applicable to this project, make a determi-

LEGALS

nation as to whether the project is to undergo site plan review David Devaprasad Chairman **Board of Appeals** D-171210

Notice of Formation of WEST ELMIRA LLC. Arts of Org. filed with NY Secy of State (SSNY) on November 10, 2017. Of-fice location: Albany County. SSNY is desig-nated as agent of LLC upon whom process against it may be served. SSNY shall mail process to c/o Dawn Homes Management, LLC, 20 Corporate Woods Blvd., 5th Fl., Albany, NY 12211. Purpose: any lawful activity. C-169278

NOTICE OF LLC FORMATION

ZH PROPERTIES LLC. Arts. of Org. filed with Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of pro-cess to the LLC, One Chatwsworth Avenue, Post Office Box 776, Larchmont, NY 10538. Purpose: Any lawful pur-D-170190



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EDITORS: Michael Hallisey@mh_Spotlight

December 13, 2017



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Read letters, editorials and guest opinions online at www.spotlightnews. com/news/opinion.

OPINON EDITORIAL

"Tax Reform: A Stocking Full of Coal"

The following Op-Ed piece is submitted by New York state Assemblymember Patricia Fahy (D-109) in opposition to proposed tax reform legislation. Both the House of Representatives and Senate each passed legislation to reform federal taxes. There must now be a reconciliation between both houses before any changes are to be made to tax law.

ews from Washington worsens daily, especially for our pocketbooks, as President Trump and Congressional leaders railroad through the so-called 'tax reform' bill into law. Sadly, instead of helping hardworking families, the plan will balloon the deficit to the tune of \$1.5 trillion, while benefiting the wealthiest and giant corporations at the expense of everyone else, including whole swaths of the Capital Region.

When families do their taxes and discover they owe hundreds or thousands more, it will cause undue financial pain for seniors and the middle class. New York would see 1.6 million taxpayers in the

bottom 80 percent of income earners pay more in taxes by 2027 under the House bill, with even more families negatively affected by the Senate version of the bill. More than 62 percent of the Senate bill's tax benefits would go to only the top 1 percent of income earners!

One of the most detrimental impacts comes from the proposed reduction of the State and Local Tax Credit (SALT). Governor Cuomo could not be more correct in calling the planned reduction of SALT a "gut-punch" to New York's middle-class. Over three million New Yorkers claimed an average deduction of more than \$21,000 in 2014. The nonpartisan National Association of Realtors estimates this could reduce the value of homes in New York by a whopping average of 10 percent. The bill also eliminates the Historic Preservation Tax Credit, which has been instrumental to the revitalization of downtown Albany and Troy, as well as countless "main streets" throughout our towns, region, and state.

In the Capital Region, where the

largest economic sectors aside from state government are healthcare and higher education, this bill would be particularly devastating. The House bill would cut \$1.7 billion in Medicare funding from New York next year, and increase the state's uninsured population by close to one million people by 2019, dramatically swelling healthcare costs for the state and for patients. More than 450,000 New Yorkers claimed an average of \$9,800 in medical expense deductions in 2014, which simply would be eliminated under the plan.

The plan would also count tuition waivers given to most graduate students as income, nearly doubling their tax liability overnight, severely crippling the ability of many colleges and universities in our region to attract graduate students. Even worse, over 780,000 New York taxpayers claimed an average of \$1,100 dollars in student loan interest deductions, yet another a deduction eliminated under this plan.

Once you take a close look at the

details of this tax plan, it becomes clear just how much the wealthiest benefit while the majority of families I represent do not. It is heartless to tell a teacher they can no longer get a tax deduction for buying extra school supplies, or to tell a new homeowner they can no longer deduct the interest they pay on their mortgage, or the recent college grad drowning in student loan debt, 'sorry, you can't deduct the interest you pay.' The deductions that families depend on and routinely use here in Albany County will disappear and harm the revitalization of our communities in order to help pay for a huge corporate tax cut.

I could not be more opposed to this stocking full of coal for the Capital Region delivered just in time for the holidays. Let's be clear: this plan pits the uber-rich against the rest of us – and the wealthiest win.

Assemblymember Patricia Fahy 109th District Representing Albany, Bethlehem, Guilderland and New Scotland

LIBRARIES AND SENIORS

BPL asks patrons to preview research databases

he library periodically has the opportunity to test drive some of the databases we are considering for our Research webpage, and we'd like to pass that opportunity along to you. We've created a page on our website that features free demos of the databases we are currently previewing. The demos are active



for a limited time, with new ones being added when they are available. Find them here: www. bethlehempubliclibrary.org/ database-demos.

Currently, we are previewing Music Online, which provides streaming

video, audio, and curated full-text with cutting-edge online tools to support the way people research, learn, and teach in virtually every discipline.

Please consider checking out what is being offered and providing some feedback using the online form on the same page. Your answers will help us provide the research tools that matter to you.

BCN-TV now on Spectrum 1301

Public access station BCN-TV can now be found on Spectrum Channel 1301 as a result of the cable company's move to 100 percent digital.

For Verizon FiOS customers, BCN-TV will remain on Channel 28.

Holiday Hours

The library will be closed Sunday through Monday, Dec. 24-25, for the Christmas holiday, and Monday, Jan. 1, for New Year's Day. We're always open online at www. bethlehempubliclibrary.org.

Storm Warning

Please remember that in the event of inclement

weather, the library's telephone system will provide information on a closing or delayed opening. Call ahead. Updated information can also be found on our Facebook page and website at www. bethlehempubliclibrary.org.

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

— Kristen Roberts

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www.spotlightnews.com December 13, 2017 | **THE SPOTLIGHT** 11

COMMUNITY



(L. to R. Haim Ben-Eliezer, Rabbi Nachman Simon, Rochel Leah, (in back) Menachem Simon, Mendel Simon, Clara Simon, Rabbi Zalman Simon, Moussia Simon)

Chanukah celebration

DELMAR — Chanukah, the eight-day Jewish celebration of two miracles, began with the lighting of the first Menorah candle last night, Tuesday, Dec. 12.

The first Chanukah miracle was the second-century victory of a small group of Jews, known as the "Maccabees," over a Greek army that occupied the Holy Land. The second miracle occurred after the liberation of the Holy Temple from the Greeks.

Finding only enough oil to fuel the Menorah, which was an important part of daily service in the Holy Temple, for one day, the Menorah miraculously burned for eight days and nights.

The word Chanukah means "dedication" or "induction." Following their victory, the Maccabees rededicated the Holy Temple.

The holiday begins on the 25th day

of the Jewish month of Kislev. The Jewish calendar is primarily based on the lunar cycle, and its dates fluctuate with respect to other calendar systems. So the first day of Chanukah can fall anywhere between November 28 and December 26.

On Sunday, Dec. 17, Bethlehem Chabad in Delmar will hold a celebration called Chanukah at the Chocolate Factory, from 3:30 to 5:30 p.m.

'Much Ado About Nothing' at BCHS

DELMAR — Bethlehem Central High School's Theatre Without a Net will put on performances of Shakespeare's "Much Ado About Nothing" on Friday, Dec. 15, and Saturday, Dec. 16, at 7 p.m., and on Sunday, Dec. 17., at 2 p.m.

This Shakespearean comedy focuses on love, deceit, and humor, and the students at Bethlehem Central High School will wow audiences with their take on this classic play.

Tickets are \$10 for adults and \$6 for students, seniors, and members of the military. For more information, call (518) 439-4921, or visit www.theatrewithoutanet.org.

Bethlehem Central High School is located at 700 Delaware Ave., Delmar.

Watchable Wildlife: Winter Birds

DELMAR — Five Rivers Environmental Education Center will host a program about winter birds on Saturday, Dec. 16, at 10 a.m.

This event will be a mile long hike on which participants can search for birds and other wildlife. It will be on relatively flat terrain. Participants are asked to bring their own binoculars, but Five Rivers has a few to loan for those who don't have any.

The Ways of Winter Wildlife

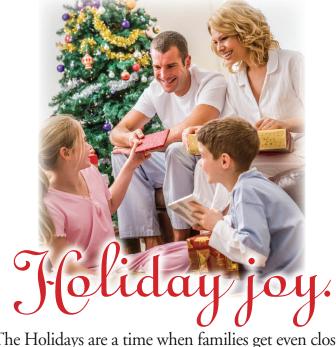
DELMAR — Five Rivers Environmental Education Center will host an event about winter wildlife on Saturday, Dec. 16, at 2 p.m.

This family friendly event will utilize displays and a live animal presentation to show how animals survive the winter in Upstate New York. If weather permits, there will be a halfmile walk to look for winter wildlife behaviors in action.

For more information, call (518) 475-0291.

Five Rivers is located at 56 Game Farm Road in Delmar.





The Holidays are a time when families get even closer. And we know a thing or two about close families, because not only do we serve them, but we are one. Our family wishes your family the closest Holiday yet.

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12 THE SPOTLIGHT | December 13, 2017 www.spotlightnews.com

SPOTLIGHT ON FINANCE

Five money smart, end-of-year investment strategies

By FRAN O'ROURKE, Senior Vice President, Capital Region, Key Private Bank

or many, tax planning begins and ends during a few days in April. Investment management can be equally neglected, relegated to an occasional account review here and

there. However, to minimize your tax liability and maximize your earnings, tax planning and investment management should be a year-long process... that can either be either kick-started or reinvigorated by making some smart, end-of-year money moves.



Fran O'Rourke

The following are

five investment strategies that can help boost your financial wellness—for the 2017 tax year and beyond.

Maximize retirement account contributions

Even if you have contributed generously to your 401(k) account throughout the year, making a larger contribution by December 31 can help you reduce your earned income. For example, an individual in the 25 percent tax bracket who maximizes their contributions can realize a \$4,500 tax savings.

The maximum 401(k) contribution limit for 2017 is \$18,000.

For those over the age of 50, there is an additional catch-up allowance of \$6,000. And keep in mind, you won't pay taxes on any money until you withdraw it.

Rebalance your portfolio

Life never fails to surprise, and with its many surprises

> comes change. You should review your portfolio to ensure your asset allocation aligns with your current risk tolerance and investment goals.

When rebalancing your portfolio, you want to mix asset classes to juggle risk with reward. Also, you want to

rebalance to adjust to market performance. The old adage of buy low, sell high applies. For example, if a particular investment category performs well, your portfolio will become more heavily weighted toward that asset. Rebalancing allows you to leverage your gains by shifting money into lesservalued assets that align with your asset allocation target and long-term goals.

December is a good time to do a portfolio review because end-of-year investment statements are issued. However, you should review your portfolio as often as the market dictates. Working with a financial advisor can be helpful.

Shed dead weight to offset gains

If you have stock that hasn't been performing well, now may be the time to sell it. You can use vour losses to offset the gains of higher performing stocks. This is an effective way to minimize your taxes.

A common tactic is to try to offset short-term gains with short-term losses. Investments held for a year or less are taxed at a higher rate. Next, offset long-terms gains with shortterm losses. And finally, match long-term gains with long-term losses. The idea is to pay as little tax as possible on your investment gains. If you do not have any capital gains this year, you can use vour losses to offset up to \$3,000 of ordinary income.

When selling losing stock, be aware of the "wash sale" rule. If you buy the same stock within a 30 day window, either before or after the sale, you will be disqualified from receiving the tax benefit.

Be generous—and gift shares of stock

A giving option that does not involve cash is to gift shares of stock. This is particularly relevant during a year in which the markets perform well, as was the case in 2017.

If you donate shares of a highperforming stock, you can deduct the stock's fair market value the day you give it away. This will help you avoid capital gains taxes on the increase in value over time, qualified medical expenses on a which you would have to pay if you sell the stock then give the cash proceeds to charity.

If you're going to donate stock, check with the charity and brokerage firm about the procedures and time frame for giving stock. There are usually special requirements.

Fully fund your HSA

The end of the year is a great time to evaluate your overall financial wellness by assessing how you measure up with your savings goals, including retirement, college and personal savings. However, don't overlook your health savings account (HSA). HSAs can be a great way to help pay for and save for your

tax-advantaged basis.

Contributions to HSAs are made pretax, which reduces your taxable income. In addition, interest compounds and earnings are free of federal tax, and withdrawals are tax free if they are used for qualified medical expenses.

Some HSAs, like KeyBank HSA, offer an investment component. The benefit to this is that it allows you to plan for after-retirement healthcare costs by providing access to long-term investment vehicles that can earn a higher rate of return than a standard HSA.

The allowable contribution level for 2017 is \$3,400 for indi-

viduals and \$6,750 for families. For individuals over the age of 55, there is an additional \$1,000 contribution allowance. Maximizing your HSA contribution will help shield you from unexpected medical expenses, and if you are healthy, a well-funded HSA can become an important part of your retirement plan.

For more information about end-of-year tax planning and investment strategy, consult with your financial advisor.

About the author: Fran O'Rourke is senior vice president and market leader for Key Private Bank in the Capital Region. She may be reached at either 518-257-8733 or frances_orourke@keybank.com.

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The tax benefits of giving to charity

↑ haritable donations can be deducted from • Charitable Lead Trust. Similar to a remainder great way to make a difference and ease your tax burden come tax season, as up to 50 percent of your annual income can be deducted for contributions to charitable groups.

While cash gifts are the most common form of donations, another giving option is to gift shares of stock. You can deduct the stock's fair market value on the day you give it away.

In the event of a large tax event, such as selling a business, you can consider starting a foundation. When you start a foundation, you receive a tax deduction when the foundation is started. You can also continue to make charitable gifts over time. It's a great way to leave a legacy.

Charitable trusts are also popular giving vehicles. Here are two popular trusts and their tax benefits:

• Charitable Remainder Annuity Trusts. An individually managed trust that enables you to retain a fixed income for your lifetime or a fixed term of years and make a future gift to charity. Assets placed in the trust may qualify for an income tax deduction on the estimated value of the remainder interest that will go to the charity. Also, appreciated assets are exempt from future capital gains tax and trust assets are not subject to estate taxes.

your taxable income as long the charity is a trust, assets are placed into the lead trust and an qualifying organization. This can provide a annual payout rate is established. However, the annual payout goes to the charity instead of you and/or other beneficiaries. At the end of your lifetime or a specific number of years, the asset in the trust would then be returned to you or your heirs. This arrangement could potentially reduce the estate tax due upon death, especially on highly appreciated assets.

Another option is to make a gift to a donoradvised fund. Locally, The Community Foundation is a good example.

- · You make donations and receive an immediate tax benefit.
- · Your donation is placed into a fund where it can grow tax free.
- You can make additional donations at any time of your choosing.
- When you are ready, you can recommend grants to a qualified charity.

The best thing you can do when planning to make any gift is to consult with your financial planner. When structured properly, your charitable donation can not only save you money, but it may also make a meaningful difference for a vital service organization in your community.





What's your excuse

Trainers hear it all, but here are five you need to part ways from, now.

Page B14



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NIGHT & DAY



Sinterklaas!

You can have your holiday fill at Ten Broeck Mansion this weekend with both the Night and Day events we share with you in this week's edition.

Page B6

INSIDE



Arts calendar

Pages B7-B12

PICK OF THE WEEK Can't let Disney on Ice returns to the Times Union Center with 'Frozen!' starting Dec. 14 By MICHAEL HALLISEY halliseym@spotlightnews.com **ALBANY** — Since the movie's release in 2013, "Frozen" has had a tight grip on the hearts of Disney fans of all ages. Its popularity continues to carry over into the Disney On Ice tour, where Frozen! runs through cities it has already visited. **Continues on page B24** Feld Entertainment

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HOLIDAY HOUSE 2017
AT TEN DROECK MANSION
"THE CHEET OF THE HOLIDAY"

"THE GIFT OF THE HOLIDAYS"

Candlelight Tour: Thursday and Friday, December 14th, 7:00 pm and December 15th, 6:30 pm & 7:30 pm

Take a candlelit tour through the beautiful Ten Broeck Mansion and journey through the history of the American Christmas. \$15/\$10 for ACHA Members, reservations encouraged.





Children's Story Hour: Saturday, December 16th, 10:00 am - 12:00 pm

Bring your children to hear Holiday stories read by Sinterklaas, decorate cookies, and take a photo with Sinterklaas. [Recommended ages 3 to 10). Free admission.

Helderberg Madrigals: Saturday, December 16th, 1:00 pm

Enjoy afternoon coffee & desserts and holiday songs performed by the full ensemble of the Helderberg Madrigal Singers. Stroll through the beautifully decorated Mansion rooms and hallways. \$25/\$20 for ACHA members, reservations encouraged.

ADDITIONAL DAYTIME TOURS: Dec. 20th, 21st, 22nd and 28th at 10am, 11am, 1pm and 2pm
— These tours are free with a suggested \$5 donation —

Tickets may be purchased on our website at www.tenbroeckmansion.org or by calling 518-436-9826 Checks made payable to: ACHA, 9 Ten Broeck Place Albany, NY 12210

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All funds raised go to benefit the educational programming of the Albany County Historical Association and towards the preservation of the historic Ten Broeck Mansion.

Call for more information or to arrange your holiday party at the Mansion Albany County Historical Association, Ten Broeck Mansion ~ 9 Ten Broeck Place, Albany



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contents

What's Happening B3-B6 **Feature** Night & Day B6 Crossword Puzzle B7-B12 Arts Calendar B16-B21 Reviews Health & Fitness B14 Service Directory **B22** Sudoku Puzzle B11 Classifieds B25

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JUST ANNOUNCED

Shipping up to Albany

Dropkick Murphys coming to Albany Capital Center in February

ALBANY — The Irish have a rich history in this region (see also Uncle Dan, William Kennedy and the Erie Canal), so it's only fitting to see the Dropkick Murphys announced as the Albany Capital Center's first concert.

The rowdy punk rock band out of Boston was announced as the headlining act for Sunday, Feb. 25, along with Agnostic Front and Bim Skala Bim. It will mark the band's second show of its upcoming "St. Patrick's Day Tour 2018."

The tour kicks off on Saturday, Feb. 24, at Mohegan Sun Arena in Uncasville, Conn. and culminates with the band's annual hometown run of Boston shows St. Patrick's Day Week. Tickets for all shows are on sale at

www.DropkickMurphys.com.

With subjects steeped in Celtic pride like "The Wild Rover," "Spicy McHaggis Jig" and "The Fighting 69th," the Dropkick Murphys have amassed a catalog of songs that pay homage to their Irish heritage. Baseball fans of the Boston Red Sox attribute the band's "Tessie" for helping lift the curse of the Bambino that brought the World Series Championship trophy to Bean Town. Fans of Martin Scorsese's Academy Award-winning film "The Departed," will recall "I'm Shipping Off to Boston," too.

Agnostic Front's place in the punk rock scene has been solid the Reagan administration. The band was first assembled in 1980, and immediately defined the scene in New York City. The band's association with Dropkick Murphys dates back to 1999, when the two bands split an album release under the name "Unity."

— Michael Hallisey

WHAT'S HAPPENING NOW

Scotty McCreery

Upstate Concert Hall — Thursday, Dec. 14

CLIFTON PARK — Scotty McCreery will perform at Upstate Concert Hall on Thursday, Dec. 14, at 8 p.m.

McCreery gained fame after his victory on "American Idol," Season Ten. His country music career has been successful; his album sales are approaching 3 million, he's received Platinum and Gold album certifications and he's debuted three consecutive albums at No. 1 on the Billboard charts.

Tickets are \$30 in advance or \$33 the day of, and can be purchased at ticketweb.com. Doors open at 7 p.m. For more information, visit www. upstateconcerthall.com.

Upstate Concert Hall is located at 1208 Rte. 146 Clifton Park.

The Wheel: Grateful Dead Tribute

Putnam Den — Thursday, Dec. 14

SARATOGA SPRINGS — The Wheel will perform at Putnam Den on Thursday, Dec. 14, at 9:30 p.m.

The Wheel consists of Andy Morse, Bryan Gautie, Dave Pallas, Tim Hurst, and Rick Rothemel.

This event is ages 18 and older. Tickets are "Pay What You Want" for those 21+. Tickets are \$10 for those under 21. Doors open at 8:30 p.m. For more information, visit www.putnamden.com.

Putnam Den is located at 63a Putnam St. in Saratoga Springs.

Gibson Brothers

Proctors – Friday, Dec. 15

SCHENECTADY — The Gibson Brothers will perform at Proctors on Friday, Dec. 15, at 7:30 p.m.

The Gibson Brothers won the International Bluegrass Music Association's Entertainer of the Year, as well as numerous Songwriter of the Year and Album of the Year awards.

Tickets start at \$30, and can be purchased at tickets.proctors.org. For more information, call (518) 346-6204, or visit www.proctors.org.

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■ FEATURE

Redemption

Local baseball coach shares his life story about his comeback from adversity

By MICHAEL HALLISEY

halliseym@spotlightnews.com

iagram the backbone to every story and it resembles an electrocardiogram, but when Jesse Braverman first sat down to write his, it was missing something.

On the back of his autobiography "The Comeback Coach," Braverman is described as the varsity baseball coach for Troy's La Salle Institute, a factoid opposing coaches in Section 2 know all too well. But, for those who pick up his book looking exclusively for a baseball tale, you're going to strike out on a good story pitch.

German novelist Gustav Freytag amended Aristotle's definition of plot by mapping out a pyramid. There's the exposition, where characters are introduced and the setting is defined. Then the drama ensues, inducing the reader to flip pages as the two sides trade enough clapbacks to reach a climax. Before the story's end, the

reader is led down through what is commonly known as the "Falling Action."

It was the Falling Action which inspired Braverman to start writing his autobiography. After nearly 20 years of coaching high school softball, basketball, soccer and baseball, he found himself without a team to lead. What verb you would choose to describe the reason depends on the dugout you sit in. One side of the field would use a word to describe a mutual agreement. The back cover of his book uses a verb to imply nothing of the sort. In addition to scholastic sports, Braverman coached a travel baseball team for 15- and 16-year olds. A Section 2 rule would place his summer job at odds with his varsity position. Braverman was presented an ultimatum.

The end result, Braverman was out of a coaching job.

Anyone who has sat with Braverman on a bus to and from baseball games knows he's one to share stories. Braverman grew up in the New York City borough of Queens like any red-blooded kid in the '50s and '60s, with a baseball glove under his arm pledging allegiance to the Yankees. Queens is where his parents ran a candy store. Between learning baseball on the sandlot and crafting egg floats at his parents' store is where Braverman learned

"It's been a good experience, and worthwhile endeavor, but not an easy one," said Braverman. "Writing a book is much more than the average person realizes."

Through the urging of his old friend Gordon F. Sander, who would ultimately co-author "The Comeback Coach,"

Continues on page B23

WHAT'S HAPPENING NOW

A Tuna Christmas

The Linda — Friday, Dec. 15 and Saturday, Dec. 16

ALBANY - Confetti Stage will perform "A Tuna Christmas" on Friday, Dec. 15, and Saturday, Dec. 16, from 7:30 p.m. to 9:30 p.m.

This hilarious 3-person play takes place in fictional Tuna, Texas. This show is far from a classic sappy Christams story; it's full of jokes that will keep the audience entertained throughout. The three actors, Jaston Williams, Joe Sears, and Ed Howard, will play dozens of roles throughout the play.

Tickets start at \$10, and can be purchased at Eventbrite. com. For more information, visit www.thelinda.org.

The Linda is located at 339 Central Ave. in Albany.

Mendelssohn Club Holiday Concert The Egg — Friday, Dec. 15

ALBANY — The Mendelssohn Club of Albany will perform at The Egg on Friday, Dec. 15, at 7:30 p.m.

The Mendelssohn Club is set to perform it's Annual Concert series, "Class and Brass." The performance will feature guest artists Tamarac Select Elementary Chorus and Adirondack Bones Trombone Quartet.

Tickets are \$20, and can be purchased at tickets.theegg. org. For more information, call (518) 473-1845, or visit www.theegg.org.

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WHAT'S HAPPENING NOW

Mountain Snow Orchestra The Egg — Friday, Dec. 15

ALBANY — Mountain Snow Orchestra will perform at The Egg on Friday, Dec. 15 at 8 p.m.

Known for the Christmas cheer brought by their concerts, Mountain Snow Orchestra will be joined by the McKrells and their folkgrass style. It'll be a fun night of holiday spirit and music at this annual show.

Tickets are \$28, and can be purchased at tickets. theegg.org. For more information, visit www.theegg.org.

The Egg is located at the Empire State Plaza in Albany.

Pink Talking Fish

Putnam Den — Friday, Dec. 15

SARATOGA SPRINGS — Pink Talking Fish will perform at Putnam Den on Friday, Dec. 15, at 9:30 p.m.

Pink Talking Fish is a hybrid tribute fusion act that combines music from Pink Floyd, The Talking Heads, and Phish. The band is made up of members Eric Gould, Richard James, Dave Brunyack, and Zack Burwick.

This event is ages 18 and older. Tickets are \$20 (with a \$5 surcharge for those under 21). Doors open at 8:30 p.m. For more information, call (518) 886-9585, or visit www.putnamden.com.

Putnam Den is located at 63a Putnam St. in Saratoga Springs.

Bored?

Visit our online calendar at TheSpot518.com/calendar to find more events around our area.



NIGHT: Candlelight Tour

Ten Broeck Mansion — Thursday & Friday, Dec. 14 & 15

ALBANY —Take a candlelit tour through Ten Broeck Mansion and journey through the history of American Christmas Thursday and Friday, Dec. 14 and 15.

The tour is part of Albany County Historical Association's Holiday House 2017 at Ten Broeck Mansion

Thursday night's tour begins at 7 p.m., and Friday night features two tours, one at 6:30 p.m. and another at 7:30 p.m.

Price of admission is \$15 (\$10 for Albany County Historical Association members).

For more information, call (518) 436-9826, or visit www.tenbroeckmansion.org.

DAY: Children's Story Hour Ten Broeck Mansion — Saturday, Dec. 16

ALBANY — Decorate cookies and introduce the kids to Sinterklaas as he shares holiday stories on Saturday, Dec. 16, from 10 a.m. to noon at Ten Broeck Mansion in Albany.

The story hour is part of Albany County Historical Association's Holiday House 2017 at Ten Broeck

Admission to the event is free. It's recommended children be between 3 and 10-years old.

For more information, call (518) 436-9826, or visit www.tenbroeckmansion.org.

Ten Broeck Mansion is located at 9 Ten Broeck Place.







CLUBS

9 Maple Avenue

9 Maple Ave., Saratoga Springs. www.9mapleave.com Fri: Mark Kleinhaut Quartet | 9 p.m. Sat: Jon LeRoy Trio | 9 p.m.

Albany Rail Yard

1118 Central Ave., Albany. (518) 489-2990 Every Wed: Salsa Night | 8:30 p.m. Fri: **Dealt the Blues** | 8 p.m. Sat: The Pretty Reckless | 8 p.m.

1814 Western Ave., Albany. (518) 608-6400 Fri: Patricia Dalton and the Jazz Colleagues | 7 p.m.

Caffè Lena

47 Phila St., Saratoga Springs. (518) 225-0882 Thur: **Adam Ezra Group** | 7 p.m. Fri: **The Kennedys** | 8 p.m. Sat: Boy Named Banjo, Richie & Rosie | 8 p.m. Sun: The Ashdown Project | 7 p.m. Every Mon: **Open Mic** | 7 p.m. Wed (12/20): Schroon River String **Band** (Bluegrass Jam) | 7 p.m.

Carney's Tavern

17 Main St., Ballston Lake. (518) 280-7959 Every Thur: **Matty Finn** | 6 p.m. Fri: **Black Abby** | 7:15 p.m. Sat: **E.j. Hopeck** | 8 p.m.

Carson's Woodside Tavern

57 NY-9P, Malta. (518) 584-9791 Thur: The Heaters | 7 p.m. Fri: Mike LaPoint | 7 p.m. Sat: Roxy and The Road King | 7 p.m.

Castle Street Café

10 Castle St., Great Barrington, Mass. (413) 528-5244 Fri: Wanda Houston Band | 8 p.m.

Centre Street Pub

308 Union St., Schenectady. (518) 393-2337 Every Mon: **Open Mic** | 8 p.m.

Chrome Food & Spirits

405 Hudson River Rd., Waterford. (518) 326-2725 Fri: Thy Will Be Done, Goblet, Incontinence, Straight Through Sanity, Moirai (Toy Drive) | 6 p.m. Sat: Legend, The Penny Knight Band | 8 p.m.

Club Helsinki

405 Columbia St., Hudson. (518) 828-4800 or helsinkihudson.com Sat: The Music Of Traffic | 9 p.m. Sun: Lettuce Rejoice Holiday Spectacular w/ Paul Leschen | 7 p.m.

Dinosaur BBQ

377 River St., Troy. (518) 308-0400 Fri: Hartley's Encore 9 p.m. Sat: Dashboard Anthem w/s/g **Noise Between Stations** 9 p.m.

Dukes Chophouse

Rivers Casino, 1 Rush St., Schenectady. (518) 579-8850 Thurs: **Ed Clifford** | 6 p.m. Fri: **Azzaam Hameed** | 5:30 p.m. Sat: **Jecco Trio** | 5:30 p.m.

HOT SPOTS EVENTS CALENDAR



Their quest? To rule the electronic music world

Lord Electro returns to Albany on Saturday, Dec. 16, for a 21+ only show at the Parish Public House along with The Edd. Sun House will play the opening set at 9 p.m. Tickets are \$10. Visit www.parishpublichouse.com for more details.

Eden Cafe

269 Osborne Rd., Loudonville. (518) 977-3771 Thur: Joe Carrick | 4:30 p.m. Sat: A Merry Little Carmen | 7:30 p.m. Tue: **Open Mic** | 7:30 p.m.

Emack & Bolio's

366 Delaware Ave., Albany. (518) 512-5100 Fri: **Alan Durand Foster** | 7 p.m. Sat: **Hoot Owl Moon** | 7 p.m. Every Tue: **Open Mic** | 7 p.m.

Fuze Box

12 Central Ave., Albany. (518) 703-8937 Fri: Body Shine Dance Party | 9 p.m. Sat: Locals Only, VIEWPOINTS. Subtleties, Andre Wolfgang Williams, **Chris Cool Peeples, American** Runaways, The Wildcard, All the Pretty People (Ugly Sweater Emo Party) 19 p.m.

Gaffney's

16 Caroline St., Saratoga Springs. (518) 587-7359 Every Tue: Open Mic w/ Rick Bolton | 8 p.m.

Grappa '72

818 Central Ave., Albany. (518) 482-7200 Every Wed & Thur: Hamilton Street Jazz Company | 6:30 p.m. Fri: **Pete Sweeney Trio** | 6:30 p.m.

Hamlet and Ghost

24 Caroline St., Saratoga Springs. (518) 450-7287 Every Wed: Hot Club of Saratoga Trio

The Hollow Bar + Kitchen

79 N. Pearl St., Albany. (518) 426-8550 Fri: Broadside | 8:30 p.m.

J.J. Rafferty's

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

The Low Beat

335 Central Ave., Albany. (518) 432-6572 Every Wed: **The Deadbeats** | 10 p.m. Thur: Failure to Adapt, Pop Roxx, **Eric Lewis, Dustin Sawyer** | 7:30 p.m. Fri: Hot Cousin | 6 p.m.

Sun Natives, Jessica Rabbit Syndrome, Rechorduroys | 8 p.m. Sat: Chaos Double Header | 7 p.m.

McGeary's

4 Clinton Square, Albany. (518) 463-1455 Every Wed: Best Damn Open Mic Ever with Mother Judge | 7:30 p.m. Every Sun: **Blues Jam** | 7:30 p.m.

Mouzon House

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

Newberry Music Hall

388 Broadway, Saratoga Springs. (877) 565-3849 Thur: **Open Mic** | 10 p.m. Every Fri: DJ Loco Lopez (Latin Night)

Oh Bar

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

One Caroline Street 1 Caroline St., Saratoga Springs.

(518) 587-2026 Every Wed: The Masters of Nostalgia | 8:30 p.m. Thur: Cloud Lifter | 8 p.m.

Fri: Mary Scholz | 7:30 p.m. Selector Ed's

Holiday Soul Stomp | 9 p.m. Sat: The Insolent Willies | 6:30 p.m. Leap the Dips, w/s/g (Shane's B-day bash) | 9:30 p.m. Sun: Savoy Soul Club | 8 p.m.

Mon: Dryer, Motorbike, Grabass Cowboys | 10 p.m.

O'Slattery's Irish Pub 318 Delaware Ave., Delmar.

(518) 439-5634 Every Wed: **Dan Sherwin** | 6:30 p.m. Thur: Jim McArdle | 7 p.m. Fri: **Geo Doody** | 7 p.m. Sat: Kilashandra | 7 p.m.

Parish Public House

388 Broadway, Albany. (518) 365-0444 Sat: Lord Electro, The Edd, Sun House | 9 p.m.

Panza's

510 NY Rte. 9P (on Saratoga Lake), Saratoga Springs. (518) 584-6882 Sat: Colleen Pratt with Peg & Bill Delanev | 7 p.m. Wed (12/20): Panza's Jingle Bell Jam 6:30 p.m.

The Parting Glass

40 Lake Ave., Saratoga Springs. (518) 583-1916 Every Wed & Thur: Irish Celtic Session | 7 p.m.

Sat: Forthlin Road | 8 p.m.

Pauly's Hotel

337 Central Ave., Albany. paulyshotel.com Fri: Black Pyramid, Dirt Church 8:30 p.m. Sat: Simply the Rabbit, Idiot Rok,

Da Basha, Shavar | 8:30 p.m.

Prime at Saratoga National

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

Provence

Stuyvesant Plaza, 1475 Western Ave., Albany. (518) 689-7777 Fri: **Take Two Trio** | 6 p.m. Sat: **Bronte Roman** | 6 p.m.

Putnam Den

63a Putnam St., Saratoga Springs. (518) 584-8066 Fri: Pink Talking Fish, Annie in the Water | 9:30 p.m.

Rustic Barn Pub

150 Speigletown Rd., Troy. (518) 235-5858 Every Thur: **Open Mic** | 8 p.m. Fri: Wylder | 9 p.m. Sat: **SoulSky** | 8 p.m. Sun: Maurizio Russomanno | 3 p.m.

Sake Japanese Steakhouse

611 Troy-Schenectady Rd., Latham. (518) 785-7215 Sat: **Breakin' Up The House** | 7:30 p.m.

Salt & Char

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

Savoy Taproom

301 Lark St., Albany. (518) 599-5140 Sun: Hudson River Jazz Quartet | 6 p.m.

Speakeasy 518

42 Howard St., Albany. (518) 449-2332 Fri: Kevin Green & Douglas Chilton

Every Mon: Joe Finn | 8 p.m. Tue: Mike Jenkins and The Fat Ties (swing night) | 8 p.m.

Stockade Inn

1 North Church St., Schenectady. (518) 346-3400 Thur: **Jecco Duo** | 7 p.m. Fri: Kevin Green & Douglas Chilton

Trick Shot Billiards/Wicked

1602 U.S. Rte. 9, Clifton Park. (518) 383-8771 Fri: Line Dancing w/ Kevin Richards Sat: Poor Dead Molly w/s/g Dazed and Confused | 8 p.m.

Troy Kitchen

77 Congress St., Troy., (518) 268-0068 Thur: **Jeff Nania Group** | 7 p.m.

Twisted Vine

384 Kenwood Ave., Delmar. (518) 439-3241 Fri: Andv Baker | 7 p.m.

Upstate Concert Hall

1208 NY 146, Clifton Park. (518) 371-0012 upstateconcerthall.com Thur: Scotty McCreery | 8 p.m.

Van Slyck's

Rivers Casino, 1 Rush St., Schenectady. (518) 579-8800 Wed & Thurs: DJ Rashawn | 8 p.m. Fri: Radical Rewind w/John Jamz | 5 p.m. DJ Rashawn | 8 p.m. Gridley Paige | 10 p.m. Sat: Toga Boys | 5 p.m. DJ Rashawn | 8 p.m. Kick Band | 10 p.m. Sun: DJ Rashawn | 8 p.m.

Vapor Night Club

Saratoga Casino Hotel 342 Jefferson St., Saratoga Springs. (518) 581-5775 Fri: Grand Central Station | 8 p.m. Sat: **DJ Stantastic** (Ugly Sweater Party)

Waterworks Pub 76 Central Ave., Albany.

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

Wishing Well Restaurant

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



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MUSIC

The Memorial Concert Band of Colonie

Symphonic band composed of some of the Capital District's most accomplished amateur musicians will present its annual Holiday Concert. Holiday program includes "A Home Alone Christmas," "Candlelight Carol," and "Christmas a la Big Band." Wed., Dec. 13, 7:30 p.m. Mark Cornell Auditorium Colonie Central High School 1 Raider Blvd., Albany. Free. (518) 764-2712 or www.memorialbandcolonie.org

WRGB Melodies of Christmas

The Capital Region's premier holiday extravaganza featuring the Empire State Youth Orchestra and Youth Chorale with special guests Grand Central Station, The McKrell's, The Northeast Ballet and Orlando's School of Dance. Net proceeds benefit the Melodies Center for Childhood Cancer and Blood Disorders at Albany Medical Center. Daily, Thurs., Dec. 14 through Sat., Dec. 16 at 7 p.m. and Sun. Dec. 17 at 3 p.m. MainStage, Proctors, 432 State St., Schenectady. \$15 and \$25; (limited availability for \$15 tickets on Thursday and Friday; limited availibility for all tickets for the Sunday matinee performance). (518) 346-6204 or tickets.proctors.org

Elieen Ivers Joyful Christmas

Celebrate the season with one of the world's most acclaimed Celtic fiddlers. Thurs. Dec. 14, 7:30 p.m. Troy Savings Bank Music Hall, 30 2nd Street, Troy. \$32 or \$36; \$20 tickets available for children younger than 16: call the box office for details. (518) 273-0038 or tickets.troymusichall.org

Findlay Cockrell and Friends

Dual piano program featuring guest pianist Louis Lohraseb. Fri., Dec. 15, at 1 and 5 p.m. Terrace Community Room, Beverwyck, 41 Beverwyck Dr., Slingerlands. Free. (518) 466-8456.

The Gibson Brothers **North Country Christmas Show**

A holiday concert with the premiere brother duet of the bluegrass genre. Fri., Dec. 15, 7:30 p.m. GE Theatre, Proctors, 432 State St., Schenectady. General admission, \$30; VIP, \$75. (518) 346-6204 or tickets.proctors.org.

Mendelssohn Club of Albany

Choral ensemble presents its annual "Class and Brass" Holiday Concert. This year's guest artists are the Tamarac Select Elementary Choir and the Adirondack Bones Trombone Quartet. Fri., Dec. 15, 7 p.m. The Egg, Empire State Plaza, Albany. \$20. (518) 473-1845 or tickets.theegg.org

Mountain Snow Orchestra with the McKrells

John Kirk, Brian Melick and Kevin McKrell have been bringing Christmas cheer to audiences for years as the "orchestra" for the annual Mountain Snow Mistletoe Show. This year they will be joined by the 'new' McKrells and their Celtic-influenced "folkgrass" for a down home evening of holiday music, merriment and mischief. Fri., Dec. 15, 8 p.m. The Egg, Empire State Plaza, Albany. \$28. (518) 473-1845 or tickets.theegg.org

Helderberg Madrigal Singers

Enjoy afternoon coffee and desserts and holiday songs performed by the full ensemble. Sat., Dec. 16, 1 p.m. Ten Broeck

Mansion, 9 Ten Broeck St., Albany. \$25; reservations encouraged. (518) 436-9826 or www.tenbroeckmansion.org

A Byzantine Christmas

Psaltikon, a vocal ensemble of accomplished Byzantine chanters from Boston, Chicago and Tessaloniki will perform this concert featuring seasonal chants and carols from various parts of Greece, Asia Minor and the Greek Islands. Reception to follow in Church Hall. Sat., Dec. 16, 4 p.m. Sanctuary, St. Sophia's Greek Orthodox Church, 440 Whitehall Rd., Albany. Adults, \$20; seniors and students, \$15. (518) 489-4442 or www.eventbrite. com/e/a-byzantine-christmas-albanytickets-40840135946

Caroling for the Holidays

Join in the fun of spreading holiday cheer by caroling with friends of the Underground Railroad History Project. No experience necessary, participants must have a fun-loving spirit. Songbooks and light refreshments will be provided. Sat., Dec. 16, 4 to 6 p.m. Meet at The Stephen and Harriet Myers Residence, 194 Livingston Ave., Albany. Free. (518) 432-4432 or undergroundrailroadhistory. org/events-calendar/

Sing Solstice!

The Eighth Step presents a joyful evening of tradition, whimsy, laughter and concern for Mother Earth featuring Magpie and Kim & Reggie Harris. The Pokingbrook Morris Dancers will open the performance. Sat., Dec. 16, 7:30 p.m. GE Theatre, Proctors, 432 State St., Schenectady. General admission, \$26; gold circle, \$50. (518) 346-6204 or tickets.proctors.org.

Suburban Sounds

Talented singers and musicians will perform a selecton of expressive carols and seasonal songs. Sun., Dec. 17, 2 p.m. Guilderland Public Library, 2228 Western Ave., Guilderland. Free. (518) 861-8000.

The Many Moods of Christmas Albany Pro Musica's annual holiday concert. This year's program features Ola Gjeilo's "Dreamweaver" and Robert Shaw's collection, "The Many Moods of Christmas," suite three. Sun., Dec. 17, 3 p.m. Troy Savings Bank Music Hall, 30 2nd St., Troy. \$25 and \$35. (518) 273-0038 or tickets.trovmusichall.org

African Drum Class

Learn authentic drumming from many countries in West Africa with instructor John Dickson, All levels welcome, Some drums may be available to borrow on a first come, first serve basis. Mon., Dec. 18, 7 to 9 p.m. Old Songs Community Arts Center, 37 South Main St., Voorheesville. \$15. (518) 765-2815 or oldsongs.org

Noon Organ Concert Series

Enjoy Christmas favorites performed by Greg Klingler on "Goldie," Proctors' mighty Wurlitzer Organ. Tues., Dec. 19, noon. MainStage, Proctors, 432 State St., Schenectady. Free. (518) 346-6204 or www.proctors.org.

Irish Slow Session

Play traditional Irish music with Hilary Schrauf. Wed., Dec. 20, 7:30 to 9 p.m. Old Songs Community Arts Center, 37 South Main St., Voorheesville. \$4. (518) 765-2815 or oldsongs.org

Merry X-mas Jam

Benefit concert to assist victims of the fire in Cohoes late last month. Features performances by Acoustic Trauma, The Otherside, and a special acoustic set by Johnny Morse. Enjoy raffles, great food, selfies with Santa, too. Presented by 106.1 FM, WAIX, Albany's Independent Experience, Scattered Beams by Paco, Death Wish Coffee Co., and Parkway Music. Sat., Dec. 23, 5 to 9 p.m. Trick Shot Billards/Wicked Sports Pub, 1602 U.S. Rte 9., Clifton Park. \$5 minimum suggested donation. www.facebook.com/ events/423203988077705

Trans Siberian Orchestra

Popular American progressive rock band returns to the Capital District with its latest rock opera. "The Ghost of Christmas Eve 2017." Wed., Dec. 27, 3 p.m. and 8 p.m.; doors open one hour prior to show time. Times Union Center, 51 South Pearl St., Albany. \$46.75 to \$78.50; patrons ages 2 and older will need a ticket for admission. (800) 745-3000, (518) 487-2000 or www. timesunioncenter-albany.com/transsiberian-orchestra

Contra Dance Tunes

Build your skills and dance tune repertoire. All instruments and skill levels welcome. Led by Ray Kottke. Wed., Dec. 27, 7:30 to 9 p.m. Old Songs Community Arts Center, 37 South Main St., Voorheesville. \$3. (518) 765-2815 or oldsongs.org

THEATER

'She Loves Me'

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. Through Sun., Dec. 24. Shows: Fridays at 8 p.m., Saturdays at 3 and 8 p.m., Sundays at 2 p.m., Tuesdays, Wednesdays and Thursdays at 7:30 p.m. Capital REP, 111 North Pearl St., Albany. \$25 to \$65; limited availability for most shows. (518) 445-7469 or tickets.proctors.org

'A Christmas Carol'

A new adaptation of Dicken's holiday classic comes to life as Tiny Tim, Bob Cratchit, and Ebenezer Scrooge take a fanstastic journey through Christmas Past, Present and Future. Recommended for audience members ages 8+. Through Thurs. Dec. 14. Shows: Wednesday and Thursday at 10 a.m. Schacht Fine Arts Center Theater, The Theater Institute at Sage, 5 Division St., Troy. Adults, \$15; Seniors/students/children, \$12 each. (518) 244-2248 or tickets.sage.edu

'See How They Run'

A delightful farce set in an Engish vicarage, populated by an American actor and actress, a cockney maid, and four men in clergy suits. Who are they? That's just part of the fun in this hilarious holiday production. Through Sun., Dec. 31. Shows: Fridays at 8 p.m.; Saturdays at 3 and 8 p.m., Sundays at 3 p.m. and Thursdays at 7:30 p.m. Curtain Call Theatre, 1 Jeanne Jugan Ln., Latham. (518) 877-PLAY (7529) or www.curtaincalltheatre.com

HOT SPOTS EVENTS CALENDAR

Featured on the spot 518. com/hot spots

Driven By

SMARTER, FASTER & BETTER THAN EVER

102704 4

12 10 11 13 14 15 16 17 19 20 18 21 22 23 24 25 26 27 30 28 29 31 32 33 34 35 36 37 40 38 39 42 46 47 41 43 44 45 52 48 49 50 51 53 54 55 56 58 59 64 65 66 67

CLUES ACROSS

- 1. Large jug
- , Egyptian statesman 5. Anwar
- 10. Punjab province capital
- 12. Evoke
- 14. Data
- 16. Exists 18. Supervises flying
- 19. Having eight
- 20. Right-handed page
- 22. NHL great Bobby 23. German municipality
- 25. Negotiate
- 26. Keyboard key
- 27. Youngster
- 28. Medical decision (abbr.)
- 30. Ribonucleic acid
- 31. One-time Levi chairman Walter
- 33. Cold region
- 35. Type of plywood
- 37. A way to unfreeze
- 38. Winter melon
- 40. Dispute
- 41. An expression of imagination
- 42. Human gene 44. Touch lightly
- 45. Computer giant
- 48. Garlands
- 50. Franz van ___, German diplomat
- 52. Vineyard
- 53. Elk or moose
- 55. Moved quickly
- 56. Swiss river 57. Rhode Island
- 58. Fall into disrepair
- 63. Ancient Roman virtue 65. Removes
- 66. Slovenly women
- 67. Comedian Rogen

CLUES DOWN

- 1. Extremely high frequency
- 2. Court
- 3. Make a mistake
- 4. Change the appearance of
- 5. Long-haired dog
- 6. The Greatest of All Time 7. Designer Christian
- 8. Blemished
- 9. Atlanta-based rapper
- 10. Deceivers
- 11. One who supports disorder
- Colossal
- 15. A team best pitcher
- 17. Comfort in a time of sadness
- 18. Opponent
- 21. Professionals might need one 23. Captures geographical data (abbr.)
- 24. Senior officer
- 27. Sacred Islamic site
- 29. Egyptian unit of capacity
- 32. Comedienne Gasteyer 34. Performer __ Lo Green
- 35. Having only magnitude, not direction 36. Cleft lip
- 39. Payroll company
- 40. Prohibit 43. Stroke
- 44. Does not acknowledge
- 46. Hillsides
- 47. Austrian river 49. Passover feast and ceremony
- 51. Golf score
- 54. Hair-like structure
- 59. Check
- 60. Extract metal from this
- 61. Tell on 62. Powdery residue
- 64. A part of the mind

Answers on Pg. B25

www.thespot518.com December 13, 2017 | the spot 518 B9

'Charles Dickens' A Christmas Carol'

Dickens' story comes to life in this classic tale of the penny-pinching Ebenezer Scrooge and the loving family of his hapless employee, Bob Cratchet. Presented by Home Made Theater. Through Sun., Dec. 17. Shows: Fridays, 7:30 p.m., Sat., Dec. 9, and Sundays, 1 p.m., and Sat., Dec. 16, at 1 and 4:30 p.m. Spa Little Theatre, Saratoga Spa State Park, 19 Roosevelt Dr., Saratoga Springs. Adults, \$18; children ages 12 and younger, \$12. (518) 587-4427 or homemadetheater. org/box-office/

'Annie'

Circle Theatre Players present their production of the hit musical based on the "Little Orphan Annie" comic strip.
Through Sun., Dec. 17. Shows:
Thursday, Friday, and Saturday at 8 p.m.,
Sunday at 2:30 p.m. Sand Lake Center for the Arts, 2880 NY Rte. 43, Averill Park.
Adults, \$20; 18 and younger, \$10.
(limited availability). (518) 674-2007 or slcactp.ticketleap.com/annie

'The Best Christmas Pageant Ever'

The Herdmans are the worst kids in the history of the world. So when they crash Sunday school and demand parts in the Christmas pageant, the whole town panics. Silent night? Not a chance... But sometimes a little joyful noise is just right for Christmas. The classic, touching and hysterical children's book comes to life in this heart-warming and funny holiday musical starring Park Playhouse's incredible student cast. Runs Thurs., Dec. 14 through Sun., Dec. 17. Shows: Thursday, Friday and Saturday at 7 p.m., with 2 p.m. performances on Saturday and Sunday. Adults \$25; children ages 12 and younger, \$15. (518) 465-4663 or palacealbany.org

'The Game's Afoot'

In Ken Ludwig's comedic mystery, also known as "Holmes for the Holidays." Broadway star William Gillette, admired the world over for his leading role in the play Sherlock Holmes, has invited his fellow cast members to his Connecticut castle for a weekend of revelry. But when one of the guests mysteriously disappears, the festivities in this isolated house of tricks and mirrors quickly turn dangerous. It is then up to Gillette himself, as he assumes the persona of his beloved Holmes, to track down the killer before the next victim appears. The danger and hilarity are non-stop in this glittering whodunit set during the 1936 Christmas holiday. Presented by Consortium Actors. Runs Fri., Dec. 15, through Sun., Dec. 17. Shows: Friday at 8 p.m., Saturday at 2 and 8 p.m., and Sunday at 2 p.m. James Meader Theater, Russell Sage College, 65 1st St., Troy. Adults, \$15; seniors/ students, \$12. www.consortiumactors. com/showsevents/

'A Tuna Christmas'

Confetti Stage continues its tradition of hilarious Christmas shows. The second in a series of self-contained plays featuring the irreverent residents of a fictional town in Texas named "Tuna," these holiday hijinks feature dozens of zany characters, all played by the same 3 actors! Fri., Dec. 15 and Sat., Dec. 16, at 7:30 p.m. The Linda, 339 Central Ave., Albany. Adults, \$15; students, \$10. (518) 465-5233 or www.thelinda.org/events/

COMEDY

The Comedy Works: Saratoga Springs

Open Mic: Every Thursday at 9 p.m.; sign ups begin at 7 p.m. Free to attend or participate. **Steve Caouette:** Princess Cruises' Entertainer of the Year is a master of both sounds and impressions

who capitalizes on every opportunity to showcase his abilities to the delight of audiences. Thurs., Dec. 14, 7:30 p.m., \$10; Fri., Dec. 8, at 7:30 and 9:30 p.m. and Sat., Dec. 16, 9:30 p.m. only (7:30 p.m. show sold out). Advance, \$15 (show only) or \$39.95 (dinner + show). Note: Prices for the Friday and Saturday night shows above increase \$5 if purchased on show day.
388 Broadway, Saratoga Springs.
(518) 275-6897 or thecomedyworks.com

The Funny Bone

7 for 7: Showcase of seven different comedians hosted by Steve Rinaldi. Wed., Dec. 13; doors at 6 p.m. followed by show at 7:30 p.m. \$7. Mark Normand: New Orleans native who has starred in Comedy Central's "Don't Be Yourself," and appeared on a host of late night shows, including Conan on TBS (five times), the Tonight Show with Jimmy Fallon, Late Show with Stephen Colbert, among others. Thurs., Dec., 14, 7:30 p.m., \$12; Fri., Dec. 15, at 7:30 and 10 p.m. and Sat., Dec. 16, at 7 and 9:45 p.m., \$15; and Sun., Dec. 17 at 7 p.m., \$12. All shows 21+ unless indicated otherwise: doors 60 to 90 minutes before early show; 30 to 45 minutes before late shows. Crossgates Mall, 1 Crossgates Mall Rd., Guilderland. (518) 313-7484 or Albany.funnybone.com

Mopco Improv Theatre
Friday Night Improv with Down the
Rabbit Hole: Along with their usual
weird and wonderful approach to improv,
the troupe will be joined by special
musical guest Albany singer/songwriter
Tom McWatters. Also, a farewell show
for troupe member Andy Johnston. Fri.,
Dec. 15, doors at 7:30 p.m. followed by
show at 8 p.m. Adults \$11.53 seniors/

Tom McWatters. Also, a farewell show for troupe member Andy Johnston. Fri., Dec. 15, doors at 7:30 p.m. followed by show at 8 p.m. Adults, \$11.53; seniors/ students, \$7.32 (inc. fees). **Spontaneous Broadway:** After performers audition Broadway-style songs that they create on the spot based on titles generated by the audience, the most popular song is turned Every Saturday through Dec. 30; doors at 7:30 p.m., with show at 8 p.m. Adults, \$16.74; students/seniors, \$7.29 (inc. fees).

Holiday Sing-Along with Pop-up Piano Bar. Mark S. Meritt, musical director, will be behind the keys and taking your requests. If you can sing it, Mark can play it! There's no pressure to perform, you can sing as part of the group or just sit back and enjoy the show. We'll have lyrics posted on our screen for you to sing along. Sun., Dec. 17; doors at 5 p.m. for 5:30 p.m. show. \$6.27 (inc. fees). 10 N. Jay St., Schenectady. (518) 577-6725 or www.mooco.ord

Rivers Casino & Resort Event Center

Terry Parrett: Comedian and hypnotist brings "EnTRANCED: The Hypno-Reality Show" to the Electric City for one night. Thurs., Dec. 14, doors at 5:30 p.m. for 6 p.m. show. 1 Rush 5t., Schenectady. \$10. For tickets: (518) 346-6204 or tickets. proctors.org. For venue: (518) 579-8800 or riverscasinoandresort.com

DANCE

The Nutcracker

Christmas would not be complete without the enchanting tale of young Marie and her Nutcracker prince! Danced by the Bolshoi Ballet's principals, E.T.A. Hoffmann's fairytale staged by Russian ballet master Yuri Grigorovich transports children and adults alike to a world of magic and wonder for the holiday season. Sat., Dec. 16, 1 p.m. Auditorium, Clark Art Institute, 225 South St., Williamstown, Mass. Adults, \$18, children 12 and vounger, \$10. Tickets for the ballet screening are available for purchase at www.clarkart.edu/ ImportedEvents/1142-42971. Screening followed by a special Nutcracker Sweets Tea from 3:30 to 5 p.m., featuring gourmet tea and elegant desserts. Adults, \$20;

children, \$12. Tickets for the tea are available at http://www.clarkart.edu/ ImportedEvents/1169-43010

Carol of the King

The Irish Dance Christmas Spectacular features 20 of the world's most skilled Irish dancers and musicians, who will bring the inspiring Christmas story of love and salvation to life against a backdrop of ancient ruins that transports the audience to a mystical time and place of heroes and redemption. Thurs., Dec. 21, 7:30 p.m. MainStage, Proctors, 432 State St., Schenectady. \$20 to \$60. (518) 346-6204 or tickets.proctors.org

FAMILY

21st annual Capital Holiday Lights in the Park

Celebrate the holidays with this all-new, drive-through spectacular featuring more than 125 illuminated displays and scenes. Presented by Price Chopper/Market 32. Through Tues., Jan. 2, 2018. Open daily: Sundays through Thursdays from 6 to 9 p.m.; Fridays and Saturdays from 6 to 10 p.m. Washington Park, Albany; enter opposite New Scotland Avenue. Be sure to visit Santa (through Dec. 23) in the Lake House and enjoy crafts and refreshments. Admisson based on vehicle size: cars, \$20 each, rates available for larger vehicles online. Proceeds benefit the Albany Police Athletic League. Latest information available at (518) 435-0392 or at www.albanycapitalholidaylights.com

Science Story Time

Join one of our Museum Educators for this science-based story time that includes a project-based activity! This month's theme is "Winter" Best for children ages 2 - 6 accompanied by an adult. Wed., Dec. 13, and Wed., Dec. 20, at 11 a.m. SUNY Poly CMOST, Rensselaer Technology Park, 250 Jordan Rd.,Troy. Included with

admission; no pre-regsistration required. (518) 235-2120 or www.cmost.org

Sensory Play

Help your child improve motor skills and increase his or her understanding of how the world works with a hands-on science activity. Best for children ages 2 through 6 accompanied by an adult. Thurs., Dec. 14 (Snowman Investigations) and Thurs., Dec. 21, (Ice is Cool), from 10 to 11:30 a.m. GE. Junior Discovery Room, SUNY Poly CMOST, Rensselaer Technology Park, 250 Jordan Rd., Troy. Included with admission; no pre-registration required. (518) 235-2120 or www.cmost.org

Disney on Ice: Frozen

Be a part of Anna's fearless adventure to find her sister, Oueen Elsa, whose icv powers have trapped the kingdom of Arendelle in an eternal winter. Hosted by Mickey Mouse and Minnie Mouse, your whole family will delight in special appearances by stars from Toy Story, Finding Dory, The Lion King and the inspiring Disney Princesses. Thurs., Dec. 14, and Fri., Dec. 15 at 7 p.m.; Sat., Dec. 16 at 11 a.m., 3 p.m. and 7 p.m.; Sun., Dec. 17 at noon and 4 p.m. Times Union Center, 51 South Pearl St., Albany. Premium shows (mornings and early afternoons): \$23 to \$78; non-premium shows (late afternoon/ evening), \$18 to \$63. (800) 745-3000 or www.timesunioncenter-albany.com/ disnev-ice-frozen

KIDS! Storytime

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

Investigate the A in STEaM

Designed for our younger visitors, children will have an opportunity to explore a different creative art activity each week. Fridays, through Dec. 29, 11 to 11:30 a.m. SUNY Poly CMOST, Rensselaer Technology Park, 250 Jordan Rd., Troy. Included with



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Check out our inventory online at: www.crossroadsny.com museum admission; no pre-regsistration required. (518) 235-2120 or www.cmost.org

Engineering Fun and Learning Series

Join museum staff to explore fun engineering challenges and experiments. Fridays, through Dec. 29, 2 to 2:30 p.m. SUNY Poly CMOST, Rensselaer Technology Park, 250 Jordan Rd. Troy. Included with museum admission; no pre-regsistration required. (518) 235-2120 or www.cmost.org

Children's Story Hour

After listening to Sinterklaas read holiday stories, attendees will decorate cookies and have the opportunity to have their photo taken with Sinterklaas. Best for children ages 3 through 10. Sat., Dec. 16, from 10 a.m. to noon. 9 Ten Broeck St., Albany. Free. (518) 436-9826 or www.tenbroeckmansion.org

Children's Star Sighting

Interactive program exploring the stars, planets, comets and constellations in the night sky. For families w/children ages 3 to 7. Sat., Dec. 16, 11 a.m. Albany Visitors Center, 25 Quackenbush Square, Albany. \$3 per seat. (518) 434-1217 or www.albany.org/visitors-center

Sweet Structures: Building with Sugar Cubes

Be a part of this engineering extravaganza of sweet building! Attendees will use the design process to plan and build a sugar cube structure. Sat., Dec. 16, 1 p.m. SUNY Poly CMOST, Rensselaer Technology Park, 250 Jordan Rd. Troy. Included with museum admission; Pre-regsistration is required. (518) 235-2120 or www.cmost.org

Family Saturday

It's a special family concert with Decoda, the New York-based chamber collective dedicated to brining meaningful musical experiences to any and all audiences Appropriate for children ages 5 and older. Sat., Dec. 16, 2 p.m. Tang Teaching Museum, Skidmore College, 815 North Broadway, Saratoga Springs. Free; registration required. (518) 580-8080.

The Ways of Winter Wildlife

Learn how animals in the Capital District survive the winter through displays and a live presentation. Weather-permitting, attendees will take a half-mile walk on relatively flat trails to see some wildlife behaviors in action. Best for children ages 8 to 12; must be accompanied by an adult. Sat., Dec. 16, 2 p.m. Five Rivers Environmental Education Center, 56 Game Farm Rd., Delmar. Free. (518) 475-0291 or www.dec.ny.gov/education/1835.html

Open Mic

Musicians, poets, comedians, and storytellers wanted for a family-friendly open mic. Sat., Dec. 16, sign ups for performers begin at 6:30 p.m., with performances beginning at 7 p.m. Community Room, Honest Weight Food Co-op, 100 Watervliet Ave., Albany. Free to perform and attend. Questions or concerns to Roger or Cynthia at SchodackSessions@ amail.com

Snow Sisters

Join the Snow Sisters as they retell the story of their magical journey through a winter adventure. This show is full of interaction, sing-a-longs, and surprises. While it's designed for young children, the whole family can enjoy it together. Children are encouraged to come dressed as their favorite princess! Sun., Dec. 17, at 1 p.m. The Egg, Empire State Plaza, Albany. \$25 with VIP package for \$35. (518) 473-1845 or www.theegg.org

Chanukah at the Chocolate Factory

Celebrate Chanukah Willy Wonka style! Family event features a crazy car menorah parade, a chocolate gelt drop, Oompa Loompa latkes, the chance to help create a 6-foot tall menorah, along with plenty

of other activities and entertainment for children and adults. Sun., Dec. 17, 3:30 p.m. Bethlehem Chabad, 393 Delaware Ave., Delmar. Free; please RSVP by calling (518) 439-3310, sending e-mail to info@bethlehemchabad.com or visiting www.bethlehemchabad.com

A Garfield Christmas

It's the most wonderful time of the year especially if you're the world's best-loved fat cat movie star, Garfield! Everyone's favorite feline is a few gifts short of true Christmas spirit. But with the help of Jon, Odie, the Audience, and his new holiday friends, Garfield gets an "enlightening" lesson. Join the fun as the coffee-auzzling. nap-taking, lasagna-loving fat cat Garfield decks the halls with boughs of folly! Fri., Dec. 22, 8 p.m. MainStage, Proctors, 432 State St., Schenectady, \$20 to \$50. (518) 346-6204 or tickets.proctors.org

Family Fun Day

Enjoy an afternoon of games and activities followed by a showing of Disney's "The Lion King" (Rated G; 88 mins). Wed., Dec. 27, doors open at noon; film begins at 1 p.m. Palace Theatre, 19 Clinton Ave., Albany. \$5. (518) 465-4663 or www. palacealbany.org/events/detail/the-lionking-family-fun-day

FILM

The Three Tenors **Christmas Concert**

Joined by the Vienna Children's Choir, Pavarotti, Carreras and Domingo captured the joy and spirit of the season with their first ever Christmas concert. Digitallyrestored, this concert features all of your holiday favorites including Ave Maria, Silent Night, Little Drummer Boy and Happy Christmas/War is Over, Not rated. 81 minutes, Wed., Dec. 13, at 3, 5 and 7 p.m. GE Theatre, Proctors, 432 State St., Schenectady. Adults, \$9; \$6 tickets available at the door for students w/ID. (518) 346-6204 or tickets.proctors.org

'Love, Actually'

This 2003 film starring Hugh Grant and Liam Neeson, among others, follows the lives of eight very different couples who are all dealing with their love lives in a series of loosely, interrelated tales all set during a frantic month before Christmas in London, England (IMDb.com). Rated R; 135 minutes. Mon., Dec. 18, 7 p.m. Palace Theatre, 19 Clinton Ave., Albany. \$5. (518) 465-4663 or www.palacealbany.org/events/detail/ love-actually

'The Muppet Christmas Carol'

Michael Caine stars as Scrooge in this 1992 film in which The Muppet characters tell their version of Charles Dickens' classic tale of the old and bitter miser's redeption on Christmas Eve (IMDb.com). Shown as part of the Music Hall Movie Series. Tues., Dec. 19, 7 p.m. Cohoes Music Hall, 58 Remsen St., Cohoes. \$5. (518) 465-4663 or www. palacealbany.org

'It's a Wonderful Life'

Classic holiday film from 1946 in which an angel is set from Heaven to help a desperately frustrated businessman by showing him what life would have been like if he had never existed. Starring James Stewart, Donna Reed and Lionel Barrymore (IMDb.com), Rated PG, 130 mins. Fri., Dec. 22, 7 p.m. Palace Theatre. 19 Clinton Ave., Albany. \$5. (518) 465-4663 or www.palacealbany.org.

'March Of The Wooden Soldiers' The 1934 film staring Stan Laurel and

Oliver Hardy also known as "Babes in Toyland." Opposing the evil Barnaby, Ollie Dee and Stanley Dum try and fail to payoff Mother Peep's mortgage and mislead his attempts to marry Little Bo. Enraged, Barnaby's boogeymen are set on Toyland (IMDb.com). Shown as part of the Music Hall Movie Series. Tues., Dec. 26, 7 p.m. Cohoes Music Hall, 58 Remsen St.,

Cohoes. \$5. (518) 465-4663 or www.palacealbany.org.

LECTURES/ WORKSHOPS

Italian Christmas Traditions

Prof./Cav. Philip J. DiNovo will present slides and attendees are invited to share their family Christmas traditions. The Museum's Choir will perform Christmas Carols. Annual Christmas Party follows; please bring a dessert to share. Thurs., Dec. 14, 7 p.m. American Italian Heritage Museum, 1227 Central Ave., Albany. Free. (518) 435-1979 or

www.americanitalianmuseum.org

Brain Food for the Curious

Iroquoian pottery is typified by often complex geometrical designs on thickened bands of clay below the lip known as collars. Dr. John P. Hart will discuss how recent analyses of these designs are changing our understandings of Iroquoian social interactions in New York and southern Ontario during his lunchtime lecture titled "Pre-Contact and Early-Historic Social Networks in Northern Iroquoia. Tues., Dec. 19, 12:10 p.m. Huxley Theater, New York State Museum, 222 Madison Ave., Albany. Free. (518) 474-5877 or www.nysm.nysed.edu

LITERARY

Poetic Vibe

Weekly reading with featured poet hosted by D. Colin on Mondays. Open mic sign ups begin at 7 p.m. Troy Kitchen. 77 Congress St., Troy. Free. (518) 268-0068 or www.facebook.com/TrovKitchenNY

Writers workshop

Bi-weekly writers' get together. Eat, drink, schmooze and share, but, mostly write. Thurs., Dec. 21, at 6 p.m., Tech Valley Center of Gravity, Quackenbush Building, 30 Third St., Trov. Free, www.tvcog.org

Third Thursday Poetry Night

Celebrate the 20th anniversary of Third Thursday Poetry Nigh with a reading by local poet Nancy Dunlop, followed by an open mic for community poets. Sanity Clause will make a special holiday visit. Thurs., Dec. 21, 7:30 p.m. The Social Justice Center, 33 Central Ave., Albany. \$3. (518) 482-0262 or dwlcx.wordpress.com

MISCELLANEOUS

Shaker Christmas Craft Fair

Find unique handmade gifts, including pottery, jewelry, foods, treats and much more produced by more than 50 regional artisans. Hours: Daily, 10 a.m. to 4 p.m. through Sat., Dec. 16. Shaker Heritage Society Museum and Gift Shop, 1848 Meeting House, 25 Meeting House Rd., Albany. (518) 456-7890 or www.ShakerHeritage.org

The Shop at The Arts Center

Seasonal marketplace featuring some of the region's finest arts and crafts. Open through Sat., Dec. 23. Hours: Tuesday through Friday, 11 a.m. to 4 p.m.; Saturdays, 11 a.m. to 3 p.m. Closed Sundays and Mondays. www.facebook. com/events/185115838719049

Fort Orange Holiday Market

The market returns with local vendors, live music, pop-up workshops and more Fri., Dec. 15, and Fri., Dec. 22, from 4 to 9 p.m. The Arcade Building, 488 Broadway, Albany. fortorangegeneralstore.com.

Delmar Farmers Market

Indoor market featuring local organic and natural farm products; baked goods; local, and fair trade crafts and live music, Saturdays, 9 a.m. to 1 p.m., through Dec. 23. Bethlehem Middle School, 332 Kenwood Ave., Delmar. Free. delmarmarket.org

www.thespot518.com December 13, 2017 | **the spot 518** B11

Troy Waterfront Farmers Market

More than 80 food growers, bakers, chefs and artisans gather to offer the Capital District's freshest and finest! Plus, gather with other community members for live music, great food, family activities and learning opportunities. Saturdays, 9 a.m. to 2 p.m., through March 31, 2018. Troy Atrium, 49 4th St., Troy. Free Admission. (518) 708-4216 or www.troymarket.org

Winter Birds

Look for birds and other wildlife during a winter stroll. This mile-long amble will take place on relatively flat terrain. Beginning to expert birders are all welcome. Bring binoculars; several pairs will be available to borrow. Sat., Dec. 16, at 10 a.m. Five Rivers Environmental Education Center, 56 Game Farm Rd., Delmar. Free. (518) 475-0291 or www.dec.ny.gov/education/1835.html

State Capitol Building Tour

Take a guided tour through this historic, 19th-century architectural masterpiece which serves as the seat of New York State government. The one-hour tour will be led by a New York State Museum staff member. Sat., Dec. 16. Tours depart at 11 a.m. and 1 p.m. from the Plaza Visitor Center and Gift Shop, located in the Empire State Plaza's North Concourse. Free, registration required; 25 participant limit. To register, call (518) 474-2418 or visit ogs.ny.gov/ESP/CT/Tours/Capitol.asp

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., Dec. 16. Tours depart at 12:30 and 2:30 p.m. from 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

Saratoga Santa Con 2017

It's the Biggest Pub Crawl in the Capital District! We will be dressed up in all of our festive Santa Gear for a day of Santa, shenanigans and beer on Sat., Dec. 16. The fun begins at noon with the Kick-Off Party at The Putnam Den, 63a Putnam St., Saratoga Springs. Then we will make our way through town to The Ice House, Clancy's Tavern, Gaffneys, The Saratoga City Tavern, Spa City Tap & Barrell, Caroline St. Pub and the Winter Wonderland known as The Reserve Night Club! Registration fee is 5 or more non-perishable food items which will be donated to the Franklin Community Center, Ages 21+ only. Event details at: www.facebook.com/ events/1673671742707374

Albany Star Sighting

Interactive program identifies stars, planets, comets and constellations in the night sky and the tools/techniques for becoming an amateur astronomer. Best for skywatchers ages 8+. Sat., Dec. 16, 1 p.m. Albany Visitors Center, 25 Quackenbush Square, Albany. \$3 per seat. (518) 434-1217 or www.albany.org/visitors-center

Schenectady GreenMarket

Festive, indoor marketplace featuring more than 60 vendors who produce everything they sell. Enjoy live music, prepared food and the region's freshest produce. Weekly on Sundays, from 10 a.m. to 2 p.m., through April 29, 2018. Proctors, 432 State St., Schenectady. Free admission. (518) 986-0318 or schenectadygreenmarket.org/

Veteran Meet-Up

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

Social Night/Potluck/ 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.tvcoq.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.

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. Also, "Paintings of Addy": **Dahl Taylor's Original Illustrations** for American Girl:" Features more than 40 paintings by the Albany-based artist commissioned to re-illustrate American Girl's six books about nine-year-old Addy Walker along with artifacts from the museum's collection to illustrate daily life during the mid 19th-century. Through Sun., June 3, 2018. Also, "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 Sat., March 31, 2018. Plus ongoing exhibits. Museum 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 Center Gallery

New: "Members Show" focuses on the importance of local and regional artists who live and create work within 100 miles of Albany, highlighting and recognizing the gallery's wide range of talented members, bringing together a dynamic cross-section of artists, diverse in medium and degree of establishment. Members range from student and emerging artists to established and international artists, from painters and photographers to sculptors and mixed media artists. Opens on Fri., Dec. 15, with a reception from 5 to 8 p.m. Through Fri., Jan. 12., 2018. Gallery hours: Tues. through Sat. from noon to 5 p.m. or by appointment. Free admission. 488 Broadway, downtown Albany. (518) 462-4775 or albanycentergallery.org

Albany International Airport Continuing: "Chasing the Tale," Group exhibit featuring work by seven artists, each of whom is engaged in a pictorial expression of storytelling cross personal mythology with collected narratives from historical, folk and popular culture. Through Feb. 26, 2018. Gallery hours: Daily, 7 a.m. to 11 p.m. Free admission. Main Gallery, third floor, adjacent to Observation Area, 737 Albany Shaker Rd., Latham. (518) 242-2241 or arts@albanyairport.com

Albany Pine Bush Discovery Center

continuing: "Pine Bush Perspectives," annual juried photo exhibit celebrating the uniqueness and diversity of the Albany Pine Bush Preserve. Center hours: Weekdays, 9 a.m.to 4 p.m.; weekends and most holidays, 10 a.m. to 4 p.m. Free admission. 195 New Karner Rd., Albany. (518) 456-0665 or www.albanypinebush.org

Arts Center of the Capital Region

Continuing "Elements of Nature," features artworks highlighting the creatures among us (some fantastical), the stages of life, the Earth and our Universe - bringing to mind the creativity it sparks as well as its importance to us each and every day. The works, which are done by individuals of varying ages and abilities, from preschool to senior citizen, were selected from the Center for Disabilitiy Services' annual exhibition on S. Manning Blvd. by the Arts Center gallery and education staff. Through Fri., Dec. 22, in the Foyer Gallery. Also: "So It Would Seem," features works by four photographers that encourage viewers to

look beyond the images to discover the moods, memories, even the very souls of their subjects, encompassed by the surrounding past and future. Through Wed., Dec. 27, in the Main Gallery.
265 River St., Troy. Gallery hours: Daily, 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

Albany Public Library Pine Hills Branch

Continuing: "Interwoven," featuring pieces by regional artists Natalie Baxter, Raquel Esquives, Amanda Hu, Jennifer Hunold, Christine Snyder, Barbara Todd and Victoria Van Der Laan. Through Sat., March 24, 2018. Library Hours: Mon. and Wed., noon to 8 p.m., Tues., 10 a.m. to 6 p.m., Thurs. and Fri., noon to 6 p.m.; Sat., noon to 5 p.m. Closed Sundays. 517 Western Ave., Albany. Free admission. (518) 482-7911 or www. albanypubliclibrary/org/locations/pine-hills

The Clark Art Institute Continuting: "The Impressionist Line: From Degas to Toulouse-Lautree,"

showcases to loulouse-Lautree, showcases the hallmarks of the "Impressionist line," including drawings by Claude Monet, color woodcuts by Paul Gauguin, etchings by Édouard Manet, pastels by Edgar Degas, and color lithographs by Henri de Toulouse-Lautrec. Through Sun., Jan. 7, 2018. Plus permanent collection. Museum hours: Daily, 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: "Holiday Small Works Art Show," featuring a large selection of original artwork by local artists. Through Sun., Dec. 31. Also, antique print and map room exhibits. Gallery hours: Weekdays, 10 a.m. to 6 p.m.; Saturday, 10 a.m. to 4 p.m. Free admission. 201 Broadway, Troy. (518) 272-6811 or www.clementart.com

Collar Works

Continuing: "What is that leaping in your chest?" Group exhibition in which the artists question the uncertainty of access to the American Dream. Through Sat., Dec. 30. 621 River St., Troy. Gallery hours: Thurs. & Fri., noon to 6 p.m. Sat., noon to 4 p.m. or by appointment. Free admission. (518) 285-0765 or collarworks.org

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. Plus permanent collection. Museum hours: Daily, 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: "In Harm's Way: Community Responses to Hurricane

Irene and Tropical Storm Lee:"

An exploration of the devastating impact natural disasters have on local communities and the resiliency of our neighbors. Through Mon., Oct. 1, 2018. Also, "Life on the Canal Then by Artists Now:" Show features artwork by 17 contemporary artists curated by Virginia Creighton. Through Thurs., May 31, 2018. Museum hours: Tues.—Sat., from 10 a.m. to 4 p.m. 1100 Main St. (NY Route 5S), Rotterdam Junction. Admission for adults is \$5 per person for self-guided access; or \$8 per person for a combined tour and access to exhibits; children and students (w/ID) free. (518) 887-5073 or schenectadyhistorical.org







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miSci

Continuing: "Holiday Train and Toy Show:" Watch O Gauge model trains chug through a 19- by 27 foot display of seasonal scenes constructed by Upstate Train Associates, view an elaborate cityscape made out of LEGO blocks by LEGOLAND Master Builder and Capital District native lan Coffey, and take control of an actual locomotive console to see if you can beat General Electric's Trip Optimizer, its award-winning cruise control technology for locomotive engines. Through Mon., Jan. 15, 2018. Also, "Inside Edison's House of Magic: 125

"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. Plus ongoing/permanent exhibits. Museum hours: Mon.—Sat., 9 a.m. to 5 p.m.; Sun., noon to 5 p.m. 15 Nott Terrace Heights, Schenectady. Admission: 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. Museum hours: Sat., 10 a.m. to 4 p.m. and Sun., noon to 4 p.m. 99 South Broadway, Saratoga Springs. Admission: Adults, \$6.50; seniors/students (w/valid ID) \$5; children ages 4 to 12, \$3; children ages 3 and younger, free; (518) 584-2225 or www.dancemuseum.org

New York State Museum Continuing: "Votes for Women: **Celebrating New York's Suffrage** Centennial:" Large-scale exhibition will raise public awareness about the struggle for women's suffrage and equal rights in New York State from the 1848 Seneca Falls convention, through 1917, when women were finally allowed to vote. Through Sun., May 13, 2018. Also, "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. Museum hours: 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." 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. Gallery
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 admission. (518) 292-7742 or
opalka.sage.edu

Saratoga Arts

Continuing "The Annual Members" Show." This ever-popular, year-end exhibition includes over 200 artists displaying artworks, ranging from painting, drawing and printmaking to sculpture, ceramics, and photography, showcasing the many talents of our established and emerging member artists from the region and beyond. Through Sun., Dec. 31. Also: **Printmaking by** Amanda Kralovic (Reception Gallery) and Paintings by Paul Chapman (Members' Hall Gallery). 320 Broadway, Saratoga Springs. Free admission. Gallery hours: 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: "Festival of Trees."
Celebrate the Christmas season with lit and decorated fir trees, ranging from classic to kooky styles. Through Sun., Dec. 17, at SCHS and the YWCA NorthEastern NY. Open daily from 10 a.m. to 5 p.m. Adults, \$6; free for children ages 11 and younger. 32 Washington Ave., Schenectady. (518) 374-0263 or schenectadyhistorical.org

Scarlet Seven Fine Art Gallery Continuing: "2017 Winter Salon."
Group exhibit featuring over 250 works created by more than two dozen artists that cost \$500 or less. Through Sun.,
Dec. 24. Gallery hours: Mon. & Tues. by appointment, Wed., noon to 5 p.m.,
Thurs. & Fri., noon to 6 p.m., Sat. & Sun., noon to 4 p.m. 137 4th St., Troy. Free admission. (518) 378-6583, (518) 312-1564 or www.scarletsevengallery.com

Dan Sekellic Visual Arts Gallery

Continuing: Laura Moriarty. Taking poetic license with geology, Moriarty compares processes of the studio with processes of the earth. The forms, colors, textures and patterns of her sculptural paintings result from forces similar to those that shape and reshape the earth: heating and cooling, erosion, subduction, friction, enfolding, weathering and slippage. Through Sun., Dec. 31. Sand Lake Center for the Arts, 2880 NY Rte. 43, Averill Park. Gallery hours: 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: "Tel_:" Artist Kamau Amu Patton's continually evolving interpretation of what a museum community space can be. Long-term installation on the mezzaine. Through Sept. 1, 2019. Also "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. Museum 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

Underground Gallery Continuing: Susan B. Anthony's

"Troy Project," a photo series comparing the city of Troy's heyday during the Industrial Revolution with its present challenges through intimate portraits and cityscapes. Through Sat., Dec. 16.
Sanctuary for Independent Media, 3361 6th Ave., Troy. Gallery hours:
Weekdays from 1 to 7 p.m., one hour before/after events, and by appointment.
Free admission. (518) 272-2390 or www.mediasanctuary.org

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.
Extended through Feb. 2018. 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 (all galleries): 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. Museum 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

William K. Sanford Town Library

Continuing: Annual Holiday Show.
Juried exhibit features more than 90
pieces created by area artists using oil,
pastel, watercolor, mixed media and
other techniques. Many of the pieces may
be purchased directly from the artists.
Through Wed., Dec. 28, in the Stedman
Room. 629 Albany Shaker Rd., Loudonville.
Hours: Monday through Thursday, 9
a.m. to 8 p.m.; Friday, 9 a.m. to 6 p.m.;
Saturday, 9 a.m. to 5 p.m.; and Sunday,
1 to 5 p.m. Free admission.
noreenpowellart@gmail.com



ARIES - MAR 21/APR 20

Aries, you are giving off serious relationship vibes this week, and others are sure to take notice. If you have a partner, you can strengthen the bond. If not, a good match is in sight.

TAURUS - APR 21/MAY 21

Taurus, you may hit the employment jackpot this week. Those résumés you have been putting out or that promotion you were vying for will be worth the effort.

GEMINI - MAY 22/JUN 21

Gemini, the best thing you can do to rekindle a friendship is to spend some time with this person reconnecting. Enjoy a dinner for two or involve yourselves in another activity.

CANCER - JUN 22/JUL 22

Those around you know the way to Cancer's heart is definitely through his or her stomach. Plan an entertaining night out enjoying the newest restaurant in town.

LEO - JUL 23/AUG 23

Leo, receiving compliments from others certainly provides an ego boost. But you may want something more substantial from a relationship this week.

VIRGO - AUG 24/SEPT 22

Virgo, this week you may be tempted to put off some of your more challenging projects at work and focus on yourself. It's okay to have some "me" time.

LIBRA - SEPT 23/OCT 23

Libra, a huge turning point in your relationship is ahead. Communication will help forge a deeper connection between the two of you.

SCORPIO - OCT 24/NOV 22

Scorpio, the best ways to get what you want are to share your desires with others. They may have some solutions you've overlooked and can be sources of inspiration.

December 2017 Week 2

SAGITTARIUS - NOV 23/DEC 21

Sagittarius, it may take a little time to get used to a new relationship or job. After a few weeks or months, you can sort out what works and what needs some extra effort.

CAPRICORN - DEC 22/JAN 20

Capricorn, expanding your horizons comes easily when you have close friends who invite you along on all of their adventures. This could prove to be a week with lots of inspiration.

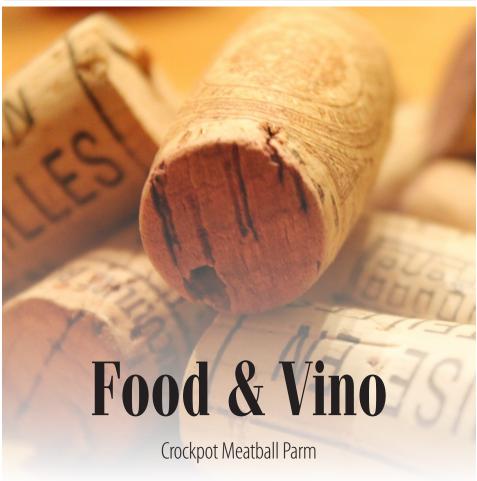
AQUARIUS - JAN 21/FEB 18

Mending fences can take a while, but you have the opportunity for some real healing this week, Aquarius. Explore all of your options to get closer to someone.

PISCES - FEB 19/MAR 20

You are in an enviable position this week, Pisces. Your finances are in good order, your circle of friends has expanded, and you are happy at work. www.thespot518.com December 13, 2017 | the spot 518 B13

CULINARY ARTS



By MICKEY SPELVIN

news@spotlightnews.com

Ingredients: Serves four

1 Pound ground beef

1 1/2 Cup Italian seasoned bread crumbs

2 Eggs

Garlic (4 cloves, 2 grated/minced for meatballs - 2 minced for sauce)

2 28 oz. cans of crushed tomatoes

2 Cups red wine

1 1/2 Ths sugar (to reduce acidity in the sauce from tomatoes and wine)

Submarine rolls

Garlic powder

Olive oil

Fresh mozzarella

Instructions:

Prepare meatballs; ground beef, eggs, two garlic cloves, bread crumbs - mix together with hands, form meatballs place in crock pot. Prepare sauce; squeeze tomatoes from can over meatballs, add wine, garlic, sugar. Let cook on low for seven to nine hours. When you're ready to eat; turn off slow cooker, give a few stirs. Slice rolls, brush with olive oil, sprinkle with garlic powder, place in a 325°F preheated oven, toast for five minutes. Take rolls out, place meatballs on each sub, place mozzarella on top, put back in oven for an additional five to ten minutes (or until cheese has melted).

Pairing:

Santa Margherita 'Reserva' Chianti Classico 2013 Santa Margherita Winery Tuscany, Italy

Take a chance on this bottle of chianti. It's a dry red with a flowery aroma blended with cherries and plums.





DROME SOUND MUSICIAN SPOTLIGHT

bacon for your Sunday brunch.

Hartley's Encore

e asked members of Hartley's Encore to describe the band, and they graciously submitted the following:

Hartley's Encore is a funk and soul band from Albany making music that's equal parts soundtrack to your Saturday night and

The band formed in late September of 2016, and played its first live show at Parish Public House in Albany just three months later. And, we haven't stopped growing since.

This year, the band gigged regularly throughout the area, with 17 dynamic performances, including headlining shows, co-bills and several high-profile opening slots. Supporting acts have included the Eric Krasno Band (Soulive, Lettuce), Big Mean Sound Machine and Kat Wright. The band was also honored to play the closing set at the first of Greg Bell (Guthrie Bell Productions)'s four memorable 25th anniversary shows at The Hollow in Albany in April. It was only the band's fourth gig.

Not surprisingly, 2018 promises to be an even bigger year, complete with bigger shows, (moderate) geographic expansion and plans to record a debut EP with an iconic player/producer before winter turns to spring!

The Hartley's Encore sound is anchored by a rock-solid song writing foundation, typically flowing from co-founding members Luke Malamood (lead vocals/keyboards), and Chris Oliver (lead guitar/backing vocals). Their live shows reveal an ever-expanding catalogue of funky, high energy, infectiously danceable, yet always soulful original material, peppered with a variety of funk, soul, R&B, and '90s-era hip-hop covers. They feature a virtuosic horn section, led by one of the top players in the area, Jeff Nania, on saxophones and effects---with regular, standout contributions from Phil Chow (trumpet) and Suren Kyaruns (saxophones)---and lean heavily on their lethal (rotating) rhythm section of Josh Gordon (bass), Mike Gilet (drums), Erik Pravel (drums), Brad Monkell (bass), and Alex Gonzales (percussion) to keep the crowd dancing from the first note to the last. Think of them as the house band at your dance party for the apocalypse.

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WHAT'S HAPPENING

Gratefully Yours

The Hollow – Saturday, Dec. 16

ALBANY — Gratefully Yours will perform at The Hollow on Saturday, Dec. 16, at 10:30 p.m.

Gratefully Yours is composed of Grateful Dead inspired musicians. Its curret members are Alex Mazur, Adam Czolowski, Tom Pirozzi, Rob Schiff, Jeff Pescott, and Jessica Barlow.

Tickets are \$15 at the door. Doors open at 9:30 p.m. For more information, call (518) 426-8550, or visit www. thehollow.com.

The Hollow is located at 79 North Pearl St. in Albany.

Broadside

The Hollow — Friday, Dec. 15

ALBANY — Broadside will perform at The Hollow on Friday, Dec. 15 at 8:30 p.m.

Broadside is an up-and-coming alternative band that does not leave audiences disappointed. Their punk sound adds to the poetic lyrics of their songs, which makes their music unique. The band consists of Pat Diaz, bass, Dorian Cooke, guitar, Niles Gibbs, guitar, and Ollie Baxxter, vocals.

Tickets are \$14. Doors open at 7:30 p.m. For more information, visit www. thehollowalbany.com.



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HEALTH & FITNESS

What's your excuse?

Our Health & Fitness columnist has narrowed down the five lamest excuses to avoid exercise

By DAN ROMAND

news@spotlightnews.com

ast week I was having a discussion with someone about why they don't exercise.

Now, this was not meant to pick on him in any way. But, the truth is, I wouldn't be doing my job as a coach if I didn't call him out on his lame excuses.

The person in question is actually a good personal friend of mine, so I was able to be a bit more blunt than I would normally be. Besides, I wasn't letting him off the hook because I care about him too much to let him use such excuses. In his case, it is a matter of life and death, or could be in the very near future.

I'd like to say his excuses were atypical, but the reasons he gave where the same ones coaches and trainers hear every day. As a trainer, we almost become numb to them. Our job is to let people express their feelings and then try to help them overcome whatever it is that is holding them back from proceeding with their weight loss goals. We work with them to start them on the right path, and more importantly, stay on the right path. For some it's through tough love, others through kindness and understanding, and with some its calling them out on their lame excuse. Today, the approach I'm going to take is the latter. I'm going to call people out for being lame, and it may

This is not meant to be mean, but these are my five lame excuses of which you just need to let go:

No. 1 — I don't have the time. This is, hands down, the most common excuse there is, and it's a load of crap. We all have the same 168 hours each and every week. If people who work 100 hours a week can find the time, you can too. If you can't find 60 minutes, three times a week to focus on your health, it isn't that you don't have the time it's that you haven't made it a priority.

If something is important you will make the time for it. As a small business owner, I work 80-plus hours a week and I manage to get my workouts in. Have kids? I have six of them. Yes, it's hectic. No. It's not a reason to miss your workouts.

Solution: Set your alarm clock an hour earlier and get your workout in before the day gets away from you. Or, if you just aren't a morning person, block out your exercise times each week and make them non-negotiable. The point is YOU have to make the commitment to yourself because there are only 168 hours in a week. You're not going to find more.

No. 2 — It's too expensive. There is a wide variety of options when it comes to exercise and one to fit every budget. I get that not everyone can afford to pay for a training membership, but there are plenty of other options out there. There's cheap \$10 gym memberships. No. You won't get a personal trainer to guide you along, but it gives you access to equipment and a place to workout on your own. Still too much? My friends, it doesn't cost a single cent to get up and go for a walk. Okay. You may have to get a new pair of sneakers from time to time, but that's about it.

Solution: Most often, the "I can't afford it" excuse is a matter of not establishing a priority. But, when once

Continues on B23

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CONCERT REVIEW

Duo treats crowd with Dead, Phish

Keller Williams, Danton Boller perform intimate show at The Egg's Swyer Theater

By PETE MASON & FRANKIE CAVONE

nysmusic.com

ALBANY — Guitar virtuoso Keller Williams returned to The Egg Performing Arts Center on Thursday, Dec. 7, and performed two intimate, one-hour sets in the Swyer Theater, alongside stand-up bassist Danton Boller, the first of three shows together.

Keller recalled his previous shows in the Hart Theater (which he referred to as the "Red Room"), and how years ago before going on stage, he stuck his head into the Swyer Theater and professed a desire to play the room.

Keller started the first of two acoustic sets with the Grateful Dead's "Bird Song" and Phish's "Birds of a Feather," all while wearing a guitar strap featuring Angry Birds.

Williams showed some more love for Jerry Garcia in the form of the Peter Rowan tune "Mississippi Moon," and after the classic "Freeker by the Speaker," wrapped up the first set with a 78 RPM version of "Samson and Delilah."

The second set kicked off with the audience contributing to "Off Time" and "Breathe," with one of Keller's best hits, "Best Feeling," emerging from an open call to the audience for suggestions.

A little more Dead followed in the form of a tease-happy "Scarlet Begonias" wrapped up the show with an encore of "I Feel High" off the appropriate album, "Vape."

This review appears special to TheSpot518 from NYS Music.com. NYS Music.com is an online publication dedicated to covering music in and around the Empire State. For more information, visit www. nysmusic.com.







www.thespot518.com December 13, 2017 | **the spot 518** B17

MUSIC REVIEW

Tart Vandelay's 'Flow'

By PAULA CUMMINGS

nysmusic.com

n nature, flow is associated with movement, like water rippling down a current. In psychology, finding flow is associated with engaging in an activity which brings on a feeling of being energized, focused, fully aware and conscious. Rochester indie pop artists Tart

Vandelay have linked these concepts in their new release, aptly entitled "Flow."

The jazzy four-track collection paints a landscape filled with images of whipping whirlpool winds, relentlessly echoing rays of sunshine, midnight moonlight, and misty rain clouds. The elements of the cosmos become metaphors for emotional states, as a story unfolds about facing fear

and uncertainty.

Tart Vandelay isn't just stopping to smell the roses; the band is making a mindful exploration into the cyclical rhythms in the universe and tendency for tumult to succumb to order.

Songstress Katie Halligan draws from her own experiences when writing, however her words strike a chord deep within. She taps into her uncanny ability to connect what's personal to what's common to the human experience. "Sun, melt away by fright, tell me it's alright," she pleads in the song "Cloudy Doubts."

Book ended with birdsong, the instrumentation on the album mirrors the sentiment of the songs and compliments

Halligan's crisp, sparkling vocals. Marty LoFaso's jazzy guitar work serves as a vibrant accompaniment. The bass line provided by Pete Zamniak and percussive stylings of Christopher Dubuc-Penney intersect to form in an undulating groove that adds dimension to the soundscape. The music demonstrates restraint during the apprehensive disquietude of the first two songs "High Noon Haze" and "Lonely Girl." Then it swells during "Cloudy Doubts," before reaching a magnificent crest in "Drifting."

As the sequel to last year's debut EP "Frontier Pioneer," "Flow" offers further proof of Tart Vandelay's endearing ability to uplift and inspire through music.



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MUSIC REVIEW

Sharon Coates' 'Here Now'

By JULIA WOLFE

nysmusic.com

ochester-based songwriter and vocalist Sharon Coates recently released her second album just in time for winter, entitled "Here Now." This eleven-track jukebox brings a variety of styles to our ears, with a persistent folk and americana intention, only complimented by her soft vocal timbre.

Her intriguing lyrical stories take us

through her personal timeline, apparent in her reminiscent song "The Town Where I Live," and in her evolution of complex concepts through poetry in "Cathedral." Joining her on the record are instrumentalists Dave Drago, Alex Northrup, Jacob Walsh and Dave Chisholm, and in sync, their sound is familiarized as Southern country, with use of an accordion, banjo, organ, and even a trumpet to round out the sound.

With interesting rhythm changes and unique guitar strumming patterns, songs like "Mexico" and the major-minor combative "Just Don't" stand out as the album's commanders. The song's opening track "A Bullet Ain't Got A Name" has a slight Tom Petty hint to it, with a light, smooth groove to introduce Coate's new chapter. Her initial release was back in 2016, and it wasn't long before she was ready to release new material to her listeners, and this album was well delivered the second time around. There's no reason for her to be "here now," when she's been here all along, releasing music back-to-back.



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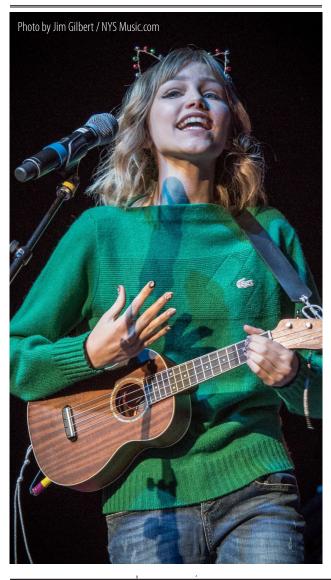


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CONCERT REVIEW



Stealing the show

How 13-year-old Grace VanderWaal's authentic sound reminds us to be ourselves

By LAURA DENOFIO & JIM GILBERT

nysmusic.com

ALBANY — Tucked in between artists still struggling to find their voices, Grace VanderWaal let her light shine brightly at the Palace Theatre Tuesday night, Dec. 5, at FLY 92's "Not So Silent Night" concert. Skipping on stage wearing a feline headband, worn jeans, a modest knit top and raspberry socks tucked in loafers, 13-year-old VanderWaal charmed the audience immediately with her authentic smile and honest voice.

Strumming her ukulele and stretching her ethereal voice with "Moonlight" and "Florets," VanderWaal smiled, jumped, danced, and even sang with her hands at times betraying some nervousness. This New York state kid from Suffern's talent is far beyond normal though — she writes her own songs, and her performances offer a fresh and vulnerable persona rarely seen in pop music these days.

She was incredibly earnest when she asked the audience to sing along to "I Don't Know My Name," perhaps her most widely recognizable hit from TV show America's Got Talent. She added that it makes her happy to hear people sing her words, and the audience eagerly obliged.

Songs like "So Much More Than This" and "Scars To Your Beautiful" speak with authority about being young and not wanting to fit in, and accepting imperfections with pure joy rather than compromise. Who better to peddle hope to teenagers that a 13-year-old who titled her first short release "Perfectly Imperfect?" VanderWaal offers hope from a place of reality: she isn't just writing about being awkward and inexperienced, but from living and embracing being awkward and fresh on the scene. In fact, she's holding on tightly to who she really is, and is reminding us that we should, too. Her promise was that by being oneself, one can actually be happy.

VanderWaal covered "Home," and the intensity of her plucky, hopeful spirit couldn't be contained. Accompanied by a keyboard, guitar, and drummer, VanderWaals's contagious smile and energy helped to forgive some pitches she reached for that just slightly fell flat. Because of her joyfulness, the message of authentic courage, and marching dance style across the stage, it was easy to forgive the few notes that didn't quite meet their mark. She hopped like a small finch across the stage, singing her lyrics and owning

By the end of the short set, she had inspired singing, dancing, and even crowd participation with cell phone lights. VanderWaal certainly doesn't play by the rules, as she wrote in her song. She left us with goosebumps and this startling realization: we were in the presence of a real musician, an authentic teenager, and a genuine hope monger for her generation.

Keep your eyes and ears open for VanderWaal. Her joy won't, and shouldn't, be contained. If you get the chance, go catch some of it. You will leave uplifted and be believing not just in music, but even a bit in your imperfect self again, courtesy of VanderWaal's youthful wisdom.

This review appears special to The Spot 518 from NYS Music.com. NYS Music.com is an online publication dedicated to covering music in and around the Empire State. For more information, visit www.nysmusic.com.

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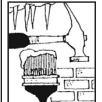


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From page B14

Your excuse?

people make their health a priority, they find a way to budget for their membership. Sure, it may mean one less night out for dinner and drinks each month or giving up on your daily \$6 frappuccino at the local Coffee House, but in the end you'll not only be happier and healthier you'll end up spending a lot less money cause when you let your health slip it isn't cheap to fix it... and as we mentioned it doesn't cost a dime to lace up your sneaks and get out for a walk.

No. 3 — I don't have the energy. Unless you have a serious metabolic issue (and trust me 99.99 percent of you don't) to say you don't have the energy to workout is just an out and out lie you're telling yourself. I've worked with thousands of clients and many of them have used the I don't have the energy excuse. But a funny thing happens when they start working out. They find that not only DO they have the energy they have MORE energy than they did before... MUCH MORE. The human body isn't designed to sit on the coach or in an office chair for hours at a time. And when we do those things we just cause it to feel lethargic and slow, it becomes a never ending circle and the way to break it and have more energy is to get up and do something

Solution: Get up and move. Go for the aforementioned walk, hit the gym do some calestenics, it doesn't matter just do SOMETHING. Not only will you feel better but because exercise releases endorphins you'll be happier in addition to healthier.

No. 4 — The time isnt' right. I'll start next week/ month/year. Short answer is... NO YOU WON'T! Think about it for a second. How many times have you said I'll start the diet next Monday only to suddenly "forget"? Or as soon as New Years is over I'll start going to the gym and you dutifully sign up online for a membership and never set foot in the place. If you're waiting for the perfect time to start exercising, eating right or whatever let me tell you friends that time will NEVER come.

The perfect time to get started is right now... not tomorrow, not tonight even... but right now. Make the commitment to change and then take a step in that direction. And no it doesn't have to be a big step even a one percent improvement is still improvement. It could be something as simple as taking our your phone and making some appointments with yourself to exercise. Or it could be to promise yourself you'll stop eating when you feel full instead of "finishing your plate for those starving people in China."

Solution: As mentioned start right now by taking a step, however small in the right direction. Losing weight, or trying to improve your health comes down to one thing consistency. One missed workout, one bad meal isn't going to kill your nor does it mean you're a failure, but waiting another week, month, year isn't going to get you anywhere either.

No. 5 — I have to get in shape before I starting training. Personal Trainers and Coaches hear this one all the time. What people are usually saying is this: I know you're going to hold me accountable and I'm afraid I won't be able to make the commitment. Now there is no problem with having a fear of making a commitment to a trainer or more precisely to yourself. Let's be honest any quality trainer is not going to be cheap. But the 'excuse" is in saying that I have to get in shape before working with a trainer. Look folks, as a trainer for some 30 years I can assure you, you don't need to get in shape before working with me. Quite the opposite. In fact, I'd much rather work

with someone who ISN'T in shape because then I can help them to not only exercise but learn how to do so safely and effectively. And while you may think I'll judge you for being out of shape that's untrue also. I've been there and I know how it feels. I'm here to help you not judge you. Yes I'm going to push you and hold you accountable that's a big part of what you are paying me for. But you won't see results without at least some level of discomfort. Strength comes from struggle.

Solution: The truth is the biggest reason someone hires a trainer is because they can't hold themselves accountable. If that's you find a quality trainer who you can have a good rapport with. A quality trainer can work with you as your partner and help you design a training program to fit your needs and your lifestyle. Don't let ego get in the way of your results. The struggle is real and perfectly normal. Oh and İ practice what I preach. Not only do I have a trainer for exercise, I also have a business coach.

The bottom line is folks you have a choice. You can choose to make excuses as to why you can't focus on your health or you can choose to do something about it. As mentioned, even a one percent improvement is still improvement.

Those that are the most successful aren't the ones who work hardest or have "natural talent" no success comes to those who keep moving forward one step at a time no matter how small the step. Hard work and dedication pay off. Excuses and procrastination don't. It really is that simple.

From B5 ... Redemption

Braverman wrote a 360-page memoir. Today, it's a 230-page autobiography of a man whose story didn't have an "end people would want to read," he said.

Braverman's story reads like a Greek tragedy, but as the title implies, the hero finds redemption. Against Freytag's diagram, the comeback lies in the prologue, recounting the events of a championship game. But, again, this

isn't just a baseball story. Braverman's impact on his community is found through the ballplayers he coached and the students he taught as a special education teacher in both Bethlehem Central and La Salle Institute. People within those communities will be quick to pick up this book, but it's also an inspiring story teaching all to not give up on one's self or those around us.

As *Times Union* sports writer James Allen writes in the foreward, "[Braverman] coaches life and teaches baseball, not the other way around."



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From page B1 ...

Can't let it go

"It's very popular, still in high demand right now," said Mathew King, who plays Kristoff in the latest tour of Disney On Ice's "Frozen!" It starts a four-day, seven-show run at the Times Union Center on Thursday, Dec. 14. "We performed at cities that the show has already performed in. So, yes. It's still in great demand. Everyone seems to still love it. I think you see the girls, and the sisters out there. With the guys, too, I think there's a whole aspect to the show that both guys and girls can appreciate and look up to.... The damsel in distress is now out to help everybody."

Disney flipped the script on the tired storyline involving a "knight in shining armor" to save a helpless young woman.

Perhaps the first of such plots would be from 1998's "Mulan." Within the now popular "Princesses" line, Disney started a string



KING

of movies with 2009's "Princess and the Frog," starring an empowered young woman saving the day.

"Frozen" continued to buck old traditions, this time on the focus of "true love," with its storyline focused on the lives of sisters, Ana and Elsa. With generations growing up and looking forward to one day experiencing "true love's kiss," the sisters from Arendelle helped establish a fresh appreciation for that familial bond.

The on-ice production follows the storyline of

the popular animation feature, with a few twists that enable visits from familiar favorites such as Mickey, Minnie, Goofy and Donald. As for Kristoff, King doesn't see his character partaking in the aforementioned role of hero.

"I meet up with Anna on her adventure trying to find her sister, Elsa. Then, I tag along and try to help her along the way," said King. "She's the strong one of the pair, but he's there to help get through the tough times."

King is from Watford, Ontario, a town that boasts 2,000 people, up in the Frozen North of Canada. Though, it's not at all similar to Arendelle, he describes home as cold, and a place where "everybody knows everybody." It's where he first picked up a pair of ice skates as a 7-year-old playing hockey. Figure skating, he said, was something he initially used to help his skating skills for games. But, he found himself liking the competition.

In his third year with Disney on Ice, he now plays one of the lead characters in arguably the most popular story in Disney's catalog. "He's a great character to portray and perform on the ice," King said of Kristoff.

"It's just a great story to portray for the kids on the ice. And, I'm out there the whole time, so I get to see the faces. And, they just get so excited over everything... it's just great."

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- The annual journalism competition and awards banquet
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- · General office responsibilities as assigned

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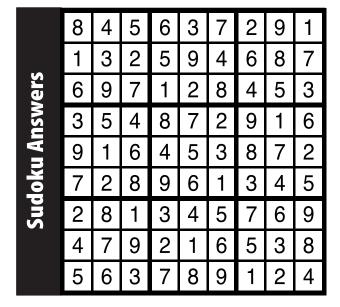
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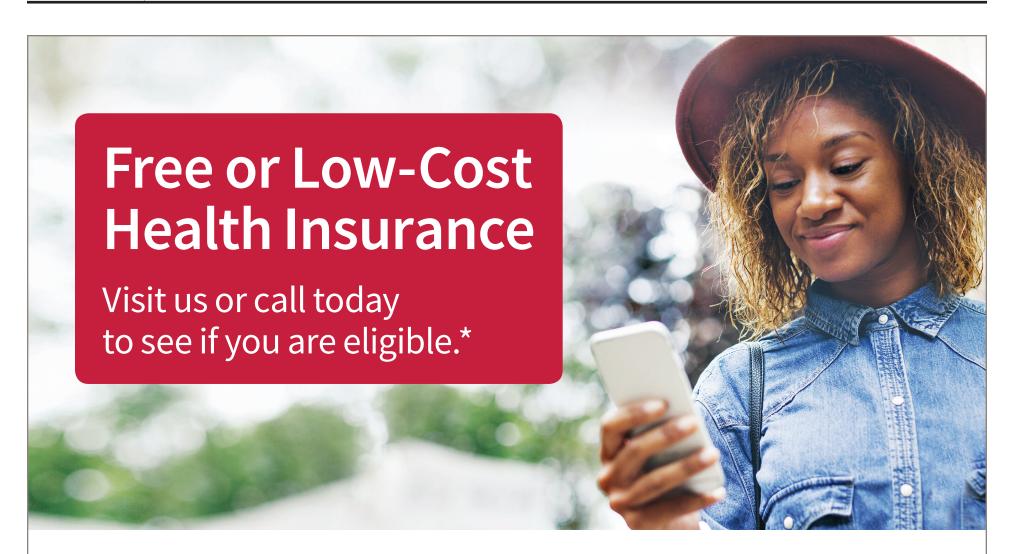








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