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NEWS

Numbers game
Local resident questions enrollment projections.

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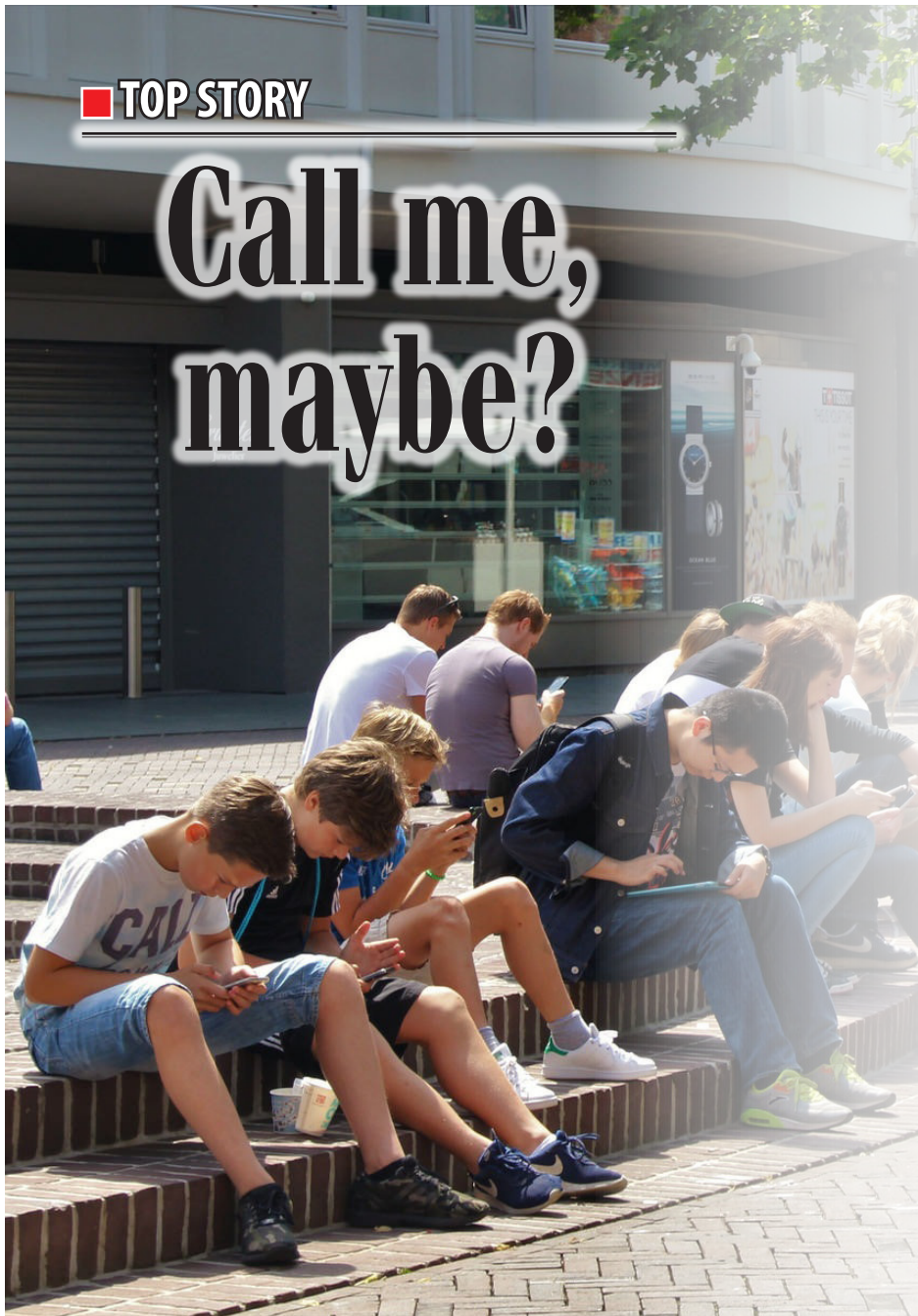
The Spotlight (USPS 396-630) is published each Wednesday by Community Media Group LLC, 341 Delaware Ave., Delmar, N.Y. 12054. Postage paid at Delmar, N.Y., and at additional mailing offices. Postmaster: send address changes to The Spotlight, P.O. Box 100, Delmar, N.Y. 12054. Subscription rates: Albany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

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TOP STORY

Call me, maybe?



Bethlehem library to host talk about kids, smartphones and social media

By **ALI HIBBS**
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BETHLEHEM — Parenting has never been for the faint of heart. Keeping children safe from the many and varied external threats in the world around us and guarding against the wounds imposed by childhood itself, such as the bullying, exclusion and retaliatory behaviors that children so often inflict on each other, while at the same time encouraging them to explore, learn and be independent has always presented a minefield fraught with uncertainty, compromise and more than a few tears.

Now, however, in the age of the smartphone, parents and educators are presented with a new and virtually inescapable social conundrum.

To allow a developing mind with unguided access to much of the content available online certainly comes with obvious problems, not to mention the prevalence of cyber-bullying and online peer pressure. However, there is also a growing concern about how that kind of constant connection and barrage of likes, invites and updates is affecting the mental health of our youth.

However, when every other child in school has one of these devices, to deny one's own child might feel a bit like punishment rather than honest concern for their well-being. Certainly no one wants to turn his or her own child into a social outcast. It is also true that having a way to contact family, especially in cases of emergency, can be comforting.

So how is a parent to proceed?

Continues on page 5

SPORTS



Section II title?
BC hockey played for the Section II title yesterday.

Online

THE SPOT 518



Catching air
Jocelyn and Chris Arndt demands attention, and they're getting it.

Story on Page B1



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■ POLICE, COURTS AND EMERGENCY CALLS

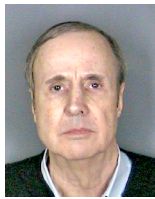
Guilderland man still missing

Police seek public's help

NEW SCOTLAND — Authorities continue to search Thacher Park for a 71-year-old Guilderland man who has been missing since last Monday.

Bruce L. Decker's Mustang was still sitting in the Paint Mine parking lot where it had been for the entire week. The Paint Mine hiking trails are located across the road from the iconic 1,200-foot escarpment.

A check of his residence indicated he may not have been home since Monday. There was no missing person's report filed, said Randy Simons, a spokesman for state Parks, Recreation and Historic Preservation. Authorities have not yet been able to



DECKER

reach his family, he said.

Authorities began searching for Decker throughout the 2,155-acre park on Thursday using manpower, aerial drones and K-9 units.

Many reports indicate he was a frequent visitor to the park and its 25 miles of hiking trails.

He is described as a white male standing about 5-foot, 9 inches with gray hair. He was last seen wearing gray pants, a black jacket, a gray plaid scarf and dark boots.

Park Police are being assisted by rangers from the state Department of Environmental Conservation, the Albany County Sheriff's Department and the Albany County Search and Rescue team.

Anyone with information is urged to call Park Police at (518) 584-2004.

Arrest made in ID theft investigation

BETHLEHEM — On Wednesday, Feb. 21, the Bethlehem Police Department arrested Oswin J. Philander, 19, of Brooklyn, in regards to an on-going identity theft investigation.



PHILANDER

In late September 2017, Philander allegedly entered the Hannaford and Olympia Sports stores in Delmar Plaza and attempted to use counterfeit credit cards, and personal identification information of another person to make purchases. During the attempt, Philander reportedly also got into a physical altercation with an employee at Olympia Sports and assaulted the employee before fleeing.

He was charged with two felony counts of criminal possession of a forged instrument in the second degree, one felony count of assault in the second degree, one felony count of burglary in the third degree, and the misdemeanor counts of scheme to defraud in the second degree and petit larceny. Philander was arraigned in Bethlehem Court and remanded to the Albany County jail. He is scheduled to return to court on Tuesday, March 20.

Bethlehem Police DWI Arrests

Matthew J. Burns, 45, of Albany following a report of a vehicle stopped and blocking traffic on Delaware Avenue near Snowden Avenue the morning of Sunday, Feb. 18. Prior to police arrival, the vehicle began to drive away and struck a utility pole. Burns was interviewed and reportedly failed standardized field sobriety tests. He was charged with misdemeanor counts of DWI and driving with a BAC greater than 0.08 percent. He is scheduled to appear in Bethlehem Court on Tuesday, March 20.

Jennifer M. Deschamps, 42, of Delmar, was stopped early Saturday morning, Feb. 24, reportedly failing to signal a turn from Kenwood Avenue onto Greenleaf Drive. After officers say they detected an odor of alcohol emanating from vehicle's operator they administered standard field sobriety tests, which she reportedly failed. Deschamps was taken to the Bethlehem Police Station for processing and after a chemical test was administered, was charged with DWI, driving with a BAC of 0.08 percent or greater, and failing to signal a turn. She was issued appearance tickets and is due in Town Court on Tuesday, March 6.

Christopher J. Edwards, 53, of Delmar, was stopped early Sunday morning, Feb. 25, for reportedly failing to stop at a stop sign and failing to signal to turn off Adams Street in Delmar. Officers say they detected an odor of alcohol emanating from his breath and administered standard field sobriety tests, which he allegedly failed. Edwards was taken to the Bethlehem Police Station for processing, where a chemical test was administered. He was charged with DWI, driving with a BAC of 0.08 percent or greater, failing to stop at a stop sign and failing to signal a turn. He was issued appearance tickets and is due in Town Court on March 6.

Shawn P. Evans, 45, of Albany, was stopped late Sunday night, Feb. 25 for taking an improper turn on New Scotland Road and disobeying a traffic control device. After officers reportedly detected an odor of alcohol emanating from his breath, standard sobriety tests were administered. Evans failed those tests, and was brought to Police Station for processing, where a chemical test was administered. He was charged with DWI, driving with a blood alcohol content of .08 percent or greater, and disobeying a traffic control device. Evans was issued appearance tickets and is due in Bethlehem Court on Tuesday, March 20.



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EDUCATION

Going down?

BCSD resident critical of declining enrollment projections that could support sale of Clarksville

By **ALI HIBBS**

hibbsa@spotlightnews.com

BETHLEHEM — The School Board recently rolled out its enrollment projections for the coming year and beyond. The projections indicate that enrollment, which peaked in 2006-07 at 5,182 students, will continue to decline into the foreseeable future, with 4,135 students forecast in 2022-23. The class of 2018-19 is projected at 4,425 students, a decline of 2.1 percent from this year.

However, district resident Judy Abbott is critical of the numbers projected by the Capital District Regional Planning Commission, saying that the report admittedly does not account for all possible residential growth within the district, parts of which are building at a significant pace. She said that is the reason that the district should decline selling the Clarksville Elementary School building to the county sheriff's office, a move the Board of Education has been mulling for months and seems eager to move ahead with.

The Albany County Sheriff's Department has occupied the building for about six years now and, in 2016, Sheriff Craig Apple approached the district about purchasing the building. After the move proved unpopular with some district residents, many of whom were unhappy with the closure of the school in the first place, the board held off approving the sale. The \$325,000 deal, originally a lease-to-buy agreement, now sits before them as an outright purchase, more than half of which would be paid for with in-kind patrol services. However, critics have pointed out that the district still owes



Assessed at \$1.7 million by the Town of New Scotland in 2016, Clarksville was appraised at \$410,000 in February 2017 and at \$325,000 in January of this year.

Photo: Caryn Zeh Appraisals

more than \$1.6 million in debt service for \$4 million worth of improvements made to the school in 2006.

Apple has indicated that if he is unable to buy the building in the near future, he is likely to move elsewhere and board members are concerned that, if he vacates and the district can find no other occupants, it could drag on district finances and make the neighborhood less safe.

In a letter to the board and district administrators, Abbott criticized enrollment projections done (by a different company) in 2003, after which Eagle Elementary was built—not long before Clarksville was closed due to declining enrollment. She said she called CDRPC and determined that the projection model they used was intended for use during stable periods of enrollment, and urged the district “not to waste “a huge capital asset,” pending more information about the impact of ongoing and future growth.

This is the second consecutive year the commission was hired to

produce enrollment numbers for the district and last year it came pretty close—within 1 percent at all three school levels.

In her email, Abbott pointed out two places in the CDRPC report where the commission recommends that the district keep a close eye on residential development, as certain factors could significantly affect enrollment, such as the number of aging “empty nesters” that might decide this is the year they’re moving south and sell to a young couple with children.

According to BCSD Chief Business and Financial Officer Judith Kehoe, “The district is very attuned to projections contained in the report regarding residential development in the town of Bethlehem. That is why the district requests, and receives, regular reports from town officials on the number of residential units in the planning or construction phase, the type of proposed housing units, whether multi-family or single-family, and the estimated number of units that could become occupied in a

particular year.”

District enrollment numbers not only matter in terms of where to fit the kids, accurate projections help officials to allocate resources and ensure that the district is able to provide the most possible resources to the most possible children in the most effective way. Teachers are hired and fired based on enrollment, and programs may be added or cut.

For her part, however, Abbott seems primarily concerned with the historic Clarksville school. She asked the board to put the matter before district voters in May, “At a minimum,” she wrote, “please save the remaining 4.7 acres that the sheriff isn’t using to accommodate future growth.”

While the district has acknowledged that the report was unclear regarding the pace of upcoming residential construction, it said CDRPC assumed the “relatively slow manner” in which currently active developments are going up is likely to continue.

“We are aware that the single-family home development would have the greatest impact

on our enrollment,” said BCSD Superintendent Jodi Monroe. “We also understand that the pace at which these properties are built and occupied is important to track.” Calling it a “significant variable,” she said CDRPC is careful to keep track of how development moves forward.

Abbott scoffed at the idea that families don’t live in apartments, “especially in times when they might not have great credit.” She said she feels the district intends to use the declining enrollment projections to sell the sale of Clarksville to the public, and that they’re doing it out of a sense of debt to the sheriff. She said she would prefer to see them prioritize the needs of the district and its students.

While some board members have asked for additional information, such as whether or not the building might be sold at a higher price to a different buyer, all seem to be eager to bring the matter to a resolution. The discussion and vote were removed from the Feb. 8 board meeting agenda, and there is no mention of the proposal in the agenda for this evening, Wednesday, Feb. 28. However, the board is likely to take up the matter again in coming weeks—unless the sheriff tires of waiting for approval and opts to simply find another location.

“It seems to me,” said Abbott, who is often in attendance at the bi-monthly board meetings, “that Bethlehem school board’s legal responsibility is to make sure that they are good stewards of two things: the fiscal health of the school district and the capital assets. Those are two very important things.”

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OBITUARIES

Bolen, Grace 'Joan'

SELKIRK — Joan was promoted to Heaven on January 23, 2018, at home in Selkirk, N.Y., with her family attending her, following a short confinement due to a health problem she had battled courageously for several years. Joan was born on August 9, 1928 to Abram and Alma Brubaker in West New York, N.J., and was raised in Clifton, N.J.. After high school, she attended the School of Nursing at the University of Virginia in Charlottesville, Va., where she met her husband, Chet, at an InterVarsity Christian Fellowship prayer meeting. They were married on October 11, 1947 at the UVA Chapel and moved to New York to start their married life and family. Joan spent all of her married life in the Town of Bethlehem. She was a longtime member of Pineview Community Church (Christian and Missionary Alliance), formerly known as The Gospel Tabernacle and then the Washington Avenue Alliance Church, where she served in many capacities serving others. She also worked, caring for young and old, at the Pineview PreSchool and the Cedar Hill Nursing Home. Joan and Chet often hosted visiting speakers, missionaries and musical groups at their home. They shared their house with many people needing a place to call home.

Joan was known for her quick wit, wonderful sense of humor, organizational skills, hospitality and work ethic. She was a shining example of Christ's love while raising her many children, loving her husband, befriending many and serving the Lord her entire life. She is loved by many

and will be missed by all who knew her.

Joan was predeceased by a son, John Lewis, and three daughters, Barbara Joan, Virginia (Ginny) Diane and Mary Lou (Steve) Walker. She is survived by her loving husband of 70 years, Chester (Chet) Bolen, her children, Bruce (Katrina), of Delmar, N.Y., Nancy Brennan of Delmar, N.Y., Jill (Rance) Gregory of Slingerlands, N.Y., Bobby (Joanne) of Mesa, Ariz., Jim (Pam) of Fredericksburg, Va., Missy (Kevin) McGrath of Forest, Va., Wally, of Nokesville, Va., Cathy (Bill) Gettys of Selkirk, N.Y., Rich (Lisa) of Columbia, S.C., Chip (Loraine) of Fredericksburg, Va., and Jennifer (Rob) Reimer of Congers, N.Y., 35 grandchildren, 40 great-grandchildren, her brother, Robert (Kitty) Brubaker of Lynchburg, Va., sister-in-law, Roberta (Lee) Childs of Oakton, Va., and many cousins, nieces and nephews.

Calling hours were held at New Comer Cremations & Funerals, 343 New Karner Rd., Colonie, on Sunday, January 28, 2018, from 4 until 7 p.m.

A funeral service was held Monday, January 29, 2018, at 10 a.m. at Pineview Community Church, 251 Washington Ave. Ext., Albany, NY 12205.

Interment followed the service at Elmwood Cemetery, Selkirk.

In lieu of flowers, the family requests donations be made to Capital City Rescue Mission, 259 So. Pearl St., Albany, NY 12202.

To leave a special message for the family, please visit: www.NewComerAlbany.com

Giordano, Anthony J.

DELMAR — Anthony J. "Tony" Giordano, born August 28, 1925, in New Haven, Conn., to Andrew and Anna Giordano, passed away early morning Monday, February 19 at 92 years of age.

After serving in the U.S. Navy in World War II, he attended Champlain College in Plattsburgh, N.Y., and then received a Bachelor of Science Degree in Civil Engineering from Worcester Polytechnic Institute in 1951.

In the same year, he married Alba Ardolino, a native of West Haven, Conn. They raised three sons, James (Lynne) of Naples, Fla., John of Delmar, N.Y., and Andrew (Sharon) of Delmar, N.Y. He is also survived by six grandchildren: Nicholas (Brittany), Laurie, Amy, Alyssa, Elise, and Grant. He is predeceased by his sister, Joan Lynn.

He worked on a number of engineering projects, including the construction of the U.S. Steel Co. Fairless Works in Pennsylvania, and both the Tappan Zee and Delaware River Turnpike bridges. Moving into the Albany area in 1959, he was the Project Engineer on the construction of the very first section of the Adirondack Northway from the Exit 24 Interchange to Latham. He then continued in the construction of three more sections of the Northway to the Canadian border. His most satisfying accomplishment as Project Manager



GIORDANO

was the section from Lake George to Warrensburg, which was voted "America's Most Scenic Highway" in 1967.

In 1972, he left highway construction to join his wife, Alba, in the world of travel at Plaza Travel Center of Latham. Tony started their meeting planning operation and ran many tour groups, especially to Italy. Tony loved this phase of his life touring several countries, playing some of the greatest golf courses in the world.

He has been a member of Wolfert's Roost Country Club since 1966, and for many years a member of the Albany Curling Club. He was a charter member of the Skel Club of Albany, an international travel organization.

Calling hours were held from 3 to 7 p.m. on Friday, February 23 at Applebee Funeral Home, 403 Kenwood Ave. in Delmar. A Funeral Mass was celebrated on Saturday, February 24, at noon at St. Thomas the Apostle Church in Delmar. In lieu of flowers, contributions may be made to Senior Services, Town of Bethlehem 445 Delaware Avenue, Delmar, NY 12054 or the Sister Maureen Joyce Food Pantry, 315 Sheridan Ave., Albany, NY 12206.

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From page 1 ... Call me, maybe?

A national conversation has arisen surrounding the use of smart-tech devices, and how to use them in healthy and “humane” ways. One local parent has decided she would like to have that very conversation here in Bethlehem. After confirming on Facebook that other parents are interested in the topic, she reserved the community room at the Bethlehem Public Library and will be hosting a public meeting this Sunday, March 4, between 1 and 3 p.m.

Marietta Angelotti said she was first inspired to learn more after reading Jean Twenge, a much-cited generational psychologist who wrote a book called “iGen: Why Today’s Super-Connected Kids are Growing Less Rebellious, More Tolerant, Less Happy—and Completely Unprepared for Adulthood—and What That Means for the Rest of Us.” Twenge was excerpted in *Atlantic* magazine, the title of which claims that post-Millennials are “on the brink of a mental health crisis.”

In her work, Twenge claims that an abrupt and unusually steep decline in teen behavior and emotional states began in 2012, at the same time that the percentage of Americans who owned a smartphone passed 50 percent. “The arrival of the smartphone has radically changed every aspect of teenagers’ lives,” she wrote, “from the nature of their social interactions to their mental health. These changes have affected young people in every corner of the nation in every type of household.” Rates of teen depression, she said, have “skyrocketed” since 2011.

“There is compelling evidence that the devices we’ve placed in young people’s hands are having profound effects on their lives—and making them seriously unhappy,” wrote Twenge, who contends that the post-Millennial “iGen” generation is developing later, delaying independence and, more generally, wasting valuable time as they sit staring at their phones, “and often distressed.”

A survey funded by the National Institute on Drug Abuse found teens who spend more time staring at screens are more likely to be unhappy, without exception. According to the *Atlantic* article, teens who spend three hours or more a day on electronic devices are 35 percent more likely to have a risk factor for suicide, “such as making a plan.”

“Social networking sites like Facebook promise to connect us to friends,” wrote Twenge. “But the portrait of iGen teens emerging from the data is one of a lonely, dislocated generation.”

A group out of Silicon Valley, headed up by Tristan Harris, a former in-house ethicist at Google, recently announced

A survey funded by the National Institute on Drug Abuse found that teens who spend more time staring at screens are more likely to be unhappy, without exception. According to the Atlantic article, teens who spend three hours or more a day on electronic devices are 35 percent more likely to have a risk factor for suicide, “such as making a plan.”

the creation of the Center for Human Technology, a group of former employees and investors at companies such as Apple and Facebook, will work with the nonprofit media watchdog group Common Sense Media to launch an anti-tech addiction campaign that plans to spend millions educating parents, teachers and students about the dangers of new technology and heavy use of social media. The group also plans to lobby for laws seeking to limit the power companies have to target children and commission research on the impact technology is having on children. (In January, two major Apple investors asked that company to study those impacts as well, and to make it easier to limit children’s use of their devices.)

The Center for Human Technology is composed of many early programmers who created some of the very tech they are now pushing back against. “What began as a race to monetize our attention is now eroding the pillars of our society: mental health, democracy, social relationships, and our children,” reads the first page on the website.

“Facebook, Twitter, Instagram and Google have produced amazing products that have benefited the world enormously,” says the site. “But these companies are

also caught in a zero-sum race for our finite attention, which they need to make money. Constantly forced to outperform their competitors, they must use increasingly persuasive techniques to keep us glued. They point AI-driven news feeds, content, and notifications at our minds, continually learning how to hook us more deeply—from our behavior.”

Melinda Gates published an op-ed in the *Washington Post* last summer entitled, “I spent my career in technology. I wasn’t prepared for its effect on my kids,” in which she talked about the pace at which the media landscape has changed and



offered resources for parents concerned about their children’s media consumption. She said she hoped to inspire parents to become resources for each other, and have conversations about the issue, which is exactly what Angelotti wants to do.

Angelotti, who is planning the event with the support of the Bethlehem Healthy Kids Committee, said she has

been speaking with other parents in an effort to come up with activities to get the ball rolling, but much will depend on how many people show up. “If there are only ten of us, we’ll sit in a circle,” she said. “If there are 50, we’ll probably break up into groups and then report back.” She will likely show a brief film or two and intends to have visual information for those who are less familiar with the latest research.

Angelotti also said she feels this initial conversation should take place between the adults, although she doesn’t intend to eject any children who may show up. “I certainly don’t want anyone to talk about anything private or anything that might embarrass their child,” she said. “But I also think that, when it comes to cell phones, sometimes parents are a little scared of their kids.”

Now that a larger conversation is taking place, Angelotti feels this is an opportune time to address the dangers of technology as a local community. “Seems like there’s always this assertion that it’s a private, family discussion and choice, but phones are everywhere. It’s not really something that can be addressed one student or child at a time. You can take one kid’s phone away and they’re just going to borrow a friend’s and be right back on social media.”

A mother from Austin, Texas, has created a movement, called Wait Until 8th, in an attempt to persuade parents to refrain from buying smartphones for their children until at least eighth grade. Last spring, she began asking parents to sign a pledge. While Angelotti feels that may still be a bit young, she likes that it has brought the conversation, and search for solutions, out into local communities. As of early

Continues on page 13

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■ HIGH SCHOOL SPORTS

The Eagles play for Section II title

SCHENECTADY — The Eagles of Bethlehem will play in the Section II finals after beating CBA 3-2 in a hard-nosed, physical game at Union College on Sunday, Feb. 25.

Tom Liebold scored twice for Bethlehem and Michael Bievenue scored once and picked up two assists for the No. 1 seed Bethlehem.

Ryan Dollar had a goal and an assist for CBA, the No. 4 seed, and Hunter

Pemrick had a goal.

In goal, Alex Breiner had 33 saves for Bethlehem and Brandon Mohrhoff had 29 for CBA.

Bethlehem played No. 2 LaSalle on Tuesday, Feb. 27, for the Section II championship after this paper went to print.

Check our website for results and photos of that game and for more photos of the CBA game.

— Photos by Jim Franco



Bethlehem girls advance



CLIFTON PARK — For the second time in a row, the Bethlehem girls pulled out a thriller against Saratoga.

The first was last month, and it went to OT. This time it was in the opening round of the Section II Class AA tournament at Shenendehowa.

And despite being outscored 17-12 in the fourth quarter, the No. 4 seed Eagles pulled out the win 54-52 over the No. 5 seed.

Molly Kirby led Bethlehem with 19 points while Julianna Okoniewski had 17. Maggie Kirby finished with seven points, Ava LaClair had five, Tessa Hughes had four and Langston Williams had two points to round out the scoring for The Eagles.

Toga's Catherine "Dolly" Cairns led all scorers with 21 while Kerry Flaherty had 12.

Bethlehem played the No. 1 seed Shen on Monday, Feb. 26, after this paper went to print. Check our website for results of that game and more photos of the Saratoga game.

— Photos by Jim Franco

HIGH SCHOOL SPORTS

CBA ends Eagles boys basketball season

TROY — While the Class AA quarterfinal matchup was closer than the final score, CBA walked into the semis by beating Bethlehem 68-48 on Saturday, Feb. 24, at Hudson Valley Community College.

Jordan King led the No. 3 seed Brothers, and all scorers, with 27 points, including seven three pointers. Drew Signor had 16 and Justin Caufield added 10 for CBA. Peter O'Toole had seven points, Pryce Wasula had six and Adam Zebrowski had two to round out the scoring for CBA.

Michael Ortale, who played in his first game since being sidelined by an injury he suffered during the CBA Christmas tournament, led the No. 6 seed Eagles with 14. Jakob Laclair had 13 and Will Davis had 10. Brandan Laclair chipped in four points, Erik Salo had three and Kenny Clanton and Eric Signor had two each for Bethlehem.

CBA played the No. 2 seed Shenendehowa in Glens Falls on Tuesday, Feb. 27.

— Photos by Jim Franco



Guilderland wins Section II coed title, Bethlehem places third

GUILDERLAND — The cheerleading squad from Colonie won the Division I, large school title at the Section II tournament on Saturday, Feb. 24, with a score of 83.35.

Ballston Spa finished second in that division with a score of 78.85, while the Eagles from Bethlehem finished third with 73.8.

The home squad from Guilderland won the coed division with a score of 93, edging out Mohonasen, 89.5, and Columbia, 85.7, respectively.

Saratoga won the small school, Division I title with a score of 86.15, narrowly getting by Shenendehowa, which finished with 84. Shaker High came in third with a score of 77.3.

— Photos by Jim Franco



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February 28, 2018

Spotlight on Opinion

www.spotlightnews.com PAGE 14

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FROM THE EDITOR'S DESK

Smartphone not smart for kid

The proliferation of smartphones has happened at such a rate that now most people own one. By most people, that's just about anyone walking and talking from 10-year-olds on up. According to techcrunch.com, the average kid owns his first smartphone by age 10, and that's a problem.

The problem over electronic devices dates back to the popularity of the Atari 2600 in the late 70s. Then, there was the question as to how often, and for how long, to allow your child to sit in front of the television. The issue escalated once the games grew in sophistication, with enhanced graphics and sometimes questionable storylines. The evolutionary track for that progress, however, spanned decades. With gaming held exclusively to the family television, the activity was clearly in sight of any watchful parent.

It's that kind of experience most of us parents had as a child. Our game systems required hijacking the television. For us to use it, most of us asked permission. Mom and dad dictated how long we could play, and promptly kicked us back outside. There was nothing to get into. Today, however, our kids have access to the outside world that we didn't have.

Let's think for a second. Could you imagine having access to social media and world news while we were kids during the height of the Cold War? Outside of the Cuban Missile Crisis, the threat of nuclear war was never worse than during the Reagan administration. Those of us who grew up in that time period was only slightly aware of the dangers. We didn't have detailed information on how heated international relations were, or how thorough the destruction would have been had bombs been dropped on us. Today, you can ask Siri or Aleska and you're sure to find out.

But, the real danger for kids owning smartphones today is social media. Look at how social media has plagued us as adults in recent years. No question is safe from being turned into a political debate between Republicans and Democrats, conservatives and liberals. Never mind the fact that you were looking for a restaurant recommendation. It's reminiscent of our adolescent years, were we ran within our own social cliques and stayed away from anyone else intended to do us harm. That vigilant attention to our own self preservation was limited between 8 a.m. and 2 p.m., the hours in which we had

class. After that, once we got home, we could retreat into the sanctuary of our bedroom. But, that's not the case today. That phone is just another conduit for bullies to gain access to our children; at anytime and from anywhere. And, that's from the little devils of which we know, let's try not to focus too much on the strangers and sexual predators who lurk on Instagram, Snapchat, Twitter and elsewhere.

On second thought, let's do focus on all of this. That's what one local woman wants to do. Our front page features sheds light on Marietta Angelotti, who wants all of us to start talking about how we manage the use of smartphones and other electronic devices. There are a lot of serious ramifications associated with too much use, ranging from anti-social behavior to bouts of depression and suicide.

Social media truly has shown itself to be ugly more often than not in recent years. There's little reason for adults to subject themselves to such immature behavior, and we don't see much reason for our children and young adults to have to deal with it either.

The problem over electronic devices dates back to the popularity of the Atari 2600 in the late 70s. Then, there was the question as to how often, and for how long, to allow your child to sit in front of the television. The issue escalated once the games grew in sophistication, with enhanced graphics and sometimes questionable storylines. The evolutionary track for that progress, however, spanned decades. With gaming held exclusively to the family television, the activity was clearly in sight of any watchful parent.

TALK BACK

The Spotlight welcomes feedback on this editorial or any other hot topics in the news. Email us at news@spotlightnews.com.

LIBRARIES AND SENIORS

AARP defensive driving course

There is a \$20 fee for AARP members (card must be shown) and \$25 for non-members for this 6 hour defensive driving course. Payment is due at 9:30 a.m. on Saturday, March 3, when class begins. Everyone must bring their driver license. There will be a 30-minute bring-your-own



lunch break. Snow date is March 10. Please register early.

Friends of the Library

The Friends of the

Library will hold their annual organizational meeting on Monday, March 27, from 7 to 9 p.m., in the Library community room. Members are invited to attend to add their input for the upcoming year. The FOL would like to thank all of the people who donated their time or items for the Winter

Boutique. It was extremely successful! All items that were not sold were donated to other local not-for-profits, such as: Kara's Closet, Community Care Givers, Hilltown Resource Center, Lutheran Church of Berne's Thrift Shop and, the ReStore. New members are always welcome.

Beading Workshop

Learn easy beading techniques for making simple necklaces, bracelets, and earrings. The Library provides tools and offers a variety of beads to choose from, or you are welcome to bring your own supplies and projects along. Check

out our beading books and magazines for inspiration. The workshop will be held on Thursday, March 8 and you may arrive at any time between 5:30 and 8 p.m. Adults and teens ages 14 and up. Please register, and there will be a small materials fee.

— Lynn Kohler

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LIBRARIES AND SENIORS

HVAC construction updates online

The planned upgrade to the building's aging heating and cooling system has begun. We expect some minor disruptions during the project, but we are doing our best to minimize their impact. As construction progresses, we will keep you informed through a dedicated construction page on our website www.bethlehempubliclibrary.org/hvac-project-updates, in-house postings and through social media.

Recently, library staff have begun relocating their workspaces to the Storyhour Room in preparation for the internal phase of the HVAC project, which is expected to begin March 5 and last approximately eight weeks. As a result of this move, regular storytimes may take place in the community or board room, or inside the Children's Place. Please note that some meeting



rooms may not be available for limited times during the HVAC project, and construction noise may be audible during business hours.

The long-awaited HVAC improvements will increase comfort and efficiency throughout the library and are the result of a multi-year planning process. The construction is partially funded by a \$289,467 New York State Library Construction Grant through the Upper Hudson Library System. The additional funding allows us to continue making necessary capital improvements to the building while minimizing the impact on taxpayers.

Thank you for your patience and understanding as we do our best to minimize the

impact on library users.

Board candidate information

Nominating petition forms and informational packets are available at the library information desk for candidates interested in serving on the Bethlehem Public Library Board of Trustees.

There are three seats on the 2018 ballot. Two, currently held by incumbents Harmeet Narang and Mark Kissinger, come with five-year terms. The third seat, currently held by Caroline Brancatella, has a partial term of three years. All three trustees are seeking re-election.

Bethlehem Public Library takes very seriously its responsibility to serve the community by providing access to resources and programming that enhance the quality of life of our

residents. Our trustees make this possible through their dedication and vision, and they fill a very important public service role that affects every tax-paying resident, whether that person has stepped foot in the library or not.

Board meetings are held at the library monthly and are open to the public. Meetings begin at 6 p.m. and last about two hours. Trustees are expected to regularly attend.

Petitions must contain at least 58 signatures of voters residing in Central School District No. 6 of the towns of Bethlehem and New Scotland. Petitions must be filed with the District Clerk, Bethlehem Central High School, 700 Delaware Ave., Delmar by 5 p.m. on April 16.

The election and budget vote will be held on Tuesday, May 15, from 7 a.m.-9 p.m. at Bethlehem Central High School.

Upcoming events Tuesday, March 6

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

Chess Club
Try your hand at chess with our teen volunteers, 5:30-6:30 p.m. OR 6:30-7:30 p.m. For grades K-5.

Saturday, March 3

Chris Gibson's "Rally Point"
Former Army Colonel and former local Congressman Chris Gibson will discuss his book, "Rally Point." A book signing will follow, with book sales courtesy of I Love Books and the Friends of Bethlehem Public Library, 2:30-4:30 p.m.

Monday, March 5

Trivia Night for Adults
Come alone or as a team and match wits with others, 7-8:15 p.m. Prizes donated by the Friends of Bethlehem Public Library.

Wed., March 7

Make It Yourself: Button Tree
Relax and get creative with a charming button tree craft, 6-8:30 p.m. Sign up online or call.

— Kristen Roberts

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or engaged?
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'You and Me' at Town Hall

Enjoy the Bethlehem Senior Chorus Spring Concert, "You and Me", at Town Hall on Friday, March 2, at 1 p.m. The concert will include favorite songs that will make you smile. We will have lunch before the concert at the Windowbox Café.



available to assist with health insurance, housing issues, food stamps, Meals on Wheels, Food Pantry, and health and income related programs. Make an appointment by calling (518) 439-4955, ext. 1176, or look at our newsletter available at Town Hall or on our website at www.townofbethlehem.org.

Shop with us

Go shopping with us on Monday, March 5, at Walmart and Glenmont Plaza.

Call (518) 439-4955, ext. 1176, for information or to make appointments.

Need a ride?

Bethlehem Senior Services provides rides to medical, dental, therapy, and clinic appointments, grocery stores, hair appointments, and a variety of social and recreational programs. Outreach Workers are

Donate

Donations to Bethlehem Senior Projects support several programs. Donations through PayPal can be made online at bethlehemsenioproject.org, or via check payable to Bethlehem Senior Projects, Inc., 445 Delaware Ave., Delmar, NY 12054.

— Wilma DeLucco



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March 1, 2018 • 3:00 p.m.
Capital District Transportation Committee
One Park Place, Albany, New York

CDTC is the Metropolitan Planning Organization for Albany, Rensselaer, Saratoga and Schenectady area. The public is welcome to comment on transportation related issues within the Capital District.

TO REGISTER TO SPEAK, CALL 458-2161

■ COUNTY GOVERNMENT

County Legislature turns 50

Celebrates golden anniversary by honoring long-serving members and trailblazers, donating to AMC pediatric department

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

ALBANY COUNTY — Albany County lawmakers celebrated the legislature’s 50th anniversary last weekend with elected officials and Albany County employees, both past and present, party officials, legislative staff and a group of representatives from Albany Medical Center, who were presented with a large “check” for \$10,000 in support of the hospital’s new pediatric emergency department.

The event, held at The Desmond in Colonie on Saturday, Feb. 24, also honored Paul Devane, Sr., who has served on the legislature since its inception 50 years ago—first as a legislator and, since 1974, as clerk of the legislature. Devane has worked with 12 consecutive Albany County Legislatures and has attended more than 500 legislative meetings. Legislature Chairman Andrew Joyce presented Devane with a Lifetime Achievement Award during

the event.

“With all the discussion about change, transition and new ideas, we can’t lose perspective of our past,” said Joyce. “Paul’s vast experience has already proven to be an invaluable asset as we work to bring the legislature into the future.”

Deputy Chair Wanda Willingham accepted Pioneer awards for three former legislators, now deceased, who are considered trailblazers—and all of whom served on the first legislature in the late ’60s. Homer L. Perkins was the first black member elected, and Blanche R. Rourke and Dorothy Baar were the first women members elected to the body.

Blanche Rourke, of Albany, began her political career in 1967 as the sole woman on the Albany County Board of Supervisors, representing Ward 9 in the City of Albany. She served as legislator for five years from 1968 to 1972, representing the ninth Legislative District.

Dorothy Baar, of Colonie, represented the 28th Legislative

District and served from 1968 through 1971. Prior to joining the legislature, Baar represented Colonie on the Town Council.

Homer Perkins, of Albany, served for 20 years in Albany County government, starting as a member of the County Board of Supervisors in 1964. He was the first and the only black member of the 1968, 1972, 1976 and 1980 County Legislatures.

The highlight of the event, said Dennis Yusko, a spokesperson for the legislative majority, was handing \$10,000 over to Albany Med for its new pediatric emergency department, which will be opening this summer. The money, he said, was raised through event sponsors, including local businesses and elected officials.

“The stand-alone emergency department for children will be staffed with pediatric specialists 24 hours a day, seven days a week in a setting specifically designed for the needs of children and their families,” Majority Leader Gary Domalewicz said of the new Massry Family Children’s



Quoting Mae West when accepting his award, Devane said, “If I had known I was going to live this long, I would have taken much better care of myself.”

Photo by Dennis Yusko, Office of the Albany County Legislative Majority

Emergency Center.

The following legislators also received Distinguished Service awards for serving more than 20 years in the Legislature.

• Legislator Gilbert F. Ethier, of Cohoes, has served for 38 years.

• Frank J. Commisso Sr., of Albany, has been a legislator since 1983 and served as majority leader for half of its history, a quarter of a century.

• Lucille M. McKnight has been a County Legislator since 1992, served as former deputy majority leader under Commisso and was the first African-American lawmaker to hold a leadership post above committee chair.

• Sean E. Ward became a legislator in 1995 and recently served as its chairman.

• Domalewicz has been an County Legislator for 25 years and was recently elected to his current position as party leader. “Fifty years ago, on Jan. 2, 1968, the Albany County Legislature met for the first time, having replaced the County Board of Supervisors,” said Domalewicz. “The change set the stage for a new era of government in which the county would play a much more visible role in governing.”



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Del & Dawg

Bluegrass legend Del McCoury educates our editor on the popular music genre.

Page B4

What's happening this week?

Check out our HOT SPOTS Calendar at:

thespot518.com/hotspots



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NIGHT & DAY



Wydef Jean

The consistently powerful pop cultural force has topped Billboard's charts and earned gold albums throughout his 20 year career. He brings his act to Putnam Place on Friday, March 2.

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INSIDE



Arts calendar

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THIS WEEK

Catching air

Jocelyn and Chris Arndt demands attention, and they're getting it

By **MICHAEL HALLISEY**

halliseym@spotlightnews.com

Jocelyn and Chris Arndt reached the Top 40 in Billboard's Adult Alternative Album chart last December, and will hit the main stage at Monster Jam in June. What's next?

In the Arndt family collection of movies is a video of Jocelyn and Chris playing upon the consecrated stage of Caffe Lena. Their father still watches it, though Chris says it's from a "long time ago."

It was six years ago.

Bridge Road Entertainment

Continues on page B5

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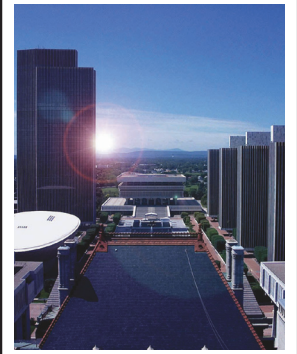
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codyupdikephotos /instagram

quote of the week

"I wasn't expecting to play on stage together, because our music is so far away from each other," said Del McCoury. When Trey Anastasio of Phish asked for his thoughts about playing "I'm Blue, I'm Lonesome," a song originally credited to Bill Monroe and Hank Williams, he asked, "Are you thinking of the same Blue and Lonesome I'm thinking of?"




— Del McCoury
Grammy Award-winning artist and Hall of Fame bluesgrass performer



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Disc Jam Music Festival / Facebook

RECENTLY ANNOUNCED

Lineup time for Disc Jam

Festival celebrates eight years with four nights of music, camping and disc golf

STEPHENTOWN — Disc Jam Music Festival recently announced the initial lineup for its 8th annual festival from Thursday, June 7 to Sunday, June 10, at Gardner's Farm

Just minutes from the Massachusetts border, the music-filled weekend will showcase more than 80 artists, including some of the best jam and electronica bands in the region. It also features disc golf tournaments, Flow Tribe dancers, craft vending, yoga workshops and more.

Tickets are on sale at discjammusicfestival.com.

Disc Jam 2018 Music Festival Initial Lineup

Lotus • Beats Antique • Galactic • The Motet • Electron • Jon 'The Barber' Gutwillig (Acoustic Set) • DJ Logic and Friends (feat. members of The Disco Biscuits, Dopapod and Turkuaz) • Gubbulidis • Kung Fu • Moon Hooch • Aqueous • Tom Marshall's Amfibian All-Stars • Ghost Light • Jo Jo Mayer / Nerve • Ghost-Note • Consider The Source • The Nth Power • Yes Darling • Wolf! • Soule Monde • The TAZ Band • Bella's Bartok • Marbin • Compa/Gantzer • Ryan Dempsey Solo • Big Mean Sound Machine • West End Blend • Dub Apocalypse • The Funky Dawgs Brass Band • Strange Machines • Space Bacon • Escaper • G-Nome Project • The A Beez • Root Shock • Bearly Dead • Formula 5 • Goose • Shwizz • Funktional Flow • Mammal Dap • Floodwood • Blind Owl Band • Swimmer • Of Clocks and Clouds • Cousin Earth • Space Carnival • Of Tomorrow • Harsh Armadillo • Fake Flowers Real Dirt • The Clock Reads • The Wiley Griffin Band • The Mushroom Cloud • Catullus • Lord Electro • Dizgo • Dewpoint • Let's Be Leonard • Cypher

The 2018 artist lineup includes a heavy dose of national and regional funk and jam artists, including some collaboratives and side projects.

"We've spent the entire off-season trying to come up with a festival experience that could one-up the magic we conjured last year," said Tony Scavone, owner and founder of the festival. "I think what we have in store for 2018 will set the bar so high for next year, I'm already getting nervous thinking about how we'll top this in 2019."

In its fourth year at Gardner's Farm since moving from Massachusetts, the festival owner said he believes he has found a venue that feels like home.

"I truly believe that we have been blessed with the perfect festival grounds," said Scavone, "beautiful grass beneath our feet, surrounded by rolling hills with picturesque views in all directions."

As implied, Disc Jam features the fast-growing sport of disc golf. The festival grounds hold a 27-hole disc golf course. Disc golf tournaments for men and women are held throughout the weekend, with cash and prizes from Innova Disc Golf going to the top finishers. Playing at least a round is a must for Disc Jam enthusiasts and the course encourages both the avid and first-time players to try their hand on the course, all at no additional cost to play (outside of tournaments) with discs provided free of charge for those interested in playing.

Going in style is easy as VIP packages include options for either hotel or condo style rooms at the beautiful Jiminy Peak Ski resort just five minutes from the venue. On top of the off-site accommodations, the event offers VIP camping areas and a VIP lounge sponsored by Lagunitas Brewing Company, which includes complimentary beer to anyone 21 years or older.

WHAT'S HAPPENING NOW



Duke Robillard / Facebook

The Duke Robillard Band

The Upper Room — Friday, Mar. 2

ALBANY — The Duke Robillard Band will perform at The Upper Room on Friday, Mar. 2, from 8 to 11 p.m.

Duke Robillard's resume is decorated with Grammy nominations, Handy Award and Blues Music Awards for his artistry, recordings, and productions. His latest release, "Duke Robillard and his Dames of Rhythm," contains renditions of 1920s and 1930s swing tunes.

Tickets start at \$25 and can be purchased at theupperroomalbany.com.

Doors open at 7 p.m.

For more information, call (518) 694-3100.

The Upper Room is located at 59 North Pearl St. in Albany.

Shannon McNally

Club Helsinki — Friday, Mar. 2

HUDSON — Shannon McNally will perform at Club Helsinki on Friday, Mar. 2, at 9 p.m.

New York born McNally was roughed up and refined by New Orleans and Mississippi. She's received a Grammy nomination and a place on the stage with stars like Willie Nelson, John Mellencamp, Vince Gill, and many others.

Tickets start at \$15.

Doors open at 6 p.m. This event is ages 21-and-older.

For more information, call (518) 828-4800, or visit helsinkihudson.com.

Club Helsinki is located at 405 Columbia St. in Hudson.

The Lizards

The Hollow — Friday, Mar. 2

ALBANY — The Lizards will perform the music of Phish at The Hollow on Friday, Mar. 2, at 9:30 p.m.

The Lizards' main goal is to recreate the Phish Experience, whether it be through their ever changing setlists, synchronized dancing, or touring with their own lighting rig and director.

Tickets are \$12 in advance or \$15 at the door.

Doors open at 8 p.m.

For more information, call (518) 426-8550, or visit thehollowalbany.com.

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

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■ WHAT'S HAPPENING NOW



Lord Electro

Lord Electro

The Hollow — Saturday, Mar. 3

ALBANY — Lord Electro will perform at The Hollow on Saturday, Mar. 3, at 9 p.m.

Lord Electro is the premier Live-Electonica/House/Funktronica group hailing from Albany. The trio has performed together across the Northeast for three years, releasing its debut studio record "Business" in March 2017.

Tickets are \$12 in advance or \$15 at the door.

Doors open at 8 p.m.

For more information, call (518) 426-8550, or visit thehollowalbany.com.

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

■ FEATURE

It's Bluegrass Country

Getting an education with bluegrass legend Del McCoury

By **MICHAEL HALLISEY**

halliseym@spotlightnews.com

ALBANY — Chances are good that those introduced to bluegrass within the past half century were listening to Del McCoury and the strumming of his guitar.

In that time, he has earned more than 30 awards, including a Grammy Award, a National Heritage Fellowship lifetime achievement award from the National Endowment for the Arts and induction into the International Bluegrass Music Hall of Fame.

These are some of the facts that left me somewhat intimidated before our phone interview. Bluegrass was never the kind of music I'd peruse in the retail store, and though I would often claim to be a fan of all sorts of music, bluegrass would challenge me. Classical, country, alternative, disco, funk, R&B, New Jack Swing, hair metal, rap — I own music under each genre. Outside of owning an Eagles CD with "Seven Bridges Road" on it, I can't say I own any bluegrass music. Through my usual research to prepare for the interview, my anxiety grew. I even reached out to a friend, a big fan. "I have an interview with Del McCoury," I wrote, "and I'm going to screw this up!" I dialed his number, still not certain how to approach the conversation.

A familiar voice answered the phone, but not to assume, I asked for "Mr. Del McCoury." (I learned a harsh lesson as a first-grader in Humble Elementary

in Texas. Unlike here in the Northeast, the use of honorifics like "Mr." or "Sir" is expected in the South.) The Carolina accent triggered a response from me.

"Hang on. I'll just..." said the voice on the other end. There was the brief sound of the phone receiver being shuffled around before he came back with a chuckle, "Oh, I'll just answer with this. How ya doin'?"

In 2016, McCoury performed along with David Grisman at the Experimental Media and Performing Arts Center at Rensselaer Polytechnic Institute in Troy. It was to celebrate the duo's 50th anniversary of a show they played together at RPI. The two had met previously while playing with the Blue Grass Boys in 1963.

To no surprise, McCoury spins a yarn. From anyone else, it would sound like he was name dropping. A conversation with him seldom excludes the name of Bill Monroe, who he played for as a member of the Blue Grass Boys. The association leads many to consider McCoury a first-generation bluegrass performer. He was brought on to sing and play banjo, an instrument you seldom see him play. "Not since 1963," he said with a laugh. After his older brother, J.C. taught him how to play the guitar, he started listening to Flatt & Scruggs play the banjo. "There weren't many three-finger style pickers in those days," said Del. So, he learned through listening to his records. Within a short few years of joining the stage with Monroe, Del was performing in the Grand Ol' Opry house.

"It's funny," said Del. "From that time on, he wanted me to play guitar and sing lead with him. So, I actually

Continues on page B18

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105154_4



From page B1 ... Catching air

Consider that six years is nearly a quarter of a lifetime to a 21-year-old, and just yesterday to his father. Still, let's also factor in the sister-brother duo's professional career; contracts, albums and countrywide road trips. There's *The Whisky a Go Go*, *Mountain Jam* and, yeah, *Billboard's Top 40* that have since followed. From that perspective, it has been a long time.

"Touring is the best job, ever," said Chris. "Playing music, making music in general, it is the single greatest job you can have, hands down. I'm not biased or anything. Except for driving through Nebraska." On cue, David Bourgeois holds up a thick set of tire chains.

It's February and the band has returned after several months of touring across the country. There's still little rest. Chris, Jocelyn and Bourgeois sit at White Lake Studios to rehearse for a radio gig in Boston. Bourgeois takes a moment to slump into a comfortable chair. He's a man of many hats. Visually, he's the band's drummer. Behind the scenes, he's its music director. He owns the Albany studios along with his wife, Anna. Within the bigger picture, he's president of Bridge Road Entertainment. About five years ago, he discovered the two while they played together at a local festival. He's been their manager ever since.

Playing gigs and hitting radio stations like the one in Boston is all in the effort to earn more air time. It's called chasing radio play. It involves a lot of networking. Sending tapes, exchanging phone calls and logging in the miles on the road. Where U2 and Interscope have years of established success and reputation, Jocelyn and Chris need to hustle. On top of being musicians, they also have to act as their own marketers. There are about 120 radio stations across the nation that play under the adult album alternative format, and grabbing a program director's attention can be "extremely challenging," according to one.

"To put it simply — there is so much great music out there, and very few slots they can fit in, and that goes for every format," said Kim Neaton,

former music director for WEQX. She was among three directors responsible for deciding what songs played on the radio. Unknown bands have to win out against trusted record labels, often times against management and promotional companies, for just a few open slots. For a band chasing radio play, "Even if you have one of the best songs in the room," said Neaton, "you have the smallest voice in the room. But if you find a station that will take a chance, and you do well there, that's ammo you can take to the next station when you reach out. Maybe things go well there, too. A story can build and so can a song's success."

One of the first stations the band won over was Albany's WEXT. Its programming has helped local artists earn air time and, "they've helped us out so much," said Jocelyn. There's also WDST in Woodstock, a good station to have behind you. It originated *Monster Jam* in

2004, a three-day music festival that has featured Robert Plant and Tom Petty in recent years. Jocelyn and Chris played there three years ago and will return to play its main stage in June.

Last December, Jocelyn and Chris broke into the Top 40 on *Billboard's Adult Album Alternative* chart. "Red Stops Traffic," the band's third single off its 2017 studio release

"Go," debuted at No. 37. Jocelyn and Chris were listed along with the names of The Killers, Big Head Todd and U2. The band topped at No. 35 before slipping back down in January.

"The next goal is Top 10," said Jocelyn, with a smile. The volume of her statement tapers off to a near whisper, as if in fear of sounding arrogant. There is no arrogance in the room,

as the two siblings are still laughing in amazement over having charted above Bono. Their story has caught the attention of television producers. Four television shows, including NBC's "The Voice" approached Jocelyn to perform. She turned it down. "That's not how it works," said Jocelyn. "We're a team. Any time it starts to tilt towards one or the other, we're just weary of and we don't do it."

Jocelyn and Chris resigned a three-year contract with Bridge Road Entertainment, and head back into the studio in April to record a new album. Before retreating to the studio, the band is set to perform at Caffe Lena on Sunday, March 4, at 7 p.m. Edge TV will be following as it films a documentary. The documentary should contrast with the video their father is still fond of playing from years ago. As "Red Stops Traffic" continues to resonate with radio listeners, people can expect to hear a maturity behind their play.

"It's definitely a more mature sound," said Jocelyn. "We're not kids anymore," she laughs.



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WHAT'S HAPPENING NOW

West Point Concert Band

The Egg — Sunday, Mar. 4

ALBANY — The West Point Concert Band will have its spring concert at The Egg on Sunday, Mar. 4, at 2 p.m.

The band's marching skills will be shown through an assortment of military marches, interspersed with classics such as Robert Russell Bennett's "Suite of Old American Dances."

Admission is free.

For more information, call (518) 473-1845, or visit theegg.org.

The Egg is located at Empire State Plaza.

Young Culture w/ View Points

Jupiter Hall — Sunday, Mar. 4

ALBANY — Young Culture will perform at Jupiter Hall on Sunday, Mar. 4, at 8 p.m.

Young Culture is celebrating the release of its critically acclaimed new EP "Blue" which came out November 24, 2017. The band has risen from the local scene and ends their first national US headliner with a hometown show at Lucky Strike.

Tickets are \$10 at the door.

For more information, call (518) 556-3350, or visit jupiterhallalbany.com.

Jupiter Hall is located in Lucky Strike Social at 1 Crossgates Mall Road.

Andrew Bird

The Egg — Monday, Mar. 5

ALBANY — Andrew Bird will perform at The Egg on Monday, Mar. 5, at 7:30 p.m.

Bird is an internationally acclaimed multi-instrumentalist, vocalist, whistler and songwriter. He synthesizes early jazz, country blues and folk music into his unique brand of pop.

Tickets start at \$40 and can be purchased at tickets.theegg.org.

For more information, call (518) 473-1845, or visit theegg.org.

The Egg is located at Empire State Plaza.

Dublin Irish Dance Company

The Egg — Tuesday, Mar. 6

ALBANY — Dublin Irish Dance Company will perform at The Egg on Tuesday, Mar. 6, at 7 p.m.

Dublin Irish Dance Company unites world champion step dancers to journey from Ireland to America, where ancient Celtic melodies fuse with African rhythms.

Tickets are \$34 and can be purchased at tickets.theegg.org.

For more information, call (518) 473-1845, or visit theegg.org.

The Egg is located at Empire State Plaza.



Wyclef Jean / Instagram

▲ NIGHT: Wyclef Jean The Carnival Tour

Putnam Place — Friday, Mar. 2

SARATOGA SPRINGS — Wyclef Jean will perform at Putnam Place on Friday, Mar. 2, from 9 p.m. to 1 a.m.

Jean's music has been a consistently powerful, pop cultural force for over two decades. He first acted as founder and guiding member of the Fugees, with whom he released the album "The Score." This album hit No. 1 on the Billboard chart, spawned a trio of smash singles, and is now certified six times platinum.

Tickets are \$40 in advance or \$48 the day of the show. Doors open at 8 p.m.

For more information, call (518) 886-9585, or visit putnamplace.com.

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

DAY: Kidz Expo

Empire State Plaza — Saturday, Mar. 3

ALBANY — Meet the Octonauts and more at this year's Kidz Expo at the Plaza, Saturday, Mar. 3, from 10 a.m. to 5 p.m.

The free event features special guests Circo Comedia and more than 100,000 square feet of event space. There will also be Dance Dimensions, Roaming Railroad, an exotic reptile room, bounce rides, music, mini-golf, face painting, exhibit booths and more.

The event is sponsored by Blue Shield of Northeastern New York, FYE Entertainment, Parent Pages, 107.7 GNA, Times Union, The Spot 518, NY's 529 College Savings Program and Winter at the Plaza.

For more information, visit empirestateplaza.org, or call Empire State Plaza Events at (518) 473-2982.

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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. 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, 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. 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

Saratoga Arts
Continuing: "Bound & Unbound," featuring artwork by a trio of artists—Regis Brodie, Susan Hoffer, and Simeon Youngmann—who create works bound

by tradition, medium or semi-isolation and works that break through these boundaries, highlighting the push and pull often found between tradition and contemporary life. On view in the Main Gallery through Sat., March 24. Also, **"Escape,"** works by Michele Benton (Reception Gallery), and **"A Dog's Life,"** photo collages by John Huppuch (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

Scarlet Seven Fine Art Gallery
Continuing: "Algorithms," featuring works by Channing Lefebvre, Christopher Murray, Katherine Chwazik, Justin Kane, and Ralph Mercer. Through Sun., March 25. Gallery hours: Thurs. & Fri., noon to 6 p.m.; Sat. and Sun., noon to 4 p.m., Mon. through Wed. by appointment. 137 4th St. (corner of Congress and 4th streets), Troy. (518) 378-6583 or www.scarletsevendgallery.com

Schenectady County Historical Society
New: "Beyond the Pines: Early Schenectady," an exhibit focused entirely on early Schenectady: its founding, its people, and what life was like for the city's earliest residents. Includes the recently restored painting "Painting of A Boy," one of the most significant portraits in the society's collection. **Continuing: "Changing Downtown: The Rise, the Raze and the Revitalization of Schenectady."** By exploring the forces that shaped the Electric City, we can better understand ourselves and our vision for the future. Through Nov. 2018. Plus permanent exhibits. Museum hours: weekdays, 9 a.m. to 5 p.m.; Sat., 10 a.m. to 2 p.m. 32 Washington Ave., Schenectady. Admission: \$5. (518) 374-0263 or schenectadyhistorical.org

Dan Sekellic Visual Arts Gallery
Upcoming: Averill Park Central School District Student Art Show," biennial exhibit featuring samples of work by students in 1st through 12th grades which highlight their artistic development and achievement. Opens in March. **Continuing: Eric Washburn.** Washburn, a local photographer, started taking photos almost 60 years ago with a Brownie Starflash. Forty-five years ago, it was Kodachrome slides of F-4s being shot off the USS America. These days, it's digital captures of backyard birds and creatures all over the world—wherever there's an image to preserve and share. Closes today. 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 New or upcoming?

Tang Teaching Museum
Continuing: "Along the Border," presents the work of experimental composer, multimedia artist, and performance artist Guillermo Galindo to explore the economic, political, and social issues around the Mexico-United States border. On view in the Winter Gallery through Sun., April 22. Also, **"Rose Ocean: Living with Duchamp,"** revisits a 2003 Tang Museum exhibition also called "Living with Duchamp," and will feature works by more than 30 contemporary artists whose conceptual and irreverent works engage with Duchamp's oeuvre. On view in the Malloy Wing through Sun., May 20. Also, **"to be with art is all we ask: Radical Print Culture from the Steven Lieber Archive (1976-1987),"** features more than 200 works on paper from the archive of the pioneering collector and dealer who specialized in artists' books, editions and ephemera. On view in the Bernhard Atrium through Sun., June 3. Also, **"This Place,"** a photographic exploration of Israel and the West Bank featuring works by Wendy Ewald,

Gilles Peress, Stephan Shore and Nick Walington. On view in the Wachenheim Gallery through Sun., April 22. Also, **"Elevator Music 35: Ephraim Asili: Jazz Salt."** Asili, a filmmaker, multimedia artist, DJ, radio host and educator, challenges definitions of originality and art. A 30-minute cassette, recorded on a four-track cassette recorder, includes samples and newly created music and vocalizations, which together ask us to examine sampling as an art form unto itself and to question at what point a sound can—or should—be defined as original. On view through Sun., May 20. Also, **"Tel_:"** Artist Kamau Amu Patton's continually evolving interpretation of what a museum community space can be. Long-term installation on the mezzanine. Through Sept. 1, 2019. Also, **"Faux Faux (Lobby Life)"** Jane Benson's installation featuring four artificial ficus trees in the Tang's atrium. These fake plants are evocative of the plant life that often populates public spaces. A closer look, however, reveals that each leaf has been meticulously cut into a square shape. By modifying the leaves, Benson accentuates the artificiality of the trees; in so doing, she creates a more authentic experience of the man-made space. Through Sun., April 22. 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

Teaching Gallery at HVCC
Continuing: "Anima Mundi: Paintings by Emerald Rose Whipple," a collection of oil-on-canvas paintings by the New York City artist that explore the connections between the spirit of youth culture and the essence of the natural world. Through Sat., March 3. Gallery hours: Tues., Thurs., and Fri. from 10 a.m. to 4 p.m.; Wed. from 1 to 7 p.m. and Sat., noon to 4 p.m.; closed Sunday and Monday. Administration Building Room 013, 80 Vandenberg Ave., Troy. (518) 629-8006 or www.hvcc.edu/teachinggallery/

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. Closes today. 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." In the Castrucci Gallery, inside the 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, in the Schaffer Library Learning Commons. Also, **"Probability & Uncertainty,"** which features more than 30 historic, scientific instruments from the permanent collection juxtaposed with six contemporary female artists working with scientific themes. Through Sun., June 17 in the Mandeville Gallery. 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: "This Place," a photography exhibition that explores the rifts and paradoxes of the highly contested spaces of Israel and the West Bank, featuring internationally renowned artists Martin Kollar, Jungjin Lee, Thomas Struth, and Jeff Wall. Also, **"Hank Willis Thomas: Black Righteous Space,"** a sound reactive video installation which focuses on exploring issues of identity, race and popular culture in the Nancy Hyatt Liddle Gallery. Both through Sat., April 7. 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

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HOROSCOPES

February 2018 Week 4

ARIES - MAR 21/APR 20
 Aries, you may need to muscle your way through some projects, especially if your energy levels wane. Put your nose to the grindstone and work your way through things.

TAURUS - APR 21/MAY 21
 Taurus, you are not one for letting obstacles get in your way. In fact, you find a way to go over or under any roadblocks. This makes you an asset to any team.

GEMINI - MAY 22/JUN 21
 Gemini, if you have been forgetful about keeping tabs on your finances, you may be in for a surprise. Make an effort to more closely monitor your financial situation.

CANCER - JUN 22/JUL 22
 Don't be so quick to write off someone you thought was out of your life, Cancer. This person may play an integral role in your life this week.

LEO - JUL 23/AUG 23
 You might need to channel some newfound excitement, Leo. Perhaps there is a special project brewing or a party on the horizon. Keep up the good cheer.

VIRGO - AUG 24/SEPT 22
 Virgo, everyone makes mistakes, and those who move forward learn from their past errors. If you stumble, dust yourself off and get back into the game this week.

LIBRA - SEPT 23/OCT 23
 Don't consistently doubt yourself, Libra. Be confident that you can make decisions that will ensure your family's success and happiness for years to come.

SCORPIO - OCT 24/NOV 22
 Juggling too many items at once often ends with one of the balls dropping, Scorpio. Call on your support network to lend a helping hand when the juggling act gets too difficult.

SAGITTARIUS - NOV 23/DEC 21
 Friends may flock to you and your jovial attitude this week, Sagittarius. Beat the winter blues by hosting a party, and it can be a win for all involved.

CAPRICORN - DEC 22/JAN 20
 Loosen up the reins on something you have been holding onto tightly. This may mean giving a child a little more freedom to explore or involving others in a work assignment.

AQUARIUS - JAN 21/FEB 18
 Aquarius, it's time to put some new ideas in motion. Channel your energy into projects that will showcase your talents and vision for the future.

PISCES - FEB 19/MAR 20
 Pisces, creative endeavors may need to be shelved for a little while as you focus on practical tasks. It won't be long before you can return to them.

■ CULINARY ARTS



Food & Vino

Broiled Chili-Lime-Crusted Tilapia

Home cooks love fish because it is flavorful and often simple to prepare. Fish also does not take too long to cook, making it a perfect meal for busy professionals or families.

The following recipe for “Broiled Chili-Lime Crusted Tilapia” from Laurie McNamara’s “Simply Scratch: 120 Wholesome Homemade Recipes Made Easy” (Avery) checks all the boxes, as it’s flavorful, easily prepared and cooks in roughly 20 minutes or less.

Ingredients: Serves four

- 2 *tablespoons olive oil, plus more for the pan*
- Juice of 1 lime (about 2 tablespoons)*
- 1 *tablespoon cornstarch*
- 1 *tablespoon chili powder*
- 1 *teaspoon ground coriander*
- 1 *teaspoon ground cumin*
- 1 *teaspoon dried oregano, rubbed in your palm*
- 1/2 *teaspoon garlic powder*
- 1/2 *teaspoon onion powder*
- 3/4 *teaspoon kosher salt*
- 1/4 *teaspoon freshly ground black pepper*
- 4 *fresh tilapia fillets*

Garnish:

- Lime wedges*
- Torn fresh cilantro leaves*
- Pico de Gallo*

Instructions:

Place the oven rack in the top portion of the oven. Crack the oven door and preheat the broiler to high. Line a rimmed baking sheet with aluminum foil and lightly brush the foil with olive oil.

In a shallow dish, combine the olive oil, lime juice, cornstarch, chili powder, coriander, cumin, oregano, garlic powder, onion powder, salt, and pepper. Whisk to blend.

Dip both sides of each tilapia fillet into the spice mixture and use your fingers to coat evenly. Place the tilapia on the prepared baking sheet with the bottom facing up. Broil for 4 minutes, then carefully flip and cook for 4 to 5 minutes more, or until the fish flakes easily.

Serve with lime wedges and torn cilantro or top with a few spoonfuls of Pico de Gallo.

Pico de Gallo

Instructions: Makes about 2 cups

- 3 *plum (Roma) tomatoes, seeded and diced*
- 1/3 *cup finely diced red onion*
- 2 *scallions, sliced*
- 2 *tablespoons chopped fresh cilantro*
- 1 *tablespoons minced jalapeño*
- 1 *teaspoon minced garlic*
- Juice of 1/2 lime*
- 1 *teaspoon olive oil*
- 1/2 *teaspoon kosher salt*

In a medium bowl, combine the tomatoes, red onion, scallions, cilantro, jalapeño, and garlic. Add the lime juice and oil, season with the salt, and stir to combine.

Serve immediately or cover with plastic wrap and refrigerate until ready to serve.

Continues on B20

■ WHAT'S HAPPENING

Troy Waterfront Farmers Market

Troy Atrium – Each Saturday

TROY – The Troy Atrium plays host to Troy’s Waterfront Farmers market each Saturday, from 9 a.m. to 2 p.m., through March 31.

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.

For more information, call (518) 708-4216, or visit www.troymarket.org.

The Troy Atrium is located at 49 4th St. in Troy.

Schenectady GreenMarket Proctors – Each Sunday

SCHENECTADY – Enjoy a festive, indoor marketplace at Proctors each Sunday, from 10 a.m. to 2 p.m., through April 29.

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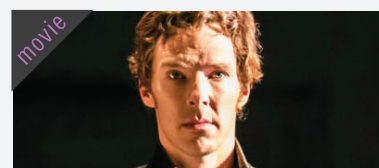
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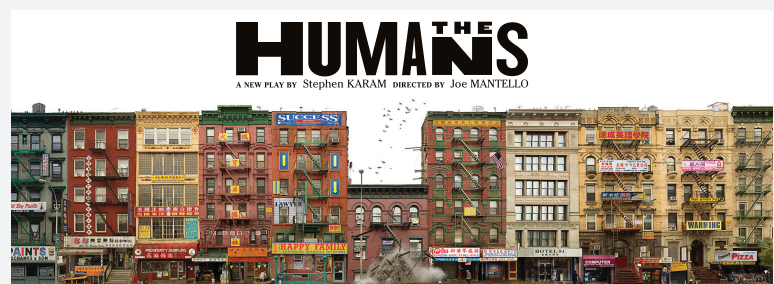
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HEALTH & FITNESS

Coffee is the answer

Healthy reasons to head to your coffee shop today

One of the most widely consumed substances in the world, caffeine is found in varying amounts in coffee, tea, chocolate, soda, and energy drinks.

According to the marketing experts at Brandon Gaille, the United States leads the world in caffeine consumption, taking in around 970 tons every year. The majority of that caffeine is consumed in the form of coffee. Although too much caffeine has been linked to increased anxiety, insomnia and restlessness, those cups of Joe actually may have positive health benefits when enjoyed in moderation. The National Institutes of Health advises that, since coffee beans are loaded with protective compounds, they can help deliver caffeine in healthy ways.

When consumed in coffee, caffeine may help prevent certain diseases. Caffeine, which is a

mild stimulant by nature, has been linked to lower risks of Alzheimer's disease. The NIH also says caffeine may lower a person's risk of developing Parkinson's disease and other dementias, while also boosting concentration and memory. The biologically active compounds in coffee also can help prevent diseases like stroke and certain cancers.

The research study, "Adenosine, Adenosine Receptors and the Actions of Caffeine," first published in February 1995, states that caffeine blocks an inhibitory neurotransmitter called adenosine. When this occurs, the amount of other neurotransmitters, such as norepinephrine and dopamine, can increase. This can improve the firing of neurons, leading to improvements in mood, memory, energy, and general cognitive function.

For individuals looking to shed a little extra weight, caffeine may help there, too. Several studies show that caffeine can boost metabolic rate by three to 11 percent, according to Healthline.

Coffee, which boasts the vitamins B2, B5, B3, manganese, and potassium, delivers caffeine and can be part of a nutritious diet and successful weight-management regimen.

People prone to headaches and recurrent pain may find caffeine can help them manage those symptoms. Caffeine is one of the main ingredients in some pain relievers. The University of Georgia also has found that a moderate dose of caffeine (roughly that found in two cups of coffee) can reduce post-workout pain by up to 48 percent. What's more, The Journal of the American Medical Association notes that, when caffeine is combined with other pain relievers, only 40 percent of the other drug was needed to provide the same level of efficacy.

Coffee and caffeine provide various health benefits and can be beneficial when consumed in moderation. Anyone who wants to alter their caffeine consumption should do so gradually to see how their body reacts to the changes.

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■ CONCERT REVIEW

F5 fun-nado in Spa City

Formula 5 and Strange Machines jam out at new Putnam Place

By **NEIL BENJAMIN, Jr.**
nysmusic.com

SARATOGA SPRINGS — The recently redesigned Putnam Place hosted Formula 5 and Strange Machines on Saturday, Feb. 10, welcoming fans of the jam heavy acts to a practically brand new venue.

The formerly dark and industrial club has been transformed into a warm and inviting spot. With painted drywall covering what used to be old concrete and pipes, and a new back area with seating and a walkway, Putnam Place has positioned itself to remain the front running rock club in the

Capital District for years to come.

Strange Machines kicked off the night with an hour-plus set, featuring a few selections off its latest release “Voice of Color” to start the set. If you haven’t checked out this release, you’ll find yourself enjoying an album that builds through each song and across the album.

The highlight of the set was a cover of Talking Heads’ “This Must Be the Place (Naive Melody),” and for once, a jam band actually jammed on it. The tune has been performed by String Cheese Incident, Umphrey’s McGee, Keller Williams and countless others over the years, but rarely does it stretch beyond the six-minute range. With its lone cover of the night, Strange Machines found themselves dialed in with patience and

perfection on an otherwise under utilized jam vehicle.

Formula 5 took the stage with an energized crowd full of familiar fans. Earlier in the day, keyboardist Matt Richards unsuccessfully petitioned fans to help him buy a pink crop top that he’d wear to the show, which was the first highlight of the evening. Apparently, no one wanted to witness that.

“I Got Your Back” set the tone for a rowdy evening. Guitarist Joe Davis took a short solo before the band settled into a short, full-band groove. A 34 minute version of “The Birch Tree” bled into “Sad Bed” to wrap up the set. The new tune “Breaking Glass” was another lengthy improv for the night, with “Earthbound Tim” and “Thelonious” pairing quite well. Later, “3 Ring Circus” saw the group extend the song to nearly 27 minutes, with extreme funk and in your face rock and space exploration, before settling into the conclusion of “Earthbound Tim.”

THE PLACE
—
Formula 5 and Strange Machines break in Putnam Place.
Frank Cavone / nysmusic.com



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■ MUSIC REVIEW

Luke Cornwell's 'Wallop Dollop'

By PAULA CUMMINGS
nysmusic.com

Luke Cornwell's "Wallop Dollop" catches your attention from the get-go. When you're honing your songs in cafés like Cornwell has been doing, you have to find a way to be noticed above the din of cappuccino machines and the drone of conversation. This debut EP showcases Cornwell's flair for theatrics, pairing playful storytelling with inventive acoustic arrangements.

"Wallop Dollop" begins with the spunky ditty "Good Morning Sunshine." It's an invitation to spend the day on a rollicking romp: taking a spin on the mall carousel, hanging at the park, and eating breakfast foods all day long. It's a little earworm that I catch myself humming when I'm making coffee. I could almost imagine it in a film or television



Album art

show, like when Bowling for Soup did the theme song for Disney's "Phineas and Ferb." It would even hold up next to a Moldy Peaches song on the soundtrack to the movie Juno.

Cornwell combines upbeat guitar melodies with punchy percussion from Noah Boss to create a sound that is a cross between art rock and punk folk. The lyrics are refreshingly

study in contrasts. It's punk and it's folk. It's sincere and it's ironic. But one thing is for sure, it's never boring!

"Wallop Dollop" was recorded in Rochester by Alexander Eschbach at Light 40 Studios. It features Cornwell on vocals and guitar, Noah Boss on drums and background vocals, and Amanda Kuzar on kazoo. Kuzar is also the one throwing blue goo at

It's a little earworm that I catch myself humming when I'm making coffee. I could almost imagine it in a film or television show, like when Bowling for Soup did the theme song for Disney's "Phineas and Ferb."

whimsical, but also contain subtle tongue-in-cheek commentaries. Cornwell could have used almost any object to finish the line "Where is my..." A Google search I conducted suggested finishing the sentence with the words tax refund, mind, phone, or super suit. Instead, Cornwell chose the words oxygen mask, making the song a story about anxiety and a frantic, panicked search for his breathing apparatus. The anti-love ballad "Paint Thinner" recounts a laundry list of things Cornwell would rather do than be with the subject of the song.

Overall, "Wallop Dollop" is a

Cornwell on the album cover, which was photographed by Jason Ackerman. It's available to stream on Spotify and purchase on Bandcamp. True to the DIY art aesthetic, a limited run of hand painted CD's are also on sale via Bandcamp. Visit Luke Cornwell's website at www.lukecornwellprojects.com/ for more information and updates.

This feature appears special to TheSpot518 from NYS Music.com. NYS Music.com is an online magazine dedicated to the coverage of music in and around the Empire State. For more information, visit NYSMusic.com.

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DEL & DAWG

David "Dawg" Grisman (left) and Del McCoury define bluegrass.
The Press House

**From page B4 ...
It's Bluegrass Country**

never seriously went back to playing banjo."

People often admire Del's jovial mood while he's on stage, something that has never seemed to fail over the years. His demeanor on the phone reflects that, so I feel comfortable enough to confess to him about my stubborn views on bluegrass. I stress an emphasis on stubborn because I can see its popularity and how often its played on local radio. How, too, DelFest in Maryland has successfully drawn in fans and big acts with each passing year. With its roots in traditional Celtic music, there's a story to hear. As with jazz, each band member gets a chance to stand front-and-center on stage. Replace the banjo and stand up bass with some electric guitars, and you have a jam band. So, I ask him why I feel the need to pigeon hole bluegrass to

music exclusively for the South.

"You know, I was amazed with the fans that Bill Monroe had in the cities," said Del. "When I went to work with him, I was playing in Baltimore. ... That was a big town for bluegrass." It was the same town that produced Earl Taylor and The Stony Mountain Boys, the first bluegrass band to play Carnegie Hall, he said; before Flatts & Scruggs and before Monroe. And, when he played the Grand Ol' Opry, it was broadcast on a 50,000-watt radio station with a clear channel across the nation. Del taught me that bluegrass was never exclusive to just country. "Everybody listened to that," he said.

Bluegrass' popularity has blossomed through the years. Del said it's larger now than it was when he first started. His association with both The String Cheese Incident

and Phish is evident of that. Trey Anastasio invited Del to perform with Phish a few years ago. "I wasn't expecting to play on stage together, because our music is so far away from each other," said Del. When Anastasio asked for his thoughts about playing "I'm Blue, I'm Lonesome," a song originally credited to Bill Monroe and Hank Williams, he asked, "Are you thinking of the same Blue and Lonesome I'm thinking of?" The collaboration that followed introduced scores of young music fans to bluegrass.

"This guy, Trey, went back to the very beginning," said Del. "We did that and several more. It was fun."

Grisman and McCoury return to the Capital District to play The Egg at the Empire State Plaza on Saturday, Mar. 3. Tickets start at \$41.25 and can be purchased at tickets.theegg.org. For more information, call (518) 473-1845, or visit theegg.org.



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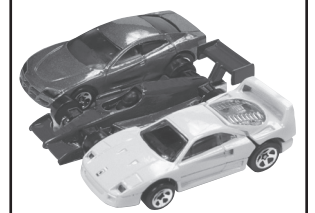
HOMEHEALTH AIDES Aides available full-time/part-time, 24hours to provide care. Excellent rates and references. Please call 518-203-8723

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CLASSIFIEDS!



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Sudoku Answers

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

Super Crossword Answers

U	M	B	R	A	E	L	A	P	P	E	T		
A	N	D	R	O	I	D	U	N	R	A	V	E	L
S	B	A	L	L	I	G	A	T	O	R	M	E	
S	E	D	G	E	T	A	N	S	K	I	P	S	
A	N	I	S	G	E	O	D	E	A	M	E	S	
D	D	S	C	O	D	A	G	A	I	R	E		
C	E	R	O	G	L	U	T	E	N				
P	A	O	L	I	S	C	A	D	S				
O	S	M	I	U	M	M	O	A	T				
S	P	F	S	S	T	S	A	P	I	A	N		
T	H	I	S	T	A	C	E	T	S	O	R	A	
M	O	T	H	S	C	U	T	S	A	N	E	R	
A	D	R	A	C	K	E	T	E	E	R	N	E	
N	E	B	U	L	A	E	E	N	I	G	M	A	S
L	E	G	E	N	D	R	E	S	E	T	S		



MOE. DAY

Albany Mayor Kathy Sheehan proclaimed Saturday, Feb. 24 "moe. Day" before a crowd at the Palace Theatre.

Frank Cavone /
Special to The Spot 518



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■ WHAT'S HAPPENING NOW

Aaron Carter

Jupiter Hall — Tuesday, Mar. 6

ALBANY — Aaron Carter will perform at Jupiter Hall on Tuesday, Mar. 6, at 7 p.m.

Carter became an international pop sensation before adulthood. His first album, "Aaron Carter," went 5x platinum, followed by two more triple platinum album releases. He also appeared on popular TV series including "Lizzie McGuire," "Sabrina the Teenage Witch," and "7th Heaven."

Tickets start at \$15 and can be purchased at ticketfly.com.

For more information, call (518) 556-

3350, or visit jupiterhallalbany.com.

Jupiter Hall is located in Lucky Strike Social at 1 Crossgates Mall Road.

Geeks Who Drink

Olde English Pub — Each Tuesday

ALBANY — It's a quiz show with prizes and spirits at the Olde English Pub each Tuesday, at 8 p.m.

Each show has eight rounds of eight questions each, including a music round, an audio round and a picture round.

It's free to play and there are prizes to earn for the top two teams, and bonus prizes throughout the game.

For more information, visit geekswhodrink.com.

Olde English Pub is located at 638 Broadway.

Caffe Lena Open Mic Night

Caffe Lena — Each Monday

SARATOGA SPRINGS — Caffe Lena hosts an open mic night every Monday at 7:30 p.m.

All ages are welcome to watch and perform songs in any style. Originals are encouraged, but not required. Each performer can play 2 songs or 10 minutes worth of music. Names are drawn from a bowl at 7:30 to determine the order. It's free for students and \$3 for adults. Sign-up is 7-7:25 p.m.

For information, visit caffelena.org.

From page B13 ...

Food & Vino

Pairing:

Robert Mondavi "Napa Valley" Fume Blanc
Robert Mondavi Winery — California

Traditionally, when you are serving fish you want to pair it with a white wine, so we went with this popular sauvignon blanc from Robert Mondavi. It provides a crisp taste of pear, mango and lemon that pairs well with the spice from this dish.

Let us know what you think by leaving us a comment online at TheSpot518.com.



KIDZ EXPO

at the Plaza

FREE!

March 3, 2018 | 10 am - 5 pm
Empire State Plaza, Albany NY



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