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Vol. 61, #19

May 9 - May 15, 2018

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NEWS

Bad day at OTB

Bethlehem police investigate a stabbing at Delaware Plaza.

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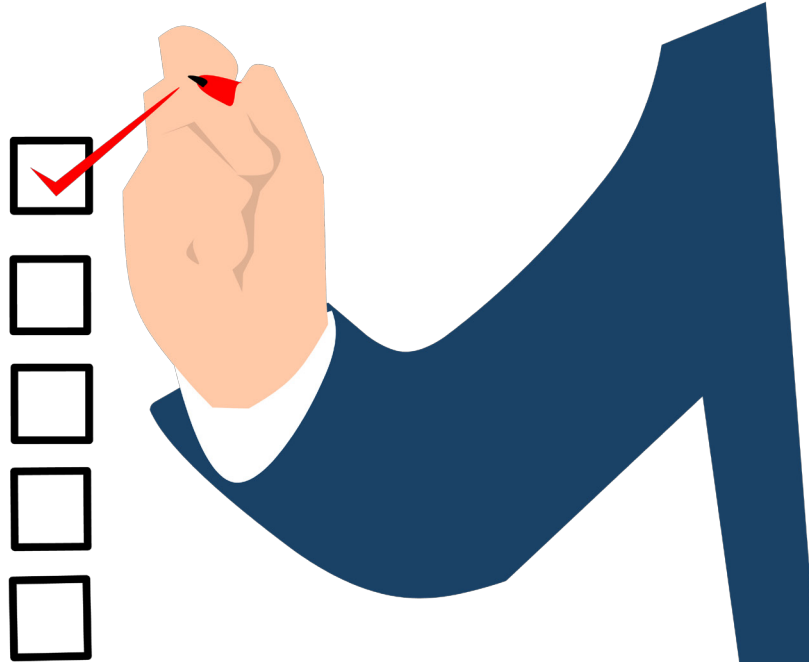
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TOP STORY

Vote!



One person is on the ballot to fill two vacant seats on BC's school board, but there are two more vying for a vote

By ALI HIBBS

hibbsa@spotlightnews.com

All three of the candidates for the Bethlehem Central School District's Board of Education have children in the district and experience to bring to the board, but only one name will appear on the ballot on Tuesday, May 15.

Christian Myer is the only candidate who turned in petitions to run for a seat on the board, which has two wide open seats this year due to the retirements of Lynne Lenhardt and Charmaine Wijeyesinghe. Last year, by contrast, there were eight candidates on the ballot for three open seats.

Wendy Dury-Samson and Willow Baer, who narrowly lost the third seat in 2017 after confusion with the write-in portion of the ballots led to a recount, are running as write-in candidates this year. Both are hoping that the ballots are easier to read and that voters aren't confused by their similar first names at the polls.

Wendy Dury-Samson

The wide field of candidates last year

may have made potential candidates gunshy this time around, suggested Samson, who characterized last year's race as "a grueling process." Samson, who said she has considered running for several years, finally made the decision to run as a write-in candidate this year after learning there weren't enough candidates on the ballot. She was also motivated, she said, by student-led activism in the wake of the Parkland shooting.

"It was just inspiring to think that here are young people encouraging adults to do the right thing, and get involved, and basically help them with this issue that adults have kind of dropped the ball on, frankly," Samson said. While she feels that school safety is handled well in Bethlehem, she was moved by students' pleas for adults to act in their best interest.

"And when I found out that there was nobody else who filled out all the petitions," she said, "it seemed like a good time to step up to the plate."

Continues on page 5

SPORTS



Senior Night Special

Bethlehem girls lacrosse pull out a big win on Senior Night.

Story on Page 11

ENTERTAINMENT



Making noise

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Story on Page B1

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■ AT A GLANCE: 2018 SCHOOL BUDGET VOTE

Bethlehem Central School District

When/where to vote: Tuesday, May 15, from 7 a.m. to 9 p.m.
 BCHS Gym A, 700 Delaware Ave., Delmar.

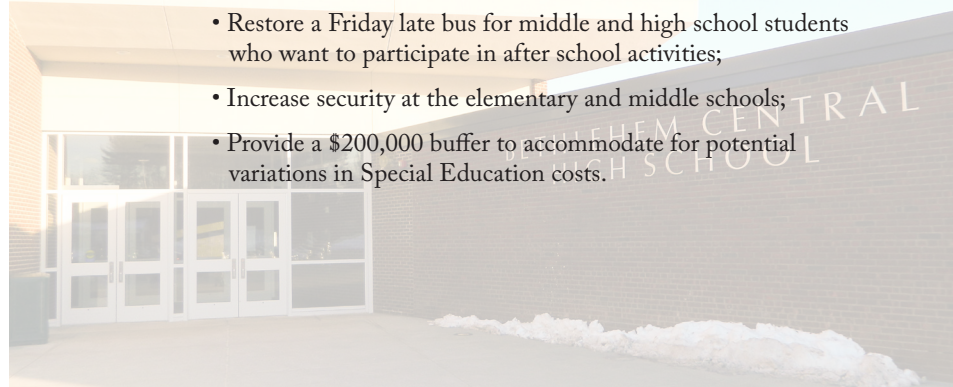
What's on the ballot: \$98.8 million proposed budget, which increases spending by 1.7 percent and raises the tax levy by 2.4 percent.

Propositions: Ballot proposition to replace 15 aging school busses, for a cost not to exceed \$1.2 million.

School Board Candidates: There are two open seats, one balloted candidate and two write-in candidates. Turn to page 1 for brief profiles.

Additional Information: **If approved by voters, the proposed budget would:**

- Maintain educational programs and services;
- Reduce approximately seven full-time staff positions;
- Move 3 full-time Special Education staff (where enrollment has also declined) to the elementary and middle schools;
- Provide elementary science kits
- Restore a Friday late bus for middle and high school students who want to participate in after school activities;
- Increase security at the elementary and middle schools;
- Provide a \$200,000 buffer to accommodate for potential variations in Special Education costs.



Guilderland Central School District

When/where to vote: Tuesday, May 15, from 7 a.m. to 9 p.m., all district elementary schools
 Find your polling place at <https://es.findmypollplace.com/guilderlandcsd/>.

What's on the ballot: \$100.9 million budget proposal for the 2018-19 school year, which is an approximately \$2.4 million increase, or 2.48 percent over the current year, and would carry a tax levy increase of 2.22 percent.

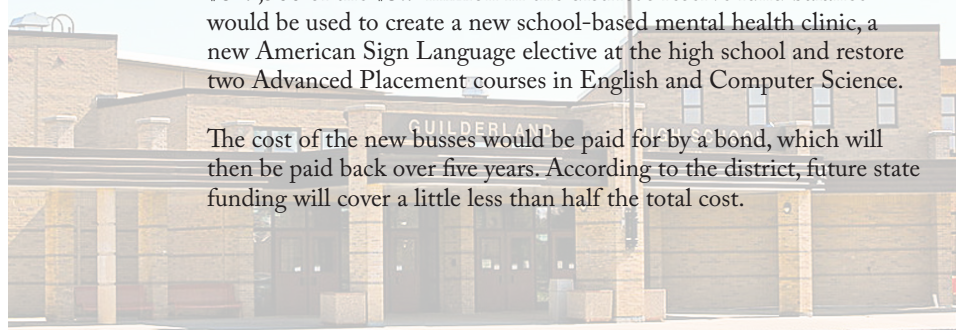
Propositions: Ballot proposal to purchase new school buses and equipment at a total cost of \$1,117,700.

School Board Candidates: Four candidates are running for four seats, one of which carries an abbreviated term. The candidate with the fewest votes will serve a two-year term and the top three candidates will serve full three-year terms. Candidate profiles may be found on the district's website, or attend tonight's Meet the Candidates event at the high school.

Additional Information: **Current estimated payments under proposed tax levy increase:**
 Town of Guilderland residents: \$23.07 per \$1000 assessed home value
 Town of Bethlehem residents: \$17.44 per \$1000 assessed home value
 Town of New Scotland residents: \$17.79 per \$1000 assessed home (Note: Payment amounts may change after assessment levels and equalization rates are released in August.)

\$849,500 of the \$3.9 million in the district's reserve fund balance would be used to create a new school-based mental health clinic, a new American Sign Language elective at the high school and restore two Advanced Placement courses in English and Computer Science.

The cost of the new busses would be paid for by a bond, which will then be paid back over five years. According to the district, future state funding will cover a little less than half the total cost.



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■ AT A GLANCE: 2018 SCHOOL BUDGET VOTE

RCS Central School District

When/where to vote: Tuesday, May 15, from 7 a.m. to 9 p.m. at the high school.

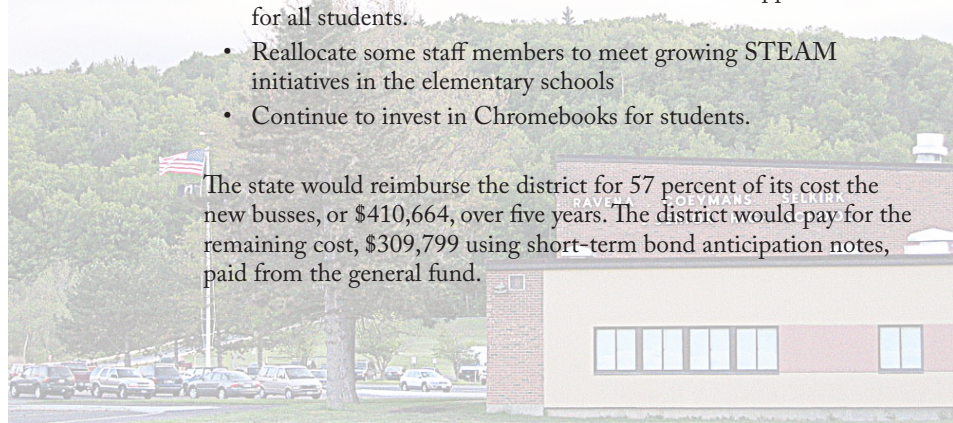
What's on the ballot: \$47.7 million budget proposal for the 2018-19 school year, which calls for a \$1,908,942 spending increase and a 2.68 percent tax levy increase.

Propositions: Ballot proposition allowing the purchase of six new buses at an estimated cost not to exceed \$720,463.92.

School Board Candidates: Four candidates are running to fill three seats on the school board. Taknika Mickey has thrown her name into the ring against incumbents Howard Engel III, Kristin Hill-Burns and Edward Reville.

Additional Information: **If approved by voters, the proposed budget would:**

- Maintain all current programs and services
- Enhance school security,
- Increase instructional support for at-risk students
- Offer better mental health and social emotional supports for all students.
- Reallocate some staff members to meet growing STEAM initiatives in the elementary schools
- Continue to invest in Chromebooks for students.



The state would reimburse the district for 57 percent of its cost the new busses, or \$410,664, over five years. The district would pay for the remaining cost, \$309,799 using short-term bond anticipation notes, paid from the general fund.

Voorheesville Central School District

When/where to vote: Tuesday, May 15, from 2 to 9 p.m., at the Middle School, 432 New Salem Road, Voorheesville.

What's on the ballot: \$24,718,575 proposed 2018-19 budget—an increase of \$531,052, or 2.19 percent, from the current year. The estimated tax levy is \$17,662,147, a 2.5 percent increase from 2017-18.

Propositions:

Ballot Proposition No. 1 The purchase of two school busses for a cost not to exceed \$178,000. (The district intends to auction off two older busses, each with more than 110,000 miles.)

Ballot Proposition No. 2 The creation of a Capital Reserve Fund in case actual enrollment outpaces projections and the district finds itself in need of more space in the 2020s. The fund, which would not exceed \$10 million, can be paid into annually and would only be spent on a large capital project, such as a new building or a building expansion.

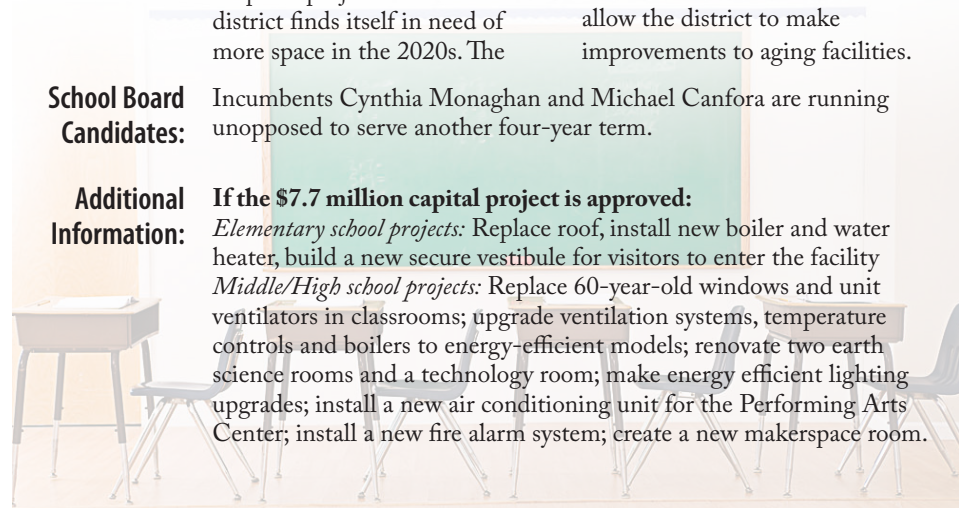
Ballot Proposition No. 3 The approval of a \$7.7 million capital project that would allow the district to make improvements to aging facilities.

School Board Candidates: Incumbents Cynthia Monaghan and Michael Canfora are running unopposed to serve another four-year term.

Additional Information: **If the \$7.7 million capital project is approved:**

Elementary school projects: Replace roof, install new boiler and water heater, build a new secure vestibule for visitors to enter the facility

Middle/High school projects: Replace 60-year-old windows and unit ventilators in classrooms; upgrade ventilation systems, temperature controls and boilers to energy-efficient models; renovate two earth science rooms and a technology room; make energy efficient lighting upgrades; install a new air conditioning unit for the Performing Arts Center; install a new fire alarm system; create a new makerspace room.



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EDUCATION

BCSD bids farewell to two longstanding board members

As the 2017-18 school year winds down, the Bethlehem Central School District will say farewell to two longtime Board of Education members who have decided not to run for re-election in May.

Lynne Lenhardt has served on the Board of Education for 30 years. First elected in 1988, Lenhardt — who is currently the board's vice-president — has held many leadership roles in the district and beyond. She also

serves as president of the Capital Region BOCES Board of Education and was elected to the New York State School Boards Association Board of Directors in 2001, where she was the state association's president in 2013 and 2014. This spring, she was honored as the Citizen of the Year by the Bethlehem Chamber of Commerce during its 33rd Annual Awards Dinner.

Charmaine Wijeyesinghe has served on the Bethlehem Central

Board of Education for nine years. She is a former vice-president of the board and has provided leadership as a member of several district and board committees. Wijeyesinghe is a past recipient of the NYSSBA Master of Boardmanship Award which recognizes individuals who continually strive to expand their knowledge and skills for better board governance.

Both are concluding three-year terms that end June 30, 2018. District voters will chose their replacements on Tuesday, May 15, when they vote on the district budget and a proposition to purchase new busses.

"Both Dr. Wijeyesinghe and Ms. Lenhardt have dedicated countless hours to the BC community and have provided valuable guidance, leadership and grace in their service to the Board of Education," said Superintendent Jody Monroe. "We wish them the very best in their future endeavors and thank them for being such steadfast champions of education here in Bethlehem."

Today is National Bike-to-School Day

BETHLEHEM — Today (Wednesday, May 9) is National Bike-to-School Day.

The first-ever National Bike to School Day took place on May 9, 2012, in coordination with the League of American Bicyclists' National Bike Month. Almost 1,000 local events in 49 states and the District of Columbia joined to encourage children to safely bicycle or walk to school. The event builds on the popularity of Walk to School Day, which is celebrated across the country — and the world — each October.

Last year, Bethlehem Central was recognized for its participation in National Bike-to-School Day. Hamagrael Elementary earned top honors from Capital District Transportation Committee and received the Wheel of Knowledge trophy for having the most participants on any school in Albany County. The elementary school in Delmar had approximately 325 students, parents, siblings, staff and volunteers bike to school last year.



A scene from BCSD Bike-to-School Day 2017.

BCSD / Facebook

thank you!

Bethlehem

Lynne Lenhardt & Charmaine Wijeyesinghe, Ed. D.



The Bethlehem Central School District posted a "Thank You" card on its website to show its gratitude towards Lynne Lenhardt and Charmaine Wijeyesinghe. Wijeyesinghe served nine years on the board. Lenhardt served for 30 years.

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From page 1 ...

Vote

If elected, Samson said she would support later start times at the high school and earlier start times at the elementary schools. "All the evidence does point to that being better for the students," she said.

She also said she's interested in the work the district is doing with social and emotional learning. "The statistics are not good for our young people," she said, "20 to 25 percent of 13 to 18 year-olds experience some kind of mental health crisis issue, addiction and that kind of thing. I would want to work on that."

"I really want to focus on doing the things that are best for the students," said Samson, who has a daughter preparing to attend high school. "I'm also a big fan of educators, having been one for many years. I would want to have a good relationship with the teachers."

Samson has taught in several local school districts over the years, including BCSD, and has held several positions at the State Department of Education, in the offices of School Improvement, Curriculum and Instruction and, currently, State Assessment. She has also taught at Glenmont Job Corps and with inmates at Greene Correctional Facility. "Keep your kids in school," she suggested.

Speaking highly of the district, Samson cited it as the reason her family moved to Bethlehem. Without identifying any serious challenges BCSD is currently facing, she noted that enrollment projections and the tax levy are two things she feels are necessary to keep an eye on. "We've got a budget now," she said, noting the economic crisis that severely impacted school districts nationwide has essentially passed. "And I think now we're trying to focus on what's going to be happening over the next few years."

Samson identified the programming offered by the district as among its best assets, from the Lab School to arts programming. "All of these things are important and we want to make sure we keep them strong."

Willow Baer

Baer isn't on the ballot either this year, she said, because she didn't think she

would have the time to campaign.

"I worked really, really hard to campaign [in 2017] and it was a lot of work," she said, explaining that she had taken on extra work at her job and didn't believe she could commit the time. Shortly after the deadline to submit petitions, however, she learned that she would be relieved of that work in June.

"The timing was just all off," she said.

When she found out that Myer, who is a friend of hers, was running unopposed for two seats, she decided to wage a write-in campaign and set up a Facebook page. (Unfortunately, she has moved since last year and lost all of her extra campaign signs in the process.)

Baer says her reasons for running haven't changed considerably since last year. She continues to be "really impressed" with the programming and services offered by the district and said she hopes to help to maintain that "excellence" as her young children progress through Bethlehem schools.

"I'm motivated to keep that hard work going and the dialogue robust and transparent," she said. "I'm someone who does a lot of work around policy development and quality assurance and service delivery, and I feel I have the right skill set to sit on the board. I'm not afraid to ask questions and I can understand large budget funding and fiscal decisions that you have to make in the best interest of the district overall."

As a hopeful board member, Baer said she's especially interested in the art, music and theatre programs, and wants to ensure that they remain adequately funded. She also commended the district's Response to Intervention program, which endeavors to identify students with learning or behavioral issues at an early age. Noting that she is a lawyer at an agency that helps to provide services for those populations at large, she said she feels the BCSD RTI program has been effective and that she is interested in exploring areas to improve upon it.

Characterizing BCSD as "a really high-achieving district," Baer said she hopes to maintain that while ensuring that other students don't become marginalized. "I think that's an important challenge to keep our eyes on," she said, adding that her background in advocacy could be put to use in that area, among others.

The district's best assets, according to Baer, are its "tremendous educators"

and its community. "Even those without kids in the schools," she said, noting community turnout at school productions and fundraisers. "That community involvement and support are just such a great resource that maybe we're not even using to its best capacity."

Baer did say she is unconvinced that district enrollment will continue to decline as projected and that she would like to see the report with the projections, as she thinks there is a chance for potential growth and feels the district should be prepared.

"I know it probably seems strange that I'm not on the ballot," said Baer, "but I'm still just as dedicated and still just as excited to serve."

Christian Myer

Myer is the only candidate whose name will appear on the ballot on May 15. He said he was motivated to run because he feels its time to start "giving back" to a district that he feels is already excellent.

A history teacher at Shaker who attended Bethlehem schools, Myer moved back to the area ten years ago. "I just felt it was time," he said, noting that he has two young children just starting out in BCSD.

"I'm not running because I'm upset about something or because there's something that I want to see fixed," he explained. "I'm running because I love it and want to maintain what we have. I think the path that we're on is really good."

He credited the district for its programming and the variety of opportunities available to its students.

If elected, he said that he would want to look at the literacy and RTI interventions that are occurring at the earliest ages. "What we see in the studies is that kids learn to read, they get the basic skills, when they're very young." If a student doesn't have those skills down between the ages of 5 and 8, he said, "you're playing catch-up."

He also wants to learn how the district handles transitions from elementary to middle school and from middle to high school. "Are we doing everything we can to make sure that kids have a smooth transition? Are we talking to kids and preparing them?"

As a former Bethlehem student, the parent of two children in Bethlehem schools and a teacher at Shaker, Myer

said that he will bring a well-rounded perspective to the board table. "Education has been my entire life," he said, noting that he has attended class or taught them since he was in kindergarten. "It's a setting that I love and feel comfortable in. I do feel that I have a lot of expertise in education."

As someone who is a teacher, he said he will work to ensure that BCSD educators have the tools they need to do their jobs effectively, "and give their students what they need to be successful in the real world."

One thing he says has changed during his years in school is students' needs and public education efforts to meet those needs. "Whether it be academic needs, social needs, emotional needs. And there is now an expectation in society that the school will be the one that addresses many of those. Before, I think it was that you would send your kids to school and we would educate them and move them on. But now, for some kids, the education is almost secondary—it's the counseling and other services that the school provides for the kid and the family that has really changed over the last 30 years. The needs of the kids have really grown."

White some of that could be due to better identification of those needs, he said, but district intervention in things like after-hours bullying and even motivation to attend class has also increased significantly. This has added another layer to the responsibilities of existing educators and administrators, he said, and has required some reapportionment of responsibilities as well as the addition of new staff. "It's necessary," said Myer. "But it's another layer and I think people need to know what their school does."

Myer discussed school violence and the proper way to speak with students at different ages about recent events like the one in Parkland. He also said that, as a teacher himself, he doesn't intend to approach the board with any agenda or with a single focus.

"I love education," he said. "I love working with kids. This is my passion. It's been my life and I'm so excited to go into this."

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■ TOWN GOVERNMENT

En Feura

Proposed Feura Bush development downsized, 9W traffic assessments updated

By ALI HIBBS
hibbsa@spotlightnews.com

GLENMONT — A local developer has stopped pursuing construction of a condominium project on Feura Bush Road that has been unpopular with local residents.

The 48-condominium development that Amedore Homes initially proposed to build on a little less than nine acres along the south side of Feura Bush Road east of Manor Drive has been withdrawn, after the Town Board chose not to support rezoning the parcel of land to allow for that type of residential development.

The Planning Board is now considering an application from Amedore to build 19 single-family homes on the property instead.

While the condominium development was under consideration, Amedore and other developers collaborated with the town to assess the potential traffic impact of several new developments under consideration along the Route 9W corridor over the next eight years, including:

- Wemple Road Apartments, 96 units at the intersection of Wemple Road and Route 9W;
- Brookside Meadows, 58 single-family and 24 condominium units on Clapper Road;
- The Hillman Subdivision, 76 single-family units and 44 townhomes also on Clapper Road;
- A 7,750 square foot expansion of Glenmont Plaza at Feura Bush Road and Route 9W; and
- The original 48 condos Amedore proposed for Feura Bush.

Per the study, traffic volumes increased on Route 9W north of Feura Bush Road between 2000 and 2008, due to economic development along that part of the corridor, peaking at an average of 21,500 vehicles per day in 2008. They have since



Route 9W has been the subject of multiple traffic studies over the past decade.

Michael Hallisey Spotlight News

declined modestly, averaging 19,750 trips in 2014.

Traffic volumes on Route 9W south of Feura Bush Road, however, have not changed significantly between 2000 and the present day, varying between 10,000 and 12,000 vehicles per day. Traffic volumes on Feura Bush Road between Route 9W and Elsmere Avenue have also remained the same, averaging less than 10,000 vehicles daily.

As residents in that area have no doubt noticed, the daily traffic volume on Glenmont Road east of Route 9W more than doubled over the period from 2000 to 2014—from 2,200 to 5,800 vehicles each day—with an average annual growth rate of 7 percent. “Because traffic volumes [immediately outside the study area] have been relatively constant over this same period, the trend on Glenmont Road is attributed to local commercial activity in the area rather than because of route diversions or regional growth outside of the corridor,” states the report. “Although increasing, the Glenmont Road traffic volume is about 40 percent less than on Feura Bush Road.”

According to CHA Consulting, which conducted the study, it assumed a rate of growth similar to that which has been seen over the last 20 years will take place

over the next eight years. Also according to CHA, “This assessment considered the development that has occurred in the Town since 2008, zoning/site development parameters, developer input, and environmental constraints.”

The study identifies the north and west bound approaches to the intersection at Feura Bush and Route 9W, where the town has plans to install a roundabout, as the worst to navigate at peak hour times. Feura Bush and Glenmont Avenue was also identified as an intersection that could use some improvement.

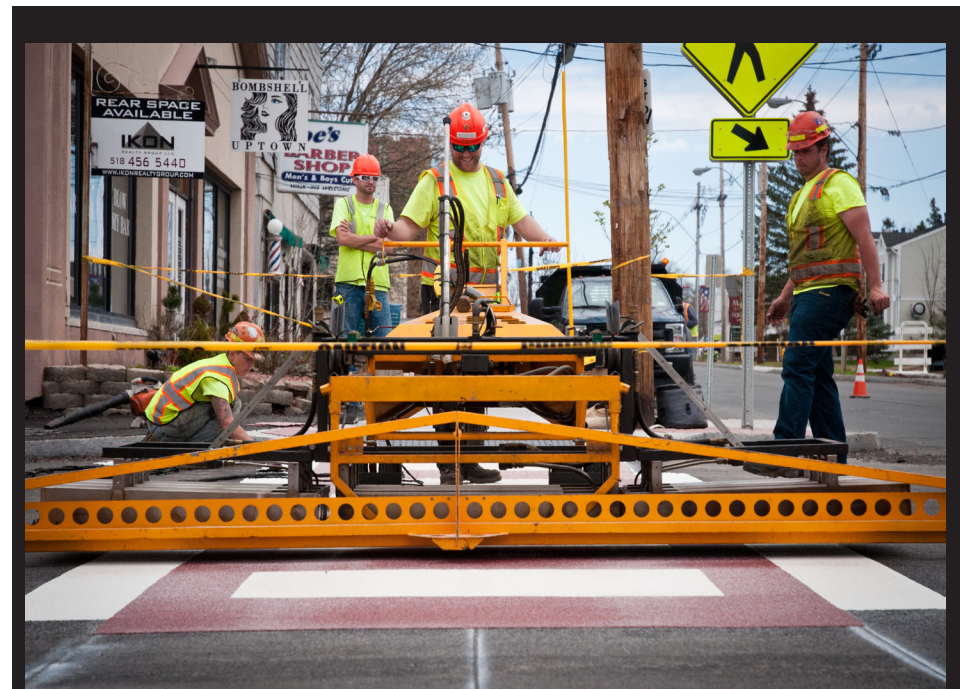
According to the study, projected future 2026 conditions also show the following intersections needing improvements (proposed intersection improvement is also identified):

- Route 9W/Bender Lane – roundabout improvement
- Route 9W/Wemple Road – Northbound & Southbound left turn lane; traffic signal modification/replacement
- Route 9W/Jericho Road – install traffic signal
- Feura Bush Road/Elsmere Avenue – Southbound left turn lane;

signal modification/replacement (Westbound right turn lane, and Eastbound left turn lane are also considered)

According to CHA, “the assessment of cumulative traffic impacts on the Route 9W Corridor area allows the town to better understand the traffic impacts from current proposed development projects and projected future growth and to be prepared for the time when improvements are needed. While the projected future growth may not be realized by 2026, as growth is expected to occur in this area of the town, the identification of intersection improvements and the development cost share will serve to mitigate the traffic impacts when they are needed—10, 15, 20 years in the future.”

According to Director of Economic Development and Planning Rob Leslie, the Wemple Road Apartments, the Hillman Farms Subdivision and Brookside Meadows are essentially unchanged as to scope and are still under review. The Glenmont expansion proposal, however, has been withdrawn. A proposal to expand Glenmont Self Storage on Route 9W is also currently under review.



Marking out a path

Crews are almost finished putting the finishing touches, like this decorative crosswalk, on the Delaware Avenue Streetscape Enhancement. Town officials have given this Friday, May 18, as the end date for the \$3.1 million beautification project that began 17 months ago.

Michael Hallisey / Spotlight News

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■ POLICE, FIRE & EMERGENCY CALLS

Stabbing at Delmar OTB

ELSMERE — On Sunday, May 6, at 2:55 p.m., the Bethlehem Police Department responded to the parking lot outside the OTB in Delaware Plaza for a report of a stabbing. Upon arrival of police officers, one male subject was found to have stab wounds to his arm, ear and hand. The injuries required treatment from Delmar-Bethlehem EMS on the scene, but were not life threatening.

Nahjyiah Daise, 21, of Albany, was arrested at the scene and charged with one felony count of assault in the second degree and



DAISE

one misdemeanor count of criminal possession of a weapon in the fourth degree. She was arraigned in the Town of Bethlehem Court by Judge Ryan Donovan and remanded to

the Albany County Jail in lieu of \$4,000 cash bail or bond. A return court date was set for Tuesday, June 5.

The weapon used in this crime was reportedly recovered at the scene and police say there are no further suspects at large in regards to the case. The suspect did know the victim prior to the offense and this was not a random act.

Bethlehem Police are continuing the investigation and request that anyone who witnessed the incident contact them at (518) 439-9973.



Paramedics attend to the apparent victim outside the Delmar OTB where Bethlehem Police say Nahjyiah Daise allegedly stabbed him.

Photos by Thomas Heffernan, Sr. / Special to Spotlight News

Trees downed by storms

DELMAR — Following a violent storm that passed through the area on the night of Friday, May 4, this was the view of Delaware Avenue just down the street from the Bethlehem Town Hall.

According to Highway Superintendent John "Tiger" Anastasi, the Highway Department responded to around 12 calls, including fallen trees with power lines and one person who had been trapped in their car under a fallen tree on the old Route 9W. Highway crews were out until 3:30 a.m. clearing debris from roadways.

"National Grid actually stopped taking calls because they were so overwhelmed," said Anastasi.

The town is working with the state to remove debris on state roads.

"By Wednesday (May 9), we should have most of the debris cleaned up," said Anastasi.



Photos by Justin Morin

Hannacroix man allegedly steals credit card from employer

COEYMANS— New York State Police investigators out of Latham arrested a 42-year-old Hannacroix man for the class D felony of grand larceny in the third degree.

Kenneth A. Wickkiser Jr. was arrested as the result of a long-term investigation, which reportedly revealed that he continued to use a former employer's company credit card for personal purchases after being terminated from employment in June 2016. The current criminal charge against Wickkiser reflects a total of \$12,884.20 in purchases made

between June of 2016 and December of 2016 at the Cumberland Farms located in Coeymans, NY. Additional charges are pending at this time regarding purchases made at other locations in Albany, Schenectady and Greene Counties.

Wickkiser was processed in Latham and arraigned in the Village of Ravena Court, where he was remanded to the Custody of the Albany County Sheriff's Department in lieu of \$50,000 cash or \$50,000 bond. His next scheduled court appearance is on Wednesday, May 23.

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ALBANY COUNTY

Not just a SHIFT — a 180

By JIM FRANCO
francoj@spotlightnews.com

ALBANY — Sheriff Craig Apple is setting up a program to train jail inmates to become volunteer firefighters. “We are giving them an opportunity to give back to the community they have been polluting,” Apple said of SHIFT – the Sheriff’s Inmate Fire Training Program.

Certified trainers will teach the low level offenders basic fire fighting skills, basic first aid and how to administer CPR and Automated External Defibrillator. Even if they don’t sign up at their local Fire Department to volunteer when they get out of jail, they still walk away with skills that can help the community, said Albany County Fire Coordinator Gerald Paris, who is a state and federal certified firefighter instructor.

“They have nothing else



Sheriff Craig Apple announcing his SHIFT program.

Photo provided

to do, why not give them an opportunity to give back to society, give back to their community. Maybe they never had that opportunity,” Paris said. “Before we go passing judgement on these

people, who are low level offenders, maybe we should give them a second chance.”

There are five inmates in the freshman class and they are currently incarcerated for unlicensed operation

of a vehicle, a family court violation, contempt of court, violation of probation and DWI, Apple said.

“Everything is aimed at lowering recidivism and keeping them busy as hell while they are in here,” Apple said. “What benefit does the public get if they sit in a six by nine cell for months at a time? I will tell you what the benefit is: nothing. The taxpayers will just keep paying over and over again to keep them here.

“And, they are doing this voluntarily so they want a chance to give back to society. To be productive, contributing members. Everybody wins.”

The initiative comes during the Firefighters Association of New York’s annual membership drive and at a time when volunteer departments across the state are scrambling for members. In the mid 1990s, there were some 120,000 volunteers statewide. Not even a decade later, as state requirements became tougher, it decreased to about 80,000. In 2016, after a four-year marketing effort aimed at attracting volunteers, the number was back up to roughly 110,000.

About 70 percent of all departments in the state are staffed with volunteers, and if municipalities had to pay the salaries and benefits of those volunteers it would cost a collective \$3.2 billion.

“... why not give them an opportunity to give back to society, give back to their community? Maybe they never had that opportunity. Before we go passing judgement on these people, ... maybe we should give them a second chance.”

Gerald Paris

Albany County Fire Coordinator

That represents, on average, a 26 percent tax hike.

The program the sheriff is proposing will not cost taxpayers anything except possibly a staffers time. Asset forfeiture funds – money confiscated from criminals – will pay for the actual training and the sheriff used the same pot of money to purchase a pumper truck from the Village of Colonie so the inmates will have a truck to use for training.

Ultimately, he said, he would like to see the inmates staff volunteer departments similar to a work furlough program. They could help maintain the department and equipment and be ready on-site should a call come in.

“Manpower is an issue at all volunteer fire departments so wouldn’t it be nice to see a work release van show up and drop off two fully trained firefighters so the companies can have say five people rolling out the door instead of two,” Paris said. “If your child was trapped on the second floor of a burning building, are you going to care if one or two of the firefighters willing and able to save him is an inmate at the Albany County Correctional Facility?”

David Leonardo, the first assistant chief at Verdoy Fire Department in Colonie, said he can see a number of departments in Albany County benefiting from the program, including his. Membership is cyclical, he said, and right now there are less than 50 members at Verdoy, down from a high of 63 two decades ago.

“I would like to see how it all works out but I have to applaud the sheriff for moving forward with a plan like this,” said Leonardo, who has 35 years in fire protection. “I would have to say they will probably be in

it to better themselves and I would absolutely not have a problem taking them on in my department.”

Right now, when a person volunteers for a local fire department, the state mandated background check includes only a search of arson and sex related crimes. Paris said should an inmate follow through and volunteer, the local fire departments will know more about them than those who walk in off the street.

And, he added, the membership will still have the ultimate say on who is allowed to volunteer. If they don’t want to sign up, they still have a valuable skill set.

“Are you going to care who administers CPR to you if you happen to collapse in a supermarket,” he asked. “This is all about saving lives and volunteerism. Something is better than nothing and right now we have nothing. It is easier to do nothing than something and these people stepped to the plate and volunteered.”

California trains inmates — and pays them \$1 a day — to help fight the frequent and devastating wild fires that state experiences every year, but the training proposed by Apple is unique in that it will train the inmates to fight interior structural fires. Anyone looking to become a volunteer firefighter in this state requires 120 hours of training for the basic Firefighter I class.

Other programs he initiated at the jail include having inmates growing vegetables, a heroin addiction recovery program — called the SHARP, or the Sheriff’s Heroin Addiction Recovery Program — and a program to help incarcerated veterans find work.



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According to a recent poll from Siena College, nearly half of all New Yorkers say they need a cup of coffee to start their day. More than half of coffee drinkers said they have more than a cup a day.

Jim Franco / Spotlight News

■ COMMUNITY

SRI releases latest poll results

Provides insight on the daily habits of New York State residents

By **JIM FRANCO**
francoj@spotlightnews.com

COLONIE — What came first: little sleep or lots of coffee?

According to a recent poll of daily habits by the Siena College Research Institute, just 24 percent of New Yorkers get eight or more hours of sleep while 48 percent sleep not more than six hours a night.

On the flip side, 62 percent of respondents say they are coffee drinkers and 42 percent say they have to have a cup of joe to start every day. Sixty percent have more than one cup a day.

“Older New Yorkers are more likely to get eight hours of beauty rest than younger residents,” said SCRI Director Don Levy. “Residents between 35 and 49, and those with kids in the home, are less likely to enjoy that full night’s sleep.”

Fifty-eight percent of New Yorkers say they check their email, text messages or social media accounts within the first hour of waking up. Twenty-two percent check immediately after they wake up. Three quarters check these accounts at least once a day with 57 percent checking more than once a day.

“New Yorkers have fully integrated technology

into their daily habits,” Levy said. “And it isn’t your imagination, virtually everyone is checking their email, texting or keeping up with social media throughout the day.

Just 10 percent of New Yorkers do not check their digital footprint on a daily basis, Levy said, and half or those are more than 65

years old.

“A quarter of us never exercise and a quarter of us never pray or meditate, but virtually all of us do laugh out loud at least once in a while,” Levy said. “But six out of ten of us think about money each day. And many of us spend a lot of our time thinking about and planning our to-do list.”

Are you a New Yorker? These are some of the behaviors of the typical New Yorker.

- 70 percent laugh out loud at least once a day.
- 62 percent think about money on a daily basis.
- 60 percent of the respondents do something nice for another person each day.
- 51 percent floss every day while 15 percent never floss.
- Half of the respondents take vitamins daily and 32 percent never do.
- Half take time to have a relaxed meal with family or friends while 7 percent never do.
- Just 14 percent of New Yorkers weigh themselves.

The margin of error is +/- 4.4 percent.
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■ **OBITUARY**

Manzella, Matthew

SLINGERLANDS — Matthew A. Manzella was taken to heaven suddenly on May 1, 2018. He leaves behind his brokenhearted parents, Maureen and Alfred Manzella, his siblings Kathleen, Michael and Christopher and their families: Yasuo, Kiyo and Emiko Saso, Anna Georgiopoulos, Elena and Sophia Manzella, Anne, Noah, Renee and Sam Manzella as well as his aunts, uncles and cousins.

Matt graduated from Bethlehem Central High School followed by an Associate degree from Hudson Valley Community College. He received his bachelor's degree from Siena College studying his two favorite interests: religion and theater. He spent some time living with his brother, Chris, in Tampa, Florida, and later returned to the area to work with disabled children.

Matt loved to travel, see new places and meet a variety of people, and shortly after graduating from HVCC, he went to Yemen, in peaceful times, to visit a classmate in his home country. In 2005, he journeyed to Vatican City to see Pope John Paul II laid to rest. Matt's belief in God was unwavering, and much of

his travel was related to his deep Catholic faith. He went to Mexico to meet the people of the parish of St. Anthony of Padua, a sister parish to St. Thomas the Apostle. Later, he made two pilgrimages to Medjugorje, Bosnia-Herzegovina, to see where the Blessed Virgin appeared and gave messages to the world. This past February, Matt traveled to Israel and had the opportunity to walk in the footsteps of Jesus.

Matt attended daily Mass and spent a large part of his time praying for others. He was a compassionate and generous soul who will be missed. His beloved cat, Vinnie, is joyful about reuniting with his favorite human, Matt.

A Funeral Mass was celebrated on Monday, May 7, at St. Thomas the Apostle Church, 35 Adams Place, in Delmar, followed by a burial in Calvary Cemetery, in Glenmont. In lieu of flowers, contributions in Matthew's memory may be made to the St. Francis Chapel, 145 Wolf Road, Albany, New York 12205 or The Immaculate Heart of Mary Food Pantry, 2416 7th Avenue, Watervliet, New York 12189.

■ **COMMUNITY**

Feeling stuck in a Dead End Job?

ALBANY — The Albany Public Library will host a workshop on how to find a better job at its Delaware Avenue branch on Thursday, May 10 from 6:15 to 7:45 p.m.

This free event is designed to help people who work dead end jobs set goals to leave them. The workshop will also give attendees information and confidence to help them along the way.

The Delaware Branch of the Albany Public Library is located at 331 Delaware Ave., in Albany.

For more information, visit www.albanypubliclibrary.org

Senior Legal Services Program

DELMAR — The Albany County Department for Aging and Legal Aid will be hosting a free legal program for seniors on Thursday, May 10, from 9:30 to 11 a.m. at Bethlehem Town Hall.

Attorneys will be on hand to help senior citizens ages 60 and older with a variety of legal issues. Participants do not need to make an appointment.

Bethlehem Town Hall is located at 445 Delaware Ave. in Delmar.

For more details, visit www.townofbethlehem.org

Poetry reading with Mong Lan

SLINGERLANDS — The Pine Hollow Arboretum will host Mong Lan on Friday, May 11, at 6:30 p.m.

Born in Vietnam, Lan left the country during the evacuation of Saigon. She has since become a poet, writer, photographer and Stegner Fellow at Stanford University, among other awards and pursuits.

During the event, she will read some of her poetry, before handing the mic off to audience

members who wish to share their work. Light refreshments will be served.

This event is free and open to the public. Donations are welcome.

The Pine Hollow Arboretum is located at 16 Maple Ave. in Slingerlands.

Additional details are available at www.pinehollowarboretum.org

Wild Trails of Albany Animals

ALBANY — The Albany Visitors Center will host a walk through downtown Albany pointing out art of local animals on Sunday, May 12 from 11:30 a.m. to 1 p.m.

The walk will be hosted by a guide who also provide historical stories and context of the animals.

This event costs \$3 for adults and is free for children.

The Albany Visitors Center is located at 25 Quackenbush Square in Albany.

For more information, call (518) 434-0405 or visit www.albany.org/event/wild-tails-of-albany-animals/26024

Treasure Cove Thrift Shop

DELMAR — The Treasure Cove Thrift Shop, located at the First United Methodist Church of Delmar, is open Tuesdays from 10 a.m. to 6 p.m., Thursdays from 4 to 8 p.m. and Saturdays from 9 a.m. to 1 p.m.

Run by a group of volunteers, Treasure Cove sells various pieces of clothing and books at low prices. The group also donates clothing to local charities.

Treasure Cove Thrift Shop is located at 135 Adams St. in Delmar.

For additional information about the shop, visit www.delmarmethodist.org

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May 9, 2018

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■ HIGH SCHOOL SPORTS

Bethlehem bests 'Toga on Senior Night

BETHLEHEM — The Eagles scored eight times in the second half to beat Saratoga 14-7 on Senior Night, Tuesday, May 1.

Tessa Hughes found the back of the net five times and had three assists for the Eagles while Katie Zito had four goals and an assist. Brynn Jones and Caroline Wise had two goals and an assist each and Paige Halliday had a goal and an assist to round out the scoring for Bethlehem.

Reilly Hogan had three goals to lead Saratoga and Lindsey Frank chipped in two. Katie Silver and Katie Wendell had a goal each for Saratoga.

In goal, Abigail Searles had 17 saves for Saratoga and Liz Chiarella had five for Bethlehem.

Check out our website for more photos of the night.

— Jim Franco



The Blackbirds fall to The 'Burgh



VOORHEESVILLE —

Lansingburgh rolled into town to take on the Blackbirds and walked away with a 7-1 win in the Colonial Council matchup.

The Knights jumped out to a 4-0 lead after one, highlighted by a bases clearing, three-run triple by Camryn O'Hara.

The Blackbirds were led by Sydney Worthley, who went two for three on the day while Joelle Lisboa went one for three with a double and a run scored. Alyssa Chrysler, Olivia Richardson and Nicole Gifford each had a hit for Voorheesville.

Maddy Teta went two for four for Lansingburgh, Angelise Montanez went two for four with a run scored, Ohara went two for four with two runs scored and Patience Riley went two for four with a run scored.

On the mound for Lansingburgh, Angeline Montanez gave up one run on six hits while walking one and striking out seven. For the Blackbirds, Chrysler gave up seven runs on nine hits while walking two.

Check out our website for more photos of the game.

— Jim Franco

LEGALS

bany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Eric Lee, 495 9th Avenue, Unit 1C, New York, NY 10018. Purpose: Any lawful purpose. D-183753

NOTICE OF LLC FORMATION

INTERLINK COMMUNICATIONS LLC. Arts. of Org. filed with the SSNY on 04/02/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 148 Beach 118th Street, Rockaway Park, NY 11694. Purpose: Any lawful purpose. D-181522

NOTICE OF LLC FORMATION

JACOB M FISHER STUDIO LLC. Arts. of Org. filed with the SSNY on 04/10/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 40-08 22nd Street, Long Island City, NY 11101. Purpose: Any lawful purpose. D-183238

Notice of Formation Limited Liability Company

Name: Japanese Fight Club, LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 11/8/2017. Office Location: Albany County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: 99 Washington Avenue, Ste., 1008, Albany, NY 12260. Registered Agent upon whom process may be served: 99 Washington Ave., Ste. 1008, Albany, NY 12260. Purpose: For any lawful purpose. D-184110

NOTICE OF LLC FORMATION

JONATHAN EHRENBERG LLC. Arts. of Org. filed with the SSNY on 03/27/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 323 West 39th Street, Suite 601, New York, NY 10018. Purpose: Any lawful purpose. D-180886

NOTICE OF LLC FORMATION

JULEJUAH LLC. Arts. of Org. filed with the SSNY on 03/19/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 6 Hunter Drive, Armonk, NY 10504, ATTN: Joseph Demasi. Purpose: Any lawful purpose. D-182741

NOTICE OF LLC FORMATION

JZW ENTERPRISES LLC. Arts. of Org. filed with the SSNY on 04/11/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC,

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tary of State of New York (SSNY) on 04/02/2018. Office location: Albany County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: P.O. Box 11274, 123 W Chandler Heights Road, Chandler, Arizona 85248-9998. Purpose: to engage in any lawful act or activity for which a limited liability company may be formed under section 201 of the Limited Liability Company Law. D-181398

Notice of Formation

of June Creative Services LLC, a Domestic Limited Liability Company (LLC). Articles of Organization filed with the Secretary of State of New York (SSNY) on 3/26/2018. Office location: County of Albany. SSNY is designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to: In-Corp Services Inc, One Commerce Plaza - 99 Washington Ave. Suite 805-A, Albany, NY, 12210-2822. Purpose: any lawful purpose. D-180801

NOTICE OF LLC FORMATION

JUST THE RIGHT MEDICINE MANAGEMENT, LLC. Arts. of Org. filed with the SSNY on 04/20/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Maurice Heller, Garvey Schubert Barer, 100 Wall Street, 20th Floor, New York, NY 10005. Purpose: Any lawful purpose. D-184068

Notice of Formation

of JV Mobile Food LLC, Arts of Org. filed with NY Secy of State (SSNY) on April 5, 2018. Office location: Albany County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to The LLC, 82 Dove Street, Albany, NY 12210. Purpose: any lawful activity. D-182474

NOTICE OF LLC FORMATION

JXD REALTY LLC. Arts. of Org. filed with the SSNY on 04/13/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 327 Central Park West, Unit 12AB, New York, NY 10025. Purpose: Any lawful purpose. D-181391

NOTICE OF LLC FORMATION

LAP TRANSIT LLC. Arts. of Org. filed with the SSNY on 01/17/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Pi-

LEGALS

4620 12th Avenue, Brooklyn, NY 11219. Purpose: Any lawful purpose. D-182496

NOTICE OF LLC FORMATION

KCYT ENTERPRISES LLC. Arts. of Org. filed with the SSNY on 04/10/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Chris Young-Taylor, 510 West 52nd Street, #22D, New York, NY 10019. Purpose: Any lawful purpose. D-182701

NOTICE OF LLC FORMATION

KGBL HOLDINGS LLC. Arts. of Org. filed with the SSNY on 04/18/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Neufeld, O'Leary & Giustino, Esqs., 370 Lexington Avenue, Suite 908, New York, NY 10017. Purpose: Any lawful purpose. D-183170

NOTICE OF FILING OF ARTICLES OF ORGANIZATION IN NEW YORK BY A LIMITED LIABILITY COMPANY

Name: KMC Capital, LLC. Articles of Organization filed with sec. of state of NY(SOS) on 3/28/18. Office location: Albany County. SOS is designated as agent of LLC for service of process. SOS shall mail copy of process to 1111 Troy Schenectady Road, Latham, NY 12110. Purpose: Any lawful act or activity. D-180858

NOTICE OF LIC FORMATION

KSESTUDIO LLC. Arts. of Org. filed with the SSNY on 03/22/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Kyriakos Kyriakou, 68 Jay Street, Suite 501, Brooklyn, NY 11216. Purpose: Any lawful purpose. D-180955

NOTICE OF LLC FORMATION

LA DOLCE VITA ON BROADWAY LLC. Arts. of Org. filed with the SSNY on 12/11/17. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 327 Central Park West, Unit 12AB, New York, NY 10025. Purpose: Any lawful purpose. D-181391

NOTICE OF LLC FORMATION

LAP TRANSIT LLC. Arts. of Org. filed with the SSNY on 01/17/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Pi-

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mentel, 3226 Oxford Avenue, Riverdale, NY 10463. Purpose: Any lawful purpose. D-181244

NOTICE OF LLC FORMATION

LUPA ENTERPRISES, LLC. Arts. of Org. filed with the SSNY on 05/08/14. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 145 Bismark Avenue, Valley Stream, NY 11518. Purpose: Any lawful purpose. D-180870

NOTICE OF LLC FORMATION

MANHATTAN ALFIE LLC. Arts. of Org. filed with the SSNY on 04/19/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 255 West 94th Street, #15T, New York, NY 10025. Purpose: Any lawful purpose. D-183495

NOTICE OF LLC FORMATION

MANIFEST CAPITAL LLC. Arts. of Org. filed with the SSNY on 04/17/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 2 Horatio Street, Apartment 15G, New York, NY 10014. Purpose: Any lawful purpose. D-184187

NOTICE OF PLLC FORMATION

MARCO GIARDINA ARCHITECTURE, PLLC. Arts. of Org. filed with the SSNY on 03/23/18. Office: Albany County. SSNY designated as agent of the PLLC upon whom process against it may be served. SSNY shall mail copy of process to the PLLC, 1639 West 2nd Street, Brooklyn, NY 11223. Purpose: For the practice of the profession of Architecture. D-180736

NOTICE OF LLC FORMATION

MARGERY O. CUNNINGHAM LLC. Arts. of Org. filed with the SSNY on 04/13/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Margery Obrentz Cunningham, 219 W. 81st Street, Apt. 9E, New York, NY 10024. Purpose: Any lawful purpose. D-183120

METICULOUS MEDIA, LLC

Articles of Org. filed NY Sec. of State (SSNY) 03/27/2018. Office in Albany Co. SSNY desig. agent of LLC whom process may be served. SSNY shall mail process to 55 Broadway, 3rd Fl., Ste. 308, NY, NY 10006. Purpose: Any lawful purpose. D-180952

LEGALS

NOTICE OF LLC FORMATION

MGM POWER LLC. Arts. of Org. filed with the SSNY on 04/20/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 2225 81st Street, Brooklyn, NY 11214. Purpose: Any lawful purpose. D-183435

NOTICE OF LLC FORMATION

MINX NYC, LLC. Arts. of Org. filed with the SSNY on 04/17/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 249 90th Street, Brooklyn, NY 11209. Purpose: Any lawful purpose. D-183122

NOTICE OF LLC FORMATION

MOON DAWG SUNDAES LLC. App. for Auth. filed with the SSNY on 03/27/18. Originally filed with Secretary of State of Pennsylvania on 09/21/2016. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 1430 N. 2nd Street, Philadelphia, PA 19122. Purpose: Any lawful purpose. D-182108

NOTICE OF LLC FORMATION

MORNINGSIDE AND MANHATTAN OWNER, LLC. Arts. of Org. filed with the SSNY on 03/30/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Greenroad Capital, LLC, 259 West 30th Street, Suite 302, New York, NY 10001. Purpose: Any lawful purpose. D-181393

NOTICE OF LLC FORMATION

MS 301 EVERGREEN LLC. Arts. of Org. filed with the SSNY on 04/11/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 300 E. 51st Street, Apartment 7C, New York, NY 10022. Purpose: Any lawful purpose. D-182508

NOTICE OF LLC FORMATION

NEUDIES LLC. Arts. of Org. filed with the SSNY on 04/17/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, c/o Dollman & Weiss, 225 West 39th Street, Suite 302, New York, NY 10018. Purpose: Any lawful purpose. D-183066

LEGALS

Notice of Formation of an LLC: New Loudon Road Realty Company, LLC

Articles of Organization were filed with the Secretary of State of New York (SSNY) on March 29, 2018. Office location is in Albany County. The SSNY has been designated as agent of the LLC, upon whom process against it may be served, SSNY shall mail a copy of Process to the LLC, c/o Donald Zee, P.C. 1 Winners Circle, Suite 140, Albany, NY 12205. Purpose: for any lawful purpose. D-182826

NOTICE OF LLC FORMATION

NICHOLAS PALANCE REAL ESTATE LLC. Arts. of Org. filed with the SSNY on 04/06/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 299 West 12th Street, #2B, New York, NY 10014. Purpose: Any lawful purpose. D-182176

NOTICE TO BIDDERS

NOTICE IS HEREBY GIVEN that the Town of Bethlehem hereby invites sealed bids for EDPM Roof Replacement for the Town of Bethlehem Department of Public Works.

Bids will be received up to 2:00 p.m. on the 29th day of May, 2018 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Nanci Moquin, Town Clerk, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division.

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

BY ORDER OF THE TOWN BOARD
OF THE TOWN OF BETHLEHEM
NANCI MOQUIN
TOWN CLERK
D-184273

LEGALS

of Bethlehem Website at www.townofbethlehem.org Purchasing Division.

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

BY ORDER OF THE TOWN BOARD
OF THE TOWN OF BETHLEHEM
NANCI MOQUIN
TOWN CLERK
D-184256

NOTICE TO BIDDERS

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Bids will be received up to 2:00 p.m. on the 29th day of May, 2018 at which time such bids will be publicly opened and read aloud at the Town Hall, 445 Delaware Avenue, Delmar, New York. Bids shall be addressed to Nanci Moquin, Town Clerk, Town of Bethlehem, 445 Delaware Avenue, Delmar, New York 12054. Bid documents may also be available for download from the Capital Region Purchasing Group through the Town of Bethlehem Website at www.townofbethlehem.org Purchasing Division.

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

BY ORDER OF THE TOWN BOARD
OF THE TOWN OF BETHLEHEM
NANCI MOQUIN
TOWN CLERK
Dated: May 9, 2018
D-184273

NOTICE OF LLC FORMATION

NYCM 2018 LLC. Arts. of Org. filed with the SSNY on 04/12/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 381 Park Avenue South, 15th Floor, New York, NY 10016. Purpose: Any lawful purpose. D-182675

NOTICE OF LLC FORMATION

OUF! LLC. Arts. of Org. filed with the SSNY on 03/14/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 15 Broad Street, #3830, New York, NY 10005. Purpose: Any lawful purpose. D-181246

NOTICE OF LLC FORMATION

PADWALA11 LLC. Arts. of Org. filed with the SSNY on 04/13/18. Of-

LEGALS

office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 333 W. 57th Street, Apartment 801, New York, NY 10019. Purpose: Any lawful purpose. D-183364

NOTICE OF LLC FORMATION

PADWALA18 LLC. Arts. of Org. filed with the SSNY on 04/13/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 333 W. 57th Street, Apartment 801, New York, NY 10019. Purpose: Any lawful purpose. D-183366

NOTICE OF LLC FORMATION

PADWALA27 LLC. Arts. of Org. filed with the SSNY on 04/13/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 333 W. 57th Street, Apartment 801, New York, NY 10019. Purpose: Any lawful purpose. D-183369

NOTICE OF LLC FORMATION

PADWALA28 LLC. Arts. of Org. filed with the SSNY on 04/13/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 333 W. 57th Street, Apartment 801, New York, NY 10019. Purpose: Any lawful purpose. D-183373

NOTICE OF LLC FORMATION

PADWALA801 LLC. Arts. of Org. filed with the SSNY on 04/13/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 333 W. 57th Street, Apartment 801, New York, NY 10019. Purpose: Any lawful purpose. D-183375

NOTICE OF LLC FORMATION

PADWALA802 LLC. Arts. of Org. filed with the SSNY on 04/13/18. Office: Albany County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 333 W. 57th Street, Apartment 801, New York, NY 10019. Purpose: Any lawful purpose. D-183377

Notice of Formation

of PHAIR HOLDINGS LLC, Arts of Org. filed with NY Secy of State (SSNY) on April 23, 2018. Office location: Saratoga County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to The LLC at 9

To place your Legal Notice: Call 439-4949



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May 9, 2018

Spotlight on Opinion

www.spotlightnews.com PAGE 18

More online

Read letters, editorials
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LETTERS TO THE EDITOR



The Spotlight welcomes letters of local and regional interest. Letters are subject to editing and are limited to 500 words.

All letters must include the writer's name, address and phone number. *The Spotlight* reserves the right to limit the number of letters published from a single author.

Submissions can be emailed to news@spotlightnews.com. The deadline for all letters is noon Friday prior to publication.

The Spotlight also welcomes longer opinion pieces for the Point of View section.

For information on submitting a Point of View, email news@spotlightnews.com or call (518) 439-4949.

Our full letter policy can be viewed online at www.spotlightnews.com.

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Booster: Thank you for being 'All In'

Dear Editor,

I just recently completed my term as the Bethlehem Football Booster Club President and wanted to take a moment to say "Thank You" to the school administration, the coaches, the players, and all the local businesses and parents for your support and participation in making the last two years a success. Just like on a farm, many hands make little work. I cannot thank everyone enough for their support and assistance.

I would also like to thank Joe Bonacci, who is one of our past Presidents.

Joe was the one who got me involved with the Club over three years ago via a simple e-mail he sent to me one evening. For those parents of a current player, please reach out to someone else you know and ask them to become a Booster Club supporter. It is through your active involvement that the Club can provide aid and resources to our players. Whether it is assisting players in need to attend camps and other events, supporting activities such as Senior and Homecoming Night, or securing donations for the team picnic or our

end of season banquet and parties, the Club serves an important purpose and unifies the local football community. Although seasons change, our support for our children's athletics cannot waiver.

This past January, John Carlino took over the reins of the Football program and looks to build on the success and foundation established by Rick Leach, who led the program to four straight Section 2 Class AA playoff appearances. The returning players have been busy this spring, not only through their involvement in the weight room and spring

sports, but also in the community by volunteering and giving their time to those in need.

For all those interested, the Booster Club is again sponsoring their "Little Eagles" Flag Football Camp this summer, which will run June 25 to June 29 from 9 a.m. to 11:30 a.m. at Hamagrael Elementary School. This camp is for students entering Grades 2 through 6 and instruction will be provided by Coach Carlino and his staff and players. Any questions regarding the camp can be send to John Carlino via e-mail at jcarlino@bethlehemschools.org.

The Booster Club meets the second Tuesday of each month in Room 238D at the High School and would welcome all parties interested in supporting the Bethlehem Football Program. Just like on the field, it is important to stay just as active even in the months that do not end in ber. This applies to the Booster Club as well. Please join in me in supporting Coach Carlino and the Bethlehem Football Booster Club this coming season. All in!

*Dave Gillespie,
Delmar*

LIBRARIES AND SENIORS

We'll help you get ready to ride

May is National Bike Month. Is your bike ready to ride? Let us help!

On Thursday, May 10, a representative from Steiner Sports will share some basic maintenance tips, such as fixing a flat tire. All ages are welcome. Meet outside on the Green at 6:30 p.m.

The library also has a public-use bicycle service station near the entrance closest to the parking lot that is free to use, 24 hours a day. The Dero Fixit



device features hanger arms that bring the bike off the ground and allow the pedals and wheels to move freely. It includes all of the tools needed to perform basic bike repairs and maintenance on the spot. Change a flat, adjust the brakes and derailleurs, or fix a wobbly seat – all at the library. Attached to the Fixit station by cables are Philips and flat-head

screwdrivers, six sizes of Allen wrenches, six sizes of box wrenches, and two tire levers. Adjacent to the station is a heavy-duty air pump with a universal pump head that accommodates all valve stem types.

If you ride your bike to the library but didn't bring your lock, no worries! You can borrow one of ours with your library card.

Budget review

Don't forget, the proposed 2018-19 budget will be presented

at the Monday, May 14, Board of Trustees meeting at 6 p.m.; we encourage you to attend. On the ballot this year is a library levy 2.78 percent higher than last year, within the limit specified by New York State. You can view the proposed budget in the May/June edition of Footnotes. It is also posted in our lobby and online at www.bethlehempublib.org.

Also on the ballot are two full-term, five-year seats and one partial-term seat on the board

of trustees. Candidate statements were filmed and are available to view online at www.bethlehempublib.org. They are also being broadcast on BCN-TV (Spectrum Channel 1301 and Verizon Fios Channel 28).

The trustee election and budget vote will take place Tuesday, May 16, at Bethlehem Central High School from 7 a.m. - 9 p.m.

— Kristen Roberts

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LIBRARIES AND SENIORS

Get a great night's sleep

Did you know sleep deprivation can harm your health and affect relationships? Come to GPL on Thursday, May 10, at 6 p.m. to learn about recent findings and the benefits of getting a good night's sleep. Explore ways to get peaceful, revitalizing, uninterrupted sleep. Please register for the class by calling (518) 456-2400, ext 3.

GPL Pops Up @ Guilderland Little League's Opening Day!
The 2018 Little



League season kicks off at Keenholts Park on Friday, May 11, and GPL will be there! Be sure to stop by our tent – we'll have books to check out and crafts to take with you. Play ball!

Mother's Day Marketplace

Join us on Saturday, May 12, from 10 am to 4 p.m., for a very special Mother's Day Marketplace where you'll be able to get something delightful for mom for Mother's Day

(which is the very next day, so...). You'll find everything from handmade crafts and jewelry to lovely little gifts. Everyone's welcome, and attendance is free.

About Library's Proposed Budget

The Library's Board of Trustees has approved a 2018/2019 operating budget of \$3,882,276. This is based upon a tax-levy of \$3,806,276. Details of the budget are provided on the library's website at www.

guilderlandlibrary.org.

There are a number of significant differences in this year's budget from last, notably an increase in programming funds to support the many extraordinarily popular events and classes created by our Librarians. We have added funds to purchase additional eBooks due to the growing demand, but not at the expense of traditional print media. Our "Library of Things," which enables you to borrow non-traditional items you really need at home but don't necessarily want to buy, is included in the Special Collections line.

We are about to install a new heating and ventilating system which is, in effect, already paid for through savings; this is why there is a substantial drop in the Building and Equipment Maintenance line. As you know, the library building is 26 years old, and the HVAC system is inefficient,

prone to fatigue failure, and costly to run. Our utilities budget has dropped 10 percent because of savings anticipated from this new system and other improvements – notably LED lighting – made recently.

Professional Services increased 200 percent in anticipation of project management and consulting fees related to a possible renewal of the library's building. Our Board continues to work with the architectural firm of Butler, Rowland & Mays to draw up renovation plans to assure that the Library can meet the community's needs for decades to come.

We are acutely aware that the success of our library is founded on the support of the community. Our goal with this proposed budget is to ensure your library gives you the service you expect, now and in the future. The Library Board urges you to

vote on Tuesday, May 15, at your local Elementary School; polls will be open from 7 a.m. to 9 p.m.

Cut the Cord!

Do you want to "cut the cord" with your cable company? Then come to Cut Ties with Your Cable Company, a one-hour presentation, at GPL on Tuesday, May 15, at 7 p.m.

You'll learn the difference between cable TV and streaming, and how you can watch your favorite shows without cable TV. It can be daunting keeping track of all the devices and services available. So join us for a practical overview of the try-before-you-buy devices in our Cut the Cord circulating collection, and find out if cutting ties with your cable company is right for you.

— Mark Curiale

Finding the right college

Dean P. Skarlis, president of the College Advisor of New York will be leading the discussion Wednesday, May 16 from 6:30 to 8:30 p.m. on college admissions and financial strategy for parents of high school sophomores and juniors. Please register.

own devices, or use one of the Library's laptops. Optionally, bring a second device for even more hands on practice. Please register for one session.

Trip Around the World Quilt with Patsy Quimby

Join us for a weekend class to make a Trip Around the World quilt. Local quilter, Patsy Quimby, will be here from 10 a.m. on Saturday, May 19, and 1 p.m. on Sunday, May 20 to teach the pattern. The Materials List will be emailed electronically or at the

library for pickup upon signup. Bring your lunch for Saturday, beverages will be offered. Please sign up for this two-day program at the May 19 calendar registration. Must be able to attend both days to register for this class.

Registering for programs helps us to determine supply needs. Unless otherwise indicated, registration is requested for all programs. You can register in person, by phone (518) 765-2791 or using our online calendar at <http://voorheesvillelibrary.org/calendar.asp>.

— Lynn Kohler

Sunday Sunday Films

Join us on Sunday, May 13 at 2 p.m. for this Agatha Christie, Hercule Poirot train ride through Europe. Murder, mayhem, and mystery abound as Hercule sorts through multiple suspects to discover who-dunnit. Rated PG-13, 114m. Light refreshments will be served.

Cloud Storage Basics

Want to get a handle on the nebulous "cloud?" Join us on Tuesday, May 15, 6 p.m. as we demystify the cloud and look at its advantages and disadvantages. Then we will spend time saving and managing files in the cloud and accessing them over the internet. Participants can bring their

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CONGRATULATIONS

To Our April Agents of the Month!



Gary Pollard
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Real Estate Broker



Cathy Cooley
Licensed Associate
Real Estate Broker



H. Margret Hazapis
Licensed Real Estate
Salesperson



Cynthia Flynn-Sobiecki
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■ COMMUNITY

Vets honored at Post's annual dinner

Blanchard Post's 86th annual dinner honors scores of vets

By ALI HIBBS
hibbsa@spotlightnews.com

ELSMERE—The Nathaniel Adams Blanchard American Legion Post #1040 held its 86th dinner in honor of past American Legion commanders, Legion Auxiliary presidents and Son of the Legion commanders on Sunday, April 29.

An American wartime veterans organization, the American Legion was formed in March 1919, by members of the American Expeditionary Forces and was chartered by the Congress in September 1919. Founded the same year, the American Legion Auxiliary is the largest women's organization in the world dedicated to veteran service. Formed later, in 1932, the Sons of the American Legion is made up of male descendants of people who served in the United States Armed Forces during times specified by the American Legion.

Each organization works to serve and commemorate those who have gone to war for the sake of this country, by lobbying for certain legislation. The Legion played the leading role in drafting and passing of the Servicemen's Readjustment Act of 1944,



Larry Justice, Phil Giacone, Gerry Decker and Cliff Thompson are honored with the recognition of being Paid Up for Life members at The Nathaniel Adams Blanchard Legion Post #1040 on Sunday, April 29.

otherwise known as, the "GI Bill." It's also responsible for organizing commemorative events, providing assistance at veterans hospitals and clinics, outreach programs and more.

Since its inception in 1930, American Legion Post #1040 has had 75 commanders, including current commander, Lyle Maddock. The oldest

Photo by Thomas Heffernan, Sr. / Special to Spotlight News

living former commander is Richard Lenseth, who served from 1958-1959.

There have been 53 Legion Auxiliary presidents since 1931, including current president, Roseann Lohery. The oldest living past president is Marcia Rosenfield, who served from 1968-1971.

The Sons of the American Legion Squadron #1040 began in 2002 and has

seen nine commanders, including current commander Mark Burke. All but two of them are still alive today.

Chairman of the Board Scott Anson won the Legionnaire of the Year award and Jeremy Martelle, who served as commander from 2014-2015 and is currently first vice commander, received the post's Diamond Pin award.

"A Diamond pin is the highest award given out by the American Legion," said current Commander Lyle Maddock, who hosted the evening's events and was a recipient of the Diamond pin award last year.

"As in the past," he said at the dinner, "we give out awards and certificates to honor those individuals that go above and beyond by volunteering. Volunteers are the heart of this organization and are the heroes who keep it going and make it successful.

Maddock made a plea for anyone present who had not considered volunteering or becoming an officer to do so, telling them to "go home tonight and think about the opportunities that are available to help others.

"I have learned that being the commander, or any leader in life, you must make some hard decisions and choices to uphold the position you are serving," he said. "I hope to serve honorably."

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NIGHT & DAY



Bullet For My Valentine

The hard rocking group, that's a favorite of actress Margot Robbie's, makes a stop in Clifton Park to play the Upstate Concert Hall on Saturday, May 12.

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INSIDE



Arts calendar

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2018 ALBANY TULIP FESTIVAL

Making noise

Front Business, the 'neo-funk lords' of the Capital District, will soon reign over Albany

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

ALBANY — It's a sunny, unseasonably warm weekday afternoon in West Capitol Park, where Rauri Jennings and Peter Lavery usually stop for lunch to see what condition their condition is in.

Continues on page B4

arts · entertainment · culture

See what's happening this week!

Check out our **HOT SPOTS** Calendar at: thespot518.com/hotspots

#TheSpot518



STYLE

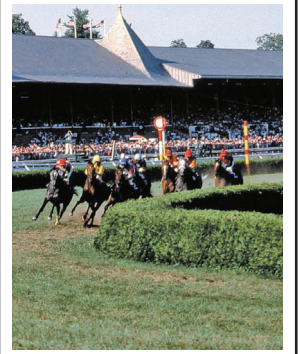
Walk your own path.

codyupolkephotos / instagram

quote of the week

"People think we're in the music-making business, but we're actually in the t-shirt-making business,"

— Raurri Jennings, Front Business



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518 SONGFEST at THE EGG

Meet the artists as they perform and discuss what makes them tick as creators and musicians.



- FEATURING -

Moriah Formica, from NBC's *The Voice*, Local 518 favs **Super 400**, playing a rare acoustic set
 Up & coming singer/songwriter **Sydney Worthley**
 Pop songster, **Sandy McKnight's Pop-Clique**
 w/s/g Grammy award-winning songwriter **Julie Gold** ("From A Distance")

SONGFEST at the Egg
 MAY 18th
 7PM

SongFest is a fundraiser for the Capital District's listener-supported roots and rock radio station, **Exit 97.7 WEXT**, and **Columbia Arts Team (CAT)**, a non-profit arts company that showcases local original music and brings arts programs into area schools.

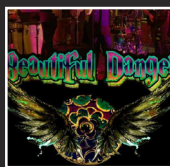
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RECENTLY ANNOUNCED

RED CARPET
Local theatre programs are up for awards May 19.
Michael Hallisey / TheSpot518

And, the nominees are...

Nominees revealed for 2018 High School Musical Theatre Awards at Proctors

SCHENECTADY — At a morning press event on Wednesday, May 2, Proctors and *The Times Union* revealed nominees for the 2018 High School Musical Theatre Awards at Proctors.

For the second annual contest, 23 schools participated (up from 16 schools in 2017), with student theatrical productions adjudicated on a variety of criteria in a dozen categories. Students from each school will perform at the High School Musical Theatre Awards at Proctors ceremony, 7 p.m. Saturday, May 19.

Proctors CEO Philip Morris and Times Union Editor Rex Smith were joined by Proctors Creative Workforce Manager Grace Janiszewski, 2017 High School Musical Theatre Awards at Proctors Best Actress Jaynie Parmenter and “The King and I” ensemble member Marina Kondo.

“Growing this program acknowledges the fantastic work our students are doing in the arts,” said Morris. “We’re proud to engage with local schools and inspire them to even greater heights.”

Best Actor and Best Actress winners will go on to represent the Capital District at the Jimmy Awards—the National High School Musical Theatre Awards—in New York, June 25.

The 2018 High School Musical Theatre Awards at Proctors nominees are:

Best Technical Execution

- Albany High School — “Hairspray”
- Bethlehem Central High School — “Disney’s Beauty and the Beast”

- Hudson Falls High School — “Into the Woods”
- Queensbury High School — “Bye Bye Birdie”
- Voorheesville High School — “Tarzan”

Best Set Construction

- Albany High School — “Hairspray”
- Cairo-Durham High School — “Guys and Dolls”
- Hudson Falls High School — “Into the Woods”
- Schoharie High School — “Rodgers + Hammerstein’s Cinderella”
- Voorheesville High School — “Tarzan”

Continues on B26

#518 Day!

Moriah Formica featured for Songfest at The Egg for 518Day

ALBANY — The annual local music showcase 518 SONGFEST returns on 518 Day to the Swyer Theater at The Egg, May 18, at 7 p.m.

Featured this year are Moriah Formica, Super 400, Sydney Worthley, Sandy McKnight’s Pop-Clique and Grammy Award-winning songwriter Julie Gold (“From A Distance”).

Advance reserved seating tickets are with tickets prices going for \$20, \$15, and \$9.77 each. To purchase, visit The Egg Box Office, or go online at www.tickets.theegg.org.

WHAT’S HAPPENING NOW



Slushii Concert

Upstate Concert Hall – Thursday, May 10

CLIFTON PARK — Electronic music producer Slushii will perform at the Upstate Concert Hall on Thursday, May 10, at 8 p.m.

The 20-year-old L.A.-based producer has gained notoriety from popular electronic producer Skrillex, and released his first 7 song album, “Out of Light,” in 2017.

Tickets are \$20 in advance, and \$25 at the door. For tickets and more information, visit www.upstateconcerthall.com.

Upstate Concert Hall is located at 1208 N.Y. Rte. 146.

Deadgrass

Parish Public House – Thursday, May 10

ALBANY — Deadgrass will perform at the Parish Public House on Thursday, May 10, at 8 p.m.

The band plays music inspired by the late Grateful Dead band member Jerry Garcia, and includes Grammy winner C Lanzbom as a member. The band also includes upstate New Yorker, and multi-instrumentalist, Matt Turk.

Tickets are \$12 in advance, and \$15 at the door. For tickets and more information visit www.eventbrite.com.

Public Parish House is located at 388 Broadway.

The Ryan Jordan Band with special guest Skyfoot

Parish Public House – Saturday, May 12

ALBANY — The Ryan Jordan Band will perform at the Parish Public House on Saturday, May 12, at 8 p.m.

The Ryan Jordan Band hails from Clifton Park, starting his career with forced piano lessons as a child and growing it from there, releasing his second album, “Split Personality,” earlier this year. Rock-jam band Skyfoot will also perform, which is expecting to the release of its third, currently untitled, album on June 1 this year.

Tickets are \$5. For more information visit www.parishpublichouse.com.

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From page B1 ... Front Business



The two comprise the songwriting team for the soulful rock band Front Business, which may just be the quietest popular band in the Capital District.

Somehow, somehow, this local four-piece band is scheduled to kick-off music at Tulip Fest's main stage on Saturday, May 12, in Albany. With just 200 likes on Facebook, the band comes in as a relative unknown. Not that Facebook should be the best benchmark to gauge one's impact on the music scene — just ask your grandmother — but Sorrow Estate, which opens the Local 518 Stage on the other side of Washington Park, has twice as many likes.

Maybe it's the merch?

"People think we're in the music-making business, but we're actually in the t-shirt-making business," said Jennings, as he sits down to eat a sandwich he bought from the horde of food trucks lined up and down Washington Avenue.

The band name alludes to some nefarious racket, a facade hiding the true intent of their work. But, really, it's a name Jennings and Lavery adopted off of a cover band the two previously played with years ago. That band never made it out of the rehearsal room. This band, however, has already earned its chops by running through the gauntlet of competition at WEQX's Battle of the Bands last summer, where the crew earned first place honors. The first place finish, which the band shared with Hasty Page,

earned it the opportunity to open last summer's Pearlpalooza.

"It feels weird," said Lavery, as he considers the band's growth over the past year. "[W]EQX has been super supportive since the Battle of the Bands. ... Their support has been awesome."

Front Business is bookending a typically quiet winter season by performing on two of the largest stages in the Capital District's music scene: Pearlpalooza and this weekend's Tulip Festival. It's a steep trajectory for a band, Lavery said, that doesn't have physical music to show for it.

"That's a peculiar thing," he said. "We have t-shirts available for sale before we have any music out there."

Jennings cuts in with a joke, "Nobody makes money making music, man." They both chuckle.

Jennings is the band's frontman and lead guitarist. Lavery calls him a ball of energy. In a crowd full of corporate suits loosely gathered around the park fountain, Jennings can be picked out, as at least a music lover, with a pair of large headphones wrapped around his neck. His role with the band is less of a front than that of his day job.

"The people I work with get a little pissed off after awhile," said Jennings. "I'm always slamming [stuff] around and hurting myself, screaming and cursing. Yelling." Things frowned upon at the New York state Library. Or, any library, for that matter. "Well, I work in the back of the library, which affords me a little bit of leeway in how much noise I get to make."

On stage, the noise Jennings makes is more controlled. Self-described as "soulful rock," Front Business possesses a sound with growing popularity. Though jam bands have long been popular in the Capital District, those



Photo by Bryan Lasky

akin to Phish, the Ominous Seapods, .moe and the such, Front Business adds funky guitar licks, jazzy chords from Lavery at guitar and Josh Potter at bass, and Erik Pravel on drums. The band is now accompanied by two, soulful back-up singers. They are your self-anointed "neo-funk lords."

"We thought of ourselves as the unknowns," said Lavery, recalling last summer's Battle of the Band's competition. Though the core group of the band have been long-term friends, and have played together in some capacity over the years, there wasn't an earnest effort behind Front Business until last January. Lavery said the band played a few shows, and caught someone's attention. "I don't think anybody had any idea who we were or what we sounded like," going into the Battle of the Bands competition. "So, we kind of came out of nowhere, which is cool."

The band is working on releasing an album later this year. In the meantime, Jennings said, he's enjoying this time as the band continues to surprise people. Those opportunities, however, are growing thin.

2018 ALBANY TULIP FESTIVAL

You're the best, Mom

Finalists for the 20th Annual
Mother of the Year Contest named

ALBANY — The City of Albany and St. Peter's Health Partners are recognizing the compassionate moms of the Capital District in the 20th Annual Mother of the Year Contest.

The contest celebrates mothers who are committed to their families and communities while serving as positive role models and touching the lives of those around them.

Dozens of mothers were nominated this year. Every nominee deserves congratulations. As some of the Capital District's most remarkable women, their love and devotion is appreciated by many.

The five finalists are Joan Duffey of Watervliet, nominated by her son, Kevin Duffey; Joanne Joseph of Ballston Spa, nominated by her daughter Alison Joseph; Harriet Lovelady of Albany, nominated by her daughter Linda McNeal; June MacClelland of Wilton, nominated by her friend Nicole Fortier and Kathleen Shaw of Cohoes, nominated by her daughter Savannah Jones.

Albany Mayor Kathy Sheehan, the Tulip Queen and her Court will greet the five finalists on the Park Lakehouse Stage in Washington Park on, Sunday May 13, at Tulip Festival. The ceremony will take place at noon when the Mother of the Year will be crowned.

All five finalists will receive a gift basket of prizes as well as flowers from Ambiance Florals and Events.

The 20th Annual Mother of the Year Contest is presented by St. Peter's Health Partners and sponsored by the City of Albany, Upstate and *Women@Work* magazine, B95.5 radio and *The Times Union*.



Photo by Bryan Lasky

Tulip Queen Finalists

The 70th Albany Tulip Queen
to be crowned at Tulip Festival May 12

ALBANY — Mayor Kathy Sheehan introduced the five 2018 Albany Tulip Queen finalists during a press conference in Washington Park last week. While only one of these remarkable young women will be crowned the 70th Albany Tulip Queen, all five will work together on community service and literacy advocacy initiatives as the 2018 Albany Tulip Court.

Five women were chosen from a pool of dozens of nominees by a committee of local leaders through an

extensive interview process based on their volunteer service, commitment to the local community and leadership skills.

The 2018 Tulip Queen will be crowned at the Lakehouse Stage at Tulip Festival presented by Citizens Bank on Saturday, May 12 at noon by Mayor Sheehan, 2017 Tulip Queen Ashley Loggins, and Chad O'Hara of B95.5.

The finalists are:

Sawyer Cresap, Age 23, Albany

Cresap is a Syracuse University graduate completing a Bachelor's Degree in Environmental Policy with honors. She currently works as a Stewardship and Volunteer

Coordinator at the Mohawk Hudson Land Conservancy. Cresap has served in AmeriCorps, volunteered as an art instructor with 4-H, and assisted locally with the Ronald McDonald House. She is an avid outdoors enthusiast who loves running and hiking as well as painting and drawing. As a member of the 2018 Tulip Court, Cresap hopes to inspire others' curiosity about the world and the community around them through nature and literacy.

Katherine Donnelly, Age 23, Latham

Donnelly is a Sage College of Albany Graduate with a Bachelor of Science in Applied Biology. She is currently working towards a Dental Hygiene degree at Hudson Valley Community College, where she serves as the Vice President of the Student Chapter of the American Dental Hygienists' Association. Donnelly currently works as a pediatric dental assistant and is looking forward to becoming a full time hygienist. Her most rewarding

2018 ALBANY TULIP FESTIVAL

Tulip Fest: Live music lineup

ALBANY — Tulip Fest organizers announced the lineup of musical talents to appear this May in Washington Park.

The entertainment starts on Saturday, May 12 at 4:30 p.m., with White Denim on the main stage. Headlining acts for the two-day event include Front Business, Sorrow Estate, The Sea The Sea, and The Ryan Leddick Trio.

Saturday, May 12

MAIN STAGE

Washington Park Parade Grounds

Media sponsor: 102.7 WEQX

1:30 p.m. – Front Business

3:00 p.m. – Naked Giants

4:30 p.m. – White Denim

LOCAL 518 STAGE

Washington Park Lakehouse Stage

Presented by WellCare

Media sponsor: Exit 97.7

1:00 p.m. – Sorrow Estate

2:15 p.m. – Blind Crow

3:30 p.m. – The LateShift

4:45 p.m. – The Age

Sunday, May 13

MAIN STAGE

Media sponsors: 98.3 TRY, 102.3 Kiss FM, 99.5 The River & PYX 106

1:30 p.m. – The Sea The Sea

3:00 p.m. – Taina Asili

4:30 p.m. – Dr. K's Motown Revue

LOCAL 518 STAGE

Media sponsor: Exit 97.7

1:00 p.m. – Ryan Leddick Trio

2:15 p.m. – Jordan Taylor Hill

3:30 p.m. – Zan Strumfeld

4:45 p.m. – North and South Dakotas

volunteer experiences include Special Olympics, Joseph's House and Shelter, Sage Allies and more. Donnelly enjoys traveling to St. John in the U.S. Virgin Islands and Glacier National Park in Montana. In her free time, Donnelly loves reading, singing along to the radio, spending time with her family, and playing softball. As a member of the 2018 Tulip Court, she plans to promote literacy with a focus on children's mental and physical health.

Xavia Francis, Age 18, Albany

Francis is a high school senior graduating this spring from Albany Leadership Charter High School for Girls. She has been accepted and plans to attend the University at Albany this fall. In 2017 she was named a Women at Work 20 Under 20 Leadership Initiative Award winner. Francis currently works as a freelance photographer and hopes to open her own studio after college. She volunteers with Grassroots Givers, Susan G. Komen Race for the Cure, and as a photographer for the Scholastic Talent Showcase. In addition to her passion of photography, Francis enjoys playing volleyball. As a member of the 2018 Tulip Court, Xavia's goals are to create book drives, be an active role model in the community and raise awareness about teen homelessness.

Natalie Joseph, Age 18, Guilderland

Joseph is currently a sophomore at The College of Saint Rose, working towards receiving her bachelor's degree in business

marketing. Her volunteer experience ranges from the Albany County Foster Parent Appreciation Brunch, Albany County Annual Foster Care Awareness Walk, the Ronald McDonald House Homecoming Gala, modeling at the Fancy Schmancy's fight for Juvenile Diabetes, and serving as a lector at The Cathedral of the Immaculate Conception. She enjoys dancing, singing, performing in musical theatre productions and volunteering as a tour guide at the New York state Museum. As a member of the 2018 Tulip Court, Joseph's goal is to provide effective literacy reading interventions for children with learning disabilities.

Elizabeth Stenard, Age 19, Albany

Stenard is a freshman attending Hudson Valley Community College in its honors scholars program. She plans to graduate with an associate degree in liberal arts and humanities and then pursue her certificate in radiologic technology and echocardiology. She has volunteered as a teaching aid at Mater Christi School and summer camp, cooked meals at St. Joseph's House and was an Albany High School Key Club member. In her free time, Stenard enjoys cooking, baking, yoga and visiting national and state parks across the country. As a member of the 2018 Tulip Court, Stenard plans to combine her love of cooking and reading to create a Recipe for Literacy.

For more information about the Albany Tulip Queen & Court, visit www.albanytulipqueen.com.

www.TheSpot518.com

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Sunday: Closed

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Saturday: 8:00AM – 1:00PM

Sunday: Closed

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◀ **Bullet For My Valentine**
Upstate Concert Hall – Saturday, May 12

CLIFTON PARK — Heavy metal band Bullet For My Valentine will perform at the Upstate Concert Hall on Saturday, May 12, at 7:30 p.m.

The band is best known for their songs “Your Betrayal” and “Tears Don’t Fall,” which has just under 100 million listens on Spotify. The band has released six studio albums, with the newest one, “Grime,” being released earlier this year.

Tickets are \$30 in advance, and \$33 at the door.

The Upstate Concert Hall is located at 1209 NYS Rte. 146 in Clifton Park.

Basilica Farm and Flea Spring Market
Hudson Basilica – Saturday and Sunday, May 12 and 13

HUDSON — Hudson Basilica will host their Farm and Flea Spring Market on Saturday and Sunday, May 12 and 13 from 10 a.m. to 6 p.m.

The market will feature various homemade items from local artisans, as well as food from local groups. The event was created in response to Black Friday, offering its own variety of goods from people in the Hudson Valley.

This event is free and open to the public.

Hudson Basilica is located at 110 S. Front St. in Hudson.

Photo credit: Bullet for my Valentine / Facebook

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■ **WHAT'S HAPPENING NOW**

Weakened Friends
The Low Beat – Friday, May 11

ALBANY — Weakened Friends will perform at the Low Beat on Friday, May 11, at 8 p.m.

The self-described “Indie noise junk band” hails from Portland, Maine and Boston. Weakened Friends has released the EP “Gloomy Tunes,” as well as “Crushed.” The band also won the 2017 Boston Music Award for “Unsigned Artist of the Year.”

Tickets are \$10.

For tickets and more information visit www.thelowbeat.com.

The Low Beat is located at 335 Central Ave. in Albany.

Salem Wolves Concert
Pauly's Hotel – Friday, May 11

ALBANY — Salem Wolves will perform at Pauly's Hotel on Friday, May 11, at 8 p.m.

The band describes itself as “Ornery witch rockers,” and was nominated in the 2017 by the Boston Music Awards for “Rock Artist of the Year.”

Tickets are \$7, and the show is for people 18-and-older. For tickets and more information visit www.paulyshotel.com.

Pauly's Hotel is located at 337 Central Ave. in Albany.

Friday Night Improv: 'Alf Pacino and Friends'
MopCo Improv Theatre – Friday, May 11

SCHENECTADY — The Mop and Bucket group will host Friday Night Improv: Alf Pacino and Friends on Friday, May 11, at 8 p.m.

The show will consist of various sketches put on by MopCo members, with audience members suggesting ideas and the actors bringing them to life.

Tickets are \$10 for adults, and \$6 for children, students and seniors. For tickets and more information visit www.mopco.org.

Mick Treadwell's '10 North Night'
MopCo Improv Theatre – Saturday, May 12

SCHENECTADY — The Mop and Bucket improv group will be hosting Mick Treadwell's 10 North Night on Saturday, May 12, from 8 to 10 p.m.

The show will be set up like a late night television show, with sketches, music and a studio audience. The performers will take suggestions from the audience on what to perform,

Tickets are \$15 for general admission, and \$15 for students, children and seniors.

The MopCo Improv Theatre is located at 10 North Jay St. in Schenectady.

CLUBS

9 Maple Avenue
9 Maple Ave., Saratoga Springs.
www.9mapleave.com
Fri: **Mark Kleinhaut Quartet** | 9 p.m.
Sat: **Scott Bassinson Quartet** | 9 p.m.

Arsenal City Tavern
795 3rd Ave., Watevliet.
(518) 874-1767
Thur: **Karaoke** | 7 p.m.
Fri: **2 Broke Beths** | 7 p.m.
Sat: **DJ Waylor** | 9 p.m.

Athos
1814 Western Ave., Albany.
(518) 608-6400
Fri: **Mike Dimin** | 6:30 p.m.

Caffè Lena
47 Phila St., Saratoga Springs.
(518) 225-0882
Thur: **Alan Kaufman, Andy Cohen & Linda McRae** | 7 p.m.
Fri: **Jeremy Wallace Trio w/ Sunny War** | 8 p.m.
Sat: **Heather Maloney, Ken Yates** | 8 p.m.
Mon: **Open Mic** | 7 p.m.
Wed (5/16): **Schroon River String Band** (bluegrass jam) | 7 p.m.

Carney's Tavern
17 Main St., Ballston Lake.
(518) 280-7959
Every Thur: **Matty Finn** | 6 p.m.
Fri: **Take 2** | 7:15 p.m.
Sat: **E.j. Hopeck** | 8 p.m.

Carson's Woodside Tavern
57 NY-9P, Malta.
(518) 584-9791
Thur: **Black Abbey** | 7 p.m.
Fri: **Mitch Frasier** | 7 p.m.
Sat: **The Heaters** | 7 p.m.

Centre Street Pub
308 Union St., Schenectady.
(518) 393-2337
Thur: **Ryan Clarke** | 6 p.m.
Fri: **Gratefully Yours** | 9 p.m.
Sun: **Allan & 'Azzaam** | 1 p.m.
Every Mon: **Open Mic** | 8 p.m.

Chatham Brewing
59 Main St., Chatham.
(518) 697-0202
Fri: **Big Creek** | 8 p.m.
Sat: **Ryan Leddick Trio** | 8 p.m.

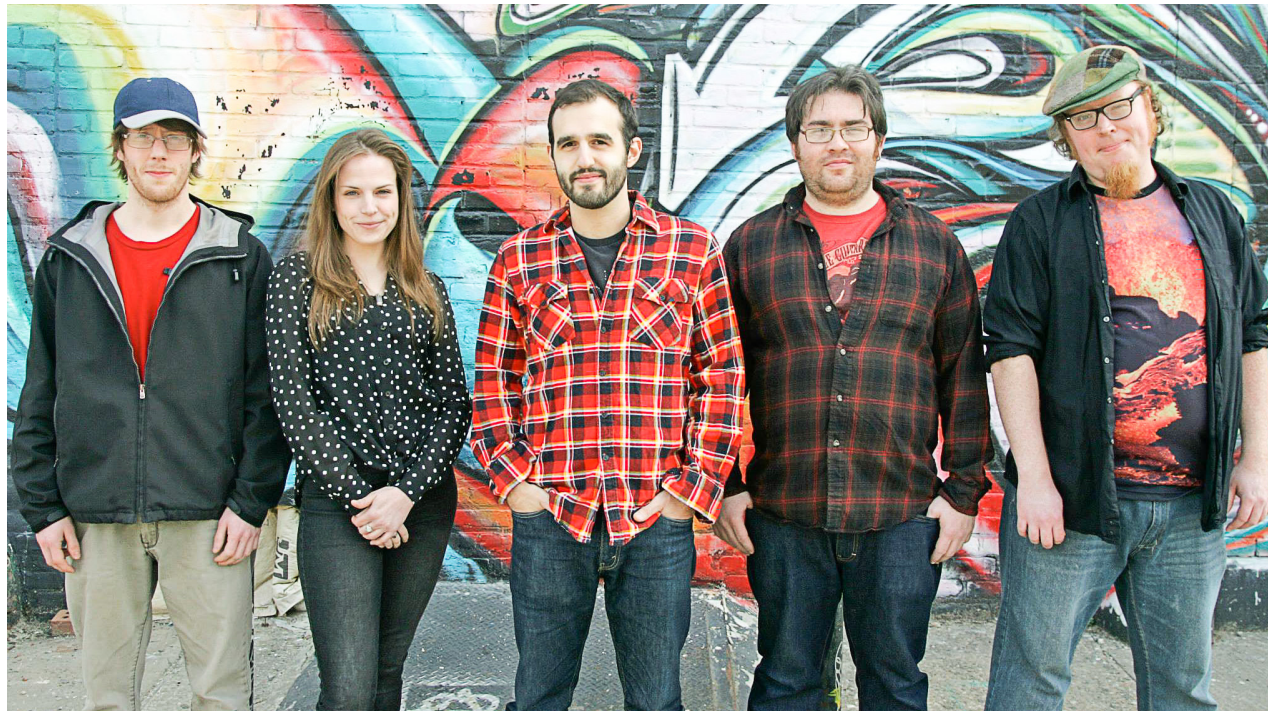
Chrome Food & Spirits
405 Hudson River Rd., Waterford.
(518) 326-2725
Thur: **Hoods, Absolute Suffering, Wrong Move, Before I Had Wings, Concrete, Set Your Anchor** | 7 p.m.

Club Helsinki
405 Columbia St., Hudson.
(518) 828-4800 or helsinki@hudson.com
Fri: **The Huntress and Holder of Hands, Last Good Tooth** | 9 p.m.
Sat: **Alejandro Escovedo, Elvis Perkins, Jesse Malin, Bash & Pop, Dust Bowl Faeries** (Little League benefit) | 7 p.m.

Diamond Club Grill
Embassy Suites, 88 Congress St., Saratoga Springs. (518) 886-1111
Fri: **Justin Joyner** | 6:30 p.m.
Sat: **Peter Pashoukos** | 6:30 p.m.

Dinosaur Bar-B-Que
377 River St., Troy.
(518) 308-0400
Fri: **Matt Mirable** | 9 p.m.
Sat: **Beautiful Danger** | 9 p.m.

HOT SPOTS EVENTS CALENDAR



Back from Brooklyn...

Progressive ukulele rock band Cousin Earth returns to Putnam Place in Saratoga Springs this Saturday at 9 p.m. to deliver its catchy original and cover tunes, including selections from its newly released full-length album, "Human Music." For more information or to purchase advance tickets, visit putnamplace.com.

Photo courtesy band's official website

Dukes Chophouse
Rivers Casino, 1 Rush St., Schenectady.
(518) 579-8850
Fri: **George Muscatello** | 5:30 p.m.
Sat: **Dave Gleason** | 5:30 p.m.

Eden Cafe
269 Osborne Rd., Loudonville.
(518) 977-3771
Thur: **Joe Carrick** | 4:30 p.m.
Fri: **Jay Kline** | 7:30 p.m.
Sat: **Marty Wendell** | 7:30 p.m.
Every Tue: **Open Mic** | 7:30 p.m.

Emack & Bolio's
366 Delaware Ave., Albany
(518) 512-5100
Fri: **Maltacoustic** | 7 p.m.
Sat: **Gross & Hart** | 7 p.m.

The Fountain Restaurant
283 New Scotland Ave., Albany.
(518) 482-9898
Fri & Sat: **Skip Parsons' Riverboat Jazz Band** | 10 p.m.

Gaffney's
16 Caroline St., Saratoga Springs.
(518) 587-7359
Fri: **Erin Harkes** | 5 p.m.
Tue: **Open Mic w/ Rick Bolton** | 8 p.m.
Wed: **Masters of Nostalgia** | 8:30 p.m.

Grappa '72
818 Central Ave., Albany.
(518) 482-7200
Wed & Thur: **Hamilton Street Jazz Company** | 6:30 p.m.
Fri: **Peg Delaney Trio w/Earl Davis** | 6:30 p.m.

The Half Moon
48 S. Front St., Hudson.
thehalfmoon@hudson.com
Thur: **Annie Hart, Call Me Kat** | 8 p.m.

Wed (5/16): **Mike Donovan, History Teaches, Greg Farley** | 8 p.m.

Hamlet and Ghost
24 Caroline St., Saratoga Springs.
(518) 450-7287
Wed: **Hot Club of Saratoga Trio** | 7 p.m.

The Hollow Bar + Kitchen
79 N. Pearl St., Albany.
(518) 426-8550
Fri: **Separated at Birth** | 9 p.m.
Sat: **Amy Shark, Tomi** | 9 p.m.
Tue: **Magic Giant** | 9 p.m.

J.J. Rafferty's
847 New Loudon Rd., Latham.
(518) 783-6800
Wed & Thur: **Live DJ** | 8 p.m.
Fri: **DJ Billy** | 9 p.m.
Sat: **Karaoke** | 5 p.m. • **DJ Billy** | 9 p.m.

The Low Beat
335 Central Ave., Albany.
(518) 432-6572
Every Wed: **The Deadbeats** | 10 p.m.
Fri: **Odd Cadre, Hate Club, Ariaiah** | 7:30 p.m.
Sat: **Singer/songwriter jam** | 1 p.m.
Weakened Friends, Hubris Djinn, Crossed Paths | 8 p.m.

LT's Grill
2305 Nott St. E., Niskayuna
(518) 374-7455
Thur: **Moon Run** | 6:30 p.m.

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

Mocha Lisa's Caffe
Clifton Park Center,
22 Clifton Country Rd., Clifton Park.
(518) 383-5373
Wed: **Open Mic Night** | 6:30 p.m.
Thur: **Katie Louise** | 7 p.m.
Fri: **Jason Maloney** | 7 p.m.
Sat: **Tim Farkas** | 7 p.m.

Mouzon House
1 York St., Saratoga Springs.
(518) 226-0014
Every Thur: **Hot Club of Saratoga Trio** | 7 p.m.
Every Fri: **Mark Tolstrup & The Dixie Boys** | 6 p.m.
Every Sat: **Joe Gitto & Dan Wancyk** | 6:30 p.m.
Every Sun: **Jeanine Ouder Kirk Trio** | 6 p.m.

Nanola
2639 US Rte. 9, Malta.
(518) 587-1300
Thur: **Floodwood** | 8 p.m.
Fri: **Dueling Pianos** | 8 p.m.
Sat: **Skeeter Creek** | 8 p.m.

Newberry Music Hall
388 Broadway, Saratoga Springs.
(877) 565-3849
Every Fri: **DJ Frankie F1 (Latin Night)** | 9 p.m.

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

O'Slattery's Irish Pub
318 Delaware Ave., Delmar.
(518) 439-5634
Every Wed: **Dan Sherwin** | 6:30 p.m.
Thur: **Erin Harkes** | 7 p.m.
Fri: **Little Jack** | 7 p.m.
Sat: **George Krakat** | 6:30 p.m.

Parish Public House
388 Broadway, Albany.
(518) 365-0444
Thur: **Deadgrass** | 8 p.m.
Fri: **The Wheel** | 9 p.m.
Sat: **The Ryan Jordan Band, Skyfoot** | 8 p.m.

Panza's
510 NY Rte. 9P (on Saratoga Lake), Saratoga Springs.
(518) 584-6882
Fri: **Larry Finke** | 6:30 p.m.
Sat: **Colleen Pratt w/Peg & Bill Delaney** | 6:30 p.m.
Sun: **Tyler Giroux** | 3:30 p.m.

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

Pauly's Hotel
337 Central Ave., Albany.
paulyshotel.com
Wed: **Losing Streak** | 6:30 p.m.
Fri: **Salem Wolves, Brian Conway, Azariah Moses** | 9 p.m.
Sat: **Male Patterns, Doxx, Radiation Risks, Dirt Church, YBOD** | 8 p.m.
Mon: **Chew, NXNES, Moon Risk 7** | 8:30 p.m.

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

Provence
Stuyvesant Plaza,
1475 Western Ave., Albany.
(518) 689-7777
Fri: **Bronte Roman Trio** | 6 p.m.
Sat: **A3 Trio** | 6 p.m.

Putnam Place
63a Putnam St., Saratoga Springs.
(518) 584-8066
Thur: **Karaoke** | 7:30 p.m.
Sat: **BRYAC Funk All-Stars, Cousin Earth** | 9 p.m.

Ravenswood Grill & Tavern
1021 NY 146, Clifton Park.
(518) 371-8771
Fri: **Crow Ridge** | 8 p.m.
Sat: **The Collectors** | 8 p.m.

Renaissance Hall
820 Eastern Ave., Schenectady.
(518) 237-2787
Every Sun: **Cliff Brucker & Friends** | 11:30 a.m.

Roux
10 Vista Blvd., Slingerlands.
(518) 487-4358
Fri: **Michael Hurt Duo** | 6 p.m.

Rustic Barn Pub
150 Speigletown Rd., Troy.
(518) 235-5858
Every Thur: **Open Mic** | 8 p.m.
Fri: **The Coveralls** | 8 p.m.
Sat: **The Harmonic Duo** | 8 p.m.

Sake Japanese Steakhouse
611 Troy-Schenectady Rd., Latham.
(518) 785-7215
Sat: **Billy's Bounce** | 7:30 p.m.

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

Savoy Taproom
301 Lark St., Albany.
(518) 599-5140
Thur: **Mic Lanny** | 9 p.m.
Fri: **Oddy Gato & Andy O'Brien** | 8 p.m.
Sat: **Selector David Normal, DJ Nero** (Berben & Wolff's 2nd anniversary) | 9 p.m.
Tue: **Church Girls, Odd Cadre, Rhakim Ali** | 10:30 p.m.

Speakeasy 518
42 Howard St., Albany.
(518) 449-2332
Wed: **Cliff Brucker** | 8 p.m.
Thur: **Useless Duo** | 9 p.m.
Fri: **Brian Patneaude Trio** | 9 p.m.
Sat: **J.B. & The Funky Nuggets** | 9 p.m.
Every Mon: **Joe Finny** | 8 p.m.
Tue: **Mike Jenkins and The Fat Ties** (swing night) | 8 p.m.
Wed (5/16): **Tyler Giroux** | 8 p.m.

Stockade Inn
1 North Church St., Schenectady.
(518) 346-3400
Thur: **JECCO Duo** | 7 p.m.
Fri: **Sonny & Perley** | 7 p.m.

Towne Tavern
2850 NY 43, Averill Park.
(518) 674-3040
Fri: **Geo** | 8:30 p.m.
Sat: **Josh Casano** | 8:30 p.m.

Troy Kitchen
77 Congress St., Troy.
(518) 268-0068
Thur: **Jazz Night in the Lounge** | 7 p.m.

Twisted Vine
384 Kenwood Ave., Delmar.
(518) 439-3241
Fri: **Franklin Micare** | 7 p.m.

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"55 and Better
Active Adult Community"

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

miSci
Upcoming: "BRAIN: The World Inside Your Head." Using innovative special effects, hands-on learning activities, video games, optical illusions and interactive displays, BRAIN shows how the brain functions and how, like other parts of the body, it can sometimes malfunction. This fascinating limited-engagement exhibit for all ages provides a hands on and up close look at the human body's most essential and fascinating organ by exploring its development, geography and function. In the process, the exhibition makes brain-related disorders easier to understand. Opens Sat., May 19. Plus ongoing/permanent exhibits. Museum hours: Mon.-Sat., 9 a.m. to 5 p.m.; Sun., noon to 5 p.m. 15 Nott Terrace Heights, Schenectady. Admission: Adults (13+), \$10.50; seniors (65+), \$9; children (3-12) \$7.50. Additional \$5/person for planetarium show. (518) 382-7890 or www.miSci.org

New York State Museum
Continuing: "a small fort, which our people call Fort Orange." This exhibition examines the momentous discovery of Fort Orange and the lasting impact of events occurring there 400 years ago that shaped the character of the region, state, and the nation. Select artifacts, film footage from the excavation preceding the construction of I-787, and four

decades of historical and archaeological research are highlighted—including renderings of the fort by Historical Artist Len Tantillo. Dutch ceramics on loan from the Albany Institute of History & Art help bring life to the story. In Adirondack Hall through May 5, 2020. Also, **"Art of the Erie Canal."** The Erie Canal, the foremost engineering marvel of the 19th century, sparked the imagination of artists in America and abroad. This exhibition looks at the art inspired by the canal, and the opportunities it afforded artists, both trained and untrained, working in a variety of media. A selection of 60 works comes from the collections of the New York State Museum, the Arkell Museum at Canajoharie, and other cultural institutions and private lenders from across the state. Photography Gallery, through Sun., Sept. 23. 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

Opalka Gallery
Continuing: The 14th Annual BFA Exhibition. Annual showcase features works by seniors in the college's art and design Bachelor of Fine Arts programs, including Fine Art, Photography, Interior Design and Graphic + Media Design. Through Mon., June 11. Gallery hours: Tues.-Fri., 10 a.m. to 7 p.m., Sat., noon to 4 p.m.; Mondays by appointment only.

Sage College of Albany, 140 New Scotland Ave., Albany. Free admission. (518) 292-7742 or opalka.sage.edu

Photographic Expressions Studio & Gallery
Continuing: "The Third annual Juried Exhibition PHOTO21:PIXEL," featuring works by Jill Baucom, Allison DeBritz, Allen Morris, Alex Nye, Jennifer Wilkerson and Thom Williams that envisages tangible objects and places as well as more visually inexplicable phenomena, like time, cultural experience and perception. Through Fri., May 25. 455 Broadway, Troy. Free admission. Gallery hours: Tuesdays, Thursdays and Fridays from noon to 5 p.m.; hours subject to change; call ahead to schedule an appointment. (518) 621-5360 or www.photographicexp.com

Saratoga Arts
Upcoming: "Captured Light," featuring photography by Ronda Anderson, Janene Bouck, Daniel DeRusso, Brian Hoffman and Phil Scalia. Opens Sat., May 12, in the Main Gallery. Opening reception from 6 to 8 p.m. Through Sat., June 16. **Continuing: Printmaking by Amanda Kralovic,** in the Members' Hall Gallery, and **"Howth," photography by Jennifer Brownell** in the Reception Area Gallery through Thurs., May 31. 320 Broadway, Saratoga Springs. Free admission. Gallery hours: weekdays, 9 a.m. to 5 p.m.; Sat., 11 a.m. to 5 p.m. (518) 584-4132 or saratoga-arts.org

Schenectady County Historical Society
Continuing: "Mapping Schenectady." Some of SCHS' most prominent and interesting maps are now on permanent display in the Map Gallery. Also, **"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. Also, **"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 Fri., Nov. 30. 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

Schick Art Gallery
Continuing: "The Juniors Show." Through Sat., June 2. Gallery Hours: Wednesday through Saturday from noon to 4 p.m. or by appointment. Skidmore College, 815 North Broadway, Saratoga Springs. Free. (518) 580-5049 or www.skidmore.edu/schick

Dan Sekellic Visual Arts Gallery
New: Ron Greenberg, photographer. Greenberg purchased his first SLR camera in 1974 and has loved taking landscape and cityscape photographs ever since. Upon retirement 2 years ago, he decided to turn this hobby of love into a profession. Now armed with a Digital SLR, he is creating fine art on a commercial basis. Some of the more recent locales he has photographed include Costa Rica, Ireland, Italy and the California coast. Artist's reception scheduled for Sun., May 20, at 1 p.m. On display through Sat., June 30. 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, or during performances. Free admission. (518) 674-2007 or slca-ctp.org

Tang Teaching Museum
Opening Friday: "Dona Nelson: Stand Alone Paintings," which features more than 30 works from the last 40 years to demonstrate the breadth and continuity of her influential painting career. In the Wachenheim Gallery through Sun., Aug. 12. Also, **"2018 Senior Thesis Exhibition,"** which features works created by 37 senior studio arts majors as a

capstone to their studies. On view through Sat., May 19. Special hours: Fri., May 11, 9 a.m. to 8 p.m.; Sat., May 12 & Sun., May 13: noon to 5 p.m.; Mon., May 14, through Wed., May 16, 9 a.m. to 6 p.m.; Thurs., May 17, 9 a.m. to 9 p.m.; Fri., May 18, 9 a.m. to 6 p.m.; Sat., May 19, noon to 6 p.m. Opening receptions for the above exhibits will be held Fri., May 11 from 6 to 8 p.m. **Continuing: "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, **"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. 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

Union College Galleries
Continuing: LGBTQ @ Union: We Are

ALL Union, features drawings, paintings, illustrations, photographs, digital art, poetry and film by current students, alumni and professors. On view in the Wikoff Student Gallery, Nott Memorial, through Mon., June 18. **"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. Extended through Sat., June 30, 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: Master of Fine Arts Thesis Exhibition, featuring works by the 11 candidates for MFA. Through Sun., May 20. Uptown Campus, University at Albany, 1400 Washington Ave., Albany. Special Museum hours: Wed., May 9, from 10 a.m. to 5 p.m.; Closed Thurs., May 10 all day and Fri., May 11 until 3 p.m. for MFA oral examinations; open from 3 to 5 p.m. Sat., May 12, from noon to 4 p.m. Regular hours Tues., May 15 (10 a.m. to 7 p.m.), and Wed., May 16, through Fri., May 18 (10 a.m. to 5 p.m.) Expanded hours for Commencement Weekend: Sat., May 19, and Sun., May 20: 11:30 a.m. to 4 p.m. Free admission. (518) 442-4035 or www.albany.edu/museum

HOROSCOPES

May 2018 Week 2

ARIES - MAR 21/APR 20
You will have plenty of time to devote to your favorite projects, Aries. But right now you need to spend some time with close friends and family.

TAURUS - APR 21/MAY 21
Relationships are at the forefront of your mind, Taurus. You may have specific criteria you use to assess potential friends or romantic interests, but it could pay to widen your scope.

GEMINI - MAY 22/JUN 21
Gemini, your charm might be on overdrive, but you are looking for more than just trivial companionship. Explore activities that will match you with those with the same interests.

CANCER - JUN 22/JUL 22
Coworkers are expecting much from you, Cancer. Although you want to promise them everything, you have doubts you can deliver. See what you can handle and farm out the rest.

LEO - JUL 23/AUG 23
You have plenty of options in your love life, Leo. Take a step back and carefully assess where you want existing relationships to go. Such a breather will only benefit you.

VIRGO - AUG 24/SEPT 22
It takes more than just a positive attitude to be successful this week — although positivity is a good start. Set goals and aim for doing your fair share of hard work.

LIBRA - SEPT 23/OCT 23
Libra, your intuition lets you know when to keep quiet and when to make a stir. Let events unfold around you this week, keeping your thoughts close to the vest.

SCORPIO - OCT 24/NOV 22
Scorpio, in the midst of difficult times, you may find that opportunities abound. Do not let any moment pass you by; embrace the situations and opportunities coming your way.

SAGITTARIUS - NOV 23/DEC 21
An invitation to a special event may be on the horizon, Sagittarius. Be patient and prepare for some excitement. Invite others to join in the festivities.

CAPRICORN - DEC 22/JAN 20
Capricorn, you may be on the cusp of revealing your plans to others. But a change of heart might be coming, so wait a little bit longer until you're certain.

AQUARIUS - JAN 21/FEB 18
You might not be in the mood for small talk this week, Aquarius. But avoid being rude as you try to speak about serious matters. Allow others to express themselves.

PISCES - FEB 19/MAR 20
There seems to be no limit to your career possibilities, Pisces. Rather than staying put in your current position, branch out.

CULINARY ARTS



Food & Vino

Tandoori Turkey Burgers with Grilled Red Onions and Tomatoes

Many people feel no backyard barbecue is complete without staples like hot dogs and hamburgers. But grillmasters need not feel beholden to such fare if their hearts and stomachs desire something less traditional.

One of the joys of grilling is that there is a seemingly endless array of foods that can be cooked over an open flame. Grilled foods can be lean and healthy while still providing that unmistakable flavor unique to the grill. People who want to expand their grilling horizons while still providing juicy, delicious fare can try the following recipe for “Tandoori Turkey Burgers with Grilled Red Onions and Tomatoes” from Karen Adler and Judith Fertig’s “The Gardener & The Grill” (Running Press).

Ingredients — Serves four

Turkey Burgers

- 1 pound ground turkey
- 1/4 cup fine, dry breadcrumbs
- 2 tablespoons plain yogurt
- 1 teaspoon turmeric
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon fine kosher or sea salt

Cumin Yogurt Sauce

- 1/2 cup plain yogurt
- 1/2 teaspoon ground cumin
- Kosher or sea salt and freshly ground black pepper to taste

Toppings

- 2 large red onions, thickly sliced
- 2 large beefsteak tomatoes, thickly sliced
- 4 seeded hamburger buns
- Olive oil, for brushing
- Kosher or sea salt and freshly ground black pepper to taste
- 1 cup shredded lettuce
- 2 tablespoons chopped fresh cilantro

Directions

Prepare a medium-hot fire in your grill. In a large bowl, combine the ground turkey, breadcrumbs, yogurt, turmeric, coriander, cumin, and salt until well-blended. Form into four 3/4-inch thick patties. For the cumin yogurt sauce, combine the cumin and yogurt together in a bowl until smooth. Season to taste with salt and pepper.

Toss the shredded lettuce and cilantro in a bowl and set aside.

Lightly brush the sliced onions, tomatoes and cut the side of the hamburger buns with olive oil and season with salt and pepper. Grill the patties, onions and tomatoes directly over the fire. Grill the tomatoes for about 2 to 3 minutes on each side. Turn the burgers once after 7 to 8 minutes, then grill for another 7 to 8 minutes, or until the burgers are no longer pink inside and an instant-read thermometer registers 160° F in the center of each patty.

Grill the onions for about 8 to 9 minutes, turning once halfway through the cooking time, or until softened and slightly charred. During the last minutes of grilling, toast the buns, cut side down, directly over the fire.

To serve, place a patty on each bun. Top with a slice of grilled onion, tomato and 1/4 cup of lettuce mixture and a dollop of yogurt sauce. Serve the extra grilled onion and tomato slices on the side.

Pairing

Oyster Bay Sauvignon Blanc
Oyster Bay — New Zealand

There is an apparent challenge with

pairing wine with spices found in traditional Indian cuisine. This recipe serves up such a challenge. The argument can be made with any pairing, in that the ultimate winner depends on personal taste. For this grilled dish, we envisioned an intimate cookout in the backyard. For



that scene, we’ve chosen a crisp sauvignon blanc.

This white from Oyster Bay provides notes of citrus fruits and tropical flavors. The sweetness of this wine should compliment with the heat from your dish. Let’s also not forget, a chilled glass on a warm day is always welcomed, regardless of the dish in front of you.

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Research consistently points to specific functional components of foods and beverages that may improve overall health. Eating a diet that includes foods from all the major food groups and maintaining an optimally functioning digestive system are keys to a healthy lifestyle. But people may be able to do even more.

Digestive aids can provide the extra boost necessary to achieve a healthy gut. Digestive aids are supplements that can enhance the enzymes and functions of the body and aid in the digestion of food. Some aids may help reduce gas, bloating and flatulence, while others may boost the health of digestive flora or reduce constipation. Here's a look at some of the digestive helpers that people may consider.

TUMMY HEALTH
—
A healthy digestive track can lead you down the trail of good health.

Probiotics

The Mayo Clinic says that probiotics are a type of "good" bacteria that can help with digestion and offer protection from harmful bacteria. Probiotics work in concert with other good bacteria already in the body.

Probiotics are found in many

fermented foods, such as yogurt, sauerkraut and kefir, and can be found in concentrated supplement form. Two of the most common and well-known probiotics bacteria are lactobacillus and bifidobacterium. According to Prebiotin, a probiotic manufacturer, bifidobacteria fight harmful bacteria in the intestines, prevent constipation and give the immune system a boost. Evidence also indicates that bifidobacteria help reduce intestinal concentrations of certain carcinogenic enzymes.

Prebiotics

Prebiotics sound similar to probiotics, but they are quite different. The Academy of Nutrition and Dietetics says prebiotics are essentially the food necessary for probiotics to thrive. Prebiotics are natural, non-digestible food components that help promote the growth of helpful gut bacteria. Prebiotics are different forms of fiber from foods like bananas, skins of apples, beans, chicory root, and more. The undigested prebiotic is fermented by the time it reaches the large intestine and colon and feeds the probiotics to increase the desirable bacteria in the gut.

Stomach soothers

Certain foods and beverages are purported to help calm digestive problems like upset stomach, nausea and colic. Chamomile is widely used for multiple ailments, says WebMD. Ginger is used in

Continues on B26

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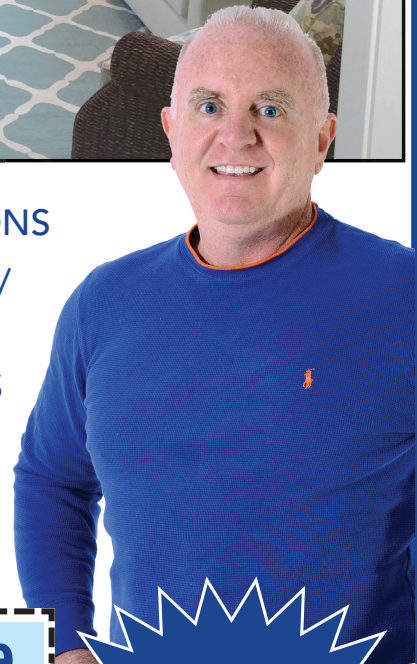
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■ MUSIC REVIEW

Cousin Earth's 'Human Music'

By PETE MASON
nysmusic.com

The greatly anticipated Human Music from Cousin Earth, is unlike any studio album you'll listen to this year. Immense talent is found in this Brooklyn five-piece, the members of which share a wide range of influences that all align greatly. The variety of songs throughout the album are each presented without pomp or overshadowing any other. Well produced and executed, Human Music is an example of how to showcase the influences of your music while drawing the listener deep into an album.

"Peculiar Patterns" opens up as the mildly upbeat intro, finding a Goldilocks Zone of not too hard, not too soft – it's just right, and has a great swell of energy to close. "I Got This" gives off an electric feel and shows fantastic guitar work from Joey Calfa that sends this for a late-80s hair metal loop. "Train Luck" gives the gripes of subway transit in NYC with a Zappa flair and a '70s era music video to go along with it.

The EDM-inspired "Super Fun Laser Beams" delivers in spades, driven by ukulele wunderkind Joey Calfa and steady beats from drummer Nate Searing and percussionist Terry Brennan. Clocking in a share more than nine minutes, you can easily

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picture the laser beams on the crowd as it gets down. Mid-Eastern flair can be found throughout the mesmerizing “Dirty Wet Rock,” some Latin tanginess in “Puerto Rican Pancakes,” and sax-driven funk throughout “Alive,” all of which burst with ukulele driven jams that take command and guide the song.

Do you like kazoo in your music? Cousin Earth has you covered on “When the Dinosaurs come back from Outer Space,” a funky ditty that could crossover to a children’s album with ease. Tara Lawton puts on her Broadway musical shoes for “Keep on (Show me the Numbers, Ian),” while she really shines across the entire album, versatile whether singing, on keys or melodica.

Bassist Corey Feldman charges out of the gate slapping away on the bass

for “Capricorn on the Cob,” the final track and an exclamation point on the album. This is the only track that sounds like something from a jamband, with elements of Umphrey’s McGee’s prog-rock, Pigeons Playing Ping Pong’s bouncy, driven rock and flowing jams of moe. The start and finish of Human Music is 100 percent Cousin Earth and a hearty taste of what you can expect live, where it shines even brighter.

This article was originally published by *NYSmusic.com* and appears as a special to *TheSpot518*. *NYS Music* and *TheSpot518* work in partnership to provide readers with in-depth coverage on the local music scene in the Capital District and New York state, respectively. For more, visit NYSMusic.com.



Picture perfect

TROY — The Rustic Barn Pub will host the works of local concert photographer Amy Modesti on Thursday, May 17, from 7 to 11 p.m. Modesti’s work has been published in *TheSpot518*, *NYS Music*, *Nippertown* and more. The exhibit celebrates the grand opening of the pub’s upstairs.

Photo by Amy Modesti

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■ MUSIC REVIEW

Cold Lazarus' 'Cold Lazarus'

By **TIMOTHY J. BOPP**
nysmusic.com

The eclectic and spacey quartet Cold Lazarus celebrated their first anniversary by releasing a self-titled LP comprised solely of original material that showcases the band's musical originality and diversity. The band, which is based out of Jamestown NY, is comprised of Adam Gould (vocals, guitar), Gavin Paterniti (bass), Marc Scapelitte (drums), and Drew Minton (keyboards). This band of talented musicians creates a hypnotic jam vibe that incorporates a multitude of varying musical genres that the band members refer to as Reggae-infused intelligfunk jam rock.

Selections off of the LP like "Pieces", that clock in at over 10 minutes, illustrate what Cold Lazarus is musically capable of. This track covers the musical spectrum of reggae, prog rock, and funk taking the listener along for a uniquely enjoyable cosmic ride.

"Butterflies", another tune off of Cold Lazarus, is a more traditional reggae song with Gould's guitar and Minton's keyboards working in concert to create a sound reminiscent of Slightly Stoopid or Sublime. The number also features a

pleasing saxophone solo by Minton, that provides a sense of warmth and depth while adding a nice bit of contrast to the piece.

Scapelitte's skills as a percussionist and Paterniti's skill on bass are excellently showcased on the intro of the LP's fourth track "Sh*t's Lit Farm". Vocalist Gould lyrically depicts the trials and tribulations of dating and developing personal relationships in the digital information age. The number transitions into a fast tempo bridge that features Gould's craftsmanship on the guitar and Minton's heavy use of trippy synth, which eventually organically evolves back to the tune's original refrain.

Cold Lazarus will kick off their CD Release Tour at Shawbucks in their home town of Jamestown on April 28. They will continue to tour in support of their new LP into the summer of 2018.

This article was originally published by *NYSmusic.com* and appears as a special to *TheSpot518*. *NYS Music* and *TheSpot518* work in partnership to provide readers with in-depth coverage on the local music scene in the Capital District and New York state, respectively. For more, visit NYSMusic.com.

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TOP FIVE

More than tulips

A list of things one our interns looks forward to seeing at this year's Tulip Fest

By **KELSEY WELLS**
intern@spotlightnews.com

ALBANY — With the smell of spring fresh in the air, nothing says happy mother's day quite like the Albany Tulip Fest. Families and teenagers come from all over to admire the 140,000 tulips they somehow cram into Washington Park each year and take in the sounds of Albany. I'll admit, it's a weekend I, and surely most others, look forward to. In tribute of this great weekend, I've compiled the top 5 best things about Tulip Fest.

1. The Tulips. It simply couldn't be tulip fest without these little guys. With 150 different kinds, these flowers sure know how to bring joy into anyone's life. But oh yeah, don't try to pick and take them home. They simply exist as a sight for sore eyes, a smell for sore noses, and a pretty banging background for a photo op.

2. The music. Tulip fest offers 2 great stages where all kinds of local bands can come show Albany what they've got. There really is no greater experience than that of outdoor music. Wind, blowing through

your hair. Straining to hear the music over the kid who decided to bring his speaker and blast Post Malone. Squinting to see the stage from the back of the field because it's "not cool" to stand in the front. Man, gives me chills.

3. The artisan goods. One of the first thing you're hit with as you walk in the park is loads of booths filled with artisanal goods. Handmade jewelry, paintings, clothing even some artisanal jams if you're lucky. What an enjoyable time it is, meandering through the streets, looking for that perfect mother's day gift because you definitely didn't forget to get one. What would make anyone think that?

4. The port-a-potties. Honestly, have you ever seen so many port-a-potties in one place? Row after row of blue plastic line the park and occupy any space they can find. It's near these portable pockets of fun that you can find the youth hanging in clumps, socializing and snapping photos. They make for a banging background.

5. The lemonade. It truly is not a festival without these perfectly reasonably priced lemonades that come in enormous plastic cups that are near impossible to hold in one hand. It's a staple of any tulip fest-goer. Indulge on a mixture of water, a whole lemon and a full cup of sugar to ring in the springtime and a sugar high.

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From page B3 ... And, the nominees are...

- Best Student Orchestra**
Ballston Spa High School — “Hello, Dolly!”
Bethlehem Central High School — “Disney’s Beauty and the Beast”
Schalmont High School — “Footloose”
- Best Choreography Execution**
Albany High School — “Hairspray”
Hudson Falls High School — “Into the Woods”
Mohonasen High School — “Guys and Dolls”
Queensbury High School — “Bye Bye Birdie”
Voorheesville High School — “Tarzan”
- Best Ensemble/Chorus**
Albany High School — “Hairspray”
Columbia High School-East Greenbush — “Rodgers + Hammerstein’s Cinderella”
Hudson Falls High School — “Into the Woods”
Mohonasen High School — “Guys and Dolls”
Voorheesville High School — “Tarzan”
- Best Supporting Actress**
Maggy Seebode as Mrs. Potts in “Disney’s Beauty and the Beast” at

- Bethlehem Central High School
Grace Miller as Bridget in “Bring it On” at Broadalbin-Perth High School
Caitlin Van Loan as Mrs. Paroo in “The Music Man” at Catskill High School
Sophia Mathis as Arvide Abernathy in “Guys and Dolls” at Mohonasen High School
Fallon Zell as Terk in “Tarzan” at Voorheesville High School
- Best Supporting Actor**
Matt Bonacci as LeFou in “Disney’s Beauty and the Beast” at Bethlehem Central High School
Eli Wein as Sebastien in “Rodgers + Hammerstein’s Cinderella” at Columbia High School-East Greenbush
Nicholas Rivera as Benny Southstreet in “Guys and Dolls” at Mohonasen High School
Connor Affinito as Hugo Peabody in “Bye Bye Birdie” at Queensbury High School
Jackson VerDerwerken as Jean-Michael in “Rodgers + Hammerstein’s Cinderella” at Schoharie High School
- Best Actress**
Annabelle Duffy as Tracey Turnblad in “Hairspray” at Albany High School
Olivia Lopez as Ella in “Rodgers + Hammerstein’s Cinderella” at Columbia High School-East Greenbush
Nina Cerniglia as Miss Adelaide in “Guys and Dolls” at Mohonasen High

- Alexandra Cooke as Rose Alvarez in “Bye Bye Birdie” at Queensbury High School
Natalie Davey as Martha in “The Secret Garden” at Warrensburg Jr/Sr High
- Best Actor**
Ian Myers as Beast in “Disney’s Beauty and the Beast” at Bethlehem Central High School
Grant Napierski as Gaston in “Disney’s Beauty and the Beast” at Bethlehem Central High School
Ryan Clouse as The Baker in “Into the Woods” at Hudson Falls High School
Zachary Carpenter as Nathan Detroit in “Guys and Dolls” at Mohonasen High School
Brandon Sarti as Sam Wheat in “Ghost the Musical” at South Glens Falls High
- Best Musical Tier A**
Albany High School — “Hairspray”
Mohonasen High School — “Guys and Dolls”
Queensbury High School — “Bye Bye Birdie”
- Best Musical Tier B**
Hudson Falls High School — “Into the Woods”
Mayfield High School — “Legally Blonde”
Voorheesville High School — “Tarzan”

From page B14 ... You are what you eat

a similar way and can be used to make teas or consumed after a meal to alleviate stomach ache.

More research is needed, but there is evidence that the supplement L-glutamine may help relieve diarrhea and help people absorb nutrients more effectively. The resource Healthline also adds that L-glutamine may help with irritable bowel syndrome, or IBS. Tissues in the intestine use this amino acid as a fuel source to function well. L-glutamine also appears to have a role in maintaining proper barriers within the intestine.

Bulk fibers

In addition to the fiber of prebiotics, bulk fibers such as psyllium and whole grains can be key to healthy stools. Fiber absorbs water in the intestines and makes stool bulky and easier to pass.

Individuals are urged to discuss any potential plans to supplement their diets with digestive aids with a doctor before starting a new therapy.

Bored?

You can find our online calendar at TheSpot518.com/HotSpots

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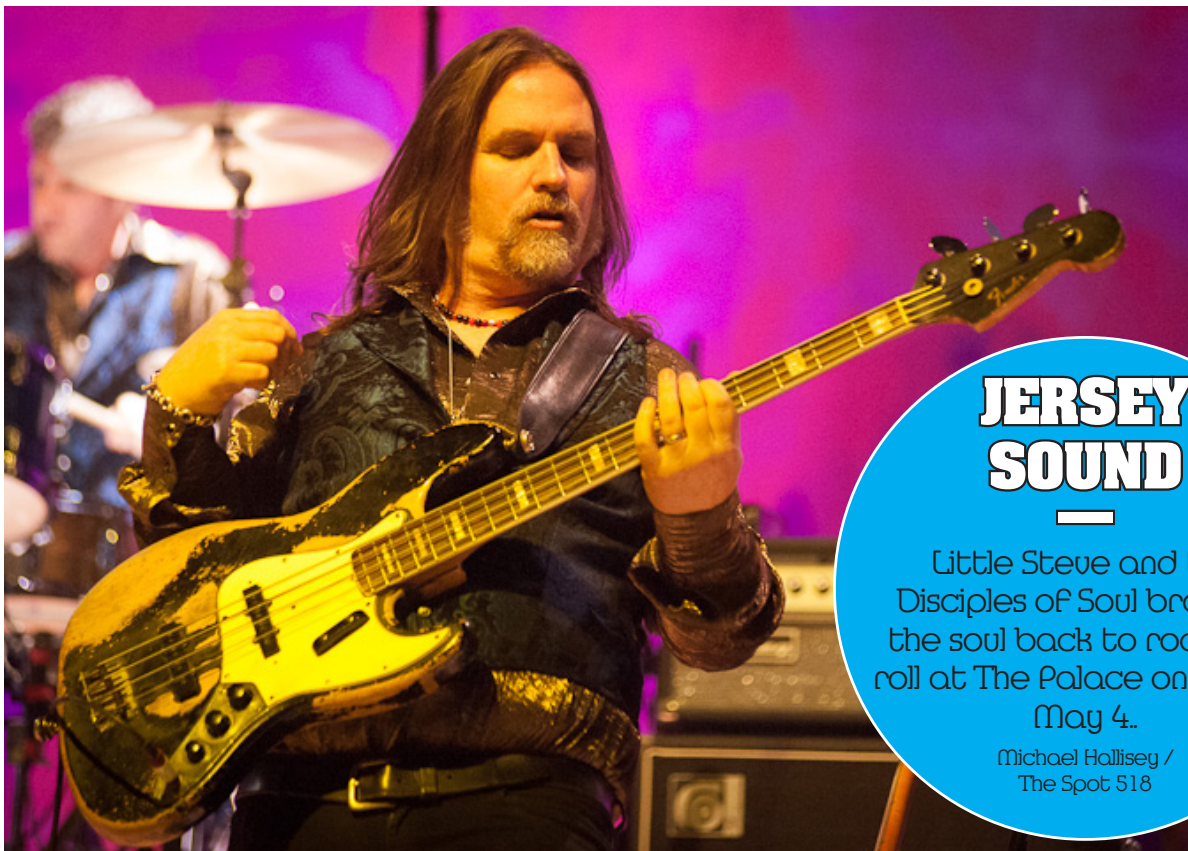
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<p>OXYGEN - Anytime. Anywhere. No tanks to refill. No deliveries. The All-New Inogen One G4 is only 2.8 pounds! FAA approved! FREE info kit: 1-855-839-1738</p>	<p>VACATION HOME, CAMP OR LAND FOR SALE OR RENT? Advertise with us! We connect you with nearly 3-million consumers (plus more online!) with a</p>	<p>RN NURSING JOBS available in your vicinity. Hospitals, psych, dtox, correction centers & more. Great Pay and Benefits. 1-866-387-8100 #202. White Glove Placement email: recruit@whiteglovecare.net. DCA#1068435</p>	<p>Stop OVERPAYING for your prescriptions! SAVE! Call our licensed Canadian and International pharmacy, compare prices and get \$25.00 OFF your first prescription! CALL 1-844-520-6712 Promo Code CDC201725</p>	<p>VIAGRA & CIALIS! 60 pills for \$99. 100 pills for \$150 FREE shipping. Money back guaranteed! Call now Save 1-800-870-8711</p>	<p>WERE YOU AN INDUSTRIAL OR CONSTRUCTION TRADESMAN and recently diagnosed with LUNG CANCER? You and your family may be entitled to a SIGNIFICANT CASH AWARD. Call 1-877-689-5293 for your risk free consultation.</p>	<p>Capital Area Home Improvements</p>
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Sudoku Answers

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

Super Crossword Answers

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



JERSEY SOUND

—

Little Steve and the Disciples of Soul brought the soul back to rock and roll at The Palace on Friday, May 4..

Michael Hallisey / The Spot 518

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WHAT'S HAPPENING

Pretty Much The Best Comedy Show with Tim Dillon

Capital Repertory Theatre – Saturday, May 12

ALBANY — Comedian Tim Dillon will perform at the Capital Repertory Theatre on Saturday, May 12 at 8 p.m.

Dillon is a New York City based comedian that has performed on various television shows, including "Gotham City Live." This year he has stand-up specials coming out on Netflix and Comedy Central. Rolling Stone magazine named him as one of its Ten Comedians Everyone Should Know, stating, "he's a conservative leaning gay man from Long Island who knows the average citizen

might describe his aesthetic as 'Retired detective.'"

Tickets are \$15 in advance, and \$20 at the door.

The Capital Repertory Theatre is located at 111 N. Pearl St. in Albany.

For tickets and more information visit www.capitalrep.org

Appropriate

Albany Civic Theater — Friday - Saturday, May 11-13

ALBANY — The Albany Civic Theater will perform the play Appropriate from Friday, May through Sunday, May 13.

The play follows a family brought

back to their old home after the death of their father. While going through his old belongings, the family unearths secrets and a twist takes hold of the play.

Tickets are \$18 for general admission, and \$10 for students.

The play will be at 7:30 p.m. on Friday and Saturday, with a 3:30 p.m. showing on Sunday.

The Albany Civic Theater is located at 235 Second Ave. in Albany.

"The Last Pig" Film Screening

Honest Weight Food Co-op – Friday, May 11

ALBANY — The Honest Weight Food Co-op will screen "The Last Pig" on Friday, May 11 from 7 to 8:30 p.m.

The documentary is about local farmer Bob Comis, and raises questions on equality and the value of life.

This event is free and open to the public.

The Honest Weight Food Co-Op is located at 100 Watervliet Ave. in Albany.

Having our Say: The Delaney Sisters' First 100 Years

The Linda – Friday - Saturday, May 11 - 13

ALBANY — The Linda will screen Having Our Say: The Delaney Sisters' First 100 Year from Friday, May 11 through Sunday, May 13, at 7:30 p.m. and 2 p.m. on Sunday.

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STEPHEN CLAIR AND THE PUSHBACKS
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May 20 | 1pm, 3:30pm and 6pm \$8
6 pm showing includes post film trivia

THELINDA.ORG
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